

Dames KNWU-licentiehouders

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|---|-----|-------------------|-----------|----------|
| 1 | 104 | Janny Kleinjan | almelo | 19:23,46 |
| 2 | 101 | Tiny Breimer | Bussum | 20:26,99 |
| 3 | 106 | Hennie Venema | Leek | 20:36,00 |
| 4 | 102 | Janette de Groot | Jubbega | 20:46,49 |
| 5 | 105 | Bettina Steenhuis | Groningen | 21:34,57 |

Dames niet-licentiehouders

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|---|-----|-----------------------|----------|----------|
| 1 | 108 | Rose van der Haven | Hoogland | 21:19,86 |
| 2 | 109 | Jeannette Schram-Moll | Wolvega | 21:36,69 |
| 3 | 156 | Liesbeth Kemkers | | 23:14,07 |

Heren niet-licentiehouders

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|----|-----|----------------------|---------------|----------|
| 1 | 110 | Robert Beute | Assen | 18:26,65 |
| 2 | 113 | Henk Broesder | Oostwold(OLD) | 19:09,76 |
| 3 | 130 | Gert Elschot | Marknesse | 19:15,22 |
| 4 | 139 | Bob de Vries | Apeldoorn | 19:28,76 |
| 5 | 140 | R Woldinga | hoogezand | 19:36,91 |
| 6 | 127 | John Knol | marum | 19:46,70 |
| 7 | 115 | Ger Bullema | toornwerd | 19:50,14 |
| 8 | 126 | C.M.H.M. Kneepkens | Amsterdam | 19:50,70 |
| 9 | 137 | Klaas Smit | Groningen | 19:52,18 |
| 10 | 111 | Fred Borchers | Nieuwe Pekela | 19:56,30 |
| 11 | 114 | Johan Buitenga | Een | 20:09,46 |
| 12 | 136 | Peter Selles | Assen | 20:38,32 |
| 13 | 117 | Jan Dekkers | marum | 20:40,98 |
| 14 | 128 | Hidzer Lautenbach | Haren | 21:11,84 |
| 15 | 135 | Jaco Schrauwen | Meppel | 21:28,17 |
| 16 | 116 | Klaas Bullema | Nieuw | 21:28,90 |
| 17 | 133 | Eric van Santen | Vries | 21:36,99 |
| 18 | 120 | Uli Franke | Assen | 21:37,94 |
| 19 | 132 | Niels Postma | Vries | 21:50,75 |
| 20 | 124 | Tonny Hofstetter | Vries | 22:03,78 |
| 21 | 112 | Rob Bosma | Vries | 22:14,06 |
| 22 | 138 | Klaas Spieker | Yde | 22:18,33 |
| 23 | 125 | Maurits Klein | Groningen | 22:21,94 |
| 24 | 123 | Pieter Harms | Vries | 22:44,76 |
| 25 | 121 | Andre van der Galien | Vries | 23:29,45 |
| 26 | 134 | Peter Schouten | Groningen | 23:59,54 |
| | 122 | Ivar Hannessen | Borne | DNF |

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|----|-----|---------------------|------------|----------|
| 1 | 155 | Wieger van der Wier | Marum | 35:51,77 |
| 2 | 153 | Simon Schram | Wolvega | 36:26,63 |
| 3 | 149 | Johannes de Groot | Jubbega | 37:03,77 |
| 4 | 142 | J. Bakker | Velp | 38:26,45 |
| 5 | 151 | Menno Kloosterman | Groningen | 39:24,87 |
| 6 | 141 | Remco van der Zwaan | Oostwold | 39:58,42 |
| 7 | 147 | Tom Akkerman | Groningen | 40:11,55 |
| 8 | 150 | Daniel Guichelaar | Hoogeveen | 40:32,09 |
| 9 | 154 | Leen de Vries | Limmen | 41:12,08 |
| 10 | 143 | Bart Huiskes | | 44:52,31 |
| | 144 | Bas Bosma | Noordwolde | DNF |