

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| MSEN, KNAU WEDSTRIJD | | | | |
|-----------------------------|-----------------------|------------------------|-------|-------|
| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Leonard Langat | Kenia | 28:56 | 28:55 |
| 2 | Morris Mosima | Kenia | 29:05 | 29:05 |
| 3 | Abdelhadi El Hachimi | Marokko | 29:13 | 29:12 |
| 4 | Noureddine Htaibi | Marokko | 29:26 | 29:26 |
| 5 | Saji Abdelkadir | Marokko | 29:27 | 29:27 |
| 6 | Thomas Poesiat | Nederland | 29:56 | 29:55 |
| 7 | Marco Gielen | Nederland | 29:57 | 29:56 |
| 8 | Vitaly Ribak | Oekraïne | 30:15 | 30:15 |
| 9 | Mohamed Labquira | 's-Gravenhage | 31:39 | 31:39 |
| 10 | Jamal Baligha | Marokko | 31:44 | 31:43 |
| 11 | Pascal van Troost | Nederland | 31:57 | 31:56 |
| 12 | Julius Muriuki | Kenia | 32:33 | 32:32 |
| 13 | Jeroen Bonnes | Nederland | 32:37 | 32:35 |
| 14 | Thomas van der Put | België | 33:45 | 33:43 |
| 15 | Pim Quist | Haag Atletiek | 35:45 | 35:31 |
| 16 | David Peters | Noordwijkerhout | 36:03 | 36:01 |
| 17 | Mark Schuitemaker | Loopgroep Aart Stigter | 36:31 | 36:28 |
| 18 | Robbin Pieterman | Ilion | 37:28 | 37:25 |
| 19 | Willem Gooskens | Parcival | 37:50 | 37:48 |
| 20 | Joost Freijzer | the Hague Road Runners | 38:42 | 38:41 |
| 21 | Thomas Slieker | Rotterdam Atletiek | 38:53 | 38:49 |
| 22 | Maarten Sauter | 's-Gravenhage | 39:03 | 38:20 |
| 23 | Laurens van Outhesden | Nederland | 39:33 | 39:28 |
| 24 | Bram van Dongen | Haag Atletiek | 39:48 | 39:38 |
| 25 | Ton van Leeuwen | AV '40 | 40:11 | 40:02 |
| 26 | Martijn Westhoff | Haag Atletiek | 40:27 | 40:15 |
| 27 | Brant Seethaler | Haag Atletiek | 40:35 | 40:15 |
| 28 | Marcel Toet | AV '40 | 43:10 | 42:59 |
| 29 | Maarten van den Oever | Sparta | 44:05 | 43:40 |
| 30 | Rolf Vermolen | Ilion | 44:08 | 44:03 |
| 31 | Jordy van der Lely | Loopgroep PK | 48:42 | 48:34 |
| 32 | Roelof Reinders | the Hague Road Runners | 49:12 | 46:41 |
| 33 | Marijn Demarteau | Startbaan | 51:04 | 50:23 |
| 34 | Niels Leerentveld | Loopgroep PK | 52:29 | 49:16 |

| M35, KNAU WEDSTRIJD | | | | |
|----------------------------|----------------------|------------------------|-------|-------|
| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Merwin Dollison | Artemis | 32:59 | 32:55 |
| 2 | Patrick Kuijken | Athlos | 33:48 | 33:45 |
| 3 | Ibrahim Sidig | Nederland | 33:50 | 33:49 |
| 4 | Roché Silvius | the Hague Road Runners | 34:37 | 34:35 |
| 5 | Gerben van der Luijt | Leiden Atletiek | 35:55 | 35:53 |
| 6 | Simon Brownlee | Loopgroep Aart Stigter | 35:59 | 35:51 |
| 7 | Andre Korpelshoek | Rijnsoever | 36:05 | 36:02 |
| 8 | Marcel Peschier | De Spartaan | 36:20 | 36:18 |
| 9 | Wouter van Casteren | Loopgroep Oegstgeest | 36:44 | 36:43 |
| 10 | Jos Euser | Haag Atletiek | 37:17 | 37:12 |
| 11 | Eddy Doorschodt | Haag Atletiek | 37:20 | 37:17 |
| 12 | Rob van der Valk | Ilion | 37:30 | 37:26 |
| 13 | Conrad Kerssens | Haag Atletiek | 37:50 | 37:48 |
| 14 | Mario Wesdorp | PAC | 38:54 | 38:34 |
| 15 | Ed de Niet | Loopgroep PK | 39:03 | 38:56 |
| 16 | Rene Panneman | Haag Atletiek | 40:33 | 40:29 |
| 17 | Johan Kok | Hardloopclub Amsterdam | 40:36 | 40:20 |
| 18 | Jeroen Koelewijn | Haag Atletiek | 41:08 | 40:57 |
| 19 | Marlon Voorn | Sparta | 41:10 | 41:06 |
| 20 | Bert Fink | Hylas | 41:15 | 40:56 |
| 21 | Floris Jansen | Haag Atletiek | 41:28 | 41:20 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|-------|-------|
| 22 | Michiel van Well | Running AP | 41:37 | 41:30 |
| 23 | André Tap | Haag Atletiek | 41:47 | 41:24 |
| 24 | Alex van den Berg | the Hague Road Runners | 41:55 | 41:51 |
| 25 | Michel Boers | AV Gouda | 42:00 | 41:51 |
| 26 | Mattijs van Dulkenraad | Sparta | 42:15 | 41:21 |
| 27 | Wilco Hoogendoorn | PAC | 42:33 | 42:12 |
| 28 | Wim Aartsen | Haag Atletiek | 45:23 | 45:16 |
| 29 | Menno Verleije | Haag Atletiek | 45:43 | 45:19 |
| 30 | Radjesh Ramasray | PAC | 46:58 | 46:37 |
| 31 | Randjiet Jankie | Sparta | 47:44 | 47:12 |
| 32 | Michael Raaijmakers | Parthenon | 47:49 | 47:35 |
| 33 | Ton van der Pol | Haag Atletiek | 50:32 | 50:14 |
| 34 | Marcel Harfterkamp | Haag Atletiek | 52:39 | 52:05 |

M45, KNAU WEDSTRIJD

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|------------------------|---------|---------|
| 1 | Abraham Zewdie | Nederland | 31:36 | 31:33 |
| 2 | Theo Timmermans | the Hague Road Runners | 35:52 | 35:51 |
| 3 | Paul Barnhoorn | Leiden Atletiek | 37:11 | 37:10 |
| 4 | Jan Verwijs | Energie | 37:45 | 37:42 |
| 5 | Jacques Wouda | Beek-Ubbergen | 38:28 | 38:25 |
| 6 | Ton Harland | Haag Atletiek | 39:02 | 38:56 |
| 7 | Fred Regeer | Leiden Atletiek | 39:50 | 39:46 |
| 8 | Ruud Nobel | Haag Atletiek | 40:09 | 39:59 |
| 9 | Peter Kaljouw | avVN | 40:14 | 39:42 |
| 10 | Edwin Cornelisse | PAC | 41:16 | 40:56 |
| 11 | Mark Bovens | Haag Atletiek | 41:22 | 41:11 |
| 12 | Herman Tijssen | Sparta | 41:51 | 41:45 |
| 13 | Louis Hueber | Haag Atletiek | 41:55 | 41:44 |
| 14 | Arnout Voogt | Sparta | 42:12 | 42:09 |
| 15 | Jan Passchier | Haag Atletiek | 43:16 | 43:07 |
| 16 | Piet Boorsma | the Hague Road Runners | 43:34 | 42:51 |
| 17 | Rene van der Helm | Haag Atletiek | 43:46 | 43:32 |
| 18 | Patrick Meijer | Haag Atletiek | 43:51 | 42:44 |
| 19 | Heico Kerkmeester | PAC | 43:59 | 43:52 |
| 20 | Jose Xavier | Sparta | 44:50 | 44:46 |
| 21 | PAUL den Hollander | Leiden Atletiek | 45:28 | 45:21 |
| 22 | Eric Melse | Sparta | 45:31 | 44:47 |
| 23 | Fred Vries | Haag Atletiek | 45:50 | 45:42 |
| 24 | Fransjan Roesink | GAC Hilversum | 45:52 | 45:32 |
| 25 | Edgar Pescadinha | Loopgroep PK | 45:58 | 45:53 |
| 26 | André Timmerman | Haag Atletiek | 46:39 | 46:33 |
| 27 | Paul Kruijssen | Haag Atletiek | 47:11 | 46:46 |
| 28 | Ron van Ark | Haag Atletiek | 49:32 | 48:21 |
| 29 | Dick van Prooijen | Loopgroep PK | 50:42 | 50:28 |
| 30 | Chris Oude Maatman | Haag Atletiek | 51:19 | 49:30 |
| 31 | Martin Toet | Haag Atletiek | 51:52 | 51:18 |
| 32 | Andries van der Lende | the Hague Road Runners | 55:37 | 53:10 |
| 33 | Cornelis Kasander | Typhoon | 56:45 | 53:55 |
| 34 | Ben Girwar | Haag Atletiek | 1:03:37 | 1:00:17 |

M55, KNAU WEDSTRIJD

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------|-----------------------|-------|-------|
| 1 | Ad Buijs | Phoenix | 36:53 | 36:50 |
| 2 | Cor Hoebeke | De Koplopers | 38:45 | 38:43 |
| 3 | Willem Willemsen | Olympus '70 | 40:30 | 40:28 |
| 4 | Ben van Vliet | avVN | 40:50 | 40:45 |
| 5 | Jos Koeleman | Avantri | 41:42 | 41:40 |
| 6 | Bert Gerritsma | Haag Atletiek | 42:34 | 42:19 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|------------------------|---------|---------|
| 7 | Anno Govers | Haag Atletiek | 42:40 | 42:34 |
| 8 | Jacques Merx | the Hague Road Runners | 43:14 | 43:06 |
| 9 | Niek Joanknecht | Sparta | 43:15 | 43:08 |
| 10 | Kees Breedevelde | Friesland | 43:31 | 43:27 |
| 11 | Hans Wils | Sparta | 44:21 | 43:56 |
| 12 | Ali Golhashem | the Hague Road Runners | 45:05 | 44:50 |
| 13 | Rob Blijleven | Haag Atletiek | 46:16 | 46:09 |
| 14 | Ton van Kleef | Sparta | 46:19 | 46:14 |
| 15 | Jac van Rijn | avVN | 46:47 | 46:31 |
| 16 | Peter Hoek | the Hague Road Runners | 47:24 | 47:15 |
| 17 | Arie van der Spoel | Haag Atletiek | 47:29 | 47:07 |
| 18 | Hans Simonis | 's-Gravenhage | 47:31 | 47:19 |
| 19 | Ad Vergeer | Haag Atletiek | 48:04 | 47:53 |
| 20 | Joop Raaphorst | avVN | 48:11 | 47:57 |
| 21 | Jean Claessens | the Hague Road Runners | 48:33 | 48:26 |
| 22 | Fred van der Gon Netscher | Haag Atletiek | 48:46 | 48:34 |
| 23 | Gerard van der Zijden | Haag Atletiek | 49:09 | 48:58 |
| 24 | Geert van den Berg | Loopgroep PK | 50:54 | 50:49 |
| 25 | Hans van Toor | the Hague Road Runners | 51:31 | 51:21 |
| 26 | Toon de Graauw | the Hague Road Runners | 53:45 | 53:43 |
| 27 | Rob Tielenburg | Haag Atletiek | 53:55 | 53:25 |
| 28 | Wim Holleman | avVN | 55:32 | 54:02 |
| 29 | Wim Kloosterman | Haag Atletiek | 56:48 | 54:52 |
| 30 | Willem Wissink | Haag Atletiek | 57:13 | 56:47 |
| 31 | Gerard Mulder | Haag Atletiek | 58:29 | 56:33 |
| 32 | Jan Wassink | Haag Atletiek | 59:19 | 58:57 |
| 33 | Alex Kant | Ilion | 1:00:29 | 58:25 |
| 34 | Tjitte Kamminga | Haag Atletiek | 1:03:00 | 1:02:25 |
| 35 | Martin Weers | Trimclub Clingendael | 1:07:24 | 1:03:48 |
| 36 | Peter Jutte | Haag Atletiek | 1:09:11 | 1:08:45 |
| 37 | Peter Puite | avVN | 1:12:10 | 1:08:01 |

VSEN, KNAU WEDSTRIJD

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|------------------------|-------|-------|
| 1 | Gladys Kipsoi | Kenia | 33:52 | 33:51 |
| 2 | Lindsay van Marrewijk | Nederland | 34:38 | 34:37 |
| 3 | Sarah Jeriwoi | Kenia | 34:45 | 34:44 |
| 4 | Birgit Santiago | Clytoneus | 41:58 | 41:55 |
| 5 | Yia-Lin Yin | Nederland | 42:44 | 42:43 |
| 6 | Moniek van Lieshout | Haag Atletiek | 43:29 | 43:22 |
| 7 | Patty Kuiper | the Hague Road Runners | 44:09 | 44:03 |
| 8 | Ellen van der Velden | Haag Atletiek | 44:41 | 44:30 |
| 9 | Nicole van der Voort | Haag Atletiek | 46:56 | 46:48 |
| 10 | Jessica Philippa | Olympus '70 | 47:06 | 45:56 |
| 11 | Monique Raaijmakers | Parthenon | 47:49 | 47:36 |
| 12 | Charlotte Brookes | the Hague Road Runners | 54:26 | 51:35 |
| 13 | Nicolette Immerzeel | Haag Atletiek | 57:37 | 56:05 |

V35, KNAU WEDSTRIJD

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|------------------------|---------|-------|
| 1 | Marleen Westhoff | Haag Atletiek | 42:30 | 42:17 |
| 2 | Linda Velders | Nederland | 43:34 | 43:32 |
| 3 | De Wreede | the Hague Road Runners | 45:17 | 45:09 |
| 4 | Ilse Houtman | Haag Atletiek | 46:13 | 46:02 |
| 5 | Karin van Gorp | Sparta | 47:05 | 46:25 |
| 6 | Marleen Lemmens | Haag Atletiek | 56:13 | 55:16 |
| 7 | Annette Bonebakker | Haag Atletiek | 58:50 | 55:31 |
| 8 | Karen Jutte | Haag Atletiek | 59:57 | 58:24 |
| 9 | Annelies Virginia | PAC | 1:00:02 | 55:58 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|------------------------|---------|---------|
| 10 | Roos Grisnigt | Sparta | 1:01:38 | 59:18 |
| 11 | Marijke Klement | the Hague Road Runners | 1:02:14 | 58:22 |
| 12 | Marcia Janssen | Sparta | 1:09:34 | 1:07:15 |
| 13 | Clementine Reulink | Haag Atletiek | 1:19:48 | 1:18:51 |

V45, KNAU WEDSTRIJD

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|------------------------|-------|-------|
| 1 | Diny Bosker | Friesland | 40:29 | 40:26 |
| 2 | Esther Hartman | Haag Atletiek | 40:43 | 40:41 |
| 3 | Ellen Oostvogel | Haag Atletiek | 43:17 | 43:12 |
| 4 | Wilma van der Linde | Fortuna | 45:16 | 44:59 |
| 5 | Ellen Boers | Leiden Atletiek | 46:04 | 45:52 |
| 6 | Resi Fransen | Haag Atletiek | 49:09 | 48:44 |
| 7 | Paulien Wijnvoord | the Hague Road Runners | 50:11 | 50:00 |
| 8 | Ana Pescadinha | Haag Atletiek | 52:38 | 52:32 |
| 9 | Yvonne Salden | Haag Atletiek | 54:00 | 53:17 |
| 10 | Sandra van 't Sant | Sparta | 54:13 | 54:08 |
| 11 | Marian van Es | Haag Atletiek | 54:21 | 53:53 |
| 12 | Elfriede Stoomrat | Haag Atletiek | 57:54 | 57:29 |
| 13 | Carolyn Edgerton | Haag Atletiek | 59:37 | 56:34 |

V55, KNAU WEDSTRIJD

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------|-----------------------|-------|-------|
| 1 | Anneke Kleijn | Haag Atletiek | 55:58 | 55:22 |

MREC, 10 KM PRESTATIE

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|-------|-------|
| 1 | Carlos Furnari | Amsterdam | 35:35 | 35:12 |
| 2 | Wouter van Winden | 's-Gravenhage | 35:47 | 35:40 |
| 3 | Erik Dees | Maassluis | 36:51 | 36:48 |
| 4 | Steven Wolhoff | Spark | 36:53 | 36:40 |
| 5 | Bas den Boer | Leiden Atletiek | 37:12 | 37:08 |
| 6 | Martin Vermeer | 's-Gravenhage | 37:29 | 36:54 |
| 7 | Robin Ouwerkerk | Leiden Atletiek | 37:41 | 37:38 |
| 8 | Ruben van Kesteren | Spijkenisse | 37:51 | 37:47 |
| 9 | Joost Kutsch Lojenga | Leiden | 38:01 | 37:57 |
| 10 | Ronald Gordijn | NEA Volharding | 38:20 | 38:16 |
| 11 | Raul Valdez | 's-Gravenhage | 38:27 | 38:15 |
| 12 | Andy Oskam | Rijswijk Zh | 38:30 | 38:29 |
| 13 | Arco Poot | De Lier | 38:38 | 38:22 |
| 14 | Freek Spruijt | Rotterdam | 38:39 | 38:22 |
| 15 | Ferdi Vonk | De Kieviten | 38:50 | 38:47 |
| 16 | Ruud Vermeulen | Amstelveen | 38:58 | 38:54 |
| 17 | Anil Gonesh | 's-Gravenhage | 39:21 | 38:50 |
| 18 | Bart Meijer | 's-Gravenhage | 39:28 | 38:00 |
| 19 | Joost Roorda | 's-Gravenhage | 39:40 | 39:28 |
| 20 | Robby Holtkamp | 's-Gravenhage | 39:45 | 39:08 |
| 21 | Roben van der Meer | 's-Gravenzande | 39:47 | 39:22 |
| 22 | Michael Peyrot | Leiden | 39:50 | 39:45 |
| 23 | Jack Glasbergen | Rijnsoever | 39:51 | 39:46 |
| 24 | Keoma Jacobs | 's-Gravenhage | 39:53 | 38:25 |
| 25 | Bart Rijborz | Amsterdam | 40:03 | 38:20 |
| 26 | Eddy Kleijheeg | Rijswijk Zh | 40:05 | 38:57 |
| 27 | Tristan Schenk | Amsterdam | 40:08 | 37:15 |
| 28 | Abdurraouf Abuagela | 's-Gravenhage | 40:17 | 40:04 |
| 29 | Daan Hamerslag | De Koplopers | 40:19 | 40:13 |
| 30 | Caspar Luzac | 's-Gravenhage | 40:30 | 40:22 |
| 31 | Grant Cooper | 's-Gravenhage | 40:32 | 40:25 |
| 32 | Marco Bijsterbosch | 's-Gravenhage | 40:36 | 40:20 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|------------------------|-------|-------|
| 33 | Mike Zijlmans | Rotterdam | 40:40 | 39:26 |
| 34 | Jos Hoekstra | 's-Gravenhage | 40:48 | 40:03 |
| 35 | Christian van Seeters | Aegon | 40:51 | 40:43 |
| 36 | Menno Komduur | 's-Gravenhage | 41:03 | 40:44 |
| 37 | Ronald de Bruijn | 's-Gravenhage | 41:10 | 40:58 |
| 38 | Michel van de Luitgaarden | Sparta | 41:10 | 41:04 |
| 39 | Geert Snijders | 's-Gravenhage | 41:32 | 41:25 |
| 40 | Alain van den Berg | Delft | 41:35 | 41:16 |
| 41 | Daniel Knoester | 's-Gravenhage | 41:37 | 37:36 |
| 42 | Matthijs van der Putten | Rotterdam | 41:40 | 41:06 |
| 43 | Guillermo Rocco | 's-Gravenhage | 41:41 | 41:01 |
| 44 | Michiel Sterk | Dutch Runners Gold | 41:56 | 39:10 |
| 45 | Mike Bruce | Zoetermeer | 41:59 | 41:44 |
| 46 | David Klein | Bodegraven | 42:01 | 39:58 |
| 47 | Richard Smeele | 's-Gravenhage | 42:05 | 41:39 |
| 48 | Paul Bogaarts | 's-Gravenhage | 42:06 | 41:52 |
| 49 | Stefan Verwijmeren | Voorburg | 42:08 | 40:52 |
| 50 | Marco Bakker | 's-Gravenhage | 42:09 | 41:35 |
| 51 | Stephen Hubée | 's-Gravenhage | 42:12 | 42:04 |
| 52 | Sjoerd van der Hum | 's-Gravenhage | 42:13 | 41:34 |
| 53 | Marc Kouwenhoven | 's-Gravenhage | 42:16 | 41:53 |
| 54 | Sandor Post | 's-Gravenhage | 42:17 | 41:45 |
| 55 | Paul Moerkerken | Voorburg | 42:17 | 41:32 |
| 56 | Robert Broos | Zaltbommel | 42:19 | 39:30 |
| 57 | Frans van Haaster | Aegon | 42:20 | 41:04 |
| 58 | Arnout Klinkenberg | 's-Gravenhage | 42:27 | 42:13 |
| 59 | Timon Nagelkerken | Zoetermeer | 42:27 | 42:22 |
| 60 | Henk Emmerzaal | den haag | 42:29 | 42:16 |
| 61 | Leon Munting | Utrecht | 42:36 | 42:31 |
| 62 | Wessel Boukema | 's-Gravenhage | 42:36 | 41:22 |
| 63 | Peter Hoogendoorn | 's-Gravenhage | 42:37 | 42:23 |
| 64 | Fred Tangelder | 's-Gravenhage | 42:44 | 42:31 |
| 65 | Gael Hernandez | 's-Gravenhage | 42:58 | 42:24 |
| 66 | Eduardo Martin | Leiden | 43:05 | 42:32 |
| 67 | Lex Vellekoop | 's-Gravenhage | 43:07 | 41:54 |
| 68 | Pim van der Putten | 's-Gravenhage | 43:10 | 42:59 |
| 69 | Bert Zwinkels | Poeldijk | 43:14 | 43:05 |
| 70 | Sander Korving | 's-Gravenhage | 43:20 | 42:31 |
| 71 | Marco Klijn | Sparta | 43:21 | 42:38 |
| 72 | Reinoud van Soest | Rijswijk Zh | 43:23 | 43:09 |
| 73 | Erik Bakx | 's-Gravenhage | 43:24 | 42:38 |
| 74 | Marco Fais | 's-Gravenhage | 43:25 | 43:22 |
| 75 | Daniël Vreeswijk | 's-Gravenhage | 43:28 | 43:17 |
| 76 | Farid Hadioui | 's-Gravenhage | 43:28 | 42:10 |
| 77 | Martijn Redegeld | 's-Gravenhage | 43:28 | 43:23 |
| 78 | Maarten Schut | 's-Gravenhage | 43:32 | 43:24 |
| 79 | Adriaan Haasnoot | Katwijk Zh | 43:40 | 43:26 |
| 80 | Thomas Tiggelman | Houten | 43:40 | 42:12 |
| 81 | Andrew Lambourne | 's-Gravenhage | 43:43 | 43:25 |
| 82 | Lorenzo van't Hoff | the Hague Road Runners | 43:45 | 43:10 |
| 83 | Hans Dagevos | Leidschendam | 43:49 | 43:04 |
| 84 | Martijn Vrenssen | 's-Gravenhage | 43:50 | 43:34 |
| 85 | Joop Seitzinger | the Hague Road Runners | 43:55 | 43:53 |
| 86 | Ben van Spronsen | Amsterdam | 43:57 | 43:41 |
| 87 | Hielke Dirks | 's-Gravenhage | 43:58 | 42:12 |
| 88 | Jos Verwer | the Hague Road Runners | 44:04 | 43:35 |
| 89 | Stefan van Meurs | 's-Gravenhage | 44:07 | 40:41 |
| 90 | Rob Barendregt | Sparta | 44:22 | 43:40 |
| 91 | Marcel den Brabander | Honselersdijk | 44:23 | 43:07 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|------------------------|-------|-------|
| 92 | Eelco Tammens | 's-Gravenhage | 44:25 | 43:24 |
| 93 | Henk Offringa | Gouda | 44:25 | 43:31 |
| 94 | Robin Vogelaar | 's-Gravenhage | 44:26 | 43:14 |
| 95 | Chris Zaal | 's-Gravenhage | 44:27 | 42:12 |
| 96 | Marco Bramsen | 's-Gravenhage | 44:32 | 42:41 |
| 97 | Johnny Maier | 's-Gravenhage | 44:33 | 41:43 |
| 98 | Jeroen Korving | Trimclub Clingendael | 44:37 | 44:26 |
| 99 | Johan Janson | 's-Gravenhage | 44:40 | 44:07 |
| 100 | Rob Bakker | 's-Gravenhage | 44:43 | 44:10 |
| 101 | Daniel munoz Sheridan | Voorburg | 44:43 | 44:22 |
| 102 | Dimo Monster | Waddinxveen | 44:47 | 44:02 |
| 103 | Alex de Jong | 's-Gravenhage | 44:51 | 42:13 |
| 104 | Etienne Lommen | 's-Gravenhage | 44:51 | 42:00 |
| 105 | Bert Jan te Paske | 's-Gravenhage | 44:54 | 43:31 |
| 106 | Mario Kreber | | 44:55 | 43:48 |
| 107 | Marcel van der Toorn | 's-Gravenhage | 44:56 | 42:54 |
| 108 | Eric van der Does | Delft | 44:57 | 43:11 |
| 109 | Maurice Klaver | 's-Gravenhage | 44:57 | 41:50 |
| 110 | Lodewijk Voorhoeve | 's-Gravenhage | 45:00 | 44:10 |
| 111 | Ferry van Haastert | Voorburg | 45:01 | 44:32 |
| 112 | Fred van Laar | Zoetermeer | 45:01 | 44:09 |
| 113 | Osman Bangura | Voorburg | 45:02 | 45:00 |
| 114 | Mitsuki Goto | 's-Gravenhage | 45:06 | 44:49 |
| 115 | Martin Granqvist | 's-Gravenhage | 45:11 | 41:37 |
| 116 | René Sluiter | 's-Gravenhage | 45:12 | 43:46 |
| 117 | Martijn Horters | Leidschendam | 45:13 | 44:40 |
| 118 | Dominic Moore | 's-Gravenhage | 45:14 | 44:19 |
| 119 | Marcel Kabelaar | 's-Gravenhage | 45:15 | 44:20 |
| 120 | Sam van Poorten | 's-Gravenhage | 45:17 | 44:00 |
| 121 | Hans Vink | den haag | 45:19 | 44:22 |
| 122 | Dick Hengeveld | Ilion | 45:20 | 44:36 |
| 123 | Marc Eijbergen | 's-Gravenhage | 45:24 | 45:10 |
| 124 | Michel Cotte | 's-Gravenhage | 45:25 | 43:55 |
| 125 | Carlos Jaramillo Luna | 's-Gravenhage | 45:29 | 44:56 |
| 126 | Leo Spaans | Rijswijk Zh | 45:37 | 45:29 |
| 127 | Neil Chatterjee | Amsterdam | 45:38 | 42:44 |
| 128 | Jose Lorente | Leiderdorp | 45:39 | 45:06 |
| 129 | Alexis Eustatia | Oegstgeest | 45:42 | 45:26 |
| 130 | Jean Rogers | 's-Gravenhage | 45:43 | 41:51 |
| 131 | Dennis Blansjaar | Katwijk Zh | 45:48 | 44:25 |
| 132 | Gijs Meijer | 's-Gravenhage | 45:51 | 45:12 |
| 133 | Johan van der Linden | Voorburg | 45:51 | 45:26 |
| 134 | Martien Hess | 's-Gravenhage | 45:52 | 43:58 |
| 135 | Wilco van de Wijnboom | 's-Gravenhage | 45:52 | 44:20 |
| 136 | Jan Koning | the Hague Road Runners | 45:54 | 44:09 |
| 137 | Joost Wisse | Trimclub Clingendael | 45:56 | 44:23 |
| 138 | Wytse Bouman | Haag Atletiek | 45:56 | 45:49 |
| 139 | René Prins | Zaandam | 45:57 | 45:43 |
| 140 | Robert Beisser | 's-Gravenhage | 46:00 | 43:27 |
| 141 | Agnar Nijssen | 's-Gravenhage | 46:01 | 43:21 |
| 142 | Ruud Zomerveld | 's-Gravenhage | 46:04 | 43:52 |
| 143 | Rutger Mantel | 's-Gravenhage | 46:10 | 46:03 |
| 144 | Jim van Zuijlen | Rijswijk Zh | 46:11 | 45:54 |
| 145 | Joran van den Berg | Amsterdam | 46:11 | 45:25 |
| 146 | Dick Ufkes | 's-Gravenhage | 46:12 | 44:20 |
| 147 | Jody Leewes | Leiden | 46:13 | 45:49 |
| 148 | Wytse Mantel | Burgum | 46:15 | 46:08 |
| 149 | Sander Giezen | 's-Gravenhage | 46:16 | 44:38 |
| 150 | Rien den Hertog | Voorburg | 46:18 | 43:44 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|-----------------------|-------|-------|
| 151 | Peter-Paul de Winter | Eindhoven | 46:21 | 45:41 |
| 152 | Metten Knüppe | 's-Gravenhage | 46:23 | 43:42 |
| 153 | Donald Tap | 's-Gravenhage | 46:25 | 45:23 |
| 154 | Thomas Broos | 's-Gravenhage | 46:26 | 43:36 |
| 155 | Alexander van Nauta Lemke | 's-Gravenhage | 46:26 | 45:06 |
| 156 | Sander Wind | Rijswijk Zh | 46:27 | 43:58 |
| 157 | Mo Morabit | Voorburg | 46:28 | 46:08 |
| 158 | Peter van der Meer | Haag Atletiek | 46:28 | 44:48 |
| 159 | Stefan Thoen | 's-Gravenhage | 46:32 | 45:34 |
| 160 | Andre Bos | Waddinxveen | 46:32 | 44:27 |
| 161 | Wessel Jenner-Klarenbeek | Rijswijk Zh | 46:32 | 45:28 |
| 162 | Andre van Loo | Atverni | 46:34 | 42:59 |
| 163 | Paul Kramer | Voorburg | 46:35 | 44:06 |
| 164 | Tom Woltinge | 's-Gravenhage | 46:36 | 45:57 |
| 165 | Xander Stalenhoef | 's-Gravenhage | 46:39 | 45:02 |
| 166 | Ewout Rotteveel | 's-Gravenhage | 46:42 | 45:36 |
| 167 | Ronald Hubert | 's-Gravenhage | 46:42 | 45:06 |
| 168 | Ed Westerhout | 's-Gravenhage | 46:43 | 44:23 |
| 169 | Mark Westerholt | 's-Gravenhage | 46:44 | 44:26 |
| 170 | Bert Groenewegen | 's-Gravenhage | 46:46 | 46:18 |
| 171 | Marc Verheij | Haag Atletiek | 46:47 | 46:38 |
| 172 | Bob Heijne | Aegon | 46:48 | 46:38 |
| 173 | Out Ben | Nootdorp | 46:50 | 45:37 |
| 174 | Sjoerd den Hertog | Voorschoten | 46:51 | 44:16 |
| 175 | Robert Jan Metselaar | 's-Gravenhage | 46:51 | 46:24 |
| 176 | Dries van den Bos | 's-Gravenhage | 46:56 | 44:11 |
| 177 | Martell Demarteau | Amsterdam | 46:58 | 43:56 |
| 178 | Marcel Wijnen | 's-Gravenhage | 47:00 | 46:02 |
| 179 | Henk Dijkstra | 's-Gravenhage | 47:01 | 45:07 |
| 180 | Van 't Westeinde | 's-Gravenhage | 47:01 | 43:54 |
| 181 | Maikel van Kasteren | Haag Atletiek | 47:03 | 45:34 |
| 182 | Wim Erkens | Honselersdijk | 47:05 | 44:31 |
| 183 | Mark Bezemer | 's-Gravenhage | 47:08 | 45:36 |
| 184 | Joep Stassen | 's-Gravenhage | 47:09 | 46:05 |
| 185 | Lammert van Dijk | Rijswijk Zh | 47:09 | 46:21 |
| 186 | Erasmus Pasqualicchio | Voorburg | 47:10 | 46:29 |
| 187 | Ronald Immerzeel | Delft | 47:11 | 44:14 |
| 188 | Maarten Langelaar | Delft | 47:11 | 46:59 |
| 189 | Maarten van Weelden | Breda | 47:14 | 44:45 |
| 190 | Freddy Frauenfelder | Haag Atletiek | 47:16 | 46:09 |
| 191 | Hans van Rossum | 's-Gravenhage | 47:17 | 46:38 |
| 192 | Mark Soonius | 's-Gravenhage | 47:19 | 47:09 |
| 193 | Ferry de Paus | 's-Gravenhage | 47:20 | 43:37 |
| 194 | James Sneek | 's-Gravenhage | 47:22 | 46:15 |
| 195 | Edwin Lodder | 's-Gravenhage | 47:27 | 46:46 |
| 196 | Mark Pauw | 's-Gravenhage | 47:28 | 45:40 |
| 197 | Martin Fuss | Rotterdam | 47:28 | 46:39 |
| 198 | Timon Verheule | 's-Gravenhage | 47:29 | 45:14 |
| 199 | Erik Verburg | Sparta | 47:30 | 47:25 |
| 200 | Jochem van Loon | 's-Gravenhage | 47:30 | 46:20 |
| 201 | Gijs Matser | Utrecht | 47:30 | 43:59 |
| 202 | Johan van Gilst | 's-Gravenhage | 47:30 | 45:10 |
| 203 | Jeroen Goinga | 's-Gravenhage | 47:31 | 46:50 |
| 204 | Stewart McCartney | Nootdorp | 47:35 | 47:02 |
| 205 | Bas van der Velden | Nootdorp | 47:36 | 46:23 |
| 206 | Mark Stanley | Wassenaar | 47:36 | 45:52 |
| 207 | Maarten Edelman | 's-Gravenhage | 47:37 | 43:59 |
| 208 | Edwin van der Steen | 's-Gravenhage | 47:37 | 45:59 |
| 209 | James O'Connor | Wassenaar | 47:37 | 46:45 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|------------------------|-------|-------|
| 210 | Edgar van Lingen | Wateringen | 47:39 | 47:19 |
| 211 | Kyle Jarton | 's-Gravenhage | 47:39 | 44:04 |
| 212 | Rogier Thomson | 's-Gravenhage | 47:39 | 47:24 |
| 213 | Peter Brugts | 's-Gravenhage | 47:40 | 46:52 |
| 214 | Sander van der Leeuw | 's-Gravenhage | 47:43 | 44:47 |
| 215 | Edwin van der Harst | the Hague Road Runners | 47:45 | 46:51 |
| 216 | Willem Heemskerk | 's-Gravenhage | 47:45 | 45:51 |
| 217 | Jeffrey de Rijk | Zoetermeer | 47:45 | 46:40 |
| 218 | Jeroen Troisfontaine | Utrecht | 47:46 | 44:13 |
| 219 | Bas Natkiel | Voorschoten | 47:47 | 45:51 |
| 220 | Adrie van Schaik | Krimpen aan den IJssel | 47:49 | 47:35 |
| 221 | Marvin Boxhoorn | 's-Gravenhage | 47:51 | 47:08 |
| 222 | Fabian Heijnen | Rotterdam | 47:52 | 45:25 |
| 223 | Philip van der Weijde | Leidschendam | 47:53 | 45:02 |
| 224 | Tom Smit | 's-Gravenhage | 47:55 | 45:21 |
| 225 | Dennis Radder | Den Haag | 47:58 | 46:11 |
| 226 | Bep Walburg | 's-Gravenhage | 47:59 | 47:39 |
| 227 | Jesse de Lange | 's-Gravenhage | 48:03 | 45:32 |
| 228 | Fred van der Zalm | Zoetermeer | 48:03 | 47:49 |
| 229 | Edwin Reijman | 's-Gravenhage | 48:04 | 46:23 |
| 230 | David Krantz | Leidschendam | 48:04 | 47:17 |
| 231 | Geoge Jeremic | Aegon | 48:05 | 46:50 |
| 232 | Hans Wenck | 's-Gravenhage | 48:05 | 44:43 |
| 233 | Elton Laclé | Leidschendam | 48:07 | 46:59 |
| 234 | Marcel van der Harst | Haag Atletiek | 48:08 | 47:39 |
| 235 | Jasper van Waalwijk | 's-Gravenhage | 48:11 | 47:13 |
| 236 | Franco Zanichelli | 's-Gravenhage | 48:17 | 47:13 |
| 237 | Edwin Schop | Bergschenhoek | 48:17 | 44:20 |
| 238 | Kees Kramer | Voorburg | 48:18 | 45:49 |
| 239 | Jeroen Hörters | Leidschendam | 48:19 | 47:50 |
| 240 | Silvester van Amerongen | Eindhoven | 48:19 | 45:24 |
| 241 | David Wells | 's-Gravenhage | 48:19 | 45:46 |
| 242 | Selwyn Ubels | Amsterdam | 48:23 | 47:25 |
| 243 | Arie van Steensel | Leiden | 48:23 | 47:42 |
| 244 | Andy Visser | Wateringen | 48:23 | 48:08 |
| 245 | F van Gaalen | 's-Gravenhage | 48:25 | 43:51 |
| 246 | Hans van der Valk | Rotterdam | 48:25 | 48:13 |
| 247 | Lucas Boendermaker | Zoetermeer | 48:26 | 46:44 |
| 248 | Aad van Kleef | Hallum | 48:27 | 48:10 |
| 249 | Bob Biesemaat | 's-Gravenhage | 48:28 | 47:08 |
| 250 | Joe DeLuca | Amsterdam | 48:28 | 45:54 |
| 251 | Rob Bovelander | AV '40 | 48:29 | 47:58 |
| 252 | Ton Duivesteijn | 's-Gravenhage | 48:30 | 46:58 |
| 253 | Pierre Cox | Voorburg | 48:30 | 48:22 |
| 254 | Rien de Wolff | Voorburg | 48:32 | 48:29 |
| 255 | Jeroen Deggeller | 's-Gravenhage | 48:33 | 44:23 |
| 256 | Ben Ruck | Leidschendam | 48:34 | 47:46 |
| 257 | Leo Kouijzer | 's-Gravenhage | 48:35 | 48:01 |
| 258 | Tom Trotz | Haag Atletiek | 48:35 | 47:10 |
| 259 | Phil Currnigham | Wassenaar | 48:36 | 47:45 |
| 260 | Andreas Mayer | 's-Gravenhage | 48:36 | 45:33 |
| 261 | Jan Michiel Cillessen | 's-Gravenhage | 48:37 | 45:35 |
| 262 | Marcel Vlastuin | 's-Gravenhage | 48:37 | 47:33 |
| 263 | Ton Meershoek | 's-Gravenhage | 48:38 | 46:32 |
| 264 | Michel Goemans | Zoeterwoude | 48:38 | 47:16 |
| 265 | Dennis Zuidhoek | Noordwijk Zh | 48:38 | 47:27 |
| 266 | Krijn Stoffer | 's-Gravenzande | 48:39 | 48:14 |
| 267 | Ko van Schaik | 's-Gravenhage | 48:41 | 46:29 |
| 268 | Michiel Koot | 's-Gravenhage | 48:41 | 45:48 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|-------|-------|
| 269 | Camiel Mulders | Voorburg | 48:42 | 47:58 |
| 270 | Mike Boogaard | 's-Gravenhage | 48:43 | 46:11 |
| 271 | Jeroen van Amelsvoort | Zoetermeer | 48:44 | 45:37 |
| 272 | Paul Marselis | 's-Gravenhage | 48:45 | 47:42 |
| 273 | Richard Pieper | 's-Gravenhage | 48:49 | 46:12 |
| 274 | Willem van de Ven | the Hague Road Runners | 48:49 | 48:29 |
| 275 | Renato Caster | 's-Gravenhage | 48:52 | 45:32 |
| 276 | Marien Oorthuys | 's-Gravenhage | 48:52 | 47:53 |
| 277 | Harm Smeets | 's-Gravenhage | 48:53 | 47:53 |
| 278 | Henk de Witte | Delft | 48:55 | 47:57 |
| 279 | Niels Franken | Aegon | 48:55 | 48:41 |
| 280 | Roeland Koster | 's-Gravenhage | 48:56 | 47:56 |
| 281 | Michiel Stapelkamp | Aegon | 48:57 | 45:29 |
| 282 | Ron Caster | Zoetermeer | 48:58 | 46:41 |
| 283 | Sybren Hornstra | 's-Gravenhage | 48:59 | 46:39 |
| 284 | Louis van Vliet | 's-Gravenhage | 48:59 | 47:38 |
| 285 | Ridder van den Berg | 's-Gravenhage | 49:01 | 47:17 |
| 286 | Marco de Groot | Wassenaar | 49:01 | 46:42 |
| 287 | Robin Zwaneveld | Aegon | 49:02 | 47:52 |
| 288 | Jeroen van Els | 's-Gravenhage | 49:03 | 46:32 |
| 289 | Ronald Kocks | Ridderkerk | 49:04 | 46:35 |
| 290 | Eric Balster | 's-Gravenhage | 49:04 | 47:23 |
| 291 | Eddy Westmaas | Nootdorp | 49:04 | 48:04 |
| 292 | Denis Wigman | Hilversum | 49:06 | 46:15 |
| 293 | Erik van Esschoten | 's-Gravenhage | 49:09 | 48:07 |
| 294 | Justin Voskuyl | 's-Gravenhage | 49:09 | 47:51 |
| 295 | Andries Bloem | Zoetermeer | 49:10 | 45:08 |
| 296 | Ewout Schiferli | 's-Gravenhage | 49:12 | 46:35 |
| 297 | Walter Jacobs | 's-Gravenhage | 49:13 | 46:32 |
| 298 | Alexander Boogers | 's-Gravenhage | 49:13 | 46:41 |
| 299 | Stefan de Niet | 's-Gravenhage | 49:13 | 48:58 |
| 300 | Laurens-Jan Sipma | 's-Gravenhage | 49:16 | 46:05 |
| 301 | Frank Eggink | Wassenaar | 49:23 | 49:05 |
| 302 | Jacques van Vliet | Voorburg | 49:24 | 48:43 |
| 303 | Peter Luijkx | Nootdorp | 49:24 | 49:22 |
| 304 | Raoul van den Berg | Delft | 49:24 | 47:39 |
| 305 | Tim Davies | Wassenaar | 49:26 | 45:52 |
| 306 | Piet Klarenbeek | 's-Gravenhage | 49:26 | 47:51 |
| 307 | Jan Erik van der Werff | 's-Gravenhage | 49:27 | 48:03 |
| 308 | James ter Beek | Leiden | 49:27 | 48:51 |
| 309 | Johan Korbee | Alphen aan den Rijn | 49:29 | 48:26 |
| 310 | Charles Hueber | Amsterdam | 49:29 | 47:59 |
| 311 | Mark Bottelier | 's-Gravenhage | 49:30 | 46:57 |
| 312 | Florian van Prooijen | 's-Gravenhage | 49:32 | 46:17 |
| 313 | Alexander Bolle | Leidschendam | 49:34 | 46:34 |
| 314 | Jaap Heffels | 's-Gravenhage | 49:38 | 47:27 |
| 315 | Michel Helgers | | 49:38 | 47:34 |
| 316 | André Schravemade | Zoetermeer | 49:39 | 49:28 |
| 317 | René Alblas | Haag Atletiek | 49:43 | 48:33 |
| 318 | Oscar Vernooij | Sparta | 49:48 | 47:33 |
| 319 | Nico Wesstein | 's-Gravenhage | 49:49 | 47:31 |
| 320 | Thomas Taal | 's-Gravenhage | 49:50 | 48:38 |
| 321 | Peter Soerel | Dutch Runners Gold | 49:54 | 48:23 |
| 322 | Ron Wielen | Rotterdam | 49:54 | 47:08 |
| 323 | Michael van der Ziel | 's-Gravenhage | 49:55 | 48:55 |
| 324 | Arie Roos | 's-Gravenhage | 49:56 | 48:26 |
| 325 | Leo Bellekom | Dutch Runners Basic | 49:56 | 48:36 |
| 326 | Oscar Mathijssen | Tiel | 49:58 | 47:19 |
| 327 | Lutz Kattle | 's-Gravenhage | 50:00 | 49:26 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|------------------------|-------|-------|
| 328 | Geoffrey Robbemond | 's-Gravenhage | 50:01 | 47:42 |
| 329 | Fred Smulders | 's-Gravenhage | 50:01 | 47:31 |
| 330 | Declan Walsh | 's-Gravenhage | 50:02 | 47:24 |
| 331 | Bas van Vugt | Rotterdam | 50:12 | 46:34 |
| 332 | Martijn van der Meulen | Amsterdam | 50:12 | 46:34 |
| 333 | Roger Loop | 's-Gravenhage | 50:14 | 47:28 |
| 334 | Marcel Hoek | Amsterdam | 50:15 | 47:49 |
| 335 | Brendan van Merrienboek | Rotterdam | 50:16 | 48:22 |
| 336 | Ed Schmidt | 's-Gravenhage | 50:18 | 48:51 |
| 337 | Mauricio Wesson Vincaino | Delft | 50:18 | 46:44 |
| 338 | Borg Hessels | 's-Gravenhage | 50:18 | 48:28 |
| 339 | Jarchall Schepers | Delft | 50:19 | 46:18 |
| 340 | Geert Wijts | 's-Gravenhage | 50:19 | 47:02 |
| 341 | Tim den Heijer | Doetinchem | 50:19 | 49:15 |
| 342 | Raoul de Best | Leiden | 50:21 | 49:25 |
| 343 | Paul Veldhuis | Aegon | 50:21 | 47:49 |
| 344 | Christian van Hecke | Delft | 50:22 | 49:11 |
| 345 | Lars Wolff | 's-Gravenhage | 50:22 | 49:22 |
| 346 | Coen Kersten | 's-Gravenhage | 50:23 | 49:47 |
| 347 | Vincent de Geus | Delft | 50:25 | 48:15 |
| 348 | Wim Biemolt | Utrecht | 50:25 | 47:18 |
| 349 | Peter Mahutte | Voorburg | 50:26 | 49:23 |
| 350 | Paul Dennesen | 's-Gravenhage | 50:27 | 48:31 |
| 351 | Thierry Bieger | Wateringen | 50:28 | 49:26 |
| 352 | Rene Remmerswaal | Zoetermeer | 50:28 | 49:16 |
| 353 | Roberto Simenez | 's-Gravenhage | 50:31 | 46:56 |
| 354 | Dirk Jan Visser | Rotterdam | 50:31 | 49:09 |
| 355 | Sjoerd van Setten | Utrecht | 50:32 | 46:59 |
| 356 | Sleeswijk Visser | 's-Gravenhage | 50:33 | 49:05 |
| 357 | Mark van Hemert | Bilthoven | 50:35 | 47:50 |
| 358 | Bas Reyntjes | Haag Atletiek | 50:36 | 49:06 |
| 359 | Martin Vissers | 's-Gravenhage | 50:36 | 46:12 |
| 360 | Erik van Doorn | Voorburg | 50:37 | 49:38 |
| 361 | Rob Sosef | Trimclub Clingendael | 50:38 | 46:15 |
| 362 | Jordi Verheij | 's-Gravenhage | 50:39 | 46:36 |
| 363 | Paul Pegels | Rijswijk Zh | 50:39 | 46:58 |
| 364 | Gideon Groeneweg | Bodegraven | 50:40 | 48:37 |
| 365 | Hans Akerboom | Wassenaar | 50:40 | 49:24 |
| 366 | Gerard Hulsbos | Voorschoten | 50:41 | 49:19 |
| 367 | Henk Rosendal | Leiden | 50:41 | 48:16 |
| 368 | Herman de Boer | 's-Gravenhage | 50:42 | 48:16 |
| 369 | Wilko Huiden | Zoetermeer | 50:42 | 49:41 |
| 370 | Robin Holtkamp | Rijswijk Zh | 50:43 | 50:27 |
| 371 | Wijnand van Lith | Katwijk Zh | 50:43 | 47:26 |
| 372 | Martin Dorsman | Gouda | 50:45 | 48:38 |
| 373 | Martijn Schoonhoven | 's-Gravenhage | 50:49 | 48:22 |
| 374 | Rene Hofkens | 's-Gravenhage | 50:52 | 48:04 |
| 375 | Mark Lommeijer | the Hague Road Runners | 50:52 | 48:51 |
| 376 | Floris Foolen | 's-Gravenhage | 50:56 | 47:43 |
| 377 | Robin van den Burg | Aegon | 50:57 | 50:18 |
| 378 | Coen Horrevoets | 's-Gravenhage | 50:58 | 48:36 |
| 379 | Hans vd Ham | Zoetermeer | 50:58 | 48:09 |
| 380 | Richard Poot | 's-Gravenzande | 50:58 | 49:42 |
| 381 | Vincent Voorhoeve | 's-Gravenhage | 51:00 | 50:10 |
| 382 | Emanuel Mendes de Leon | 's-Gravenhage | 51:00 | 48:24 |
| 383 | Frans Braun | Haag Atletiek | 51:01 | 46:46 |
| 384 | Jan van Benten | Wassenaar | 51:02 | 49:43 |
| 385 | James Bolton | Wassenaar | 51:04 | 50:11 |
| 386 | Frans Corthals | 's-Gravenhage | 51:04 | 47:51 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|-----------------------|-------|-------|
| 387 | Richard Bolton | Wassenaar | 51:04 | 50:11 |
| 388 | Ed Berends | 's-Gravenhage | 51:05 | 48:05 |
| 389 | Michiel Wagenaar | 's-Gravenhage | 51:05 | 47:29 |
| 390 | Kenneth Odijk | Delft | 51:06 | 48:56 |
| 391 | August de Jonge | 's-Gravenhage | 51:09 | 48:02 |
| 392 | Vladimir Jizdny | 's-Gravenhage | 51:10 | 49:41 |
| 393 | Andre van Geest | 's-Gravenhage | 51:13 | 50:47 |
| 394 | Milos van Moorsel | 's-Gravenhage | 51:13 | 49:43 |
| 395 | Mathieu Cantarella | Wassenaar | 51:16 | 50:15 |
| 396 | Jan Bal | 's-Gravenhage | 51:17 | 49:16 |
| 397 | Gregor Spiegeler | 's-Gravenhage | 51:17 | 48:36 |
| 398 | Rene van den Heuvel | Aegon | 51:18 | 47:14 |
| 399 | Harm van der Eerden | 's-Gravenhage | 51:18 | 51:18 |
| 400 | Sebastiaan de Leeuw | Zoetermeer | 51:19 | 48:54 |
| 401 | Jogen de Jong | Sparta | 51:19 | 48:22 |
| 402 | Steven van Voorst | Utrecht | 51:19 | 48:33 |
| 403 | Frank Kuipers | Tilburg | 51:21 | 47:11 |
| 404 | Joost von Schmidt auf Alt | 's-Gravenhage | 51:21 | 48:45 |
| 405 | Hugo Wittekoek | 's-Gravenhage | 51:21 | 48:05 |
| 406 | Van der Linden | 's-Gravenhage | 51:21 | 50:55 |
| 407 | Sander Versluis | Ameide | 51:22 | 48:11 |
| 408 | Stefan Dijkhuizen | 's-Gravenhage | 51:23 | 50:28 |
| 409 | Diederick Wesdorp | 's-Gravenhage | 51:26 | 48:50 |
| 410 | Ricardo Monzon | 's-Gravenhage | 51:26 | 49:01 |
| 411 | Daniel STEFFEN | 's-Gravenhage | 51:27 | 48:27 |
| 412 | René Jutte | 's-Gravenhage | 51:28 | 48:28 |
| 413 | Arjan van der Knaap | 's-Gravenhage | 51:30 | 48:05 |
| 414 | Casper de Roest | 's-Gravenhage | 51:31 | 51:15 |
| 415 | Wim Sniijders | 's-Gravenhage | 51:34 | 50:56 |
| 416 | Jeroen Busing | Sparta | 51:35 | 49:42 |
| 417 | Gary McCole | 's-Gravenhage | 51:37 | 51:21 |
| 418 | Bob van Dijk | Leidschendam | 51:41 | 51:00 |
| 419 | Bert Visser | Leidschendam | 51:42 | 48:51 |
| 420 | Jeroen van Schoneveld | Velserbroek | 51:43 | 51:05 |
| 421 | Elwin Vissers | 's-Gravenhage | 51:43 | 49:17 |
| 422 | Thomas Olivier | 's-Gravenhage | 51:44 | 50:30 |
| 423 | Misja Fuit | 's-Gravenhage | 51:44 | 50:29 |
| 424 | Barry Velders | Aegon | 51:45 | 49:37 |
| 425 | Rob Pennock | Wassenaar | 51:48 | 50:30 |
| 426 | Joost Verheijen | 's-Gravenhage | 51:49 | 51:45 |
| 427 | Ben Marselis | 's-Gravenhage | 51:51 | 50:48 |
| 428 | Robert Heerekop | 's-Gravenhage | 51:52 | 48:38 |
| 429 | Silvion Moesan | 's-Gravenhage | 51:52 | 51:12 |
| 430 | Jaco Tempel | 's-Gravenhage | 51:53 | 50:46 |
| 431 | Dirk Tempel | 's-Gravenhage | 51:53 | 50:46 |
| 432 | Ruben Maartense | Utrecht | 51:53 | 50:30 |
| 433 | Jason Young | Utrecht | 51:57 | 49:45 |
| 434 | Leon van der Does | 's-Gravenhage | 51:58 | 49:48 |
| 435 | Bernard Jas | Dutch Runners Gold | 52:01 | 48:46 |
| 436 | Fred Hilvers | Haag Atletiek | 52:01 | 50:49 |
| 437 | Jarl Schoemaker | 's-Gravenhage | 52:03 | 50:28 |
| 438 | Peter Hoogeveen | Zoetermeer | 52:03 | 51:39 |
| 439 | Thomas Venneman | 's-Gravenhage | 52:05 | 50:30 |
| 440 | Job Stenzel | Breda | 52:06 | 49:25 |
| 441 | Stefan Groeneveld | 's-Gravenhage | 52:06 | 49:14 |
| 442 | Leonard de Koning | 's-Gravenhage | 52:08 | 49:13 |
| 443 | Jos Kikkert | 's-Gravenhage | 52:09 | 48:39 |
| 444 | Eddie van Roon | 's-Gravenhage | 52:11 | 50:19 |
| 445 | Erik Korbee | 's-Gravenhage | 52:12 | 51:11 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 446 | Jan Verheij | 's-Gravenhage | 52:13 | 48:45 |
| 447 | Wim Mijs | 's-Gravenhage | 52:13 | 51:55 |
| 448 | Luuk Hoogerdijk | Houten | 52:16 | 48:33 |
| 449 | Bert Lansing | 's-Gravenhage | 52:16 | 50:20 |
| 450 | Henk Raven | Aegon | 52:17 | 49:11 |
| 451 | Bert van der Nagel | Alphen aan den Rijn | 52:18 | 51:32 |
| 452 | Stefan Hendrickx | Beveren | 52:19 | 49:54 |
| 453 | Duncan Bakker | Hendrik Ido Ambacht | 52:19 | 49:09 |
| 454 | Martijn Vroom | 's-Gravenhage | 52:19 | 51:27 |
| 455 | René Akerboom | 's-Gravenhage | 52:27 | 50:10 |
| 456 | Leo van de Langkruis | 's-Gravenhage | 52:28 | 50:22 |
| 457 | Johan Gerlofs | Voorburg | 52:29 | 49:03 |
| 458 | Eric Thompson | Wassenaar | 52:30 | 50:04 |
| 459 | Leon Belt | Aegon | 52:30 | 50:47 |
| 460 | Remo Minero | 's-Gravenhage | 52:31 | 49:13 |
| 461 | Remco van der Neut | Hazerswoude-Dorp | 52:32 | 50:27 |
| 462 | Dick van Dijk | Bergschenhoek | 52:34 | 52:11 |
| 463 | Barry Martijn | 's-Gravenhage | 52:36 | 49:07 |
| 464 | Rene van der Pol | Voorburg | 52:38 | 48:49 |
| 465 | Niek de Weerd | Leiden | 52:41 | 51:31 |
| 466 | Renold Powel | Aegon | 52:44 | 48:40 |
| 467 | Adriaan van Engh | 's-Gravenhage | 52:46 | 49:49 |
| 468 | Ab Westendorp | 's-Gravenhage | 52:46 | 51:16 |
| 469 | Arnoud Alderlieste | Voorburg | 52:47 | 49:57 |
| 470 | Rinus Schroevers | 's-Gravenhage | 52:47 | 49:44 |
| 471 | Hans Bleijenbergh | 's-Gravenhage | 52:47 | 50:23 |
| 472 | Menno Maass | Zoetermeer | 52:47 | 51:07 |
| 473 | Tom Danner | 's-Gravenhage | 52:48 | 52:01 |
| 474 | Peter van Laar | Wassenaar | 52:48 | 51:30 |
| 475 | De Jong | 's-Gravenhage | 52:49 | 51:59 |
| 476 | Douwe Zwep | Stelle Runners | 52:49 | 52:27 |
| 477 | Frenk van der Vliet | Delfgauw | 52:50 | 49:16 |
| 478 | Ronald Kwakkelstein | 's-Gravenhage | 52:50 | 49:53 |
| 479 | Remco Jansen | Nootdorp | 52:51 | 49:23 |
| 480 | Roger van Gosen | 's-Gravenhage | 52:52 | 48:54 |
| 481 | Alexander van Eesteren | 's-Gravenhage | 52:55 | 49:51 |
| 482 | Sven de Ligt | 's-Gravenhage | 52:55 | 52:39 |
| 483 | Arjen Eggermont | 's-Gravenhage | 52:56 | 50:42 |
| 484 | Jan Peter Jansen | 's-Gravenhage | 52:59 | 49:36 |
| 485 | Adri Verzijl | Trimclub Clingendael | 53:02 | 50:23 |
| 486 | Tim van Puffelen | 's-Gravenhage | 53:02 | 52:46 |
| 487 | Jan Vrieling | Voorburg | 53:03 | 49:51 |
| 488 | Frits Mantel | Burgum | 53:04 | 51:26 |
| 489 | Arnaud Roelofsz | 's-Gravenhage | 53:06 | 50:27 |
| 490 | Michel de Neef | 's-Gravenhage | 53:06 | 52:36 |
| 491 | Anthony de Roode | Oegstgeest | 53:09 | 52:01 |
| 492 | Paul Munnik | 's-Gravenhage | 53:10 | 52:51 |
| 493 | Martijn Nugteren | 's-Gravenhage | 53:12 | 49:44 |
| 494 | Christiaan de Jong | Groenekan | 53:12 | 49:39 |
| 495 | Gerard Rust | 's-Gravenhage | 53:13 | 51:13 |
| 496 | Sander van Leeuwen | 's-Gravenhage | 53:14 | 50:13 |
| 497 | Ludger Brummelaar | 's-Gravenhage | 53:14 | 52:47 |
| 498 | Han Houwaart | 's-Gravenhage | 53:17 | 50:26 |
| 499 | Alexander Thepass | 's-Gravenhage | 53:17 | 52:22 |
| 500 | Erik Hof | Aegon | 53:18 | 51:14 |
| 501 | Willem Vosse | Wassenaar | 53:18 | 51:58 |
| 502 | Niels den Ouden | 's-Gravenhage | 53:19 | 51:06 |
| 503 | Marnix Boorsma | 's-Gravenhage | 53:19 | 51:01 |
| 504 | Guido Orlando | 's-Gravenhage | 53:20 | 52:38 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 505 | Martin Westerhof | Delfgauw | 53:20 | 52:38 |
| 506 | Dick Kooper | 's-Gravenhage | 53:21 | 52:02 |
| 507 | Edgar Schimmelpenningh | 's-Gravenhage | 53:21 | 50:30 |
| 508 | Ronald Verkuijl | Gouda | 53:25 | 50:48 |
| 509 | IJde Leijstra | Voorburg | 53:26 | 50:30 |
| 510 | Floris Lantzendörffer | 's-Gravenhage | 53:27 | 50:03 |
| 511 | Bas Sligting | Amsterdam | 53:29 | 49:22 |
| 512 | Eric Vastrick | 's-Gravenhage | 53:30 | 49:50 |
| 513 | Richard Haak | Voorburg | 53:31 | 52:46 |
| 514 | Derk Hazekamp | 's-Gravenhage | 53:31 | 49:40 |
| 515 | Vincent Cliteur | 's-Gravenhage | 53:32 | 52:30 |
| 516 | Samuel Havenaar | Nootdorp | 53:33 | 50:48 |
| 517 | Leo van Spronsen | Poeldijk | 53:38 | 49:29 |
| 518 | Otto Hoole | 's-Gravenhage | 53:41 | 53:12 |
| 519 | Feroz Bechan | 's-Gravenhage | 53:44 | 50:09 |
| 520 | Albert Waasdorp | Zoetermeer | 53:46 | 53:05 |
| 521 | Hubert Braat | Zandvoort | 53:49 | 50:10 |
| 522 | Jeffrey van der Kaaij | 's-Gravenhage | 53:52 | 50:48 |
| 523 | Stijn Koopmans | 's-Gravenhage | 53:52 | 50:43 |
| 524 | Michiel Knoester | Voorburg | 53:54 | 52:27 |
| 525 | Irmo Lante | Zoetermeer | 53:55 | 50:10 |
| 526 | Cesar Luikenaar | Berkel en Rodenrijs | 53:56 | 51:27 |
| 527 | Hans Furnée | 's-Gravenhage | 53:56 | 50:58 |
| 528 | Jacques Dool | Katwijk Zh | 53:58 | 52:48 |
| 529 | Marc van 't Veer | Papendrecht | 53:58 | 50:58 |
| 530 | Jan Jungschlager | Wateringen | 54:00 | 53:17 |
| 531 | Jochem Smit | Utrecht | 54:03 | 50:33 |
| 532 | Frans Pronk | 's-Gravenhage | 54:04 | 51:40 |
| 533 | Ies Lakerveld | 's-Gravenhage | 54:05 | 50:24 |
| 534 | Hans-Jan Bosscha | 's-Gravenhage | 54:06 | 53:01 |
| 535 | Jan de Jager | 's-Gravenhage | 54:06 | 50:51 |
| 536 | René Beuker | 's-Gravenhage | 54:06 | 50:07 |
| 537 | Rik den Heijer | Doetinchem | 54:08 | 53:02 |
| 538 | Marc van der Jagt | AAV '36 | 54:10 | 51:44 |
| 539 | Steven sleeswijk Visser | 's-Gravenhage | 54:10 | 52:42 |
| 540 | Fred Mugge | Leiden | 54:12 | 51:56 |
| 541 | Peter Weeda | Rotterdam | 54:12 | 54:01 |
| 542 | Rolf Moester | 's-Gravenhage | 54:13 | 50:33 |
| 543 | Eric Coenen | Rijswijk Zh | 54:13 | 51:32 |
| 544 | Piet van Heiningen | SC Reeuwijk | 54:14 | 51:10 |
| 545 | Floris de Bruin | Zoetermeer | 54:15 | 53:05 |
| 546 | Wilco Visser | Aegon | 54:15 | 53:01 |
| 547 | Jeroen Warmerdam | Leiden | 54:17 | 50:38 |
| 548 | Dennis van Koppen | Zoetermeer | 54:19 | 51:50 |
| 549 | Dick van der Boon | Voorschoten '97 | 54:19 | 50:34 |
| 550 | Jan Uytenhout | Dalton school | 54:22 | 53:01 |
| 551 | Sander Versluis | Ameide | 54:24 | 52:09 |
| 552 | Ton Walison | Dutch Runners Gold | 54:26 | 54:03 |
| 553 | Laurent Picard | 's-Gravenhage | 54:31 | 53:47 |
| 554 | Rob van Leeuwen | Leidschendam | 54:32 | 51:46 |
| 555 | David Verboon | Nootdorp | 54:33 | 50:51 |
| 556 | Uwe Belderink | 's-Gravenhage | 54:34 | 51:18 |
| 557 | Daniel van Drunen | 's-Gravenhage | 54:35 | 50:28 |
| 558 | Max Haas | Hoofddorp | 54:35 | 52:21 |
| 559 | Simon Szkudlarek | Voorburg | 54:36 | 52:37 |
| 560 | Randy Heijnen | 's-Gravenhage | 54:37 | 51:58 |
| 561 | John Lane | Voorschoten | 54:39 | 52:55 |
| 562 | John Grift | Leiden | 54:42 | 53:08 |
| 563 | Rob Faber | Sparta | 54:43 | 53:53 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 564 | Henk We4sterdijk | 's-Gravenhage | 54:43 | 52:01 |
| 565 | Michael van Soelen | 's-Gravenhage | 54:44 | 54:25 |
| 566 | Jos van den Boom | 's-Gravenhage | 54:47 | 52:33 |
| 567 | Jornt van Zuylen | 's-Gravenhage | 54:48 | 51:32 |
| 568 | René van der Kleij | 's-Gravenhage | 54:49 | 51:51 |
| 569 | Sander Kruif | 's-Gravenzande | 54:50 | 52:28 |
| 570 | Tim van der Hoeven | Zoetermeer | 54:50 | 50:50 |
| 571 | Robert Verheul | 's-Gravenhage | 54:52 | 53:16 |
| 572 | Rene van Heusden | 's-Gravenhage | 54:54 | 53:51 |
| 573 | Erwin Vermeulen | Wassenaar | 54:56 | 52:37 |
| 574 | Rob Stallinga | Rijswijk Zh | 54:58 | 51:37 |
| 575 | Laurens Schouten | 's-Gravenhage | 54:59 | 53:17 |
| 576 | Herman Honsbeek | 's-Gravenhage | 55:00 | 54:23 |
| 577 | Filip Janssens | België | 55:00 | 50:35 |
| 578 | HGM Cornelissen | 's-Gravenhage | 55:00 | 52:35 |
| 579 | Edwin van den Houdt | 's-Gravenhage | 55:01 | 51:09 |
| 580 | Vincent Robert | 's-Gravenhage | 55:02 | 53:43 |
| 581 | Sergio Slengard | Nootdorp | 55:07 | 53:07 |
| 582 | Gijs Paping | 's-Gravenhage | 55:07 | 51:19 |
| 583 | Frank van de Rijzen | 's-Gravenhage | 55:09 | 52:00 |
| 584 | Maichel van Nauta Lemke | 's-Gravenhage | 55:09 | 55:09 |
| 585 | Wim Kaslander | Aegon | 55:10 | 53:59 |
| 586 | Peter van Veen | Haag Atletiek | 55:11 | 54:00 |
| 587 | Jaap van der Winden | 's-Gravenhage | 55:12 | 52:46 |
| 588 | Peter van Asselt | 's-Gravenhage | 55:12 | 51:33 |
| 589 | Jack Jellema | Haag Atletiek | 55:12 | 51:04 |
| 590 | Robert Oomen | 's-Gravenhage | 55:15 | 52:22 |
| 591 | Leo van Eekelen | Ridderkerk | 55:18 | 54:50 |
| 592 | Hans Martens | 's-Gravenhage | 55:19 | 53:12 |
| 593 | Jan Hissink | Haag Atletiek | 55:19 | 52:27 |
| 594 | Joris van Dijk | 's-Gravenhage | 55:20 | 51:42 |
| 595 | Maurice Vogelaar | 's-Gravenhage | 55:24 | 55:05 |
| 596 | Danny de Rethy | Voorburg | 55:24 | 52:55 |
| 597 | Hans Korbee | 's-Gravenhage | 55:25 | 54:22 |
| 598 | Jan Keijzer | Voorhout | 55:26 | 53:26 |
| 599 | Fred Scholte | 's-Gravenhage | 55:28 | 52:17 |
| 600 | Gerard Voorderhaak | 's-Gravenhage | 55:28 | 53:26 |
| 601 | Friso Scheublin | Voorburg | 55:29 | 51:41 |
| 602 | Gerrit-jan Zwenne | 's-Gravenhage | 55:30 | 54:13 |
| 603 | Peter Bleijenbergh | 's-Gravenhage | 55:31 | 53:07 |
| 604 | Michiel Bleijenbergh | 's-Gravenhage | 55:31 | 53:07 |
| 605 | Feike Koedooder | 's-Gravenhage | 55:31 | 53:02 |
| 606 | Huub Mizée | 's-Gravenhage | 55:32 | 52:03 |
| 607 | Dennis Albers | Zoetermeer | 55:33 | 52:56 |
| 608 | John ten Berge | 's-Gravenhage | 55:33 | 54:13 |
| 609 | Jonathan McCann | 's-Gravenhage | 55:33 | 54:59 |
| 610 | Marcel de Keizer | Rijswijk Zh | 55:35 | 53:36 |
| 611 | Richard van der Burg | 's-Gravenhage | 55:37 | 51:42 |
| 612 | Thomas van der Steen | 's-Gravenhage | 55:40 | 52:45 |
| 613 | Sander Fresco | 's-Gravenhage | 55:41 | 52:56 |
| 614 | Jesse Clarijs | Fortuna | 55:44 | 52:57 |
| 615 | Bart Wils | Wassenaar | 55:45 | 52:48 |
| 616 | Erwin Schouten | Haag Atletiek | 55:46 | 54:15 |
| 617 | Leo Harreman | Waterweg | 55:48 | 52:11 |
| 618 | Rob van der Steen | 's-Gravenhage | 55:48 | 52:52 |
| 619 | Guido Nunes | Amsterdam | 55:49 | 53:32 |
| 620 | Rob Rombouts | Rotterdam | 55:50 | 53:20 |
| 621 | Frank Paul | 's-Gravenhage | 55:53 | 54:45 |
| 622 | Quinten Messemaker | Dalton school | 55:59 | 54:25 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|-------|-------|
| 623 | Paul Alexander Treanor | 's-Gravenhage | 56:00 | 52:06 |
| 624 | Joy Bindraban | 's-Gravenhage | 56:00 | 54:56 |
| 625 | Ronny Tahitu | 's-Gravenhage | 56:03 | 52:16 |
| 626 | Rogier Alblas | 's-Gravenhage | 56:03 | 54:00 |
| 627 | Jan Bloemink | 's-Gravenhage | 56:04 | 54:39 |
| 628 | Simon Terpstra | Wateringen | 56:05 | 52:25 |
| 629 | Jan Kaan | Aalsmeer | 56:09 | 55:02 |
| 630 | Andrew Mortimer | 's-Gravenhage | 56:15 | 54:08 |
| 631 | Eric Roeleveld | Wassenaar | 56:16 | 53:59 |
| 632 | Hans van Uffelen | 's-Gravenhage | 56:16 | 54:39 |
| 633 | René van der Weijde | Leidschendam | 56:19 | 53:29 |
| 634 | Jan Plouvier | Hilversum | 56:19 | 53:30 |
| 635 | Erik Hemmes | 's-Gravenhage | 56:20 | 53:32 |
| 636 | Ian Smeyers | 's-Gravenhage | 56:20 | 53:40 |
| 637 | Hans Bos | 's-Gravenhage | 56:23 | 53:39 |
| 638 | Henk Prins | Sparta | 56:23 | 53:56 |
| 639 | Jeroen Hoogervorst | Voorburg | 56:29 | 55:02 |
| 640 | Koen Abcouwer | Amsterdam | 56:29 | 53:11 |
| 641 | Roel van der Burg | 's-Gravenhage | 56:31 | 52:36 |
| 642 | Fred Toet | Sparta | 56:34 | 53:56 |
| 643 | Robert Mallee | Dutch Runners Gold | 56:34 | 55:45 |
| 644 | Bert Hanique | 's-Gravenhage | 56:34 | 55:10 |
| 645 | Edward Maloney | Hoofddorp | 56:35 | 53:27 |
| 646 | Gerard van den Ende | 's-Gravenzande | 56:35 | 52:26 |
| 647 | Paul op den Buijsch | 's-Gravenhage | 56:36 | 54:03 |
| 648 | Toni Stoops | Wateringen | 56:37 | 53:28 |
| 649 | Casper Bijkerk | Hellevoetsluis | 56:37 | 52:53 |
| 650 | Eric Calsijn | Pijnacker | 56:39 | 53:06 |
| 651 | Ronald Dekker | 's-Gravenhage | 56:40 | 52:33 |
| 652 | Willem Korteling | 's-Gravenhage | 56:40 | 54:51 |
| 653 | Martin Rob | Leidschendam | 56:41 | 53:58 |
| 654 | Roland van der Toorn | Voorburg | 56:44 | 54:51 |
| 655 | Rogier Weimar | 's-Gravenhage | 56:44 | 54:51 |
| 656 | Job Vrijenhoek | 's-Gravenhage | 56:46 | 54:52 |
| 657 | Ruben Azizahamad | 's-Gravenhage | 56:46 | 53:58 |
| 658 | Thomas Duif | 's-Gravenhage | 56:46 | 56:30 |
| 659 | Jeroen van Beest | 's-Gravenhage | 56:49 | 52:36 |
| 660 | Henk Ledden | Nieuwegein | 56:51 | 56:09 |
| 661 | Michel van Koppen | Voorburg | 56:51 | 55:24 |
| 662 | Rutger Timmermans | Arnhem | 56:52 | 52:53 |
| 663 | Jan Martijn Wigman | 's-Gravenhage | 56:52 | 52:52 |
| 664 | Marco Roeleveld | 's-Gravenhage | 56:52 | 54:39 |
| 665 | Onno van Gastel | 's-Gravenhage | 56:54 | 54:44 |
| 666 | Diederik van Romondt | 's-Gravenhage | 56:57 | 54:11 |
| 667 | Dennis de Vroet | Rotterdam | 56:57 | 56:48 |
| 668 | Jonas Baart | 's-Gravenhage | 57:00 | 54:15 |
| 669 | Jeroen Berkouwer | 's-Gravenhage | 57:01 | 55:05 |
| 670 | Wouter Pronk | 's-Gravenhage | 57:01 | 54:18 |
| 671 | Ben van Wichen | 's-Gravenhage | 57:03 | 53:10 |
| 672 | Ton Waars | Monster | 57:04 | 53:48 |
| 673 | Armin Alta | 's-Gravenhage | 57:09 | 55:36 |
| 674 | Hendrik Orië | the Hague Road Runners | 57:11 | 54:54 |
| 675 | Peter Hogenboom | Aegon | 57:13 | 56:53 |
| 676 | Pjotr Krens | Dalton school | 57:15 | 55:42 |
| 677 | Maarten Blommestijn | 's-Gravenhage | 57:16 | 54:29 |
| 678 | Jeroen Bos | the Hague Road Runners | 57:17 | 55:54 |
| 679 | Ronald Dingemanse | Dordrecht | 57:17 | 56:55 |
| 680 | Erwin Bervoets | Zoetermeer | 57:18 | 53:26 |
| 681 | Lucien Trompert | 's-Gravenhage | 57:18 | 55:28 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|-------|-------|
| 682 | Pieterjan Overzet | Meppel | 57:19 | 56:15 |
| 683 | Aad Zandvliet | Velserbroek | 57:21 | 55:34 |
| 684 | Dick van Bolhuis | Bedum | 57:22 | 55:44 |
| 685 | Lex Koudstaal | Dutch Runners Gold | 57:22 | 53:55 |
| 686 | Jurriaan Bos | Haarlem | 57:23 | 54:50 |
| 687 | Menno Hagemeyer | Nootdorp | 57:23 | 56:49 |
| 688 | Menno Borst | 's-Gravenhage | 57:24 | 53:22 |
| 689 | Corne Versteegt | Delft | 57:24 | 54:16 |
| 690 | Martin de Jong | Rotterdam | 57:25 | 56:02 |
| 691 | Erik van Rietschoten | 's-Gravenhage | 57:26 | 53:14 |
| 692 | Berend Brugs | Dalton school | 57:27 | 56:06 |
| 693 | Andy van der Geugten | 's-Gravenhage | 57:30 | 54:57 |
| 694 | Maarten Schep | 's-Gravenhage | 57:31 | 54:56 |
| 695 | Jose Serra | 's-Gravenhage | 57:32 | 54:37 |
| 696 | Bert Tazelaar | Uithoorn | 57:33 | 54:28 |
| 697 | Pieter den Boer | Zandvoort | 57:34 | 53:33 |
| 698 | Wim Hardeman | Amsterdam | 57:35 | 54:47 |
| 699 | Eugene Plug | 's-Gravenhage | 57:36 | 53:44 |
| 700 | Roelant van Boheemen | 's-Gravenhage | 57:38 | 53:29 |
| 701 | Martijn Caminada | 's-Gravenhage | 57:40 | 53:37 |
| 702 | Robert Maurik | Aegon | 57:40 | 56:25 |
| 703 | Klaas Valk | Zoetermeer | 57:42 | 53:40 |
| 704 | Aad van Zeijl | Naaldwijk | 57:43 | 53:34 |
| 705 | Dirk Dubbeling | 's-Gravenhage | 57:44 | 54:49 |
| 706 | Arnold Bhoedjang | 's-Gravenhage | 57:44 | 54:25 |
| 707 | Edward Spaans | 's-Gravenhage | 57:45 | 55:39 |
| 708 | Peter van der Zijden | 's-Gravenhage | 57:46 | 55:02 |
| 709 | Thor-Ivar Overmeer | 's-Gravenhage | 57:46 | 53:29 |
| 710 | Rastino Martodikromo | Capelle aan den IJssel | 57:47 | 54:42 |
| 711 | Stan Morre | the Hague Road Runners | 57:48 | 53:50 |
| 712 | Marcel Kremers | Leidschendam | 57:48 | 55:26 |
| 713 | Martijn Loeff | 's-Gravenhage | 57:51 | 54:01 |
| 714 | Simon Versloot | 's-Gravenhage | 57:52 | 56:46 |
| 715 | Sander de Boer | Gouda | 57:52 | 55:51 |
| 716 | Matthijs Bakker | 's-Gravenhage | 57:53 | 55:23 |
| 717 | Hans Hermsen | Wassenaar | 57:54 | 54:36 |
| 718 | Eric van den Bos | Zoetermeer | 57:55 | 55:24 |
| 719 | Arjan Groenewegen | Voorburg | 57:56 | 54:53 |
| 720 | Tack Lau | Dutch Runners Gold | 57:56 | 55:04 |
| 721 | Maarten Korving | Trimclub Clingendael | 57:57 | 55:26 |
| 722 | Cees van der Zwan | 's-Gravenhage | 57:58 | 55:28 |
| 723 | Marinus van der Ree | Zoetermeer | 58:04 | 54:12 |
| 724 | Erik Barbier | Rijswijk Zh | 58:04 | 54:36 |
| 725 | Ton Witteman | 's-Gravenhage | 58:05 | 54:35 |
| 726 | Jacco Snoek | Schiedam | 58:06 | 56:52 |
| 727 | Jonathan Ridderstap | Rijswijk Zh | 58:09 | 57:00 |
| 728 | Joris Zwijnenburg | 's-Gravenhage | 58:09 | 54:59 |
| 729 | Alexander Adema | 's-Gravenhage | 58:11 | 55:01 |
| 730 | Anton Bonte | Nootdorp | 58:12 | 54:38 |
| 731 | Riccardo D'Andolfi | 's-Gravenhage | 58:13 | 54:43 |
| 732 | Wim Zoons | 's-Gravenhage | 58:16 | 57:32 |
| 733 | Nellen | Aegon | 58:17 | 54:14 |
| 734 | Johan Zeeman | Zevenhuizen Zh | 58:18 | 55:19 |
| 735 | Rolf van Nieuwenhuizen | 's-Gravenhage | 58:19 | 55:35 |
| 736 | Erik Wielders | 's-Gravenhage | 58:20 | 54:21 |
| 737 | Lauri Mulder | Zoetermeer | 58:22 | 54:25 |
| 738 | Koos Onderwater | Nootdorp | 58:24 | 56:35 |
| 739 | Marcel van der Hoek | 's-Gravenhage | 58:24 | 56:02 |
| 740 | Erik van den Berge | 's-Gravenhage | 58:25 | 55:17 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|------------------------|---------|-------|
| 741 | Jan Bruggeman | Haag Atletiek | 58:26 | 55:07 |
| 742 | Michiel Vogelaar | Rijswijk Zh | 58:27 | 56:37 |
| 743 | Marco Vlot | 's-Gravenhage | 58:27 | 54:49 |
| 744 | Dave Olijerhoek | Noordwijk Zh | 58:28 | 56:13 |
| 745 | Ilja Buschman | 's-Gravenhage | 58:29 | 56:03 |
| 746 | Rabih al Zaher | Amsterdam | 58:29 | 56:20 |
| 747 | Maurits Hordijk | 's-Gravenhage | 58:32 | 55:10 |
| 748 | Jos Toeteneel | De Koplopers | 58:33 | 55:09 |
| 749 | Willem Jan Tempelaar | Hendrik Ido Ambacht | 58:34 | 55:24 |
| 750 | Robert Garskamp | 's-Gravenhage | 58:35 | 54:36 |
| 751 | Hendrik Blom | 's-Gravenhage | 58:38 | 56:54 |
| 752 | Can Kumru | 's-Gravenhage | 58:40 | 55:48 |
| 753 | Gerard van Beurden | Sparta | 58:41 | 55:54 |
| 754 | Huib Willemsen | 's-Gravenhage | 58:41 | 56:44 |
| 755 | Rinze ter Maat | 's-Gravenhage | 58:43 | 58:39 |
| 756 | Johan Hoogendijk | 's-Gravenhage | 58:44 | 57:07 |
| 757 | Martin Hessels | 's-Gravenhage | 58:46 | 56:55 |
| 758 | Martin R van den Heuvel | Rotterdam | 58:46 | 57:31 |
| 759 | Raymond van der Kolk | 's-Gravenhage | 58:47 | 55:20 |
| 760 | Piet Verboom | PAC | 58:47 | 56:34 |
| 761 | Gerard Koch | Aegon | 58:49 | 56:42 |
| 762 | Juergen Lehmann | 's-Gravenhage | 58:52 | 57:21 |
| 763 | Ronald Pasma | 's-Gravenhage | 58:54 | 56:55 |
| 764 | Stephan Franken | 's-Gravenhage | 59:01 | 55:34 |
| 765 | Ferry Schuller | 's-Gravenhage | 59:02 | 55:04 |
| 766 | Niels Bekkers | Sparta | 59:03 | 56:18 |
| 767 | Tom Moester | 's-Gravenhage | 59:03 | 55:22 |
| 768 | Aad Harfterkamp | Haag Atletiek | 59:04 | 57:33 |
| 769 | Maarten Meppelink | 's-Gravenhage | 59:05 | 58:18 |
| 770 | Marvin Verseveldt | Rijswijk Zh | 59:07 | 55:36 |
| 771 | Bart Werk | Leiden | 59:17 | 55:40 |
| 772 | Eric Lups | Voorburg | 59:20 | 58:21 |
| 773 | Horst Storm | 's-Gravenhage | 59:20 | 55:31 |
| 774 | Pierre Groetelaars | 's-Gravenhage | 59:28 | 55:18 |
| 775 | Jeffrey van der Wateren | 's-Gravenhage | 59:31 | 57:18 |
| 776 | René Christ | the Hague Road Runners | 59:34 | 56:54 |
| 777 | Glenn Krancher | den haag | 59:36 | 56:48 |
| 778 | Martin Graeff | Oegstgeest | 59:39 | 59:02 |
| 779 | Bram Wesselo | 's-Gravenhage | 59:39 | 55:46 |
| 780 | Pascal de Winter | Zoeterwoude | 59:40 | 55:50 |
| 781 | Ron van der Linden | Leidschendam | 59:40 | 55:50 |
| 782 | Tim Out | Zoetermeer | 59:41 | 56:03 |
| 783 | Sven vd Wal | Aegon | 59:46 | 57:39 |
| 784 | Friso Jedema | 's-Gravenhage | 59:48 | 59:33 |
| 785 | Juan Vrijs | Leiden | 59:48 | 56:53 |
| 786 | Victor van Gelder | 's-Gravenhage | 59:48 | 55:27 |
| 787 | Erik de Groot | Zoetermeer | 59:53 | 56:45 |
| 788 | Carl Dede | 's-Gravenhage | 59:55 | 57:06 |
| 789 | John Nan | Wassenaar | 59:56 | 59:05 |
| 790 | Boudewijn Dede | Haag Atletiek | 59:57 | 57:07 |
| 791 | Danny Hanse | 's-Gravenhage | 59:59 | 56:24 |
| 792 | Arie van der Toorn | 's-Gravenhage | 1:00:00 | 56:36 |
| 793 | Kees de Haan | 's-Gravenhage | 1:00:01 | 57:21 |
| 794 | Hans van der Ster | Delft | 1:00:02 | 58:00 |
| 795 | Edgar Leeman | 's-Gravenhage | 1:00:03 | 56:27 |
| 796 | Frans Frauenfelder | 's-Gravenhage | 1:00:06 | 58:14 |
| 797 | Wilfred de Wolf | Sassenheim | 1:00:07 | 57:02 |
| 798 | Martijn Linckens | Zoetermeer | 1:00:08 | 56:13 |
| 799 | Kees Buijs | 's-Gravenhage | 1:00:09 | 58:03 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|---------|---------|
| 800 | Walter van Amerongen | Atverni | 1:00:12 | 56:13 |
| 801 | Ton Soons | 's-Gravenhage | 1:00:12 | 57:01 |
| 802 | Wouter Loeff | 's-Gravenhage | 1:00:16 | 56:22 |
| 803 | Jan van Hoorn | Rotterdam | 1:00:17 | 57:47 |
| 804 | Robert Selles | Nootdorp | 1:00:19 | 56:31 |
| 805 | Robert Janssen | 's-Gravenhage | 1:00:19 | 57:45 |
| 806 | Rolf van Nauta Lemke | 's-Gravenhage | 1:00:19 | 58:59 |
| 807 | Eric van Voorst | Nootdorp | 1:00:20 | 56:09 |
| 808 | Michel Nolten | 's-Gravenhage | 1:00:20 | 57:03 |
| 809 | Chris Hopley | Rijswijk Zh | 1:00:25 | 56:30 |
| 810 | Jan Tegelaar | AV '40 | 1:00:26 | 57:22 |
| 811 | Tom Brons | 's-Gravenhage | 1:00:31 | 58:18 |
| 812 | Gert van Grootveld | Scherpenzeel Gld | 1:00:34 | 56:58 |
| 813 | Maarten de Niet | Aegon | 1:00:36 | 58:32 |
| 814 | Bas van Binnendijk | Dutch Runners Gold | 1:00:37 | 56:22 |
| 815 | Lennaert Roumen | Leidschendam | 1:00:41 | 58:15 |
| 816 | Bart de Lange | 's-Gravenhage | 1:00:42 | 58:12 |
| 817 | Timo Thunnissen | 's-Gravenzande | 1:00:45 | 57:42 |
| 818 | Shang-Jen Wang | 's-Gravenhage | 1:00:46 | 58:24 |
| 819 | Jaco Voet | Aegon | 1:00:51 | 57:42 |
| 820 | Harold Tjaden | Nootdorp | 1:00:52 | 57:16 |
| 821 | JC de Jong | Zoetermeer | 1:00:53 | 56:52 |
| 822 | Marco Ferrageau | Rijswijk Zh | 1:00:54 | 58:22 |
| 823 | Hans Latenstein | 's-Gravenhage | 1:00:54 | 59:07 |
| 824 | Denis naudin ten Cate | 's-Gravenhage | 1:00:55 | 58:50 |
| 825 | Tom Henneveld | 's-Gravenhage | 1:01:03 | 57:05 |
| 826 | Eric Kahle | 's-Gravenhage | 1:01:04 | 1:00:37 |
| 827 | Ruud Esbeukman | PAC | 1:01:06 | 58:53 |
| 828 | Rik Franken | Aegon | 1:01:10 | 58:42 |
| 829 | Maarten van der Toorn | 's-Gravenhage | 1:01:11 | 59:10 |
| 830 | Huub Vrenken | 's-Gravenhage | 1:01:16 | 57:03 |
| 831 | Paul van Broekhuysen | Aegon | 1:01:17 | 58:16 |
| 832 | Domien Zahradnik | 's-Gravenhage | 1:01:19 | 58:14 |
| 833 | Ruud van Zanten | Wateringen | 1:01:20 | 57:51 |
| 834 | Roland van Roosmalen | 's-Gravenhage | 1:01:21 | 59:25 |
| 835 | Jeroen Kraaij | 's-Gravenhage | 1:01:21 | 58:44 |
| 836 | Jeroen Emke | 's-Gravenhage | 1:01:22 | 57:28 |
| 837 | Arnold van den Berg | 's-Gravenhage | 1:01:32 | 57:49 |
| 838 | Dirk Walbert | 's-Gravenhage | 1:01:33 | 57:10 |
| 839 | Bob Kaarls | Wassenaar | 1:01:35 | 58:01 |
| 840 | A B van Biezen | Nootdorp | 1:01:36 | 58:06 |
| 841 | Mitchell Westdorp | 's-Gravenhage | 1:01:39 | 1:01:01 |
| 842 | Rens de Wit | 's-Gravenhage | 1:01:41 | 58:45 |
| 843 | Peter R Bronkhorst | the Hague Road Runners | 1:01:42 | 59:16 |
| 844 | Bruno Zuercher | 's-Gravenhage | 1:01:42 | 59:16 |
| 845 | Hans Verhagen | Rotterdam | 1:01:44 | 57:41 |
| 846 | John Lester | Voorschoten | 1:01:47 | 1:00:45 |
| 847 | Marcel Mossel | 's-Gravenhage | 1:01:49 | 58:50 |
| 848 | Mike Haney | 's-Gravenhage | 1:01:51 | 1:01:38 |
| 849 | Jan Breukelman | 's-Gravenhage | 1:01:53 | 59:36 |
| 850 | Berry de Jong | 's-Gravenhage | 1:01:54 | 58:06 |
| 851 | Theo Hooghiemstra | 's-Gravenhage | 1:01:58 | 57:52 |
| 852 | James van der Spek | 's-Gravenhage | 1:01:58 | 58:25 |
| 853 | Jochen van Wylick | 's-Gravenhage | 1:02:01 | 58:09 |
| 854 | Karel van Maanen | 's-Gravenhage | 1:02:03 | 58:02 |
| 855 | Denis Luhulima | 's-Gravenhage | 1:02:06 | 59:24 |
| 856 | Sjaak van Koppen | Bleiswijk | 1:02:08 | 58:22 |
| 857 | MJ de Mol van Otterloo | Voorburg | 1:02:10 | 57:53 |
| 858 | Johan Hunck | 's-Gravenhage | 1:02:31 | 1:01:19 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|------------------------|---------|---------|
| 859 | Boris van Oppen | Rijswijk Zh | 1:02:31 | 58:41 |
| 860 | Jan Mulder | Rijswijk Zh | 1:02:38 | 59:42 |
| 861 | Leo Onderwater | 's-Gravenhage | 1:02:46 | 1:00:35 |
| 862 | Nico Koenhein | Haag Atletiek | 1:02:50 | 1:02:22 |
| 863 | Marco Wooninck | Haag Atletiek | 1:02:51 | 1:00:41 |
| 864 | Jan Willem Albers | Zoetermeer | 1:02:56 | 1:00:19 |
| 865 | Henk de Monyé | Voorschoten | 1:02:57 | 1:00:41 |
| 866 | Wim Vossen | the Hague Road Runners | 1:02:57 | 1:00:40 |
| 867 | Cor Buytelaar | 's-Gravenhage | 1:02:59 | 1:01:22 |
| 868 | Soerin Hanoeman | Leidschendam | 1:03:00 | 1:00:11 |
| 869 | Martien de Groene | Wassenaar | 1:03:01 | 59:50 |
| 870 | Dick Bakker | Voorschoten '97 | 1:03:02 | 59:14 |
| 871 | Oscar Reurekas | Zoetermeer | 1:03:03 | 1:01:51 |
| 872 | Rene Dijkstra | Hoofddorp | 1:03:03 | 58:58 |
| 873 | Javier Aguilar Mora | 's-Gravenhage | 1:03:04 | 59:40 |
| 874 | Boris Peters | 's-Gravenhage | 1:03:06 | 59:40 |
| 875 | Edwin Poppelier | Rijswijk Zh | 1:03:20 | 59:16 |
| 876 | Frans de Groot | 's-Gravenhage | 1:03:23 | 59:06 |
| 877 | Rehu Klatt | 's-Gravenhage | 1:03:26 | 1:01:09 |
| 878 | Enrico Esposito | 's-Gravenhage | 1:03:27 | 59:21 |
| 879 | Louis van der Toorn | 's-Gravenhage | 1:03:31 | 1:00:09 |
| 880 | Anne de Jong | Amsterdam | 1:03:33 | 1:00:36 |
| 881 | John Schoonus | 's-Gravenhage | 1:03:43 | 1:02:06 |
| 882 | Erik van Hurck | 's-Gravenhage | 1:03:51 | 1:02:31 |
| 883 | Peter de Steur | Voorburg | 1:04:09 | 1:01:37 |
| 884 | Marco Dolieslager | Velsen-Zuid | 1:04:10 | 1:01:03 |
| 885 | Raymond Noordam | 's-Gravenhage | 1:04:13 | 1:00:46 |
| 886 | Hans Overduin | Dutch Runners Gold | 1:04:15 | 1:03:58 |
| 887 | Niek Allon | Aegon | 1:04:23 | 1:01:05 |
| 888 | Marco van den Burg | Leiden | 1:04:27 | 1:02:30 |
| 889 | Peter Riemersma | Zoetermeer | 1:04:34 | 1:04:34 |
| 890 | Martin Duivesteijn | Rijswijk Zh | 1:04:53 | 1:01:40 |
| 891 | Kees Koper | Leiden | 1:05:15 | 1:02:00 |
| 892 | Piet Guit | 's-Gravenhage | 1:05:15 | 1:02:27 |
| 893 | Alan Benfield | 's-Gravenhage | 1:05:18 | 1:04:34 |
| 894 | Jan van der Ham | Aegon | 1:05:23 | 1:02:17 |
| 895 | Jurrie Joachim | Zaandam | 1:05:32 | 1:01:37 |
| 896 | Michael Lindeloo | Voorburg | 1:05:36 | 1:02:42 |
| 897 | Teun Baak | De Kieviten | 1:05:38 | 1:02:08 |
| 898 | Franz van Dijk | 's-Gravenhage | 1:05:38 | 1:02:08 |
| 899 | Fernand Molenschot | Bussum | 1:05:41 | 1:02:00 |
| 900 | Daniel Vermeulen | Dutch Runners Gold | 1:05:49 | 1:02:17 |
| 901 | Itai Cohn | 's-Gravenhage | 1:06:01 | 1:01:46 |
| 902 | Carlo Reeser | 's-Gravenhage | 1:06:09 | 1:04:51 |
| 903 | Henk vd Tak | 's-Gravenhage | 1:06:19 | 1:02:39 |
| 904 | Edouard van Arem | 's-Gravenhage | 1:06:30 | 1:03:02 |
| 905 | Arthur Hoenderdos | 's-Gravenhage | 1:06:37 | 1:03:50 |
| 906 | Albert Verheij | 's-Gravenhage | 1:06:43 | 1:02:40 |
| 907 | Daniel Salbert | 's-Gravenhage | 1:06:50 | 1:03:44 |
| 908 | Craig Kew | 's-Gravenhage | 1:06:54 | 1:03:23 |
| 909 | Robin van Dijk | 's-Gravenhage | 1:06:57 | 1:04:18 |
| 910 | Hans van der Hoeven | Zoetermeer | 1:07:02 | 1:03:03 |
| 911 | Bert Slagter | Zoetermeer | 1:07:04 | 1:03:34 |
| 912 | Marc Levering | Leidschendam | 1:07:26 | 1:04:39 |
| 913 | Cees Duivesteijn | 's-Gravenhage | 1:07:26 | 1:04:13 |
| 914 | Bert Toet | 's-Gravenhage | 1:07:40 | 1:04:38 |
| 915 | Floor Toeteneel | De Koplopers | 1:07:48 | 1:04:23 |
| 916 | Laurens van der Zalm | Rijswijk Zh | 1:08:06 | 1:04:39 |
| 917 | Frank Coopman | Wassenaar | 1:08:13 | 1:06:41 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 918 | Mike de Boer | Wassenaar | 1:08:16 | 1:04:36 |
| 919 | Rolf de Boer | 's-Gravenhage | 1:08:54 | 1:06:36 |
| 920 | Marco Bakker | 's-Gravenhage | 1:09:29 | 1:05:40 |
| 921 | Mariano Cantarella | Wassenaar | 1:09:30 | 1:08:30 |
| 922 | Edgar van de Weteringe | Spijkenisse | 1:09:47 | 1:07:55 |
| 923 | Rene van Kwawegen | Loopgroep PK | 1:10:13 | 1:06:59 |
| 924 | Rogier Caljouw | Voorburg | 1:10:22 | 1:07:20 |
| 925 | Daan Verhoeven | Rijswijk Zh | 1:10:23 | 1:06:20 |
| 926 | Erik Biermans | Delft | 1:10:25 | 1:07:17 |
| 927 | Rene Maertens | 's-Gravenhage | 1:10:54 | 1:08:15 |
| 928 | Marc Walsarie Wolff | 's-Gravenhage | 1:12:15 | 1:10:21 |
| 929 | Michael van Leeuwen | Rijswijk Zh | 1:12:42 | 1:08:30 |
| 930 | Rijkhart Mees | 's-Gravenhage | 1:13:33 | 1:09:27 |
| 931 | Ralph van Ark | Voorburg | 1:14:55 | 1:12:15 |
| 932 | Stijn Dalenoord | 's-Gravenhage | 1:15:00 | 1:14:30 |
| 933 | Chris Melis | 's-Gravenhage | 1:16:01 | 1:13:33 |
| 934 | Rinze Tjeerdsma | Voorschoten '97 | 1:17:12 | 1:13:21 |
| 935 | Jan Blok | 's-Gravenhage | 1:17:57 | 1:14:47 |
| 936 | Jean Christophe Poutet | 's-Gravenhage | 1:19:28 | 1:15:14 |
| 937 | Ids Bakker | Voorschoten '97 | 1:19:52 | 1:16:02 |
| 938 | Bas Claassen | 's-Gravenhage | 1:20:55 | 1:16:45 |

VREC, 10 KM PRESTATIE

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 1 | Leonie Krebbers | 's-Gravenhage | 45:34 | 45:16 |
| 2 | Fiona Luzac | Leiden | 45:57 | 45:48 |
| 3 | Laura Rehorst | 's-Gravenhage | 46:14 | 45:50 |
| 4 | Rita Langedijk | Leiden | 46:18 | 46:01 |
| 5 | Mumtaz Noor | 's-Gravenhage | 46:36 | 46:09 |
| 6 | Berbel Würth | Utrecht | 46:37 | 45:43 |
| 7 | Elsa Ota | 's-Gravenhage | 47:27 | 44:31 |
| 8 | Monique Overgaauw | Zoetermeer | 47:30 | 46:31 |
| 9 | Patricia Peeters | 's-Gravenhage | 47:40 | 47:00 |
| 10 | Karen Passier | 's-Gravenhage | 47:42 | 47:33 |
| 11 | Suzanne van den Briel | 's-Gravenhage | 47:45 | 45:03 |
| 12 | Carolien Smit | 's-Gravenhage | 47:46 | 45:45 |
| 13 | Petra Hanemaaijer | 's-Gravenhage | 47:51 | 47:29 |
| 14 | Marijse Walsh | 's-Gravenhage | 47:55 | 45:17 |
| 15 | Linda Bouwens | Gouda | 47:57 | 47:37 |
| 16 | Elisah Walburg | 's-Gravenhage | 47:59 | 47:39 |
| 17 | Diana Parlevliet | Leidschendam | 48:04 | 47:29 |
| 18 | Catherine Swindles | 's-Gravenhage | 48:18 | 47:56 |
| 19 | Elena Larina | 's-Gravenhage | 48:25 | 47:22 |
| 20 | Sarah Marquet | 's-Gravenhage | 48:30 | 48:11 |
| 21 | Duveken Fontein | Rotterdam | 48:36 | 47:40 |
| 22 | Heidi Hansberry | 's-Gravenhage | 48:46 | 47:16 |
| 23 | Mariska Stolze | Voorburg | 48:49 | 47:37 |
| 24 | Lenneke Hatzman | 's-Gravenhage | 48:49 | 46:12 |
| 25 | Maja Bitenc | Amsterdam | 48:50 | 46:45 |
| 26 | Sabine van den Brand | Leidschendam | 49:07 | 48:42 |
| 27 | Liana Eelkema | Wateringen | 49:09 | 48:55 |
| 28 | Tiffany Vogelaar | Rijswijk Zh | 49:26 | 47:38 |
| 29 | Mareike Viebahn | Leiden | 49:27 | 48:51 |
| 30 | Henny Klop | 's-Gravenhage | 49:37 | 48:05 |
| 31 | Esther Vermolen | Rijswijk Zh | 49:49 | 48:11 |
| 32 | Ellon Post | Amstelveen | 49:53 | 48:55 |
| 33 | Anne-Marie Vervaet | Rijswijk Zh | 49:54 | 47:57 |
| 34 | Martine van der Does | 's-Gravenhage | 50:34 | 48:22 |
| 35 | Evi vd Geer | Sassenheim | 50:47 | 49:39 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|-----------------------|-------|-------|
| 36 | AC van der Wal | Rotterdam | 50:51 | 49:29 |
| 37 | Line Bergfjord | Delft | 50:57 | 48:46 |
| 38 | Catelijne Hart | 's-Gravenhage | 51:12 | 47:53 |
| 39 | Femke Bos | Zevenhuizen Zh | 51:17 | 47:54 |
| 40 | Miranda Kaslander | Aegon | 51:28 | 50:18 |
| 41 | Linda Nalis | Enschede | 51:34 | 50:59 |
| 42 | Esther van Jaarsveld | Utrecht | 51:37 | 47:58 |
| 43 | Melissa Davis | Amsterdam | 51:45 | 51:15 |
| 44 | Ilonka Novak | 's-Gravenhage | 51:45 | 49:18 |
| 45 | Donna Cleland | 's-Gravenhage | 51:48 | 51:37 |
| 46 | Cindy Pellenkoft | Utrecht | 51:49 | 49:56 |
| 47 | Jennifer Marshall | Wassenaar | 51:51 | 48:32 |
| 48 | Lucienne den Braber | Rotterdam | 51:52 | 48:17 |
| 49 | Kirsten van der Kuijl | Rotterdam | 51:54 | 48:19 |
| 50 | Carlijne Maan | Voorburg | 52:02 | 51:18 |
| 51 | Marieke Verheggen | 's-Gravenhage | 52:11 | 50:51 |
| 52 | Margaret Gamble | Wassenaar | 52:14 | 50:17 |
| 53 | Diana Boogaard | 's-Gravenhage | 52:32 | 49:58 |
| 54 | Hanna Oosterveld | 's-Gravenhage | 52:32 | 48:53 |
| 55 | Isabelle Huinck | 's-Gravenhage | 52:34 | 50:51 |
| 56 | Hanneke van Veldhuizen | 's-Gravenhage | 52:36 | 51:39 |
| 57 | Martine Roos | 's-Gravenhage | 52:49 | 52:01 |
| 58 | Hanneke Marinus | 's-Gravenhage | 52:50 | 51:31 |
| 59 | Tineke de Vries | 's-Gravenhage | 52:59 | 51:35 |
| 60 | Josephine de Boer | 's-Gravenhage | 53:00 | 50:24 |
| 61 | Linda Bakker | Burgum | 53:06 | 51:28 |
| 62 | Van Dam | 's-Gravenhage | 53:16 | 50:13 |
| 63 | Liesbeth Boschloo | 's-Gravenhage | 53:17 | 52:59 |
| 64 | Dandy Duister | Leidschendam | 53:32 | 52:44 |
| 65 | Sanne Aelrichs | Utrecht | 53:32 | 49:59 |
| 66 | Marjan Willemsen | 's-Gravenzande | 53:39 | 53:06 |
| 67 | Carin van der Burg | Berkel en Rodenrijs | 53:56 | 50:41 |
| 68 | Nathalie Goemans | Dutch Runners Gold | 54:05 | 52:44 |
| 69 | Nicole Heijmans | Delft | 54:21 | 50:20 |
| 70 | Lilian van Geelkerken | 's-Gravenhage | 54:29 | 51:29 |
| 71 | Sophie van Geenhuizen | 's-Gravenhage | 54:36 | 51:43 |
| 72 | Gusta Jessen | 's-Gravenhage | 54:38 | 51:18 |
| 73 | Harry Sack | 's-Gravenhage | 54:47 | 53:23 |
| 74 | Evelien Ording | Zoetermeer | 54:50 | 52:00 |
| 75 | Annelies van Katwijk | Zoetermeer | 54:54 | 52:29 |
| 76 | Emma Wells | 's-Gravenhage | 54:54 | 52:20 |
| 77 | Sylvana van Rijswijk | Rijswijk Zh | 54:57 | 52:11 |
| 78 | Ingeborg van der Giessen | 's-Gravenhage | 54:58 | 53:30 |
| 79 | Helen Davies-Kanakis | Wassenaar | 55:01 | 51:28 |
| 80 | Annemiek te Velde | 's-Gravenhage | 55:03 | 53:32 |
| 81 | Naomi Voskuyl | 's-Gravenhage | 55:04 | 53:44 |
| 82 | Tina Ebbing | unna | 55:05 | 51:49 |
| 83 | Annemarie Plugge | Aegon | 55:08 | 53:05 |
| 84 | Hanneke Klarenbeek-den He | Zoetermeer | 55:15 | 54:49 |
| 85 | Sasha Moesker | Aegon | 55:18 | 53:10 |
| 86 | Suzanne Castelein | 's-Gravenhage | 55:19 | 53:13 |
| 87 | Jeannet van Oene | 's-Gravenhage | 55:30 | 52:16 |
| 88 | Lian Khouw | 's-Gravenhage | 55:31 | 52:51 |
| 89 | Ellen Verhorst | Alphen aan den Rijn | 55:32 | 52:09 |
| 90 | Michele Kamps | Leidschendam | 55:32 | 51:55 |
| 91 | Lonneke Frie | 's-Gravenhage | 55:33 | 52:27 |
| 92 | Olga van der Hammen | 's-Gravenhage | 55:34 | 54:28 |
| 93 | Jolanda Baarda | 's-Gravenhage | 55:38 | 55:00 |
| 94 | Annemiek Stroosma | Rotterdam | 55:43 | 52:06 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|--------------------------|-------|-------|
| 95 | Myranda Groot | Sparta | 55:46 | 55:41 |
| 96 | Petra Kremers | Leidschendam | 55:46 | 53:24 |
| 97 | Monique Kootker | 's-Gravenhage | 55:50 | 53:20 |
| 98 | Pauline de Jonge | 's-Gravenhage | 55:51 | 52:33 |
| 99 | Donna Maas | Leidschendam | 55:53 | 54:02 |
| 100 | Nelleke Huson | 's-Gravenhage | 56:08 | 53:46 |
| 101 | Astrid Sijben | 's-Gravenhage | 56:16 | 55:37 |
| 102 | Susanne Raat | 's-Gravenhage | 56:17 | 55:11 |
| 103 | Fridolijn Kuipers | 's-Gravenhage | 56:18 | 55:12 |
| 104 | Petra van Veelen | Aegon | 56:21 | 53:02 |
| 105 | Vivian Doodeman | the Hague Road Runners | 56:22 | 53:26 |
| 106 | Monique Hogervorst | Wateringen | 56:23 | 54:00 |
| 107 | Marieke van Vugt | Voorburg | 56:24 | 53:34 |
| 108 | Annemarie Knottnerus | 's-Gravenhage | 56:33 | 53:52 |
| 109 | Lucinda Wildenberg | Voorburg | 56:37 | 53:12 |
| 110 | Jolanda Harfterkamp | Haag Atletiek | 56:43 | 56:08 |
| 111 | Miranda Latenstein | 's-Gravenhage | 56:49 | 55:02 |
| 112 | Nelleke van Barlingen | Ridderkerk | 56:55 | 56:27 |
| 113 | Aafje van Voorst-Talmon | Nootdorp | 56:56 | 52:46 |
| 114 | Violetta Wenck | 's-Gravenhage | 56:56 | 53:35 |
| 115 | Marion Nederlof | Rijswijk Zh | 56:57 | 56:28 |
| 116 | Nicolette Kloesmeijer | 's-Gravenhage | 57:03 | 53:10 |
| 117 | Bianca Jansen | 's-Gravenhage | 57:10 | 53:30 |
| 118 | Deme Salter | Leiden Road Runners Club | 57:11 | 52:41 |
| 119 | Roos Heppener | 's-Gravenhage | 57:13 | 55:23 |
| 120 | Amal Whyte | 's-Gravenhage | 57:13 | 55:58 |
| 121 | Genilda Correa de Souza | Sparta | 57:14 | 54:36 |
| 122 | Petra van Rij | 's-Gravenhage | 57:20 | 54:58 |
| 123 | Nathalie van Schagen | Voorburg | 57:25 | 53:24 |
| 124 | Friederycke Haijer | 's-Gravenhage | 57:26 | 53:25 |
| 125 | Ilja Achterberg | 's-Gravenhage | 57:27 | 54:33 |
| 126 | Valeria Santori | 's-Gravenhage | 57:28 | 54:32 |
| 127 | Claudia Nonninger | 's-Gravenhage | 57:28 | 54:07 |
| 128 | Trudy Sonneveld | 's-Gravenzande | 57:28 | 54:01 |
| 129 | Nadine Studer | 's-Gravenhage | 57:31 | 54:09 |
| 130 | Miranda Eckhardt | 's-Gravenhage | 57:35 | 53:47 |
| 131 | Helen Frerichs-Jans | Haag Atletiek | 57:35 | 56:04 |
| 132 | Linda Barbier | Haag Atletiek | 57:36 | 54:20 |
| 133 | Ria van Leest | Leidschendam | 57:38 | 54:53 |
| 134 | Carla Lanen | 's-Gravenhage | 57:38 | 54:30 |
| 135 | Josien Coppoolse | 's-Gravenhage | 57:44 | 54:36 |
| 136 | Sandra Kroes | 's-Gravenhage | 57:45 | 56:13 |
| 137 | Anita Timmer-Feunekes | Rijnsoever | 57:45 | 57:26 |
| 138 | Leonie van Zuijlen | Haag Atletiek | 57:47 | 57:08 |
| 139 | Bianca Hoogendijk | 's-Gravenhage | 57:49 | 56:12 |
| 140 | Nadia Oost | 's-Gravenhage | 57:49 | 54:50 |
| 141 | Olga Unhuryan | Rijswijk Zh | 57:49 | 54:46 |
| 142 | Guadalupe Verwaayen | 's-Gravenhage | 57:50 | 56:37 |
| 143 | Els Tews-Planken | Leidschendam | 57:51 | 56:00 |
| 144 | Linda Eggels | 's-Gravenhage | 57:52 | 54:46 |
| 145 | Ingrid Paling | 's-Gravenhage | 57:52 | 54:47 |
| 146 | Ingeborg Holtman | 's-Gravenhage | 57:53 | 54:44 |
| 147 | Marjo van der Laan | the Hague Road Runners | 57:54 | 55:37 |
| 148 | Jenny Bruno | 's-Gravenhage | 57:55 | 57:38 |
| 149 | Sanne Miltenburg | Goirle | 57:55 | 54:30 |
| 150 | Nannette van den Reydt | 's-Gravenhage | 57:55 | 53:58 |
| 151 | Susan Spel | the Hague Road Runners | 57:56 | 55:40 |
| 152 | Esther Toet | Voorburg | 57:56 | 54:53 |
| 153 | Karin Schrage | 's-Gravenhage | 57:58 | 56:26 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|------------------------|---------|-------|
| 154 | Petra de Rijk | 's-Gravenhage | 57:59 | 55:16 |
| 155 | Maryke Verheul | Haag Atletiek | 57:59 | 54:41 |
| 156 | Attie Zijderveld | Woensdrecht | 57:59 | 55:28 |
| 157 | Grietje Berger | Dutch Runners Gold | 58:01 | 55:52 |
| 158 | Bianca Verbeek | Haag Atletiek | 58:02 | 54:11 |
| 159 | Riana Kromschee | 's-Gravenhage | 58:03 | 56:18 |
| 160 | Astrid van Oosterom | 's-Gravenhage | 58:05 | 55:22 |
| 161 | Stefanie van der Togt | 's-Gravenhage | 58:07 | 56:21 |
| 162 | Anneke van der Sar | 's-Gravenhage | 58:11 | 56:46 |
| 163 | Irmgard Naudin ten Cate | 's-Gravenhage | 58:14 | 56:10 |
| 164 | Ilse Korving | Zoetermeer | 58:23 | 57:31 |
| 165 | Marijke Orië | the Hague Road Runners | 58:25 | 56:09 |
| 166 | Annelies Reuver | 's-Gravenhage | 58:26 | 57:57 |
| 167 | Sinetad Clarke | 's-Gravenhage | 58:28 | 58:11 |
| 168 | Sylvia Pronk | 's-Gravenhage | 58:29 | 56:01 |
| 169 | Judith Zondervan | 's-Gravenhage | 58:31 | 55:08 |
| 170 | Anne Schoute | 's-Gravenhage | 58:32 | 57:23 |
| 171 | Danielle Pauissen | Rotterdam | 58:34 | 56:54 |
| 172 | Ludy Buit | 's-Gravenhage | 58:35 | 57:57 |
| 173 | Eveline Asselbergs | 's-Gravenhage | 58:40 | 54:27 |
| 174 | Janneke Verdonk | 's-Gravenhage | 58:42 | 54:52 |
| 175 | Saidja Noter | 's-Gravenhage | 58:45 | 56:47 |
| 176 | Pachella Seif | 's-Gravenhage | 58:47 | 57:11 |
| 177 | Hetty Koster | 's-Gravenhage | 58:50 | 55:13 |
| 178 | Mena Smolders | 's-Gravenhage | 58:50 | 57:12 |
| 179 | Mariël Duivesteijn | 's-Gravenhage | 58:53 | 56:10 |
| 180 | Natalie Hoogerheide | Haag Atletiek | 58:56 | 58:29 |
| 181 | Elaine Beek | Aegon | 58:57 | 57:14 |
| 182 | Ingeborg Henkes | De Koplopers | 58:57 | 56:37 |
| 183 | Leona Haaring | 's-Gravenhage | 59:01 | 56:34 |
| 184 | Femke van Veen | 's-Gravenhage | 59:04 | 57:33 |
| 185 | Suzanne Kramer | 's-Gravenhage | 59:05 | 56:11 |
| 186 | Jacqueline Mastboom | 's-Gravenhage | 59:14 | 59:03 |
| 187 | Elier van der Assum | Rijswijk Zh | 59:20 | 58:52 |
| 188 | Thea Brittijn | 's-Gravenhage | 59:20 | 55:31 |
| 189 | Jessi van ingen Schenau | Nootdorp | 59:21 | 56:50 |
| 190 | Rosemin Lanting | Amsterdam | 59:21 | 57:06 |
| 191 | Monique van Aghthoven | the Hague Road Runners | 59:30 | 56:50 |
| 192 | Denise Linkerhof | Zoetermeer | 59:32 | 56:15 |
| 193 | Lily Morgan | 's-Gravenhage | 59:36 | 57:05 |
| 194 | Carla Rommelse | Strijen | 59:38 | 55:50 |
| 195 | Marion Meershoek | Voorburg | 59:39 | 57:40 |
| 196 | Marloes Rotmann | Amsterdam | 59:45 | 56:48 |
| 197 | Irene de Gier | Haag Atletiek | 59:53 | 59:08 |
| 198 | MB Hofland | Haag Atletiek | 59:55 | 58:22 |
| 199 | Fleur Boose | 's-Gravenhage | 59:57 | 57:33 |
| 200 | Karin Boukema | 's-Gravenhage | 59:57 | 58:41 |
| 201 | Ineke Mathot | Haag Atletiek | 59:57 | 58:24 |
| 202 | Sacha van Zanen | the Hague Road Runners | 59:58 | 57:00 |
| 203 | Ina Witte | Zaltbommel | 1:00:01 | 57:10 |
| 204 | Sabine van Laarhoven | Zoetermeer | 1:00:01 | 56:16 |
| 205 | Sui Tsang | Maassluis | 1:00:02 | 56:17 |
| 206 | Startnummer 1321 | 's-Gravenhage | 1:00:03 | 56:10 |
| 207 | Dittie Bakker | 's-Gravenhage | 1:00:06 | 58:13 |
| 208 | Barrie Heemskerck | Haag Atletiek | 1:00:06 | 57:05 |
| 209 | Janke Westerhuis | 's-Gravenhage | 1:00:14 | 57:09 |
| 210 | Sanne Duijndam | Voorburg | 1:00:14 | 57:14 |
| 211 | Saskia van Nieuwkerk | 's-Gravenhage | 1:00:14 | 58:42 |
| 212 | Nathalie Franse | Voorburg | 1:00:16 | 56:48 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|------------------------|---------|---------|
| 213 | Marielle Antvelink-Rijk | the Hague Road Runners | 1:00:19 | 56:29 |
| 214 | Samantha Pearson | Wassenaar | 1:00:24 | 56:55 |
| 215 | Lianne Dekker | 's-Gravenhage | 1:00:25 | 56:17 |
| 216 | Jeanette van Bussel | 's-Gravenhage | 1:00:27 | 59:31 |
| 217 | Catherine Minis | 's-Gravenhage | 1:00:30 | 58:14 |
| 218 | Laurie Kranendonk | 's-Gravenhage | 1:00:33 | 57:01 |
| 219 | Brenda Radstake | Berkel en Rodenrijs | 1:00:34 | 56:34 |
| 220 | Magda van Grootveld | Scherpenzeel Gld | 1:00:34 | 56:57 |
| 221 | Nina Waldhauer | Amsterdam | 1:00:35 | 57:38 |
| 222 | Mireille de Visser | Oostzaan | 1:00:37 | 56:42 |
| 223 | Mirjam Manasse | Oostzaan | 1:00:37 | 56:42 |
| 224 | Rineke Helfrich | 's-Gravenhage | 1:00:39 | 58:14 |
| 225 | Maaïke Vermeij | Boskoop | 1:00:53 | 58:23 |
| 226 | Monique de Boer | Wassenaar | 1:00:55 | 57:15 |
| 227 | Pieteke Lippmann | 's-Gravenhage | 1:00:55 | 58:51 |
| 228 | Annie Hooghiemstra | 's-Gravenhage | 1:01:00 | 57:03 |
| 229 | Mijke Sluis | 's-Gravenhage | 1:01:02 | 58:19 |
| 230 | Melanie Renaud | 's-Gravenhage | 1:01:03 | 57:05 |
| 231 | Nadjeztha Schouten | 's-Gravenhage | 1:01:03 | 57:05 |
| 232 | Jacqueline de Bruijn | Aegon | 1:01:09 | 57:12 |
| 233 | Bertine Huberts | Aegon | 1:01:13 | 1:00:53 |
| 234 | Ingeborg Husen | 's-Gravenhage | 1:01:14 | 58:50 |
| 235 | Ellen Blok | 's-Gravenhage | 1:01:19 | 58:14 |
| 236 | Riette Koper | Heemskerk | 1:01:20 | 58:22 |
| 237 | Annemarie Hatzman | 's-Gravenhage | 1:01:21 | 58:44 |
| 238 | Irene Akkerhuis | Wateringen | 1:01:23 | 58:10 |
| 239 | Barber Bouwma | Amsterdam | 1:01:26 | 57:19 |
| 240 | Dorien Hofer | 's-Gravenhage | 1:01:27 | 58:45 |
| 241 | Elaine Triest | 's-Gravenhage | 1:01:28 | 57:21 |
| 242 | Brigit Schelle | Nieuwerkerk ad IJssel | 1:01:30 | 57:26 |
| 243 | Christine Filip | Trimclub Clingendael | 1:01:32 | 59:01 |
| 244 | Anuschka Huschka | 's-Gravenhage | 1:01:35 | 57:27 |
| 245 | Mirjam de Paus | 's-Gravenhage | 1:01:40 | 57:56 |
| 246 | Fauzia Coenen-Mahboeb | Sparta | 1:01:41 | 58:59 |
| 247 | Cindy Meijer | 's-Gravenhage | 1:01:42 | 59:26 |
| 248 | Evelien de Boer | Atverni | 1:01:43 | 58:06 |
| 249 | Lucy Kim | 's-Gravenhage | 1:01:50 | 1:01:38 |
| 250 | Tineke van Dijk | 's-Gravenhage | 1:01:56 | 1:01:22 |
| 251 | Debbie Ruff | 's-Gravenhage | 1:01:57 | 59:30 |
| 252 | Martine Lettinga | 's-Gravenhage | 1:01:59 | 58:25 |
| 253 | Annemiek van Spanje | Amsterdam | 1:02:01 | 59:46 |
| 254 | Gerrie Prins | 's-Gravenhage | 1:02:03 | 59:54 |
| 255 | Gea Zeilstra | 's-Gravenhage | 1:02:05 | 57:52 |
| 256 | Mirjan de Lange | the Hague Road Runners | 1:02:05 | 58:03 |
| 257 | Melissa Kotiso | 's-Gravenhage | 1:02:09 | 59:36 |
| 258 | Thurid Samro | 's-Gravenhage | 1:02:10 | 1:02:10 |
| 259 | Simona Panneman | 's-Gravenhage | 1:02:11 | 58:10 |
| 260 | Barbara Koppelman | 's-Gravenhage | 1:02:12 | 1:00:11 |
| 261 | Lotte Berkel | 's-Gravenhage | 1:02:14 | 59:20 |
| 262 | Anne Roelofs | 's-Gravenhage | 1:02:14 | 59:20 |
| 263 | Patricia Couwenberg | 's-Gravenhage | 1:02:15 | 59:20 |
| 264 | Ada den Dulk | the Hague Road Runners | 1:02:16 | 59:59 |
| 265 | Jacqueline vd Nouweland | 's-Gravenhage | 1:02:18 | 59:58 |
| 266 | Izabela Karbowskiak | Voorburg | 1:02:20 | 58:56 |
| 267 | Dulce van Catarrinho | Haarlemmermeer | 1:02:23 | 1:02:05 |
| 268 | Rosa oliver Betran | the Hague Road Runners | 1:02:23 | 58:31 |
| 269 | Sylvia Geerling | Trimclub Clingendael | 1:02:25 | 59:54 |
| 270 | Anne Marie Joustra | the Hague Road Runners | 1:02:28 | 58:38 |
| 271 | Natasha Taal | 's-Gravenhage | 1:02:29 | 58:21 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|------------------------|---------|---------|
| 272 | Francisca Moesker | Aegon | 1:02:35 | 1:00:27 |
| 273 | Marielle Wolf | Haag Atletiek | 1:02:37 | 1:02:10 |
| 274 | Sandra Hoogweg | Rijswijk Zh | 1:02:38 | 1:02:08 |
| 275 | Ingrid van Es | 's-Gravenhage | 1:02:39 | 59:13 |
| 276 | Milou Haggenburg | 's-Gravenhage | 1:02:49 | 58:42 |
| 277 | Marion baeten-van Oostrum | Leidschendam | 1:02:53 | 58:57 |
| 278 | Jolanda van der Straaten | Zoetermeer | 1:02:54 | 59:37 |
| 279 | Tineke vd Zwan | 's-Gravenhage | 1:02:59 | 1:01:22 |
| 280 | Marije Tiggelman | the Hague Road Runners | 1:03:00 | 1:00:44 |
| 281 | Mila Dekker | 's-Gravenhage | 1:03:01 | 1:00:30 |
| 282 | Jantine van Arkel | 's-Gravenhage | 1:03:08 | 1:01:08 |
| 283 | Marijke Wolfs | 's-Gravenhage | 1:03:08 | 1:01:31 |
| 284 | Petra van Arendonk | 's-Gravenhage | 1:03:08 | 1:00:20 |
| 285 | Cynthia Beumer | 's-Gravenhage | 1:03:12 | 1:00:24 |
| 286 | Marjolein Kool | Haag Atletiek | 1:03:13 | 1:00:59 |
| 287 | Jacqueline Termeulen | Dutch Runners Gold | 1:03:15 | 1:02:50 |
| 288 | Chantal Bywater | Zoetermeer | 1:03:17 | 59:06 |
| 289 | Sandra Blommestijn | 's-Gravenhage | 1:03:18 | 1:00:43 |
| 290 | Carol Gonzaga | Rotterdam | 1:03:23 | 59:18 |
| 291 | Pamela Lau | Rotterdam | 1:03:26 | 59:55 |
| 292 | Gea Velt | Haag Atletiek | 1:03:26 | 1:01:15 |
| 293 | Conny Wildeman | Voorburg | 1:03:30 | 59:53 |
| 294 | Dorien Poirters | 's-Gravenhage | 1:03:31 | 1:00:06 |
| 295 | Heleen Wagenaar | the Hague Road Runners | 1:03:32 | 1:00:29 |
| 296 | Eveline van Hest | 's-Gravenhage | 1:03:36 | 1:01:47 |
| 297 | Imara Welfing | Amsterdam | 1:03:38 | 1:00:42 |
| 298 | Michelina Malafronte | Voorburg | 1:03:38 | 1:01:30 |
| 299 | Claudia Ootjers | Zaandam | 1:03:40 | 59:47 |
| 300 | Greetje Schoonus | 's-Gravenhage | 1:03:43 | 1:02:06 |
| 301 | Monica Hooijmans | 's-Gravenhage | 1:03:43 | 1:02:50 |
| 302 | Eva Kal | 's-Gravenhage | 1:03:43 | 1:02:51 |
| 303 | Bianca van Riet | Amsterdam | 1:03:47 | 59:54 |
| 304 | Sam Skippen | 's-Gravenhage | 1:03:50 | 1:01:31 |
| 305 | Samantha Agterof | 's-Gravenhage | 1:03:52 | 1:03:06 |
| 306 | Sandra van der Hout | 's-Gravenzande | 1:03:58 | 1:00:31 |
| 307 | Annemarie Sipkens | 's-Gravenhage | 1:04:02 | 1:01:35 |
| 308 | Mirjam Noort | Aegon | 1:04:15 | 1:00:43 |
| 309 | Nicolien Nieuwenhuizen | 's-Gravenzande | 1:04:17 | 1:01:14 |
| 310 | Leonie Spruyt-Hoitink | 's-Gravenhage | 1:04:22 | 1:01:15 |
| 311 | Evelien van Veelen | Aegon | 1:04:26 | 1:01:08 |
| 312 | Bertina Mossel | Budel-Dorplein | 1:04:28 | 1:00:22 |
| 313 | Annette Olland | 's-Gravenhage | 1:04:29 | 1:02:29 |
| 314 | Inge van Spall | 's-Gravenhage | 1:04:29 | 1:02:12 |
| 315 | Sandra van Loon | 's-Gravenhage | 1:04:30 | 1:02:30 |
| 316 | Yvonne van Essen | Haag Atletiek | 1:04:33 | 1:04:06 |
| 317 | Mechteld Baken | 's-Gravenhage | 1:04:37 | 1:01:14 |
| 318 | Josine Smits | 's-Gravenhage | 1:04:40 | 1:01:12 |
| 319 | Andrea Groot | Amsterdam | 1:04:45 | 1:02:43 |
| 320 | Linda Jansen | 's-Gravenhage | 1:04:46 | 1:00:52 |
| 321 | Mirelle Tanja | Rijswijk Zh | 1:04:48 | 1:01:28 |
| 322 | Marita Dongelmans | 's-Gravenhage | 1:04:50 | 1:02:02 |
| 323 | Esther Hoogland | 's-Gravenhage | 1:04:51 | 1:01:34 |
| 324 | Karin Colenbrander | 's-Gravenhage | 1:04:51 | 1:01:34 |
| 325 | Joke Fransen | 's-Gravenhage | 1:04:53 | 1:01:13 |
| 326 | Nathalie Magnée | | 1:04:53 | 1:01:27 |
| 327 | Antoinette Lambooi | Leiden | 1:04:59 | 1:03:40 |
| 328 | Peggy de Haan | Leiden | 1:05:00 | 1:01:15 |
| 329 | Marja van Buuren | 's-Gravenhage | 1:05:02 | 1:01:07 |
| 330 | Marjolein Swaanenburg | Wateringen | 1:05:06 | 1:01:16 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|------------------------|---------|---------|
| 331 | Barthy Vegter | 's-Gravenhage | 1:05:14 | 1:03:39 |
| 332 | Rachel Duiniveld | Voorburg | 1:05:25 | 1:01:19 |
| 333 | Carmen de Veer | Rijswijk Zh | 1:05:26 | 1:02:15 |
| 334 | Freya van der Valk | 's-Gravenhage | 1:05:29 | 1:02:43 |
| 335 | Esther Blommestijn | 's-Gravenhage | 1:05:30 | 1:02:54 |
| 336 | Nathalie Hulsbosch | Haarlem | 1:05:33 | 1:02:58 |
| 337 | Nicola Bruce | Leidschendam | 1:05:34 | 1:03:13 |
| 338 | Gillian Weinberg | Wassenaar | 1:05:34 | 1:02:14 |
| 339 | Sophie van Vliet | Leidschendam | 1:05:40 | 1:05:15 |
| 340 | Thao Dao | Aegon | 1:05:41 | 1:03:37 |
| 341 | Alenka Milward | Rotterdam | 1:05:43 | 1:02:55 |
| 342 | Petra van der Linden | Voorburg | 1:05:54 | 1:02:15 |
| 343 | Marjolein Permentier | 's-Gravenhage | 1:05:54 | 1:04:27 |
| 344 | Carla van de Laarschot | Rijswijk Zh | 1:05:55 | 1:02:50 |
| 345 | Liane Bijlsma | Aegon | 1:06:01 | 1:03:33 |
| 346 | Petra Stroeve | 's-Gravenhage | 1:06:18 | 1:04:18 |
| 347 | Sonja Roessingh | 's-Gravenhage | 1:06:19 | 1:03:05 |
| 348 | Wietske Logtenberg | Utrecht | 1:06:21 | 1:02:16 |
| 349 | Iris Maatman | Utrecht | 1:06:21 | 1:02:16 |
| 350 | Yvonne Smit | Haag Atletiek | 1:06:24 | 1:02:23 |
| 351 | Astrid Ton | 's-Gravenhage | 1:06:39 | 1:04:26 |
| 352 | Astrid Verstraaten | Rotterdam | 1:06:49 | 1:04:35 |
| 353 | Esther de Bie | Heeswijk Dinther | 1:07:01 | 1:03:09 |
| 354 | Nadia Soerdjballi | 's-Gravenhage | 1:07:23 | 1:03:44 |
| 355 | Kim Stelleman | 's-Gravenhage | 1:07:23 | 1:03:28 |
| 356 | Bianca Rademaker | Aegon | 1:07:32 | 1:04:00 |
| 357 | Anika van Steenberghe | 's-Gravenhage | 1:07:51 | 1:05:10 |
| 358 | Ageeth Lamberts | Utrecht | 1:07:58 | 1:04:15 |
| 359 | Anne-marie van den Bos | Utrecht | 1:07:58 | 1:04:15 |
| 360 | Andrea Kroon | 's-Gravenhage | 1:08:05 | 1:05:41 |
| 361 | Marit Hendriks | 's-Gravenhage | 1:08:06 | 1:05:42 |
| 362 | Krista van der Zalm | Berkel en Rodenrijs | 1:08:06 | 1:04:19 |
| 363 | Altea Vlijt | 's-Gravenhage | 1:08:06 | 1:04:16 |
| 364 | Merel Valk | Leiden | 1:08:16 | 1:04:14 |
| 365 | Willeke Hoek | | 1:08:21 | 1:05:30 |
| 366 | Ellen Oostdijk | | 1:08:21 | 1:05:29 |
| 367 | Kim Hamme | 's-Gravenhage | 1:08:24 | 1:04:37 |
| 368 | Marianne van Scherpenzeel | 's-Gravenhage | 1:08:30 | 1:05:36 |
| 369 | Daphne van Eck-de Kievit | Leidschendam | 1:08:50 | 1:05:38 |
| 370 | Priscilla van Domburg | 's-Gravenhage | 1:09:10 | 1:08:52 |
| 371 | Joni Hazebroek | 's-Gravenhage | 1:09:10 | 1:08:52 |
| 372 | Tessa Sepers | 's-Gravenhage | 1:09:15 | 1:06:33 |
| 373 | Maaïke van der Meijden | Voorburg | 1:09:19 | 1:08:10 |
| 374 | Kely Oostermeijer | 's-Gravenhage | 1:09:21 | 1:05:15 |
| 375 | Christine van Rijnsouw | Voorburg | 1:09:29 | 1:06:17 |
| 376 | Irene de Vreede | 's-Gravenhage | 1:09:29 | 1:05:40 |
| 377 | Ariane Lakerveld | 's-Gravenhage | 1:09:35 | 1:05:53 |
| 378 | Ieke Koopmans | 's-Gravenhage | 1:09:37 | 1:05:26 |
| 379 | Petra Alkemade | Dutch Runners Gold | 1:09:37 | 1:07:34 |
| 380 | Ineke van der Molen | 's-Gravenhage | 1:09:48 | 1:05:33 |
| 381 | Nicolien Opdam | 's-Gravenhage | 1:10:05 | 1:09:09 |
| 382 | Sophie Visser | Rotterdam | 1:10:09 | 1:06:43 |
| 383 | Marieke Kleinpenning | Amsterdam | 1:10:10 | 1:06:44 |
| 384 | Els van Cranenburgh | the Hague Road Runners | 1:10:12 | 1:07:09 |
| 385 | Helene Maagdenberg | 's-Gravenhage | 1:10:13 | 1:05:59 |
| 386 | Koper Linda | Voorne Atletiek | 1:10:13 | 1:06:58 |
| 387 | Gislaine Angela | 's-Gravenhage | 1:10:22 | 1:09:13 |
| 388 | Willemien van Engeland | Groningen | 1:10:26 | 1:08:54 |
| 389 | MJ Klaren | Voorschoten | 1:10:26 | 1:06:38 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|------------------------|---------|---------|
| 390 | DMT Mahler | the Hague Road Runners | 1:10:40 | 1:06:53 |
| 391 | Denise Helmes | 's-Gravenhage | 1:10:43 | 1:07:23 |
| 392 | Fabi Vink | Voorburg | 1:10:44 | 1:08:24 |
| 393 | Marianne van der Werff | Voorburg | 1:12:01 | 1:09:08 |
| 394 | Kiran Ramlar | 's-Gravenhage | 1:12:15 | 1:10:21 |
| 395 | Samantha Jochems | 's-Gravenhage | 1:12:15 | 1:10:07 |
| 396 | Bianca Spoelstra-Benson | 's-Gravenhage | 1:12:16 | 1:10:08 |
| 397 | Jasmijn Nugteren | 's-Gravenhage | 1:12:16 | 1:08:51 |
| 398 | Gees Magnée | AV '40 | 1:12:17 | 1:09:57 |
| 399 | Arita Jol | Voorschoten '97 | 1:12:29 | 1:08:43 |
| 400 | Kelly de Vette | Kwintsheul | 1:13:22 | 1:09:09 |
| 401 | Melinda Breugom | Rijswijk Zh | 1:13:50 | 1:10:03 |
| 402 | Annemieke van Leent-P | Aegon | 1:13:52 | 1:09:48 |
| 403 | Astrud Bordewijk | 's-Gravenhage | 1:13:53 | 1:11:58 |
| 404 | Joyce Fekkes | Huizen | 1:14:09 | 1:11:48 |
| 405 | Dirma Brassier | 's-Gravenhage | 1:14:09 | 1:11:48 |
| 406 | Femke Wolffensperger | Rotterdam | 1:14:14 | 1:10:48 |
| 407 | Ditha Kaarls | Wassenaar | 1:14:15 | 1:10:35 |
| 408 | Angelique Moederscheim | Rijswijk Zh | 1:14:55 | 1:12:14 |
| 409 | Irene O'SULLIVAN | 's-Gravenhage | 1:15:42 | 1:14:32 |
| 410 | Lies Bruens | 's-Gravenhage | 1:17:56 | 1:14:46 |
| 411 | Gwendolyn Blok | 's-Gravenhage | 1:17:57 | 1:14:47 |
| 412 | Andrea Dean | Voorschoten | 1:18:53 | 1:15:02 |
| 413 | Julia van Nauta Lemke | 's-Gravenhage | 1:19:14 | 1:17:53 |
| 414 | Sija Lanser | Voorschoten | 1:19:51 | 1:16:05 |
| 415 | Petra Hoytema | 's-Gravenhage | 1:20:48 | 1:17:17 |
| 416 | Sylvia Claassen | 's-Gravenhage | 1:20:56 | 1:16:46 |
| 417 | Angelique Vogelaar | Wassenaar | 1:22:24 | 1:18:08 |
| 418 | Chantal Bovendeur | 's-Gravenhage | 1:23:27 | 1:22:00 |

MTRIM, 5 KM PRESTATIE

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|------------------------|-------|-------|
| 1 | Gijs Groen | Haag Atletiek | 16:38 | 16:37 |
| 2 | Pim de Kok | Enschede | 16:47 | 16:44 |
| 3 | Kevin van Leusden | Rotterdam | 16:54 | 16:54 |
| 4 | Erik m van Heiningen | the Hague Road Runners | 17:04 | 17:03 |
| 5 | Huub Redegeld | the Hague Road Runners | 17:10 | 17:09 |
| 6 | Vincent Trinthamer | Sparta | 17:11 | 17:09 |
| 7 | Eddy Roodakker | the Hague Road Runners | 17:18 | 17:17 |
| 8 | Sebastiaan Boertien | Haag Atletiek | 17:29 | 17:28 |
| 9 | Cas van Trierum | 's-Gravenhage | 17:31 | 17:30 |
| 10 | Dimitri Heskes | Sparta | 17:47 | 17:46 |
| 11 | Bart Roefs | De Kieviten | 18:02 | 18:00 |
| 12 | Richard Lelieveld | De Kieviten | 18:03 | 18:02 |
| 13 | Erik van Keeken | De Kieviten | 18:18 | 18:16 |
| 14 | David Buglass | Leidschendam | 18:28 | 18:26 |
| 15 | Wouter Kanselaar | the Hague Road Runners | 18:38 | 18:38 |
| 16 | Stefan Claessens | the Hague Road Runners | 18:45 | 18:45 |
| 17 | Michel Out | Haag Atletiek | 18:51 | 18:49 |
| 18 | Stefan de Jong | the Hague Road Runners | 18:55 | 18:55 |
| 19 | Niels Penning | Rijswijk Zh | 19:02 | 19:00 |
| 20 | Owen Smith | Sparta | 19:02 | 19:00 |
| 21 | Sjaak van der Poel | Noordwijk Zh | 19:04 | 19:02 |
| 22 | Max Mahoney | 's-Gravenhage | 19:08 | 19:06 |
| 23 | Martin Karreman | 's-Gravenhage | 19:19 | 19:17 |
| 24 | Mark Stuurman | Loopgroep PK | 19:28 | 19:26 |
| 25 | Michel Borsboom | Berkel en Rodenrijs | 19:42 | 19:34 |
| 26 | Pepijn van zwieten de Blo | 's-Gravenhage | 19:46 | 19:43 |
| 27 | Thomas Veldkamp | 's-Gravenhage | 20:05 | 20:01 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|------------------------|-------|-------|
| 28 | Niels de Graaf | the Hague Road Runners | 20:11 | 20:10 |
| 29 | Joury Kuiper | the Hague Road Runners | 20:11 | 20:10 |
| 30 | Marnix Baelde | Sparta | 20:16 | 20:15 |
| 31 | Luc Treebusch | Sparta | 20:40 | 20:38 |
| 32 | Charlie Crocker | 's-Gravenhage | 20:50 | 20:48 |
| 33 | Koos Gorel | 's-Gravenhage | 20:50 | 20:46 |
| 34 | Ronald Hofschreuder | the Hague Road Runners | 20:53 | 20:52 |
| 35 | Kilian Weltens | Sparta | 21:09 | 21:04 |
| 36 | Malaya van Ruitenbeek | Delft | 21:13 | 20:21 |
| 37 | Bryan van Zwieten de Blom | 's-Gravenhage | 21:17 | 21:14 |
| 38 | Laurent Picard | 's-Gravenhage | 21:19 | 21:16 |
| 39 | Cor van der Blom | De Kieviten | 21:33 | 21:31 |
| 40 | Robbin Wesstein | 's-Gravenhage | 21:36 | 21:31 |
| 41 | Richard Bosma | the Hague Road Runners | 21:43 | 21:34 |
| 42 | Twan Linschoten | 's-Gravenhage | 21:44 | 20:53 |
| 43 | Jordi Plantagie | 's-Gravenhage | 21:45 | 21:37 |
| 44 | Ronald Stienstra | Berkel en Rodenrijs | 21:48 | 21:40 |
| 45 | Jan de Kwant | Sparta | 22:00 | 21:57 |
| 46 | Gerben van Dijk | Bergschenhoek | 22:04 | 21:47 |
| 47 | Boris ter Bals | the Hague Road Runners | 22:05 | 22:04 |
| 48 | Laurent Masson | 's-Gravenhage | 22:08 | 22:05 |
| 49 | Frank van der Vorst | 's-Gravenhage | 22:10 | 22:07 |
| 50 | Xavier Green | 's-Gravenhage | 22:22 | 22:18 |
| 51 | Pito Felix | 's-Gravenhage | 22:33 | 22:30 |
| 52 | Tim Teerlink | Maassluis | 22:33 | 22:25 |
| 53 | Koen Dorsman | AV Gouda | 22:47 | 22:42 |
| 54 | Casper Heijnen | 's-Gravenhage | 22:49 | 22:05 |
| 55 | Rob Hanemaaijer | Honselersdijk | 22:53 | 22:29 |
| 56 | Harry Oosterveen | Sparta | 22:56 | 22:51 |
| 57 | Jorn van Dijk | Bergschenhoek | 23:07 | 22:50 |
| 58 | Daniel Nikolic | 's-Gravenhage | 23:11 | 22:59 |
| 59 | Max Kramer | Voorburg | 23:18 | 23:13 |
| 60 | Paul Arkesteijn | 's-Gravenhage | 23:24 | 23:00 |
| 61 | Paul Jares | Aegon | 23:24 | 22:48 |
| 62 | Erik Burghouwt | Nootdorp | 23:36 | 23:18 |
| 63 | Freek Keppels | 's-Gravenhage | 23:38 | 23:28 |
| 64 | Rory Clarke | 's-Gravenhage | 23:50 | 23:46 |
| 65 | Arnold van Lindert | 's-Gravenhage | 23:55 | 22:59 |
| 66 | Manuel Pastor | 's-Gravenhage | 24:10 | 23:58 |
| 67 | Victor Vane | 's-Gravenhage | 24:13 | 24:10 |
| 68 | Mario Heerkens | 's-Gravenhage | 24:22 | 24:13 |
| 69 | Enrico Dorlas | Sparta | 24:24 | 24:22 |
| 70 | Sem Zaal | 's-Gravenhage | 24:25 | 24:23 |
| 71 | Freek Brouwer | Aegon | 24:27 | 23:37 |
| 72 | Laurens Hoek | Hendrik-Ido-Ambacht | 24:31 | 24:21 |
| 73 | Fimme Jagersma | 's-Gravenhage | 24:31 | 24:10 |
| 74 | Frank Jares | Aegon | 24:57 | 24:21 |
| 75 | Mauk Sewandono | 's-Gravenhage | 24:58 | 24:30 |
| 76 | Pierre Tissot van Patot | Haag Atletiek | 25:03 | 24:54 |
| 77 | Wouter Vane | 's-Gravenhage | 25:04 | 25:02 |
| 78 | Kevin Wildschut | Leiden | 25:07 | 24:50 |
| 79 | Wouter Jungerius | Kwintshoek | 25:08 | 24:45 |
| 80 | Erik Hofschreuder | 's-Gravenhage | 25:09 | 25:06 |
| 81 | Matthijs Muijsers | Amsterdam | 25:12 | 24:27 |
| 82 | Marcel Rosier | Aegon | 25:18 | 24:36 |
| 83 | Herman Kraamwinkel | Sparta | 25:33 | 25:25 |
| 84 | Tim Keukenbring | 's-Gravenhage | 25:43 | 25:11 |
| 85 | John Buglass | Leidschendam | 25:45 | 25:41 |
| 86 | Cas de Koning | Voorburg | 25:47 | 25:41 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 87 | Olav Zuidam | Schiedam | 25:48 | 25:31 |
| 88 | Maarten Pennings | 's-Gravenhage | 25:59 | 25:41 |
| 89 | Taco Pennings | 's-Gravenhage | 25:59 | 25:41 |
| 90 | John Eekhout | Wateringen | 26:05 | 25:53 |
| 91 | Kees Eekhout | Kwintsheul | 26:18 | 26:06 |
| 92 | Albert Lubbersen | Schiedam | 26:28 | 26:20 |
| 93 | Remy den Ouden | Zeist | 26:32 | 26:05 |
| 94 | Jan willem Hoek | Hendrik-Ido-Ambacht | 26:37 | 26:27 |
| 95 | Ronald van der Klooster | Rotterdam | 26:42 | 26:26 |
| 96 | Evan Schaafsma | 's-gravenhage | 27:00 | 26:41 |
| 97 | Ferrie Hamer | 's-Gravenhage | 27:19 | 27:05 |
| 98 | Ons onbekende Loper | | 27:19 | 27:05 |
| 99 | Jan-Nico Tempel | 's-Gravenhage | 27:30 | 27:08 |
| 100 | Wubbe Tempel | 's-Gravenhage | 27:32 | 27:09 |
| 101 | Ruben van Bussel | 's-Gravenhage | 27:36 | 27:05 |
| 102 | Erik van Bussel | 's-Gravenhage | 27:38 | 27:05 |
| 103 | Daan Vijverberg | 's-Gravenhage | 27:39 | 27:15 |
| 104 | Eric Schouten | Maassluis | 27:56 | 27:29 |
| 105 | Jamie de Bruijn | Aegon | 28:01 | 27:18 |
| 106 | Rob Blokland | Berkel en Rodenrijs | 28:03 | 27:44 |
| 107 | Sander Overgaag | 's-Gravenhage | 28:06 | 27:13 |
| 108 | Reitse Eskens | Aegon | 28:07 | 27:26 |
| 109 | Moos Schoemacher | 's-Gravenhage | 28:22 | 27:49 |
| 110 | Marc Groeneveld | 's-Gravenhage | 28:40 | 27:59 |
| 111 | Kees Knaap | Den Haag | 28:42 | 28:00 |
| 112 | Doke Pelleboer | Heemstede | 28:44 | 27:52 |
| 113 | Jim Eekhout | Kwintsheul | 28:53 | 28:42 |
| 114 | Niels Ota | 's-Gravenhage | 28:59 | 28:18 |
| 115 | Joris Pijpers | Aegon | 29:02 | 28:55 |
| 116 | Luca Bruggeman | Voorburg | 29:04 | 28:45 |
| 117 | Edwin Kok | Maassluis | 29:15 | 28:49 |
| 118 | Mozes Kakisina | Voorburg | 29:16 | 28:55 |
| 119 | André van Wijk | Aegon | 29:16 | 28:34 |
| 120 | Dhemie Haryanto | 's-Gravenhage | 29:22 | 28:32 |
| 121 | Dion Koster | 's-Gravenhage | 29:33 | 29:29 |
| 122 | Kyvo Koster | 's-Gravenhage | 29:34 | 29:29 |
| 123 | Xiaoyu Guan | Rijswijk Zh | 29:35 | 29:21 |
| 124 | Stefan de Wilde | 's-Gravenhage | 29:47 | 28:58 |
| 125 | Matthijs Koudstaal | Utrecht | 29:48 | 29:39 |
| 126 | Frank vd Baan | 's-Gravenhage | 29:50 | 29:29 |
| 127 | Jasper Hof | Aegon | 29:50 | 29:43 |
| 128 | John Reuvers | Dutch Runners Gold | 29:55 | 29:28 |
| 129 | Robin Lausberg | Spijkenisse | 29:57 | 29:40 |
| 130 | Luuk Louis | 's-Gravenhage | 29:59 | 29:30 |
| 131 | Rob Lubbersen | Noordwijkerhout | 30:09 | 29:37 |
| 132 | Paul Loop | 's-Gravenhage | 30:12 | 29:33 |
| 133 | Martijn Loeff | 's-Gravenhage | 30:17 | 29:34 |
| 134 | Jan Vooy | Aegon | 30:20 | 29:37 |
| 135 | Maarten van Zanen | 's-Gravenhage | 30:45 | 30:36 |
| 136 | Pascal Tews | Leidschendam | 30:48 | 29:58 |
| 137 | Balthazar de Bruijn | 's-Gravenhage | 30:50 | 30:40 |
| 138 | Gerben de Bruijn | 's-Gravenhage | 30:50 | 30:40 |
| 139 | Simon Liu | 's-Gravenhage | 31:05 | 30:16 |
| 140 | Jack Talakua | Voorschoten | 31:19 | 31:11 |
| 141 | Tommy de Bruijn | Aegon | 31:39 | 30:55 |
| 142 | Harmen Bijster | Voorburg | 31:43 | 31:27 |
| 143 | Gerard Hartevelde | 's-Gravenhage | 31:50 | 31:31 |
| 144 | Shirley Willems | Aegon | 32:00 | 31:37 |
| 145 | Ton de Bruijn | Aegon | 32:02 | 31:18 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|------------------------|-------|-------|
| 146 | Gergrand Nijman | Aegon | 32:35 | 32:27 |
| 147 | Max Nijman | Aegon | 32:35 | 32:28 |
| 148 | Nico van Wijk | the Hague Road Runners | 32:38 | 32:02 |
| 149 | Rieno Pier | Wirdum Fr | 32:39 | 32:14 |
| 150 | Bastiaan Harteveld | Aegon | 32:50 | 32:00 |
| 151 | Irawan Sewandono | the Hague Road Runners | 33:21 | 32:53 |
| 152 | Dirk-jan van Lienden | Berkel en Rodenrijs | 33:24 | 33:12 |
| 153 | Matthijs Koorn | the Hague Road Runners | 33:31 | 33:06 |
| 154 | Bob van Striem | 's-Gravenhage | 33:31 | 33:10 |
| 155 | Victor van der Valk | 's-Gravenhage | 33:33 | 32:53 |
| 156 | Jair Lampe | Aegon | 33:36 | 33:05 |
| 157 | Joram de Feijter | 's-Gravenhage | 33:39 | 33:13 |
| 158 | Wouter Pronk | 's-Gravenhage | 33:46 | 32:52 |
| 159 | Martin Rog | Leidschendam | 33:50 | 32:55 |
| 160 | Stan Rog | Leidschendam | 33:50 | 32:55 |
| 161 | Marjoke Hinnen | Amsterdam | 33:52 | 33:03 |
| 162 | Leon Feyen | 's-Gravenhage | 34:30 | 34:09 |
| 163 | Michael Arends | Dutch Runners Gold | 34:50 | 34:20 |
| 164 | Angelo Pronk | 's-Gravenhage | 34:53 | 34:50 |
| 165 | Stefano van Es | 's-Gravenhage | 35:15 | 35:11 |
| 166 | Eric van Es | 's-Gravenhage | 35:16 | 35:11 |
| 167 | Marco Dohmen | Voorburg | 35:28 | 34:42 |
| 168 | Christophe Nau | Voorburg | 35:29 | 34:42 |
| 169 | Arthur Wijnen | 's-Gravenhage | 35:41 | 35:13 |
| 170 | Anton Herps | the Hague Road Runners | 36:02 | 35:26 |
| 171 | Vincent Halsberghe | Waregem | 36:07 | 35:51 |
| 172 | Kenneth Benson | 's-Gravenhage | 36:41 | 35:56 |
| 173 | Peter van der Zijden | 's-Gravenhage | 37:14 | 36:21 |
| 174 | Laurens Driessen | 's-Gravenhage | 39:53 | 39:04 |
| 175 | Herman Hendriks | 's-Gravenhage | 43:18 | 42:48 |

VTRIM, 5 KM PRESTATIE

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 1 | Karlijn van Es | PAC | 20:33 | 20:31 |
| 2 | Corinde van Es | PAC | 20:36 | 20:34 |
| 3 | Uschi Daniels | Hechtel | 21:17 | 21:14 |
| 4 | Ans Huppertz | Tilburg | 22:00 | 21:50 |
| 5 | Emma van der Vorst | 's-Gravenhage | 22:40 | 22:38 |
| 6 | Linda Auer | 's-Gravenhage | 22:42 | 22:39 |
| 7 | Saskia de Been | Voorschoten | 23:46 | 23:40 |
| 8 | Ellis Stolwijk | 's-Gravenhage | 24:07 | 23:56 |
| 9 | Danielle van Vuuren | Rijswijk Zh | 24:13 | 23:40 |
| 10 | Florence Morgan | 's-Gravenhage | 24:39 | 24:34 |
| 11 | Nathalie van Dijk | Utrecht | 25:14 | 24:40 |
| 12 | Amelia DeLuca | Amsterdam | 25:30 | 24:45 |
| 13 | Sara Herrerias Martinez | Utrecht | 25:30 | 24:57 |
| 14 | Else Nilsson | Voorburg | 25:51 | 25:44 |
| 15 | Yvonne Gerner | Voorburg | 25:59 | 25:15 |
| 16 | Martine Wardenburg | Amsterdam | 26:13 | 25:25 |
| 17 | Frederike Klarenbeek | Zoetermeer | 26:21 | 26:15 |
| 18 | Lonneke Smeets | 's-Gravenhage | 26:31 | 26:25 |
| 19 | Saida Amtyi | 's-Gravenhage | 26:51 | 26:22 |
| 20 | Mijke Kannevorff | 's-Gravenhage | 26:59 | 26:50 |
| 21 | Inge Mulders | Voorburg | 27:16 | 26:29 |
| 22 | Marjon de Koning | Voorburg | 27:28 | 27:21 |
| 23 | Willemijn Klarenbeek | Rijswijk Zh | 27:33 | 27:27 |
| 24 | Ingeborg Pelleboer | 's-Gravenhage | 27:33 | 26:41 |
| 25 | Danielle Geboers | 's-Gravenhage | 27:34 | 26:57 |
| 26 | Aldine Burgman | 's-Gravenhage | 27:47 | 27:36 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|------------------------|-------|-------|
| 27 | Migle Vitkeviciute | 's-Gravenhage | 27:50 | 27:44 |
| 28 | Amal Ali | Voorburg | 27:53 | 27:17 |
| 29 | Nicole van Rens | Haag Atletiek | 28:01 | 27:40 |
| 30 | Evelien van der Schuur | Aegon | 28:07 | 27:26 |
| 31 | Zsanett Lakatos | 's-Gravenhage | 28:13 | 27:30 |
| 32 | Rahiel Lalmahomed | Rijswijk Zh | 28:19 | 28:07 |
| 33 | Renske van Ooyen | Delft | 28:23 | 28:01 |
| 34 | Annette van Nes | 's-Gravenhage | 28:34 | 27:40 |
| 35 | Rianne Jongsma | 's-Gravenhage | 28:49 | 28:15 |
| 36 | Floor Le Coultre | 's-Gravenhage | 28:50 | 28:18 |
| 37 | Solange Sonnevile | 's-Gravenhage | 28:50 | 28:29 |
| 38 | Lindy Shin | Nieuwegein | 28:58 | 28:47 |
| 39 | Tonya Tolmeijer | Delft | 28:58 | 28:47 |
| 40 | Nicole van Cranenburgh | Maassluis | 29:16 | 28:49 |
| 41 | Corien van der Poel | Noordwijk Zh | 29:19 | 29:00 |
| 42 | Irene Mourits | Aegon | 29:24 | 29:17 |
| 43 | Zarina Lalmahomed | Rijswijk Zh | 29:27 | 29:16 |
| 44 | Ingrid Borgers | Haag Atletiek | 29:30 | 29:16 |
| 45 | Laurie Novak | Sparta | 29:33 | 28:48 |
| 46 | Frances Burghouwt | Nootdorp | 29:38 | 29:20 |
| 47 | Floor Tuinstra | 's-Gravenhage | 29:47 | 29:38 |
| 48 | Marit Arkenbout | Utrecht | 29:48 | 29:14 |
| 49 | Irene Buijs | Nieuwerkerk | 29:54 | 29:28 |
| 50 | Nienke Ter Morshuizen | 's-Gravenhage | 29:57 | 29:27 |
| 51 | Yvonne van Leeuwen | Leidschendam | 29:57 | 29:28 |
| 52 | Priscilla Ter Morshuizen | 's-Gravenhage | 29:57 | 29:28 |
| 53 | Vera van Broekhuysen | Aegon | 30:00 | 29:52 |
| 54 | Nicole Mulders | Amsterdam | 30:02 | 29:14 |
| 55 | Lajla Nikolic | 's-Gravenhage | 30:08 | 29:57 |
| 56 | Janneke van Wijk | Voorburg | 30:10 | 30:03 |
| 57 | Maureen van Beek | Voorburg | 30:10 | 30:03 |
| 58 | Dewi van Aerde | Delft | 30:17 | 30:00 |
| 59 | Sanne de Bruin | 's-Gravenhage | 30:17 | 29:48 |
| 60 | Petra Bruggeman | Voorburg | 30:19 | 30:01 |
| 61 | Astra Klont | 's-Gravenhage | 30:23 | 29:42 |
| 62 | Karen Pier | Voorhout | 30:33 | 30:07 |
| 63 | Christina Setiawan | 's-Gravenhage | 30:37 | 30:09 |
| 64 | Sylvie Putker | 's-Gravenhage | 30:37 | 30:10 |
| 65 | Shanti Presentacion | 's-Gravenhage | 30:38 | 29:48 |
| 66 | Nienke Pieters | Aegon | 30:40 | 29:50 |
| 67 | Marjolein Voslamber | 's-Gravenhage | 30:41 | 30:18 |
| 68 | Evelien van Tol | Rijswijk Zh | 30:42 | 30:20 |
| 69 | Stefanie Vermaesen | 's-Gravenhage | 30:43 | 30:32 |
| 70 | Marije Takens | Delft | 30:47 | 30:13 |
| 71 | Nienke Smid | Voorburg | 30:57 | 29:59 |
| 72 | Carmen Kooloos-vd Knaap | 's-Gravenhage | 31:07 | 30:29 |
| 73 | Birgöl Özmen | 's-Gravenhage | 31:09 | 30:35 |
| 74 | Denise ten Bokum | 's-Gravenhage | 31:14 | 30:27 |
| 75 | Roos van Rooij | Sdu | 31:16 | 31:09 |
| 76 | Fleurien Sluis | Amsterdam | 31:25 | 31:12 |
| 77 | Bernadette Molier | Voorburg | 31:25 | 30:47 |
| 78 | Rachel Keukenbring | 's-Gravenhage | 31:26 | 30:49 |
| 79 | Danielle Etienne | 's-Gravenhage | 31:27 | 30:50 |
| 80 | Esther Didden | 's-Gravenhage | 31:29 | 30:55 |
| 81 | Ankie Ulrich | 's-Gravenhage | 31:36 | 31:06 |
| 82 | Marian van der Ploeg | Aegon | 31:41 | 31:28 |
| 83 | Kissy Toorenborg | 's-Gravenhage | 31:52 | 31:43 |
| 84 | Mariska Stumpf | the Hague Road Runners | 32:01 | 31:29 |
| 85 | Malini Faasen | Amsterdam | 32:01 | 31:27 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-------------------------|-------|-------|
| 86 | Anne van Dalen | 's-Gravenhage | 32:07 | 31:08 |
| 87 | Fleur de Borst | Voorburg | 32:09 | 31:24 |
| 88 | Rita Zandbergen | Aegon | 32:09 | 31:32 |
| 89 | Mieke Merkelijn | Voorburg | 32:19 | 31:35 |
| 90 | Angela Heidel | 's-Gravenhage | 32:23 | 32:16 |
| 91 | Annemarie Brouwer | Aegon | 32:25 | 31:33 |
| 92 | Franca Zeegers | 's-Gravenhage | 32:32 | 31:37 |
| 93 | Monique Nobelen | 's-Gravenhage | 32:43 | 32:11 |
| 94 | Leoni Maas-v d Knaap | Leidschendam | 32:44 | 31:54 |
| 95 | Ella Wesselo | Tricht | 32:46 | 32:30 |
| 96 | Marina Pier | Amsterdam | 32:53 | 32:27 |
| 97 | Petra Koning | the Hague Road Runners | 33:11 | 32:51 |
| 98 | Mandy Koning | 's-Gravenhage | 33:11 | 32:52 |
| 99 | Eva Vosmer | Aegon | 33:14 | 33:01 |
| 100 | Louise Bokhoven | Utrecht | 33:20 | 33:01 |
| 101 | Manon Vlasveld | Voorburg | 33:20 | 32:23 |
| 102 | Sanne de Jong | 's-Gravenhage | 33:20 | 32:23 |
| 103 | Eva van der Heide | Voorburg | 33:28 | 32:58 |
| 104 | Evelien Moes | Voorburg | 33:29 | 33:00 |
| 105 | Monique Bramsen | Rijswijk Zh | 33:38 | 32:47 |
| 106 | Marloes Leijstra | Voorburg | 33:41 | 33:25 |
| 107 | Simone Pronk | 's-Gravenhage | 33:45 | 32:52 |
| 108 | Nadia Chamy | 's-Gravenhage | 33:46 | 33:32 |
| 109 | Siti van der Sande | 's-Gravenhage | 33:47 | 33:02 |
| 110 | Ellen Hoeing | Haag Atletiek | 33:50 | 33:12 |
| 111 | Marissa Koopmans | Rijswijk Zh | 33:51 | 33:04 |
| 112 | Nurtan Aydin | 's-Gravenhage | 34:00 | 33:44 |
| 113 | Shanta Birjmohun | Ministerie van Justitie | 34:02 | 33:49 |
| 114 | Lale Gürpınar | 's-Gravenhage | 34:02 | 33:13 |
| 115 | Sarah Keuning | 's-Gravenhage | 34:09 | 33:22 |
| 116 | Iris Molier | Voorburg | 34:16 | 33:38 |
| 117 | Ilse van Aalst | 's-Gravenhage | 34:17 | 33:25 |
| 118 | Juliette Kooloos | 's-Gravenhage | 34:22 | 33:44 |
| 119 | Marja Hoving | Zoetermeer | 34:23 | 33:35 |
| 120 | Dagmar van Amerongen | Atverni | 34:31 | 34:03 |
| 121 | Merel Isa | 's-Gravenhage | 34:38 | 34:35 |
| 122 | Larasati Simatupang | Voorburg | 34:40 | 34:04 |
| 123 | Lisette Blommers | the Hague Road Runners | 34:40 | 34:17 |
| 124 | Anneloes Sepers | 's-Gravenhage | 34:45 | 34:15 |
| 125 | Dessa Clarijs | Fortuna | 34:46 | 34:15 |
| 126 | Manira Chamy | 's-Gravenhage | 34:54 | 34:40 |
| 127 | Ruth Gray | the Hague Road Runners | 35:16 | 34:52 |
| 128 | Jeannette van Borren | 's-Gravenhage | 35:29 | 34:40 |
| 129 | Cathelijne Lamsvelt | 's-Gravenhage | 35:30 | 34:43 |
| 130 | Corry Plug | the Hague Road Runners | 36:02 | 35:26 |
| 131 | Elfie Theijs | 's-Gravenhage | 36:17 | 35:56 |
| 132 | Lisa Horvers | Rijswijk Zh | 36:27 | 35:48 |
| 133 | Paula Horvers-Buesink | Rijswijk Zh | 36:29 | 35:50 |
| 134 | Emily Benson | 's-Gravenhage | 36:47 | 36:02 |
| 135 | Margarita Lourido | Aegon | 36:49 | 36:18 |
| 136 | Carien Stulemeijer | Aegon | 36:51 | 36:32 |
| 137 | Caroline Koorn | 's-Gravenhage | 36:54 | 36:29 |
| 138 | Mascha de Bruijn | 's-Gravenhage | 36:56 | 36:10 |
| 139 | Hedi Schouten | Haag Atletiek | 37:05 | 36:27 |
| 140 | Annemieke Busch | Voorburg | 37:09 | 36:21 |
| 141 | Fleur van der Zijden | 's-Gravenhage | 37:14 | 36:21 |
| 142 | Marije Kars | 's-Gravenhage | 38:00 | 37:12 |
| 143 | Brigit Homan | 's-Gravenhage | 38:32 | 38:22 |
| 144 | Anna Loogman | 's-Gravenhage | 39:07 | 38:41 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------|-----------------------|-------|-------|
| 145 | Linda Janssen | 's-Gravenhage | 39:21 | 38:40 |
| 146 | Tahira Abdoela | 's-gravenhage | 41:24 | 41:10 |
| 147 | Cisca Verheij | 's-Gravenhage | 43:18 | 42:32 |
| 148 | Femke de Ligt | 's-Gravenhage | 48:08 | 47:47 |
| 149 | Mary Klop | Rotterdam | 51:12 | 50:53 |

JONG, KIDSRUN

| Plaats | Naam | Woonplaats/Vereniging | Tijd |
|--------|------------------------|-----------------------|------|
| 1 | Kas Kranenburg | 's-Gravenhage | 6:02 |
| 2 | Michael Bosch | Zoetermeer | 6:09 |
| 3 | Leon den Dulk | Monster | 6:21 |
| 4 | Alex Crocker | 's-Gravenhage | 6:28 |
| 5 | Natan Bramsen | 's-Gravenhage | 6:38 |
| 6 | Jonas de Rijk | 's-Gravenhage | 6:41 |
| 7 | Koen Pethke | 's-Gravenhage | 6:45 |
| 8 | Thomas Jansen | 's-Gravenhage | 6:50 |
| 9 | Teun Hartgers | | 6:57 |
| 10 | Sebastian Henke | 's-Gravenhage | 6:58 |
| 11 | Ole van heloma Lugt | 's-Gravenhage | 6:58 |
| 12 | Tim Damen | Zoetermeer | 7:05 |
| 13 | Floris Hiosues | Voorburg | 7:15 |
| 14 | Koen van Maaren | Doorn | 7:20 |
| 15 | Andrew Buglass | Leidschendam | 7:20 |
| 16 | Brandon van Dam | 's-Gravenhage | 7:25 |
| 17 | Ewan Coll | Voorburg | 7:26 |
| 18 | Dylan Donokarijo | Vlaardingen | 7:27 |
| 19 | Ryan Coll | Voorburg | 7:34 |
| 20 | Boris Pinkse | 's-Gravenhage | 7:34 |
| 21 | Sietse Verstege | 's-Gravenhage | 7:41 |
| 22 | Mark Kosman | 's-Gravenhage | 7:44 |
| 23 | Tyler van Dam | 's-Gravenhage | 7:46 |
| 24 | Sem Bridié | 's-Gravenhage | 7:48 |
| 25 | Thom Godecke | 's-Gravenhage | 7:49 |
| 26 | Daan Hebing | Voorburg | 7:49 |
| 27 | Jeremy van Amelsvoort | Zoetermeer | 7:53 |
| 28 | Jasper van Kempen | Oegstgeest | 7:54 |
| 29 | Thomas van Amerongen | Delft | 7:59 |
| 30 | Julian Johnson | Zoetermeer | 7:59 |
| 31 | P Preseun | Sdu | 8:07 |
| 32 | Sam Meijs | Utrecht | 8:09 |
| 33 | Tim Kramer | Voorburg | 8:10 |
| 34 | Tobias Huiskens | 's-Gravenhage | 8:10 |
| 35 | Thomas van Broekhuysen | Aegon | 8:11 |
| 36 | Jonathan Eveny | 's-Gravenhage | 8:16 |
| 37 | Jonas Novak | 's-Gravenhage | 8:19 |
| 38 | Ricardo Holtkamp | Rijswijk Zh | 8:24 |
| 39 | Malte Holle | 's-Gravenhage | 8:25 |
| 40 | Corné Timmermans | 's-Gravenhage | 8:26 |
| 41 | Amon Melissen | 's-Gravenhage | 8:27 |
| 42 | Max Jansen | 's-Gravenhage | 8:33 |
| 43 | Jordan van Dam | 's-Gravenhage | 8:44 |
| 44 | Tui O' Conner | Wassenaar | 8:48 |
| 45 | Max Bakker | 's-Gravenhage | 8:51 |
| 46 | Leonardo Bonifani | Den Haag | 8:52 |
| 47 | David Fons | 's-Gravenhage | 8:57 |
| 48 | Thijs Pennings | 's-Gravenhage | 8:59 |
| 49 | Ivar Westra | 's-Gravenhage | 9:00 |
| 50 | Tijn de Koning | Voorburg | 9:03 |
| 51 | Ewan Coll | Voorburg | 9:04 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Tijd |
|--------|-----------------------|-----------------------|-------|
| 52 | Joe Fuller | 's-Gravenhage | 9:04 |
| 53 | Job Verboon | Sdu | 9:05 |
| 54 | Luuk Eijkelberg | 's-Gravenhage | 9:08 |
| 55 | Pieter Kramer | Voorburg | 9:19 |
| 56 | Simon van Klompenburg | Voorburg | 9:24 |
| 57 | Daan Eijkelberg | 's-Gravenhage | 9:26 |
| 58 | Olivier Borsboom | Berkel en Rodenrijs | 9:32 |
| 59 | Elias Teague | 's-Gravenhage | 9:35 |
| 60 | Patryk Henke | 's-Gravenhage | 9:38 |
| 61 | Joost Schoonhoven | 's-Gravenhage | 9:40 |
| 62 | Alessandro Malerba | Den Haag | 9:42 |
| 63 | Patryk Henke | 's-Gravenhage | 9:43 |
| 64 | Paul Aubin | 's-Gravenhage | 9:44 |
| 65 | Jelle de Jager | Voorburg | 9:45 |
| 66 | Kevin Scheffer | 's-Gravenhage | 9:50 |
| 67 | Damian Hopley | Rijswijk Zh | 9:51 |
| 68 | Babette ter Burg | | 9:57 |
| 69 | Norbert Henke | 's-Gravenhage | 10:00 |
| 70 | Natan Bramsen | 's-Gravenhage | 10:01 |
| 71 | Wouter Komduur | 's-Gravenhage | 10:01 |
| 72 | Midas van Winden | 's-Gravenhage | 10:02 |
| 73 | Max Fuller | 's-Gravenhage | 10:02 |
| 74 | Sjoerd Pijpers | Aegon | 10:04 |
| 75 | Frederick Kohn | 's-Gravenhage | 10:05 |
| 76 | Diego de Steur | Voorburg | 10:05 |
| 77 | Saud Melissen | 's-Gravenhage | 10:11 |
| 78 | Karo Ogawa | Sdu | 10:12 |
| 79 | Bram van Voorst | 's-Gravenhage | 10:16 |
| 80 | Rowan Stienstra | Berkel en Rodenrijs | 10:19 |
| 81 | Mees Hamelijnc | 's-Gravenhage | 10:25 |
| 82 | Floris Langeveld | Sdu | 10:27 |
| 83 | Max Meijs | Utrecht | 10:28 |
| 84 | Quentin Hogerheide | Zoetermeer | 10:33 |
| 85 | Florent Geenjaar | 's-Gravenhage | 10:41 |
| 86 | Kay Melissen | 's-Gravenhage | 10:48 |
| 87 | A H M Holzapfel | Sdu | 10:48 |
| 88 | Gijs Baarends | Aegon | 10:49 |
| 89 | IJsbrand van Geel | 's-Gravenhage | 10:50 |
| 90 | Vitas Beekhuis | 's-Gravenhage | 10:53 |
| 91 | Elliot Hammond | Wassenaar | 10:59 |
| 92 | Liam van de Heuvel | Den Haag | 11:02 |
| 93 | Teun Rijke | 's-Gravenhage | 11:04 |
| 94 | Max van Roon | 's-Gravenhage | 11:06 |
| 95 | Morris Overkamp | Den Haag | 11:10 |
| 96 | Philip van Voorst | 's-Gravenhage | 11:11 |
| 97 | Max Tillemans | Aegon | 11:12 |
| 98 | Romboud Dalenoord | 's-Gravenhage | 11:13 |
| 99 | Ethan Knaresborough | 's-Gravenhage | 11:15 |
| 100 | Louis Foster | 's-Gravenhage | 11:18 |
| 101 | Pietro Acquaviva | 's-Gravenhage | 11:23 |
| 102 | Aart van der Riet | 's-Gravenhage | 11:26 |
| 103 | Jip Hartgers | Sdu | 11:28 |
| 104 | Samuel De Morant | 's-Gravenhage | 11:30 |
| 105 | Teun Hartgers | | 11:31 |
| 106 | Umberto Scoglio | 's-Gravenhage | 11:35 |
| 107 | Dylan Roeleveld | 's-Gravenhage | 11:40 |
| 108 | Kasper Lootens | 's-Gravenhage | 11:41 |
| 109 | Loek Martel | 's-Gravenhage | 11:43 |
| 110 | Pieter Kouwenhoven | Sdu | 11:44 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Tijd |
|--------|------------------|-----------------------|-------|
| 111 | Oliver Henke | 's-Gravenhage | 11:46 |
| 112 | Pier Kraus | Rijswijk Zh | 11:48 |
| 113 | Owen Ridderplaat | 's-Gravenhage | 11:49 |
| 114 | Quirijn de Wit | Sdu | 11:50 |
| 115 | Lula Wachters | Sdu | 11:50 |
| 116 | Raphael Wachters | Sdu | 11:51 |
| 117 | Makki Andreas | 's-Gravenhage | 12:03 |

MEIS, KIDSRUN

| Plaats | Naam | Woonplaats/Vereniging | Tijd |
|--------|------------------------|-----------------------|-------|
| 1 | Diane van Es | PAC | 5:47 |
| 2 | Linda Alzate Ramirez | Ilion | 6:07 |
| 3 | Denise Bosch | Ilion | 6:21 |
| 4 | Julia Damen | Ilion | 6:24 |
| 5 | Lauren Mahoney | 's-Gravenhage | 6:57 |
| 6 | Karolina Kneller | 's-Gravenhage | 7:04 |
| 7 | Nanah Fung-Loy | Sparta | 7:27 |
| 8 | Jessica Alzate Ramirez | Ilion | 7:52 |
| 9 | Hanna Gamble | Wassenaar | 8:09 |
| 10 | Hendrikje Philipoe | 's-Gravenhage | 8:10 |
| 11 | Lotte van den Berg | Voorburg | 8:35 |
| 12 | P I P Holzapfel | Sdu | 8:40 |
| 13 | Amani Obeid | Sdu | 8:54 |
| 14 | Mellinde Fikkert | 's-Gravenhage | 8:58 |
| 15 | Maya Thapa-Ofoalain | 's-Gravenhage | 9:07 |
| 16 | Elise Baarends | Aegon | 9:11 |
| 17 | Nienke van Dijk | Bergschenhoek | 9:13 |
| 18 | Jasmijn de Boer | Wassenaar | 9:15 |
| 19 | Noë Plantagie | 's-Gravenhage | 9:16 |
| 20 | Eliska Jizdna | 's-Gravenhage | 9:21 |
| 21 | Johanna Kneller | 's-Gravenhage | 9:23 |
| 22 | Speranza van Es | 's-Gravenhage | 9:27 |
| 23 | Matea Antolic | HSV school | 9:28 |
| 24 | Fleur Borsboom | Berkel en Rodenrijs | 9:29 |
| 25 | Holly d'Conner | Wassenaar | 9:33 |
| 26 | Danielle Klijn | Nootdorp | 9:36 |
| 27 | E W A Kouwenhoven | Sdu | 9:37 |
| 28 | Maaïke Pennings | 's-Gravenhage | 9:39 |
| 29 | Sofie van der Vorst | 's-Gravenhage | 9:47 |
| 30 | Noraly van Maaren | Doorn | 9:53 |
| 31 | D Wilbrink | Sdu | 9:56 |
| 32 | P L M Tissink | Sdu | 9:57 |
| 33 | Angelique van Bussel | 's-Gravenhage | 9:58 |
| 34 | Tinka Novak | Sparta | 9:59 |
| 35 | Judith Van Klompenburg | Voorburg | 10:03 |
| 36 | Hyunjin Yang | Den Haag | 10:04 |
| 37 | Lola Kraus | Rijswijk Zh | 10:08 |
| 38 | Allysia Lau | Zoetermeer | 10:10 |
| 39 | Greta Holle | 's-Gravenhage | 10:12 |
| 40 | Britt van Loenen | Wassenaar | 10:13 |
| 41 | Rory Stienstra | Berkel en Rodenrijs | 10:15 |
| 42 | Sohail Rai | Den Haag | 10:18 |
| 43 | Lianne van Oosterwijk | Voorburg | 10:19 |
| 44 | Nicole Henke | 's-Gravenhage | 10:20 |
| 45 | Tjalline Van Holk | Sdu | 10:35 |
| 46 | Charlotte de Keizer | Rijswijk Zh | 10:39 |
| 47 | Laura van der Vleuten | 's-Gravenhage | 10:43 |
| 48 | Fleur Sabajo | Wateringen | 10:46 |
| 49 | Julie Anne | 's-Gravenhage | 10:49 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Tijd |
|--------|----------------------|-----------------------|-------|
| 50 | Fleur Bos | 's-Gravenhage | 10:51 |
| 51 | Claire van Loenen | Wassenaar | 10:51 |
| 52 | Laura de Jong | 's-Gravenhage | 10:55 |
| 53 | Nina de Bruijn | Aegon | 10:58 |
| 54 | Madelon van der Kuur | 's-Gravenhage | 10:59 |
| 55 | Sophie Beck | Voorburg | 11:07 |
| 56 | Chloe Sterk | Voorburg | 11:08 |
| 57 | Nanaki Rai | Den Haag | 11:09 |
| 58 | Gaia Scoglio | 's-Gravenhage | 11:14 |
| 59 | Caitlin Thorne | Voorburg | 11:17 |
| 60 | Jente de Koning | Voorburg | 11:18 |
| 61 | Mirthe Barentsen | 's-Gravenhage | 11:22 |
| 62 | Kate Schoen | 's-Gravenhage | 11:22 |
| 63 | Pernike de Wit | Sdu | 11:27 |
| 64 | Bridget Langeveld | 's-Gravenhage | 11:32 |
| 65 | Hyunjin Yang | Den Haag | 11:33 |
| 66 | Nora van der Linden | 's-Gravenhage | 11:34 |
| 67 | Chayenne Donokarijo | Vlaardingen | 11:45 |
| 68 | Charlotte Lootens | 's-Gravenhage | 11:47 |
| 69 | Fey Rommelse | Strijen | 11:56 |
| 70 | Noa van Agterberg | 's-Gravenhage | 11:59 |
| 71 | Jessica Frijlink | 's-Gravenhage | 12:06 |

MSCH, 5 KM SCHOLEN

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------|-----------------------|-------|-------|
| 1 | Thomas Barendse | Dalton 2 | 20:25 | 20:18 |
| 2 | Christian Faubel | Dalton 2 | 20:40 | 20:37 |
| 3 | Tim van den Akker | Dalton 1 | 23:25 | 22:46 |
| 4 | Justin Engelberts | Dalton 2 | 23:25 | 23:23 |
| 5 | Luuk van der Burg | Dalton 3 | 28:36 | 27:57 |
| 6 | Marnix Gubbi | Dalton 1 | 32:26 | 31:46 |

VSCH, 5 KM SCHOLEN

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|-----------------------|-------|-------|
| 1 | Ayla Girwar | Dalton 2 | 31:14 | 30:34 |
| 2 | Charissa Banwari | Dalton 2 | 33:20 | 32:40 |
| 3 | Floor van der Valk | Dalton 2 | 33:33 | 32:53 |
| 4 | Merel Kemper | Dalton 3 | 33:47 | 33:08 |
| 5 | Alisha Hoeseini | Dalton 1 | 36:17 | 35:38 |

MSDU, SDU BUSINESSRUN

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------|------------------------------------|-------|-------|
| 1 | Vincent Anker | SZW | 34:00 | 33:58 |
| 2 | Mark van Maaren | AEGON N.V. | 34:15 | 34:13 |
| 3 | Edgar Griffioen | Gemeente Den Haag/Bureau Binnestad | 36:21 | 35:43 |
| 4 | Ron Kuyer | Gemeente Den Haag/Bureau Binnestad | 37:03 | 36:26 |
| 5 | Jurjen Borst | ING Investment Management | 37:07 | 36:33 |
| 6 | Chris Madsen | AEGON N.V. | 37:07 | 37:04 |
| 7 | Willem van t Veer | Gemeente Den Haag/Bureau Binnestad | 37:40 | 36:18 |
| 8 | Guus van Veen | AEGON N.V. | 37:41 | 37:37 |
| 9 | Mike Vrolijk | Ministerie van Justitie | 37:51 | 37:45 |
| 10 | Jos van Rhijn | RdGG Diagnostisch Centrum | 38:09 | 38:06 |
| 11 | Ron Heijkant | Ministerie van Justitie | 38:09 | 38:06 |
| 12 | Hubert Zuurbier | SZW | 38:32 | 37:55 |
| 13 | Jan Willem Six | Ministerie van Justitie | 38:35 | 38:16 |
| 14 | Jan van der Veer | Gemeente Den Haag/Bureau Binnestad | 38:40 | 38:01 |
| 15 | Marius Vlootman | Sdu Rotterdam Running Ambassadeurs | 38:41 | 38:34 |
| 16 | Arnoud Ritsema | Gemeente Den Haag/Bureau Binnestad | 38:45 | 37:23 |
| 17 | Jan de Jager | HP Nederland | 39:18 | 39:01 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|--------------------------------------|-------|-------|
| 18 | Frank Baetens | Bourgonje BV | 39:40 | 38:49 |
| 19 | Peter Dijcks | SZW | 39:41 | 39:39 |
| 20 | Frank Zuurveld | BHPBilliton International Me | 39:42 | 39:22 |
| 21 | Olivier Kist | AEGON CIC | 39:52 | 39:47 |
| 22 | Marcel Cools | HP Nederland | 40:12 | 39:55 |
| 23 | Joseph Mohn | BHPBilliton International Metals B | 40:15 | 39:34 |
| 24 | Sjaak Betjes | Gemeente Den Haag/Bureau | 40:17 | 38:55 |
| 25 | Peter Hooft | Zandvlietcollege | 40:36 | 40:12 |
| 26 | Ronald van den Top | Gemeente Den Haag/Bureau | 40:50 | 39:29 |
| 27 | Jaco Rouw | ING Investment Management | 40:55 | 40:18 |
| 28 | Kees Beets | HP Nederland | 41:01 | 40:44 |
| 29 | Christophe Gino | European Patent Office | 41:01 | 40:46 |
| 30 | David Fuller | BHPBilliton International Me | 41:27 | 41:18 |
| 31 | Kamel Aouichaoui | Gemeente Den Haag/Bureau Binnestad | 41:37 | 39:55 |
| 32 | (J B Bierma) | Van der Feltz | 41:39 | 41:08 |
| 33 | Andreas de Graaf | Vereniging van Nederlandse Gemeenten | 41:50 | 40:23 |
| 34 | Mike van Wichem | Sdu Road Runners Zoeterm | 42:13 | 40:56 |
| 35 | Jeroen van Rooijen | Max Health Club | 42:18 | 41:26 |
| 36 | Arjen Puite | Gemeenschappelijk Dienst | 42:25 | 40:46 |
| 37 | Nico Droppert | Ministerie van Justitie | 42:47 | 42:25 |
| 38 | D Karijopawiro | Sdu BI Cobouw | 43:13 | 42:28 |
| 39 | Willem de Gouw | AEGON CIC | 43:14 | 42:26 |
| 40 | Henry van der Dussen | Sdu Rotterdam Running Am | 43:16 | 43:01 |
| 41 | Ad Tissink | Sdu BI Cobouw | 43:33 | 42:46 |
| 42 | A W Vermeulen | Sdu Operations | 43:39 | 42:54 |
| 43 | Vincent Aubin | GDF SUEZ | 43:41 | 42:17 |
| 44 | Bart den Dulk | Ministerie van Justitie | 43:43 | 43:12 |
| 45 | Eric Spaans | Ministerie van Justitie | 43:43 | 41:55 |
| 46 | Sikko Hoekzema | Sdu Operations | 43:47 | 43:22 |
| 47 | Weynand Post | Zandvlietcollege | 43:54 | 43:30 |
| 48 | Jos Toth | Ministerie van Justitie | 43:57 | 43:26 |
| 49 | Richard van der Klis | RdGG Diagnostisch Centrum SSD | 44:00 | 42:34 |
| 50 | John van Zweeden | ING Investment Manageme | 44:04 | 43:44 |
| 51 | Carlo Verhart | MAB Development | 44:05 | 43:18 |
| 52 | Sjoerd Matla | AEGON N.V. | 44:06 | 43:44 |
| 53 | Jack Stultiens | Vanberkel & Verwei | 44:16 | 42:42 |
| 54 | Frank Walrave | Centraal Bureau voor de St | 44:24 | 42:49 |
| 55 | A Blok | Sdu Legal&Tax | 44:24 | 43:49 |
| 56 | Kees Willemsen | HP Nederland | 44:24 | 43:29 |
| 57 | B J Westerhof | Sdu Public | 44:27 | 42:35 |
| 58 | Philippe Vincent | GDF SUEZ | 44:29 | 43:04 |
| 59 | Huub van der Riet | ING Investment Management | 44:31 | 44:18 |
| 60 | Frédéric Laue | European Patent Office | 44:42 | 43:45 |
| 61 | Albert Dieke | HP Nederland | 44:44 | 44:09 |
| 62 | Joost van Boekel | SZW | 44:52 | 43:24 |
| 63 | Robert van der Toorn | ING Investment Management | 45:00 | 44:39 |
| 64 | Maarten Slagter | Max Health Club | 45:05 | 44:21 |
| 65 | H J Rijbering | Jong Sdu | 45:12 | 42:01 |
| 66 | Wim van Klompenburg | European Patent Office | 45:14 | 44:56 |
| 67 | Etienne Platvoet Hollaar | Sdu Public | 45:15 | 43:20 |
| 68 | Andre Dijkhuijs | Vanberkel & Verwei | 45:17 | 44:54 |
| 69 | Ronald Bode | HP Nederland | 45:23 | 43:46 |
| 70 | Adri vd Graaf | AEGON N.V. | 45:25 | 44:36 |
| 71 | Bjorn Hauksson | BHPBilliton International Metals B | 45:26 | 45:03 |
| 72 | John Rongen | Total E&P Nederland | 45:27 | 43:16 |
| 73 | Nicolas Boot | Total E&P Nederland | 45:27 | 43:16 |
| 74 | (J Fiore) | Total E&P Nederland | 45:27 | 43:18 |
| 75 | Harald Honsbeek | Ministerie van Justitie | 45:30 | 44:59 |
| 76 | Rob Kramer | Ministerie van Justitie | 45:31 | 44:58 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------------------|-------|-------|
| 77 | (J B Bierma) | Van der Feltz | 45:34 | 45:03 |
| 78 | (J B Bierma) | Van der Feltz | 45:36 | 44:20 |
| 79 | Leonard Hoogerdijk | CE Delft | 45:36 | 42:55 |
| 80 | Bart Mooij | Sdu Road Runners Zoetern | 45:42 | 45:09 |
| 81 | Jan de Rooij | Sdu Rotterdam Running Ambassa | 45:42 | 44:59 |
| 82 | Mark van der Steijn | Sdu Rotterdam Running Am | 45:42 | 45:01 |
| 83 | Jos Van Leeuwen | Sdu Rotterdam Running Ambassa | 45:51 | 45:44 |
| 84 | Arie Bos | Sdu Road Runners Zoetern | 45:52 | 45:11 |
| 85 | Frans van den Hengel | Sdu Road Runners Zoetermeer | 45:52 | 45:11 |
| 86 | Rob Jong | HP Nederland | 45:57 | 45:12 |
| 87 | Mark Vrijlandt | GDF SUEZ | 46:08 | 44:44 |
| 88 | Herman Scholten | Montae | 46:19 | 44:54 |
| 89 | Steffen Engmann | European Patent Office | 46:20 | 44:38 |
| 90 | Michael Hesp | Jong Sdu | 46:21 | 44:41 |
| 91 | Jan de Vos | HP Nederland | 46:23 | 45:27 |
| 92 | Frank van der Heide | MCH+ | 46:23 | 45:09 |
| 93 | Mark Diemel | SES WORLD SKIES | 46:31 | 44:33 |
| 94 | Klaas de Vries | Sdu Road Runners Zoetern | 46:35 | 45:26 |
| 95 | Fouad Kouraich | SZW | 46:35 | 45:40 |
| 96 | Paul Erkelens | Vereniging van Nederlands | 46:36 | 44:58 |
| 97 | Joost Bekel | ING Investment Management | 46:44 | 44:56 |
| 98 | Frank van Hunnik | Bourgonje BV | 46:56 | 46:04 |
| 99 | (R P Stout) | Vereniging van Nederlandse Gemeen | 46:56 | 45:22 |
| 100 | Gerard van der Laan | Ministerie van Justitie | 47:02 | 46:30 |
| 101 | Ole Nielsen | European Patent Office | 47:06 | 45:18 |
| 102 | Julien Fiore | Total E&P Nederland | 47:11 | 45:00 |
| 103 | Hans Hagen | GDF SUEZ | 47:18 | 45:52 |
| 104 | John Scholten | AEGON N.V. | 47:22 | 47:01 |
| 105 | Roland de Mooij | Montae | 47:24 | 47:05 |
| 106 | Jan-Willem van Aardenne | MAB Development | 47:26 | 46:40 |
| 107 | Marijn Hollema | Provastgoed Nederland B.V. | 47:27 | 45:28 |
| 108 | Gert Jan Buitendijk | Ministerie van Justitie | 47:29 | 46:58 |
| 109 | Ruben Rieu | Total E&P Nederland | 47:32 | 43:58 |
| 110 | Gary Barnes | ING Investment Manageme | 47:34 | 46:05 |
| 111 | Arjan Kerkhoff | Sdu Rotterdam Running Ambassa | 47:34 | 46:43 |
| 112 | Daniel van Etten | Zandvlietcollege | 47:35 | 46:42 |
| 113 | Guus Freriks | GDF SUEZ | 47:37 | 46:12 |
| 114 | Peter Hilgersom | Sdu Operations | 47:41 | 47:14 |
| 115 | Michel Liefink | Ministerie van Justitie | 47:47 | 46:09 |
| 116 | Joes Kleijheeg | Vanberkel & Verwei | 47:48 | 46:15 |
| 117 | Gez Draycott | SES WORLD SKIES | 47:50 | 45:51 |
| 118 | Edwin van Oosten | ING Investment Manageme | 47:50 | 46:30 |
| 119 | Hage Veltmeijer | GDF SUEZ | 47:51 | 46:27 |
| 120 | Philip van Veller | Vereniging van Nederlands | 47:56 | 46:21 |
| 121 | Peter Spaans | Ministerie van Justitie | 47:57 | 46:17 |
| 122 | Martijn Bot | AEGON CIC | 48:03 | 46:50 |
| 123 | Vincent Edelkoort | Sociaal-Economische Raad | 48:10 | 46:53 |
| 124 | Martin Toet | Zandvlietcollege | 48:14 | 47:20 |
| 125 | Iason Lincewicz | Zandvlietcollege | 48:15 | 47:24 |
| 126 | Taco Gerding | Zandvlietcollege | 48:16 | 47:23 |
| 127 | Dennis Hoencamp | Den Haag Marketing | 48:20 | 48:00 |
| 128 | Paul Schwander | European Patent Office | 48:21 | 46:33 |
| 129 | Verosa | SZW | 48:26 | 46:57 |
| 130 | (J Fiore) | Total E&P Nederland | 48:30 | 46:21 |
| 131 | (J Fiore) | Total E&P Nederland | 48:31 | 46:20 |
| 132 | David Hendriks | MAB Development | 48:31 | 47:44 |
| 133 | Jos Benner | CE Delft | 48:32 | 46:47 |
| 134 | Olivier Verwey | Den Haag Marketing | 48:37 | 48:17 |
| 135 | Menno Heetveld | Mn Services | 48:39 | 44:37 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|--------------------------------------|-------|-------|
| 136 | (D Bennink) | CE Delft | 48:41 | 46:00 |
| 137 | Herman Schepers | Sdu Road Runners Zoetermeer | 48:44 | 48:13 |
| 138 | Gerard Hof | AEGON N.V. | 48:46 | 48:25 |
| 139 | Gautier Daniau | GDF SUEZ | 48:47 | 47:21 |
| 140 | Andy van der Heijden | Sdu Operations | 48:48 | 48:17 |
| 141 | Alain Barbelanne | European Patent Office | 48:49 | 47:51 |
| 142 | Sean Yakoub | Gemeenschappelijk Dienste | 48:50 | 47:06 |
| 143 | Peter Dijkstra | Max Health Club | 48:51 | 47:45 |
| 144 | Rob de Wit | HP Nederland | 48:59 | 47:57 |
| 145 | Diederik Post | Sdu Road Runners Zoetermeer | 49:01 | 48:20 |
| 146 | Edwin Hessing | Sdu Road Runners Zoetern | 49:02 | 48:31 |
| 147 | Dolf Burger | AEGON N.V. | 49:04 | 47:53 |
| 148 | Jeffrey van Kriegenbergh | Max Health Club | 49:04 | 47:59 |
| 149 | Ron Korevaar | Ministerie van Justitie | 49:07 | 47:50 |
| 150 | Alexander van der Heijden | Sdu Corporate Developmer | 49:11 | 48:40 |
| 151 | Theo Ruys | BHPBilliton International Metals B | 49:11 | 46:24 |
| 152 | Tom van Essenberg | Ministerie van Justitie | 49:13 | 47:24 |
| 153 | 020153 | Sdu Road Runners Zoetermeer | 49:13 | 48:42 |
| 154 | Cees Sprenger | Mn Services | 49:16 | 48:34 |
| 155 | Eric Kok | Ministerie van Justitie | 49:19 | 48:44 |
| 156 | Frank Rensen | Montae | 49:21 | 48:26 |
| 157 | Pieter Kootte | Gemeenschappelijk Dienstencentra | 49:21 | 47:33 |
| 158 | Jeffrey Bolleboom | MCH+ | 49:25 | 48:11 |
| 159 | Jan Rensen | Montae | 49:28 | 48:34 |
| 160 | W Roest | Sdu BI Cobouw | 49:35 | 48:47 |
| 161 | Jos Nouwt | Sdu Road Runners Zoetermeer | 49:41 | 49:09 |
| 162 | Tom Williams | Sociaal-Economische Raad | 49:52 | 47:33 |
| 163 | Gary Avila | BHPBilliton International Metals B | 49:54 | 47:41 |
| 164 | Peter van Delft | Mn Services | 49:55 | 49:12 |
| 165 | Henk Kauderer | AEGON N.V. | 50:00 | 49:39 |
| 166 | Robbert Verkuijlen | Vereniging van Nederlandse | 50:05 | 48:30 |
| 167 | Arno Koole | ING Investment Management | 50:10 | 49:31 |
| 168 | Bob van Berkel | Vanberkel & Verwei | 50:12 | 48:39 |
| 169 | Jan de Koeijer | Ministerie van Justitie | 50:16 | 48:28 |
| 170 | Martijn Blom | CE Delft | 50:18 | 47:34 |
| 171 | F F R van den Berg | Sdu Legal&Tax | 50:31 | 48:10 |
| 172 | Rob Zomer | RdGG Diagnostisch Centru | 50:33 | 50:00 |
| 173 | Hereward Burgers | MCH+ | 50:35 | 49:22 |
| 174 | Frans Meeuwisse | Vanberkel & Verwei | 50:36 | 49:03 |
| 175 | Dennis Rusche | Den Haag Marketing | 50:37 | 48:14 |
| 176 | Berth Drenth | AEGON CIC | 50:38 | 48:52 |
| 177 | Carl Ghielen | ING Investment Management | 50:45 | 49:24 |
| 178 | Ben Bol | BHPBilliton International Me | 50:51 | 46:32 |
| 179 | Jacco Helmink | Max Health Club | 50:51 | 49:45 |
| 180 | Henk Slagter | Max Health Club | 50:51 | 50:08 |
| 181 | Ton Kuhlmann | Ministerie van Justitie | 50:56 | 49:15 |
| 182 | Evert van der Zwan | SZW | 50:59 | 49:05 |
| 183 | Mohamed El Allouchi | InfoMil | 51:10 | 49:13 |
| 184 | Hans van Tol | Sdu Road Runners Zoetern | 51:11 | 47:55 |
| 185 | Rob Bregten | Sdu Road Runners Zoetermeer | 51:13 | 47:58 |
| 186 | Ian Wachters | GDF SUEZ | 51:14 | 49:46 |
| 187 | Melchior Kerklaan | Vereniging van Nederlandse Gemeenten | 51:17 | 49:40 |
| 188 | Erik Both | Sdu Directie | 51:25 | 49:03 |
| 189 | Kasper van Welsem | Jong Sdu | 51:28 | 49:27 |
| 190 | Ronald Bos | Parnassia Bavo Groep | 51:32 | 47:41 |
| 191 | Martijn Willems | AEGON CIC | 51:33 | 50:20 |
| 192 | Steven Oudshoorn | MAB Development | 51:35 | 49:39 |
| 193 | Marco Loef | GDF SUEZ | 51:40 | 50:53 |
| 194 | Eric Prévot | European Patent Office | 51:41 | 50:45 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|--|-------|-------|
| 195 | Thomas de Vries | HP Nederland | 51:46 | 49:36 |
| 196 | Simon Kapteijn | Sdu Public | 51:58 | 50:03 |
| 197 | Simon Knaapen | Holland Casino Scheveningen | 52:06 | 48:48 |
| 198 | Anne Mayer | European Patent Office | 52:08 | 50:14 |
| 199 | Frank van der Linden | Centraal Bureau voor de Statistiek | 52:09 | 51:42 |
| 200 | Wim Lootens | Sdu Road Runners Zoeterm | 52:12 | 51:37 |
| 201 | Raoul van der Weijden | GDF SUEZ | 52:24 | 50:56 |
| 202 | Ton Jacobs | Vereniging van Nederlanders | 52:27 | 50:52 |
| 203 | Fabian Facee Schaeffer | Zandvlietcollege | 52:28 | 51:40 |
| 204 | Huib Jongeling | Ministerie van Justitie | 52:28 | 50:48 |
| 205 | Dinesh Baidjoe | Ministerie van Justitie | 52:29 | 50:51 |
| 206 | Marco Rabolini | European Patent Office | 52:29 | 51:32 |
| 207 | H J van Klinken | Sdu Legal&Tax | 52:33 | 50:12 |
| 208 | Patrick Miltenburg | Sdu Road Runners Zoeterm | 52:33 | 52:01 |
| 209 | Jorg Dekeling | HP Nederland | 52:39 | 49:29 |
| 210 | Pieter Janse | CE Delft | 52:44 | 50:00 |
| 211 | Ron Hogeboom | Sociaal-Economische Raad | 52:44 | 51:27 |
| 212 | Olaf Grifhorst | Total E&P Nederland | 52:47 | 50:35 |
| 213 | Antonio van den Berg | Gemeenschappelijk Dienstencentrum CT (G) | 52:49 | 51:06 |
| 214 | Steffen Visser | Zandvlietcollege | 52:59 | 52:12 |
| 215 | Sjoerd Schrama | MCH+ | 53:00 | 51:45 |
| 216 | Boudewijn Hoogenraad | ING Investment Managemen | 53:08 | 51:20 |
| 217 | Machiel Vrijenhoek | Max Health Club | 53:19 | 52:13 |
| 218 | Bert Pranger | Ministerie van Justitie | 53:19 | 52:30 |
| 219 | Jacques Sluysmans | Van der Feltz | 53:26 | 52:10 |
| 220 | Jan Veenstra | Sdu Rotterdam Running Am | 53:37 | 53:00 |
| 221 | Willem Glasbergen | MCH+ | 53:55 | 52:41 |
| 222 | Kaia Hannolainen | AEGON N.V. | 53:58 | 50:44 |
| 223 | Reijer Kal | Mn Services | 54:03 | 52:02 |
| 224 | Johan Jungerius | Holland Casino Schevening | 54:03 | 50:38 |
| 225 | Jeroen Galle | MAB Development | 54:12 | 53:22 |
| 226 | Marcel Hoogland | GDF SUEZ | 54:18 | 52:51 |
| 227 | Jim van Burk | Sdu BI Cobouw | 54:18 | 53:21 |
| 228 | Simon Oud | Vanberkel & Verwei | 54:19 | 52:29 |
| 229 | Bert Slagter | Max Health Club | 54:25 | 53:47 |
| 230 | Martin Mijnsbergen | Mn Services | 54:32 | 53:53 |
| 231 | Jan van Schilt | Parnassia Bavo Groep | 54:36 | 50:45 |
| 232 | Arie van der Plas | Montae | 54:44 | 52:39 |
| 233 | Jasper Faber | CE Delft | 54:46 | 52:04 |
| 234 | Ed Beetsma | Ministerie van Justitie | 54:55 | 53:15 |
| 235 | Simon de Kruyff | Provastgoed Nederland B.V. | 54:58 | 53:01 |
| 236 | Danny Geldorp | Max Health Club | 54:59 | 51:09 |
| 237 | Ton van der Weele | Gemeente Den Haag/Bureau Binnestad | 55:08 | 53:25 |
| 238 | Jeroen Meersma | Sdu Corporate Developmer | 55:12 | 51:28 |
| 239 | Rein Pijpers | ING Investment Management | 55:21 | 52:22 |
| 240 | Gerard Postma | Vanberkel & Verwei | 55:23 | 53:21 |
| 241 | Alex Lahpor | Den Haag Marketing | 55:26 | 53:03 |
| 242 | Remco van Meegen | MCH+ | 55:29 | 54:15 |
| 243 | Ferry Noomen | HP Nederland | 55:36 | 53:27 |
| 244 | Dirk Pronk | Zandvlietcollege | 55:50 | 54:56 |
| 245 | Robert Richter | Parnassia Bavo Groep | 55:51 | 51:59 |
| 246 | Adam Piekarski | European Patent Office | 55:56 | 53:16 |
| 247 | Raymond Habets | HP Nederland | 56:02 | 55:17 |
| 248 | Anton Koomen | Provastgoed Nederland B.v | 56:03 | 54:03 |
| 249 | Rutger van der Stijl | Gemeenschappelijk Dienstencentrum CT (G) | 56:09 | 55:32 |
| 250 | André Boogert | Mn Services | 56:23 | 52:24 |
| 251 | Toon Huydecoper | Ministerie van Justitie | 56:36 | 55:46 |
| 252 | Albert Visser | Vanberkel & Verwei | 56:42 | 55:08 |
| 253 | Jacco de Kempenaer | Sdu Corporate Development 1 | 56:52 | 53:11 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|--------------------------------------|---------|---------|
| 254 | Welmer Jagerman | AEGON N.V. | 56:59 | 55:48 |
| 255 | Onne Peters | BHPBilliton International Metals BV | 57:10 | 53:50 |
| 256 | Ewout Dönszelmann | CE Delft | 57:26 | 55:41 |
| 257 | Gert van der Linden | Gemeenschappelijk Dienstencentrum (G | 57:26 | 56:51 |
| 258 | Mark van Koppen | Ministerie van Justitie | 57:30 | 56:33 |
| 259 | Joran Oud | Vanberkel & Verwei | 57:34 | 55:45 |
| 260 | Sander Kentin | Sdu Corporate Developmer | 57:49 | 53:45 |
| 261 | Bert Stoel | Bourgonje BV | 57:50 | 56:56 |
| 262 | Vigen Nazarian | HP Nederland | 57:51 | 54:55 |
| 263 | (C Emmelkamp) | Sdu Public | 57:57 | 56:03 |
| 264 | Wil van den Bergh | Gemeenschappelijk Dienst | 58:03 | 57:39 |
| 265 | Hans Koster | RdGG Diagnostisch Centrum SSB | 58:10 | 55:32 |
| 266 | Eugene van der Pijll | Centraal Bureau voor de St | 58:26 | 56:33 |
| 267 | Martijn van Langen | InfoMil | 58:34 | 56:35 |
| 268 | Pieter van der Gaast | Centraal Bureau voor de St | 59:05 | 57:22 |
| 269 | Olav Nieuwenhuijs | Max Health Club | 59:13 | 58:05 |
| 270 | Chloe Pasturel | European Patent Office | 59:18 | 57:27 |
| 271 | Henk van Dijk | Ministerie van Justitie | 59:22 | 57:43 |
| 272 | Ed van Deutekom | Holland Casino Schevening | 59:29 | 57:46 |
| 273 | Ron Karseboom | Ministerie van Justitie | 59:43 | 58:22 |
| 274 | R Vurens | Sdu Legal&Tax | 1:00:21 | 57:58 |
| 275 | Orji Akoma | BHPBilliton International Metals BV | 1:00:43 | 57:55 |
| 276 | Gert Riphagen | SZW | 1:01:02 | 59:51 |
| 277 | Gerben Epema | Parnassia Bavo Groep | 1:01:07 | 57:13 |
| 278 | Kees Storm | AEGON N.V. | 1:01:12 | 59:31 |
| 279 | John Jongeneelen | Holland Casino Scheveningen | 1:01:15 | 57:52 |
| 280 | Paul de Bruin | Bourgonje BV | 1:01:45 | 1:00:54 |
| 281 | Jerry Smit | Sdu Corporate Development 1 | 1:01:46 | 58:01 |
| 282 | Eng Yi Tan | BHPBilliton International Me | 1:01:48 | 58:28 |
| 283 | Berend Broerse | Sdu Legal&Tax | 1:01:51 | 58:39 |
| 284 | Dennis Brocker | Ministerie van Justitie | 1:01:52 | 1:01:23 |
| 285 | Pieter D'Hoore | ING Investment Management | 1:02:25 | 59:30 |
| 286 | Erik Stoops | Ministerie van Justitie | 1:02:51 | 1:01:02 |
| 287 | P Pronk | Sdu Legal&Tax | 1:02:53 | 1:00:32 |
| 288 | Erik Duin | InfoMil | 1:03:34 | 1:01:37 |
| 289 | André Pronk | RdGG Diagnostisch Centrum SSB | 1:03:44 | 1:02:35 |
| 290 | Peter Quick | Centraal Bureau voor de St | 1:03:51 | 1:02:08 |
| 291 | Jan van Linschoten | Sdu Corporate Development 2 | 1:03:58 | 59:51 |
| 292 | Benno Mateman | Sdu Corporate Developmer | 1:04:22 | 1:00:10 |
| 293 | Bert Baggen | Montae | 1:04:30 | 1:02:25 |
| 294 | Jean-Nicolas Gilliquet | European Patent Office | 1:04:36 | 1:01:56 |
| 295 | Rob Leenheer | Parnassia Bavo Groep | 1:04:56 | 1:01:00 |
| 296 | Cor Mesman | Gemeenschappelijk Dienst | 1:05:28 | 1:04:50 |
| 297 | Henri van Dun | Max Health Club | 1:05:35 | 1:02:30 |
| 298 | Hennie de Klerk | SES WORLD SKIES | 1:05:37 | 1:03:38 |
| 299 | Paul Zeegers | Sdu Operations | 1:06:20 | 1:05:13 |
| 300 | Chris Soudan | Max Health Club | 1:06:28 | 1:05:22 |
| 301 | R A Pronk | Sdu Legal&Tax | 1:06:37 | 1:04:14 |
| 302 | Corneel de Groot | Gemeenschappelijk Dienst | 1:08:37 | 1:06:45 |
| 303 | Thierry Honders | AEGON N.V. | 1:09:13 | 1:08:25 |
| 304 | Peter Verhaar | Sdu Corporate Developmer | 1:09:51 | 1:05:40 |
| 305 | Sander Horst | Max Health Club | 1:13:14 | 1:12:09 |
| 306 | Christian Fuhr | European Patent Office | 1:13:18 | 1:11:23 |
| 307 | Marcel Smaal | Total E&P Nederland | 1:14:22 | 1:12:16 |
| 308 | Edwin Haverkamp | Parnassia Bavo Groep | 1:14:22 | 1:12:16 |

VSDU, SDU BUSINESSRUN

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------|-------------------------------|-------|-------|
| 1 | Inge Stegmann | Sdu Rotterdam Running Ambassa | 43:24 | 43:15 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|---------------------------------------|-------|-------|
| 2 | Renske van der Vegt | Den Haag Marketing | 44:40 | 44:21 |
| 3 | Michelle Enright | Den Haag Marketing | 44:47 | 44:28 |
| 4 | Angelique van Vliet | Max Health Club | 45:22 | 44:40 |
| 5 | Jurienne Hollaar | Sdu BI Cobouw | 47:03 | 46:17 |
| 6 | Irene Enthoven | Gemeente Den Haag/Bureau | 47:50 | 46:32 |
| 7 | Patricia Huisman | Gemeente Den Haag/Bureau Binnenstad | 47:50 | 46:33 |
| 8 | Nathalie Pierre | European Patent Office | 48:43 | 46:53 |
| 9 | Peggy Ten Hoopen | Gemeente Den Haag/Bureau Binnenstad | 48:57 | 47:18 |
| 10 | Celine Sira-de Voogd | Sdu Road Runners Zoeterr | 49:13 | 48:04 |
| 11 | Maaïke Schroeder | Gemeente Den Haag/Bureau Binnenstad | 49:57 | 48:18 |
| 12 | Luvi Grootes | Sdu Operations | 50:01 | 49:32 |
| 13 | Maaïke Kempes | Ministerie van Justitie | 50:13 | 48:34 |
| 14 | Mirjam Hinskens- van Neck | Ministerie van Justitie | 50:37 | 49:14 |
| 15 | Dianne Roosenboom | Sdu Road Runners Zoetermeer | 50:38 | 49:56 |
| 16 | Karlijn van Benschop | Ministerie van Justitie | 50:44 | 49:21 |
| 17 | Helen Heijbroek | AEGON CIC | 51:06 | 50:42 |
| 18 | C Fasol | Sdu Public | 51:16 | 49:23 |
| 19 | Femke Brouwer | CE Delft | 51:18 | 48:34 |
| 20 | Georgette Parlevliet | Ministerie van Justitie | 51:19 | 49:38 |
| 21 | Lillian Bijloos | Provastgoed Nederland B.V. | 51:27 | 49:28 |
| 22 | Palau van Iersel | Sdu Road Runners Zoeterr | 51:48 | 51:05 |
| 23 | Astrid den Besten | Sdu BI Cobouw | 51:54 | 51:01 |
| 24 | Cindy van den Hengel | Sdu Road Runners Zoeterr | 51:58 | 51:16 |
| 25 | Nicolien Dijkhuijs | Vanberkel & Verwei | 52:08 | 51:46 |
| 26 | Anita Kreukniet | RdGG Diagnostisch Centrum | 52:15 | 51:09 |
| 27 | Ingrid Dijkhuizen | Bourgonje BV | 52:24 | 51:30 |
| 28 | Heleen Kamermans | InfoMil | 52:35 | 50:38 |
| 29 | Kathy IJzermans | Sociaal-Economische Raad | 52:47 | 51:31 |
| 30 | Irma Rutten | SZW | 53:01 | 52:02 |
| 31 | Marjon Brandenbarg | AEGON CIC | 53:06 | 52:41 |
| 32 | Patty van den Doel | AEGON N.V. | 53:10 | 52:02 |
| 33 | Yolanda Bouman | Ministerie van Justitie | 53:12 | 52:49 |
| 34 | Marion van Doormaal | Holland Casino Schevening | 53:28 | 50:05 |
| 35 | Belinda Muntz | Ministerie van Justitie | 53:29 | 52:38 |
| 36 | Ellen Bominaar | Sdu Road Runners Zoeterr | 53:36 | 52:57 |
| 37 | Monique Puister | Gemeente Den Haag/Bureau Binnenstad | 53:40 | 51:57 |
| 38 | Ineke Schnitzler | AEGON N.V. | 53:42 | 53:20 |
| 39 | Katie Parkin | Total E&P Nederland | 53:59 | 51:56 |
| 40 | Merel Pit | Jong Sdu | 54:04 | 52:24 |
| 41 | Karen Verstege | Ministerie van Justitie | 54:11 | 52:31 |
| 42 | E Kok | Sdu Corporate Developmer | 54:13 | 50:04 |
| 43 | Anna Wood | BHPBilliton International Metals B.V. | 54:19 | 52:23 |
| 44 | Anouschka van der Meulen | Centraal Bureau voor de St | 54:30 | 52:48 |
| 45 | Karin Schrederhof | Gemeente Den Haag/Bureau Binnenstad | 54:48 | 51:58 |
| 46 | Jennifer Bosveld-Baijens | Gemeenschappelijk Dienst | 54:59 | 54:22 |
| 47 | Thelma Lexmond | Ministerie van Justitie | 55:06 | 53:23 |
| 48 | Mirielle Bink | Gemeente Den Haag/Bureau | 55:20 | 53:36 |
| 49 | Nadine Le Cornec | European Patent Office | 55:40 | 53:49 |
| 50 | Mari Menken-Juutilainen | Sociaal-Economische Raad | 55:48 | 53:29 |
| 51 | Hennie de Boer | Ministerie van Justitie | 56:11 | 54:29 |
| 52 | Nuria Ivern | SES WORLD SKIES | 56:19 | 54:21 |
| 53 | Samantha Sharpe | SES WORLD SKIES | 56:19 | 54:21 |
| 54 | Merel Risselada | Max Health Club | 56:20 | 53:07 |
| 55 | Nathalie Kaarls | GDF SUEZ | 56:25 | 55:01 |
| 56 | Lie Yin Chan | Ministerie van Justitie | 56:32 | 54:52 |
| 57 | Sander Dekkinga | Provastgoed Nederland B.V. | 56:40 | 54:39 |
| 58 | Sophie Imbert | Max Health Club | 57:15 | 55:52 |
| 59 | Dorien Bennink | CE Delft | 57:16 | 55:31 |
| 60 | Arianne Vlasblom | InfoMil | 57:19 | 55:29 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|--------------------------------|---------|---------|
| 61 | Iris van Egmond | Ministerie van Justitie | 57:41 | 56:00 |
| 62 | Evalyne Wanjiru | Sociaal-Economische Raad | 57:55 | 55:35 |
| 63 | Floor Gianotten | Sdu Rotterdam Running Ambassa | 58:00 | 57:24 |
| 64 | Julia Mantz | Ministerie van Justitie | 58:01 | 57:10 |
| 65 | Astrid van der Ham-Quak | Ministerie van Justitie | 58:02 | 56:16 |
| 66 | Chantal van Ommen | Ministerie van Justitie | 58:03 | 56:16 |
| 67 | Mary Nollen | Parnassia Bavo Groep | 58:07 | 54:09 |
| 68 | Marloes Niemeijer-Dongen | Ministerie van Justitie | 58:12 | 56:24 |
| 69 | Marie Aubin | GDF SUEZ | 58:25 | 57:01 |
| 70 | Mary Hooft | SES WORLD SKIES | 58:28 | 56:33 |
| 71 | Marjolein Peters | Sdu Road Runners Zoetermeer | 58:59 | 55:42 |
| 72 | Barbara Platenburg | Ministerie van Justitie | 59:08 | 57:19 |
| 73 | Janneke Langeveld | AEGON N.V. | 59:08 | 58:19 |
| 74 | Marjke Simon | Sdu Directie | 59:30 | 56:47 |
| 75 | Sharon Mulder | InfoMil | 59:32 | 57:41 |
| 76 | Monique van Loenen | Provastgoed Nederland B.V | 59:44 | 57:47 |
| 77 | E Vijn | Sdu BI Cobouw | 59:45 | 58:50 |
| 78 | Ceciel Turkenburg | Ministerie van Justitie | 59:47 | 57:58 |
| 79 | Madelon Eling | Den Haag Marketing | 59:48 | 55:46 |
| 80 | Lucie Nan | Centraal Bureau voor de St | 59:52 | 58:10 |
| 81 | Geerte Burgers | Sdu Corporate Development 2 | 59:57 | 55:50 |
| 82 | Wanda van Wieringen | HP Nederland | 59:58 | 59:13 |
| 83 | Coby Drenth | AEGON N.V. | 1:00:12 | 58:26 |
| 84 | Anil Soekhoe | Gemeente Den Haag/Burea | 1:00:32 | 58:48 |
| 85 | Dana van Beek | Ministerie van Justitie | 1:00:34 | 58:47 |
| 86 | Therese Jens | AEGON CIC | 1:00:43 | 1:00:21 |
| 87 | Dineke Veltmeijer | GDF SUEZ | 1:00:43 | 59:18 |
| 88 | Silvia v den Dobbelsteen | Gemeente Den Haag/Burea | 1:00:47 | 59:02 |
| 89 | C M van Welsem | Jong Sdu | 1:00:48 | 58:48 |
| 90 | A Platvoet Belova | Sdu Public | 1:01:10 | 59:15 |
| 91 | Yvonne Puister | Holland Casino Scheveningen | 1:01:13 | 57:50 |
| 92 | Elly Oosterveer | Parnassia Bavo Groep | 1:01:51 | 57:54 |
| 93 | Judith Mulder | Jong Sdu | 1:01:51 | 58:39 |
| 94 | Maria van Wissen | RdGG Diagnostisch Centru | 1:01:56 | 58:13 |
| 95 | Ruth Schipper | Max Health Club | 1:02:00 | 58:18 |
| 96 | Denise Elfrink | Vanberkel & Verwei | 1:02:05 | 1:00:31 |
| 97 | Ingeborg Hoogveld | Parnassia Bavo Groep | 1:02:33 | 58:35 |
| 98 | Anuska Mandzi-Gouw | Mn Services | 1:02:36 | 1:01:52 |
| 99 | Magda van Leeuwen | RdGG Diagnostisch Centrum S | 1:02:48 | 1:01:38 |
| 100 | Mireille Beumer | Max Health Club | 1:02:53 | 59:39 |
| 101 | Tamar de Koning | Den Haag Marketing | 1:02:58 | 1:00:35 |
| 102 | Ellen van Egmond | Sdu Corporate Developmer | 1:03:04 | 59:50 |
| 103 | Marchien Holtrop | Ministerie van Justitie | 1:03:21 | 1:01:33 |
| 104 | L Kölker | Sdu Corporate Developmer | 1:03:59 | 59:51 |
| 105 | Heleen Blij | Max Health Club | 1:04:20 | 1:03:18 |
| 106 | Nicole Hendrie | Max Health Club | 1:04:20 | 1:03:18 |
| 107 | Linda Waasdorp | Vanberkel & Verwei | 1:05:07 | 1:03:06 |
| 108 | Genevieve Pena | SES WORLD SKIES | 1:05:56 | 1:01:51 |
| 109 | Candy Pritchard | Max Health Club | 1:06:11 | 1:02:56 |
| 110 | Lone Vaerndal | Max Health Club | 1:06:16 | 1:02:22 |
| 111 | Anneke Knol | Sdu Rotterdam Running Ambassa | 1:06:20 | 1:05:12 |
| 112 | Antoinette van der Wal | Sdu Operations | 1:06:52 | 1:06:25 |
| 113 | Marjolein van Eck | Max Health Club | 1:08:15 | 1:04:02 |
| 114 | Brigitte Zervas | European Patent Office | 1:08:28 | 1:06:32 |
| 115 | Eline de Groot | Gemeenschappelijk Dienstencent | 1:08:37 | 1:06:45 |
| 116 | Roos van Osnabrugge | Gemeente Den Haag/Burea | 1:08:59 | 1:07:14 |
| 117 | M B J Overgaauw | Sdu Corporate Development 2 | 1:09:41 | 1:05:33 |
| 118 | Lisette Niks | Sdu Directie | 1:10:23 | 1:09:54 |
| 119 | Diana Windsant | Sdu Directie | 1:10:28 | 1:09:59 |

Uitslagenlijst Sdu Royal Ten

's-Gravenhage - Zondag 30 mei 2010

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------|---------------------------|---------|---------|
| 120 | Elle vd Linden | Holland Casino Schevening | 1:11:11 | 1:07:47 |
| 121 | Monique Rozendal | Parnassia Bavo Groep | 1:12:14 | 1:08:19 |
| 122 | Mare Jonker | Sdu Corporate Developmer | 1:14:29 | 1:10:44 |
| 123 | Janet Pronk | Sdu Legal&Tax | 1:15:09 | 1:12:21 |
| 124 | Margreet Meijer | Gemeenschappelijk Dienste | 1:19:04 | 1:17:12 |

MSDU5, SDU BUSINESS5KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-------------------------|-------|-------|
| 1 | Marco Hoogenraad | Mn Services | 17:42 | 17:41 |
| 2 | Floris Buijzen | Science Alliance | 21:56 | 21:25 |
| 3 | Jeffrey Fonk | Science Alliance | 23:38 | 23:05 |
| 4 | Steeff Löwik | Science Alliance | 24:38 | 24:05 |
| 5 | Paul Zwetsloot | Science Alliance | 26:18 | 25:46 |
| 6 | Quriën van Straelen | Ministerie van Justitie | 27:34 | 27:20 |
| 7 | Harry Klerks | Ministerie van Justitie | 28:11 | 27:55 |
| 8 | Henk Slettenhaar | SES WORLD SKIES | 28:46 | 28:23 |
| 9 | Eduard Kainde | Ministerie van Justitie | 32:57 | 32:40 |
| 10 | Mohcine Ahyan | Ministerie van Justitie | 32:58 | 32:40 |
| 11 | Keith Jennings | SES WORLD SKIES | 35:05 | 34:44 |
| 12 | Ap Mos | Ministerie van Justitie | 35:47 | 35:31 |
| 13 | Juul van Woensel | Ministerie van Justitie | 35:47 | 35:32 |
| 14 | Frank Zwetsloot | Science Alliance | 36:28 | 35:55 |

VSDU5, SDU BUSINESS5KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-------------------------|-------|-------|
| 1 | Elena Kuznetsova | SES WORLD SKIES | 24:18 | 23:39 |
| 2 | Suzan de Haas | SES WORLD SKIES | 26:30 | 26:08 |
| 3 | Nieskje de Groot | Ministerie van Justitie | 27:04 | 26:50 |
| 4 | Trudy Waas | Mn Services | 28:03 | 27:48 |
| 5 | Mariette Smeets | Ministerie van Justitie | 28:11 | 27:56 |
| 6 | Noemi Bausch | SES WORLD SKIES | 28:37 | 28:15 |
| 7 | Joce Gankema | Ministerie van Justitie | 29:02 | 28:49 |
| 8 | Violette Sluimer | MAB Development | 29:38 | 29:03 |
| 9 | Andri van Niekerk | Science Alliance | 29:39 | 29:05 |
| 10 | Lia van Geemen | SES WORLD SKIES | 29:40 | 29:17 |
| 11 | Liesbeth Wanders | Ministerie van Justitie | 29:41 | 29:27 |
| 12 | Yeeling Chung | Mn Services | 29:50 | 29:35 |
| 13 | Sixue Zhou | Science Alliance | 30:09 | 29:37 |
| 14 | Esther van Meer | Science Alliance | 32:11 | 31:38 |
| 15 | Carlijn Bolt | MAB Development | 33:18 | 32:43 |
| 16 | Judith de Jong | 's-Gravenhage | 33:22 | 32:26 |
| 17 | Christel Nij Bijvank | Ministerie van Justitie | 33:26 | 33:13 |
| 18 | Babette Udemá | SES WORLD SKIES | 33:45 | 33:24 |
| 19 | Claire Laarman | MAB Development | 34:30 | 33:55 |
| 20 | Yvonne Bos | SES WORLD SKIES | 35:06 | 34:24 |
| 21 | Kim Boucher | SES WORLD SKIES | 39:21 | 38:41 |