

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| MAN, 5 KM | | | | |
|-----------|------------------------|-----------------------|-------|-------|
| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Sven Grundeken | Leiden Atletiek | 16:00 | 15:59 |
| 2 | Pascal Noort | Leiden Atletiek | 16:12 | 16:11 |
| 3 | Sjoerd van Marrewijk | Olympus '70 | 16:16 | 16:15 |
| 4 | Robbin Pieterman | Ilion | 16:28 | 16:27 |
| 5 | Niels Penning | Olympus '70 | 16:43 | 16:41 |
| 6 | Mark Hamersma | VAV | 16:52 | 16:50 |
| 7 | Corné Verboom | Loopgroep PK | 17:11 | 17:10 |
| 8 | Dimitri Heskes | Sparta | 17:17 | 17:15 |
| 9 | Jordi Hoek | Loopteam Velocitas | 17:27 | 17:25 |
| 10 | Timon Nagelkerken | Ilion | 17:44 | 17:42 |
| 11 | David Buglass | Leidschendam | 17:48 | 17:46 |
| 12 | Richard van der Knaap | Olympus '70 | 17:58 | 17:56 |
| 13 | Max Mahoney | Leiden Atletiek | 18:12 | 18:10 |
| 14 | Marnix Baelde | Sparta | 18:16 | 18:14 |
| 15 | Nahomi Bolte | Sparta | 18:30 | 18:28 |
| 16 | Jonas Bakker | Nootdorp | 18:32 | 18:21 |
| 17 | Bart Huisman | Olympus '70 | 18:35 | 18:33 |
| 18 | Eveline Bosveld | ANWB - 1 | 18:40 | 18:37 |
| 19 | Bas Vreugdenhil | Olympus '70 | 18:40 | 18:38 |
| 20 | Tim Broekhoven | Zoetermeer | 18:46 | 18:43 |
| 21 | Thomas Veldkamp | 's-Gravenhage | 18:50 | 18:45 |
| 22 | Joris Tijssen | Sparta | 18:51 | 18:49 |
| 23 | Ruud van Dun | NMa - 1 | 18:53 | 18:50 |
| 24 | Roland Amsterdam | Pijnacker | 18:55 | 18:51 |
| 25 | Wesley van der Harst | Haag Atletiek | 18:58 | 18:56 |
| 26 | Jeroen Jonkers | Digital Groep - 1 | 19:00 | 18:58 |
| 27 | Jeroen Wevers | Voorburg | 19:10 | 19:03 |
| 28 | Paul van der Sluijs | Haag Atletiek | 19:11 | 18:55 |
| 29 | Bruno Van Caelenberg | Koekelberg (BEL) | 19:18 | 19:18 |
| 30 | Roy Zaal | Sparta | 19:35 | 19:32 |
| 31 | Johan Pul | KPN - 3 | 19:50 | 19:44 |
| 32 | Berry Buis | | 19:55 | 19:48 |
| 33 | Hish Scarff | BHPBilliton - 1 | 19:56 | 19:50 |
| 34 | Tim van der Zwan | AV '40 | 19:57 | 19:48 |
| 35 | Matthijs Hoek | | 20:02 | 19:58 |
| 36 | Joury Kuiper | | 20:09 | 20:07 |
| 37 | Bas Kroon | AV '40 | 20:21 | 20:11 |
| 38 | Max Nijhof | 's-Gravenhage | 20:29 | 20:26 |
| 39 | Zico Boonstra | | 20:33 | 20:29 |
| 40 | Dylan Hoogerwerf | Wateringen | 20:39 | 20:02 |
| 41 | Martijn Redegeld | 's-Gravenhage | 20:49 | 20:41 |
| 42 | Stefan Bakker | Ilion | 20:49 | 20:46 |
| 43 | Matthijs van der Putte | Rotterdam | 20:51 | 20:34 |
| 44 | Ramon van Westen | Olympus '70 | 20:55 | 20:38 |
| 45 | Lucas Josse | 's-Gravenhage | 21:01 | 20:59 |
| 46 | Sam Spendel | 's-Gravenhage | 21:09 | 21:06 |
| 47 | Ali Trifaia | 's-Gravenhage | 21:17 | 21:13 |
| 48 | Loic Picard | 's-Gravenhage | 21:23 | 21:19 |
| 49 | Charles Smeets | ROSTRA Congrescommun | 21:25 | 21:18 |
| 50 | Wim Witteman | Wateringen | 21:26 | 20:14 |
| 51 | Kas Kranenburg | 's-Gravenhage | 21:28 | 21:23 |
| 52 | Nicolas Boucher | 's-Gravenhage | 21:33 | 21:08 |
| 53 | Stefan de Jong | Voorburg | 21:45 | 20:11 |
| 54 | Marc Bertrandias | 's-Gravenhage | 21:48 | 21:44 |
| 55 | Michael van de Ven | 's-Gravenhage | 21:56 | 21:37 |
| 56 | Vincent Delaunoy | Rosières (BEL) | 21:56 | 21:54 |
| 57 | Arthur Ememere | Rijswijk Zh | 22:04 | 21:46 |
| 58 | Niels Baptist | Sparta | 22:08 | 22:07 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 59 | Brian Bouterse | 's-Gravenhage | 22:21 | 22:16 |
| 60 | Kaj Hoogenboom | | 22:22 | 22:15 |
| 61 | Jonas van Hattum | Wassenaar | 22:29 | 20:45 |
| 62 | Luc Treebusch | Sparta | 22:39 | 22:36 |
| 63 | Guus Dubbink | Gemeente/Den Haag Ma | 22:41 | 22:15 |
| 64 | Daniël Joesse | 's-Gravenhage | 22:45 | 22:42 |
| 65 | Frank Wiggers | 's-Gravenhage | 22:48 | 22:41 |
| 66 | Kevin Philippen | Olympus '70 | 22:49 | 22:35 |
| 67 | Jasper van Houten | 's-Gravenhage | 22:49 | 22:45 |
| 68 | Max Bol | Monster | 22:49 | 22:46 |
| 69 | Daan Emmerzaal | AV Gouda | 22:53 | 22:43 |
| 70 | Max van Etten | Kwintsheul | 22:53 | 22:15 |
| 71 | Mathieu van Leeuwen | Leidschendam | 22:58 | 22:49 |
| 72 | Rowan Wieser | | 23:08 | 23:01 |
| 73 | Jordy Plantagie | | 23:12 | 22:44 |
| 74 | Raphael Cannavacciuolo | Haag Atletiek | 23:14 | 23:11 |
| 75 | Brian Analikwu | | 23:17 | 23:09 |
| 76 | Sem Zaal | Sparta | 23:18 | 23:14 |
| 77 | Enrico Dorlas | 's-Gravenhage | 23:21 | 23:18 |
| 78 | Koen Pethke | 's-Gravenhage | 23:22 | 23:17 |
| 79 | Dennis van der Gaag | Mn Services - 1 | 23:26 | 21:31 |
| 80 | Bart Marcus | Rijswijk Zh | 23:27 | 22:51 |
| 81 | Nick Nobel | | 23:28 | 23:24 |
| 82 | Pieter van Zutphen | CB Richard Ellis - 1 | 23:32 | 23:00 |
| 83 | Karel Stolk | CB&I Lummus - 2 | 23:35 | 23:28 |
| 84 | Tim van Paassen | Ilion | 23:36 | 23:32 |
| 85 | Maurice Hazebroek | Sparta | 23:36 | 23:26 |
| 86 | Sam ten Broeke | Almelo | 23:38 | 22:40 |
| 87 | Brendan Analikwu | | 23:41 | 23:37 |
| 88 | Marc Smulders | Claresco BV - 1 | 23:42 | 23:37 |
| 89 | Dominique Vogel | Mn Services - 1 | 23:43 | 21:04 |
| 90 | Joey van der Krogt | 's-Gravenhage | 23:45 | 22:49 |
| 91 | René Noordman | Zaltbommel | 23:47 | 20:43 |
| 92 | Robin Huijben | | 23:48 | 22:34 |
| 93 | Matthieu Steffen | 's-Gravenhage | 23:49 | 23:43 |
| 94 | Mitchell van der Krogt | | 23:49 | 22:53 |
| 95 | Dirk Heesakkers | CB Richard Ellis - 1 | 23:52 | 23:19 |
| 96 | Stijn de Jong | 's-Gravenhage | 23:53 | 23:21 |
| 97 | Julien Picard | 's-Gravenhage | 23:59 | 23:35 |
| 98 | Jose Arauz Ledezma | 's-Gravenhage | 23:59 | 22:46 |
| 99 | Sjako Teerlink | | 24:02 | 23:54 |
| 100 | Joshua Shanks | Rijswijk Zh | 24:03 | 23:55 |
| 101 | Dallas Post | Aramco Overseas Comp | 24:20 | 24:02 |
| 102 | Rutger de Rover | 's-Gravenhage | 24:24 | 21:04 |
| 103 | Frank van den Berg | Noordwijk Zh | 24:24 | 22:55 |
| 104 | Bram Loef | 's-Gravenhage | 24:30 | 23:20 |
| 105 | Berend Poel | | 24:31 | 23:57 |
| 106 | Alexander Springer | 's-Gravenhage | 24:32 | 22:13 |
| 107 | Alexander Prins | | 24:38 | 24:00 |
| 108 | Mitchel Caeiro Mouzo | Energie | 24:39 | 23:33 |
| 109 | Chris Njo | Sogeti Nederland B.V | 24:42 | 23:21 |
| 110 | Michiel van Koert | Imtech Building Serv | 24:46 | 24:42 |
| 111 | Harjan Harder | 's-Gravenhage | 24:46 | 23:20 |
| 112 | Youri Guntlisbergen | | 24:52 | 24:47 |
| 113 | Pascal Bakker | 's-Gravenhage | 24:55 | 23:43 |
| 114 | Luc de Groot | Dunea - 1 | 24:56 | 24:43 |
| 115 | Robin Kuiper | | 24:56 | 24:16 |
| 116 | Joep Demmendaal | Haarlem | 25:07 | 22:52 |
| 117 | Tim de Wildt | | 25:09 | 24:12 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 118 | Erik Hofschreuder | 's-Gravenhage | 25:20 | 25:13 |
| 119 | Jeroen Zwaan | 's-Gravenhage | 25:25 | 23:35 |
| 120 | Jos van den Boom | Digital Groep - 1 | 25:26 | 25:10 |
| 121 | Stan van Haasteren | Leiderdorp | 25:26 | 24:17 |
| 122 | Olaf Slomp | KPN - 2 | 25:26 | 25:22 |
| 123 | Roy Oldenburger | KPN - 3 | 25:28 | 25:16 |
| 124 | Simeon Walbrun | 's-Gravenhage | 25:29 | 22:10 |
| 125 | Frank van de Hoef | 's-Gravenhage | 25:30 | 22:53 |
| 126 | Arwin Ramcharan | 's-Gravenhage | 25:31 | 24:56 |
| 127 | René Kamphuis | 's-Gravenhage | 25:31 | 25:13 |
| 128 | Noah Krabshuis | | 25:35 | 25:30 |
| 129 | Don de Wit | 's-Gravenhage | 25:36 | 24:26 |
| 130 | Bjorn Lemmen | ETTU - 1 | 25:37 | 21:43 |
| 131 | Albert Ruhl | Rijswijk Zh | 25:39 | 25:33 |
| 132 | Jelmer de Boer | | 25:41 | 24:31 |
| 133 | Ysbrand Francissen | 's-Gravenhage | 25:44 | 23:06 |
| 134 | Rudolf Wesselius | Dunea - 2 | 25:45 | 25:22 |
| 135 | Bart Groen | Utrecht | 25:49 | 24:11 |
| 136 | Jeroen Alsem | 's-Gravenhage | 25:50 | 24:02 |
| 137 | Nino van den Bosch | 's-Gravenhage | 25:50 | 25:30 |
| 138 | Itto Smits | 's-Gravenhage | 25:54 | 25:36 |
| 139 | Martin van der Maarel | Utrecht | 25:57 | 24:45 |
| 140 | Jeffrey Brouws | | 25:57 | 25:53 |
| 141 | Coert Prins | Naaldwijk | 26:01 | 25:10 |
| 142 | Thijs de Bruin | CB Richard Ellis - 1 | 26:01 | 25:31 |
| 143 | Startnummer 2849 | CB Richard Ellis - 1 | 26:02 | 25:31 |
| 144 | Fred Stellingwerf | 's-Gravenhage | 26:05 | 24:54 |
| 145 | Chatish Sitaldien | KPN - 2 | 26:07 | 24:35 |
| 146 | Huub Minzee | 's-Gravenhage | 26:10 | 24:20 |
| 147 | Radu Panciuc | Rotterdam | 26:12 | 24:32 |
| 148 | Richard Dennison | Aramco Overseas Comp | 26:13 | 25:58 |
| 149 | Terrence Dahoe | 's-Gravenhage | 26:19 | 26:09 |
| 150 | John Buglass | Leidschendam | 26:19 | 25:50 |
| 151 | Timo ten Cate | Digital Groep - 1 | 26:23 | 26:18 |
| 152 | Floris Massop | 's-Gravenhage | 26:24 | 26:08 |
| 153 | Ruben Knoester | | 26:25 | 25:28 |
| 154 | Luca Braak | 's-Gravenhage | 26:26 | 26:10 |
| 155 | Pascal Hollman | Enschede | 26:31 | 26:14 |
| 156 | Pietwillem Overvoorde | Claresco BV - 1 | 26:34 | 26:15 |
| 157 | Martin Amsterdam | Pijnacker | 26:36 | 26:05 |
| 158 | Elias Janssen | 's-Gravenhage | 26:37 | 26:07 |
| 159 | David Andom | Fit | 26:39 | 24:59 |
| 160 | Peter de Fluitier | Hoofddorp | 26:39 | 25:12 |
| 161 | Damon Luck | | 26:40 | 26:14 |
| 162 | Christiaan Mastop | Sparta | 26:41 | 26:30 |
| 163 | Max Wolf | | 26:41 | 26:21 |
| 164 | Tommer Franken | 's-Gravenhage | 26:51 | 25:30 |
| 165 | Victor Hengeveld | | 26:53 | 23:48 |
| 166 | Marnix Heijboer | Amsterdam | 26:53 | 25:39 |
| 167 | Rodney Nijbacker | 's-Gravenhage | 26:53 | 24:02 |
| 168 | Matthijs Schouten | Rijswijk Zh | 26:55 | 24:56 |
| 169 | Jurgen Knepper | Zoetermeer | 27:03 | 25:32 |
| 170 | Edward Smits | 's-Gravenhage | 27:04 | 26:09 |
| 171 | S Minnaar | | 27:04 | 26:06 |
| 172 | Bastiaan de Leeuw | Diepenveen | 27:04 | 23:54 |
| 173 | Sander Lenskens | Claresco BV - 1 | 27:05 | 26:41 |
| 174 | Siebe Overdijk | 's-Gravenhage | 27:07 | 24:30 |
| 175 | Ruben van der Marck | 's-Gravenhage | 27:08 | 26:06 |
| 176 | Mike Romberg | Voorburg | 27:11 | 25:57 |

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's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 177 | Dave van der Mark | | 27:11 | 26:24 |
| 178 | Erik Teunissen | HagaZiekenhuis - 4 | 27:16 | 27:11 |
| 179 | Paul Kemps | Delft | 27:16 | 25:19 |
| 180 | Olivier Gleijm | Rijswijk Zh | 27:16 | 25:19 |
| 181 | Bert Wentink | KPN - 3 | 27:18 | 27:14 |
| 182 | Remus Gelderblom | Haag Atletiek | 27:18 | 26:06 |
| 183 | Twan van Reenen | | 27:20 | 23:42 |
| 184 | Dick van Ham | Dunea - 2 | 27:21 | 27:08 |
| 185 | Mattia Zuccollo | 's-Gravenhage | 27:24 | 27:12 |
| 186 | Andrea Zuccollo | 's-Gravenhage | 27:25 | 27:13 |
| 187 | Pal Benyo | 's-Gravenhage | 27:26 | 24:35 |
| 188 | Yannick Stern | | 27:27 | 23:48 |
| 189 | Daniel Caeiro Mouzo | Energie | 27:28 | 26:25 |
| 190 | Jacco de Groot | Claresco BV - 1 | 27:30 | 24:50 |
| 191 | Sjoerd Kampinga | Aramco Overseas Comp | 27:32 | 27:10 |
| 192 | Jeroen Timpman | Delft | 27:33 | 25:57 |
| 193 | Ivo Spits | Haag Atletiek | 27:35 | 27:17 |
| 194 | Tianlin Bao | T-Mobile - 1 | 27:43 | 24:36 |
| 195 | Gerben de Bruijn | 's-Gravenhage | 27:45 | 27:28 |
| 196 | Balthazar de Bruijn | 's-Gravenhage | 27:45 | 27:28 |
| 197 | Lars Tinneveld | Mn Services - 2 | 27:46 | 26:44 |
| 198 | Frans Noordman | Zaltbommel | 27:47 | 24:43 |
| 199 | Willem van den Bosch | 's-Gravenhage | 27:50 | 27:29 |
| 200 | Jeremy Briden | Aramco Overseas Comp | 27:50 | 27:31 |
| 201 | Ronald Thierolf | Imtech Building Serv | 27:54 | 27:48 |
| 202 | Niels van Elk | Delft | 27:55 | 26:08 |
| 203 | Jeroen Burgerhout | Hendrik-Ido-Ambacht | 27:55 | 27:36 |
| 204 | Mark Mijsbergen | Mn Services - 1 | 27:57 | 27:45 |
| 205 | Stefan Hoogduin | Zoetermeer | 27:58 | 26:13 |
| 206 | Justin van Rijswijk | 's-Gravenhage | 27:59 | 26:40 |
| 207 | Wouter Vane | 's-Gravenhage | 28:01 | 27:18 |
| 208 | Fred Pigmans | CB&I Lummus - 2 | 28:01 | 27:53 |
| 209 | Ayk van de Stadt | Haag Atletiek | 28:04 | 27:48 |
| 210 | Karlo Heijnen | Gouda | 28:04 | 26:28 |
| 211 | Jeroen Thijssen | Voorhout | 28:08 | 24:27 |
| 212 | Joey van Langen | Delft | 28:09 | 26:45 |
| 213 | Daniel Nikolic | 's-Gravenhage | 28:10 | 24:04 |
| 214 | Pim Franken | 's-Gravenhage | 28:11 | 27:30 |
| 215 | Erik Hamelink | 's-Gravenhage | 28:11 | 27:36 |
| 216 | Steven Harteveld | Dordrecht | 28:12 | 27:54 |
| 217 | Peter Carton | Voorburg | 28:12 | 27:39 |
| 218 | Pieter Jan Halma | Bergschenhoek | 28:13 | 24:53 |
| 219 | Arnoud van der Haagen | Rijswijk Zh | 28:13 | 26:10 |
| 220 | Tim Hogendoorn | Sparta | 28:17 | 28:15 |
| 221 | Mattijn van Bunderen | 's-Gravenhage | 28:19 | 25:23 |
| 222 | Maurice Mulder | 's-Gravenhage | 28:20 | 27:09 |
| 223 | Dennis van Berlo | 's-Gravenhage | 28:22 | 25:48 |
| 224 | Julian de Gier | Wateringen | 28:22 | 27:24 |
| 225 | Jelle de Gier | Wateringen | 28:22 | 27:24 |
| 226 | Marc de Gier | Wateringen | 28:22 | 27:24 |
| 227 | Richard Bunderen | 's-Gravenhage | 28:23 | 25:26 |
| 228 | Harrie Jansen | Rotterdam | 28:26 | 27:56 |
| 229 | Laurence Leupe | Heenvliet | 28:27 | 27:05 |
| 230 | Kimball Obèr | TOPdesk - 1 | 28:28 | 28:19 |
| 231 | Christian Blokland | 's-Gravenhage | 28:38 | 26:05 |
| 232 | Daan Platzer | 's-Gravenhage | 28:39 | 28:16 |
| 233 | Mohammed Daoudi | Aramco Overseas Comp | 28:40 | 28:26 |
| 234 | David Chetroiu | Aramco Overseas Comp | 28:41 | 28:26 |
| 235 | Ronald Bruggeman | 's-Gravenhage | 28:41 | 26:56 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 236 | Rowen Rog | 's-Gravenhage | 28:47 | 28:05 |
| 237 | Robert den Horder | 's-Gravenhage | 28:49 | 27:12 |
| 238 | Antoine de Biolley | 's-Gravenhage | 28:52 | 26:42 |
| 239 | Lars Alsem | 's-Gravenhage | 28:52 | 27:04 |
| 240 | Rene van Velden | 's-Gravenhage | 28:54 | 27:42 |
| 241 | John Gotsell | Rijswijk Zh | 28:54 | 28:24 |
| 242 | Lennart Bulteel | België | 28:55 | 25:47 |
| 243 | Siebe Teppema | ROSTRA Congrescommun | 28:55 | 28:48 |
| 244 | Dragos Chetroiu | Aramco Overseas Comp | 28:56 | 28:41 |
| 245 | Romal Yarzai | Driebergen-Rijsenbur | 28:58 | 27:55 |
| 246 | Frans Roza | Breda | 28:59 | 28:11 |
| 247 | Daniël Westerveld | Berkel en Rodenrijs | 29:01 | 27:48 |
| 248 | Thomas Westerveld | Berkel en Rodenrijs | 29:02 | 27:49 |
| 249 | Quico van den Berg | Mn Services - 1 | 29:02 | 26:18 |
| 250 | Django Berk | 's-Gravenhage | 29:03 | 28:18 |
| 251 | Philippus Koutsouris | Nederland | 29:04 | 27:42 |
| 252 | Raymond de Jong | 's-Gravenhage | 29:05 | 27:13 |
| 253 | Bas van der Helm | | 29:06 | 27:45 |
| 254 | Ramon Serier | De Haagse Hogeschool | 29:06 | 24:42 |
| 255 | Gert-Willem Zonneveld | Etten-Leur | 29:07 | 26:46 |
| 256 | Tommy de Bruijn | 's-Gravenhage | 29:09 | 27:52 |
| 257 | Maarten Berk | 's-Gravenhage | 29:09 | 28:25 |
| 258 | Jasper Zinger | 's-Gravenhage | 29:12 | 27:59 |
| 259 | Daniel Ramdjas | 's-Gravenhage | 29:13 | 24:44 |
| 260 | Kees van Haasteren | Leiderdorp | 29:14 | 28:03 |
| 261 | Bas Tijburg | 's-Gravenhage | 29:15 | 28:33 |
| 262 | Lennert Zonneveld | Etten-Leur | 29:15 | 26:54 |
| 263 | Stef Penders | Wateringen | 29:17 | 25:29 |
| 264 | Marco Smeekes | | 29:17 | 28:19 |
| 265 | Jesper De Wit | Delft | 29:18 | 28:21 |
| 266 | Ger Vis | PAC | 29:23 | 28:04 |
| 267 | Hans Koetsier | Rijswijk Zh | 29:23 | 29:03 |
| 268 | Borris Visser | | 29:24 | 28:26 |
| 269 | Rik van de Keer | | 29:25 | 25:46 |
| 270 | Luca Bruggeman | Voorburg | 29:26 | 27:50 |
| 271 | Rien Parlevliet | Rijswijk Zh | 29:26 | 28:31 |
| 272 | Ruben Willemsen | 's-Gravenhage | 29:27 | 28:54 |
| 273 | Wuis Glerum | 's-Gravenhage | 29:30 | 26:00 |
| 274 | John Hanny | Azivo Zorgverzekeraa | 29:31 | 27:02 |
| 275 | Tommy Vermeulen | Zuidland | 29:33 | 27:26 |
| 276 | Frans Vos | | 29:33 | 28:37 |
| 277 | Noah van der Toorn | 's-Gravenhage | 29:34 | 27:51 |
| 278 | Eliska Preussova | Aramco Overseas Comp | 29:35 | 29:21 |
| 279 | Erwin Klappe | TOPdesk - 1 | 29:35 | 29:24 |
| 280 | Henry Bretveld | | 29:41 | 28:48 |
| 281 | Feike Koedooder | | 29:41 | 26:14 |
| 282 | Jan Tetteroo | Zoetermeer | 29:42 | 28:50 |
| 283 | Ben de Jong | Digital Groep - 1 | 29:44 | 29:39 |
| 284 | Rick van der Breggen | Voorburg | 29:44 | 28:34 |
| 285 | Richard Siegmeier | 's-Gravenhage | 29:51 | 26:49 |
| 286 | Dylan Rietveld | AV '34 | 29:51 | 25:14 |
| 287 | Basten Carmio | Aramco Overseas Comp | 29:53 | 29:34 |
| 288 | Frank van der Maaten | 's-Gravenhage | 29:55 | 29:23 |
| 289 | Tim van der Plas | | 29:56 | 29:50 |
| 290 | Robin Burgemeestre | Mn Services - 1 | 29:58 | 27:39 |
| 291 | Matthijs Korving | Rijswijk Zh | 29:58 | 28:05 |
| 292 | Stefan Scherpenhuizen | 's-Gravenhage | 29:59 | 25:49 |
| 293 | Rene Keessen | 's-Gravenhage | 29:59 | 29:14 |
| 294 | Boaz van der Vlugt | 's-Gravenhage | 30:00 | 25:43 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 295 | Rene Gelderman | 's-Gravenhage | 30:01 | 28:32 |
| 296 | Wouter Breman | | 30:01 | 28:03 |
| 297 | Robbert de Roos | 's-Gravenhage | 30:02 | 28:45 |
| 298 | Jan van Asch | 's-Gravenhage | 30:02 | 29:08 |
| 299 | Roan Sprenkels | Voorburg | 30:03 | 29:39 |
| 300 | Menno Kouwenberg | 's-Gravenhage | 30:06 | 26:41 |
| 301 | Hans van Asch | 's-Gravenhage | 30:07 | 29:12 |
| 302 | Yves Brender a Brandis | Sparta | 30:08 | 29:49 |
| 303 | Yorrick Verhoef | 's-Gravenhage | 30:08 | 28:57 |
| 304 | John Heskés | Naaldwijk | 30:09 | 28:14 |
| 305 | Startnummer 2638 | HagaZiekenhuis - 3 | 30:09 | 29:48 |
| 306 | Tresor Shema | Uden | 30:11 | 28:22 |
| 307 | Peter Hesseling | 's-Gravenhage | 30:12 | 29:02 |
| 308 | Dennis Brocker | Leidschendam | 30:13 | 29:45 |
| 309 | Ron Kalleméin | Voorburg | 30:14 | 28:05 |
| 310 | Richard Stikkelman | Honselersdijk | 30:16 | 26:37 |
| 311 | Lloyd MacLennan | | 30:16 | 26:38 |
| 312 | Stas Hagemans | T-Mobile - 1 | 30:17 | 26:07 |
| 313 | Craig Kew | Aramco Overseas Comp | 30:18 | 29:59 |
| 314 | Bert Schuurkamp | Harderwijk | 30:23 | 29:54 |
| 315 | JM Wigman | 's-Gravenhage | 30:25 | 27:16 |
| 316 | Bart Noe | NMa - 1 | 30:27 | 30:22 |
| 317 | Peter van der Breggen | Voorburg | 30:28 | 29:17 |
| 318 | Max van der Wal | 's-Gravenhage | 30:29 | 27:21 |
| 319 | Stan van Hooft | Wateringen | 30:32 | 27:57 |
| 320 | Jorma Pols | Rijswijk Zh | 30:32 | 28:45 |
| 321 | Quincy Romney | 's-Gravenhage | 30:36 | 28:40 |
| 322 | Qungang Pang | CB&I Lummus - 2 | 30:38 | 30:30 |
| 323 | Roel Verhulst | Wateringen | 30:39 | 28:05 |
| 324 | Felix Willemsen | 's-Gravenhage | 30:40 | 30:07 |
| 325 | Lukas van Rijn | 's-Gravenhage | 30:43 | 29:29 |
| 326 | Rick Vermeulen | Dunea - 1 | 30:43 | 30:31 |
| 327 | Henk Kampinga | Aramco Overseas Comp | 30:44 | 30:22 |
| 328 | Ralph van Melick | Wassenaar | 30:44 | 29:01 |
| 329 | Tim de Groot | Dunea - 1 | 30:48 | 30:36 |
| 330 | Daan Ruha | 's-Gravenhage | 30:50 | 30:07 |
| 331 | Gerrit Terpstra | | 30:52 | 29:09 |
| 332 | Eric Delacour | Rijswijk Zh | 30:53 | 29:15 |
| 333 | Nico Parlevliet | 's-Gravenhage | 30:54 | 29:58 |
| 334 | Rene Brandenburg | 's-Gravenhage | 30:55 | 29:35 |
| 335 | Martin Springer | Wassenaar | 30:57 | 28:36 |
| 336 | Vincent Lau | 's-Gravenhage | 30:58 | 26:20 |
| 337 | Tom Ros | 's-Gravenhage | 31:01 | 28:17 |
| 338 | Stefan Dammers | Delft | 31:06 | 26:46 |
| 339 | Stephan Alsemgeest | Naaldwijk | 31:07 | 29:12 |
| 340 | Michel Neervoort | Naaldwijk | 31:07 | 29:13 |
| 341 | Tom Bruggeman | 's-Gravenhage | 31:07 | 28:13 |
| 342 | David Chan | Sogeti Nederland B.V | 31:09 | 29:36 |
| 343 | Rowy Lennards | 's-Gravenhage | 31:10 | 29:46 |
| 344 | Teun Hamelink | 's-Gravenhage | 31:10 | 30:34 |
| 345 | Pepijn van Hattem | 's-Gravenhage | 31:10 | 30:34 |
| 346 | Roald Sitaldien | KPN - 1 | 31:11 | 27:41 |
| 347 | Coen Wilders | Amersfoort | 31:12 | 28:58 |
| 348 | Jasper Pieterse | 's-Gravenhage | 31:14 | 30:33 |
| 349 | Raymond Zee | 's-Gravenhage | 31:17 | 30:43 |
| 350 | Steven Raven | 's-Gravenhage | 31:17 | 27:29 |
| 351 | Eduard Kluyver | Hazerswoude-Rijndijk | 31:17 | 30:19 |
| 352 | Frank van Schie | Delft | 31:18 | 30:25 |
| 353 | Johannes Kieft | Nieuwegein | 31:20 | 30:58 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 354 | Erik Vriens | Voorburg | 31:20 | 30:16 |
| 355 | Rob Muller | Rijswijk Zh | 31:21 | 29:28 |
| 356 | Berry Veen | Ilion | 31:23 | 30:01 |
| 357 | Bram Haanen | 's-Gravenhage | 31:25 | 28:53 |
| 358 | Max Pieterse | 's-Gravenhage | 31:27 | 30:44 |
| 359 | Tony Chu | Mn Services - 1 | 31:30 | 29:11 |
| 360 | Tim van der Schans | Rotterdam | 31:30 | 28:25 |
| 361 | Jan Kwakkel | Vroomshoop | 31:30 | 29:17 |
| 362 | Gijs Brandjes | BHPBilliton - 2 | 31:31 | 28:01 |
| 363 | Jeroen de Lozanne | Leidschendam | 31:32 | 30:35 |
| 364 | Xander Orth | TOPdesk - 1 | 31:35 | 31:24 |
| 365 | Sebastiaan Carati | 's-Gravenhage | 31:37 | 30:05 |
| 366 | Leon Rolvink | | 31:38 | 29:40 |
| 367 | Glenn Oosterveen | | 31:39 | 29:40 |
| 368 | Ronald Jansen | Leiderdorp | 31:39 | 29:29 |
| 369 | Felix Brongers | 's-Gravenhage | 31:40 | 29:54 |
| 370 | Michiel Bodemeijer | 's-Gravenhage | 31:40 | 29:04 |
| 371 | Alexander de Ranitz | 's-Gravenhage | 31:40 | 31:28 |
| 372 | Janneke Pater | 's-Gravenhage | 31:40 | 31:13 |
| 373 | Harry Mulder | Leiden | 31:41 | 30:21 |
| 374 | Colin A Campbell | 's-Gravenhage | 31:42 | 28:21 |
| 375 | Arco de Braak | 's-Gravenhage | 31:43 | 29:39 |
| 376 | Jesus Caeiro Mouzo | Energie | 31:44 | 30:38 |
| 377 | Jos Toeteneel | De Koplopers | 31:45 | 27:03 |
| 378 | Cesim Akcay | Leidschendam | 31:45 | 29:35 |
| 379 | Roel Schats | Voorburg | 31:46 | 30:29 |
| 380 | Aus Norder | Gemeente/Den Haag Ma | 31:47 | 31:22 |
| 381 | Cas de Koning | | 31:50 | 30:36 |
| 382 | Marc De Wit | Delft | 31:51 | 30:53 |
| 383 | Jasper Springer | Nijmegen | 31:52 | 28:55 |
| 384 | Michel Kershof | Zoetermeer | 31:52 | 29:13 |
| 385 | Cees Overdevest | Wassenaar | 31:53 | 30:36 |
| 386 | Joey Kooij | 's-Gravenhage | 31:53 | 29:48 |
| 387 | Joris Pijpers | Leidschendam | 31:55 | 29:19 |
| 388 | Diederick Buijs | 's-Gravenhage | 31:56 | 31:22 |
| 389 | Roderick Wijsmuller | 's-Gravenhage | 31:56 | 30:48 |
| 390 | Victor de Leeuw | 's-Gravenhage | 31:57 | 28:45 |
| 391 | Lucas de Leeuw | 's-Gravenhage | 31:57 | 28:46 |
| 392 | Hayo ter Burg | 's-Gravenhage | 32:01 | 31:36 |
| 393 | Rob van Ruitenbergh | Zoetermeer | 32:01 | 30:34 |
| 394 | Jan Philipse | 's-Gravenhage | 32:02 | 31:37 |
| 395 | Hedser Visser | Zoetermeer | 32:02 | 30:34 |
| 396 | Philip Wijsmuller | 's-Gravenhage | 32:02 | 30:53 |
| 397 | Pieter van Berckel | 's-Gravenhage | 32:08 | 31:28 |
| 398 | Ferdi Jansen | Rotterdam | 32:09 | 30:46 |
| 399 | Frank van der Helm | | 32:10 | 28:50 |
| 400 | Reinhard Will | 's-Gravenhage | 32:12 | 31:05 |
| 401 | John-John van Aerde | 's-Gravenhage | 32:14 | 27:46 |
| 402 | Stefan Avramtchev | IJsselstein Ut | 32:14 | 29:41 |
| 403 | Julien Izeboud | | 32:16 | 31:03 |
| 404 | Diederick Hees | | 32:16 | 31:29 |
| 405 | Maurice Vonk | | 32:17 | 31:20 |
| 406 | Raymond van Hattem | 's-Gravenhage | 32:21 | 31:45 |
| 407 | Matthijs Heemskerk | 's-Gravenhage | 32:22 | 32:14 |
| 408 | Pieter Kortenbach | Zoetermeer | 32:23 | 30:03 |
| 409 | Miguel Pereira | BHPBilliton - 1 | 32:24 | 31:46 |
| 410 | Robert Pronk | | 32:24 | 31:08 |
| 411 | Jaime López y López | Wassenaar | 32:26 | 32:00 |
| 412 | Gijs de Clercq | Voorburg | 32:28 | 31:11 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 413 | René Willemse | 's-Gravenhage | 32:33 | 30:38 |
| 414 | Dio Lessing | Wassenaar | 32:33 | 31:46 |
| 415 | Tom Spa | 's-Gravenhage | 32:35 | 31:03 |
| 416 | Koen Frantzen | | 32:36 | 28:57 |
| 417 | Daan de Jonge | 's-Gravenhage | 32:37 | 31:05 |
| 418 | Coen Staal | Amersfoort | 32:39 | 30:25 |
| 419 | Roderic Will | 's-Gravenhage | 32:40 | 31:32 |
| 420 | Ali Erdem | Rijswijk Zh | 32:45 | 29:39 |
| 421 | Wiger Middelkamp | Houten | 32:45 | 30:07 |
| 422 | René Kiebert | 's-Gravenhage | 32:46 | 29:17 |
| 423 | Derk Rietveld | Wassenaar | 32:48 | 28:08 |
| 424 | Parkash Ramai | 's-Gravenhage | 32:48 | 31:51 |
| 425 | Eric-jan Leeuw | Delft | 32:49 | 29:08 |
| 426 | Eduardo Islas | 's-Gravenhage | 32:49 | 32:25 |
| 427 | Rick Schreuder | | 32:50 | 32:32 |
| 428 | Harold Mets | Zoetermeer | 32:52 | 29:32 |
| 429 | Marijn Hokke | Voorburg | 32:54 | 30:37 |
| 430 | Patrick Wouters | Leiden | 32:54 | 30:37 |
| 431 | Dick Gunst | 's-Gravenhage | 32:54 | 30:03 |
| 432 | Simon Jansson | Nieuwerkerk ad IJsse | 32:54 | 28:35 |
| 433 | Jianyao Jin | 's-Gravenhage | 32:54 | 31:30 |
| 434 | René Loman | 's-Gravenhage | 32:54 | 31:39 |
| 435 | Zhigang Jin | 's-Gravenhage | 32:54 | 31:31 |
| 436 | Eric Kreupeling | | 32:55 | 32:21 |
| 437 | Pieter Lycklama | 's-Gravenhage | 32:55 | 30:38 |
| 438 | Fabien Moene | ANWB - 2 | 32:55 | 32:45 |
| 439 | Andre Westerink | | 32:55 | 29:04 |
| 440 | Jerry Sluis | 's-Gravenhage | 32:57 | 30:36 |
| 441 | Ton Mooijekind | De Spartaan | 32:57 | 30:49 |
| 442 | Rob Stoop | 's-Gravenhage | 32:57 | 29:42 |
| 443 | Jesper Lourens | | 32:58 | 30:52 |
| 444 | Albert de Bakker | Wageningen | 33:01 | 31:40 |
| 445 | Aad Molenaar | Naaldwijk | 33:02 | 29:12 |
| 446 | Caspar van Ommen | KPN - 2 | 33:05 | 28:51 |
| 447 | John Konijn | Realign BV - 1 | 33:05 | 30:35 |
| 448 | Frans de Bruijn | | 33:06 | 31:20 |
| 449 | Edwin Wegkamp | | 33:06 | 32:12 |
| 450 | René Willemsen | 's-Gravenhage | 33:11 | 32:38 |
| 451 | Bob Caminada | 's-Gravenhage | 33:18 | 31:03 |
| 452 | Danyo Romijn | 's-Gravenhage | 33:19 | 30:17 |
| 453 | Bart Caminada | 's-Gravenhage | 33:23 | 31:09 |
| 454 | Renzo Reinhardt | Rijswijk Zh | 33:24 | 30:34 |
| 455 | Harold Scherpenhuizen | 's-Gravenhage | 33:25 | 29:14 |
| 456 | Hidde Mekking | 's-Gravenhage | 33:25 | 31:10 |
| 457 | Michiel Hendriks | 's-Gravenhage | 33:27 | 29:53 |
| 458 | Bastiaan van Gilst | 's-Gravenhage | 33:29 | 33:17 |
| 459 | Maarten Verzijl | 's-Gravenhage | 33:29 | 29:31 |
| 460 | Wouter Scholten | 's-Gravenhage | 33:30 | 31:48 |
| 461 | Jan Cees Vel | 's-Gravenhage | 33:30 | 29:51 |
| 462 | Hans Keessen | 's-Gravenhage | 33:31 | 32:45 |
| 463 | Floris Blok | 's-Gravenhage | 33:31 | 32:58 |
| 464 | Rob de Vries | 's-Gravenhage | 33:31 | 31:45 |
| 465 | Rieno Pier | Goutum | 33:33 | 33:17 |
| 466 | Floris van Haarst | 's-Gravenhage | 33:34 | 29:01 |
| 467 | Peter Ververs | ANWB - 1 | 33:35 | 33:26 |
| 468 | Rob Ferwerda | Sparta | 33:37 | 30:00 |
| 469 | Thomas van der Wardt | Purmerend | 33:38 | 31:49 |
| 470 | Harmen Bijster | Voorburg | 33:39 | 31:46 |
| 471 | Jaap van den Akker | Sogeti Nederland B.V | 33:40 | 31:52 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 472 | Edu Janssen | Azivo Zorgverzekeraa | 33:42 | 31:13 |
| 473 | Milan Kuypers | 's-Gravenhage | 33:43 | 29:14 |
| 474 | Mel Treub | Makkum Fr | 33:43 | 29:53 |
| 475 | Seyf Armut | Azivo Zorgverzekeraa | 33:43 | 31:17 |
| 476 | Jacques Lock | 's-Gravenhage | 33:43 | 32:32 |
| 477 | Hanno van Megchelen | 's-Gravenhage | 33:45 | 29:17 |
| 478 | Erwin Blokker | Amsterdam Zuidoost | 33:45 | 32:47 |
| 479 | Jan Schenkeveld | Den Hoorn Zh | 33:46 | 32:23 |
| 480 | Rob Huisman | 's-Gravenhage | 33:47 | 31:23 |
| 481 | Steven van Veenendaal | Amsterdam | 33:51 | 31:11 |
| 482 | Simeon Vos | 's-Gravenhage | 33:52 | 30:06 |
| 483 | Dirk Vleming | 's-Gravenhage | 33:53 | 30:48 |
| 484 | Derk Diemont | Utrecht | 33:54 | 29:36 |
| 485 | Emile Curfs | 's-Gravenhage | 33:54 | 31:24 |
| 486 | Bart Limpens | 's-Gravenhage | 33:55 | 32:40 |
| 487 | Hans Blom | Assen | 33:56 | 32:37 |
| 488 | Rob Woning | Bergschenhoek | 33:56 | 32:25 |
| 489 | Raoul Delacour | Rijswijk Zh | 33:57 | 32:19 |
| 490 | Laurens van Arnhem | | 33:58 | 30:55 |
| 491 | Leo Verkerk | 's-Gravenhage | 34:00 | 33:11 |
| 492 | Gregor Vos | 's-Gravenhage | 34:02 | 30:16 |
| 493 | Graham Kleinegris | 's-Gravenhage | 34:02 | 30:34 |
| 494 | Henny van der Pot | Wateringen | 34:05 | 31:37 |
| 495 | Sven Middelkoop | Realign BV - 1 | 34:05 | 30:27 |
| 496 | Hans van Geloven | 's-Gravenhage | 34:06 | 29:35 |
| 497 | Gerard Verhulst | Leidschendam | 34:10 | 30:10 |
| 498 | Fred van der Steenhove | Scorpio | 34:15 | 33:35 |
| 499 | Marcel Soonieus | Moordrecht | 34:15 | 32:30 |
| 500 | Pieter Klopper | 's-Gravenhage | 34:16 | 31:10 |
| 501 | Marco Kok | Benthuizen | 34:16 | 31:11 |
| 502 | Startnummer 2828 | Gemeente/Den Haag Ma | 34:19 | 33:51 |
| 503 | Jakob Leeuwen | 's-Gravenhage | 34:20 | 34:08 |
| 504 | Ferry van Hagen | 's-Gravenhage | 34:20 | 32:15 |
| 505 | Theo Thijssen | Leiden Road Runners | 34:20 | 30:39 |
| 506 | Kees van Ommen | KPN - 2 | 34:23 | 30:09 |
| 507 | Johan de Bruin | | 34:24 | 33:30 |
| 508 | Jan-Martijn Knip | Rijswijk Zh | 34:26 | 31:15 |
| 509 | Stephen Crawford | 's-Gravenhage | 34:26 | 29:45 |
| 510 | Werner Overdijk | 's-Gravenhage | 34:26 | 31:48 |
| 511 | Jean Beijleveld | Dutch Runners Basic | 34:29 | 32:17 |
| 512 | Reinier van Delden | 's-Gravenhage | 34:31 | 32:59 |
| 513 | Paul Alsemgeest | 's-Gravenhage | 34:32 | 31:22 |
| 514 | Jim Alsemgeest | 's-Gravenhage | 34:32 | 31:23 |
| 515 | Michel Michon | Delfgauw | 34:32 | 31:23 |
| 516 | Wesley Schwengle | T-Mobile - 1 | 34:33 | 30:23 |
| 517 | Marco de Jong | 's-Gravenhage | 34:36 | 32:44 |
| 518 | Sean Creegan | 's-Gravenhage | 34:38 | 31:28 |
| 519 | Coen Bakker | 's-Gravenhage | 34:40 | 30:22 |
| 520 | Gert-Jan Broere | 's-Gravenhage | 34:40 | 32:12 |
| 521 | Eric Hendriks | Wateringen | 34:40 | 32:41 |
| 522 | Gerard van Hunen | 's-Gravenhage | 34:44 | 32:32 |
| 523 | Tom Glasbeek | Leiderdorp | 34:45 | 31:20 |
| 524 | Jeroen Boshuijzen | Leeuwarden | 34:45 | 33:51 |
| 525 | Will Boshuijzen | Zoetermeer | 34:45 | 33:50 |
| 526 | Tim Glasbeek | Leiderdorp | 34:46 | 31:21 |
| 527 | Kevin Bellekom | Wateringen | 34:46 | 32:11 |
| 528 | Jasper Witterman | Wateringen | 34:47 | 32:12 |
| 529 | Reynaud Mulder | 's-Gravenhage | 34:48 | 33:20 |
| 530 | Raoul van den Berg | 's-Gravenhage | 34:49 | 32:18 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 531 | Sven Hoogenraad | 's-Gravenhage | 34:53 | 30:24 |
| 532 | Jasper Huizinga | 's-Gravenhage | 34:54 | 30:18 |
| 533 | Danny van de Staij | 's-Gravenhage | 34:55 | 31:50 |
| 534 | Eric in 't Veld | Rijswijk Zh | 34:55 | 33:53 |
| 535 | Jeroen Mulder | Sogeti Nederland B.V | 34:56 | 33:25 |
| 536 | Garry Barclay | Almere | 35:02 | 32:28 |
| 537 | Jair Lampe | 's-Gravenhage | 35:06 | 31:34 |
| 538 | Gaby Hoolwerf | 's-Gravenhage | 35:06 | 31:45 |
| 539 | Casper Kouwenberg | 's-Gravenhage | 35:06 | 31:14 |
| 540 | Ferry Hofland | Mn Services - 2 | 35:06 | 33:11 |
| 541 | Dirk Geertman | 's-Gravenhage | 35:11 | 32:18 |
| 542 | Qin Crebas | 's-Gravenhage | 35:12 | 31:10 |
| 543 | Anton Karjantika | | 35:12 | 33:56 |
| 544 | Chris Verhulst | Leidschendam | 35:13 | 31:26 |
| 545 | Jan Meeuwissen | Lisse | 35:13 | 33:19 |
| 546 | Derby Haagsma | Rotterdam | 35:15 | 32:33 |
| 547 | Jeroen Meijer | 's-Gravenhage | 35:15 | 32:08 |
| 548 | Max Meijer | 's-Gravenhage | 35:16 | 32:10 |
| 549 | René Gankema | Zoetermeer | 35:20 | 34:23 |
| 550 | Wouter Bakker | 's-Gravenhage | 35:21 | 31:03 |
| 551 | Shantanu Nandgavkar | CB&I Lummus - 2 | 35:24 | 35:16 |
| 552 | Edwin Stauthamer | 's-Gravenhage | 35:31 | 31:33 |
| 553 | Pjotr Fellingier | Fortuna | 35:33 | 31:50 |
| 554 | Ronald Verbakel | 's-Gravenhage | 35:36 | 32:28 |
| 555 | Sander Hartogh | 's-Gravenhage | 35:37 | 34:07 |
| 556 | Bastiaan Brouwer | Limmen | 35:37 | 31:47 |
| 557 | Ronald van Leersum | 's-Gravenhage | 35:37 | 33:02 |
| 558 | Angelo Calmero | Mn Services - 1 | 35:39 | 33:19 |
| 559 | Patrick de Ruiter | | 35:40 | 31:34 |
| 560 | Paul Bakker | 's-Gravenhage | 35:40 | 31:23 |
| 561 | Stephan de Ruiter | | 35:41 | 31:34 |
| 562 | Ewout Boelens | Rijswijk Zh | 35:41 | 33:05 |
| 563 | Gert Jan Prummel | 's-Gravenhage | 35:41 | 33:07 |
| 564 | Arnold Corstanje | Vlaardingingen | 35:41 | 32:36 |
| 565 | Glenn van den Broek | Zoetermeer | 35:48 | 31:28 |
| 566 | Daan Schoonhoven | 's-Gravenhage | 35:49 | 31:28 |
| 567 | Micro Matab | 's-Gravenhage | 35:50 | 32:47 |
| 568 | Oscar Mechielsen | | 35:53 | 33:03 |
| 569 | Hans Fakkal | Nootdorp | 35:54 | 34:10 |
| 570 | Tjebbe Treub | Makkum Fr | 35:54 | 32:04 |
| 571 | Ron van der Parren | Maassluis | 35:55 | 32:25 |
| 572 | Milene Raimondi | Leidschendam | 35:55 | 33:53 |
| 573 | Jan van Rijn | 's-Gravenhage | 35:59 | 34:44 |
| 574 | Jesse Mc Duling | BHPBilliton - 2 | 36:00 | 34:26 |
| 575 | Jaap Hartogh | 's-Gravenhage | 36:02 | 34:32 |
| 576 | Mike Krul | Wateringen | 36:03 | 33:31 |
| 577 | Martin Zweegman | 's-Gravenhage | 36:04 | 34:05 |
| 578 | Pieter Springer | Zoetermeer | 36:05 | 33:44 |
| 579 | Edward Keus | 's-Gravenhage | 36:05 | 35:08 |
| 580 | René van der Bij | 's-Gravenhage | 36:06 | 34:25 |
| 581 | Ari-Peter de Ruiter | | 36:07 | 31:59 |
| 582 | Jan Willem Klopper | 's-Gravenhage | 36:09 | 33:02 |
| 583 | Jurriaan Peters | 's-Gravenhage | 36:09 | 33:48 |
| 584 | Hans Peters | 's-Gravenhage | 36:10 | 33:48 |
| 585 | Yves Boeltjes de Vries | Wassenaar | 36:11 | 32:42 |
| 586 | Ties Boeltjes de Vries | Wassenaar | 36:12 | 32:42 |
| 587 | Peter van Russen Groen | 's-Gravenhage | 36:13 | 33:59 |
| 588 | Louis Brouwer | 's-Gravenhage | 36:14 | 35:35 |
| 589 | AdJan Brouwer | 's-Gravenhage | 36:14 | 35:33 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 590 | Stijn Terwindt | Voorburg | 36:17 | 32:08 |
| 591 | Marcel van Huessen | Nootdorp | 36:17 | 35:46 |
| 592 | Jos van der Horst | 's-Gravenhage | 36:21 | 31:48 |
| 593 | AP Couzy | Voorburg | 36:22 | 34:51 |
| 594 | Melchior Terwindt | Voorburg | 36:23 | 32:14 |
| 595 | Jerry Bhoedjang | 's-Gravenhage | 36:23 | 34:45 |
| 596 | Xander Barents | KPN - 3 | 36:25 | 34:59 |
| 597 | Jeffrey Stassen | 's-Gravenhage | 36:29 | 32:05 |
| 598 | Anton van der Kruk | 's-Gravenhage | 36:30 | 33:45 |
| 599 | Rogier van Roosmalen | 's-Gravenhage | 36:37 | 34:37 |
| 600 | Björn Vroomen | NMa - 1 | 36:39 | 33:21 |
| 601 | Joost de Graaf | 's-Gravenhage | 36:41 | 35:12 |
| 602 | Joris Geertman | 's-Gravenhage | 36:43 | 33:50 |
| 603 | Joost Schoonhoven | 's-Gravenhage | 36:44 | 32:22 |
| 604 | Martijn Schoonhoven | 's-Gravenhage | 36:49 | 32:28 |
| 605 | Gabor Herrie | Maassluis | 36:51 | 34:12 |
| 606 | Koen Huijbens | 's-Gravenhage | 36:52 | 34:41 |
| 607 | Darryl Troenoredjo | 's-Gravenhage | 36:55 | 35:54 |
| 608 | Lorenzo Laloe | 's-Gravenhage | 36:55 | 35:54 |
| 609 | Erik Troenoredjo | 's-Gravenhage | 36:55 | 35:54 |
| 610 | Willem van der Linden | | 36:56 | 34:09 |
| 611 | Tilman Müller-Kirsch | 's-Gravenhage | 36:56 | 35:48 |
| 612 | Philipp Müller-Kirsch | 's-Gravenhage | 36:57 | 35:49 |
| 613 | Jan Jansen | Nieuw-Vennep | 36:57 | 33:16 |
| 614 | Joshua Vink | Ede Gld | 36:59 | 33:27 |
| 615 | William Vink | Ede Gld | 36:59 | 33:27 |
| 616 | Gaston vd Weide | Wateringen | 37:01 | 34:28 |
| 617 | Udo Vlijter | | 37:06 | 36:02 |
| 618 | Floor Toetenel | De Koplopers | 37:06 | 32:22 |
| 619 | Nick Nahuijs | Zoetermeer | 37:10 | 32:54 |
| 620 | Startnummer 2676 | ETTU - 1 | 37:11 | 33:26 |
| 621 | Martijn Bleikertz | ETTU - 1 | 37:11 | 33:27 |
| 622 | Rogier Duurkoop | ETTU - 1 | 37:12 | 33:17 |
| 623 | Jordi Weber | ETTU - 1 | 37:12 | 33:19 |
| 624 | Brian van Bugnum | Krimpen aan den IJss | 37:14 | 33:31 |
| 625 | Bibian Brinkers | Zoetermeer | 37:17 | 36:50 |
| 626 | Oscar Brinkers | Zoetermeer | 37:17 | 36:50 |
| 627 | Rob Rommelse | Strijen | 37:18 | 34:04 |
| 628 | Sarwan Santhoki | 's-Gravenhage | 37:19 | 36:51 |
| 629 | Sjaak van Steenwijk | | 37:20 | 36:06 |
| 630 | Boudewijn Wildeman | Voorburg | 37:20 | 33:53 |
| 631 | Willem Roos | 's-Gravenhage | 37:22 | 35:06 |
| 632 | Niels Hamoen | Realign BV - 1 | 37:22 | 33:44 |
| 633 | Remy Ris | 's-Gravenhage | 37:22 | 35:17 |
| 634 | Andi Sugeng | T-Mobile - 1 | 37:22 | 35:00 |
| 635 | Edgar Buijs | 's-Gravenhage | 37:25 | 34:09 |
| 636 | Ferdij Wapenaar | Imtech Building Serv | 37:26 | 37:21 |
| 637 | Andre Singosari | 's-Gravenhage | 37:28 | 36:22 |
| 638 | Hans van Rhee | 's-Gravenhage | 37:32 | 34:29 |
| 639 | Rene Klein | Rijnsburg | 37:38 | 37:07 |
| 640 | Remy Nohar | 's-Gravenhage | 37:38 | 33:01 |
| 641 | Jody Olgers | 's-Gravenhage | 37:46 | 34:46 |
| 642 | Matthijs Koorn | the Hague Road Runne | 37:48 | 33:34 |
| 643 | Jacques Schaaf | 's-Gravenhage | 37:48 | 36:43 |
| 644 | Harvey Schaaf | 's-Gravenhage | 37:48 | 36:43 |
| 645 | Richard Singer | KPN - 1 | 37:49 | 34:17 |
| 646 | Boris Gertsovskiy | BHPBilliton - 2 | 37:51 | 37:04 |
| 647 | Maurice Duk | 's-Gravenhage | 37:59 | 34:47 |
| 648 | Paul Niehe | KPN - 2 | 38:01 | 37:23 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 649 | Timon Niehe | KPN - 2 | 38:01 | 37:23 |
| 650 | Marijn van Eck | 's-Gravenhage | 38:06 | 33:25 |
| 651 | Leo Bertram | 's-Gravenhage | 38:09 | 34:47 |
| 652 | Leandro Dielis | | 38:12 | 34:44 |
| 653 | Enes Atci | 's-Gravenhage | 38:13 | 33:33 |
| 654 | André Pronk | 's-Gravenhage | 38:14 | 36:06 |
| 655 | Ton van der Starre | 's-Gravenhage | 38:14 | 36:06 |
| 656 | Dick van Vliet | Zoetermeer | 38:16 | 36:47 |
| 657 | Marijn Valentgoed | 's-Gravenhage | 38:20 | 38:02 |
| 658 | Startnummer 2660 | HagaZiekenhuis - 5 | 38:23 | 35:51 |
| 659 | Leks van Koppen | Rijswijk Zh | 38:26 | 33:39 |
| 660 | Peter Nijboer | 's-Gravenhage | 38:26 | 37:02 |
| 661 | Guido Pols | 's-Gravenhage | 38:28 | 35:16 |
| 662 | Aram Klijn | 's-Gravenhage | 38:28 | 33:48 |
| 663 | Ivar Nolet | 's-Gravenhage | 38:29 | 33:50 |
| 664 | Fernand Izeboud | Dutch Runners Basic | 38:30 | 35:55 |
| 665 | Paul Heesen | | 38:36 | 36:26 |
| 666 | Hans Torn | 's-Gravenhage | 38:37 | 34:44 |
| 667 | Arthur Torn | Houten | 38:37 | 34:44 |
| 668 | Chris van der Bent | Hillegom | 38:37 | 34:21 |
| 669 | Rob van Erkel | 's-Gravenhage | 38:39 | 36:03 |
| 670 | Maurits Hilling | KPN - 1 | 38:39 | 38:14 |
| 671 | Jan-Ots Hilling | KPN - 1 | 38:40 | 38:15 |
| 672 | Rene Metman | Leidschendam | 38:42 | 36:28 |
| 673 | Alex Hartevelde | 's-Gravenhage | 38:54 | 34:31 |
| 674 | Laurens Hartevelde | 's-Gravenhage | 38:54 | 34:32 |
| 675 | Quinten de Wijn | 's-Gravenhage | 38:58 | 34:24 |
| 676 | Juriaan Kellerman | 's-Gravenhage | 38:59 | 34:19 |
| 677 | Eric van der Lugt | Berkel en Rodenrijs | 39:00 | 38:09 |
| 678 | Reindert Kriek | | 39:00 | 35:59 |
| 679 | Angel van der Molen | 's-Gravenhage | 39:00 | 34:24 |
| 680 | Huug Schipper | 's-Gravenhage | 39:03 | 35:25 |
| 681 | Ben Schipper | 's-Gravenhage | 39:03 | 35:25 |
| 682 | Joop Vlieg | | 39:04 | 36:14 |
| 683 | Christiaan Giovanni Ka | 's-Gravenhage | 39:06 | 34:53 |
| 684 | Bonne Hijlkema | Den Dolder | 39:06 | 35:34 |
| 685 | Cas de Bruin | | 39:12 | 37:19 |
| 686 | Hans van der Vecht | the Hague Road Runne | 39:19 | 38:17 |
| 687 | Nenne van der Meer | 's-Gravenhage | 39:22 | 36:41 |
| 688 | Wil Romijn | 's-Gravenhage | 39:25 | 38:28 |
| 689 | Rob Boer | Rotterdam | 39:26 | 34:55 |
| 690 | Maarten Kortenbach | 's-Gravenhage | 39:30 | 36:54 |
| 691 | Theo Booms | Rijswijk Zh | 39:33 | 36:42 |
| 692 | Dylan Kortenbach | 's-Gravenhage | 39:35 | 36:58 |
| 693 | Right to Play 2 | | 39:38 | 35:38 |
| 694 | Jim Boon | 's-Gravenhage | 39:45 | 35:06 |
| 695 | Vincent Horjus | 's-Gravenhage | 39:49 | 38:04 |
| 696 | Marco Horjus | 's-Gravenhage | 39:49 | 38:04 |
| 697 | Ap Mos | 's-Gravenhage | 39:55 | 36:26 |
| 698 | Remco van Groningen | | 39:57 | 36:11 |
| 699 | Edwin Vermeulen | | 39:57 | 36:11 |
| 700 | Bas Michel | 's-Gravenhage | 39:59 | 35:51 |
| 701 | Daan Michel | 's-Gravenhage | 40:00 | 35:51 |
| 702 | Ineke Hessing | 's-Gravenhage | 40:00 | 37:26 |
| 703 | Fred Herrebout | T-Mobile - 1 | 40:03 | 35:51 |
| 704 | René Kamp | Claresco BV - 1 | 40:09 | 36:52 |
| 705 | Wim de Water | HagaZiekenhuis - 5 | 40:13 | 35:43 |
| 706 | Arthur Wijnen | 's-Gravenhage | 40:21 | 37:49 |
| 707 | Martin Nelemans | 's-Gravenhage | 40:26 | 38:44 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 708 | Peter Spapens | Tilburg | 40:39 | 37:43 |
| 709 | Thomas Fest | Mn Services - 2 | 40:42 | 40:18 |
| 710 | Fred Nelemans | 's-Gravenhage | 40:55 | 39:13 |
| 711 | Bert Koning | Zwaag | 40:58 | 38:20 |
| 712 | Peter van Mullem | Bergschenhoek | 41:27 | 39:25 |
| 713 | Jan Joore | Oudenbosch | 41:37 | 38:27 |
| 714 | Remko Spaans | Realign BV - 1 | 41:39 | 38:02 |
| 715 | Nathalie Jongenelen | 's-Gravenhage | 41:40 | 38:14 |
| 716 | Fred la Croix | Ilion | 41:41 | 40:20 |
| 717 | Koen Thompson | 's-Gravenhage | 41:53 | 37:12 |
| 718 | Allard Willem Grijseel | | 41:56 | 39:55 |
| 719 | Revelino Sowidjojo | 's-Gravenhage | 42:36 | 39:33 |
| 720 | Mark Engelenburg | 's-Gravenhage | 42:42 | 38:01 |
| 721 | Robert Kapteijn | 's-Gravenhage | 42:47 | 38:34 |
| 722 | Marc vd Muijzenberg | Leiden | 43:05 | 39:06 |
| 723 | Harold Bijl | Dutch Runners Basic | 43:12 | 41:41 |
| 724 | Thomas Latcham | Leiden | 43:17 | 38:51 |
| 725 | Hans van Miert | 's-Gravenhage | 43:19 | 39:19 |
| 726 | Hans Scheffelaar | | 43:20 | 38:53 |
| 727 | Hilco van der Wilk | 's-Gravenhage | 43:26 | 39:05 |
| 728 | Ricky van der Zijden | | 44:01 | 40:22 |
| 729 | Marcel Heeren | 's-Gravenhage | 44:33 | 41:37 |
| 730 | Huibert W van der Slui | 's-Gravenhage | 44:36 | 42:28 |
| 731 | George Oranje | 's-Gravenhage | 45:06 | 42:58 |
| 732 | Emiel van Schaik | 's-Gravenhage | 45:37 | 43:16 |
| 733 | Jan Heskes | Voorburg | 45:53 | 44:58 |
| 734 | Jonathan Brady | 's-Gravenhage | 46:01 | 42:50 |
| 735 | Ronald Winter | 's-Gravenhage | 46:18 | 41:42 |
| 736 | Ilias El Cadi | Cordaid - 1 | 46:29 | 43:51 |
| 737 | Roy Keesenberg | Aramco Overseas Comp | 46:45 | 46:24 |
| 738 | Wouter Pronk | 's-Gravenhage | 48:04 | 43:40 |

VROUW, 5 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 1 | Jip Vastenburger | AV '34 | 17:28 | 17:27 |
| 2 | Anne Luijten | Olympus '70 | 18:55 | 18:53 |
| 3 | Ingrid le Comte | Olympus '70 | 19:13 | 19:11 |
| 4 | Marjolein van Marrewij | Olympus '70 | 19:37 | 19:36 |
| 5 | Leyla Rozyeva | Oegstgeest | 19:51 | 19:46 |
| 6 | Liesbeth Voorthuijsen | Haag Atletiek | 19:55 | 19:53 |
| 7 | Karlijn van Es | PAC | 19:56 | 19:50 |
| 8 | Rachel Boddy | KAV Holland | 20:07 | 20:03 |
| 9 | Diane van Es | PAC | 20:16 | 20:10 |
| 10 | Emilia Gvozdenovic | Ilion | 20:22 | 20:19 |
| 11 | Marja Zwijnenburg | Imtech Building Serv | 20:59 | 20:56 |
| 12 | Corinde van Es | PAC | 21:08 | 21:04 |
| 13 | Reinet van der Wal | AV '40 | 22:00 | 21:58 |
| 14 | Dion Timmer | Pijnacker | 22:31 | 22:21 |
| 15 | Femke Luijten | | 23:39 | 23:37 |
| 16 | Madelon van Rijn | Digital Groep - 1 | 24:46 | 24:39 |
| 17 | Anne Rietveld | PAC | 24:46 | 24:15 |
| 18 | Jill de Gier | AV '40 | 24:51 | 24:48 |
| 19 | Naomi Roeleveld | 's-Gravenhage | 24:59 | 23:53 |
| 20 | Eef Hollander | 's-Gravenhage | 25:06 | 24:57 |
| 21 | Britt de Wit | 's-Gravenhage | 25:26 | 24:17 |
| 22 | Christien Blondeau | 's-Gravenhage | 25:26 | 25:13 |
| 23 | Suzette van Haasteren | Leiderdorp | 25:27 | 24:17 |
| 24 | Merel van de Hoef | 's-Gravenhage | 25:30 | 22:53 |
| 25 | Ester Hofschreuder | 's-Gravenhage | 25:49 | 25:41 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 26 | Jiri Hasman | Aramco Overseas Comp | 25:56 | 25:43 |
| 27 | Anne-Roos Hoekstra | 's-Gravenhage | 25:58 | 25:44 |
| 28 | Luna de Wit | 's-Gravenhage | 26:01 | 24:52 |
| 29 | Saske Wentink | 's-Gravenhage | 26:03 | 26:00 |
| 30 | Veronica White | Leidschendam | 26:18 | 25:49 |
| 31 | Emma de Haas | 's-Gravenhage | 26:24 | 26:15 |
| 32 | Karin Imming | Uitgeest | 26:26 | 25:52 |
| 33 | Sanne Jansen | 's-Gravenhage | 26:26 | 26:17 |
| 34 | Iris van Aken | Ilion | 26:29 | 24:28 |
| 35 | Wanda Vermeulen | Dunea - 1 | 26:44 | 26:31 |
| 36 | Noor Terra | TOPdesk - 1 | 26:44 | 26:38 |
| 37 | Gianca Joling | ANWB - 1 | 26:49 | 26:41 |
| 38 | Merel van de Langkruis | Haag Atletiek | 26:50 | 26:47 |
| 39 | Marga Cloosterman | HagaZiekenhuis - 2 | 26:56 | 26:47 |
| 40 | Ilse Nijenstein | Delft | 26:57 | 26:22 |
| 41 | Yolande van Grieken | Imtech Building Serv | 26:59 | 26:54 |
| 42 | Eline Oort | Delft | 27:08 | 24:22 |
| 43 | Marijn Teunissen | HagaZiekenhuis - 4 | 27:16 | 27:11 |
| 44 | Viviana Gutierrez Tobo | 's-Gravenhage | 27:18 | 27:05 |
| 45 | Wilma Zwart | AV '40 | 27:23 | 26:42 |
| 46 | Renske van der Woerd | Noordwijk Zh | 27:23 | 25:53 |
| 47 | Zoe Hessels | 's-Gravenhage | 27:24 | 25:15 |
| 48 | Katerina Stankova | Delft | 27:26 | 26:28 |
| 49 | Saskia Boogaard | HagaZiekenhuis - 2 | 27:27 | 27:11 |
| 50 | Rinke Beekman | Voorburg | 27:31 | 27:14 |
| 51 | Leonie Prins | ROSTRA Congrescommun | 27:41 | 27:35 |
| 52 | Fatou Drame | 's-Gravenhage | 27:45 | 27:40 |
| 53 | Patricia Verbeek | HagaZiekenhuis - 5 | 27:52 | 27:36 |
| 54 | Elizah Mulder | 's-Gravenhage | 27:57 | 27:51 |
| 55 | Gina Knoester | Haag Atletiek | 27:57 | 27:52 |
| 56 | Sytske de Jong | Rotterdam | 27:58 | 27:29 |
| 57 | Linda Koot | Naaldwijk | 27:59 | 27:09 |
| 58 | Michiko Yanamoto | Utrecht | 28:01 | 27:33 |
| 59 | Anne Dorrestein | Rotterdam | 28:03 | 27:45 |
| 60 | Kirstin Poot | 's-Gravenhage | 28:06 | 27:31 |
| 61 | Else Nilsson | Voorburg | 28:08 | 27:10 |
| 62 | Kirsten van der Haagen | Rijswijk Zh | 28:13 | 26:11 |
| 63 | Rianne Snel | 's-Gravenhage | 28:14 | 27:33 |
| 64 | Barbara Bikker | 's-Gravenhage | 28:14 | 27:33 |
| 65 | Karin Astrid Siegmann | 's-Gravenhage | 28:15 | 26:16 |
| 66 | Virgie Hendriksen | Mn Services - 2 | 28:15 | 28:08 |
| 67 | Francine Rutten | Mn Services - 2 | 28:16 | 28:09 |
| 68 | Nicole Rutten | Mn Services - 2 | 28:16 | 28:09 |
| 69 | Laureanne Lodewijks | Pijnacker | 28:17 | 26:54 |
| 70 | Chantal Wentink | Amsterdam | 28:18 | 27:25 |
| 71 | Maud Boegboom | | 28:19 | 26:09 |
| 72 | Selina Brinksma | 's-Gravenhage | 28:19 | 25:22 |
| 73 | Tatja Lissenberg | CB Richard Ellis - 1 | 28:20 | 27:49 |
| 74 | Eline Collombon | Heerlen | 28:27 | 27:21 |
| 75 | Floor van den Berg | Voorburg | 28:29 | 26:45 |
| 76 | Sandra Franken | 's-Gravenhage | 28:35 | 27:52 |
| 77 | Romy van Breukelen | | 28:42 | 28:37 |
| 78 | Karin Threels | Delft | 28:43 | 28:01 |
| 79 | Luna van Arendonk | 's-Gravenhage | 28:46 | 28:29 |
| 80 | Jill Niesen | BHPBilliton - 2 | 28:55 | 28:48 |
| 81 | Dominique de Vries | Nootdorp | 28:55 | 26:53 |
| 82 | Marije Teppema | ROSTRA Congrescommun | 28:55 | 28:49 |
| 83 | Charlotte Jonker | Wassenaar | 28:56 | 27:38 |
| 84 | Monique Alsem | 's-Gravenhage | 28:58 | 27:09 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 85 | Lotte Dekker | Rijswijk Zh | 29:01 | 26:58 |
| 86 | Anne Los | Amsterdam | 29:03 | 27:39 |
| 87 | Karen Hasselman | 's-Gravenhage | 29:03 | 26:54 |
| 88 | Dewi Brugge | Rijswijk Zh | 29:06 | 27:03 |
| 89 | Janneke van Mil | 's-Gravenhage | 29:09 | 27:01 |
| 90 | Stefanie van Veen | HagaZiekenhuis - 5 | 29:13 | 29:09 |
| 91 | Evelien van Tol | Rijswijk Zh | 29:15 | 29:07 |
| 92 | Janneke Enthoven | Olympus '70 | 29:15 | 27:33 |
| 93 | Petra Alibux | HagaZiekenhuis - 5 | 29:16 | 29:01 |
| 94 | Jenny Huisman | HagaZiekenhuis - 3 | 29:17 | 29:01 |
| 95 | Sanneke Molenaar | | 29:20 | 26:32 |
| 96 | Mirjam Schats | Voorburg | 29:21 | 28:03 |
| 97 | Danielle van der Horst | | 29:21 | 28:00 |
| 98 | Linda Kerpershoek | Eindhoven | 29:22 | 25:39 |
| 99 | Kelly Vis | Rotterdam | 29:23 | 28:05 |
| 100 | Brenda Wolf | | 29:23 | 29:03 |
| 101 | Arlette Ververs | ANWB - 1 | 29:25 | 29:15 |
| 102 | Yim Mee Pang | 's-Gravenhage | 29:25 | 27:28 |
| 103 | Annemiek van Gils | Claresco BV - 1 | 29:28 | 29:05 |
| 104 | Miranda Latenstein | 's-Gravenhage | 29:29 | 28:55 |
| 105 | Leonie Kooloos | Wassenaar | 29:29 | 28:18 |
| 106 | Saskia de Groot | KPN - 3 | 29:29 | 29:17 |
| 107 | Elena van der A | HagaZiekenhuis - 1 | 29:30 | 29:15 |
| 108 | Chantal van der Zon | HagaZiekenhuis - 5 | 29:31 | 29:16 |
| 109 | Stella Merkies | Aramco Overseas Comp | 29:33 | 29:08 |
| 110 | Nathalie Rikkoert | Haag Atletiek | 29:34 | 29:17 |
| 111 | Tineke Baron | Wateringen | 29:35 | 27:01 |
| 112 | Mariëtte Walraven | | 29:38 | 28:45 |
| 113 | Nike van Helden | Leiden | 29:46 | 28:33 |
| 114 | Sandra Fleischeuer | 's-Gravenhage | 29:47 | 29:06 |
| 115 | Ilonka Novak | 's-Gravenhage | 29:49 | 27:19 |
| 116 | Floor van der Pol | Rijswijk Zh | 29:50 | 27:47 |
| 117 | Irma van den Tillaart | Bergschenhoek | 29:53 | 29:29 |
| 118 | Ursula Jager | Voorburg | 29:55 | 29:30 |
| 119 | Cornelia van der Maate | 's-Gravenhage | 29:56 | 29:24 |
| 120 | Brenda Fijten | Delfgauw | 29:57 | 29:15 |
| 121 | Anouk de Roos | 's-Gravenhage | 29:59 | 28:41 |
| 122 | Linda van der Zijden | 's-Gravenhage | 29:59 | 29:21 |
| 123 | Liselot Keessen | 's-Gravenhage | 30:00 | 29:15 |
| 124 | Conny Sonneveld | 's-Gravenzande | 30:10 | 29:49 |
| 125 | Astrid Ton | 's-Gravenhage | 30:12 | 28:47 |
| 126 | Hanja Oldenburger | KPN - 3 | 30:17 | 30:05 |
| 127 | Jante Vernhout | Leiden | 30:20 | 29:39 |
| 128 | Charlotte Kujawski | Rijswijk Zh | 30:24 | 28:12 |
| 129 | Noelle Vrancken-Peeter | 's-Gravenhage | 30:26 | 28:12 |
| 130 | Floor Englebert | 's-Gravenhage | 30:28 | 26:42 |
| 131 | Ellen Rebel | De Haagse Hogeschool | 30:33 | 26:08 |
| 132 | Eveline Roest-Verduin | Huijbergen | 30:33 | 29:33 |
| 133 | Monique Nobelen | 's-Gravenhage | 30:33 | 29:51 |
| 134 | Aukje van Willigen | 's-Gravenhage | 30:35 | 27:32 |
| 135 | Kiki van der Harst | Sogeti Nederland B.V | 30:35 | 28:50 |
| 136 | Jessica Bergmans | Valkenswaard | 30:38 | 29:40 |
| 137 | Kim Mos | 's-Gravenhage | 30:38 | 29:19 |
| 138 | Marleen Sprik | Rijswijk Zh | 30:40 | 30:15 |
| 139 | Liane Koster | 's-Gravenhage | 30:43 | 30:32 |
| 140 | Nina Loman | 's-Gravenhage | 30:43 | 29:29 |
| 141 | Roxy Diephuis | 's-Gravenhage | 30:43 | 30:01 |
| 142 | Jeannette Buizer | Nieuwerkerk ad IJsse | 30:47 | 30:47 |
| 143 | Sanne Bloemendaal | | 30:47 | 27:46 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 144 | Anne Ruha | 's-Gravenhage | 30:50 | 30:07 |
| 145 | Judith Hoogeveen | Haagse Welzijnsinste | 30:51 | 30:17 |
| 146 | Chloe M Steffen | 's-Gravenhage | 30:53 | 29:25 |
| 147 | Ingrid Verbraeken | Olympus '70 | 30:54 | 28:28 |
| 148 | Angela Heidel | 's-Gravenhage | 30:54 | 29:19 |
| 149 | Eline Spits | Haag Atletiek | 30:55 | 30:37 |
| 150 | Ellen Gravemaker | 's-Gravenhage | 30:57 | 29:55 |
| 151 | Eva van der Heide | Voorburg | 30:57 | 30:28 |
| 152 | Kimberly Verschuren | Haagse Welzijnsinste | 30:57 | 30:51 |
| 153 | Kirsten Wolschrijn | 's-Gravenhage | 30:58 | 29:01 |
| 154 | Sandra Manders | Amsterdam | 30:59 | 29:12 |
| 155 | Anna van Drempt | 's-Gravenhage | 30:59 | 29:44 |
| 156 | Sylvia Ros-Nuhn | 's-Gravenhage | 31:01 | 28:18 |
| 157 | Sabine Elders | Aramco Overseas Comp | 31:02 | 30:36 |
| 158 | Lilian Brijson | the Hague Road Runne | 31:03 | 28:55 |
| 159 | Jade Zwarthoed | Volendam | 31:04 | 30:10 |
| 160 | Eveline Buddenberg | Realign BV - 1 | 31:04 | 28:34 |
| 161 | Charlotte Gelauff | Rijswijk Zh | 31:04 | 30:15 |
| 162 | Jeanine van Bemmel-Sti | 's-Gravenhage | 31:06 | 29:50 |
| 163 | Marianne Abbing | HagaZiekenhuis - 1 | 31:10 | 30:55 |
| 164 | Cathinca de Vries | 's-Gravenhage | 31:10 | 30:28 |
| 165 | Saskia ter Ellen | EUR Roadrunners | 31:14 | 28:00 |
| 166 | Kiki Janik | Heerlen | 31:15 | 27:32 |
| 167 | Nina Ebbing | Wassenaar | 31:17 | 30:06 |
| 168 | Marieke te Nijenhuis | HSK - 1 | 31:18 | 31:04 |
| 169 | Anne-Lotte Masson | 's-Gravenhage | 31:18 | 30:00 |
| 170 | Nathalie de Moyer | Wassenaar | 31:19 | 29:59 |
| 171 | Myrthe van Iterson | Azivo Zorgverzekeraa | 31:20 | 28:52 |
| 172 | Lisette van Iterson | Azivo Zorgverzekeraa | 31:20 | 28:53 |
| 173 | Lucia Kershof-Hanstede | Zoetermeer | 31:21 | 28:46 |
| 174 | Marlies Wiebenga | 's-Gravenhage | 31:23 | 30:41 |
| 175 | Antoinette van Zijl | IJsselstein Ut | 31:23 | 28:21 |
| 176 | Hilde Docter | 's-Gravenhage | 31:24 | 29:18 |
| 177 | Laura Bruijnzeels | Wassenaar | 31:24 | 30:13 |
| 178 | Isabell van Kessel | Sogeti Nederland B.V | 31:25 | 31:18 |
| 179 | Isha Dijcks | 's-Gravenhage | 31:26 | 26:58 |
| 180 | Lisette Eversteijn | Zoetermeer | 31:26 | 28:33 |
| 181 | Nicole de Groot | Dunea - 1 | 31:27 | 31:14 |
| 182 | Josephine Schiphorst-B | 's-Gravenhage | 31:28 | 29:30 |
| 183 | Vanessa Hendriks | 's-Gravenhage | 31:29 | 30:51 |
| 184 | Ghada Vrancken-Peeters | 's-Gravenhage | 31:29 | 29:11 |
| 185 | Jocelyne Franken | Almere | 31:29 | 30:26 |
| 186 | Ilse van Winden | 's-Gravenhage | 31:31 | 30:42 |
| 187 | Ruyu Lu | BHPBilliton - 2 | 31:32 | 28:02 |
| 188 | Sabine van der Woude | ROSTRA Congrescommun | 31:32 | 31:24 |
| 189 | Jessica De Bel | ROSTRA Congrescommun | 31:33 | 31:25 |
| 190 | Marjan Hols | 's-Gravenhage | 31:33 | 29:12 |
| 191 | Romy Bosman | Leidschendam | 31:34 | 27:14 |
| 192 | Geeske van Mierlo | 's-Gravenhage | 31:36 | 30:35 |
| 193 | Petra Bruggeman | Voorburg | 31:36 | 30:00 |
| 194 | Grace Waardenburg | Leiden | 31:37 | 30:53 |
| 195 | Rachel Corpeleijn-Skor | Papendrecht | 31:37 | 29:33 |
| 196 | Jildou Struiving | Surhuisterveen | 31:37 | 28:46 |
| 197 | Cara Campbell | Wassenaar | 31:37 | 27:34 |
| 198 | Caroline Koiter | Rijnsburg | 31:38 | 29:12 |
| 199 | Fleur Aalbrecht | 's-Gravenhage | 31:39 | 30:19 |
| 200 | Julie Klopper | 's-Gravenhage | 31:39 | 28:59 |
| 201 | Esther Wessels Bodemei | 's-Gravenhage | 31:40 | 29:04 |
| 202 | Jelke Scholte | 's-Gravenhage | 31:40 | 30:28 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 262 | Annemarie van Aken | 's-Gravenhage | 32:26 | 31:09 |
| 263 | Anneke van Schie | AV '40 | 32:26 | 30:19 |
| 264 | Linda van Asselt | 's-Gravenhage | 32:27 | 30:55 |
| 265 | Floske Weehuizen | 's-Gravenhage | 32:29 | 30:07 |
| 266 | Cynthia Faber | Voorburg | 32:31 | 31:14 |
| 267 | Maran Vlot | Sliedrecht | 32:32 | 28:04 |
| 268 | Ilona Lessing | Wassenaar | 32:33 | 31:46 |
| 269 | Victoria Blij | 's-Gravenhage | 32:34 | 30:09 |
| 270 | Linsey Spa | 's-Gravenhage | 32:34 | 31:02 |
| 271 | Miranda Vink | 's-Gravenhage | 32:34 | 29:32 |
| 272 | Joni Hazebroek | Haagse Welzijnsinste | 32:34 | 31:59 |
| 273 | Lidewei Dubbink | Gemeente/Den Haag Ma | 32:34 | 32:09 |
| 274 | Denise van der Hulst | Haagse Welzijnsinste | 32:35 | 31:59 |
| 275 | Froukje Lakerveld | 's-Gravenhage | 32:35 | 29:34 |
| 276 | Martine Hoogeveen | 's-Gravenhage | 32:35 | 32:10 |
| 277 | Wilma van der Voort | Olympus '70 | 32:36 | 30:10 |
| 278 | Ans Voordouw | Hoogwoud | 32:36 | 30:27 |
| 279 | Shelly Linkerhof-Crabt | Papendrecht | 32:37 | 30:33 |
| 280 | Jessica Hendriks | 's-Gravenhage | 32:38 | 28:30 |
| 281 | Riesanne Klitsie | 's-Gravenhage | 32:38 | 29:46 |
| 282 | Mariëlle Hendriks | Amsterdam | 32:38 | 28:30 |
| 283 | Wytske de Pater-Postma | 's-Gravenhage | 32:38 | 32:19 |
| 284 | Rianne van Poelje | Utrecht | 32:41 | 31:42 |
| 285 | Eva ter Stege | PAC | 32:43 | 29:54 |
| 286 | Annemieke de Kievid | Rotterdam | 32:43 | 29:53 |
| 287 | Els Kempen | 's-Gravenhage | 32:45 | 29:49 |
| 288 | Emma Theunissen | 's-Gravenhage | 32:46 | 31:31 |
| 289 | Manisha Bakas | 's-Gravenhage | 32:47 | 31:50 |
| 290 | Chris Rietveld | Wassenaar | 32:47 | 28:07 |
| 291 | Dominique van Dalen | Hoek van Holland | 32:49 | 31:31 |
| 292 | Duveke Islas | 's-Gravenhage | 32:49 | 32:25 |
| 293 | Barbara van Gessel | NMa - 1 | 32:50 | 32:44 |
| 294 | Taranjot Kaur | | 32:50 | 32:32 |
| 295 | Dalila Storm | Voorburg | 32:52 | 31:26 |
| 296 | Marie-Louise Smit | NMa - 1 | 32:52 | 32:43 |
| 297 | Ilona Cassola | Zoetermeer | 32:52 | 30:15 |
| 298 | Yuki Hatazawa | 's-Gravenhage | 32:52 | 32:46 |
| 299 | Thea Sikkas | 's-Gravenhage | 32:52 | 31:18 |
| 300 | Nikki Molenaar | 's-Gravenhage | 32:53 | 29:03 |
| 301 | Cissy Bos | Beek-Ubbergen | 32:53 | 32:00 |
| 302 | Stella den Hengst | 's-Gravenhage | 32:54 | 32:01 |
| 303 | Willeke van Hal | 's-Gravenhage | 32:55 | 30:46 |
| 304 | Daniëlle Cevering | ANWB - 1 | 32:55 | 32:47 |
| 305 | Mariëlle den Hengst | 's-Gravenhage | 32:55 | 32:01 |
| 306 | Barbara Huiskamp | 's-Gravenhage | 32:55 | 30:46 |
| 307 | Meridith Crawford | 's-Gravenhage | 32:56 | 28:14 |
| 308 | Ellen van Gent | 's-Gravenhage | 32:56 | 30:57 |
| 309 | Elma Blonk | AV '40 | 32:56 | 30:33 |
| 310 | Irene Mourits | Zoetermeer | 32:57 | 31:14 |
| 311 | Lilian Brouwer | Zoetermeer | 32:57 | 30:18 |
| 312 | Emma Insinger | 's-Gravenhage | 32:58 | 30:27 |
| 313 | Marjon de Koning | | 32:58 | 31:44 |
| 314 | Joanne Falconi | HSK - 1 | 32:59 | 32:46 |
| 315 | Andrea de Bakker | 's-Gravenhage | 33:01 | 31:40 |
| 316 | Monique van Leent-Bakk | Zoetermeer | 33:01 | 31:00 |
| 317 | Ruth Kisman | Realign BV - 1 | 33:02 | 30:32 |
| 318 | Rachel van Duijn | Realign BV - 1 | 33:02 | 30:32 |
| 319 | Kristel De Jonghe | | 33:04 | 32:23 |
| 320 | Margriet Monkou | 's-Gravenhage | 33:04 | 31:05 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 321 | Sherany Barron | 's-Gravenhage | 33:06 | 30:00 |
| 322 | Angenita Zitter-Wiegma | 's-Gravenhage | 33:07 | 30:45 |
| 323 | Natasja Ammeraal | Delft | 33:07 | 31:56 |
| 324 | Louise de Meyer | Wassenaar | 33:07 | 31:48 |
| 325 | Birthe Kulk | Wassenaar | 33:08 | 31:48 |
| 326 | Hanneke van Wijngaarde | 's-Gravenhage | 33:09 | 28:40 |
| 327 | Sujei Fernandez | 's-Gravenhage | 33:09 | 29:21 |
| 328 | Sylvia Geerling | Trimclub Clingendael | 33:10 | 31:18 |
| 329 | Julia Schipper | Cordaid - 1 | 33:12 | 30:33 |
| 330 | Sandra Bhagwandas | 's-Gravenhage | 33:12 | 31:20 |
| 331 | Laurie Novak | 's-Gravenhage | 33:12 | 31:02 |
| 332 | Marije Rozema | HagaZiekenhuis - 4 | 33:13 | 32:59 |
| 333 | Xandra Baldessari | Leidschendam | 33:15 | 32:49 |
| 334 | Shanna Holthaus | 's-Gravenhage | 33:16 | 30:01 |
| 335 | Joannemie van Dijk | Haagse Welzijnsinste | 33:16 | 29:22 |
| 336 | Annemarie Bos | HagaZiekenhuis - 1 | 33:16 | 33:02 |
| 337 | Annette Lejewaan | ANWB - 2 | 33:17 | 33:08 |
| 338 | Nadine Stikkelman | 's-Gravenhage | 33:21 | 31:54 |
| 339 | Jenneke Kramer | Leiden | 33:23 | 30:26 |
| 340 | Lucienne Hendriksen | Capelle aan den IJss | 33:25 | 31:13 |
| 341 | Marlies Sala | HagaZiekenhuis - 4 | 33:26 | 33:10 |
| 342 | Margot Baas | Wageningen | 33:28 | 32:10 |
| 343 | Petra van Gilst | 's-Gravenhage | 33:29 | 33:17 |
| 344 | Mireille Tjien Fooh | Zoetermeer | 33:29 | 32:39 |
| 345 | Bertine Stuijvenberg | Florence - 2 | 33:29 | 31:02 |
| 346 | Annelien Keessen | 's-Gravenhage | 33:31 | 32:45 |
| 347 | Marjolein Storm | HSK - 1 | 33:32 | 33:19 |
| 348 | Ellen van Rijn | | 33:33 | 30:24 |
| 349 | Nienke Pieters | Voorburg | 33:33 | 30:09 |
| 350 | Petra van Bohemen | 's-Gravenhage | 33:34 | 30:45 |
| 351 | Zoé Wijsmuller | 's-Gravenhage | 33:34 | 32:26 |
| 352 | Bernie Haspels - Groot | 's-Gravenhage | 33:35 | 29:18 |
| 353 | Ilonka Broeckhuijsen | Florence - 1 | 33:36 | 31:10 |
| 354 | Chimène Broere | 's-Gravenhage | 33:36 | 31:10 |
| 355 | Julia van Lingen | Wateringen | 33:37 | 31:39 |
| 356 | Kiomi van Dijk | Rotterdam | 33:38 | 30:02 |
| 357 | Michelle Mook | 's-Gravenhage | 33:39 | 30:17 |
| 358 | Petra Keessen-Verhagen | 's-Gravenhage | 33:39 | 32:53 |
| 359 | Cindy Tol | RRZ | 33:40 | 30:17 |
| 360 | Sandra Komduur | 's-Gravenhage | 33:40 | 30:52 |
| 361 | Petra Smits | HagaZiekenhuis - 4 | 33:40 | 33:24 |
| 362 | Edith van Paassen | Pijnacker | 33:40 | 30:23 |
| 363 | Tessa Hoenselaar | Leidschendam | 33:42 | 29:21 |
| 364 | Eveline Velthuizen | 's-Gravenhage | 33:43 | 31:04 |
| 365 | Annemieke Lijmbach | 's-Gravenhage | 33:43 | 31:05 |
| 366 | Murielle Lock | 's-Gravenhage | 33:43 | 32:32 |
| 367 | Marjan van Grootheest | Claresco BV - 1 | 33:44 | 33:20 |
| 368 | Carin Prins | Florence - 2 | 33:47 | 31:05 |
| 369 | Sonja Pot | 's-Gravenhage | 33:49 | 30:47 |
| 370 | Sara van Dijk | Hoogerheide | 33:49 | 32:49 |
| 371 | Jeanette Oosthoek | Rotterdam | 33:51 | 33:38 |
| 372 | Nicole Rolvink | | 33:51 | 31:45 |
| 373 | Lenie Arts | | 33:52 | 33:00 |
| 374 | Annabel Rog | 's-Gravenhage | 33:52 | 33:12 |
| 375 | Nicole van den Berg | | 33:53 | 32:31 |
| 376 | Monique Faverey | Oegstgeest | 33:53 | 31:22 |
| 377 | Marije van Huis | | 33:54 | 31:53 |
| 378 | Elbrich Sytske Postma | | 33:54 | 31:54 |
| 379 | Tamara Makaai | Dunea - 2 | 33:54 | 32:32 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 380 | Rebecca Warner | Rotterdam | 33:55 | 31:04 |
| 381 | Linda van der Tang | Nootdorp | 33:58 | 32:20 |
| 382 | Luce de Groot | 's-Gravenhage | 33:59 | 30:22 |
| 383 | Andrea van der Meer | | 33:59 | 30:59 |
| 384 | Nel van der Tang | Roelofarendsveen | 33:59 | 32:20 |
| 385 | Binny Wolters-Wymenga | Surhuisterveen | 33:59 | 31:08 |
| 386 | Margreet Boonacker | 's-Gravenhage | 34:01 | 33:11 |
| 387 | Maaïke Krap | 's-Gravenhage | 34:01 | 33:26 |
| 388 | Carla Wiedmann-Langstr | De Lier | 34:04 | 32:47 |
| 389 | Kim Leeftang | Rotterdam | 34:04 | 31:03 |
| 390 | Linda Berkenpas | De Lier | 34:04 | 32:48 |
| 391 | Annemyn van Nieuwenhuy | 's-Gravenhage | 34:04 | 31:39 |
| 392 | Hanneke van der Hoeven | Rotterdam | 34:06 | 30:31 |
| 393 | Siriluk Rakphong | 's-Gravenhage | 34:07 | 33:12 |
| 394 | Yvette Roodzant | Ridderkerk | 34:10 | 33:18 |
| 395 | Ashley vd Toorn | 's-Gravenhage | 34:13 | 31:32 |
| 396 | Mandy de Vries | 's-Gravenhage | 34:14 | 32:29 |
| 397 | Lilian Brederoo | Monster | 34:14 | 32:57 |
| 398 | Bernadette Molier | Voorburg | 34:15 | 32:52 |
| 399 | Natalie Knijf | Voorburg | 34:15 | 30:02 |
| 400 | Emma van Schaik | 's-Gravenhage | 34:15 | 30:39 |
| 401 | Beppie Oudhof | 's-Gravenhage | 34:17 | 32:43 |
| 402 | Abby Keus | 's-Gravenhage | 34:17 | 33:21 |
| 403 | Femke Kooij | 's-Gravenhage | 34:18 | 32:10 |
| 404 | Simone Karper | Pijnacker | 34:18 | 31:01 |
| 405 | Marlotte Zoutenbier | Wassenaar | 34:18 | 33:00 |
| 406 | Peck Robyn | Dordrecht | 34:20 | 31:38 |
| 407 | Cathalijn van Hagen | Haag Atletiek | 34:21 | 32:16 |
| 408 | Clarina van Sambeek-Bo | 's-Gravenhage | 34:21 | 32:30 |
| 409 | Petra van Beek | Voorburg | 34:21 | 32:35 |
| 410 | Judith van Zundert | Wateringen | 34:22 | 31:51 |
| 411 | Carla Swijnenburg | Zoetermeer | 34:22 | 30:32 |
| 412 | Muriel van Bohemen | ANWB - 2 | 34:22 | 34:22 |
| 413 | Sabrina Vloeijsberghs | Volendam | 34:23 | 33:28 |
| 414 | Debbie Ruland | Claresco BV - 1 | 34:24 | 34:01 |
| 415 | Ilonka Schouten | HagaZiekenhuis - 4 | 34:24 | 34:03 |
| 416 | Monique Bramsen | Rijswijk Zh | 34:25 | 32:52 |
| 417 | Kerstin Topanka | Rotterdam Atletiek | 34:26 | 31:32 |
| 418 | Natalie Veen | 's-Gravenhage | 34:27 | 34:15 |
| 419 | Nathalie Jouai | 's-Gravenhage | 34:27 | 32:50 |
| 420 | Vessela Chakarova | Voorburg | 34:28 | 33:28 |
| 421 | Hedwig Zeinstra | ANWB - 2 | 34:29 | 34:05 |
| 422 | Brigitta Koot | Voorburg | 34:29 | 32:42 |
| 423 | Carol Haas | BHPBilliton - 2 | 34:32 | 33:46 |
| 424 | Nicoline Smulders | 's-Gravenhage | 34:34 | 31:16 |
| 425 | Mien Karjantika | | 34:34 | 33:18 |
| 426 | Nathalie Lasslop | Cordaid - 1 | 34:34 | 31:56 |
| 427 | Isabelle Brand | 's-Gravenhage | 34:35 | 31:01 |
| 428 | Marja Drop | 's-Gravenzande | 34:35 | 31:58 |
| 429 | Gea van Velden | 's-Gravenzande | 34:35 | 31:59 |
| 430 | Anne Beaufort | 's-Gravenhage | 34:35 | 31:02 |
| 431 | Olga van der Meulen | 's-Gravenzande | 34:36 | 31:59 |
| 432 | Eveline Verbaarschot | 's-Gravenhage | 34:36 | 31:43 |
| 433 | Melisa Cijntje | Nieuwerkerk ad IJssse | 34:37 | 33:14 |
| 434 | Anneke Samson | 's-Gravenhage | 34:37 | 31:30 |
| 435 | Sascha Meijer | 's-Gravenhage | 34:38 | 31:54 |
| 436 | Jacqueline Alonso | 's-Gravenhage | 34:39 | 32:07 |
| 437 | Petra Kuipers | 's-Gravenhage | 34:39 | 32:17 |
| 438 | Asuka Morita | 's-Gravenhage | 34:39 | 31:08 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 439 | Elise Broere | 's-Gravenhage | 34:39 | 32:12 |
| 440 | Claudia Stellingwerf | Gemeente/Den Haag Ma | 34:39 | 34:15 |
| 441 | Roos Stikkelman | Honselersdijk | 34:40 | 32:42 |
| 442 | Susanne de Bruin | HagaZiekenhuis - 2 | 34:41 | 34:24 |
| 443 | Nancy Hendriks | Wateringen | 34:41 | 32:43 |
| 444 | Debbie Borsboom | Rijswijk Zh | 34:42 | 32:10 |
| 445 | Inge van Berk | Lekkerkerk | 34:42 | 32:11 |
| 446 | Nynke Winkelman | Barendrecht | 34:42 | 32:12 |
| 447 | Sylvia Coenen | Delft | 34:43 | 32:01 |
| 448 | Jill Hoogerwerf | Wateringen | 34:43 | 32:46 |
| 449 | Sylvia Jansen | 's-Gravenhage | 34:44 | 31:51 |
| 450 | Saskia Boshuizen | Zoetermeer | 34:45 | 33:50 |
| 451 | Sally Shahkarami | NMa - 1 | 34:46 | 34:39 |
| 452 | Marjolijn Westerhof | Cordaid - 1 | 34:46 | 32:08 |
| 453 | Lisanne de Jooden | Wassenaar | 34:48 | 33:32 |
| 454 | Marit Hoornik | Zoetermeer | 34:49 | 32:18 |
| 455 | Kathelijne Groffen | Haarlem | 34:50 | 30:34 |
| 456 | Sanne Pronk | Rijswijk Zh | 34:51 | 33:38 |
| 457 | Hester Schouten | 's-Gravenhage | 34:51 | 33:36 |
| 458 | Emma van Welij | 's-Gravenhage | 34:52 | 32:41 |
| 459 | Jillian Walker | Wassenaar | 34:52 | 32:41 |
| 460 | Jolanda Schouten | Zoetermeer | 34:54 | 33:31 |
| 461 | Miriam Schuite | Zoetermeer | 34:54 | 32:48 |
| 462 | Mary Jane Mohamadigsan | Mn Services - 2 | 34:54 | 33:00 |
| 463 | Patricia Schenk | Haarlem | 34:55 | 30:40 |
| 464 | Eva Verstegen | Wateringen | 34:57 | 33:00 |
| 465 | Quirine van Rossum | 's-Gravenhage | 34:58 | 30:53 |
| 466 | Eva Nijbakker | Zoetermeer | 34:58 | 30:59 |
| 467 | Rianne Hinze | Zoetermeer | 34:58 | 30:59 |
| 468 | Iris Molier | Voorburg | 34:59 | 33:36 |
| 469 | Juliette Kooloos | 's-Gravenhage | 34:59 | 33:36 |
| 470 | Jantine van der Sluis | Rotterdam | 35:00 | 33:31 |
| 471 | Milou Bos | | 35:00 | 31:45 |
| 472 | Marciano Raimondi | Leidschendam | 35:01 | 32:59 |
| 473 | Patrice Kam | 's-Gravenhage | 35:01 | 30:33 |
| 474 | Risa Saijo | 's-Gravenhage | 35:01 | 31:30 |
| 475 | Robin Verbon | 's-Gravenhage | 35:01 | 33:46 |
| 476 | Joke van Benthem | Soest | 35:02 | 34:42 |
| 477 | Naomi Meeuwissen | Lisse | 35:02 | 33:09 |
| 478 | Anja Koetsier | Zoetermeer | 35:03 | 33:22 |
| 479 | Jodie Toet | 's-Gravenhage | 35:03 | 31:05 |
| 480 | Wilma Verhoef | Zoetermeer | 35:05 | 33:24 |
| 481 | Linda Bottinga | Wateringen | 35:06 | 32:39 |
| 482 | River Knoop | 's-Gravenhage | 35:06 | 34:47 |
| 483 | Luna van Arendonk | 's-Gravenhage | 35:06 | 34:46 |
| 484 | Melin Crebas | 's-Gravenhage | 35:08 | 31:07 |
| 485 | Sanae Ogawa | 's-Gravenhage | 35:10 | 32:59 |
| 486 | Harriët Dierssen | 's-Gravenhage | 35:10 | 32:59 |
| 487 | Sally Aplin | 's-Gravenhage | 35:11 | 31:49 |
| 488 | Sandrine Silvius | 's-Gravenhage | 35:12 | 33:48 |
| 489 | Corine Pronk | | 35:13 | 33:56 |
| 490 | Agnes van Mil | De Lier | 35:13 | 33:03 |
| 491 | Linda de Meester | Nootdorp | 35:14 | 33:10 |
| 492 | Silvia Konig | Rotterdam | 35:15 | 32:34 |
| 493 | Henriette Phaf | 's-Gravenhage | 35:16 | 32:59 |
| 494 | Merel van Poelje | Leiden | 35:17 | 34:18 |
| 495 | Frida de Pleijt | Zoetermeer | 35:17 | 32:38 |
| 496 | Liesbeth van Bodegrave | Digital Groep - 1 | 35:18 | 35:11 |
| 497 | Sabina Mulalic | 's-Gravenhage | 35:18 | 33:37 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 498 | Annemarie Bodegom-Looz | Zoetermeer | 35:19 | 33:18 |
| 499 | Anita van Kempen | Leidschendam | 35:19 | 34:00 |
| 500 | Cornelie Geurts | 's-Gravenhage | 35:20 | 33:52 |
| 501 | Vera Sonneveld | 's-Gravenhage | 35:20 | 30:45 |
| 502 | Linda Tiemens | Ridderkerk | 35:21 | 31:02 |
| 503 | Liliane Smith | Zoetermeer | 35:21 | 30:54 |
| 504 | Marieke van Dam | Wassenaar | 35:22 | 34:04 |
| 505 | Boo Bullman | BHPBilliton - 1 | 35:24 | 33:15 |
| 506 | Noortje van Berge Hene | Zoetermeer | 35:25 | 32:45 |
| 507 | Esther Bekker | Rockanje | 35:25 | 32:30 |
| 508 | Katrin Lechte | 's-Gravenhage | 35:25 | 32:26 |
| 509 | Lesley Vervaart-Klunde | Zoetermeer | 35:26 | 32:03 |
| 510 | Angela Klein | Spijkenisse | 35:26 | 33:20 |
| 511 | Simone Wessels | Zoetermeer | 35:26 | 32:32 |
| 512 | Ingrid Krapels | HSK - 1 | 35:27 | 35:13 |
| 513 | Nadja Spaans | 's-Gravenhage | 35:27 | 33:02 |
| 514 | Samantha van de Vorste | 's-Gravenhage | 35:27 | 35:00 |
| 515 | Patty van Urk-Dam | 's-Gravenhage | 35:27 | 33:02 |
| 516 | Arianne van der Linden | | 35:28 | 32:20 |
| 517 | Lisette Lelieveld | | 35:28 | 32:20 |
| 518 | Brittany Stauthamer | 's-Gravenhage | 35:31 | 31:32 |
| 519 | Annerije Korving | Azivo Zorgverzekeraa | 35:32 | 32:49 |
| 520 | Paula Hendriksen | Zoetermeer | 35:32 | 32:49 |
| 521 | Monique Angevaare | Azivo Zorgverzekeraa | 35:32 | 32:51 |
| 522 | Nicole Fremeijer | 's-Gravenhage | 35:33 | 31:33 |
| 523 | Michelle Pronk | Rijswijk Zh | 35:34 | 34:27 |
| 524 | Rebecca van Zuylen | Wassenaar | 35:36 | 32:12 |
| 525 | Karin Sillekens | HagaZiekenhuis - 1 | 35:38 | 35:23 |
| 526 | Corine de Jager | 's-Gravenzande | 35:39 | 32:55 |
| 527 | Hetty Joustra | Woerden | 35:39 | 31:23 |
| 528 | Annemarie Pronk | Rijswijk Zh | 35:39 | 34:32 |
| 529 | Wendy Schouten | 's-Gravenhage | 35:39 | 34:22 |
| 530 | Hennie van den Heuvel | 's-Gravenhage | 35:40 | 34:21 |
| 531 | Amber van Leersum | 's-Gravenhage | 35:40 | 33:05 |
| 532 | Marieke Bruggemann-Klu | Woerden | 35:40 | 31:24 |
| 533 | Femke Prummel | 's-Gravenhage | 35:40 | 33:06 |
| 534 | Julliete Zuidervliet | 's-Gravenhage | 35:41 | 33:06 |
| 535 | Noor van der Veer | Beuningen Gld | 35:41 | 34:34 |
| 536 | Yonina van Rooijen | HagaZiekenhuis - 2 | 35:45 | 35:31 |
| 537 | Viola Bredius | Vlaardingingen | 35:46 | 31:32 |
| 538 | Kirsten Touw | 's-Gravenhage | 35:46 | 34:32 |
| 539 | Christel Verbraak | 's-Gravenhage | 35:47 | 35:10 |
| 540 | Erna Fisscher | Zoetermeer | 35:47 | 32:41 |
| 541 | Yvette Lohuis | Leidschendam | 35:47 | 32:42 |
| 542 | Meghan Brenner-Burgoyne | 's-Gravenhage | 35:48 | 32:52 |
| 543 | Hanna Bat | 's-Gravenhage | 35:48 | 32:51 |
| 544 | Annemarie Lankheet | 's-Gravenhage | 35:49 | 33:29 |
| 545 | Mirjam Tom | 's-Gravenhage | 35:50 | 33:03 |
| 546 | Kim Stobbe | Zoetermeer | 35:50 | 31:37 |
| 547 | Saffiva Matab | 's-Gravenhage | 35:50 | 32:47 |
| 548 | Tamara Overduin | Azivo Zorgverzekeraa | 35:51 | 33:11 |
| 549 | Josje Maasland | 's-Gravenhage | 35:51 | 34:46 |
| 550 | Fleur Hartogh | 's-Gravenhage | 35:51 | 34:22 |
| 551 | Bettie Voordouw | Pijnacker | 35:52 | 33:43 |
| 552 | Jacqueline Vink | 's-Gravenhage | 35:52 | 34:23 |
| 553 | Carla Jansen | Bleiswijk | 35:52 | 34:11 |
| 554 | Marlies Engel | Florence - 2 | 35:53 | 33:26 |
| 555 | Tonia Nobel | Florence - 1 | 35:53 | 33:28 |
| 556 | Anette van Sandwijk | 's-Gravenhage | 35:54 | 34:30 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 557 | Cindy Talen | 's-Gravenhage | 35:55 | 32:18 |
| 558 | Nienke van Tellingen | Groningen | 35:56 | 34:36 |
| 559 | Ine van Nunen | Tilburg Road Runners | 35:56 | 33:04 |
| 560 | Femke Wielinga | Bergschenhoek | 35:57 | 32:37 |
| 561 | Patty de Man | Zoeterwoude | 35:57 | 31:38 |
| 562 | Sandra Ritzen | Zoetermeer | 35:58 | 34:38 |
| 563 | Jose Kruidenberg | 's-Gravenhage | 35:58 | 34:52 |
| 564 | Charlotte Theunissen | 's-Gravenhage | 35:58 | 34:43 |
| 565 | Liesbeth Peters | Vlissingen | 36:00 | 33:14 |
| 566 | Irma van der Bij | 's-Gravenhage | 36:00 | 34:19 |
| 567 | Claudia Rumping | | 36:02 | 32:35 |
| 568 | Zerline Broekman | 's-Gravenhage | 36:03 | 34:50 |
| 569 | Annett Asmussen | 's-Gravenhage | 36:03 | 33:08 |
| 570 | Cateleine de Jong | De Haagse Hogeschool | 36:03 | 31:39 |
| 571 | Diana Hendriks | Florence - 2 | 36:04 | 33:24 |
| 572 | Maaïke Swart | 's-Gravenhage | 36:04 | 34:30 |
| 573 | Marjan van der Ploeg | Ureterp | 36:04 | 31:54 |
| 574 | Zoe Sargent | 's-Gravenhage | 36:05 | 34:54 |
| 575 | Annebeth van der Hage | 's-Gravenhage | 36:05 | 35:08 |
| 576 | Maureen Turina-Tumewu | Reeuwijk | 36:05 | 32:41 |
| 577 | Maria Lourijsen | 's-Gravenhage | 36:05 | 32:35 |
| 578 | Lajla Nikolic | 's-Gravenhage | 36:05 | 32:01 |
| 579 | Mandy Los | Rotterdam | 36:06 | 31:51 |
| 580 | Sharon de Vries | Leiden | 36:06 | 31:52 |
| 581 | Karen Nieuwenhuijsen | Rijswijk Zh | 36:06 | 31:53 |
| 582 | Jessica Bakker | 's-Gravenhage | 36:08 | 31:49 |
| 583 | Roxane van Zijp | Leiden | 36:08 | 33:25 |
| 584 | Miranda van Maanen | HagaZiekenhuis - 1 | 36:08 | 33:20 |
| 585 | Iris de Ruyter | 's-Gravenhage | 36:08 | 33:34 |
| 586 | Atyna Janse | Vlissingen | 36:10 | 33:25 |
| 587 | Esther Karelse | Rijswijk Zh | 36:11 | 34:03 |
| 588 | Erna Boogaard | 's-Gravenhage | 36:11 | 33:07 |
| 589 | Nienke Tenneij | Vleuten | 36:11 | 32:47 |
| 590 | Rahina Hassankhan | 's-Gravenhage | 36:12 | 34:13 |
| 591 | Annemarie van Langen | Delft | 36:12 | 34:49 |
| 592 | Sieglinde Lumsden | 's-Gravenhage | 36:14 | 35:18 |
| 593 | Isa Verweijen | 's-Gravenhage | 36:17 | 32:12 |
| 594 | Marije van der Maesen | 's-Gravenhage | 36:17 | 34:33 |
| 595 | Jannie Vogels | Rijswijk Zh | 36:17 | 34:34 |
| 596 | Julia van der Wees | 's-Gravenhage | 36:19 | 32:42 |
| 597 | Rianne Kershof | CB&I Lummus - 2 | 36:19 | 32:58 |
| 598 | Jacqueline Barto | Nieuwerkerk ad IJссе | 36:20 | 32:01 |
| 599 | Natascha van Huessen | Nootdorp | 36:20 | 35:49 |
| 600 | Dini Visker | CB&I Lummus - 1 | 36:21 | 33:00 |
| 601 | Els de la Parra | Delft | 36:22 | 31:53 |
| 602 | Lenne van Leusden | 's-Gravenhage | 36:22 | 33:37 |
| 603 | Tessa Smits | 's-Gravenhage | 36:24 | 33:26 |
| 604 | Bianca van der Mik | 's-Gravenhage | 36:25 | 34:59 |
| 605 | Rachel van der Mik | KPN - 3 | 36:25 | 35:00 |
| 606 | Sabine Horstman | 's-Gravenhage | 36:25 | 34:09 |
| 607 | Gar van der Vet | 's-Gravenhage | 36:26 | 34:09 |
| 608 | Tessa Frans | TOPdesk - 1 | 36:27 | 36:21 |
| 609 | Sareen McLay | 's-Gravenhage | 36:28 | 35:29 |
| 610 | Eva Vosmeer | Heerenveen | 36:29 | 32:19 |
| 611 | Monique Bakker | 's-Gravenhage | 36:30 | 34:14 |
| 612 | Monique Roggeveen | 's-Gravenhage | 36:31 | 33:46 |
| 613 | Wendy de Vries | Oss | 36:31 | 33:55 |
| 614 | Sandra van der Zaken | Sparta | 36:31 | 34:27 |
| 615 | Shirin Mozaffar | CB&I Lummus - 1 | 36:31 | 31:54 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 616 | Monique Hoogstad | HagaZiekenhuis - 3 | 36:33 | 35:56 |
| 617 | Elske Schalk | 's-Gravenhage | 36:33 | 33:52 |
| 618 | Maaïke Cox | CB&I Lummus - 1 | 36:35 | 31:59 |
| 619 | Christine Kersten | 's-Gravenhage | 36:36 | 33:53 |
| 620 | Sabine Claessen | Mn Services - 1 | 36:36 | 33:11 |
| 621 | Simone Koppius | Dutch Runners Basic | 36:36 | 34:28 |
| 622 | Nienke de Boer | Leidschendam | 36:37 | 32:13 |
| 623 | Kalinka Koreman | Delft | 36:37 | 32:12 |
| 624 | Patricia van Beek | 's-Gravenhage | 36:37 | 34:20 |
| 625 | Marcella ter Borg | | 36:38 | 35:50 |
| 626 | Maïke Rijkaard | Amsterdam | 36:38 | 34:34 |
| 627 | Melanie van Vugt | 's-Gravenhage | 36:38 | 34:20 |
| 628 | Beau Hillenaar | Wassenaar | 36:39 | 35:23 |
| 629 | Chanelle Overmeer | Rijswijk Zh | 36:39 | 33:19 |
| 630 | Esmiralda Jacobs | Sogeti Nederland B.V | 36:40 | 35:09 |
| 631 | Akke de Lange | Wassenaar | 36:41 | 35:24 |
| 632 | Constance Koningsberge | 's-Gravenhage | 36:41 | 35:12 |
| 633 | Mirella Guns-Walraven | Rijswijk Zh | 36:42 | 32:29 |
| 634 | Evy Kruijthof | Wateringen | 36:42 | 34:35 |
| 635 | Barbara Gerver | Utrecht | 36:43 | 32:25 |
| 636 | Anna Navarro | 's-Gravenhage | 36:44 | 35:45 |
| 637 | Anna Carmio-Cho | Aramco Overseas Comp | 36:45 | 36:24 |
| 638 | Liesbeth Heemskerk | 's-Gravenhage | 36:45 | 36:34 |
| 639 | Jessica Heijboer | | 36:48 | 32:29 |
| 640 | Elzeline Oosterveer | Leidschendam | 36:50 | 33:44 |
| 641 | Ester Berkhuijsen | 's-Gravenhage | 36:51 | 34:35 |
| 642 | Theodoortje Stuyling d | 's-Gravenhage | 36:51 | 32:35 |
| 643 | Vicki Zerfoss | 's-Gravenhage | 36:52 | 34:42 |
| 644 | Wil Hoornink-Lut | Zoetermeer | 36:53 | 34:22 |
| 645 | Fatima Ait El Houssi | Zoetermeer | 36:53 | 33:25 |
| 646 | Cynthia Schellingerhou | | 36:55 | 34:08 |
| 647 | Linda van der Willige | 's-Gravenhage | 36:55 | 35:55 |
| 648 | Michelle Jarvis | 's-Gravenhage | 36:55 | 33:42 |
| 649 | Saskia Cornets de Groo | 's-Gravenhage | 36:55 | 36:28 |
| 650 | Ariane Kruijtzter | NMa - 1 | 36:56 | 33:38 |
| 651 | Laura-Lynn Lock | 's-Gravenhage | 36:56 | 35:45 |
| 652 | Sylvie Will | 's-Gravenhage | 36:57 | 35:50 |
| 653 | Esther van Middelkoop | Florence - 2 | 36:57 | 34:34 |
| 654 | Anoesjka Singer | KPN - 2 | 36:59 | 33:27 |
| 655 | Natascha Vink | Ede Gld | 36:59 | 33:27 |
| 656 | Petra van der Heij | 's-Gravenhage | 37:01 | 34:21 |
| 657 | Anne Norder | Gemeente/Den Haag Ma | 37:02 | 36:37 |
| 658 | Ge Rechards | 's-Gravenhage | 37:02 | 33:56 |
| 659 | Ashrakat Charmy | 's-Gravenhage | 37:03 | 35:55 |
| 660 | Nicole Dubbink | Gemeente/Den Haag Ma | 37:03 | 36:37 |
| 661 | Mayra Gerritsen | 's-Gravenhage | 37:03 | 35:43 |
| 662 | Nicolette Bellis | Heemstede | 37:06 | 32:27 |
| 663 | Marijke Nagel | Florence - 2 | 37:06 | 33:09 |
| 664 | Catharina van Es | Capelle aan den IJss | 37:07 | 33:52 |
| 665 | Angelina van der Veer | Nootdorp | 37:08 | 35:27 |
| 666 | Elles Boers | 's-Gravenhage | 37:08 | 34:46 |
| 667 | Gatima van Lindert | 's-Gravenhage | 37:08 | 31:36 |
| 668 | Willemijn Robbers | Florence - 1 | 37:10 | 33:12 |
| 669 | Sylvie Nahuijs | Zoetermeer | 37:10 | 32:54 |
| 670 | Wendy Zuur | De Lier | 37:14 | 32:37 |
| 671 | Carla Bloemendaal | | 37:14 | 34:14 |
| 672 | Sanne van Rosmalen | 's-Gravenhage | 37:16 | 34:11 |
| 673 | Kimberley van de Meer | Zoetermeer | 37:16 | 34:11 |
| 674 | Ilona van Heerde | Amsterdam Zuidoost | 37:16 | 36:19 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 675 | Nasra Ininahazwe | 's-Gravenhage | 37:18 | 32:39 |
| 676 | Sharda Ramautar | 's-Gravenhage | 37:18 | 36:23 |
| 677 | Betty Zaaier | 's-Gravenhage | 37:19 | 34:43 |
| 678 | Karen Rethmeier | 's-Gravenhage | 37:20 | 33:16 |
| 679 | Daphne Johnson | 's-Gravenhage | 37:20 | 36:19 |
| 680 | Dewi Hinze | 's-Gravenhage | 37:21 | 36:19 |
| 681 | Kim Lindemans | Nootdorp | 37:21 | 36:08 |
| 682 | Astrid de Wit | 's-Gravenhage | 37:22 | 35:31 |
| 683 | Petra Roos | 's-Gravenhage | 37:22 | 35:07 |
| 684 | Olena Vlasenko | 's-Gravenhage | 37:23 | 33:11 |
| 685 | Karin Haket | 's-Gravenhage | 37:23 | 35:32 |
| 686 | Jessica van Deursen | Rotterdam | 37:24 | 35:33 |
| 687 | Brigit Homan | 's-Gravenhage | 37:24 | 35:12 |
| 688 | Joanne Pina | Haagse Welzijnsinste | 37:26 | 34:12 |
| 689 | Jolien van Vliet | Utrecht | 37:26 | 33:08 |
| 690 | Iowa Carels | 's-Gravenhage | 37:28 | 33:19 |
| 691 | Susanne Couzy | 's-Gravenhage | 37:29 | 35:57 |
| 692 | Janneke Heek | 's-Gravenhage | 37:30 | 35:19 |
| 693 | Evelien Eberhard | 's-Gravenhage | 37:30 | 35:17 |
| 694 | Yanna van der Vlucht | 's-Gravenhage | 37:30 | 33:12 |
| 695 | Erna van Lieshout | Tilburg Road Runners | 37:30 | 36:17 |
| 696 | Vivian Muiser | 's-Gravenhage | 37:31 | 33:16 |
| 697 | Wendy Schmit | Zoetermeer | 37:31 | 33:16 |
| 698 | Julia Damen | KPN - 1 | 37:35 | 37:30 |
| 699 | Rianne van der Meer | De Lier | 37:36 | 32:58 |
| 700 | Marijke Lodder | Schiedam | 37:36 | 34:21 |
| 701 | Sandy Klein | Rijnsburg | 37:37 | 37:07 |
| 702 | Henriette Mout | 's-Gravenhage | 37:38 | 34:45 |
| 703 | Benigna Pino | 's-Gravenhage | 37:38 | 35:01 |
| 704 | Rachel Barrett | BHPBilliton - 1 | 37:38 | 34:46 |
| 705 | Agaath Sluijters | Voorburg | 37:40 | 34:36 |
| 706 | Lianne Dolsma | | 37:40 | 35:38 |
| 707 | Joyce Kluts | | 37:40 | 35:38 |
| 708 | Marion Klumper | 's-Gravenhage | 37:42 | 34:28 |
| 709 | Joyce Couzy | Voorburg | 37:42 | 36:13 |
| 710 | Angelique van den Dung | 's-Gravenhage | 37:43 | 37:07 |
| 711 | Rachel Gummels | Schiedam | 37:43 | 36:05 |
| 712 | Warishna Baldew | 's-Gravenhage | 37:43 | 36:05 |
| 713 | Marissa Koopmans | Rijswijk Zh | 37:44 | 35:33 |
| 714 | Ineke Dutscher-van der | Soesterberg | 37:44 | 35:58 |
| 715 | Jose Bruins | Zoetermeer | 37:44 | 36:22 |
| 716 | Bregje van der Valk | 's-Gravenhage | 37:46 | 34:47 |
| 717 | Ute Haas | BHPBilliton - 2 | 37:47 | 37:02 |
| 718 | Nanneke Nix | Leiden | 37:49 | 33:07 |
| 719 | Iris van Leeuwen | Gemeente/Den Haag Ma | 37:49 | 37:24 |
| 720 | Sarah Keuning | 's-Gravenhage | 37:50 | 33:53 |
| 721 | Marika van Rhee | Zaandam | 37:52 | 34:49 |
| 722 | Emmy Monteiro | | 37:53 | 36:10 |
| 723 | Wilma Meijer | Voorburg | 37:55 | 36:25 |
| 724 | Grace van den Berg | 's-Gravenhage | 37:56 | 35:57 |
| 725 | Astrid van der Hoek | 's-Gravenhage | 37:57 | 34:18 |
| 726 | Vanessa Bijleveld | Leusden | 37:58 | 34:26 |
| 727 | Sanne Gooskens | 's-Gravenhage | 37:58 | 33:20 |
| 728 | Jackeline Brinkman | Voorburg | 37:59 | 34:07 |
| 729 | Justine ten Hoorn | Zoetermeer | 37:59 | 34:29 |
| 730 | Cindy Koppen-Punt | Zoetermeer | 37:59 | 34:30 |
| 731 | Bobby-anne Binnenweg | 's-Gravenhage | 38:01 | 34:22 |
| 732 | Gabry Amling-de Kovel | Nieuwerbrug aan den | 38:01 | 36:28 |
| 733 | Helen Passchier | Hekelingen | 38:01 | 36:38 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 734 | Brenda de Zwart | Nieuwerbrug aan den | 38:02 | 36:29 |
| 735 | Agnes Koenekoop | Nieuwerbrug aan den | 38:02 | 36:29 |
| 736 | Delia Chin | Rotterdam | 38:03 | 35:24 |
| 737 | Connie Alberts | Zoetermeer | 38:04 | 37:10 |
| 738 | Eef Thompson | 's-Gravenhage | 38:05 | 33:24 |
| 739 | Shifra van Witsen | 's-Gravenhage | 38:07 | 37:35 |
| 740 | Janne Erichsen | HagaZiekenhuis - 2 | 38:07 | 37:01 |
| 741 | Debora Guimaraes | Aramco Overseas Comp | 38:08 | 37:43 |
| 742 | Marloes Netten | Rijswijk Zh | 38:08 | 34:47 |
| 743 | Riwka del Canho | 's-Gravenhage | 38:08 | 37:36 |
| 744 | Esther van Eekelen | 's-Gravenzande | 38:08 | 35:25 |
| 745 | Heleen Rossing-Gerver | Utrecht | 38:10 | 33:52 |
| 746 | Ninon Lutters | Capelle aan den IJss | 38:10 | 35:37 |
| 747 | Yvonne Steeman | 's-Gravenhage | 38:10 | 33:48 |
| 748 | Ingrid Sonneveld | 's-Gravenhage | 38:12 | 33:37 |
| 749 | Saskia van Vark | Wateringen | 38:14 | 34:48 |
| 750 | Nathalie Turfboer | Wateringen | 38:14 | 34:48 |
| 751 | Cheryl Miskow | 's-Gravenhage | 38:15 | 34:06 |
| 752 | Danielle Rouw | Utrecht | 38:16 | 36:49 |
| 753 | Marcia van Rijn | 's-Gravenhage | 38:16 | 33:55 |
| 754 | Jacqueline Spaargaren | Pijnacker | 38:16 | 36:48 |
| 755 | Petra Walchenbach | Pijnacker | 38:17 | 36:57 |
| 756 | Agnes van der Drift | Aramco Overseas Comp | 38:19 | 38:07 |
| 757 | Yvonne Hendrix | 's-Gravenhage | 38:20 | 38:03 |
| 758 | Martha Redan | Vlaardingen | 38:21 | 34:15 |
| 759 | Cristina Teodorescu | CB&I Lummus - 1 | 38:21 | 33:45 |
| 760 | Bernadette van Gigch | Schiedam | 38:22 | 35:50 |
| 761 | Marianne Bontje | 's-Gravenhage | 38:22 | 34:50 |
| 762 | Carien Jaarsma | Makkum Fr | 38:23 | 34:32 |
| 763 | Fatmata Tarawali | 's-Gravenhage | 38:23 | 33:44 |
| 764 | Jaysy Oosterveen | | 38:23 | 36:18 |
| 765 | Nathalie Bouts | Rijswijk Zh | 38:24 | 34:45 |
| 766 | Lyanne Rudenko | Moordrecht | 38:24 | 33:42 |
| 767 | Ayan Dijkstra | Zwolle | 38:24 | 33:42 |
| 768 | Gaby Noordermeer | | 38:24 | 36:18 |
| 769 | Alette den Exter | 's-Gravenhage | 38:24 | 34:45 |
| 770 | Joke van Buuren | De Lier | 38:24 | 36:15 |
| 771 | Kim Idzardi | 's-Gravenhage | 38:25 | 34:45 |
| 772 | Renee Rijff | Zoetermeer | 38:25 | 36:30 |
| 773 | Isabelle van Eijnsden | | 38:25 | 36:18 |
| 774 | Diana Boer | 's-Gravenhage | 38:25 | 36:29 |
| 775 | Lily van Vollevelde | 's-Gravenhage | 38:26 | 37:01 |
| 776 | Anne Talman | Haagse Welzijnsinste | 38:27 | 34:53 |
| 777 | Marit Hazebroek | | 38:28 | 36:42 |
| 778 | Mariska Rotteveel | Rijswijk Zh | 38:28 | 34:08 |
| 779 | Mandy Heijink | Delft | 38:28 | 36:52 |
| 780 | Isabelle van Rijn | 's-Gravenhage | 38:29 | 37:06 |
| 781 | Barbara Limpens | 's-Gravenhage | 38:29 | 37:06 |
| 782 | Nora Izeboud | Amsterdam | 38:29 | 35:54 |
| 783 | Petra Meurink | HagaZiekenhuis - 3 | 38:29 | 37:53 |
| 784 | Wendy Kettenis | 's-Gravenhage | 38:32 | 35:52 |
| 785 | Petra van Asten | Rijswijk Zh | 38:32 | 36:41 |
| 786 | Grarda Vogelaar | Rijswijk Zh | 38:32 | 36:41 |
| 787 | Floortje Robert | 's-Gravenhage | 38:35 | 35:25 |
| 788 | Fiona Willemse | Pijnacker | 38:37 | 36:42 |
| 789 | Margarita Lourido | 's-Gravenhage | 38:37 | 35:06 |
| 790 | Freya van Jaarsveld | Houten | 38:38 | 34:45 |
| 791 | Berndien Amse | 's-Gravenhage | 38:38 | 36:26 |
| 792 | Emma van Erkel | 's-Gravenhage | 38:38 | 36:03 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 793 | Anne van Eijk | Schipluiden | 38:38 | 37:02 |
| 794 | Marije van Riet | | 38:38 | 38:15 |
| 795 | Arienne van der Velde | 's-Gravenhage | 38:43 | 37:07 |
| 796 | Danaë Verbij | 's-Gravenhage | 38:44 | 38:14 |
| 797 | Bettina Stam | Naaldwijk | 38:46 | 36:51 |
| 798 | Caroline Koorn-Snel | 's-Gravenhage | 38:49 | 34:34 |
| 799 | Andrea van Riet | | 38:49 | 38:26 |
| 800 | Chantal Heitman | 's-Gravenhage | 38:51 | 38:10 |
| 801 | Corine van Dijk-Berghu | HagaZiekenhuis - 1 | 38:52 | 38:36 |
| 802 | Carola Hessing | 's-Gravenhage | 38:52 | 34:46 |
| 803 | Priscilla Kramer | 's-Gravenhage | 38:57 | 36:34 |
| 804 | Tanja Swillens | Zoetermeer | 38:57 | 36:34 |
| 805 | Christy Kiljan - van d | 's-Gravenhage | 38:58 | 35:27 |
| 806 | Marieke Feitsma | 's-Gravenhage | 38:58 | 35:27 |
| 807 | Veerle Van Dyck | België | 38:59 | 34:56 |
| 808 | Jeanike Statia | HagaZiekenhuis - 4 | 39:00 | 38:46 |
| 809 | Floor van Dorp | | 39:00 | 35:59 |
| 810 | Angela van Beek | | 39:01 | 35:56 |
| 811 | Marieke Voois | Hoek van Holland | 39:01 | 36:18 |
| 812 | Marijke van Beek | Nootdorp | 39:03 | 36:59 |
| 813 | Yvonne Swanborn | | 39:05 | 37:57 |
| 814 | Melinda Palyama | Den Dolder | 39:06 | 35:35 |
| 815 | Nancy Slakhorst | Delft | 39:07 | 34:46 |
| 816 | Lisa van der Werf | Dordrecht | 39:07 | 34:47 |
| 817 | Sterre Borgers | Zoetermeer | 39:08 | 35:30 |
| 818 | Diana Oord-Timmermans | Delft | 39:13 | 34:44 |
| 819 | Marieke Rietmulder | Wassenaar | 39:15 | 35:38 |
| 820 | Monique Borghouts | 's-Gravenhage | 39:15 | 35:39 |
| 821 | Nicole de Graaf | | 39:16 | 37:23 |
| 822 | Monique Chang | 's-Gravenhage | 39:17 | 37:23 |
| 823 | Clementine Reulink | Haag Atletiek | 39:17 | 36:19 |
| 824 | Anouk Falkmann | Leiderdorp | 39:19 | 37:09 |
| 825 | Jolanda van Lingen | Wateringen | 39:19 | 36:50 |
| 826 | Caroline van der Straa | Wateringen | 39:19 | 36:49 |
| 827 | Suzan Roters | Arnhem | 39:20 | 35:18 |
| 828 | Arlette Vankan - de Mu | Nootdorp | 39:20 | 35:04 |
| 829 | Ingeborg Stigter | Amsterdam Zuidoost | 39:24 | 38:27 |
| 830 | Monique van der Ende | Naaldwijk | 39:24 | 37:30 |
| 831 | Yvonne Ranoesemito | Rotterdam | 39:25 | 34:54 |
| 832 | Fernanda Quarles | 's-Gravenhage | 39:26 | 36:51 |
| 833 | Sonja Turk | Benthuizen | 39:26 | 35:36 |
| 834 | Naomi Frederiks | Benthuizen | 39:26 | 35:36 |
| 835 | Frieda Ouwendijk | Capelle aan den IJss | 39:27 | 35:57 |
| 836 | Soenita Banwari | Haagse Welzijnsinste | 39:27 | 39:20 |
| 837 | Kissy Toorenborg | 's-Gravenhage | 39:28 | 35:07 |
| 838 | Esther van Meer | 's-Gravenhage | 39:30 | 35:09 |
| 839 | Tes van Niekerk | 's-Gravenhage | 39:31 | 36:17 |
| 840 | Pien Tissink | 's-Gravenhage | 39:32 | 36:17 |
| 841 | Melanie Christiani | Zoetermeer | 39:32 | 35:19 |
| 842 | Esther Goergen | 's-Gravenhage | 39:32 | 36:41 |
| 843 | Hajar Berkane | 's-Gravenhage | 39:36 | 36:44 |
| 844 | Lilian Förster | HagaZiekenhuis - 2 | 39:39 | 36:28 |
| 845 | Alexandra Ellis | Heemstede | 39:40 | 37:28 |
| 846 | Tatiana van der Vaart | 's-Gravenhage | 39:40 | 38:24 |
| 847 | Linda de Wijn | Berkel en Rodenrijs | 39:41 | 35:22 |
| 848 | Monique Verheij-van Wi | Zoetermeer | 39:42 | 36:15 |
| 849 | Marion Majoor | Florence - 1 | 39:46 | 37:22 |
| 850 | Martine de Graaff | 's-Gravenhage | 39:46 | 36:13 |
| 851 | Elke van der Hart | 's-Gravenhage | 39:46 | 38:49 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 852 | Annelotte Harteveld | Voorburg | 39:48 | 39:48 |
| 853 | Odiel Leeftang | 's-Gravenhage | 39:55 | 36:25 |
| 854 | Alyssa Remmerswaal | 's-Gravenhage | 39:55 | 39:39 |
| 855 | Diantha Remmerswaal | 's-Gravenhage | 39:56 | 39:39 |
| 856 | Ruth Gray | the Hague Road Runne | 39:56 | 37:44 |
| 857 | Petra Vermeulen | | 39:57 | 36:10 |
| 858 | Chris van Zuylen | Wassenaar | 39:57 | 36:32 |
| 859 | Carmen Michel | 's-Gravenhage | 39:59 | 35:51 |
| 860 | Ingrid Domene | 's-Gravenhage | 40:00 | 35:51 |
| 861 | Patricia Hopman | 's-Gravenhage | 40:00 | 37:25 |
| 862 | Desiree van Leent | Voorburg | 40:03 | 38:45 |
| 863 | Bianca Kuik | 's-Gravenhage | 40:03 | 36:41 |
| 864 | Natasja van Sluis | Boskoop | 40:04 | 37:28 |
| 865 | Esther Visser | Voorburg | 40:04 | 36:42 |
| 866 | Stephanie de Monye | Leiden | 40:05 | 36:47 |
| 867 | Selma Slagter | 's-Gravenhage | 40:05 | 36:42 |
| 868 | Aleydis Kenney | 's-Gravenhage | 40:06 | 38:27 |
| 869 | Sandu Yarzagaray | Rotterdam | 40:07 | 36:54 |
| 870 | Brigitte Verbauwen | Ter Heijde | 40:09 | 36:47 |
| 871 | Maaïke op de Coul | Amsterdam | 40:10 | 35:28 |
| 872 | Geeske Bouwknecht | Hoogeveen | 40:17 | 36:53 |
| 873 | Startnummer 1546 | | 40:17 | 39:43 |
| 874 | Lisa Kwartan | | 40:17 | 39:43 |
| 875 | Ada Guerra | Utrecht | 40:18 | 36:46 |
| 876 | Els van Kalleveen | 's-Gravenhage | 40:19 | 38:15 |
| 877 | Annelies Kosijungan | De Haagse Hogeschool | 40:19 | 35:55 |
| 878 | Maria Bellis | Amstelveen | 40:26 | 35:46 |
| 879 | Jill Zonnenberg | Voorburg | 40:26 | 36:59 |
| 880 | Regina Hooijmans | | 40:31 | 37:24 |
| 881 | Ria van den Berg | Zoetermeer | 40:35 | 36:13 |
| 882 | Tessa ter Avest | 's-Gravenhage | 40:35 | 38:45 |
| 883 | Monique de Niet | 's-Gravenhage | 40:38 | 38:57 |
| 884 | Pratima Ramdajal | 's-Gravenhage | 40:38 | 38:01 |
| 885 | Els Hooning | 's-Gravenhage | 40:39 | 37:43 |
| 886 | Margriet Mulder | 's-Gravenhage | 40:46 | 37:48 |
| 887 | Cara Koesoemo Joedo | 's-Gravenhage | 40:46 | 40:46 |
| 888 | Liesbeth Calis | 's-Gravenhage | 40:47 | 37:49 |
| 889 | Dianne van Klink | 's-Gravenhage | 40:47 | 36:56 |
| 890 | Karin van der Kaaden | 's-Gravenhage | 40:47 | 36:57 |
| 891 | Leonie Brandt | | 40:49 | 37:22 |
| 892 | Radha Mahabali | Haagse Welzijnsinste | 40:51 | 37:17 |
| 893 | Martine Nigten | 's-Gravenhage | 40:52 | 36:36 |
| 894 | Sigrid Bulteel | | 40:56 | 36:54 |
| 895 | Joelle Stern | | 40:58 | 37:20 |
| 896 | Sandra Kempen | Gouda | 41:02 | 38:06 |
| 897 | Carolien van der Toorn | 's-Gravenhage | 41:03 | 37:06 |
| 898 | Marjan Kok | Zwolle | 41:07 | 36:30 |
| 899 | Inge Kok | 's-Gravenhage | 41:07 | 36:30 |
| 900 | Ilana Tupan | Wassenaar | 41:07 | 38:09 |
| 901 | Naomi Batist | 's-Gravenhage | 41:08 | 39:38 |
| 902 | Cilla Schot | 's-Gravenhage | 41:09 | 39:33 |
| 903 | Marcella van Haastrech | 's-Gravenhage | 41:09 | 39:38 |
| 904 | Sila Mahabali | Haagse Welzijnsinste | 41:10 | 37:35 |
| 905 | Patricia vd Merwe | T-Mobile - 1 | 41:20 | 36:40 |
| 906 | Cindy van Leeuwen | T-Mobile - 1 | 41:20 | 36:40 |
| 907 | Ilona van Gompel | Leiden | 41:23 | 37:32 |
| 908 | Shelly van der Post | 's-Gravenhage | 41:24 | 38:51 |
| 909 | Debby van Rijswijk | 's-Gravenhage | 41:25 | 38:50 |
| 910 | Thea van Mullem | Bergschenhoek | 41:27 | 39:26 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 911 | Priscilla van Bohemen | Dutch Runners Gold | 41:34 | 37:26 |
| 912 | Yvonne Pronk | 's-Gravenhage | 41:34 | 37:26 |
| 913 | Regina van der Pijl | | 41:34 | 37:27 |
| 914 | Maartje Joore | Oudenbosch | 41:37 | 38:28 |
| 915 | Astrid Deckers | CB&I Lummus - 1 | 41:37 | 37:57 |
| 916 | Marga Scheper | Leiden | 41:38 | 37:30 |
| 917 | Ida Tuinhof | 's-Gravenhage | 41:39 | 40:52 |
| 918 | Wendy Wigleven | Zoetermeer | 41:41 | 40:18 |
| 919 | Annet Grootveld | Zoetermeer | 41:41 | 38:14 |
| 920 | Jolande Mensenkamp | ANWB - 2 | 41:42 | 41:33 |
| 921 | Marianne Bekkering | 's-Gravenhage | 41:42 | 38:05 |
| 922 | Milou Hooijmans | 's-Gravenhage | 41:43 | 38:05 |
| 923 | Ineke Kouwenberg | 's-Gravenhage | 41:43 | 38:17 |
| 924 | Marion Blokland | Tholen | 41:44 | 38:18 |
| 925 | Gerda Louwersheimer | 's-Gravenhage | 41:46 | 39:07 |
| 926 | Annemieke van der Wiel | Rotterdam | 41:52 | 38:31 |
| 927 | Sanne van der Wal | 's-Gravenhage | 41:52 | 39:26 |
| 928 | Clive Haas | BHPBilliton - 2 | 41:52 | 41:05 |
| 929 | Phine van Doorne | De Haagse Hogeschool | 41:53 | 37:29 |
| 930 | Suzanne Louts | | 41:54 | 38:54 |
| 931 | Judith Thompson | 's-Gravenhage | 41:54 | 37:12 |
| 932 | Wendy van der Meer | the Hague Road Runne | 41:55 | 37:35 |
| 933 | Yvonne Nieuwhoff | | 41:56 | 39:55 |
| 934 | Joyce Bakker | 's-Gravenhage | 42:09 | 39:00 |
| 935 | An Hagen | Rijswijk Zh | 42:19 | 41:19 |
| 936 | Hanneke Hofkes | Fortuna | 42:26 | 38:05 |
| 937 | Mirian Gallardo | Cordaid - 1 | 42:28 | 39:49 |
| 938 | Inayah Kurniati | 's-Gravenhage | 42:31 | 37:43 |
| 939 | Astrid Baks | 's-Gravenhage | 42:32 | 39:45 |
| 940 | Lisette Kauer | 's-Gravenhage | 42:36 | 40:23 |
| 941 | Natascha Helder | 's-Gravenhage | 42:36 | 38:10 |
| 942 | Carien Stulemeijer | 's-Gravenhage | 42:43 | 38:32 |
| 943 | Danielle Nutbey | 's-Gravenhage | 42:48 | 38:50 |
| 944 | Kiejong Cheung | 's-Gravenhage | 42:49 | 40:16 |
| 945 | Isa Boogaards | 's-Gravenhage | 42:49 | 40:14 |
| 946 | Sue Guns | Rijswijk Zh | 42:51 | 38:37 |
| 947 | Marin Aguilar | 's-Gravenhage | 43:04 | 39:33 |
| 948 | Tamara vd Muijzenberg | Leiden | 43:05 | 39:07 |
| 949 | Marijelle van Delft | 's-Gravenhage | 43:12 | 41:41 |
| 950 | Sophie Diepstraten | Wassenaar | 43:13 | 41:55 |
| 951 | Anne Bloemendaal | Wassenaar | 43:13 | 41:55 |
| 952 | Yvonne Vrolijk-Dijkhui | 's-Gravenhage | 43:15 | 39:34 |
| 953 | Petra Niekamp | | 43:20 | 38:53 |
| 954 | Annemeen Le Haen | 's-Gravenhage | 43:26 | 38:44 |
| 955 | Kitty Grundeken | HagaZiekenhuis - 1 | 43:27 | 38:57 |
| 956 | Christie Makkes | Delft | 43:28 | 38:44 |
| 957 | Ilse Dekker | 's-Gravenhage | 43:43 | 39:17 |
| 958 | Micky Kieboom | 's-Gravenhage | 43:49 | 41:05 |
| 959 | Monika van Eijnsbergen | 's-Gravenhage | 43:50 | 41:05 |
| 960 | Marieke Sluijters | Voorburg | 43:53 | 40:49 |
| 961 | Sonja van Megchelen | 's-Gravenhage | 43:54 | 40:57 |
| 962 | Saskia Bouts | Rijswijk Zh | 44:03 | 40:24 |
| 963 | Jolanda Voskuilen | 's-Gravenhage | 44:07 | 40:42 |
| 964 | Yvonne Zuidendorp | ETTU - 1 | 44:11 | 40:16 |
| 965 | Yvonne de Bie | 's-Gravenhage | 44:14 | 43:17 |
| 966 | Joan Schutte | CB&I Lummus - 1 | 44:14 | 39:38 |
| 967 | Christine Zandvliet | 's-Gravenhage | 44:22 | 39:59 |
| 968 | Marjolein van der Brin | 's-Gravenhage | 44:32 | 41:46 |
| 969 | Barbara van der Sluis | Voorburg | 44:37 | 42:27 |

Uitslagenlijst West 5 km Loop

's-Gravenhage - Zondag 13 maart 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 970 | Annemieke Bont | Florence - 2 | 44:44 | 42:20 |
| 971 | Anna Thiel | 's-Gravenhage | 45:13 | 40:29 |
| 972 | Karin van der Does | ANWB - 2 | 45:52 | 45:44 |
| 973 | Edith Heskes-Verhoek | 's-Gravenhage | 45:53 | 44:58 |
| 974 | Karen van Stegeren | | 46:04 | 41:46 |
| 975 | Ingrid Brady | 's-Gravenhage | 46:04 | 42:53 |
| 976 | Madelon den Dulk | 's-Gravenhage | 46:17 | 42:47 |
| 977 | Catharine van Meegeren | 's-Gravenhage | 46:18 | 41:42 |
| 978 | Judith Geraedts | 's-Gravenhage | 46:19 | 42:42 |
| 979 | Viviane Silveira | 's-Gravenhage | 46:27 | 42:27 |
| 980 | Hella Meershoek | Florence - 1 | 46:32 | 44:06 |
| 981 | Danny Brouwer | Zoetermeer | 46:33 | 42:37 |
| 982 | Inge van Diemen | Zoetermeer | 46:33 | 42:37 |
| 983 | Anjanette Kennedy | BHPBilliton - 1 | 46:36 | 44:34 |
| 984 | Daisy van den Hout | 's-Gravenhage | 46:43 | 42:43 |
| 985 | Jenny Ly | Aramco Overseas Comp | 46:46 | 46:25 |
| 986 | Nicole Kuijpers | | 46:48 | 45:48 |
| 987 | Jonne van de Wiel | 's-Gravenhage | 46:57 | 43:18 |
| 988 | Tahiragatoen Abdoella | Haagse Welzijnsinste | 46:59 | 43:03 |
| 989 | Doris Eerhart-Waslande | Zoetermeer | 47:09 | 46:25 |
| 990 | Maaltie Ramcharan | Haagse Welzijnsinste | 47:09 | 43:34 |
| 991 | Naija El Cadi | Cordaid - 1 | 47:13 | 44:35 |
| 992 | Renate Meijer | Oud-Beijerland | 47:20 | 45:59 |
| 993 | Nicole Polman | 's-Gravenhage | 48:00 | 45:34 |
| 994 | Emilie Simonse | 's-Gravenhage | 48:00 | 45:35 |
| 995 | Simone Pronk | 's-Gravenhage | 48:03 | 43:40 |
| 996 | Bea Jadoenath-Baldewsi | Haagse Welzijnsinste | 57:05 | 53:09 |
| 997 | Oesha Lachman | Haagse Welzijnsinste | 57:07 | 53:10 |