

# Uitslagenlijst Gezond & Wellness Night Run

## Leeuwarden - Vrijdag 30 oktober 2009

| <b>MAN, 5 KM</b> |                       |                              |              |              |
|------------------|-----------------------|------------------------------|--------------|--------------|
| <b>Plaats</b>    | <b>Naam</b>           | <b>Woonplaats/Vereniging</b> | <b>Bruto</b> | <b>Netto</b> |
| 1                | Tsjeard Hofstra       | Wommels                      | 21:18        | 21:16        |
| 2                | Errit de Boer         | Groningen                    | 22:31        | 22:08        |
| 3                | Thomas Cramer         | Hengelo Ov                   | 22:47        | 22:44        |
| 4                | Dre Bartels           | Wirdum Fr                    | 23:25        | 23:13        |
| 5                | Eelke Cramer          | Oudega gem Wymbritse         | 23:27        | 23:24        |
| 6                | Joost Bartels         | Wirdum Fr                    | 23:31        | 23:21        |
| 7                | Christiaan Hofman     | Heerenveen                   | 24:25        | 24:05        |
| 8                | Ype Brada             | Leeuwarden                   | 25:02        | 24:47        |
| 9                | Aaron hofman          | Wildervank                   | 26:01        | 25:40        |
| 10               | Paul IJsselmuiden     | Leeuwarden                   | 27:03        | 26:51        |
| 11               | Roy Spork             | Leeuwarden                   | 27:35        | 27:28        |
| 12               | John van den Berg     | Leeuwarden                   | 27:56        | 27:51        |
| 13               | Anton Hogervorst      | Leeuwarden                   | 28:10        | 27:54        |
| 14               | André Ignatius        | Leeuwarden                   | 29:00        | 28:44        |
| 15               | Gerbrand Busstra      | Leeuwarden                   | 29:03        | 28:36        |
| 16               | René Peters           | Leeuwarden                   | 29:10        | 28:56        |
| 17               | Harm de Roo           | Leeuwarden                   | 29:18        | 29:03        |
| 18               | Tijl Melsen           | Leeuwarden                   | 29:54        | 29:45        |
| 19               | Wiep Kuipers          | Gorredijk                    | 30:01        | 29:31        |
| 20               | Ronald van der Veen   | Leeuwarden                   | 30:04        | 29:57        |
| 21               | Clinton Siccema       | Amsterdam                    | 30:34        | 30:32        |
| 22               | Kor Poelstra          | Heerenveen                   | 30:41        | 30:25        |
| 23               | Cor Stienstra         | Leeuwarden                   | 31:21        | 31:04        |
| 24               | Martijn van den Broek | Leeuwarden                   | 31:32        | 31:27        |
| 25               | Richard Span          | Leeuwarden                   | 31:41        | 31:29        |
| 26               | Richard van Kammen    | Leeuwarden                   | 31:46        | 31:29        |
| 27               | Peter Spiekstra       | Leeuwarden                   | 31:52        | 31:42        |
| 28               | Theun Sibma           | Garyp                        | 32:31        | 32:17        |
| 29               | Hessel Bouma          | Burgum                       | 32:34        | 32:21        |
| 30               | Ralph Schaafsma       | Stiens                       | 33:00        | 32:53        |
| 31               | Alle Taco Schat       | Leeuwarden                   | 34:23        | 33:57        |
| 32               | Douwe Bakker          | Leeuwarden                   | 34:24        | 34:06        |
| 33               | Ids Aukema            | Wirdum Fr                    | 34:28        | 34:06        |
| 34               | Harry Hoekstra        | Hurdegaryp                   | 35:28        | 35:01        |
| 35               | Dylan Hiemstra        | Hurdegaryp                   | 35:29        | 35:02        |
| 36               | Louis Stockmann       | Dronrijp                     | 36:10        | 35:50        |
| 37               | Ludo Stroetenga       | Leeuwarden                   | 37:13        | 36:54        |
| 38               | Bart Cremers          | Leeuwarden                   | 37:32        | 37:07        |

| <b>VROUW, 5 KM</b> |                        |                              |              |              |
|--------------------|------------------------|------------------------------|--------------|--------------|
| <b>Plaats</b>      | <b>Naam</b>            | <b>Woonplaats/Vereniging</b> | <b>Bruto</b> | <b>Netto</b> |
| 1                  | Hetty van Dellen       | Leeuwarden                   | 26:53        | 26:47        |
| 2                  | Monica Gijsen          | Leeuwarden                   | 27:04        | 26:57        |
| 3                  | Gretha Waterlander     | Bolsward                     | 27:37        | 27:30        |
| 4                  | Welmoed Mink           | Leeuwarden                   | 28:57        | 28:48        |
| 5                  | Joyce van Velzen       | Leeuwarden                   | 29:11        | 28:56        |
| 6                  | Henny de jong smit     | Leeuwarden                   | 29:13        | 29:09        |
| 7                  | Jeltje Dijkstra        | Leeuwarden                   | 29:46        | 29:42        |
| 8                  | Alie Kuipers           | Gorredijk                    | 30:00        | 29:30        |
| 9                  | Marianne Manneke       | Leeuwarden                   | 30:02        | 29:56        |
| 10                 | Anke van der Tol- Rutt | Kimswerd                     | 30:02        | 29:56        |
| 11                 | Everdina Faber         | Leeuwarden                   | 31:11        | 30:59        |
| 12                 | Tineke Eyzenga-Landsbe | Leeuwarden                   | 31:13        | 30:50        |
| 13                 | Wendan Poelstra        | Heerenveen                   | 31:22        | 31:07        |
| 14                 | Elvira Lubach          | Tzummarum                    | 31:23        | 31:11        |
| 15                 | Ageeth Nawijn          | Hitzum                       | 31:23        | 31:12        |
| 16                 | Else Binksm            | Leeuwarden                   | 31:38        | 31:34        |
| 17                 | Fokje Jonker           | Goutum                       | 31:43        | 31:34        |

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## Leeuwarden - Vrijdag 30 oktober 2009

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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 18     | Fokje van der Meer     | Tytsjerk              | 31:53 | 31:39 |
| 19     | Sylvana IJsselmuiden   | Leeuwarden            | 31:54 | 31:42 |
| 20     | Priscilla IJsselmuiden | Leeuwarden            | 31:54 | 31:41 |
| 21     | Berber Terpstra        | Wijtgaard             | 32:04 | 31:39 |
| 22     | Renske Bultsma         | Grou                  | 32:14 | 32:05 |
| 23     | Marian Niemarkt        | Bolsward              | 32:15 | 32:02 |
| 24     | Karin Koster           | Deinum                | 32:15 | 32:02 |
| 25     | Fanny Huijbregts       | Grou                  | 32:15 | 32:03 |
| 26     | Ellen van der Kooi     | Leeuwarden            | 32:20 | 32:00 |
| 27     | Lies Landstra          | Leeuwarden            | 32:21 | 32:01 |
| 28     | Greetje Buitenwerf     | Harlingen             | 32:26 | 32:19 |
| 29     | Thea Hamburg           | Garyp                 | 32:31 | 32:16 |
| 30     | Theodora Luxen         | Leeuwarden            | 32:32 | 32:16 |
| 31     | Diana Luxen            | Leeuwarden            | 32:32 | 32:00 |
| 32     | Ilse Luxen             | Leeuwarden            | 32:33 | 32:00 |
| 33     | Yvonne Hageis          | Wirdum Fr             | 32:41 | 32:18 |
| 34     | Elske Wijbenga         | Boornbergum           | 32:42 | 32:28 |
| 35     | Willeke van der Weij   | Bears Fr              | 32:56 | 32:33 |
| 36     | Treja Ley              | Snakkerburen          | 32:57 | 32:50 |
| 37     | Femke Postma           | Leeuwarden            | 32:58 | 32:51 |
| 38     | Johanna Schaafsma      | Stiens                | 33:00 | 32:52 |
| 39     | Nynke van der Wal      | Heerenveen            | 33:01 | 32:41 |
| 40     | Karin van der Wal      | Heerenveen            | 33:02 | 32:42 |
| 41     | Lida Nauta             | Kollum                | 33:04 | 32:46 |
| 42     | Nathasja Hietkamp      | Kollumerzwaag         | 33:04 | 32:47 |
| 43     | Florien Wesselius      | Lemmer                | 33:07 | 32:53 |
| 44     | Trudie Smid            | Lemmer                | 33:07 | 32:53 |
| 45     | Chantal Hofma-Theuniss | Leeuwarden            | 33:12 | 32:57 |
| 46     | Tineke Teitsma         | Leeuwarden            | 33:25 | 33:17 |
| 47     | Etty van der Veer      | Leeuwarden            | 33:28 | 33:08 |
| 48     | Myrella Laanstra       | Opende                | 33:28 | 33:14 |
| 49     | Nelly Teitsma          | Joure                 | 33:30 | 33:21 |
| 50     | Tessa Zwanenburg       | Arnhem                | 33:49 | 33:30 |
| 51     | Carla Lippold          | Leeuwarden            | 34:04 | 33:45 |
| 52     | Simone Jurjens         | Amsterdam             | 34:09 | 33:51 |
| 53     | Vivian Apeldoorn       | Leeuwarden            | 34:10 | 33:52 |
| 54     | Sonja Douma            | Leeuwarden            | 34:11 | 33:46 |
| 55     | Jeanet van Slooten     | Oude Bildtzijl        | 34:16 | 34:04 |
| 56     | Celine Rusman          | Leeuwarden            | 34:17 | 33:53 |
| 57     | Manon Kroon            | Leeuwarden            | 34:19 | 34:01 |
| 58     | Tiny Reinsma           | Leeuwarden            | 34:22 | 34:11 |
| 59     | Marjo Apeldoorn        | Leeuwarden            | 34:22 | 34:05 |
| 60     | Amarins Kruienza       | Drachten              | 34:26 | 34:12 |
| 61     | Geeske Jonker          | Drachten              | 34:26 | 34:12 |
| 62     | Anna Stap              |                       | 34:27 | 34:05 |
| 63     | Jeanette Tanja         | Oosterwolde Fr        | 34:28 | 34:08 |
| 64     | Catelijn Wessels       | Leeuwarden            | 34:29 | 34:12 |
| 65     | Jantina Dijkstra       | Beetgumermolen        | 34:31 | 34:07 |
| 66     | Seke Haijma            | Hurdegaryp            | 34:38 | 34:16 |
| 67     | Jeanine Meertens       | Hurdegaryp            | 34:38 | 34:17 |
| 68     | Carolien de Boer       | Hurdegaryp            | 35:28 | 35:00 |
| 69     | Sandra Wierda          | Hurdegaryp            | 35:29 | 35:02 |
| 70     | Visser Jitske          | Leeuwarden            | 35:34 | 35:30 |
| 71     | Stijnie Bijlsma        | Leeuwarden            | 35:42 | 35:16 |
| 72     | Linda van der Zee      | Leeuwarden            | 35:43 | 35:18 |
| 73     | Ida Kruizinga          | Herbaijum             | 35:55 | 35:28 |
| 74     | Janny Gielink          | Leeuwarden            | 36:05 | 35:38 |
| 75     | Jantina Smink          | Goutum                | 36:09 | 35:44 |
| 76     | Alia 4472 - Hilal      | Leeuwarden            | 36:11 | 35:51 |

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## Leeuwarden - Vrijdag 30 oktober 2009

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 77     | Tabitha van Zuylen     | Leeuwarden            | 36:33 | 36:07 |
| 78     | Marrit Burghoorn       | Wijtgaard             | 37:03 | 36:38 |
| 79     | Manuela Cremers        | Leeuwarden            | 37:32 | 37:07 |
| 80     | Jet Windig             | Wergea                | 37:40 | 37:11 |
| 81     | Klaasje Gijsen         | Leeuwarden            | 37:50 | 37:42 |
| 82     | Brenda van der Wal     | Leeuwarden            | 38:44 | 38:13 |
| 83     | Belia oppewal          | Leeuwarden            | 38:44 | 38:13 |
| 84     | Miriam Nip             | Leeuwarden            | 39:37 | 39:05 |
| 85     | Marloes Stam           | Leeuwarden            | 39:38 | 39:29 |
| 86     | Linda Visser-Stam      | Leeuwarden            | 39:38 | 39:29 |
| 87     | Ria Wiersma            | Leeuwarden            | 39:41 | 39:30 |
| 88     | Monique Luxen          | Goutum                | 39:44 | 39:26 |
| 89     | Donna Salverda         | Leeuwarden            | 39:44 | 39:26 |
| 90     | Sonja Veenstra         | Leeuwarden            | 39:47 | 39:28 |
| 91     | Mirjam Tilma           | Sneek                 | 39:54 | 39:35 |
| 92     | Anneke v/d Hoek        | Dokkum                | 39:54 | 39:35 |
| 93     | Monique van den Bogert | Goutum                | 42:50 | 42:26 |
| 94     | Amarins Kooistra       | Leeuwarden            | 42:51 | 42:35 |
| 95     | Gerda Veenstra         | Leeuwarden            | 44:43 | 44:24 |
| 96     | Maayke Stobbe          | Amsterdam             | 50:40 | 50:15 |

### MAN, 10 KM

| Plaats | Naam                | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 1      | Simon Regnerus      | Marrum                | 39:37 | 39:34 |
| 2      | Ate Bijlsma         | Garyp                 | 39:57 | 39:55 |
| 3      | Pieter Talsma       | Warten                | 39:58 | 39:57 |
| 4      | Thierry van Groen   | Gorredijk             | 41:07 | 41:06 |
| 5      | Peter Sibma         | Garyp                 | 41:27 | 41:26 |
| 6      | Frank Scholte       | Groningen             | 41:34 | 41:33 |
| 7      | Giorgio Delea       | Leeuwarden            | 42:21 | 42:20 |
| 8      | Meint Lei           | Leeuwarden            | 42:24 | 42:24 |
| 9      | Rudolf Das          | Leeuwarden            | 42:38 | 42:37 |
| 10     | Hans De Jong        | Leeuwarden            | 42:42 | 42:40 |
| 11     | Erik Verdoorn       | Leeuwarden            | 42:43 | 42:26 |
| 12     | Michiel Cornelissen | Berlikum Fr           | 44:22 | 44:11 |
| 13     | Jeen Boringa        | Leeuwarden            | 44:30 | 44:20 |
| 14     | Reno Papa           | Leeuwarden            | 45:02 | 45:01 |
| 15     | Casper Dekker       | Leeuwarden            | 45:49 | 45:46 |
| 16     | Feike Lousma        | Leeuwarden            | 45:49 | 45:46 |
| 17     | Bert Kobus          | Leeuwarden            | 46:34 | 46:32 |
| 18     | Bauke Dijk          | Leeuwarden            | 46:45 | 46:30 |
| 19     | Hans Kalsbeek       | Leeuwarden            | 47:37 | 47:33 |
| 20     | Riekele J. Heida    | Wergea                | 48:42 | 48:11 |
| 21     | Wiebe Wiersma       | Eagum                 | 48:44 | 48:13 |
| 22     | Harry Pechler       | Leeuwarden            | 48:56 | 48:52 |
| 23     | Edward Pechler      | Groningen             | 48:59 | 48:56 |
| 24     | Eric Groen          | Stiens                | 49:42 | 49:32 |
| 25     | Ron Lindeman        | Leeuwarden            | 49:43 | 49:21 |
| 26     | Andy Crawford       | Leeuwarden            | 50:11 | 50:01 |
| 27     | Robert van der Wal  | Burgum                | 50:23 | 50:09 |
| 28     | Johan van der Werf  | Leeuwarden            | 50:29 | 50:20 |
| 29     | Frank van Gulik     | 's-Hertogenbosch      | 50:29 | 50:20 |
| 30     | Marco Balk          | Leeuwarden            | 50:37 | 50:16 |
| 31     | Jacob van Dijk      | Leeuwarden            | 50:40 | 50:08 |
| 32     | Pepijn Punt         | Leeuwarden            | 50:40 | 50:08 |
| 33     | Paul Dijkstra       | Sint Annaparochie     | 50:48 | 50:25 |
| 34     | Anton Wijkhuijs     | Leeuwarden            | 50:52 | 50:51 |
| 35     | Tjerk Viersen       | Hommerts              | 50:53 | 50:45 |
| 36     | Henk Schaafsma      | Stiens                | 50:57 | 50:51 |

# Uitslagenlijst Gezond & Wellness Night Run

Leeuwarden - Vrijdag 30 oktober 2009

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 37     | Siep Louwisma          | Leeuwarden            | 52:13   | 51:51   |
| 38     | Erik van der Kam       | Goutum                | 52:17   | 52:07   |
| 39     | Edwin Bakker           | Leeuwarden            | 52:21   | 52:00   |
| 40     | Patrick Vink           | Wergea                | 52:41   | 52:10   |
| 41     | Arnold Hager           | Leeuwarden            | 52:57   | 52:53   |
| 42     | Onne Arkes             | Groningen             | 53:02   | 52:41   |
| 43     | Jan Zwerver            | Leeuwarden            | 53:08   | 53:02   |
| 44     | Jeroen Boelstra        | Groningen             | 53:42   | 53:11   |
| 45     | Micheal van der Meulen | Leeuwarden            | 53:59   | 53:37   |
| 46     | Henk Wiersma           | Leeuwarden            | 55:15   | 55:04   |
| 47     | Edwin Postma           | Goutum                | 55:25   | 55:22   |
| 48     | Jelte van de Berg      | Leeuwarden            | 55:32   | 55:05   |
| 49     | Marcus Kleefstra       | Leeuwarden            | 55:35   | 55:13   |
| 50     | Jakob van Huizen       | Grou                  | 55:52   | 55:49   |
| 51     | Alex Lageweg           | Leeuwarden            | 55:53   | 55:43   |
| 52     | Maarten Ribbens        | Leeuwarden            | 55:56   | 55:46   |
| 53     | Ronald Flapper         | Buitenpost            | 56:08   | 55:51   |
| 54     | Jan Pieter Gorter      | Leeuwarden            | 56:12   | 56:08   |
| 55     | Pieter de Boer         | Leeuwarden            | 56:12   | 56:07   |
| 56     | Rinse van der Wal      | Deinum                | 56:27   | 56:13   |
| 57     | Suleiman zureiqi       | Leeuwarden            | 56:53   | 56:22   |
| 58     | Tjibbe Sikkes          | Leeuwarden            | 57:39   | 57:31   |
| 59     | Willem de Kock         | Leeuwarden            | 58:06   | 57:58   |
| 60     | Oane Veenstra          | Leeuwarden            | 58:06   | 57:58   |
| 61     | Richard Weel           | Leeuwarden            | 58:11   | 58:01   |
| 62     | Piter Buruma           | Kollum                | 58:31   | 58:05   |
| 63     | Halbe Huitema          | Dearsum               | 58:47   | 58:20   |
| 64     | Hendrik Wolf           | Stiens                | 58:56   | 58:34   |
| 65     | Marcel van der Wal     | Leeuwarden            | 59:05   | 58:51   |
| 66     | Freek Bron             | Sonnega               | 59:09   | 59:05   |
| 67     | Pieter Douma           | Leeuwarden            | 1:00:08 | 59:48   |
| 68     | Frans Mentjox          | Leeuwarden            | 1:00:13 | 59:58   |
| 69     | Gerard Rietdijk        | Leeuwarden            | 1:01:27 | 1:00:58 |
| 70     | Siebe Annema           | Leeuwarden            | 1:01:31 | 1:01:01 |
| 71     | Meindert Engwerda      | Sneek                 | 1:02:06 | 1:02:03 |
| 72     | Pieterjan Scholtanus   | Leeuwarden            | 1:02:14 | 1:01:45 |
| 73     | Ray Lebert             | Leeuwarden            | 1:02:24 | 1:02:17 |
| 74     | Yme-Jan Hofstee        | Heerenveen            | 1:02:31 | 1:02:01 |
| 75     | Kor Postma             | Tytsjerk              | 1:03:06 | 1:02:37 |
| 76     | Fons Ris               | Heerenveen            | 1:03:22 | 1:02:52 |
| 77     | Arend de Groot         | Leeuwarden            | 1:03:51 | 1:03:22 |
| 78     | Silvio Teunissen       | Bolsward              | 1:03:54 | 1:03:30 |

## VROUW, 10 KM

| Plaats | Naam                 | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|-------|-------|
| 1      | Yvonne Kassenberg    | Burgum                | 38:51 | 38:51 |
| 2      | Sandra 't Hart       |                       | 42:42 | 42:41 |
| 3      | Immy-Auck Kersbergen | Wommels               | 44:56 | 44:39 |
| 4      | Vanessa Wuijster     | Groningen             | 49:00 | 48:56 |
| 5      | Marga Zwanenburg     | Sneek                 | 49:54 | 49:44 |
| 6      | Dineke Dankert       | Groningen             | 50:50 | 50:45 |
| 7      | Jeltsje Harmsma      | Leeuwarden            | 52:45 | 52:37 |
| 8      | Jantien Hoekstra     | Berlikum Fr           | 54:26 | 54:00 |
| 9      | Linde Hartman        | Leeuwarden            | 54:43 | 54:18 |
| 10     | Sharareh Farmani     | Leeuwarden            | 55:20 | 55:16 |
| 11     | Doreen de Jong       | Leeuwarden            | 55:20 | 54:58 |
| 12     | Janny Postma         | Goutum                | 55:22 | 55:19 |
| 13     | Jeannette Clemens    | Wiuwert               | 55:28 | 55:13 |
| 14     | Gea v.d. Heuvel      | Leeuwarden            | 55:32 | 55:05 |

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## Leeuwarden - Vrijdag 30 oktober 2009

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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 15     | Trienke Zijlstra       | Berlikum Fr           | 55:35   | 55:08   |
| 16     | Ruth de Boer           | Groningen             | 55:40   | 55:22   |
| 17     | Anneke Jorritsma       | Leeuwarden            | 56:12   | 56:07   |
| 18     | Corina Stok            | Boksum                | 56:15   | 56:10   |
| 19     | Gea Huisman            | Drachten              | 57:03   | 56:50   |
| 20     | Maria Schlundt Bodien  | Leeuwarden            | 57:12   | 56:51   |
| 21     | Brigitte Feenstra      | Leeuwarden            | 57:19   | 57:13   |
| 22     | Mia Stumpf             | Leeuwarden            | 57:30   | 57:24   |
| 23     | Corine de Jong         | Leeuwarden            | 57:30   | 57:25   |
| 24     | Lineke Talsma          | Zevenhuizen Gn        | 57:58   | 57:53   |
| 25     | Janke van der Heide    | Scharnegoutum         | 58:02   | 57:35   |
| 26     | Marga Funk             | Harlingen             | 58:20   | 58:04   |
| 27     | Esther Lageweg         | Leeuwarden            | 58:33   | 58:21   |
| 28     | Marja Hetteema         | Leeuwarden            | 58:38   | 58:36   |
| 29     | Monique Dijkstra       | Leeuwarden            | 59:11   | 59:08   |
| 30     | Yka van der Veen       | Sumar                 | 59:25   | 59:08   |
| 31     | Pietie Buruma          | Kollum                | 59:46   | 59:22   |
| 32     | Babette Faber          | Leeuwarden            | 1:00:09 | 59:50   |
| 33     | Elles Ottema           | Leeuwarden            | 1:00:31 | 1:00:18 |
| 34     | Rosa Groen             | Leeuwarden            | 1:01:24 | 1:00:59 |
| 35     | Lucia Hollander        | Leeuwarden            | 1:01:24 | 1:00:53 |
| 36     | Angelique van 't Hull  | Eelderwolde           | 1:01:26 | 1:01:04 |
| 37     | Monique Jager          | Leeuwarden            | 1:01:33 | 1:01:02 |
| 38     | Anneke de Boer         | Blantyre-Malawi       | 1:02:27 | 1:02:02 |
| 39     | Regina Visser          | Hurdegaryp            | 1:03:05 | 1:03:00 |
| 40     | Els Bos                | Hurdegaryp            | 1:03:06 | 1:03:00 |
| 41     | Cootje Hagenaar        | Nes gem Dongeradeel   | 1:03:09 | 1:02:48 |
| 42     | Anneke Regnerus-bijlev | Marrum                | 1:03:52 | 1:03:34 |
| 43     | Renie Teunissen        | Bolsward              | 1:03:53 | 1:03:30 |
| 44     | Lia Dekker             | Leeuwarden            | 1:05:32 | 1:05:02 |
| 45     | Anouk Kuperus          | Leeuwarden            | 1:05:34 | 1:05:26 |
| 46     | Karin Zijlstra         | Leeuwarden            | 1:06:34 | 1:06:26 |
| 47     | Jelske Leemeijer       | Leeuwarden            | 1:06:54 | 1:06:46 |
| 48     | Pietsje Sipma-Tillema  | Eastermar             | 1:06:54 | 1:06:38 |
| 49     | Isabel Hoogwater       | Wergea                | 1:11:30 | 1:11:00 |
| 50     | Jacoba Posthumus       | Leeuwarden            | 1:11:30 | 1:11:00 |
| 51     | Ineke Tiekstra         | Leeuwarden            | 1:11:31 | 1:11:03 |
| 52     | Aletta Meijberg        | Leeuwarden            | 1:17:12 | 1:16:44 |
| 53     | Vina van Dijk          | Leeuwarden            | 1:17:15 | 1:16:49 |