

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| MAN, 5 KM | | | | |
|-----------|-----------------------|-----------------------|-------|-------|
| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Wouter Papenhove | Leeuwarden | 16:48 | 16:48 |
| 2 | Robin Wassens | Roden | 17:42 | 17:42 |
| 3 | Tim Veltman | Leeuwarden | 17:47 | 17:36 |
| 4 | Jappie Doller | Waskemeer | 17:49 | 17:49 |
| 5 | Rob ter Haar | Zwolle | 18:02 | 18:02 |
| 6 | David van der Gulik | Bitgummole | 18:10 | 18:10 |
| 7 | Edward Hilgenga | Harlingen | 18:26 | 18:25 |
| 8 | Geale Simon Postma | Kollum | 18:34 | 18:34 |
| 9 | Bram Kielman | Grou | 18:49 | 18:49 |
| 10 | Pascal Sinnema | Leeuwarden | 19:03 | 19:03 |
| 11 | Folkert Huisma | Drachten | 19:15 | 19:15 |
| 12 | Steven Koffijberg | Leeuwarden | 19:45 | 19:45 |
| 13 | Kristiaan Timmer | Leeuwarden | 19:49 | 19:49 |
| 14 | Wytse Mantel | Suwald | 19:51 | 19:51 |
| 15 | Bram de Boer | Leeuwarden | 19:55 | 19:45 |
| 16 | Robert Snoek | Buitenpost | 19:56 | 19:56 |
| 17 | Erik Kleppe | Sneek | 20:21 | 20:10 |
| 18 | Lutsen van der Wal | Leeuwarden | 20:24 | 20:16 |
| 19 | Jelmer van der Veen | Goutum | 20:25 | 20:25 |
| 20 | Wiard van der Logt | Goutum | 20:41 | 20:29 |
| 21 | Sietse Talsma | Gytsjerk | 20:43 | 20:32 |
| 22 | Allard de Ree | Groningen | 20:51 | 20:36 |
| 23 | Ronald Tilma | Leeuwarden | 21:02 | 21:02 |
| 24 | Jean-Luc Kraayenoord | Franeker | 21:05 | 21:04 |
| 25 | Jelmer Sietzema | Leeuwarden | 21:08 | 20:57 |
| 26 | Jan Melein | Warten | 21:14 | 21:13 |
| 27 | Remon Dijkstra | Leeuwarden | 21:16 | 21:08 |
| 28 | Marten Schilstra | Leeuwarden | 21:19 | 21:06 |
| 29 | Syl Bleeker | Leeuwarden | 21:20 | 21:07 |
| 30 | Guus Hoekstra | Donkerbroek | 21:22 | 21:21 |
| 31 | Lammert klaas Knobbe | Gersloot | 21:26 | 20:40 |
| 32 | Job Luinstra | Leeuwarden | 21:32 | 21:20 |
| 33 | Robin Zondervan | Leeuwarden | 21:35 | 21:20 |
| 34 | Marijn van der Veen | Goutum | 21:51 | 21:38 |
| 35 | Arwin van der Weide | Menaam | 22:09 | 21:54 |
| 36 | Alex van der Weide | Menaam | 22:15 | 22:00 |
| 37 | Jelle Zaaijer | Leeuwarden | 22:24 | 21:26 |
| 38 | Mark de Witte | Makkum Fr | 22:30 | 21:54 |
| 39 | Yntze Ponne | Hallum | 22:45 | 22:32 |
| 40 | Stefan van Dijk | Leeuwarden | 22:49 | 22:37 |
| 41 | Cor Bouma | Ferwert | 22:57 | 22:04 |
| 42 | Jordi Postma | Leeuwarden | 22:59 | 22:38 |
| 43 | Erwin de Ruitter | Goutum | 23:01 | 22:48 |
| 44 | Marco Kalsbeek | Stiens | 23:02 | 22:51 |
| 45 | Sven Roes | Gytsjerk | 23:20 | 22:40 |
| 46 | Jordy Jorritsma | Grijpskerk | 23:26 | 23:09 |
| 47 | Noradin Hoeshjarkhiel | St.-Annaparochie | 23:30 | 21:50 |
| 48 | Jorrit Jorritsma | Buitenpost | 23:41 | 23:11 |
| 49 | Tijn van de Kamp | Nes Ameland | 23:42 | 22:41 |
| 50 | MAH Sangar | Drachten | 23:43 | 22:02 |
| 51 | Karel Bosma | Franeker | 23:46 | 23:11 |
| 52 | Jan Broersma | Leeuwarden | 23:50 | 23:04 |
| 53 | Ype de Jong | Franeker | 23:51 | 23:05 |
| 54 | Martijn Wagenaar | Groningen | 23:53 | 21:51 |
| 55 | Jelmer Beswerda | Leeuwarden | 23:54 | 23:38 |
| 56 | Rene de Haan | Buitenpost | 23:59 | 23:29 |
| 57 | Willem Toonstra | Leeuwarden | 24:01 | 23:47 |
| 58 | Jan Wattimena | Drachten | 24:13 | 23:55 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 59 | Sido Lippold | Leeuwarden | 24:16 | 23:56 |
| 60 | Niels Daniel Smit | Leeuwarden | 24:19 | 24:02 |
| 61 | Jelle de Vries | Leeuwarden | 24:21 | 22:20 |
| 62 | Erik Spandaw | Leeuwarden | 24:26 | 24:14 |
| 63 | Ralf Koffijberg | Leeuwarden | 24:29 | 23:50 |
| 64 | Johan Hoogerhuis | Schalsum | 24:31 | 22:52 |
| 65 | Mischa Poortman | Leeuwarden | 24:33 | 24:19 |
| 66 | Jouke van der Meer | Leeuwarden | 24:34 | 23:40 |
| 67 | Hugo Bosscher | Munein | 24:34 | 24:18 |
| 68 | Kevin Wilpstra | Leeuwarden | 24:35 | 24:20 |
| 69 | Ronald Moerman | Itens | 24:38 | 23:50 |
| 70 | Jacob-jelmur Hoekstra | Joure | 24:40 | 24:31 |
| 71 | Hendrik Hoekstra | Joure | 24:41 | 24:31 |
| 72 | Klaas-Bauke de Haan | Stiens | 24:41 | 24:00 |
| 73 | Joas Deinum | Buitenpost | 24:48 | 24:04 |
| 74 | Peter Boonstra | Buitenpost | 24:49 | 24:19 |
| 75 | Arnold Wiegersma | Dokkum | 24:50 | 24:36 |
| 76 | Nick Bijkerk | Leeuwarden | 24:52 | 24:37 |
| 77 | Joost ter Haar | Leeuwarden | 24:52 | 24:31 |
| 78 | Casper van der Hert | Leeuwarden | 24:54 | 24:34 |
| 79 | Steinar de Vries | Leeuwarden | 25:01 | 24:21 |
| 80 | Leffert Jullens | Leeuwarden | 25:06 | 24:09 |
| 81 | Peter Nonhof | Sneek | 25:10 | 24:53 |
| 82 | John Bouw | Leek | 25:11 | 24:51 |
| 83 | Rob Stillebroer | Goutum | 25:20 | 25:10 |
| 84 | Wesley Smith | Leeuwarden | 25:33 | 25:10 |
| 85 | Tjeerd Feddema | Leeuwarden | 25:33 | 25:12 |
| 86 | Robin Borger | Leeuwarden | 25:33 | 25:12 |
| 87 | Ramon de Jong | Leeuwarden | 25:36 | 25:15 |
| 88 | Syl Wolfs slag | Leeuwarden | 25:39 | 25:16 |
| 89 | Niels Plomp | Leeuwarden | 25:40 | 25:18 |
| 90 | Cees Buisman | Harich | 25:41 | 25:23 |
| 91 | Jenze Algra | Leeuwarden | 25:43 | 24:16 |
| 92 | Romke Schaap | Groningen | 25:44 | 25:01 |
| 93 | Robin de Jong | Leeuwarden | 25:46 | 25:23 |
| 94 | Martin Dijkstra | Drachten | 25:48 | 25:30 |
| 95 | Henk Koet | Buitenpost | 26:00 | 25:24 |
| 96 | Tjado Bruinsma | Buitenpost | 26:00 | 25:29 |
| 97 | Jesse Horst | Leeuwarden | 26:02 | 25:41 |
| 98 | Alexander Dijkstra | Wommels | 26:05 | 25:41 |
| 99 | Roel van Klaveren | Leeuwarden | 26:06 | 25:31 |
| 100 | Bram Kroes | Leeuwarden | 26:07 | 25:46 |
| 101 | Harold Dijkstra | Stiens | 26:08 | 24:06 |
| 102 | Jerry van Steenoven | Zwolle | 26:09 | 25:06 |
| 103 | Tjeerd Jan van der Wal | Leeuwarden | 26:10 | 25:48 |
| 104 | Jurjen de Beer | Leeuwarden | 26:11 | 25:50 |
| 105 | Jan Koster | Drachten | 26:19 | 24:41 |
| 106 | Hans Tegelaar | Leeuwarden | 26:19 | 26:07 |
| 107 | Jelte Hoen | Leeuwarden | 26:20 | 26:05 |
| 108 | Patrick Smith | Leeuwarden | 26:21 | 24:42 |
| 109 | Maas Muhren | Leeuwarden | 26:21 | 25:24 |
| 110 | Pieter jongstra | Terherne | 26:26 | 25:19 |
| 111 | Bob Thompson | Leeuwarden | 26:29 | 25:03 |
| 112 | Edward van Houten | Sneek | 26:31 | 26:08 |
| 113 | Jesse van der Veen | Leeuwarden | 26:32 | 26:11 |
| 114 | Ivo de Wolff | Sint Nicolaasga | 26:32 | 25:16 |
| 115 | Pieter Wiersma | Leeuwarden | 26:33 | 25:36 |
| 116 | Axel Knip | Franeker | 26:40 | 25:44 |
| 117 | Jelle de Vries | Drachten | 26:43 | 25:03 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 118 | Niek van Zwanenburg | Deinum | 26:51 | 26:20 |
| 119 | Raymond de Rooter | Leeuwarden | 26:51 | 25:06 |
| 120 | Maarten van Zwanenburg | Deinum | 26:53 | 26:22 |
| 121 | Raymond Wielenga | Leeuwarden | 26:55 | 26:35 |
| 122 | Michiel Zijlstra | Buitenpost | 26:56 | 26:20 |
| 123 | Sil Roosenstein | Marsum | 26:58 | 26:50 |
| 124 | Niels van Deutekom | Leeuwarden | 27:01 | 25:17 |
| 125 | Sytze Hilleger | Hegebeintum | 27:02 | 25:08 |
| 126 | Coen van Beek | Leeuwarden | 27:04 | 26:13 |
| 127 | Anne Rooks | Elsloo Fr | 27:04 | 25:24 |
| 128 | Hamud Ali Mohamed Ali | Drachten | 27:04 | 25:26 |
| 129 | Leo Birkenholz | Franeker | 27:06 | 25:55 |
| 130 | EW Bouwman | Groningen | 27:11 | 25:30 |
| 131 | Glenn de Vries | Leeuwarden | 27:12 | 25:36 |
| 132 | Casper van de Kamp | Nes Ameland | 27:18 | 26:15 |
| 133 | Bram Kaller | Leeuwarden | 27:21 | 27:01 |
| 134 | Jamie van Kordenoordt | Leeuwarden | 27:21 | 27:01 |
| 135 | Ulko de Boer | Boskoop | 27:26 | 25:31 |
| 136 | Ceriel van den Adel | Suwald | 27:28 | 26:27 |
| 137 | Nanne de Vries | Menaam | 27:35 | 26:40 |
| 138 | Jelmer de Vries | Leeuwarden | 27:36 | 25:30 |
| 139 | Mark van Deutekom | Leeuwarden | 27:36 | 25:54 |
| 140 | Roderick van der Geest | Leeuwarden | 27:37 | 27:36 |
| 141 | Koen Noorduyn | Leeuwarden | 27:41 | 26:37 |
| 142 | Matthijs van der Laan | Leeuwarden | 27:45 | 27:14 |
| 143 | Arjen Langhorst | Sneek | 27:48 | 26:36 |
| 144 | Theo Holwerda | Leeuwarden | 27:48 | 26:34 |
| 145 | Bjorn Miedema | Boksum | 27:53 | 27:22 |
| 146 | Douwe Brouwer | Leeuwarden | 27:54 | 27:21 |
| 147 | Johan Bekema | Hartwerd | 27:56 | 25:51 |
| 148 | Peter Tuurenhout | Harlingen | 27:57 | 27:04 |
| 149 | Stefan Wolf | Leeuwarden | 27:57 | 26:18 |
| 150 | Andre Weistra | Leeuwarden | 27:58 | 27:44 |
| 151 | Anne Draaisma | Leeuwarden | 28:14 | 26:39 |
| 152 | Joey Kooistra | Leeuwarden | 28:14 | 27:05 |
| 153 | André Visser | Leeuwarden | 28:17 | 27:26 |
| 154 | Piet Heida | Nieuwehorne | 28:17 | 26:10 |
| 155 | Niels de Haas | Sint Nicolaasga | 28:21 | 27:06 |
| 156 | Folger Prins | St.-Annaparochie | 28:21 | 27:58 |
| 157 | Hendrik Eizema | Leeuwarden | 28:23 | 27:00 |
| 158 | Rob Wijnstra | Tytsjerk | 28:25 | 27:40 |
| 159 | Thomas Kerkstra | Tijnje | 28:26 | 27:41 |
| 160 | Marc Spanhak | Zwolle | 28:26 | 28:01 |
| 161 | Klaas Veenstra | Buitenpost | 28:28 | 27:22 |
| 162 | Jasper Zeinstra | Groningen | 28:28 | 27:18 |
| 163 | Henk Postma | Deinum | 28:40 | 27:09 |
| 164 | Ulrik de Jong | Tjalleberd | 28:43 | 26:47 |
| 165 | Maarten Lambers | Leeuwarden | 28:43 | 26:53 |
| 166 | Jelle Krol | Leeuwarden | 28:44 | 27:10 |
| 167 | Martijn Lantinga | Hurdegaryp | 28:48 | 27:33 |
| 168 | Theun Visser | Joure | 28:50 | 27:35 |
| 169 | Lieuwe Visser | Leeuwarden | 28:52 | 28:34 |
| 170 | Piter Reitsma | Leeuwarden | 28:53 | 27:56 |
| 171 | Pol Muhren | Leeuwarden | 28:55 | 27:58 |
| 172 | Bernard Vogelsang | Huizen | 28:56 | 26:52 |
| 173 | Tom Hylkema | Leeuwarden | 28:56 | 28:45 |
| 174 | Jeffrey de Graaf | Leeuwarden | 28:57 | 28:25 |
| 175 | Jesse Luinstra | Leeuwarden | 28:57 | 28:45 |
| 176 | Olaf Jan Bosscher | Munein | 29:02 | 28:45 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 177 | Gerrit Lolkama | Leeuwarden | 29:02 | 28:49 |
| 178 | Arjen Bakker | Leeuwarden | 29:06 | 27:06 |
| 179 | Paul van Hee | Groningen | 29:06 | 27:49 |
| 180 | Mathijs van Hee | Assen | 29:07 | 27:50 |
| 181 | Ruben van der Meer | Haarlem | 29:10 | 28:00 |
| 182 | Eric Nab | Hallum | 29:13 | 28:33 |
| 183 | Aat Kerkstra | Tijnje | 29:15 | 28:28 |
| 184 | Micheal van der Werff | Franeker | 29:15 | 27:44 |
| 185 | Marcel Bonnema | St.-Jacobiparochie | 29:17 | 28:49 |
| 186 | Kor Venhuizen | Leeuwarden | 29:18 | 27:21 |
| 187 | Harm Ykema | Sneek | 29:23 | 28:45 |
| 188 | Dick van der Galien | Harlingen | 29:23 | 28:03 |
| 189 | Johnny Bleeker | Leeuwarden | 29:25 | 28:16 |
| 190 | Rob Bosscher | Munein | 29:30 | 29:13 |
| 191 | Rudie van Houten | Drachten | 29:30 | 28:55 |
| 192 | Marcel Toredjo | Franeker | 29:38 | 27:59 |
| 193 | Zwier H Dijkhuis | Stiens | 29:42 | 27:56 |
| 194 | Bart Broos | Oosterbierum | 29:43 | 28:16 |
| 195 | Anne van der Veen | Leeuwarden | 29:43 | 29:13 |
| 196 | Joost Alves | Boornbergum | 29:47 | 28:18 |
| 197 | Edwin Hoogeveen | Heerenveen | 29:49 | 27:52 |
| 198 | Cristi Teodor | Heerenveen | 29:51 | 27:54 |
| 199 | Nico Dijkhuijsen | Hoogkarspel | 29:53 | 28:48 |
| 200 | Gjalt Helder | Noardburgum | 29:53 | 29:12 |
| 201 | Bertrand van Oosten | Leeuwarden | 29:58 | 28:59 |
| 202 | Pieter Tuinier | Leeuwarden | 30:00 | 28:34 |
| 203 | Jitze Krol | Leeuwarden | 30:08 | 28:31 |
| 204 | Paul van der Wolf | Leeuwarden | 30:09 | 29:10 |
| 205 | Gerrit Wuite | Joure | 30:11 | 28:47 |
| 206 | Ton Kemp | Leeuwarden | 30:13 | 28:19 |
| 207 | Arne Mauer | Stiens | 30:14 | 28:26 |
| 208 | Douwe Terpstra | Leeuwarden | 30:14 | 28:23 |
| 209 | Durk Lammers | Feanwalden | 30:14 | 29:42 |
| 210 | Egbert Allema | Leeuwarden | 30:18 | 28:51 |
| 211 | Jelte Homma | Leeuwarden | 30:25 | 28:57 |
| 212 | Leo F. Jacobs | Wiuwert | 30:27 | 29:40 |
| 213 | Holger Bierenbroodspot | Leeuwarden | 30:27 | 28:25 |
| 214 | SIR Shiwan | Marrum | 30:31 | 28:51 |
| 215 | Leon Pakvis | Leeuwarden | 30:33 | 30:12 |
| 216 | Heerke Osinga | Ferwert | 30:34 | 29:42 |
| 217 | Swen Veenstra | Buitenpost | 30:37 | 29:55 |
| 218 | Sietze Douma | Heerenveen | 30:42 | 29:08 |
| 219 | Tom Koster | Leeuwarden | 30:42 | 30:08 |
| 220 | Cees Lagerwaard | Groningen | 30:44 | 29:03 |
| 221 | Andries Bakker | Marrum | 30:45 | 30:20 |
| 222 | Sjaak van Leeuwen | Leeuwarden | 30:47 | 29:38 |
| 223 | Pieter Verhaag | Ferwert | 30:48 | 28:54 |
| 224 | Krystian Pawlicki | Leeuwarden | 30:49 | 30:09 |
| 225 | Leroy Brouwer | Leeuwarden | 30:50 | 30:11 |
| 226 | Jaap Jelle Hellingwerf | Drachten | 30:58 | 28:51 |
| 227 | Peter Hellingwerf | Drachten | 30:58 | 28:51 |
| 228 | Rob van der Zee | Leeuwarden | 31:01 | 29:46 |
| 229 | Johan Bloemhof | Leeuwarden | 31:02 | 30:06 |
| 230 | Jan Harmen van der Koo | Leeuwarden | 31:02 | 30:23 |
| 231 | Mirko van Dijk | Leeuwarden | 31:17 | 29:59 |
| 232 | Fred van Dijk | Leeuwarden | 31:18 | 29:59 |
| 233 | Jaap Cuperus | Leeuwarden | 31:20 | 30:05 |
| 234 | Arnold Oosterdijk | Nes gem Boarnsterhim | 31:20 | 30:51 |
| 235 | Bartjan van Dixhoorn | Akkrum | 31:22 | 30:54 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 236 | Rutger van der Velde | Leeuwarden | 31:25 | 29:37 |
| 237 | Feije Hellinga | Dokkum | 31:25 | 30:48 |
| 238 | Yang - Yang | Leeuwarden | 31:27 | 30:36 |
| 239 | Klaasjan Blanke | Ureterp | 31:30 | 31:03 |
| 240 | Jaap Buwalda | Tzummarum | 31:32 | 30:59 |
| 241 | Jochum Blanke | Ureterp | 31:35 | 31:07 |
| 242 | Koos de Vetten | Leeuwarden | 31:43 | 30:52 |
| 243 | Willem Veenstra | Tijnje | 31:44 | 30:27 |
| 244 | Kjeld Heslinga | Hijum | 31:57 | 31:04 |
| 245 | Rico Rozendaal | Leeuwarden | 31:59 | 31:27 |
| 246 | Tim de Jong | Leeuwarden | 31:59 | 30:54 |
| 247 | Pieter Jaasma | Kimswerd | 32:01 | 30:23 |
| 248 | Theo Alves | Drachten | 32:16 | 30:46 |
| 249 | Oeds Westerhof | Oranjewoud | 32:21 | 30:22 |
| 250 | Jeltse Mud | Leeuwarden | 32:22 | 30:30 |
| 251 | Wouter Bons | Leeuwarden | 32:24 | 30:32 |
| 252 | Martijn Rosier | Leeuwarden | 32:27 | 30:51 |
| 253 | Atto Rosier | Leeuwarden | 32:27 | 30:51 |
| 254 | Sverre de Leeuw | Heerenveen | 32:32 | 30:41 |
| 255 | Regenerus van der Zee | Harlingen | 32:33 | 31:18 |
| 256 | Timme Bontes | Leeuwarden | 32:34 | 31:40 |
| 257 | Jan Dijkgraaf | Emmen | 32:36 | 31:29 |
| 258 | Stijn ten Have | Leeuwarden | 32:44 | 30:55 |
| 259 | Jan-Herman ten Have | Leeuwarden | 32:44 | 30:56 |
| 260 | David Roodhof | Leeuwarden | 32:44 | 31:31 |
| 261 | Jarco de Boer | Leeuwarden | 32:45 | 31:16 |
| 262 | Martijn Zon | Leeuwarden | 32:51 | 30:59 |
| 263 | Johan Stelpstra | Burgum | 32:54 | 31:02 |
| 264 | Rients Hilverda | Nijland | 32:57 | 31:13 |
| 265 | Inaki Arruabarrena | Leeuwarden | 32:58 | 31:37 |
| 266 | Nelis Smith | Leeuwarden | 33:02 | 31:25 |
| 267 | Sander Mollema | Nijemirdum | 33:03 | 30:56 |
| 268 | Peter Littooy | Goutum | 33:03 | 31:19 |
| 269 | Harmen de Haan | Lemmer | 33:08 | 31:47 |
| 270 | Trienco Hoekstra | Tjerkgaast | 33:11 | 32:22 |
| 271 | Stefan Volbeda | Leeuwarden | 33:13 | 32:17 |
| 272 | Martijn Schuiling | Leeuwarden | 33:13 | 31:53 |
| 273 | Kelvin Langerak | Leeuwarden | 33:13 | 31:53 |
| 274 | Marcel Melessen | Groningen | 33:27 | 32:49 |
| 275 | Wim van der Meer | Leeuwarden | 33:35 | 32:41 |
| 276 | Max Spaargaren | Leeuwarden | 33:36 | 32:37 |
| 277 | Keesjan de Vries | Leeuwarden | 33:43 | 31:42 |
| 278 | Theo Aartsma | Drachten | 33:50 | 31:51 |
| 279 | Thomas Rakers | Leeuwarden | 33:52 | 32:39 |
| 280 | Ronald Westra | Harlingen | 33:53 | 32:56 |
| 281 | Edwin van Houten | Leeuwarden | 33:54 | 33:27 |
| 282 | Jan Pruijboom | Sneek | 33:55 | 32:58 |
| 283 | Stefan Boersma | Leeuwarden | 33:57 | 32:14 |
| 284 | Harmen Visscher | Leeuwarden | 33:57 | 32:14 |
| 285 | Dion van der Kerk | Leeuwarden | 34:13 | 32:57 |
| 286 | Johan Betten | Goutum | 34:14 | 32:55 |
| 287 | Hessel Bloemhof | Heerenveen | 34:17 | 33:15 |
| 288 | Harry Kuiper | Leeuwarden | 34:20 | 32:36 |
| 289 | Rienk Vlieger | Eastermar | 34:39 | 33:02 |
| 290 | Jacob Kuiphof | Leeuwarden | 34:43 | 34:03 |
| 291 | Ron Beetsma | Leeuwarden | 34:43 | 33:11 |
| 292 | Frank Stobbe | Emmeloord | 34:58 | 33:32 |
| 293 | Anne van der Berg | Hurdegaryp | 35:04 | 33:19 |
| 294 | Wim Uijterlinde | De Knipe | 35:11 | 33:39 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 295 | Julius van der Werf | Leeuwarden | 35:15 | 34:38 |
| 296 | Haaije Bruinsma | Leeuwarden | 35:16 | 33:52 |
| 297 | Hans Wiemers | Menaam | 35:17 | 34:29 |
| 298 | Andrew Kooistra | Harlingen | 35:28 | 34:31 |
| 299 | Sjoerd Wiersma | Wirdum Fr | 35:31 | 34:27 |
| 300 | Ian Bal | Leeuwarden | 35:42 | 33:38 |
| 301 | Arjen Feenstra | Leeuwarden | 35:44 | 34:49 |
| 302 | Jeroen Visser | Leeuwarden | 35:48 | 34:52 |
| 303 | Anne Martin de Graaf | Sneek | 35:51 | 33:51 |
| 304 | Hermen Bruins | Enschede | 36:00 | 34:26 |
| 305 | Roel de Boer | Enschede | 36:01 | 34:27 |
| 306 | Martijn van der Weide | Gytsjerk | 36:03 | 34:21 |
| 307 | Arnold de Groot | Leeuwarden | 36:04 | 34:25 |
| 308 | Ben Kouwenberg | Leeuwarden | 36:07 | 34:41 |
| 309 | Friso Hoogsteen | Leeuwarden | 36:49 | 36:01 |
| 310 | Tim van der Meijden | Leeuwarden | 36:51 | 36:12 |
| 311 | Aniket Abhyankar | Leeuwarden | 36:53 | 34:59 |
| 312 | Diederick Bakker | Leeuwarden | 37:06 | 35:58 |
| 313 | Tino Hoeksma | Leeuwarden | 37:18 | 35:28 |
| 314 | Gerrit de Roos | Offingawier | 37:27 | 35:38 |
| 315 | Frits Mulder | Hurdegaryp | 37:46 | 35:58 |
| 316 | Nick Leemans | Antwerpen (BEL) | 37:46 | 35:56 |
| 317 | Lieuwe van Hijum | Feanwalden | 37:47 | 35:52 |
| 318 | Gerrit v.d.Weij | Leeuwarden | 37:51 | 36:31 |
| 319 | Coert Stouten | Drachten | 37:57 | 37:32 |
| 320 | Kion Boersma | Leeuwarden | 38:31 | 36:59 |
| 321 | Rudie van Ham | Tytsjerk | 38:40 | 37:29 |
| 322 | Rene van der Baan | Tytsjerk | 39:00 | 38:15 |
| 323 | Harry Wenselaar | Leeuwarden | 39:32 | 38:24 |
| 324 | Brent Pinheiro | Leeuwarden | 41:43 | 40:50 |
| 325 | Ruud de Vries | Oostzaan | 41:44 | 39:43 |
| 326 | Dick van Gasteren | Westerbork | 42:17 | 40:52 |
| 327 | Jens Kuiper | Leeuwarden | 42:51 | 41:58 |
| 328 | Hielke Nienhuis 1 | Lekkum | 45:11 | 44:02 |
| 329 | Anne Haanstra | Lippenhuizen | 45:11 | 44:27 |

VROUW, 5 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 1 | Lisanne Jager | Leeuwarden | 20:43 | 20:43 |
| 2 | Dorine van der Veen | Goutum | 20:50 | 20:50 |
| 3 | Tessa Boot | Sneek | 20:55 | 20:54 |
| 4 | Regine Postma | Sint Nicolaasga | 21:04 | 21:04 |
| 5 | Esther Walstra | Tijnje | 22:09 | 22:09 |
| 6 | Tineke van Berkum | Echtenerbrug | 22:31 | 22:30 |
| 7 | Lois Oldhoff | Leeuwarden | 22:40 | 22:30 |
| 8 | Vera Brouwer | Nes Ameland | 23:11 | 22:11 |
| 9 | Lieuwkje Holwerda | Ferwert | 23:15 | 23:14 |
| 10 | Rolien Jonker | Lemmer | 23:49 | 23:35 |
| 11 | Nadieh Kikstra | Leeuwarden | 23:58 | 23:57 |
| 12 | Paola Bakker | Leeuwarden | 24:22 | 23:54 |
| 13 | Chiara Bakker | Leeuwarden | 24:22 | 23:55 |
| 14 | Ilse Oldenburg | Leeuwarden | 24:43 | 24:31 |
| 15 | Eva Terpstra | Leeuwarden | 24:51 | 24:36 |
| 16 | Lienke de Jong | Leeuwarden | 24:52 | 24:38 |
| 17 | Mare te Biesebeek | Leeuwarden | 24:57 | 24:23 |
| 18 | Lucia van der Bijl | Bolsward | 24:59 | 24:41 |
| 19 | Martina Blanke | Gytsjerk | 25:09 | 24:31 |
| 20 | Rianne Nyenhuis | Leeuwarden | 25:11 | 24:43 |
| 21 | Corrie Meijer | Leeuwarden | 25:22 | 25:08 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 22 | Marij van Leeuwen | Leeuwarden | 25:41 | 24:42 |
| 23 | Alice Caldelari | Leeuwarden | 25:51 | 25:23 |
| 24 | Em Visser | IJlst | 26:09 | 25:20 |
| 25 | Moniek Boskma | Hurdegaryp | 26:09 | 25:45 |
| 26 | Elina Visser | Leeuwarden | 26:10 | 24:54 |
| 27 | Rianne Kerkstra | Tijnje | 26:16 | 25:32 |
| 28 | Mayke van Klaveren | Leeuwarden | 26:18 | 25:43 |
| 29 | Greetje van der Hem | Hallum | 26:28 | 25:44 |
| 30 | Froukje Bijma-Striesen | Leeuwarden | 26:29 | 26:10 |
| 31 | Irene van der Logt | Goutum | 26:35 | 26:15 |
| 32 | Alberdien Huisman | Drachten | 26:35 | 25:28 |
| 33 | Sandra Bijlsma | Poppenwier | 26:45 | 26:19 |
| 34 | Rixt Idsardi | Suwald | 26:50 | 26:22 |
| 35 | Marije van Akker | Suwald | 26:50 | 26:23 |
| 36 | Jacqueline Schuur | Munein | 26:55 | 26:38 |
| 37 | Welmoed Mink | Leeuwarden | 26:57 | 26:57 |
| 38 | Astrid de Bue | Leeuwarden | 27:04 | 26:31 |
| 39 | Margriet Helfrich | Surhuisterveen | 27:05 | 25:51 |
| 40 | Leonore Birkenholz | Leeuwarden | 27:07 | 25:55 |
| 41 | Rixt Veldman | Heerenveen | 27:09 | 25:46 |
| 42 | Telma van de Kamp | Nes Ameland | 27:16 | 26:15 |
| 43 | Daphne Groen | Drachten | 27:22 | 26:11 |
| 44 | Anneke Reitsma | Hegebeintum | 27:31 | 26:03 |
| 45 | Franciska Nijmeijer | Muntendam | 27:33 | 27:20 |
| 46 | Harma Schut | Groningen | 27:34 | 26:56 |
| 47 | Jolanda Bakker | Sint Nicolaasga | 27:35 | 27:05 |
| 48 | Natasja Blaakmeer | Drachten | 27:43 | 27:08 |
| 49 | Djenna Meinema | Leeuwarden | 27:46 | 27:08 |
| 50 | Martine Visser | Harlingen | 27:46 | 27:27 |
| 51 | Marian Rauwerda | Goutum | 27:51 | 26:48 |
| 52 | Linda Peereboom | Heerenveen | 27:52 | 27:10 |
| 53 | Marrit v Eyck v Heslin | Goutum | 27:53 | 26:48 |
| 54 | Baukje Zaaier | Leeuwarden | 27:54 | 26:49 |
| 55 | Ilse Rooks | Elsloo Fr | 27:55 | 26:14 |
| 56 | Berber de Boer | Leeuwarden | 27:55 | 27:26 |
| 57 | Damaris Wattimena | Drachten | 27:56 | 27:38 |
| 58 | Marieke Hoekstra | Leeuwarden | 27:58 | 27:36 |
| 59 | Nadia Amah Apedo | Leeuwarden | 27:58 | 27:43 |
| 60 | Anne-Sophie Oldenziel | Harlingen | 27:58 | 26:06 |
| 61 | Anneke Jorritsma | Leeuwarden | 27:59 | 27:42 |
| 62 | Katja Apelt | Leeuwarden | 28:01 | 26:29 |
| 63 | Wendelien Schali | Leeuwarden | 28:02 | 26:59 |
| 64 | Ilse Tienstra | Leeuwarden | 28:03 | 27:43 |
| 65 | Marijke de Boer | Heerenveen | 28:03 | 27:43 |
| 66 | Margreet van der Werf | Leeuwarden | 28:05 | 26:26 |
| 67 | Inge Smit | Harlingen | 28:06 | 27:49 |
| 68 | Anne Brouwer | Leeuwarden | 28:08 | 27:46 |
| 69 | Jeanine Kuipers | Deinum | 28:09 | 27:50 |
| 70 | Yvonne Dankertje | Leeuwarden | 28:09 | 27:22 |
| 71 | Annemiek Abma | Groningen | 28:11 | 27:28 |
| 72 | Melanie Grijpstra | Leeuwarden | 28:13 | 27:57 |
| 73 | Dorien de Boer | Leeuwarden | 28:13 | 28:13 |
| 74 | Wilma Stelpstra | Leeuwarden | 28:14 | 26:40 |
| 75 | Tjitske Sytema | Bakkeveen | 28:15 | 27:56 |
| 76 | Elisabeth Veenstra | Bakkeveen | 28:15 | 27:56 |
| 77 | Jellina Piekstra-Boulu | Buitenpost | 28:17 | 27:42 |
| 78 | Arjanne Rameau | Easterwierrum | 28:17 | 27:19 |
| 79 | Natascha Verweij | Leeuwarden | 28:21 | 27:47 |
| 80 | Renee de Ree-Landman | Sneek | 28:24 | 28:09 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 81 | Aaltsje de Boer | Wergea | 28:27 | 27:04 |
| 82 | Trientsje Wijbenga | Leeuwarden | 28:32 | 28:13 |
| 83 | Esther de Groot | Leeuwarden | 28:33 | 28:10 |
| 84 | Tricia van der Velde | Dokkum | 28:33 | 28:04 |
| 85 | Rixt Elting | Marrum | 28:34 | 28:04 |
| 86 | Yvonne Kok | Marrum | 28:34 | 28:04 |
| 87 | Linde Meijer | Dordrecht | 28:36 | 28:24 |
| 88 | Titia Knip | Franeker | 28:37 | 27:42 |
| 89 | Noa Knip | Franeker | 28:37 | 27:43 |
| 90 | Aafke Bootsma | Leeuwarden | 28:38 | 28:11 |
| 91 | Clara Vogel | Nieuwehorne | 28:39 | 26:33 |
| 92 | Ciska Blaauwbroek | Dronryp | 28:40 | 27:53 |
| 93 | Iris Kools | Leeuwarden | 28:41 | 28:22 |
| 94 | Eva de Vries | Leeuwarden | 28:42 | 26:41 |
| 95 | Birna de Vries | Leeuwarden | 28:42 | 28:01 |
| 96 | Patricia Roukema | Harlingen | 28:46 | 28:13 |
| 97 | Iris Woerdman | Zeewolde | 28:47 | 27:58 |
| 98 | Demi Krol | Tytsjerk | 28:49 | 27:47 |
| 99 | Karin Wijkstra | Leeuwarden | 28:49 | 27:35 |
| 100 | Laura Nieman | Leeuwarden | 28:51 | 27:46 |
| 101 | Marit v.d. Hoest | Leeuwarden | 28:52 | 28:34 |
| 102 | Harmke Dekker | Utrecht | 28:53 | 28:22 |
| 103 | Jelly Bloemhof-Hoekstr | Burgum | 28:54 | 27:26 |
| 104 | Justine Nonkes | Oudwoude | 28:54 | 28:19 |
| 105 | Trienke Streekstra | Buitenpost | 28:55 | 28:20 |
| 106 | Anke van Akker | Dokkum | 28:59 | 27:53 |
| 107 | Rosalyn pultrum | Leeuwarden | 28:59 | 28:30 |
| 108 | Sarah pultrum | Beetsterzwaag | 28:59 | 28:30 |
| 109 | Margriet Brinkman | Kollumerzwaag | 29:00 | 28:34 |
| 110 | Lydia Sloot | Tjalleberd | 29:00 | 28:44 |
| 111 | Dijkstra Marian | Blije | 29:01 | 28:38 |
| 112 | Saskia Roos | Leeuwarden | 29:02 | 28:50 |
| 113 | Marieke Smit | Leeuwarden | 29:04 | 28:33 |
| 114 | Wilma Visscher | Genemuiden | 29:04 | 28:37 |
| 115 | Pietie Dokter | St.-Annaparochie | 29:05 | 28:38 |
| 116 | Nienke Huisman-Wolters | Oldemarkt | 29:08 | 28:30 |
| 117 | Agnes Egmond | Sneek | 29:10 | 27:06 |
| 118 | Willy van Asperen | Leeuwarden | 29:10 | 27:10 |
| 119 | Cristien Bajema | Leeuwarden | 29:11 | 28:46 |
| 120 | Petra Visser | Franeker | 29:11 | 27:25 |
| 121 | Linda van Keulen | Leeuwarden | 29:12 | 28:38 |
| 122 | Karin Bruinsma- de Jon | Makkum Fr | 29:13 | 27:55 |
| 123 | Margriet van Foeken | Goutum | 29:13 | 28:43 |
| 124 | Marietje Sloot-Jongblo | Wolvega | 29:16 | 29:00 |
| 125 | Schoutje de Boer | Koudum | 29:20 | 28:28 |
| 126 | Josephina Ritsma | Drachten | 29:20 | 28:51 |
| 127 | Grytsje Schaaf-Hoekstr | Stiens | 29:20 | 28:41 |
| 128 | Amarins Menger | Leeuwarden | 29:21 | 28:45 |
| 129 | Krista Sijtsma | Leeuwarden | 29:22 | 27:47 |
| 130 | Marjolein de Kroon | IJlst | 29:23 | 28:33 |
| 131 | Anneke Toering | Nijland | 29:23 | 28:34 |
| 132 | Danielle Dirksen | Goutum | 29:24 | 29:05 |
| 133 | Esther Miedema | Boksum | 29:26 | 28:54 |
| 134 | Sonja Ooms | Groningen | 29:27 | 28:33 |
| 135 | Martha Boersma | Holwerd | 29:28 | 28:39 |
| 136 | Femke Kerkstra | Tijnje | 29:28 | 28:44 |
| 137 | Heleen Alves | Boornbergum | 29:31 | 28:01 |
| 138 | Inge Bijlsma | Leeuwarden | 29:31 | 27:53 |
| 139 | Annefleur Oldenburg | Leeuwarden | 29:39 | 29:29 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 140 | Femke Bergsma | Leeuwarden | 29:41 | 28:07 |
| 141 | Lisa Fazzi | Leeuwarden | 29:41 | 28:08 |
| 142 | Karin Vaartjes | Akkrum | 29:42 | 29:25 |
| 143 | Agnes van der Plaats | Ingelum | 29:43 | 29:11 |
| 144 | Susanne Schokker | Bitgummole | 29:43 | 29:11 |
| 145 | Annie Schotanus | Leeuwarden | 29:51 | 29:17 |
| 146 | Afke Wagenveld | Leeuwarden | 29:52 | 28:10 |
| 147 | Michaela Martens | Leeuwarden | 29:54 | 28:32 |
| 148 | Lutske Banga | Leeuwarden | 29:55 | 29:15 |
| 149 | Gerda Klunder | Leeuwarden | 29:55 | 29:16 |
| 150 | Linda Koehoorn | Meppel | 29:57 | 28:01 |
| 151 | Arlie Uijterlinde | De Knipe | 30:01 | 28:31 |
| 152 | Anna van der Schaaf | Leeuwarden | 30:01 | 29:18 |
| 153 | Grietje Kirkenier | Mantgum | 30:03 | 29:21 |
| 154 | Lisa de Jager | Harlingen | 30:04 | 28:51 |
| 155 | Froukje Schaaf | Amersfoort | 30:05 | 29:25 |
| 156 | Lisa Veltman | Leeuwarden | 30:05 | 29:36 |
| 157 | Astrid Wielinga | Heerenveen | 30:07 | 29:20 |
| 158 | Anneke Veenstra | Leeuwarden | 30:09 | 29:47 |
| 159 | Nynke Kooystra | Joure | 30:10 | 29:36 |
| 160 | Sylvia Wiersma | Franeker | 30:12 | 29:50 |
| 161 | Froukje Geerts | Leeuwarden | 30:13 | 29:36 |
| 162 | Houkje Bergsma | Franeker | 30:14 | 29:52 |
| 163 | Corinna Helder | Noardburgum | 30:16 | 29:35 |
| 164 | Tanja Mud | Leeuwarden | 30:16 | 28:50 |
| 165 | Janny Wijnstra | Tytsjerk | 30:17 | 29:32 |
| 166 | Stessie Stormer | Leeuwarden | 30:19 | 29:47 |
| 167 | Gerbrich Seinstra | Sneek | 30:20 | 29:16 |
| 168 | Jeltje Seinstra | Sneek | 30:21 | 29:16 |
| 169 | Marieke Hoekstra | Heerenveen | 30:22 | 29:19 |
| 170 | Noor Krol | Leeuwarden | 30:22 | 29:53 |
| 171 | Maxine van Dam | Leeuwarden | 30:25 | 30:02 |
| 172 | Nelleke van der Meer | Leeuwarden | 30:25 | 30:08 |
| 173 | Joseffa Witteveen | Leeuwarden | 30:25 | 30:01 |
| 174 | Marianne Meintema | Goutum | 30:26 | 30:06 |
| 175 | Debby Wiersma | Jirnsum | 30:27 | 29:40 |
| 176 | Femke Boersma | Leeuwarden | 30:30 | 30:15 |
| 177 | Itty van Oosten | Dokkum | 30:31 | 29:45 |
| 178 | Karin Steenbeek | Leeuwarden | 30:31 | 28:55 |
| 179 | Petra Renema | Dronryp | 30:31 | 29:44 |
| 180 | Anneke Lubbers | Leeuwarden | 30:32 | 29:34 |
| 181 | Rina Eriks | Elsloo Fr | 30:32 | 28:51 |
| 182 | Hilde Alin | Drachten | 30:33 | 29:21 |
| 183 | Neeltje Beefstra | Hurdegaryp | 30:34 | 29:15 |
| 184 | Marloes Zijlstra | Moordrecht | 30:35 | 29:36 |
| 185 | Nynke Eerligh | Goutum | 30:36 | 30:06 |
| 186 | Joke Bleijerveld | Dokkum | 30:38 | 30:12 |
| 187 | Ina kleefstra Buijs | Leeuwarden | 30:39 | 29:41 |
| 188 | Jeltsje Ottema | Easterlittens | 30:45 | 30:08 |
| 189 | Anke van der Kooi | Ternaard | 30:46 | 29:27 |
| 190 | Miranda Rijfers | Harlingen | 30:49 | 29:37 |
| 191 | Ageeth Nawijn Postma | Hitzum | 30:51 | 29:11 |
| 192 | Elke Verwoerd | Leeuwarden | 30:53 | 29:31 |
| 193 | Marjolijn v.d. Klooste | Leeuwarden | 30:56 | 29:33 |
| 194 | Sytske de Jong-Swierst | Idaerd | 30:57 | 30:39 |
| 195 | Wynanda Wassenaar | Franeker | 31:00 | 29:30 |
| 196 | Sabyna Hazenberg | Oudehaske | 31:01 | 29:37 |
| 197 | Lauren van der Zee | Leeuwarden | 31:01 | 29:46 |
| 198 | Lotte Hofstra | Leeuwarden | 31:01 | 30:28 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 199 | Hilde de Vries | Drogeham | 31:03 | 30:21 |
| 200 | Greetje Wouda | Buitenpost | 31:03 | 30:28 |
| 201 | Hilde Kloosterziel | Meppel | 31:04 | 29:41 |
| 202 | Grietje Welfing-Hoekst | Buitenpost | 31:04 | 30:28 |
| 203 | Fronika Veenstra | Buitenpost | 31:04 | 30:28 |
| 204 | Lysbert Rondaan | Dronryp | 31:05 | 30:17 |
| 205 | Sanneke van der Heide | Lemmer | 31:05 | 30:27 |
| 206 | Janine Boer | Lemmer | 31:05 | 30:28 |
| 207 | Annet de Groot | Leeuwarden | 31:06 | 30:31 |
| 208 | Selma Mollema | Bitgummole | 31:09 | 30:19 |
| 209 | Tjallien de Boer | Leeuwarden | 31:10 | 30:42 |
| 210 | Sigrid Runia | Leeuwarden | 31:10 | 29:42 |
| 211 | Ieke Koster | Groningen | 31:11 | 29:45 |
| 212 | Boudina van der Meulen | Blauwhuis | 31:12 | 30:51 |
| 213 | Nynke de Witte | Blauwhuis | 31:13 | 30:51 |
| 214 | Nelly van der Galiën | Dronryp | 31:13 | 30:27 |
| 215 | Wietske Westra | Groningen | 31:13 | 29:12 |
| 216 | Laura de Jong | Nijland | 31:14 | 30:22 |
| 217 | Elise Smit | Leeuwarden | 31:14 | 30:59 |
| 218 | Niske Priems | Heerenveen | 31:18 | 30:39 |
| 219 | Carolien Weda | Leeuwarden | 31:18 | 29:45 |
| 220 | Anja ten Berge | Leeuwarden | 31:18 | 30:13 |
| 221 | Marije Visser - Boersm | Leeuwarden | 31:19 | 29:37 |
| 222 | Ankie Mulder | Gorredijk | 31:20 | 29:51 |
| 223 | Jildou Cuperus | Leeuwarden | 31:20 | 30:05 |
| 224 | Marjan van der Galien | Tiel | 31:21 | 30:00 |
| 225 | Hennie Groenevelt | Heerenveen | 31:24 | 30:37 |
| 226 | Carljin Ouwehand | Harlingen | 31:25 | 30:12 |
| 227 | Hanneke Kruijer | Goutum | 31:27 | 29:31 |
| 228 | Elise van der Laan | Leeuwarden | 31:27 | 30:56 |
| 229 | Miranda Fokkema | Leeuwarden | 31:27 | 30:19 |
| 230 | Jeltsje Hoeksma | Sneek | 31:28 | 30:38 |
| 231 | Wietske den Teuling | Sneek | 31:28 | 29:47 |
| 232 | Rianna Herder | St.-Annaparochie | 31:29 | 30:57 |
| 233 | Pytrik de Jong | Leeuwarden | 31:29 | 31:15 |
| 234 | Ina Veenstra | Leeuwarden | 31:30 | 30:38 |
| 235 | Lies Postma | Stiens | 31:31 | 30:51 |
| 236 | Petra v.d. Hout | Buitenpost | 31:31 | 30:49 |
| 237 | Shirley Smith | Den Helder | 31:31 | 31:07 |
| 238 | Heidi van de Beek | Leeuwarden | 31:32 | 31:07 |
| 239 | Gooitske Beimers | Dronryp | 31:32 | 30:17 |
| 240 | Mirjam Aloserij | Harlingen | 31:33 | 30:21 |
| 241 | Marianne Kramer | Tzummarum | 31:33 | 29:44 |
| 242 | Mendy Visser | Leeuwarden | 31:33 | 29:35 |
| 243 | Margreet Posthuma | Harlingen | 31:34 | 30:21 |
| 244 | Elisabeth Boerma | Garyp | 31:35 | 30:14 |
| 245 | Hester Viëtor | Dronryp | 31:36 | 30:25 |
| 246 | Nynke de Boer | Leeuwarden | 31:36 | 29:39 |
| 247 | Sylvia Boonstra | Buitenpost | 31:38 | 30:55 |
| 248 | Guus veltman | Lichtaard | 31:38 | 30:13 |
| 249 | Ada Beiwaard | Leeuwarden | 31:38 | 29:43 |
| 250 | Wiepie Odolphie | IJlst | 31:39 | 31:01 |
| 251 | Nynke Aardema | Leeuwarden | 31:41 | 30:11 |
| 252 | Lies Melchers | Leeuwarden | 31:45 | 30:47 |
| 253 | Karin Grandke | Goutum | 31:46 | 31:06 |
| 254 | Klazien van der Meer | Leeuwarden | 31:46 | 31:28 |
| 255 | Annika Andersson | Hurdegaryp | 31:47 | 31:10 |
| 256 | Lysbeth Tuinstra | Hitzum | 31:48 | 31:05 |
| 257 | Griet van der Velde | Hurdegaryp | 31:49 | 31:08 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 258 | Patricia Roodhof | Leeuwarden | 31:49 | 30:51 |
| 259 | Johanneke Klaassens | Itens | 31:51 | 31:03 |
| 260 | Hetty Bollen | Drachten | 31:51 | 30:26 |
| 261 | Marije Hering | Akkrum | 31:51 | 30:09 |
| 262 | Annet Visser | Leeuwarden | 31:51 | 31:25 |
| 263 | Agnetha Kooistra | Drachten | 31:51 | 30:38 |
| 264 | Emmy Wateler | Minnertsga | 31:52 | 30:10 |
| 265 | Anke Bos | Blije | 31:52 | 30:58 |
| 266 | Ester Post | Appelscha | 31:54 | 29:52 |
| 267 | Wilma v.d. Steen | Leeuwarden | 31:54 | 30:21 |
| 268 | Anneke Hoekstra | Leeuwarden | 31:54 | 30:50 |
| 269 | Maaïke Geertsma | Hempens | 31:56 | 30:53 |
| 270 | Carmen Kouwenberg | Leeuwarden | 31:56 | 30:54 |
| 271 | Baukje de Jong- de Vri | Nieuwehorne | 31:57 | 29:51 |
| 272 | Anneke Lindstedt | Burgum | 31:57 | 30:56 |
| 273 | Danielle van der Tuin | Harlingen | 31:57 | 30:05 |
| 274 | Anneke Bakker-Buruma | Marrum | 32:00 | 31:35 |
| 275 | Marjo Apeldoorn | Burgum | 32:00 | 31:35 |
| 276 | Ilse Heida | Sintjohannesga | 32:00 | 30:58 |
| 277 | Janneke Draaistra | Gorredijk | 32:01 | 30:45 |
| 278 | Femke Westerlaan | Hurdegaryp | 32:01 | 30:42 |
| 279 | Froukje Holwerda-v.d.V | Leeuwarden | 32:02 | 30:10 |
| 280 | Esther van der Weij | Leeuwarden | 32:02 | 31:01 |
| 281 | Vanja Eijgenhuijser | Leeuwarden | 32:03 | 31:10 |
| 282 | Hannie Wiersma | St.-Annaparochie | 32:04 | 30:47 |
| 283 | Simone Minnema | Hurdegaryp | 32:08 | 32:08 |
| 284 | Saskia Draaistra | Gorredijk | 32:09 | 30:51 |
| 285 | Christine Martens | Leeuwarden | 32:10 | 30:36 |
| 286 | Anita Dijkstra | Leeuwarden | 32:10 | 31:46 |
| 287 | Rosalie de Konink | Stiens | 32:13 | 31:24 |
| 288 | Marije Ouwehand | Harlingen | 32:14 | 31:01 |
| 289 | Carla Hooghiemstra | Oudehaske | 32:15 | 30:50 |
| 290 | Maroesja Weijers | Harlingen | 32:15 | 31:02 |
| 291 | Marianne van der Weij | Oudemirdum | 32:15 | 31:24 |
| 292 | Aukje Bijlsma | Koarnjum | 32:16 | 30:33 |
| 293 | Henderika Storteboom | Ureterp | 32:17 | 31:51 |
| 294 | Carla Pijlman | Leeuwarden | 32:20 | 30:25 |
| 295 | Rinske van der Kooi | Oranjewoud | 32:20 | 30:52 |
| 296 | Femy Smit | Leeuwarden | 32:21 | 32:21 |
| 297 | Debora Deinum | Buitenpost | 32:22 | 32:22 |
| 298 | Marieke Kroese | Leeuwarden | 32:25 | 31:02 |
| 299 | Hedwich Attema | Easterein | 32:29 | 32:29 |
| 300 | Elske v.d. Meulen | Easterein | 32:29 | 31:17 |
| 301 | Folkje Wiegersma | Burgum | 32:29 | 32:15 |
| 302 | Tiny Reinsma | Leeuwarden | 32:30 | 31:13 |
| 303 | Karin van de Werf | Leeuwarden | 32:31 | 31:14 |
| 304 | Janneke de Jong - Andr | Leeuwarden | 32:31 | 32:06 |
| 305 | Jantine Leegstra | Stiens | 32:31 | 30:48 |
| 306 | Emma van der Vaart | Heerenveen | 32:33 | 30:40 |
| 307 | Jitske Monsma | Franeke | 32:35 | 31:00 |
| 308 | Ella Kuipers | Leeuwarden | 32:35 | 30:50 |
| 309 | Marloes Steunebrink | Leeuwarden | 32:35 | 32:12 |
| 310 | Ymkje Hoekstra | Stiens | 32:38 | 30:39 |
| 311 | Julia Miedema | Leeuwarden | 32:38 | 32:07 |
| 312 | Anne Lautenbag | Leeuwarden | 32:38 | 32:06 |
| 313 | Berit van der Leij | Leeuwarden | 32:38 | 32:06 |
| 314 | Jorien Conradi | Sonnega | 32:40 | 31:33 |
| 315 | Margareth de Boer | Boskoop | 32:40 | 30:45 |
| 316 | Karina Frijling | Leeuwarden | 32:40 | 31:33 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 317 | Lotte van der Veen | Leeuwarden | 32:40 | 32:09 |
| 318 | Henny Jeurissen | Leeuwarden | 32:41 | 31:04 |
| 319 | Rosa Nina Salverda | Sintjohannesga | 32:41 | 31:26 |
| 320 | Jolien Wieling | Leeuwarden | 32:45 | 30:47 |
| 321 | Susanne Spaan | Leeuwarden | 32:49 | 31:40 |
| 322 | Miranda Overwijk | Leeuwarden | 32:49 | 31:23 |
| 323 | Eefje Pelster | Heerenveen | 32:53 | 30:51 |
| 324 | Esther Wiersma | Leeuwarden | 32:54 | 31:11 |
| 325 | Ingrid Meester | Leeuwarden | 32:55 | 32:31 |
| 326 | Jaike de Boer | Leeuwarden | 32:55 | 31:43 |
| 327 | Marian van de Schaaf | Oentsjerk | 32:55 | 32:55 |
| 328 | Janneke Zwerver | Leeuwarden | 32:55 | 32:34 |
| 329 | Elske Woudstra | Oudehaske | 32:56 | 31:05 |
| 330 | Tjits Rademaker | Leeuwarden | 32:56 | 32:28 |
| 331 | Mettiena Leemeijer | Leeuwarden | 32:58 | 31:59 |
| 332 | Sjoukje S.Voorhorst | Drogeham | 32:58 | 32:20 |
| 333 | Angelique Wennekes | Stiens | 32:59 | 31:55 |
| 334 | Kim Hilgevoord | Leeuwarden | 32:59 | 31:54 |
| 335 | Siemke Rijpma | Oentsjerk | 32:59 | 32:22 |
| 336 | Marchje Schaap | Heerenveen | 33:00 | 32:16 |
| 337 | Regina Buitink | Leeuwarden | 33:01 | 32:12 |
| 338 | Siebrig Schiphof | Leeuwarden | 33:01 | 32:10 |
| 339 | Laura van der Schuit | Heerenveen | 33:04 | 31:55 |
| 340 | Ria Aartsma | Dokkum | 33:04 | 31:07 |
| 341 | Conny Lokman | Franeker | 33:05 | 31:05 |
| 342 | Karin de Hoo | Stiens | 33:05 | 32:15 |
| 343 | Hetty Groninger | Sneek | 33:07 | 32:19 |
| 344 | Gerda Sluyter | Sneek | 33:08 | 32:20 |
| 345 | Linda Cazemier | Stiens | 33:10 | 32:15 |
| 346 | Esther Oudshoorn-Wigge | Leeuwarden | 33:10 | 31:56 |
| 347 | Lydia Kerckhoffs | Drachten | 33:12 | 31:17 |
| 348 | Rinette Venema | Leeuwarden | 33:12 | 32:44 |
| 349 | Janna Sterkenburgh | Ferwoude | 33:13 | 32:06 |
| 350 | Joke Wagner-Bams | Burum | 33:13 | 32:31 |
| 351 | Helga Bokma | Leeuwarden | 33:13 | 31:53 |
| 352 | Judith Minnema | Hurdegaryp | 33:14 | 31:47 |
| 353 | Bettie Albers | Dronryp | 33:14 | 32:06 |
| 354 | Jolien Grasman | Groningen | 33:15 | 33:01 |
| 355 | Suzanne Zwaan | Leeuwarden | 33:15 | 32:08 |
| 356 | Eline van der Meulen | Buitenpost | 33:16 | 32:11 |
| 357 | Sasja Abbing | Easterwierrum | 33:17 | 32:10 |
| 358 | Monique Ruysenstein | Leeuwarden | 33:17 | 31:17 |
| 359 | Elizabeth Omand | Leeuwarden | 33:17 | 31:17 |
| 360 | Meta Jansma | Leeuwarden | 33:20 | 32:46 |
| 361 | Tressa Tigchelaar | Itens | 33:20 | 32:32 |
| 362 | Ella van der Feer | Nijland | 33:20 | 30:50 |
| 363 | Hester Elverdink | Leeuwarden | 33:22 | 31:30 |
| 364 | Ytsje van der Schuit | Heerenveen | 33:22 | 32:12 |
| 365 | Stienke Bosma | St.-Annaparochie | 33:24 | 32:05 |
| 366 | Ferdi Bijl-Fahner | Wyns | 33:25 | 31:35 |
| 367 | Fetsje Wielstra | Eastermar | 33:25 | 31:41 |
| 368 | Tessa Dijkstra | Leeuwarden | 33:26 | 32:03 |
| 369 | Jesna de Groot | Harlingen | 33:29 | 32:18 |
| 370 | Ylse van Dijk | Kollum | 33:30 | 32:45 |
| 371 | Wilka Bramer | Leeuwarden | 33:30 | 32:29 |
| 372 | Rianne Dijkstra | Leeuwarden | 33:31 | 32:08 |
| 373 | Anna Dijkstra | Harlingen | 33:31 | 32:18 |
| 374 | Annemarie Sijbrandi-Sm | Heerenveen | 33:34 | 32:31 |
| 375 | Jacoba v.d. Velde | Buitenpost | 33:34 | 32:50 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 376 | Baukje Joostema-van Va | Leeuwarden | 33:34 | 32:50 |
| 377 | Marjolein Atsma | Leeuwarden | 33:37 | 32:31 |
| 378 | Sandra van Meekeren | Scharsterbrug | 33:40 | 32:07 |
| 379 | Petra Potma | Joure | 33:40 | 32:08 |
| 380 | Hannie Halma | Hallum | 33:40 | 32:07 |
| 381 | Marit Heegstra | Beetsterzwaag | 33:41 | 33:23 |
| 382 | Evelien Westerhuis | Leeuwarden | 33:42 | 31:56 |
| 383 | Janny van der Werf | Tjerkgaast | 33:42 | 32:50 |
| 384 | Liesbeth de Wolff | Tjerkgaast | 33:42 | 31:57 |
| 385 | Conny Buijs | Leeuwarden | 33:43 | 31:42 |
| 386 | Mattie Koster | Drachten | 33:50 | 32:10 |
| 387 | Julia van der Schoot | Franeker | 33:51 | 32:03 |
| 388 | Rixt Stegenga | Franeker | 33:51 | 32:03 |
| 389 | Gea Hamhuis | Leeuwarden | 33:52 | 33:09 |
| 390 | Annie Visser | Feanwalden | 33:52 | 33:21 |
| 391 | Charmaine Andre | Leeuwarden | 33:52 | 33:18 |
| 392 | Jitske de Roos | De Falom | 33:52 | 33:21 |
| 393 | Sara vd Veen | Boornbergum | 33:53 | 31:47 |
| 394 | Wendy Twijnstra | Harlingen | 33:53 | 32:57 |
| 395 | Sandra van der Werk | Stiens | 33:53 | 31:48 |
| 396 | Angela Donga | Leeuwarden | 33:55 | 33:22 |
| 397 | Sandra Bagniuk | Harlingen | 33:55 | 32:59 |
| 398 | Joyce Smit | Stiens | 33:56 | 33:21 |
| 399 | Karin van der wal | Goutum | 33:56 | 32:14 |
| 400 | Monique Galama | Leeuwarden | 33:57 | 32:51 |
| 401 | Yvonne Birkenholz | Leeuwarden | 33:58 | 32:47 |
| 402 | Renate Fledderus-Wilst | Wolvega | 33:58 | 33:30 |
| 403 | Andrea de Vries | Leeuwarden | 33:58 | 32:01 |
| 404 | Mw. M.P.J. de Jong | Leeuwarden | 34:00 | 33:02 |
| 405 | Marjan Hoexum | Leeuwarden | 34:02 | 32:22 |
| 406 | Linda Koster | Stiens | 34:02 | 33:26 |
| 407 | Stella van Arkel | Oentsjerk | 34:03 | 33:02 |
| 408 | Danielle Dijkstra | Leeuwarden | 34:03 | 32:05 |
| 409 | Bettiena Mengerink-Ste | Franeker | 34:04 | 32:54 |
| 410 | Marieke Kloostra | Franeker | 34:04 | 32:34 |
| 411 | Janna Kroes | Tjalleberd | 34:06 | 32:43 |
| 412 | Marije Louw | Leeuwarden | 34:06 | 33:36 |
| 413 | Helen Holtrop | Goutum | 34:07 | 33:26 |
| 414 | Joke van Loon | Oudebildtzijl | 34:08 | 33:25 |
| 415 | Willemijn Bos | Leeuwarden | 34:08 | 32:54 |
| 416 | Jolijn Flasch | Leeuwarden | 34:08 | 32:40 |
| 417 | De Groot | Ferwert | 34:09 | 33:16 |
| 418 | Gesien Pool | Goutum | 34:10 | 32:45 |
| 419 | Sandra Bosma | Leeuwarden | 34:12 | 32:50 |
| 420 | Helga Boersma | Leeuwarden | 34:13 | 32:57 |
| 421 | Sjoukje Griep-Ypma | Sint Nicolaasga | 34:13 | 32:50 |
| 422 | Jeanette Tanja | Oosterwolde Fr | 34:14 | 33:34 |
| 423 | Renata v/d Werf Landma | Leeuwarden | 34:19 | 32:42 |
| 424 | Willemien Noordman | Stiens | 34:19 | 33:43 |
| 425 | Kirsten Eijer | Boksum | 34:20 | 32:55 |
| 426 | Lydia Kruiper | Goutum | 34:22 | 33:04 |
| 427 | Karin Eekhof | Dronryp | 34:26 | 33:37 |
| 428 | Angelique Tiemersma | Leeuwarden | 34:26 | 32:40 |
| 429 | Joke Flapper | Heerenveen | 34:31 | 33:43 |
| 430 | Lisanne de Vries | Franeker | 34:33 | 33:47 |
| 431 | Sabrina Slagman | Sneek | 34:35 | 33:44 |
| 432 | Femke Krol | Burgum | 34:36 | 33:47 |
| 433 | Cynthia Schreur | Leeuwarden | 34:38 | 32:54 |
| 434 | Sarah Miedema | Goutum | 34:39 | 32:57 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 435 | Merijn Hiemstra | Leeuwarden | 34:39 | 33:44 |
| 436 | Koosje Kuiphof | Deinum | 34:39 | 33:06 |
| 437 | Jantina de Vries | Deinum | 34:40 | 33:09 |
| 438 | Monique Machiela | St.-Annaparochie | 34:40 | 33:20 |
| 439 | Patricia Visser | Deinum | 34:40 | 33:11 |
| 440 | Esther Beimers | St.-Annaparochie | 34:41 | 33:21 |
| 441 | Margriet Bakker | Leeuwarden | 34:41 | 34:20 |
| 442 | Janneke Eizema | Leeuwarden | 34:42 | 33:58 |
| 443 | Yvonne Fokkens | Leeuwarden | 34:42 | 33:58 |
| 444 | Esther v/d Reep | Leeuwarden | 34:43 | 33:42 |
| 445 | My-Tien Huynh | Leeuwarden | 34:43 | 32:57 |
| 446 | Angela Kodde | Leeuwarden | 34:46 | 33:45 |
| 447 | Dieuwke Feenstra-Haakm | Achlum | 34:48 | 33:30 |
| 448 | Carmen Legebeke | Leeuwarden | 34:49 | 34:32 |
| 449 | Terrah Sandberg | Leeuwarden | 34:50 | 34:33 |
| 450 | Ypie Bergsma | Ysbrechtum | 34:52 | 34:04 |
| 451 | Tanja van Poelgeest | Drachten | 34:54 | 33:58 |
| 452 | Wietske Meersma | Leeuwarden | 34:54 | 33:58 |
| 453 | Van Heeringen | Tytsjerk | 34:55 | 33:58 |
| 454 | Marina van Deursen | Luinjeberd | 34:55 | 33:33 |
| 455 | Renny Stolte | Drachten | 34:56 | 34:00 |
| 456 | Bianca Katsman | Emmeloord | 34:58 | 33:32 |
| 457 | Joukje Krol | Amsterdam | 34:59 | 33:28 |
| 458 | Marloes van der Meulen | Hurdegaryp | 35:01 | 33:43 |
| 459 | Annijke Sikma | Earnewald | 35:02 | 33:43 |
| 460 | Amarins Schuilenburg | Leeuwarden | 35:02 | 33:09 |
| 461 | Ingrid Dijkstra | Bolsward | 35:03 | 33:51 |
| 462 | Audrey Jansma | Leeuwarden | 35:04 | 34:31 |
| 463 | Alie Boorsma | Gytsjerk | 35:04 | 33:20 |
| 464 | Sjoukje Dijk | Leeuwarden | 35:06 | 33:14 |
| 465 | Sjoukje van der Velde | Leeuwarden | 35:06 | 34:05 |
| 466 | Dana Zwierstra | Leeuwarden | 35:08 | 34:24 |
| 467 | Nynke Wiedijk-Gierman | Mantgum | 35:08 | 34:45 |
| 468 | Gonnie Sloothaak | Heerenveen | 35:09 | 34:49 |
| 469 | Jelly Swart | Leeuwarden | 35:10 | 34:11 |
| 470 | Jantina Uijterlinde | De Knipe | 35:11 | 33:40 |
| 471 | Klaske Zonderland | Herbajum | 35:11 | 33:25 |
| 472 | Geertje Huisman | Herbajum | 35:11 | 33:25 |
| 473 | Jellie Sterk-postma | Gauw | 35:11 | 33:09 |
| 474 | Tiffany Hoekstra | Sneek | 35:12 | 33:09 |
| 475 | Froukje Inke Terpstra | Leeuwarden | 35:14 | 33:24 |
| 476 | Rianne Bruinsma | Leeuwarden | 35:15 | 33:52 |
| 477 | Marit Oosterbaan | Dronryp | 35:15 | 33:14 |
| 478 | Cristina Guglielmi | Noardburgum | 35:15 | 34:38 |
| 479 | Femke Rijpstra | Hallum | 35:16 | 34:36 |
| 480 | Mia Rooks | Elsloo Fr | 35:17 | 33:36 |
| 481 | Laura Vollmuller | Leeuwarden | 35:22 | 33:53 |
| 482 | Karin Middendorp | Franeker | 35:22 | 33:21 |
| 483 | Sarah Dolstra | Leeuwarden | 35:22 | 35:22 |
| 484 | Richelle Bosch | Harlingen | 35:25 | 33:24 |
| 485 | Geertje Stork | Westhoek | 35:26 | 34:46 |
| 486 | Martje Post | Berltsum | 35:26 | 34:42 |
| 487 | Jolanda Nes-Breidenbac | Franeker | 35:28 | 33:43 |
| 488 | Louise Jorritsma | Leeuwarden | 35:30 | 33:48 |
| 489 | Esther Hulsinga | Wirdum Fr | 35:30 | 34:26 |
| 490 | Ellen Sjoerdsma | Sneek | 35:33 | 33:29 |
| 491 | Martha Bijlstra | Kollum | 35:34 | 33:40 |
| 492 | Iteke Groendijk | Kollum | 35:34 | 33:42 |
| 493 | Akke-Rixt van Essen | Oosterwolde Fr | 35:38 | 34:57 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 494 | Marielle Meijer | Leeuwarden | 35:38 | 33:33 |
| 495 | Joke Dijkstra | Bolsward | 35:39 | 33:35 |
| 496 | Jitske de Vries | De Westereen | 35:39 | 33:35 |
| 497 | Sjoukje Werkema | Feanwalden | 35:40 | 35:07 |
| 498 | Sabine van Kammen | Leeuwarden | 35:40 | 33:56 |
| 499 | Monique Kölliker | Leeuwarden | 35:40 | 34:13 |
| 500 | Sanne Blijl | Reduzum | 35:41 | 34:39 |
| 501 | Anja Blijl-Stienstra | Reduzum | 35:41 | 34:40 |
| 502 | Annelies Pilat | Leeuwarden | 35:41 | 33:37 |
| 503 | Aleid Pasveer | Leeuwarden | 35:42 | 33:44 |
| 504 | Helga Krist | Leeuwarden | 35:42 | 34:16 |
| 505 | Natasja Heeringa | Leeuwarden | 35:42 | 33:38 |
| 506 | Annette Hiemstra | Leeuwarden | 35:43 | 34:17 |
| 507 | Elleke Rinsma | Buitenpost | 35:43 | 35:02 |
| 508 | Femke Wester | Winsum Gn | 35:44 | 34:31 |
| 509 | Els Mak-Conijn | Berltsum | 35:44 | 34:52 |
| 510 | Jeanice van der Burgh | Leeuwarden | 35:44 | 34:49 |
| 511 | Gretha Bloembergen | Leeuwarden | 35:46 | 33:57 |
| 512 | Titia deJong | Leeuwarden | 35:47 | 34:09 |
| 513 | Viviane Meerenga | Leeuwarden | 35:47 | 33:43 |
| 514 | Nienke Hitman | Lippenhuizen | 35:48 | 34:57 |
| 515 | Sandra Kooij-santing | Leeuwarden | 35:48 | 34:11 |
| 516 | Valesca Bos | Leeuwarden | 35:48 | 34:53 |
| 517 | Léoni de Graaf | Sneek | 35:51 | 33:51 |
| 518 | Marja Schager | Langweer | 35:52 | 34:59 |
| 519 | Carla van der Heide | Workum | 35:53 | 34:12 |
| 520 | Klariska Bangma | Dokkum | 35:54 | 34:14 |
| 521 | Anneke de Witte | Ferwert | 35:55 | 34:04 |
| 522 | Judith Jager | Workum | 35:55 | 34:14 |
| 523 | Roos van der Heide | Leeuwarden | 36:02 | 33:56 |
| 524 | Mirjam van Haskera | Joure | 36:02 | 33:56 |
| 525 | Corina van der Weide | Gytsjerk | 36:02 | 34:19 |
| 526 | Wietske Westerhuis | Leeuwarden | 36:05 | 34:19 |
| 527 | Lia Rijpstra | Leeuwarden | 36:05 | 34:22 |
| 528 | Sjoukje Reitsma- de Bo | Hurdegaryp | 36:06 | 34:21 |
| 529 | Judith Huitenga | Amsterdam | 36:06 | 35:32 |
| 530 | Jose Marcin | Augustinusga | 36:07 | 35:30 |
| 531 | Janet Visser | Leeuwarden | 36:07 | 34:13 |
| 532 | Sonja Smink | Winsum Fr | 36:11 | 34:31 |
| 533 | Trea Walstra | Slappeterp | 36:12 | 34:07 |
| 534 | Angelique Dikkeboom | Leeuwarden | 36:13 | 34:40 |
| 535 | Marleen Slot | Leeuwarden | 36:16 | 34:12 |
| 536 | Lotte Limburg | Leeuwarden | 36:16 | 34:12 |
| 537 | Jeanet de Vries | Leeuwarden | 36:19 | 35:29 |
| 538 | Tineke de Vries | Heerenveen | 36:20 | 35:28 |
| 539 | Wendie Reit | Leeuwarden | 36:24 | 34:22 |
| 540 | Geke Brader | Heerenveen | 36:31 | 35:48 |
| 541 | Jantiena Broersma | Buitenpost | 36:32 | 35:46 |
| 542 | Rixt de Jager | Harlingen | 36:33 | 35:18 |
| 543 | Femke de Haas | Sint Nicolaasga | 36:33 | 35:18 |
| 544 | Ina v.d. Wal | Gerkesklooster | 36:33 | 35:47 |
| 545 | Wiepie Fopma | Hilaard | 36:41 | 34:38 |
| 546 | Linda Hoek | Leeuwarden | 36:42 | 34:46 |
| 547 | Julia Hoek | Leeuwarden | 36:42 | 34:46 |
| 548 | Marcia Dijkstra | Leeuwarden | 36:43 | 34:45 |
| 549 | Josine Sporrel | Leeuwarden | 36:43 | 34:53 |
| 550 | Tjits Adema | Leeuwarden | 36:45 | 35:45 |
| 551 | Margriet Roorda | Leeuwarden | 36:47 | 35:35 |
| 552 | Manon Grolman | Zwanenburg | 36:47 | 35:37 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 553 | Hesther van der Meer | Haarlem | 36:47 | 35:36 |
| 554 | Claudia Papa | Leeuwarden | 36:50 | 36:17 |
| 555 | Sijtske Postma | Winsum Fr | 36:51 | 35:10 |
| 556 | Pietsje Leemans | Leeuwarden | 36:52 | 35:15 |
| 557 | Raluca Alexa | Leeuwarden | 36:52 | 34:58 |
| 558 | Floor van der Veen-Lau | Leeuwarden | 36:52 | 35:15 |
| 559 | Cees van der Struik | Heerenveen | 36:52 | 35:49 |
| 560 | Linda Lageveen | Leeuwarden | 36:53 | 35:33 |
| 561 | Astrid Kuipers | Leeuwarden | 36:53 | 34:53 |
| 562 | Alja Silvius | Leeuwarden | 36:54 | 34:53 |
| 563 | Tessa Zwart | Leeuwarden | 36:55 | 36:01 |
| 564 | Irene Boelens-van Huiz | Kollumerzwaag | 37:01 | 35:20 |
| 565 | Mirthe Schaafsma | Drachten | 37:02 | 35:04 |
| 566 | Marja Muller | Mantgum | 37:09 | 36:26 |
| 567 | Paramita Banerjee | Amsterdam | 37:10 | 36:30 |
| 568 | Halberta Tuinenga | Leeuwarden | 37:10 | 36:00 |
| 569 | Caterina de Jong | Leeuwarden | 37:11 | 35:14 |
| 570 | Anske Meijer | Augustinusga | 37:17 | 36:41 |
| 571 | Karin Lennaerts | Buitenpost | 37:18 | 36:32 |
| 572 | Jolanda v/d Veen-Hoorn | Burgum | 37:19 | 35:37 |
| 573 | Marion Aarts | Leeuwarden | 37:20 | 35:30 |
| 574 | Rianne Buisman | Harich | 37:20 | 35:40 |
| 575 | Carolien Deinum | Nes gem Boarnsterhim | 37:28 | 35:37 |
| 576 | Ria de Jong | Nes gem Boarnsterhim | 37:28 | 35:37 |
| 577 | Zusan Kromhout | Joure | 37:28 | 36:06 |
| 578 | Duleke Zeinstra | Garyp | 37:30 | 36:00 |
| 579 | Christina Rutkens | Leeuwarden | 37:30 | 35:35 |
| 580 | Annie Kaspersma-Dam | Burgum | 37:30 | 36:00 |
| 581 | Geeske Oosterhof | Gytsjerk | 37:30 | 35:55 |
| 582 | Trijntje Veenstra | Leeuwarden | 37:31 | 35:55 |
| 583 | Miranda van der Weide | Leeuwarden | 37:31 | 35:36 |
| 584 | Marjan Bakker | Midsland | 37:32 | 36:00 |
| 585 | Shireen Raaymakers | Harlingen | 37:34 | 35:56 |
| 586 | Liesbeth Terwisscha | Leeuwarden | 37:45 | 35:48 |
| 587 | Tjitske Jelma Mulder | Antwerpen (BEL) | 37:46 | 35:55 |
| 588 | Annechien Huisman | Sexbierum | 37:47 | 35:43 |
| 589 | Anja Noordenbos | Oosterbierum | 37:48 | 37:17 |
| 590 | Corien Burgler | Blije | 37:48 | 37:01 |
| 591 | Janneke Borger | Hallum | 37:49 | 37:02 |
| 592 | Miranda Posthumus | Leeuwarden | 37:50 | 36:06 |
| 593 | Margriet Bekema | Bolsward | 37:51 | 35:45 |
| 594 | Ilse de Groot | Leeuwarden | 37:57 | 36:50 |
| 595 | Harminke Vellinga | St.-Annaparochie | 37:59 | 35:59 |
| 596 | Gerrie Zon | Leeuwarden | 37:59 | 36:06 |
| 597 | Anja van Marrum | Franeker | 38:09 | 36:02 |
| 598 | Janneke Spoolder | Leeuwarden | 38:12 | 36:58 |
| 599 | Tanja Nab | Hallum | 38:14 | 37:32 |
| 600 | Anja Tjepkema-Wijngaar | Heerenveen | 38:20 | 36:57 |
| 601 | Eva Schweizer | Zuidhorn | 38:22 | 36:57 |
| 602 | Ellen Timminga | Zuidhorn | 38:22 | 36:57 |
| 603 | Daniella Bruinsma | Hurdegaryp | 38:28 | 36:44 |
| 604 | Miranda Posthumus | Leeuwarden | 38:31 | 36:59 |
| 605 | Stefanie Lesterhuis | Leeuwarden | 38:44 | 37:44 |
| 606 | Wendy de Boer | Leeuwarden | 38:44 | 37:43 |
| 607 | Jiska Knol | Tiel | 38:56 | 37:41 |
| 608 | Mieneke van der Baan | Tytsjerk | 38:59 | 38:15 |
| 609 | Idil Mohammed | Leeuwarden | 39:03 | 38:11 |
| 610 | Anja Aartsma | Tjalleberd | 39:08 | 37:08 |
| 611 | Monique Hoekstra-Haan | Reduzum | 39:24 | 37:35 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 612 | Ytsje Damstra | Hurdegaryp | 39:26 | 38:49 |
| 613 | Clary Leegstra | Nes gem Boarnsterhim | 39:34 | 37:42 |
| 614 | Claudia Hoogland | Midlum | 39:37 | 37:31 |
| 615 | Sietske van der Meij | Ferwert | 39:47 | 37:51 |
| 616 | Anita Zijlstra | Ternaard | 39:47 | 37:51 |
| 617 | Samantha Kapiteijn | Leeuwarden | 39:51 | 38:45 |
| 618 | Sylvana Dompeling | Leeuwarden | 39:52 | 38:45 |
| 619 | Jildau Rinzema | Minnertsga | 39:54 | 38:37 |
| 620 | Doetie Bakker | Wier | 39:54 | 38:37 |
| 621 | Lian Wilming | Leeuwarden | 39:57 | 39:27 |
| 622 | Marga Bosma | Leeuwarden | 40:00 | 38:01 |
| 623 | Sjanien Vogelzang | Heerenveen | 40:14 | 38:45 |
| 624 | Maartje van der Velde | Leeuwarden | 40:16 | 38:29 |
| 625 | Wendy Bijlsma-Wesseliu | Leeuwarden | 40:23 | 38:39 |
| 626 | Jantine Eizema | Leeuwarden | 40:33 | 39:11 |
| 627 | Evelien Jager | Leeuwarden | 40:33 | 38:52 |
| 628 | Betsie Kool | Sneek | 41:01 | 40:07 |
| 629 | Pauline de Boer | Feanwalden | 41:04 | 39:24 |
| 630 | Jolanda Kramer de Jong | Leeuwarden | 41:05 | 39:44 |
| 631 | Marjolijn Halbersma | Leeuwarden | 41:26 | 40:31 |
| 632 | Sabine de Vries | Oostzaan | 41:43 | 39:41 |
| 633 | Elisabeth de Vries | Minnertsga | 41:43 | 40:43 |
| 634 | Ingrid Kuipers | Leeuwarden | 41:44 | 40:43 |
| 635 | Marjanna Bootsma | Leeuwarden | 41:50 | 40:58 |
| 636 | Marian v.d. Wal | Leeuwarden | 41:55 | 40:42 |
| 637 | Marieke Bomhof | Leeuwarden | 42:11 | 40:31 |
| 638 | Gea Schottert | Westerbork | 42:17 | 40:52 |
| 639 | Wendy Bouknecht-Koerts | Akkrum | 42:22 | 40:46 |
| 640 | Hendina de Jong | Nes gem Boarnsterhim | 42:23 | 40:47 |
| 641 | Naomi Faber | Leeuwarden | 42:26 | 42:01 |
| 642 | Henny Rondaan-Stalling | St.-Annaparochie | 42:49 | 40:49 |
| 643 | Lutske de Roos | Offingawier | 43:27 | 41:38 |
| 644 | Jitske de Roos | Hijum | 43:28 | 41:38 |
| 645 | Rianne Vissers | Leeuwarden | 43:49 | 42:16 |
| 646 | Mirjam Visser | Metslawier | 44:14 | 42:15 |
| 647 | Jannie Wijma | Maastricht | 44:23 | 42:35 |
| 648 | Esther Wijma | Leeuwarden | 44:23 | 42:35 |
| 649 | Tineke Deelstra | Leeuwarden | 44:41 | 43:29 |
| 650 | Shirley Terpstra | Leeuwarden | 45:11 | 44:01 |
| 651 | Vanessa van Teijen | Lippenhuizen | 45:14 | 44:28 |
| 652 | Irma Bosma | Leeuwarden | 45:14 | 43:47 |
| 653 | Jorien Corporaal | Leeuwarden | 45:15 | 44:07 |
| 654 | Geertje van Houten | Leeuwarden | 45:47 | 45:20 |

MAN, 10 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 1 | Remco Bijlsma | Koarnjum | 32:43 | 32:43 |
| 2 | René Jaasma | Drachten | 36:04 | 36:04 |
| 3 | Richard Kienstra | Dronryp | 36:25 | 36:25 |
| 4 | Klaas Kroese | Scharnegoutum | 37:45 | 37:44 |
| 5 | Thijs Rood | Groningen | 37:50 | 37:50 |
| 6 | Michiel Punter | Groningen | 38:14 | 38:12 |
| 7 | Stephan Versteeg | Wolvega | 38:20 | 38:20 |
| 8 | Niels Taatgen | Groningen | 38:30 | 38:29 |
| 9 | Dirk de Vries | Jistrum | 38:36 | 38:36 |
| 10 | Mark Zondervan | Leeuwarden | 38:59 | 38:38 |
| 11 | Mechiel Zantema | Leeuwarden | 39:04 | 39:04 |
| 12 | Eelco van der Heide | Leeuwarden | 39:04 | 38:45 |
| 13 | Jan Piet de Jager | Stiens | 39:06 | 39:04 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|-------|-------|
| 14 | Floris Boonstra | Leeuwarden | 39:27 | 39:05 |
| 15 | Menno Mud | Tytsjerk | 39:40 | 39:39 |
| 16 | Klaas Werkhoven | Tzum | 39:49 | 39:49 |
| 17 | Jan Pieter Baarsma | Leeuwarden | 40:25 | 40:02 |
| 18 | Henk Hoekman | Leeuwarden | 40:32 | 40:32 |
| 19 | Anton Spinder | Augustinusga | 40:51 | 40:33 |
| 20 | Jorrit Bijl | Goutum | 40:53 | 40:39 |
| 21 | Henk van der Meer | Gorredijk | 41:09 | 40:46 |
| 22 | Jan Bijlsma | Koarnjum | 41:10 | 40:51 |
| 23 | Karl Harvey | Leeuwarden | 41:22 | 41:02 |
| 24 | Arnout Slijkhuis | Groningen | 41:24 | 41:08 |
| 25 | Egbert-Jan Flik | Leeuwarden | 41:27 | 41:24 |
| 26 | Mark Peereboom | Leeuwarden | 41:41 | 41:12 |
| 27 | Harmen Dijkstra | Leeuwarden | 41:50 | 41:38 |
| 28 | Rick Siemonsma | Harlingen | 41:50 | 40:54 |
| 29 | Hans Hiemstra | Surhuisterveen | 41:51 | 41:31 |
| 30 | Gerben Ziel | Oldetrijne | 41:57 | 41:55 |
| 31 | Errit de Boer | Groningen | 42:00 | 41:37 |
| 32 | Hoite Schaap | Leeuwarden | 42:02 | 41:43 |
| 33 | Jelle Steensma | Feanwalden | 42:04 | 41:47 |
| 34 | Remco Visser | Joure | 42:10 | 41:45 |
| 35 | Mohamed el Idrissi | Amstelveen | 42:10 | 42:08 |
| 36 | Edward Pechler | Leeuwarden | 42:21 | 41:54 |
| 37 | Klaas Miedema | Franeker | 42:24 | 41:53 |
| 38 | Wouter van der Woude | Leeuwarden | 42:24 | 42:09 |
| 39 | Peter Peereboom | Heerenveen | 42:25 | 42:24 |
| 40 | Hilko Uil | Amsterdam | 42:38 | 42:37 |
| 41 | Sem Wijma | Leeuwarden | 42:42 | 42:17 |
| 42 | Johannes Althuisius | Leeuwarden | 42:48 | 42:28 |
| 43 | Arjen Boonstra | Leeuwarden | 43:09 | 42:45 |
| 44 | René van der Baan | Tytsjerk | 43:10 | 42:42 |
| 45 | Chris Zijlstra | Leeuwarden | 43:13 | 42:38 |
| 46 | Klaas Jan Miedema | Goutum | 43:15 | 42:53 |
| 47 | Marcel Stuurhaan | Leeuwarden | 43:17 | 42:55 |
| 48 | Geert Luinstra | Leeuwarden | 43:20 | 42:53 |
| 49 | Alfons van Vliet | Leeuwarden | 43:23 | 42:52 |
| 50 | Dirk Jan Stelpstra | Leeuwarden | 43:27 | 43:01 |
| 51 | Klaas Jan Huizing | Leeuwarden | 43:34 | 43:24 |
| 52 | Jelte de Vries | Noordhorn | 43:44 | 43:43 |
| 53 | Daniel de Jong | Tzum | 43:48 | 43:20 |
| 54 | Marco Pietersma | Leeuwarden | 43:50 | 43:38 |
| 55 | Alexander Lethen | Apeldoorn | 43:56 | 43:36 |
| 56 | Jodi Kremer | Leeuwarden | 44:01 | 43:36 |
| 57 | Jan Bosgraaf | Drachten | 44:11 | 43:38 |
| 58 | Rutger Wagenaar | Leeuwarden | 44:15 | 43:54 |
| 59 | Lolke Ekkema | Sneek | 44:18 | 43:59 |
| 60 | Gerard Dijkstra | Hurdegaryp | 44:29 | 44:28 |
| 61 | Jesper Keidel | Wirdum Fr | 44:33 | 44:09 |
| 62 | Auke Kuipers | Leeuwarden | 44:34 | 44:07 |
| 63 | Thierry van Groen | Leeuwarden | 44:35 | 44:09 |
| 64 | Jacobus Hartgers | St.-Annaparochie | 44:42 | 44:17 |
| 65 | Ganzevoort Bernhard | Leeuwarden | 44:47 | 44:24 |
| 66 | Kaj Nieuwenkamp | Apeldoorn | 44:50 | 42:50 |
| 67 | Eric Hogerhuis | Leeuwarden | 45:07 | 43:49 |
| 68 | Steven Kuipers | Leeuwarden | 45:26 | 45:02 |
| 69 | Mark Dekker | Groningen | 45:33 | 44:34 |
| 70 | Wouter van der Meer | Leeuwarden | 45:35 | 44:55 |
| 71 | Roel Tiemessen | Leeuwarden | 45:42 | 44:43 |
| 72 | Paul van Hoogmoed | Tijnje | 45:43 | 45:22 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 73 | Hidde Vink | Leeuwarden | 45:45 | 45:22 |
| 74 | Gaatse Westra | Sneek | 45:52 | 45:31 |
| 75 | Alexander Edens | Leeuwarden | 45:53 | 44:19 |
| 76 | Rinze Herrema | Nij Beets | 46:03 | 45:33 |
| 77 | Tjalling Westra | Oentsjerk | 46:03 | 45:43 |
| 78 | Arthur Scheper | Groningen | 46:04 | 45:40 |
| 79 | Julius van der Werf | Leeuwarden | 46:04 | 45:35 |
| 80 | Tjeerd de Vries | Groningen | 46:05 | 45:36 |
| 81 | Sijtse Keekstra | Leeuwarden | 46:06 | 45:39 |
| 82 | Stefan van der Vegt | Sonnega | 46:10 | 45:00 |
| 83 | Johan Kooistra | Leeuwarden | 46:13 | 45:25 |
| 84 | Rudi Nieveen | Bakkeveen | 46:15 | 45:30 |
| 85 | Bram van den Berg | Leeuwarden | 46:18 | 45:57 |
| 86 | Johan Tilma | Dokkum | 46:18 | 45:52 |
| 87 | Joeri Hendriks | Franeker | 46:27 | 44:39 |
| 88 | Maarten Kloppenburg | Leeuwarden | 46:31 | 44:31 |
| 89 | Allard Sym Sprenger | Harlingen | 46:34 | 46:00 |
| 90 | Merin Eggink | Sneek | 46:43 | 45:47 |
| 91 | Pieter Jissel Bonnema | St.-Annaparochie | 46:44 | 45:07 |
| 92 | Teun Tolman | Leeuwarden | 46:47 | 45:56 |
| 93 | Pepijn Punt | Leeuwarden | 46:48 | 45:27 |
| 94 | Sjors Pijlman | Wolvega | 46:48 | 45:39 |
| 95 | Wouter Schot | Sneek | 46:48 | 44:25 |
| 96 | Wietse Hensema | Leeuwarden | 46:51 | 46:31 |
| 97 | Jaap Gorter | Leeuwarden | 47:01 | 46:34 |
| 98 | Patrick Hilgevoord | Lekkuum | 47:02 | 46:35 |
| 99 | Marten de Vries | Dokkum | 47:27 | 46:19 |
| 100 | Hette Grijpma | Leeuwarden | 47:28 | 47:05 |
| 101 | Dick Henkes | Leeuwarden | 47:29 | 46:58 |
| 102 | Jeroen Beekveldt | Leeuwarden | 47:29 | 46:51 |
| 103 | Gerko Riedstra | Goutum | 47:30 | 47:02 |
| 104 | Hendrik Wierstra | Burgum | 47:30 | 46:15 |
| 105 | Jurjen Grijpstra | Burgum | 47:33 | 46:32 |
| 106 | Willem de Groot | Leeuwarden | 47:35 | 46:31 |
| 107 | Marcel Schiphof | Leeuwarden | 47:37 | 46:49 |
| 108 | Franco Bonasia | Leeuwarden | 47:40 | 47:11 |
| 109 | Dirk van der Weij | Leeuwarden | 47:46 | 47:22 |
| 110 | René Pijlman | Wolvega | 47:49 | 46:39 |
| 111 | Peter Zuur | Opende | 47:51 | 47:04 |
| 112 | Rob Buitenhuis | Apeldoorn | 48:05 | 46:04 |
| 113 | Roeland Omniczynski | Leeuwarden | 48:05 | 47:33 |
| 114 | Cor Ottens | Leeuwarden | 48:07 | 45:40 |
| 115 | Joris van Ark | Groningen | 48:07 | 46:06 |
| 116 | Sicco v/d zee | Bolsward | 48:09 | 46:58 |
| 117 | Siep Jasper | Leeuwarden | 48:15 | 47:39 |
| 118 | Peter Reitsma | Leeuwarden | 48:20 | 47:28 |
| 119 | David van Oosten | Ferwert | 48:22 | 47:27 |
| 120 | Johan Zwerver | Leeuwarden | 48:22 | 47:28 |
| 121 | Sikko Ros | St.-Annaparochie | 48:23 | 47:17 |
| 122 | Rene Streutker | Hurdegaryp | 48:26 | 47:35 |
| 123 | Otto Postma | Hempens | 48:27 | 47:13 |
| 124 | Jakko Kramer | Leeuwarden | 48:28 | 45:52 |
| 125 | Sjaak Tiemersma | Opende | 48:30 | 47:43 |
| 126 | Hayo van der Meer | Hurdegaryp | 48:32 | 48:01 |
| 127 | Machiel Giesing | Jelsum | 48:34 | 47:44 |
| 128 | Frank Jagersma | Harlingen | 48:37 | 47:47 |
| 129 | Auke Huistra | Heerenveen | 48:41 | 48:23 |
| 130 | Johan Haren | Leeuwarden | 48:42 | 48:10 |
| 131 | Henk Meiburg | Steenwijk | 48:42 | 47:21 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 132 | Jonne Steeman | Leeuwarden | 48:42 | 48:17 |
| 133 | Johan Molenaar | Leeuwarden | 48:44 | 48:01 |
| 134 | Goffe Venema | Balk | 48:45 | 46:29 |
| 135 | Peter de Rooter | Goutum | 48:47 | 48:13 |
| 136 | Hein Vogt | Stiens | 48:47 | 47:17 |
| 137 | Remko Diekstra | Stiens | 48:48 | 48:21 |
| 138 | Ronald Haverkamp | Menaam | 48:50 | 48:06 |
| 139 | Jacob van Dijk | Leeuwarden | 48:50 | 47:30 |
| 140 | Bert Scheper | Leeuwarden | 48:52 | 48:28 |
| 141 | Edward Veenstra | Leeuwarden | 48:52 | 48:04 |
| 142 | Job Rijskamp | Leeuwarden | 48:52 | 46:21 |
| 143 | Sander Prins | Burdaard | 48:52 | 48:10 |
| 144 | Richard Jonkman | Leeuwarden | 48:54 | 48:27 |
| 145 | Wisse Hendriksma | Haarlem | 48:56 | 47:56 |
| 146 | Peter Hoekstra | IJlst | 48:58 | 47:26 |
| 147 | Wiebe de Roos | Leeuwarden | 48:59 | 46:08 |
| 148 | Barend Visser | Leeuwarden | 49:00 | 47:55 |
| 149 | Raymond van der Werff | Franeker | 49:02 | 48:35 |
| 150 | Sjorick Bootsma | Koarnjum | 49:03 | 48:19 |
| 151 | Bennie Breedenbach | Buitenpost | 49:05 | 48:39 |
| 152 | Henk Velkers | Leeuwarden | 49:07 | 48:42 |
| 153 | Zlatko Pejic | Leeuwarden | 49:10 | 47:30 |
| 154 | Tjomme Wijnia | Anna Paulowna | 49:11 | 48:27 |
| 155 | Siebren Jasper | Aldeboarn | 49:14 | 48:12 |
| 156 | Dirk Smit | Leeuwarden | 49:16 | 48:53 |
| 157 | Jeroen Wels | Leeuwarden | 49:19 | 47:49 |
| 158 | Dirk v. Doesburg | Breda | 49:31 | 49:10 |
| 159 | Rens Kooijman | Schellinkhout | 49:32 | 46:38 |
| 160 | Jos van Heiningen | Leeuwarden | 49:36 | 49:10 |
| 161 | Jesse Smaal | Harlingen | 49:39 | 49:11 |
| 162 | Johan van der Werf | Leeuwarden | 49:41 | 49:10 |
| 163 | Thewis Hobma | Groningen | 49:45 | 49:16 |
| 164 | Clement Popma | Groningen | 49:47 | 48:55 |
| 165 | Arjen Nieveen | Bakkeveen | 49:50 | 49:04 |
| 166 | Jeroen van Balen | Heerenveen | 49:50 | 49:25 |
| 167 | Katrinus de Vries | Leeuwarden | 49:52 | 48:33 |
| 168 | Ronald Post | Heerenveen | 50:02 | 48:23 |
| 169 | Maurice de Jong | Leeuwarden | 50:07 | 49:31 |
| 170 | Jelmer van de Heide | Kollum | 50:07 | 49:47 |
| 171 | Teye Heimans | Leeuwarden | 50:08 | 49:25 |
| 172 | Brendan Clarke | Somerset West (RSA) | 50:08 | 49:25 |
| 173 | Hilbrand Sibma | Leeuwarden | 50:11 | 49:37 |
| 174 | Erwin Rozestraten | Sneek | 50:11 | 47:18 |
| 175 | Jouke Douma | Burgum | 50:14 | 47:08 |
| 176 | Sander Bergsma | Leeuwarden | 50:17 | 49:11 |
| 177 | Maarten Melein | Joure | 50:17 | 47:59 |
| 178 | Frans Nijholt | Joure | 50:20 | 49:51 |
| 179 | Richard Stillebroer | Goutum | 50:20 | 49:57 |
| 180 | Andries Weiland | Leeuwarden | 50:20 | 48:52 |
| 181 | Egbert Smit | Stiens | 50:21 | 48:52 |
| 182 | Peter Meinderts | Wergea | 50:25 | 49:55 |
| 183 | Eric de Bruin | Leeuwarden | 50:26 | 49:13 |
| 184 | Jan Bergsma | Leeuwarden | 50:29 | 49:23 |
| 185 | Jan Jaap Dicke | Leeuwarden | 50:29 | 47:50 |
| 186 | Simon Leeverink. | Bolsward | 50:35 | 49:58 |
| 187 | René Huisman | Leeuwarden | 50:35 | 50:05 |
| 188 | Jorrit de Vries | Leeuwarden | 50:37 | 49:56 |
| 189 | Jo-Albert Kooistra | Easterwierrum | 50:40 | 50:03 |
| 190 | Martijn Velthuis | Leeuwarden | 50:40 | 50:02 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 191 | Jelle Kingma | Leeuwarden | 50:40 | 50:02 |
| 192 | Johan Willem de Groot | Leeuwarden | 50:43 | 49:52 |
| 193 | Ruben ten Napel | Leeuwarden | 50:44 | 49:55 |
| 194 | Wessel Hartlief | Leeuwarden | 50:44 | 49:37 |
| 195 | Roelof Zijlstra | Dronryp | 50:46 | 49:44 |
| 196 | Edwin Haasdijk | Leeuwarden | 50:46 | 50:22 |
| 197 | Theo Jager | Leeuwarden | 50:47 | 50:00 |
| 198 | Robert Vos | Amersfoort | 50:47 | 50:15 |
| 199 | Remco Beima | Leeuwarden | 50:52 | 50:09 |
| 200 | Jelmer de Vries | Leeuwarden | 50:55 | 49:46 |
| 201 | Andre Jerusalem | Sneek | 50:55 | 48:10 |
| 202 | Robert Nooitgedagt | Sneek | 50:56 | 49:45 |
| 203 | Harry Jorritsma (Pacer) | | 50:58 | 50:38 |
| 204 | Said Henstra | Leeuwarden | 51:05 | 50:20 |
| 205 | Jan van der Wal | Stiens | 51:08 | 50:23 |
| 206 | Sijtze Bakker | Leeuwarden | 51:09 | 50:20 |
| 207 | Lars Postema | Zuidhorn | 51:16 | 50:54 |
| 208 | Klaas-Jaap vd Lijn | Feanwalden | 51:17 | 49:01 |
| 209 | Berend Boom | Leeuwarden | 51:19 | 50:35 |
| 210 | Flip Keuning | Sexbierum | 51:23 | 50:29 |
| 211 | Cas Knol | Leeuwarden | 51:23 | 50:33 |
| 212 | Jan van Dorst | Leeuwarden | 51:27 | 50:59 |
| 213 | Mark Grupstra | Leeuwarden | 51:33 | 49:36 |
| 214 | Djurre van der Schaaf | Oentsjerk | 51:34 | 49:23 |
| 215 | Arjen Lettinga | Leeuwarden | 51:34 | 49:29 |
| 216 | Hille-Jan Oppedijk | Heerenveen | 51:34 | 51:10 |
| 217 | Dennis Roeden | Franeker | 51:36 | 50:22 |
| 218 | Durk van der Meij | Leeuwarden | 51:37 | 50:04 |
| 219 | Peter Minnema | Hurdegaryp | 51:38 | 51:10 |
| 220 | Arnoud Dijkstra | Leeuwarden | 51:39 | 51:18 |
| 221 | Arjen van der Iest | Leeuwarden | 51:40 | 50:19 |
| 222 | Richard de Geus | Leidschendam | 51:41 | 50:18 |
| 223 | Anne Flapper | Leeuwarden | 51:44 | 50:20 |
| 224 | Alex Pestman | Leeuwarden | 51:45 | 49:15 |
| 225 | Arno Miedema | Leeuwarden | 51:45 | 50:03 |
| 226 | Rein Kuiken | Dronryp | 51:47 | 50:27 |
| 227 | Bert van der Lijn | Balk | 51:47 | 49:31 |
| 228 | Hagen Augenbroe | Leeuwarden | 51:48 | 50:57 |
| 229 | Edwin van der Wal | Leeuwarden | 51:49 | 48:59 |
| 230 | Gerben Breeuwsma | Schettens | 51:52 | 51:30 |
| 231 | Leen Oldenburg | Leeuwarden | 51:54 | 49:59 |
| 232 | Edwin Kooistra | Burdaard | 51:55 | 51:12 |
| 233 | Johan Hoekstra | Buitenpost | 51:57 | 51:16 |
| 234 | Walter Gouw | Marrum | 51:57 | 50:37 |
| 235 | Arjen Hiemstra | Leeuwarden | 52:04 | 50:19 |
| 236 | Wilco Mulder | Dokkum | 52:08 | 49:02 |
| 237 | Dick Voorma | Lemmer | 52:09 | 51:46 |
| 238 | René Bruinsma | Leeuwarden | 52:12 | 51:33 |
| 239 | Jan Sape van der Veen | Westergeest | 52:13 | 49:12 |
| 240 | Jan Zaaier | Leeuwarden | 52:14 | 51:40 |
| 241 | Robert-Jan Heizenberg | Leeuwarden | 52:16 | 51:31 |
| 242 | Pieter Boersma | Ryptsjerk | 52:17 | 51:06 |
| 243 | Pieter Hoekstra | Goutum | 52:17 | 51:45 |
| 244 | Erik Stiekema | Stadskanaal | 52:17 | 50:51 |
| 245 | Arnold van Oostrum | Stiens | 52:20 | 51:51 |
| 246 | Rudy Boonstra | Leeuwarden | 52:20 | 50:36 |
| 247 | Ate Johan Feenstra | Sneek | 52:24 | 49:25 |
| 248 | Teade Steenstra | Buitenpost | 52:26 | 50:35 |
| 249 | Richard van der Ploeg | Leeuwarden | 52:30 | 51:41 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 250 | Menno Schotanus | Leeuwarden | 52:32 | 51:39 |
| 251 | Dennis Reijmer | Nijland | 52:35 | 52:02 |
| 252 | Arie Hoogsteen | Leeuwarden | 52:36 | 50:06 |
| 253 | Manfred Groenhof | Leeuwarden | 52:36 | 51:23 |
| 254 | Niels van Eenenaam | Leeuwarden | 52:36 | 52:13 |
| 255 | Marco van IJs | Leeuwarden | 52:36 | 51:17 |
| 256 | Richard de Jong | Leeuwarden | 52:37 | 51:28 |
| 257 | Jinne Woudwijk | Leeuwarden | 52:39 | 51:10 |
| 258 | Gjalt de Groot | Grou | 52:40 | 50:15 |
| 259 | Kristiaan Kaper | St.-Annaparochie | 52:41 | 51:42 |
| 260 | Anne-Johan Sikkens | Leeuwarden | 52:43 | 50:37 |
| 261 | Rik de Vries | Leeuwarden | 52:44 | 52:09 |
| 262 | Jan van der Ploeg | Stiens | 52:44 | 51:15 |
| 263 | Arie Namminga | Kollum | 52:46 | 51:59 |
| 264 | Jesse Buurman | Leeuwarden | 52:46 | 52:13 |
| 265 | Homme-Auke Kooistra | Leeuwarden | 52:48 | 52:10 |
| 266 | David Dijkhoff | Leeuwarden | 52:49 | 52:17 |
| 267 | Eric Groen | Stiens | 52:50 | 49:50 |
| 268 | Herman Visser | Heerenveen | 52:50 | 52:08 |
| 269 | Willem de Graaf | Leeuwarden | 52:55 | 52:29 |
| 270 | Jeroen Elsinga | Groningen | 52:56 | 51:19 |
| 271 | Jasper Sikken | Nijmegen | 52:59 | 49:53 |
| 272 | Raoul van Balen | St.-Annaparochie | 53:02 | 50:54 |
| 273 | Marco Terpstra | Leeuwarden | 53:04 | 52:37 |
| 274 | Lammert Odinga | Leeuwarden | 53:04 | 50:46 |
| 275 | Bert de Jong | Nijland | 53:04 | 52:31 |
| 276 | Jurgen Spoelstra | Leeuwarden | 53:06 | 51:48 |
| 277 | Sjoerd van Hemert | Zeewolde | 53:07 | 51:49 |
| 278 | Dirk van Zon | Harlingen | 53:10 | 52:42 |
| 279 | Pieter van Muijen | Oldeberkoop | 53:10 | 51:55 |
| 280 | Jan Jetze Zandstra | St.-Jacobiparochie | 53:12 | 52:02 |
| 281 | Robert Tros | Leeuwarden | 53:15 | 52:18 |
| 282 | Fedde Beukema | Leeuwarden | 53:17 | 52:40 |
| 283 | Seth Dorenbos | Leeuwarden | 53:18 | 50:47 |
| 284 | Marco Veldman | Stiens | 53:18 | 51:49 |
| 285 | Henk Postma | Sneek | 53:20 | 50:33 |
| 286 | Harro Medema | Leeuwarden | 53:21 | 52:50 |
| 287 | Martin Lourenz | Sneek | 53:21 | 50:57 |
| 288 | Leon Beermink | Leeuwarden | 53:23 | 50:52 |
| 289 | Dick Postema | Zuidhorn | 53:24 | 53:02 |
| 290 | Gerrit Jousma | Skingen | 53:25 | 52:35 |
| 291 | Leon Ekhart | Leeuwarden | 53:26 | 52:33 |
| 292 | Geert Teitsma | Grou | 53:27 | 53:02 |
| 293 | Edwin Pasma | Leeuwarden | 53:27 | 52:35 |
| 294 | Edward Clarke | Somerset west (RSA) | 53:27 | 52:45 |
| 295 | Paul Ijsselmuiden | Leeuwarden | 53:27 | 52:43 |
| 296 | Jurjen Beimers | Dronryp | 53:28 | 52:59 |
| 297 | Bert Vos | Surhuisterveen | 53:30 | 51:22 |
| 298 | Rene Peters | Leeuwarden | 53:30 | 52:48 |
| 299 | Henk Schaap | Heerenveen | 53:32 | 52:25 |
| 300 | Harmen Wuring | Hommerts | 53:32 | 52:40 |
| 301 | Wiep Kuipers | Gorredijk | 53:32 | 52:09 |
| 302 | Jurjen Bulthuis | Kollum | 53:33 | 52:02 |
| 303 | Rene Deems | Wolvega | 53:34 | 52:24 |
| 304 | Peter Yntema | Ypecolsga | 53:35 | 52:02 |
| 305 | Peter Hitman | Lippenhuizen | 53:36 | 52:01 |
| 306 | Harm Mintjes | Schettens | 53:36 | 52:28 |
| 307 | John de Boer | Leeuwarden | 53:40 | 51:30 |
| 308 | Reit Nijp | Leeuwarden | 53:40 | 53:05 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 309 | Coos van der Molen | Surhuisterveen | 53:41 | 52:55 |
| 310 | Luuk Westra | Leeuwarden | 53:43 | 52:22 |
| 311 | Hessel de Boer | Leeuwarden | 53:47 | 51:37 |
| 312 | Matthijs Fennema | Burgum | 53:49 | 52:34 |
| 313 | Gerard Stiekema | Stadskanaal | 53:50 | 52:24 |
| 314 | Ronnie Prins | Leeuwarden | 53:51 | 52:56 |
| 315 | Arjan Berger | Delfstrahuizen | 53:51 | 52:33 |
| 316 | Richard de Vries | Wergea | 53:52 | 51:48 |
| 317 | Gerben van Tongeren | Leek | 53:53 | 53:41 |
| 318 | Rinse van der Wal | Deinum | 53:53 | 53:30 |
| 319 | Rob van Vuuren | Leeuwarden | 53:54 | 52:36 |
| 320 | Richard Braun | Groningen | 53:54 | 51:57 |
| 321 | Jeen Akkerman | Leeuwarden | 53:55 | 52:27 |
| 322 | Ate de Jong | Leeuwarden | 53:55 | 52:27 |
| 323 | Marcel .v.d.wal | Deinum | 53:55 | 53:31 |
| 324 | Remco Deinum | Sneek | 53:56 | 51:05 |
| 325 | Arjen Folkerts | Scharsterbrug | 53:56 | 53:14 |
| 326 | Redmer Boschma | Sneek | 53:56 | 53:01 |
| 327 | Hylke van der Schaaf | Sneek | 53:56 | 53:00 |
| 328 | Luuk Jeeninga | Leeuwarden | 53:59 | 51:16 |
| 329 | Frank Lubbers | Leeuwarden | 54:02 | 51:30 |
| 330 | Wiebren Spieker | De Knipe | 54:02 | 52:46 |
| 331 | Rijk van Elteren | Leeuwarden | 54:02 | 52:59 |
| 332 | Leo de Vries | Leeuwarden | 54:05 | 53:15 |
| 333 | Gerben Snijder | Leeuwarden | 54:07 | 52:14 |
| 334 | Theo Vos | Leeuwarden | 54:12 | 52:03 |
| 335 | Willem Doppenberg | Garyp | 54:15 | 53:07 |
| 336 | Jente Talsma | Leeuwarden | 54:15 | 53:27 |
| 337 | Rob Kuiper | Leeuwarden | 54:18 | 53:29 |
| 338 | Jan Buning | Leeuwarden | 54:20 | 53:51 |
| 339 | Jouke Postma | Beetsterzwaag | 54:20 | 52:27 |
| 340 | Edwin Zwaan | Vlaardingen | 54:24 | 53:00 |
| 341 | Klaas Keekstra | Holwerd | 54:24 | 53:28 |
| 342 | Wietse Blaauw | Franeker | 54:25 | 51:34 |
| 343 | Sander Drost | Leeuwarden | 54:27 | 53:25 |
| 344 | Christiaan Koolsbergen | Leeuwarden | 54:27 | 53:26 |
| 345 | Guido Swildens | Leeuwarden | 54:29 | 53:41 |
| 346 | Anton Annema | Leeuwarden | 54:29 | 51:59 |
| 347 | Robin Telgenhof | Leeuwarden | 54:29 | 53:42 |
| 348 | Marcel Zijlstra | Leeuwarden | 54:30 | 52:28 |
| 349 | Arjen Tuin | Groningen | 54:31 | 52:35 |
| 350 | Tjalling Westerhuis | Leeuwarden | 54:35 | 52:35 |
| 351 | Dirk.H. Venema | Leeuwarden | 54:37 | 53:19 |
| 352 | Wolter Zuid | Heerenveen | 54:40 | 51:54 |
| 353 | Gerben Sprietsma | Leeuwarden | 54:44 | 52:42 |
| 354 | Ivo Haitsma | Witmarsum | 54:47 | 53:46 |
| 355 | Michel Veenma | Assen | 54:47 | 52:53 |
| 356 | Jeroen Tuinenga | Leeuwarden | 54:48 | 53:53 |
| 357 | André Harmens | De Westereen | 54:49 | 53:20 |
| 358 | José Raimundo Fernande | Leeuwarden | 54:51 | 54:16 |
| 359 | Jacob Gerben Wijnja | Scharsterbrug | 54:51 | 52:08 |
| 360 | Robin Sinnema | Leeuwarden | 54:51 | 54:17 |
| 361 | Erik Krikke | Leeuwarden | 54:54 | 54:23 |
| 362 | Jouke Peters | Lekkum | 54:55 | 53:44 |
| 363 | Rik Troostheide | Leeuwarden | 55:02 | 52:23 |
| 364 | Jan Volbeda | Franeker | 55:04 | 53:49 |
| 365 | Sint Vogel | Mildam | 55:05 | 52:26 |
| 366 | Meine Jongedijk | Leeuwarden | 55:07 | 52:25 |
| 367 | Jan Feenstra | Leeuwarden | 55:08 | 54:03 |

Uitslagenlijst Loop Leeuwarden

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 368 | Arno Gaarhuis | Leeuwarden | 55:08 | 52:25 |
| 369 | Arnold Kooiker | Marsum | 55:09 | 52:28 |
| 370 | Dirk B. Elisma | Dronryp | 55:10 | 54:49 |
| 371 | Henk Dijkstra | Hurdegaryp | 55:10 | 52:09 |
| 372 | Alex Vaatstra | Surhuisterveen | 55:15 | 53:50 |
| 373 | Hedzer Kikstra | Leeuwarden | 55:15 | 53:38 |
| 374 | Nanne Pieter van der K | St.-Annaparochie | 55:16 | 53:17 |
| 375 | Hans de Lang | Leeuwarden | 55:17 | 52:16 |
| 376 | Sven Heslinga | Hijum | 55:18 | 54:38 |
| 377 | Rory Lamperjee | Amsterdam | 55:18 | 54:06 |
| 378 | Rutger Jacobs | Leeuwarden | 55:19 | 54:05 |
| 379 | Jorrit Turksma | Leeuwarden | 55:19 | 52:17 |
| 380 | Nanne Kleefstra | Deinum | 55:21 | 54:54 |
| 381 | Hylke Faber | Ysbrechtum | 55:22 | 53:25 |
| 382 | Jaap Heslinga | Hallum | 55:24 | 54:45 |
| 383 | Harmen Falkena | Haarlem | 55:27 | 54:35 |
| 384 | Jefta Bogaard | Leeuwarden | 55:27 | 54:37 |
| 385 | Mark Terpstra | Leeuwarden | 55:28 | 53:52 |
| 386 | Matthijs Buteijn | Havelte | 55:28 | 54:51 |
| 387 | Danny Drent | Kollum | 55:30 | 54:43 |
| 388 | Mark van Keulen | Stiens | 55:30 | 53:52 |
| 389 | Basri Neziri | Hurdegaryp | 55:30 | 54:43 |
| 390 | Age Boschma | Wolvega | 55:31 | 53:26 |
| 391 | Robby Rhee | Oentsjerk | 55:32 | 54:38 |
| 392 | Hessel Katsma | Burdaard | 55:32 | 54:49 |
| 393 | Simon Vlas | Nes gem Boarnsterhim | 55:34 | 54:14 |
| 394 | Jeroen de Jong | Menaam | 55:35 | 53:04 |
| 395 | Olaf de Jong | Leeuwarden | 55:36 | 54:26 |
| 396 | Taco Holkema | Sneek | 55:36 | 54:42 |
| 397 | Marco Talhour | Franeker | 55:38 | 53:54 |
| 398 | Harmen Stellingwerf | Harlingen | 55:38 | 54:49 |
| 399 | Robert van Dam | Leeuwarden | 55:41 | 54:21 |
| 400 | Lolke buma | Witmarsum | 55:42 | 54:18 |
| 401 | Henk Botter | Leeuwarden | 55:45 | 54:58 |
| 402 | Izaak Talsma | Achlum | 55:46 | 52:40 |
| 403 | Siebe Tjalma | Leeuwarden | 55:47 | 55:02 |
| 404 | Bertus Sieperda | Akkrum | 55:47 | 55:16 |
| 405 | John Melein | Joure | 55:48 | 53:29 |
| 406 | Johan Oostenveld | Sneek | 55:48 | 52:50 |
| 407 | Henk Sterk | Sneek | 55:48 | 52:51 |
| 408 | Tjeerd Bijlsma | Sneek | 55:49 | 52:50 |
| 409 | Almar van Keulen | Glimmen | 55:53 | 55:15 |
| 410 | Ham-Germ Hallema | Berltsum | 55:58 | 53:32 |
| 411 | Marten Hoekstra | Raerd | 56:00 | 55:11 |
| 412 | Joop Hoekstra | Raerd | 56:01 | 55:12 |
| 413 | Klaas Peereboom | Heerenveen | 56:01 | 54:57 |
| 414 | Anthoon Haagsma | Sneek | 56:05 | 54:34 |
| 415 | Olaf Kerstholt | Burgum | 56:06 | 53:21 |
| 416 | Rudolf Zijlstra | IJlst | 56:08 | 54:25 |
| 417 | Emile van Doorn | Leeuwarden | 56:10 | 53:01 |
| 418 | Johan Luinstra | Leeuwarden | 56:10 | 54:18 |
| 419 | Klaas-Peter van Huis | Groningen | 56:11 | 53:01 |
| 420 | Siep Louwsma | Leeuwarden | 56:11 | 53:03 |
| 421 | Alvar van Rijn | Leeuwarden | 56:13 | 53:04 |
| 422 | Guus Hoekstra | Leeuwarden | 56:15 | 55:20 |
| 423 | Richard Heidinga | Stiens | 56:17 | 54:47 |
| 424 | Wilco Hazelaar | Sneek | 56:21 | 53:56 |
| 425 | Gerlof Bosgra | Leeuwarden | 56:23 | 53:28 |
| 426 | Peter Bakker | IJmuiden | 56:23 | 55:47 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 427 | Dirk Klaver | Leeuwarden | 56:23 | 54:46 |
| 428 | Durk Torensma | Feinsum | 56:28 | 55:16 |
| 429 | Jason Harland | Groningen | 56:30 | 53:40 |
| 430 | Rogier Jacobs | Leeuwarden | 56:32 | 53:41 |
| 431 | Berry Miedema | Oudebildtzijl | 56:33 | 55:01 |
| 432 | Johannes Folkertsma | Leeuwarden | 56:35 | 54:54 |
| 433 | Jan Bosman | Leeuwarden | 56:36 | 55:20 |
| 434 | Jakob Barlmeijer | Kollum | 56:39 | 54:41 |
| 435 | Hans de Jager | Leeuwarden | 56:39 | 55:24 |
| 436 | Gerard Gaarhuis | Nieuwegein | 56:40 | 53:56 |
| 437 | Koenraad Broersma | Leeuwarden | 56:44 | 55:38 |
| 438 | Mark Huizenga | Harlingen | 56:46 | 56:05 |
| 439 | Leen Plokkaar | Julianadorp | 56:47 | 55:49 |
| 440 | Ricardo Bout | Leeuwarden | 56:48 | 53:50 |
| 441 | Arjan van der Plas | Leeuwarden | 56:48 | 54:19 |
| 442 | Eric Tanahatoe | Gytsjerk | 56:49 | 55:53 |
| 443 | Rinke Beimin | Leeuwarden | 56:49 | 55:21 |
| 444 | Kees Bergsma | Dronryp | 56:49 | 54:47 |
| 445 | Tabe Weening | Surhuisterveen | 56:50 | 55:09 |
| 446 | Tjepko Jansen | Mantgum | 56:52 | 55:39 |
| 447 | Simon van Dijk | Surhuisterveen | 56:54 | 54:17 |
| 448 | Rienk Versloot | Leeuwarden | 56:56 | 54:13 |
| 449 | Peter Vriesema | Leeuwarden | 56:57 | 54:08 |
| 450 | Jan theunis de Jong | Winsum Fr | 56:59 | 54:09 |
| 451 | Gerard van Keulen | Stiens | 56:59 | 55:21 |
| 452 | Jeffrey Matitawaer | Sneek | 56:59 | 56:36 |
| 453 | Sido van der Leij | Leeuwarden | 57:02 | 55:06 |
| 454 | Johan van der Veen | Buitenpost | 57:03 | 55:11 |
| 455 | Hans Sietses | Boelenslaan | 57:04 | 54:17 |
| 456 | Jan Pieters | Tytsjerk | 57:04 | 56:11 |
| 457 | Aleida de Hoop | Amsterdam | 57:05 | 55:47 |
| 458 | Erik de Jong | Leeuwarden | 57:05 | 55:04 |
| 459 | Gerrit Jan Vernhout | Hoogezand | 57:08 | 55:53 |
| 460 | Arnold Schuil | Leeuwarden | 57:08 | 54:55 |
| 461 | Hessel Hansma | Burgum | 57:09 | 56:07 |
| 462 | Sjoerd Deems | Wolvega | 57:09 | 56:00 |
| 463 | Wiebe de Vries | Zutphen | 57:11 | 55:41 |
| 464 | Ruud Ekhart | Leeuwarden | 57:13 | 56:19 |
| 465 | Jelle Hasenbos | Leeuwarden | 57:14 | 56:24 |
| 466 | Ronald Wichers | Leeuwarden | 57:14 | 56:24 |
| 467 | Doeke Schippers | Witmarsum | 57:15 | 55:29 |
| 468 | Rense Zwerver | Leeuwarden | 57:20 | 56:25 |
| 469 | Jacob Schiphof | Franeker | 57:21 | 56:06 |
| 470 | Hylke Riemersma | Leeuwarden | 57:25 | 54:47 |
| 471 | Gosse Dijkstra | Hurdegaryp | 57:27 | 55:26 |
| 472 | Marinus Grond | Ingelum | 57:27 | 56:47 |
| 473 | Rones Pander | Leeuwarden | 57:31 | 56:30 |
| 474 | Sipke Glas | Leeuwarden | 57:31 | 56:47 |
| 475 | Bart van Baal | Leeuwarden | 57:32 | 56:31 |
| 476 | Jaap Vos | Leeuwarden | 57:33 | 55:42 |
| 477 | Sander Schuil | Leeuwarden | 57:34 | 54:25 |
| 478 | Robert Sturing | Leeuwarden | 57:34 | 55:52 |
| 479 | Henk Blaauw | Franeker | 57:36 | 54:45 |
| 480 | Edwin Hoekstra | Leeuwarden | 57:36 | 57:17 |
| 481 | Heino van der Meer | Leeuwarden | 57:39 | 55:12 |
| 482 | Erik Koops | Balk | 57:39 | 55:14 |
| 483 | Johan Kuipers | Sneek | 57:40 | 54:42 |
| 484 | Phuoc Lam | Leeuwarden | 57:40 | 55:30 |
| 485 | Eelco Dekkers | Leeuwarden | 57:41 | 54:33 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 486 | Bert Dekker | Leeuwarden | 57:42 | 55:28 |
| 487 | Henk Buteijn | Heerenveen | 57:44 | 57:06 |
| 488 | Joost Steppe | Nes gem Boarnsterhim | 57:44 | 57:05 |
| 489 | Tjerk de Jong | Buitenpost | 57:46 | 56:06 |
| 490 | Mark Boonstra | Leeuwarden | 57:56 | 57:21 |
| 491 | Johannes Sijbesma | Dronryp | 57:57 | 57:39 |
| 492 | Arjen Nijboer | Leeuwarden | 58:00 | 54:47 |
| 493 | Tsjerk Bottema | Leeuwarden | 58:00 | 54:53 |
| 494 | Martijn van den Broek | Leeuwarden | 58:01 | 57:35 |
| 495 | Jeroen de Haas | Sint Nicolaasga | 58:02 | 55:21 |
| 496 | Clinton Siccama | Amsterdam | 58:05 | 57:25 |
| 497 | Jacob Halma | Leeuwarden | 58:07 | 56:43 |
| 498 | Steven Kuipers | Leeuwarden | 58:11 | 56:47 |
| 499 | Frank Westerman | Leeuwarden | 58:14 | 57:49 |
| 500 | Albert Noppert | Burdaard | 58:15 | 57:30 |
| 501 | Jurjen Sikkes | Leeuwarden | 58:15 | 55:02 |
| 502 | Berend Schaap | Gytsjerk | 58:15 | 57:24 |
| 503 | Johannes de Boer | Weidum | 58:19 | 57:39 |
| 504 | Aeger Bouma | Menaam | 58:20 | 57:06 |
| 505 | Marten Kingma | Leeuwarden | 58:20 | 56:35 |
| 506 | Jens Dijkstra | Leeuwarden | 58:22 | 56:33 |
| 507 | Piet Bleeker | Leeuwarden | 58:26 | 55:10 |
| 508 | Arne de Roo | Groningen | 58:27 | 55:22 |
| 509 | Anne Cuperus | Hurdegaryp | 58:29 | 57:34 |
| 510 | Johannes Osinga | Goutum | 58:29 | 57:20 |
| 511 | Hendrik Overeinder | Leeuwarden | 58:31 | 55:39 |
| 512 | Ben Bouma | Leeuwarden | 58:32 | 56:01 |
| 513 | Gosse Hoekstra | Akkrum | 58:34 | 56:16 |
| 514 | Gert-Jan Kingma | Leeuwarden | 58:34 | 56:18 |
| 515 | Marcel van der Plas | Leeuwarden | 58:35 | 56:07 |
| 516 | Wytze Anema | Leeuwarden | 58:37 | 55:47 |
| 517 | Marcel van den Hoeven | Sibrandabuorren | 58:39 | 55:35 |
| 518 | Kas Schiphorst | Heerenveen | 58:41 | 56:10 |
| 519 | Piet de Gier | Leeuwarden | 58:43 | 57:26 |
| 520 | Arjen Bruinsma | Ingelum | 58:45 | 57:18 |
| 521 | Gerrit van der Wal | Katlijk | 58:47 | 56:49 |
| 522 | Klaas Kuilman | Boksum | 58:48 | 55:52 |
| 523 | Migchiel Kingma | Leeuwarden | 58:49 | 57:45 |
| 524 | Siebren Landstra | Leeuwarden | 58:49 | 56:26 |
| 525 | Jacob Wels | Vlieland | 58:51 | 57:21 |
| 526 | Eit Hielke Gaastra | Sneek | 58:51 | 56:04 |
| 527 | Riemer Kooistra | Burdaard | 58:52 | 58:08 |
| 528 | Anne van Veen | Peize | 58:59 | 56:42 |
| 529 | Theun Brinksma | Lekkum | 59:00 | 57:52 |
| 530 | Oeds de Jager | Leeuwarden | 59:03 | 57:24 |
| 531 | Willem Bakker | Damwald | 59:04 | 58:19 |
| 532 | Jitze Jorritsma | Leeuwarden | 59:06 | 56:42 |
| 533 | Siebren de Ringh | Reduzum | 59:07 | 56:24 |
| 534 | Van der Wal | Zwolle | 59:07 | 56:07 |
| 535 | Jan Hein Plinsinga | Leeuwarden | 59:10 | 58:23 |
| 536 | Paul Debets | Leeuwarden | 59:13 | 56:55 |
| 537 | Johan Lettink | Leeuwarden | 59:15 | 57:11 |
| 538 | Wiebe Hiemstra | Kollumerzwaag | 59:16 | 58:08 |
| 539 | Peter Wennekes | Heerenveen | 59:18 | 57:33 |
| 540 | Pier Rienstra | Elahuizen | 59:21 | 58:13 |
| 541 | Laurens Feitsma | Groningen | 59:22 | 58:01 |
| 542 | Luuk Haites | Stiens | 59:24 | 57:54 |
| 543 | Rob Turksma | Leeuwarden | 59:25 | 56:23 |
| 544 | Koos Pietersma | Leeuwarden | 59:26 | 57:23 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|---------|---------|
| 545 | Koos Kaspers | Leeuwarden | 59:27 | 58:54 |
| 546 | Marco Schram | Leeuwarden | 59:29 | 58:13 |
| 547 | Thijs Wagenaar | Leeuwarden | 59:37 | 57:54 |
| 548 | Jitse Werkman | St.-Annaparochie | 59:37 | 57:47 |
| 549 | Jaimie Goei | Leeuwarden | 59:38 | 58:45 |
| 550 | Gerrit Jan Stobbe | Leeuwarden | 59:38 | 57:43 |
| 551 | Jelle de Vries | Leeuwarden | 59:40 | 57:28 |
| 552 | Jouke Schat | De Wijk | 59:41 | 57:34 |
| 553 | Haye Stellingwerf | Bertsum | 59:46 | 58:04 |
| 554 | Rutger Fopma | Hilaard | 59:48 | 58:27 |
| 555 | Arjen van der Ziel | Leeuwarden | 59:52 | 56:55 |
| 556 | Pieter Koster | Zwolle | 59:53 | 56:53 |
| 557 | Amir Amini | Leeuwarden | 59:55 | 57:43 |
| 558 | Wietse Jan de Bruin | Kollum | 59:58 | 58:13 |
| 559 | Rob Eisenga | Menaam | 59:59 | 58:51 |
| 560 | Reinout Jansen | Broeksterwald | 1:00:05 | 58:33 |
| 561 | Jaap Rinsma | Kootstertille | 1:00:05 | 58:21 |
| 562 | Albert Bijma | Vrouwenparochie | 1:00:06 | 58:10 |
| 563 | Wout Spaargaren | Leeuwarden | 1:00:08 | 58:38 |
| 564 | Erwin Looman | Medemblik | 1:00:08 | 57:19 |
| 565 | Erwin Oosterhuis | Drachten | 1:00:20 | 58:01 |
| 566 | Quin Berko | Leeuwarden | 1:00:20 | 58:54 |
| 567 | Coen Peeperkorn | Leeuwarden | 1:00:23 | 59:09 |
| 568 | Albert Hoorn | Surhuisterveen | 1:00:23 | 57:33 |
| 569 | Robbert de Geus | Leeuwarden | 1:00:28 | 57:16 |
| 570 | Daniel Kamperman | Leeuwarden | 1:00:28 | 59:27 |
| 571 | Marcel Kesser | Amsterdam | 1:00:32 | 59:56 |
| 572 | Frans Adema | Boksum | 1:00:34 | 58:08 |
| 573 | Bert Brinks | Sneek | 1:00:38 | 58:14 |
| 574 | Pieter de Haas | Sint Nicolaasga | 1:00:38 | 57:58 |
| 575 | Willem Reitsma | Leeuwarden | 1:00:39 | 59:06 |
| 576 | Ruben de Vries | Groningen | 1:00:39 | 57:55 |
| 577 | Anton Langeberg | Reduzum | 1:00:40 | 58:52 |
| 578 | Rogier Mink | Leeuwarden | 1:00:42 | 57:34 |
| 579 | Werner Vink | Leeuwarden | 1:00:42 | 59:13 |
| 580 | Wouter Bijl | Goutum | 1:00:43 | 58:34 |
| 581 | Teake Hogendorp | Burgum | 1:00:47 | 59:33 |
| 582 | Arend de Groot | Leeuwarden | 1:00:49 | 58:17 |
| 583 | Danny Hiemstra | Leeuwarden | 1:00:51 | 1:00:02 |
| 584 | Jacob Brouwer | Leeuwarden | 1:00:51 | 1:00:03 |
| 585 | Harry van der Velde | Leeuwarden | 1:00:54 | 57:41 |
| 586 | Ad Slagter | Goutum | 1:00:55 | 58:57 |
| 587 | Keimpe Heslinga | Hijum | 1:00:59 | 1:00:21 |
| 588 | Jop Richard | Leeuwarden | 1:01:03 | 59:55 |
| 589 | Richard Halbesma | Sneek | 1:01:06 | 58:03 |
| 590 | Peter Heitman | Stiens | 1:01:06 | 58:03 |
| 591 | Carlos Drijfhout | Leeuwarden | 1:01:11 | 1:00:36 |
| 592 | Meindert de Koning | Leeuwarden | 1:01:13 | 58:13 |
| 593 | Nico de Jong | Utrecht | 1:01:15 | 58:36 |
| 594 | Jelle Kuiken | Leeuwarden | 1:01:17 | 58:02 |
| 595 | André Jager | Leeuwarden | 1:01:23 | 58:17 |
| 596 | Ed van Beelen | Monster | 1:01:23 | 58:50 |
| 597 | Meindert Roosjen | Leeuwarden | 1:01:27 | 58:48 |
| 598 | Eli Beeksma | Hurdegaryp | 1:01:30 | 59:52 |
| 599 | Tom Vellinga | Akkrum | 1:01:31 | 59:12 |
| 600 | Marco Bandsma | Hurdegaryp | 1:01:31 | 59:00 |
| 601 | Martijn Radstake | Leeuwarden | 1:01:32 | 59:02 |
| 602 | Niels Helder | Noardburgum | 1:01:33 | 58:50 |
| 603 | Martin Landheer | Goutum | 1:01:43 | 1:00:11 |

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|--------|-----------------------|-----------------------|---------|---------|
| 604 | Geert Jan Schiphorst | Heerenveen | 1:01:44 | 59:13 |
| 605 | Leo Bouma | Monster | 1:01:45 | 59:09 |
| 606 | Daniel Polling | Hoogezand | 1:01:49 | 59:47 |
| 607 | Peter van Noort | Berltsum | 1:01:52 | 59:11 |
| 608 | Ad Vromans | Gorredijk | 1:01:53 | 59:12 |
| 609 | Steven de Boer | Ferwert | 1:01:55 | 58:45 |
| 610 | Roland Scholte | Leeuwarden | 1:01:59 | 59:05 |
| 611 | Martin Bolhuis | Leeuwarden | 1:02:00 | 59:06 |
| 612 | Berry Stolk | Oudebildtzijl | 1:02:00 | 1:00:47 |
| 613 | Sander van Dijk | Heerenveen | 1:02:01 | 1:00:31 |
| 614 | Rocco Snel | Leeuwarden | 1:02:03 | 1:01:25 |
| 615 | Wytze Riemersma | De Tike | 1:02:04 | 1:01:26 |
| 616 | Domien van der Meer | Dronryp | 1:02:05 | 1:00:44 |
| 617 | Marten Jan van Olphen | Mantgum | 1:02:05 | 1:00:30 |
| 618 | Bob de Vries | Leeuwarden | 1:02:14 | 1:01:32 |
| 619 | Rob Dijkstra | Hallum | 1:02:16 | 59:28 |
| 620 | Durk de Groot | Leeuwarden | 1:02:21 | 59:32 |
| 621 | JM Bron | Leeuwarden | 1:02:23 | 1:00:37 |
| 622 | Henri Berger | Deinum | 1:02:24 | 1:01:28 |
| 623 | Richard van Kammen | Leeuwarden | 1:02:29 | 1:01:01 |
| 624 | Joep Steeman | De Westereen | 1:02:30 | 1:02:03 |
| 625 | Ewald Fortuin | Hengelo Gld | 1:02:32 | 1:01:51 |
| 626 | Willem Schokker | Bitgummole | 1:02:36 | 1:01:29 |
| 627 | Roel van Dijk | Leeuwarden | 1:02:36 | 1:00:14 |
| 628 | Patrick van Holstein | Leeuwarden | 1:02:37 | 1:01:11 |
| 629 | Hendrik Sikkes | Leeuwarden | 1:02:41 | 59:33 |
| 630 | Hendrik Wolf | Stiens | 1:02:45 | 1:00:12 |
| 631 | Marcus Kleefstra | Leeuwarden | 1:02:45 | 1:00:12 |
| 632 | Martinus Koste | Leeuwarden | 1:02:51 | 59:51 |
| 633 | Bauke Roelevink | Leeuwarden | 1:02:53 | 1:00:26 |
| 634 | Johan Weistra | Leeuwarden | 1:02:57 | 1:00:13 |
| 635 | Mikael Jaspers | Nij Beets | 1:03:00 | 1:00:34 |
| 636 | Dick Lont | Mantgum | 1:03:01 | 1:00:34 |
| 637 | Erik Dikkers | Menaam | 1:03:01 | 1:00:38 |
| 638 | Dick Hamers | Leeuwarden | 1:03:02 | 1:01:25 |
| 639 | Henk-Jan Kloosterman | Augustinusga | 1:03:02 | 1:02:30 |
| 640 | Marco Smid | Oudebildtzijl | 1:03:03 | 1:00:24 |
| 641 | Siska Stienstra | Munein | 1:03:05 | 1:00:44 |
| 642 | Bennie Meijerink | Heerenveen | 1:03:08 | 59:55 |
| 643 | Tjeerd Ley | Snakkerburen | 1:03:09 | 1:02:16 |
| 644 | Cor Stienstra | Leeuwarden | 1:03:10 | 1:01:42 |
| 645 | Carlo Laversma | Leeuwarden | 1:03:14 | 1:00:36 |
| 646 | Jacob Boogert | Leeuwarden | 1:03:17 | 1:01:19 |
| 647 | Auke de Vries | Easterwierrum | 1:03:19 | 1:02:13 |
| 648 | Wim Legger | Franeker | 1:03:20 | 1:00:28 |
| 649 | Hartger Pruiksmas | Leeuwarden | 1:03:20 | 1:00:55 |
| 650 | Ab-Jan Feenstra | Leeuwarden | 1:03:24 | 1:02:10 |
| 651 | Patrick Hoek | Leeuwarden | 1:03:24 | 1:00:29 |
| 652 | Dick Wielenga | Leeuwarden | 1:03:25 | 1:00:42 |
| 653 | Durk Brouwer | Sneek | 1:03:26 | 1:01:49 |
| 654 | Cor Langius | Leeuwarden | 1:03:26 | 1:00:12 |
| 655 | Cees Dijkstra | Leeuwarden | 1:03:30 | 1:00:28 |
| 656 | Douwe Schaafsma | Leeuwarden | 1:03:30 | 1:00:30 |
| 657 | Timon van der Berg | Leeuwarden | 1:03:35 | 1:02:06 |
| 658 | Jaap Braaksma | St.-Jacobiparochie | 1:03:35 | 1:01:24 |
| 659 | Eelco Braaksma | St.-Jacobiparochie | 1:03:37 | 1:01:25 |
| 660 | Jasper van Doorn | Amsterdam | 1:03:37 | 1:02:23 |
| 661 | Ruben van de Werf | Leeuwarden | 1:03:40 | 1:00:46 |
| 662 | Mats Adema | Grou | 1:03:53 | 1:01:46 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|---------|---------|
| 663 | Jan Winkel | Harlingen | 1:03:54 | 1:02:46 |
| 664 | Andre Roosjen | Leeuwarden | 1:04:01 | 1:00:50 |
| 665 | Huub Adema | Leeuwarden | 1:04:02 | 1:01:56 |
| 666 | Oebele van der Kooij | Sneek | 1:04:05 | 1:02:51 |
| 667 | Kor Postma | Tytsjerk | 1:04:11 | 1:01:25 |
| 668 | Peter Slot | Leeuwarden | 1:04:16 | 1:02:21 |
| 669 | Ronald Ars | Stiens | 1:04:16 | 1:02:22 |
| 670 | Nico Jongkind | Heerenveen | 1:04:17 | 1:01:08 |
| 671 | Henk Wiering | Menaam | 1:04:25 | 1:03:05 |
| 672 | Peter Brouwer | Leeuwarden | 1:04:37 | 1:03:58 |
| 673 | Erwin Post | Leeuwarden | 1:04:37 | 1:01:22 |
| 674 | John Kroon | Leeuwarden | 1:04:39 | 1:02:33 |
| 675 | Meindert Helder | Noardburgum | 1:04:39 | 1:01:56 |
| 676 | Sven Jaasma | Leeuwarden | 1:04:50 | 1:04:14 |
| 677 | Anne van der Veen | Leeuwarden | 1:04:50 | 1:02:59 |
| 678 | Sjaak van Leeuwen | Leeuwarden | 1:04:50 | 1:04:14 |
| 679 | Rob Lijzenga | Leeuwarden | 1:04:58 | 1:03:15 |
| 680 | Rhandy de Wolf | Leeuwarden | 1:05:08 | 1:02:45 |
| 681 | Jan Vullings | Leeuwarden | 1:05:12 | 1:02:12 |
| 682 | Mohammed Farmani | Leeuwarden | 1:05:15 | 1:02:16 |
| 683 | Bert Barels | Leeuwarden | 1:05:41 | 1:03:31 |
| 684 | Friso Annema | Amsterdam | 1:05:44 | 1:03:56 |
| 685 | Frederik Hogendorp | Burgum | 1:05:49 | 1:04:34 |
| 686 | Duncan Spaargaren | Leeuwarden | 1:05:49 | 1:04:16 |
| 687 | Sipke Bosma | Witmarsum | 1:05:52 | 1:03:10 |
| 688 | Simon van Kleef | Hallum | 1:06:04 | 1:04:42 |
| 689 | Alex van der Linden | Utrecht | 1:06:06 | 1:03:55 |
| 690 | Tim de Vries | Grou | 1:06:12 | 1:03:15 |
| 691 | Sandor Mulder | Leeuwarden | 1:06:27 | 1:05:45 |
| 692 | Janwillem Bethlehem | Tjalleberd | 1:06:32 | 1:03:46 |
| 693 | Mikael van Dijk | Peize | 1:06:32 | 1:04:15 |
| 694 | Herman Walta | Leeuwarden | 1:06:37 | 1:03:34 |
| 695 | Hessel Bouma | Burgum | 1:06:38 | 1:03:39 |
| 696 | Jacco Wiffers | Leeuwarden | 1:06:40 | 1:05:04 |
| 697 | Willem Toren | Leeuwarden | 1:06:42 | 1:03:56 |
| 698 | Pieter Oosterhof | Gytsjerk | 1:06:47 | 1:04:43 |
| 699 | Johan Visser | Sneek | 1:06:50 | 1:04:23 |
| 700 | Hielke Nienhuis | Lekkum | 1:06:51 | 1:06:15 |
| 701 | Jelmer Canrinus | Leeuwarden | 1:06:55 | 1:04:57 |
| 702 | Theo Runia | Leeuwarden | 1:07:16 | 1:05:45 |
| 703 | Winse Faas | Menaam | 1:07:18 | 1:04:52 |
| 704 | Sicco de Vries | Sneek | 1:07:29 | 1:05:53 |
| 705 | Michiel Baron | Leeuwarden | 1:07:29 | 1:05:53 |
| 706 | Hans de Groot | Leeuwarden | 1:07:30 | 1:04:38 |
| 707 | Scott Foster | Leeuwarden | 1:07:46 | 1:05:25 |
| 708 | Henk Gevers | Franeker | 1:07:50 | 1:05:21 |
| 709 | Hans ten Houten | Leeuwarden | 1:08:01 | 1:05:44 |
| 710 | Pieter de Leeuw | Tjalleberd | 1:08:03 | 1:06:14 |
| 711 | Gerrit Lanting | Wommels | 1:08:08 | 1:07:09 |
| 712 | Ron Veenstra | Harlingen | 1:08:18 | 1:07:19 |
| 713 | René van Dijk | Groningen | 1:08:19 | 1:05:23 |
| 714 | Ruben de Vries | Leeuwarden | 1:08:20 | 1:05:35 |
| 715 | Roelof Dijkstra | Hurdegaryp | 1:08:22 | 1:05:21 |
| 716 | Robert Melein | Leeuwarden | 1:08:32 | 1:06:27 |
| 717 | Hielke Wijnstra | Sneek | 1:08:33 | 1:06:26 |
| 718 | Sander de Jong | Leeuwarden | 1:08:45 | 1:05:40 |
| 719 | Eeltsje Folkertsma | Akkrum | 1:09:22 | 1:07:32 |
| 720 | Jeroen Vos | Leeuwarden | 1:09:31 | 1:06:43 |
| 721 | Jaap Wagenaar | Tytsjerk | 1:09:59 | 1:09:06 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|---------|---------|
| 722 | Eduard Hovinga | Grou | 1:10:32 | 1:07:52 |
| 723 | Eddy Alberts | Menaam | 1:10:35 | 1:08:11 |
| 724 | Ronnie Pieters | Leeuwarden | 1:10:53 | 1:09:00 |
| 725 | Martin Agema | Heerenveen | 1:11:11 | 1:07:56 |
| 726 | Hylco van der Zwaag | Leeuwarden | 1:11:11 | 1:09:59 |
| 727 | Piet Rodenhuis | Leeuwarden | 1:11:32 | 1:08:40 |
| 728 | Johan Fonk | Hurdegaryp | 1:11:54 | 1:10:09 |
| 729 | Rob Lorier | Herbajum | 1:12:41 | 1:11:41 |
| 730 | Guus Pieksma | Sneek | 1:13:07 | 1:10:58 |
| 731 | Wim van der Meulen | Leeuwarden | 1:16:53 | 1:16:17 |
| 732 | Hendrik van der Zwaag | Leeuwarden | 1:17:31 | 1:15:27 |
| 733 | Jaap Mosselaar | Leeuwarden | 1:17:36 | 1:15:17 |
| 734 | Ronald van der Leij | Leeuwarden | 1:21:28 | 1:21:28 |
| 735 | Rudy Witteveen | Leeuwarden | 1:21:55 | 1:20:43 |

VROUW, 10 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 1 | Immy Kersbergen | Wommels | 38:18 | 38:18 |
| 2 | Ylona Kruis | Ysbrechtum | 39:38 | 39:37 |
| 3 | Sandra 't Hart | Heerenveen | 41:34 | 41:13 |
| 4 | Irma van Steijn | Leeuwarden | 42:55 | 42:50 |
| 5 | Anneke de boer | Nijland | 42:56 | 42:55 |
| 6 | Nynke Bruinsma | Sneek | 43:17 | 43:17 |
| 7 | Monique Zijlstra | Amersfoort | 43:29 | 43:28 |
| 8 | Jacinta Fancel | Leeuwarden | 43:57 | 43:56 |
| 9 | Baudien de Boer | Sneek | 44:04 | 44:04 |
| 10 | Esther Houttuin | Leeuwarden | 45:40 | 45:11 |
| 11 | Anita van der Wal | Harlingen | 45:46 | 45:46 |
| 12 | Sandra Zijlstra | Leeuwarden | 46:27 | 46:25 |
| 13 | Rennie Talsma | Mantgum | 46:34 | 46:14 |
| 14 | Jantien Hoekstra | Berltsum | 46:43 | 45:41 |
| 15 | Elisabeth Plokhooij | Bussum | 47:01 | 47:01 |
| 16 | Nynke Steigenga | Exmorra | 47:51 | 47:16 |
| 17 | Esther Witteveen | Kollum | 48:19 | 46:22 |
| 18 | Jeannemiek Miltenburg | Hilaard | 48:29 | 48:29 |
| 19 | Anna Lemstra | Menaam | 48:47 | 48:19 |
| 20 | Jeltsje Harmsma | Leeuwarden | 49:42 | 49:10 |
| 21 | Danielle v.d. Vijver | | 49:45 | 49:17 |
| 22 | Irene Vijverstra | Ryptsjerk | 50:22 | 49:56 |
| 23 | Corinne van der Bijl | Zwolle | 50:26 | 49:19 |
| 24 | Stefani Nellen | Groningen | 50:45 | 49:24 |
| 25 | Marieke Jongste | Boazum | 50:56 | 48:47 |
| 26 | Karin Danhof | Jirnsum | 51:06 | 50:19 |
| 27 | Hermine Kroon | Joure | 51:10 | 50:08 |
| 28 | Geja Droogsma | Leeuwarden | 51:38 | 50:08 |
| 29 | Iris Propsma | Leeuwarden | 51:41 | 50:53 |
| 30 | Veerle de Vries | Broek Fr | 51:42 | 50:03 |
| 31 | Ery Sloots | Drachten | 51:44 | 50:33 |
| 32 | Sandra Toelste | Leeuwarden | 51:47 | 51:19 |
| 33 | Renske van Welie | Leeuwarden | 51:50 | 51:26 |
| 34 | Jetty van Delden | Joure | 52:00 | 51:36 |
| 35 | Ineke Radersma | Koarnjum | 52:12 | 51:24 |
| 36 | Janet Osinga | Berltsum | 52:12 | 51:10 |
| 37 | Afke Hellema | Wanswert | 52:14 | 51:34 |
| 38 | Anita Luik | Franeker | 52:22 | 51:50 |
| 39 | Jikke van de Berg | Nij Beets | 52:29 | 50:37 |
| 40 | Fay Mensink | Amsterdam | 52:37 | 51:52 |
| 41 | Evelien Walstra | Leeuwarden | 52:38 | 52:12 |
| 42 | Anneke Zaaijer | Leeuwarden | 52:56 | 52:22 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 43 | Rosalinde Stadt | Amsterdam | 53:11 | 50:46 |
| 44 | Charlotte Fiets -vd We | Leeuwarden | 53:14 | 52:44 |
| 45 | Fenna Mulder | Tytsjerk | 53:22 | 52:12 |
| 46 | Ilse Teitsma | Grou | 53:27 | 53:01 |
| 47 | Erna van Houten -de Vr | Leeuwarden | 53:27 | 52:17 |
| 48 | Lucia Hollander | Leeuwarden | 53:31 | 51:15 |
| 49 | Tineke Blaauw | Franeker | 53:35 | 50:44 |
| 50 | Monique Tjeerdema | Heerenveen | 53:35 | 52:17 |
| 51 | Klaske van Lunzen - Mi | Leeuwarden | 53:39 | 52:35 |
| 52 | Iteke Kramer | Leeuwarden | 53:41 | 50:48 |
| 53 | Rommy Knoop | Leeuwarden | 53:54 | 53:14 |
| 54 | Frederika Buwalda | Scharsterbrug | 53:54 | 53:13 |
| 55 | Feikje Brouwer | Midlum | 53:55 | 53:20 |
| 56 | Tjitske van Lien | Leeuwarden | 54:12 | 53:12 |
| 57 | Maaikje Sietes | Leeuwarden | 54:13 | 52:20 |
| 58 | Annemarie Bakker | Vlaardingen | 54:18 | 52:53 |
| 59 | Sanne Kramp | Groningen | 54:20 | 51:31 |
| 60 | Lineke Talsma | Zevenhuizen Gn | 54:22 | 53:30 |
| 61 | Berber Vogt | Leeuwarden | 54:22 | 52:58 |
| 62 | Inez Boonstra | Leeuwarden | 54:23 | 53:51 |
| 63 | Vishitra Benschop | Leeuwarden | 54:24 | 52:31 |
| 64 | Alie kuipers | Gorredijk | 54:25 | 53:03 |
| 65 | Trienke Zijlstra | Berltsum | 54:29 | 53:25 |
| 66 | Jeltje Eizema | Leeuwarden | 54:33 | 54:02 |
| 67 | Jacqueline Sollie | Stiens | 54:34 | 53:08 |
| 68 | Monique Pascha | Leeuwarden | 54:40 | 53:10 |
| 69 | J. Corbée | Sneek | 54:50 | 53:06 |
| 70 | Manon Rodenburg | Leeuwarden | 54:50 | 52:30 |
| 71 | Bertina van der Bent | Harlingen | 54:51 | 53:52 |
| 72 | Margreet van der Meer | Sneek | 54:51 | 53:19 |
| 73 | Gea Hoekstra | Leeuwarden | 54:51 | 54:19 |
| 74 | Sandra Wierda | Hurdegaryp | 54:51 | 54:02 |
| 75 | Aty Steenstra | Leeuwarden | 54:52 | 54:15 |
| 76 | Anja de Ringh | Reduzum | 54:56 | 52:22 |
| 77 | Linda Nieveen | Groningen | 54:59 | 54:13 |
| 78 | Adrie Jaarsma | Leeuwarden | 55:08 | 54:10 |
| 79 | Marianne Waanders | Menaam | 55:08 | 52:13 |
| 80 | Tineke Merkus | Leeuwarden | 55:08 | 54:10 |
| 81 | Cindy Ruygrok | Anna Paulowna | 55:10 | 54:27 |
| 82 | Janneke de Vries-Braak | Dokkum | 55:13 | 53:47 |
| 83 | Hilda Tjepkema | Leeuwarden | 55:16 | 53:18 |
| 84 | Margret Jagersma | Leeuwarden | 55:18 | 54:45 |
| 85 | Roelie de Vlas | Leeuwarden | 55:21 | 52:33 |
| 86 | Petra Rijnsburger | Leeuwarden | 55:23 | 54:11 |
| 87 | Lea Koenen | Sneek | 55:29 | 54:33 |
| 88 | Marloes van der Wal | Leeuwarden | 55:31 | 54:55 |
| 89 | Baukje Wiersma | Groningen | 55:31 | 54:47 |
| 90 | Gerda Weidenaar | Leeuwarden | 55:33 | 54:42 |
| 91 | Margriet Buwalda | Franeker | 55:33 | 53:08 |
| 92 | Reny Visser | Menaam | 55:36 | 53:06 |
| 93 | Gloria Lam Odia | Elahuizen | 55:36 | 55:16 |
| 94 | Diana Hoekstra | Leeuwarden | 55:37 | 54:11 |
| 95 | Monique Albada | Sneek | 55:41 | 55:08 |
| 96 | Martina Tolsma | Feanwalden | 55:42 | 53:21 |
| 97 | Renske Bultsma | Grou | 55:44 | 54:47 |
| 98 | Annet Veenstra | Leeuwarden | 55:48 | 53:36 |
| 99 | Larissa Bakker | Leeuwarden | 55:49 | 55:28 |
| 100 | Inge Kracht | Sneek | 55:53 | 54:20 |
| 101 | Nynke van Veen | Kollum | 55:56 | 55:15 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 102 | Corrie van der Veen | Franeker | 56:00 | 55:28 |
| 103 | Soraya Zander | Sneek | 56:02 | 54:45 |
| 104 | Marijke Ypma | Joure | 56:02 | 55:28 |
| 105 | Renee van der Veen | Goutum | 56:03 | 54:54 |
| 106 | Jetty Taal | Deinum | 56:06 | 54:05 |
| 107 | Eelkje Jellema | Groningen | 56:10 | 55:33 |
| 108 | Sietske Tadema | Leeuwarden | 56:12 | 55:28 |
| 109 | Michelle Nooy | Delfstrahuizen | 56:13 | 54:54 |
| 110 | Leentje Steringa-Elver | Buitenpost | 56:15 | 54:36 |
| 111 | Mirjam de Jager | Stiens | 56:21 | 55:34 |
| 112 | Annetta Wijma | Leeuwarden | 56:22 | 54:24 |
| 113 | Arjanne van Heiningen | Leeuwarden | 56:23 | 55:57 |
| 114 | Wietske Nijp | Dronryp | 56:27 | 55:31 |
| 115 | Bettie Koops | Leeuwarden | 56:31 | 54:30 |
| 116 | Elsa Bjornsdottir | Heerenveen | 56:33 | 53:46 |
| 117 | Karen Kerkstra | Groningen | 56:36 | 55:36 |
| 118 | Annette Dam | Leeuwarden | 56:39 | 56:02 |
| 119 | Sjoukje Nijp | Leeuwarden | 56:40 | 55:43 |
| 120 | Fenna van der Leeuw | Sintjohannesga | 56:44 | 56:05 |
| 121 | Aniek Bauritius | Harlingen | 56:45 | 56:05 |
| 122 | Betty Hibma | Franeker | 56:45 | 56:05 |
| 123 | Paula van der Werf | Leeuwarden | 56:47 | 55:49 |
| 124 | Fennie Rinzema | Garyp | 56:48 | 53:41 |
| 125 | Marsha Broekstra | Reduzum | 56:49 | 53:52 |
| 126 | Bea Dijkstra | Stiens | 56:53 | 55:24 |
| 127 | Elly Bunt-Vrieling | Leeuwarden | 56:53 | 54:04 |
| 128 | Marina van den Adel | Feanwalden | 56:53 | 55:08 |
| 129 | Mieke Siemensma | Leeuwarden | 56:55 | 55:48 |
| 130 | Jessica Dijkstra | Heerenveen | 56:57 | 56:03 |
| 131 | Greta Post-Scheepsma | Heerenveen | 56:57 | 56:03 |
| 132 | Maike Bouma | Noordwijk Gn | 56:57 | 54:38 |
| 133 | Ykje Brouwer | Surhuizum | 56:58 | 56:58 |
| 134 | Diana Waringa-Huizinga | Leeuwarden | 57:00 | 54:16 |
| 135 | Brigitte Feenstra | Ryptsjerk | 57:01 | 55:48 |
| 136 | Ida Zantema Jorna | Heeg | 57:03 | 55:07 |
| 137 | Janneke Spronk | Leeuwarden | 57:03 | 54:22 |
| 138 | Ans Wiegers | Dronryp | 57:04 | 56:31 |
| 139 | Marijke Wiersma | Leeuwarden | 57:05 | 55:27 |
| 140 | Astrid Lurvink | Stiens | 57:07 | 55:38 |
| 141 | Janet de Vries | Drachten | 57:12 | 55:27 |
| 142 | Susan Rooze | Wirdum Fr | 57:22 | 56:41 |
| 143 | Hiske Kuipers | Akkrum | 57:24 | 56:07 |
| 144 | Marga Funk | Harlingen | 57:25 | 56:33 |
| 145 | Wilma Klarenbeek | Leeuwarden | 57:26 | 56:21 |
| 146 | Gabi Wagenaar | Leeuwarden | 57:29 | 56:05 |
| 147 | Debbie van Spijker | Assen | 57:31 | 54:39 |
| 148 | Anca Meijer | Hurdegaryp | 57:31 | 56:35 |
| 149 | Ieke Bakker | Damwald | 57:33 | 56:46 |
| 150 | Hester Broekman | Groningen | 57:33 | 55:26 |
| 151 | Jolanda Lautenbach | Leeuwarden | 57:37 | 55:57 |
| 152 | Nieskje de Groot | Leeuwarden | 57:37 | 54:34 |
| 153 | Irene Kriele | Sneek | 57:40 | 56:06 |
| 154 | Anneke Sijtsma | Leeuwarden | 57:41 | 56:45 |
| 155 | Leonie Oosting | Leeuwarden | 57:41 | 55:25 |
| 156 | Kundien van Loo | Groningen | 57:44 | 56:36 |
| 157 | Kim Schipperheijn | Leeuwarden | 57:48 | 57:09 |
| 158 | Dieuwke Bootsma | Nijland | 57:49 | 56:47 |
| 159 | Roelien Linthorst | Leeuwarden | 57:50 | 56:25 |
| 160 | Ria Rozeboom | Leeuwarden | 57:54 | 57:19 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|-------|
| 161 | Tea Kalsbeek | Gorredijk | 58:01 | 57:02 |
| 162 | José Zijlstra | Sint Nicolaasga | 58:02 | 57:05 |
| 163 | Christina Poorte-Hietk | Goutum | 58:05 | 56:32 |
| 164 | Hennie Steensma | Feanwalden | 58:12 | 56:47 |
| 165 | Yolanda Visser | Leeuwarden | 58:13 | 57:49 |
| 166 | Wike Bruinsma | Leeuwarden | 58:15 | 55:56 |
| 167 | Baukje Smink | Ysbrechtum | 58:16 | 56:44 |
| 168 | Marieke de Boer | Leeuwarden | 58:19 | 57:39 |
| 169 | Lisette Dijkstra | Franeker | 58:20 | 56:19 |
| 170 | Joanne de Roos | Stiens | 58:22 | 56:35 |
| 171 | Linda Nutma | Hallum | 58:22 | 56:27 |
| 172 | Judith Westerman | Leeuwarden | 58:26 | 57:10 |
| 173 | Freya Westerman | Leeuwarden | 58:26 | 57:10 |
| 174 | Fokje Grijpstra | Burgum | 58:27 | 57:26 |
| 175 | Josta van Dellen | Leeuwarden | 58:29 | 56:43 |
| 176 | Ilse de Haan | St.-Annaparochie | 58:29 | 56:43 |
| 177 | Rianne Venema | Leeuwarden | 58:39 | 57:03 |
| 178 | Tjarda Bouma | Minnertsga | 58:41 | 57:05 |
| 179 | Esther Lageweg | Leeuwarden | 58:43 | 57:23 |
| 180 | Desire Hindriks | Leeuwarden | 58:44 | 56:30 |
| 181 | Janna Tolsma | Harlingen | 58:45 | 57:35 |
| 182 | Ilse Bissels | Suward | 58:47 | 57:21 |
| 183 | Elles Ottema | Leeuwarden | 58:48 | 55:51 |
| 184 | Liesbeth ten Hoeve | Feanwalden | 58:49 | 56:50 |
| 185 | Jildou Oosterhof | Leeuwarden | 58:49 | 56:51 |
| 186 | Ali Rauwerda-Smids | Leeuwarden | 58:50 | 57:09 |
| 187 | Wytske van der Kooi-Po | Burgum | 58:51 | 56:37 |
| 188 | Ooy van Dillen | Bolsward | 58:52 | 58:19 |
| 189 | Marijke Bos | Leeuwarden | 58:53 | 57:52 |
| 190 | Janette Haasdijk-Zeils | Leeuwarden | 58:58 | 56:50 |
| 191 | Anneke Roorda | Leeuwarden | 58:59 | 57:34 |
| 192 | Diana van Leeuwen | Leeuwarden | 59:00 | 57:37 |
| 193 | Ida-Aukje v.d. Zee | Dronryp | 59:05 | 58:03 |
| 194 | Fokje van der Meer | Tytsjerk | 59:09 | 56:20 |
| 195 | Hinke Ennik Bouwhuis | Workum | 59:12 | 56:17 |
| 196 | Hanny Stijnen | Leeuwarden | 59:21 | 56:52 |
| 197 | Joke Hoekstra | Leeuwarden | 59:21 | 57:55 |
| 198 | Karen postma | Leeuwarden | 59:22 | 57:32 |
| 199 | Manoek van der Wal | Leeuwarden | 59:26 | 58:53 |
| 200 | Alice Dijkstra | Leeuwarden | 59:27 | 57:47 |
| 201 | Vera Ensing | Oranjewoud | 59:28 | 56:53 |
| 202 | Angelique ten Berge | Oldekerk | 59:29 | 56:55 |
| 203 | Annemiek Oldenburg | Leeuwarden | 59:32 | 56:57 |
| 204 | Wiesje Kloosterman | Burgum | 59:32 | 57:15 |
| 205 | Mascha de Hek | Buitenpost | 59:33 | 57:54 |
| 206 | Anne Hilarides | Hindeloopen | 59:34 | 56:22 |
| 207 | Tjitske Anema | St.-Annaparochie | 59:36 | 57:46 |
| 208 | Joel Weerts | Leeuwarden | 59:36 | 56:56 |
| 209 | Margriet vd Weij | Rijs | 59:41 | 59:20 |
| 210 | Joline Wielens | Zwolle | 59:41 | 58:07 |
| 211 | Tineke Hoekstra | Groningen | 59:42 | 56:30 |
| 212 | Daphne Perret | Den Helder | 59:47 | 59:02 |
| 213 | Jeannet van der Heide | Lemmer | 59:53 | 58:47 |
| 214 | Gelske Rozema | Goutum | 59:53 | 58:34 |
| 215 | Hendrikje de Groot | Leeuwarden | 59:54 | 58:48 |
| 216 | Dorien Krijthe | Groningen | 59:55 | 58:47 |
| 217 | Rina Sijtsma | Britsum | 59:55 | 58:00 |
| 218 | Inge Mutsaers | Heerenveen | 1:00:01 | 57:08 |
| 219 | Mettje Elzinga | Leeuwarden | 1:00:01 | 58:23 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 220 | Imkje Wietske Veldhuis | Heeg | 1:00:02 | 58:21 |
| 221 | Nienke van der Ploeg | Stiens | 1:00:03 | 58:33 |
| 222 | Ida van der Kooij | Leeuwarden | 1:00:06 | 57:53 |
| 223 | Yvonne Norbruis | Vrouwenparochie | 1:00:06 | 58:12 |
| 224 | Anneke Kiewiet | Leeuwarden | 1:00:06 | 58:35 |
| 225 | Marian van der Harst | Leeuwarden | 1:00:07 | 59:09 |
| 226 | Nicolette van der Heid | Midwoud | 1:00:09 | 59:01 |
| 227 | Annemie Seinstra | Groningen | 1:00:11 | 58:52 |
| 228 | Suze Steemers | Groningen | 1:00:12 | 58:53 |
| 229 | Kim Keidel | Leeuwarden | 1:00:16 | 58:51 |
| 230 | Pauline Roozen-Everts | Leeuwarden | 1:00:17 | 59:35 |
| 231 | Joëlle Kuiper | Meppel | 1:00:18 | 58:12 |
| 232 | Marjet van den Hof | Buitenpost | 1:00:18 | 59:36 |
| 233 | Lucie Postma | Bakhuizen | 1:00:20 | 58:30 |
| 234 | Famke Huizinga | Leeuwarden | 1:00:20 | 58:55 |
| 235 | Anne-Marloes Peters | Lekkum | 1:00:21 | 59:12 |
| 236 | Geertje Wijnja | Scharsterbrug | 1:00:21 | 57:39 |
| 237 | Klaske v.d. Wal | Menaam | 1:00:26 | 59:22 |
| 238 | Nathalie de Vries | Leeuwarden | 1:00:26 | 57:48 |
| 239 | Aaltsje Deinum | Jistrum | 1:00:26 | 59:59 |
| 240 | Audrey Westendorp | Grou | 1:00:27 | 59:44 |
| 241 | Helga de Graaf | Leeuwarden | 1:00:28 | 59:27 |
| 242 | Johanna Rinsma | Hallum | 1:00:32 | 58:39 |
| 243 | Ida Greydanus | Nij Altoenae | 1:00:36 | 1:00:01 |
| 244 | Aukje Kracht | Leeuwarden | 1:00:39 | 59:22 |
| 245 | Marjo Zeilstra | Harlingen | 1:00:40 | 59:03 |
| 246 | Mildred Braams | Leeuwarden | 1:00:42 | 58:35 |
| 247 | Jenny Rodenhuis | Menaam | 1:00:48 | 59:12 |
| 248 | Saskia Scholtens | Leeuwarden | 1:00:49 | 58:29 |
| 249 | Myranda Haisma | Grou | 1:00:52 | 59:34 |
| 250 | Anne Zijlstra | Leeuwarden | 1:00:53 | 58:53 |
| 251 | Tamara Bosma | Leeuwarden | 1:00:55 | 59:37 |
| 252 | Dorithia Jansma | Stiens | 1:00:55 | 59:37 |
| 253 | Griet Rijpstra | Stiens | 1:00:56 | 59:27 |
| 254 | Yvonne Toering | Stiens | 1:00:58 | 59:52 |
| 255 | Ellen van der Kooi | Leeuwarden | 1:00:59 | 57:57 |
| 256 | Elly Wijngaarden | Sneek | 1:00:59 | 59:46 |
| 257 | Apolonia Granados Schu | Wolvega | 1:01:01 | 58:56 |
| 258 | Anita Fontein | Leeuwarden | 1:01:01 | 1:00:08 |
| 259 | Alie Vissia | Drogeham | 1:01:02 | 57:53 |
| 260 | Esther A.M. Vellinga | Sneek | 1:01:04 | 59:51 |
| 261 | Ina van Dellen | St.-Annaparochie | 1:01:11 | 1:00:00 |
| 262 | Afke Woudstra | Dokkum | 1:01:12 | 59:24 |
| 263 | Emma van Schravendijk | Emmeloord | 1:01:14 | 58:08 |
| 264 | Yldau Visser | Leeuwarden | 1:01:16 | 58:07 |
| 265 | Klaasje Abma | Winsum Fr | 1:01:22 | 58:33 |
| 266 | Elbrich van der Velde | Leeuwarden | 1:01:25 | 1:00:01 |
| 267 | Jurrien Bodewes | Sneek | 1:01:26 | 1:00:52 |
| 268 | Sabine Bomas | Gytsjerk | 1:01:28 | 59:13 |
| 269 | Fransina Supusepa | Leeuwarden | 1:01:30 | 59:47 |
| 270 | Marjo Sjoerdsma | Leeuwarden | 1:01:30 | 1:01:08 |
| 271 | Fleur Marquenie | Groningen | 1:01:32 | 58:54 |
| 272 | Stefanie van der Meer | Leeuwarden | 1:01:33 | 59:03 |
| 273 | Thea Buith | Goutum | 1:01:33 | 1:00:00 |
| 274 | Baukje Meindertsma | Goutum | 1:01:33 | 1:00:00 |
| 275 | Danitsja Lourens | Leeuwarden | 1:01:37 | 1:00:28 |
| 276 | Marjon Koetstra | Leeuwarden | 1:01:39 | 59:01 |
| 277 | Rynette Leenstra-Schma | Buitenpost | 1:01:40 | 1:00:00 |
| 278 | Nynke Andringa | Leeuwarden | 1:01:40 | 1:00:13 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 279 | Reinette Montsma | Leeuwarden | 1:01:41 | 59:21 |
| 280 | Marije Punt | Hurdegaryp | 1:01:44 | 59:14 |
| 281 | Liesbeth Mantel | Sneek | 1:01:44 | 1:00:32 |
| 282 | Inge Zijlstra-Looman | Leeuwarden | 1:01:44 | 58:55 |
| 283 | Erica Kooistra | Leeuwarden | 1:01:46 | 58:57 |
| 284 | Ypie de Geus | Leeuwarden | 1:01:46 | 58:35 |
| 285 | Roelie Vogel | Mildam | 1:01:48 | 59:10 |
| 286 | Margriet van der Werf | Hurdegaryp | 1:01:49 | 59:22 |
| 287 | Miranda Zwigelaar | Tzum | 1:01:50 | 1:01:17 |
| 288 | Yvette van Dijk | Leeuwarden | 1:01:51 | 59:13 |
| 289 | Ines Jonker | Leeuwarden | 1:01:51 | 1:01:22 |
| 290 | Jeltsje Draaijer | Nijemirdum | 1:01:52 | 1:00:59 |
| 291 | Annieke de Ruiters | Goutum | 1:01:54 | 1:01:11 |
| 292 | Aafje de Graaf | Wijckel | 1:01:55 | 1:00:17 |
| 293 | Dieuwke Hettinga | Hempens | 1:01:57 | 59:38 |
| 294 | Rennie Woudwijk | Bitgummole | 1:02:00 | 1:00:31 |
| 295 | Alice van der Valk | Lemmer | 1:02:00 | 59:31 |
| 296 | Esther van der Valk | Oranjewoud | 1:02:00 | 59:35 |
| 297 | Hennie Ekhart | Leeuwarden | 1:02:00 | 1:00:33 |
| 298 | Evelien Schotanus | Leeuwarden | 1:02:01 | 1:00:34 |
| 299 | Diana Osinga | Leeuwarden | 1:02:02 | 1:00:21 |
| 300 | NM Douwstra | Leeuwarden | 1:02:02 | 59:18 |
| 301 | Christien ter Steeg | Leeuwarden | 1:02:03 | 1:02:03 |
| 302 | Willianne Brouwer | Leeuwarden | 1:02:04 | 59:29 |
| 303 | Trijntje de Vries | Dronryp | 1:02:05 | 1:01:04 |
| 304 | Inge van Bruxvoort | Leeuwarden | 1:02:05 | 59:40 |
| 305 | Wendy Visser | Heeg | 1:02:06 | 1:01:27 |
| 306 | Maaïke van der Heide | Lemmer | 1:02:06 | 1:00:59 |
| 307 | Annemarie van der Stee | Burgum | 1:02:08 | 59:49 |
| 308 | Fienke Benedictus | Heerenveen | 1:02:08 | 58:55 |
| 309 | Ria van der Werf | Leeuwarden | 1:02:10 | 59:24 |
| 310 | Theresa van der Zee | Leeuwarden | 1:02:10 | 1:00:56 |
| 311 | Janneke Bakker | Leeuwarden | 1:02:11 | 1:00:46 |
| 312 | Sjoukje van der Veen | Zwagerbosch | 1:02:11 | 59:12 |
| 313 | Annelies Vonk-Kuipers | Leeuwarden | 1:02:11 | 59:59 |
| 314 | Else Binksma | Leeuwarden | 1:02:19 | 1:00:31 |
| 315 | Dieuwke van der Honing | Leeuwarden | 1:02:21 | 59:07 |
| 316 | Froukje Hoekstra | Wjelsryp | 1:02:21 | 1:01:17 |
| 317 | Janny Lorist | Leeuwarden | 1:02:21 | 59:31 |
| 318 | Aukje de Hoop | Wirdum Fr | 1:02:26 | 1:01:45 |
| 319 | Froukje Potijk | Haarlem | 1:02:26 | 59:14 |
| 320 | Judith Stolk | Oudebildtziyl | 1:02:27 | 1:01:13 |
| 321 | Janneke Althuis | Vrouwenparochie | 1:02:27 | 1:00:30 |
| 322 | Wini Bergsma | Leeuwarden | 1:02:27 | 59:50 |
| 323 | Veronique Heidema | Leeuwarden | 1:02:30 | 1:00:22 |
| 324 | Jetty van Slooten | Ryptsjerk | 1:02:31 | 1:00:40 |
| 325 | Marcella Eijer | Leeuwarden | 1:02:32 | 1:01:01 |
| 326 | Ilse van Slooten | Hurdegaryp | 1:02:32 | 1:00:41 |
| 327 | Annemieke van Dijk | Leeuwarden | 1:02:32 | 59:22 |
| 328 | Eva van leeuwen | Leeuwarden | 1:02:33 | 59:48 |
| 329 | Sonja Theissens | Bitgummole | 1:02:35 | 1:01:29 |
| 330 | Annalies Rosier | Leeuwarden | 1:02:35 | 1:00:42 |
| 331 | Syta Tuinenga | Tolbert | 1:02:36 | 1:00:52 |
| 332 | Elly Westerhuis | Leeuwarden | 1:02:37 | 1:00:39 |
| 333 | Conchita Trujillo Vice | Joure | 1:02:37 | 1:01:20 |
| 334 | De Graaf | Balk | 1:02:42 | 1:00:26 |
| 335 | Iris Kuiper | Leeuwarden | 1:02:43 | 1:01:55 |
| 336 | Astrid Bol | Leeuwarden | 1:02:43 | 1:00:22 |
| 337 | Maaïke Sijbesma | Suward | 1:02:43 | 1:02:14 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|---------|---------|
| 338 | Anne Houttuin | Leeuwarden | 1:02:49 | 1:01:31 |
| 339 | Ilja Goudberg-Yntema | Heerenveen | 1:02:54 | 1:00:11 |
| 340 | Titia Brouwer-Kamstra | Sneek | 1:02:55 | 1:01:17 |
| 341 | Grietje Hoekstra | Britsum | 1:02:56 | 1:00:53 |
| 342 | Daniella Klijnsma | Leeuwarden | 1:02:57 | 1:01:40 |
| 343 | Antje Zeldenrust | Leeuwarden | 1:02:59 | 59:48 |
| 344 | Armanda Groen | Leeuwarden | 1:02:59 | 1:00:01 |
| 345 | Sonja Douma | Leeuwarden | 1:03:00 | 1:02:13 |
| 346 | Liesbeth Kooi | Burgum | 1:03:00 | 59:59 |
| 347 | Marije Holwerda | Leeuwarden | 1:03:00 | 1:00:48 |
| 348 | Margreet Holwerda | Britsum | 1:03:00 | 1:00:48 |
| 349 | Corrie van der Meer | Leeuwarden | 1:03:01 | 1:00:51 |
| 350 | Nanja Witzenburg | Heerenveen | 1:03:05 | 1:00:33 |
| 351 | Petra Bolman | Leeuwarden | 1:03:06 | 1:02:36 |
| 352 | Alice Beimers | St.-Annaparochie | 1:03:08 | 1:02:02 |
| 353 | Gelna Beimers | St.-Annaparochie | 1:03:08 | 1:02:02 |
| 354 | Marjan de Vries | Leeuwarden | 1:03:09 | 1:01:20 |
| 355 | Femke Postma | Leeuwarden | 1:03:09 | 1:02:16 |
| 356 | Marjan de Jong | Utrecht | 1:03:10 | 1:00:31 |
| 357 | Margriet van den Berg | Leeuwarden | 1:03:11 | 1:02:40 |
| 358 | Astrid Kamminga | Leeuwarden | 1:03:11 | 1:02:35 |
| 359 | Richtje Willemsma | Akkrum | 1:03:13 | 1:02:42 |
| 360 | Marjan Ottema | Groningen | 1:03:14 | 1:00:17 |
| 361 | Riek van der Meulen | Leeuwarden | 1:03:15 | 1:02:10 |
| 362 | Aulina Luinstra | Leeuwarden | 1:03:16 | 1:01:24 |
| 363 | Sylvana Pruiksmā | Leeuwarden | 1:03:18 | 1:00:52 |
| 364 | Imke Van der ploeg | Leeuwarden | 1:03:22 | 1:00:29 |
| 365 | Daniëlle Bruinsma | Franeker | 1:03:23 | 1:02:24 |
| 366 | Anouk de Groot | Franeker | 1:03:24 | 1:02:25 |
| 367 | Marja van de Kooi | Boer | 1:03:25 | 1:01:26 |
| 368 | Els Postma | Leeuwarden | 1:03:28 | 1:02:23 |
| 369 | Wilke van der Molen | Leeuwarden | 1:03:31 | 1:00:45 |
| 370 | Marieke Gjaltema | Leeuwarden | 1:03:35 | 1:02:44 |
| 371 | Rianne Meijerink | Heerenveen | 1:03:37 | 1:00:23 |
| 372 | Djoke Attema | Wommels | 1:03:39 | 1:03:07 |
| 373 | Sonja Dantuma | Leeuwarden | 1:03:41 | 1:02:10 |
| 374 | Sabina Smids | Leeuwarden | 1:03:43 | 1:02:11 |
| 375 | Antje Reitsma | Balk | 1:03:44 | 1:01:27 |
| 376 | Anouk de Hoog | Makkinga | 1:03:46 | 1:01:58 |
| 377 | Evelien Vaartjes | Opende | 1:03:52 | 1:03:05 |
| 378 | Sandra Straatman | Leeuwarden | 1:04:00 | 1:02:07 |
| 379 | Anna Stap | Leeuwarden | 1:04:00 | 1:01:21 |
| 380 | Nynke Abbink | Tytsjerk | 1:04:02 | 1:02:00 |
| 381 | Margreet de Ree | Koufurderrige | 1:04:02 | 1:00:50 |
| 382 | Marrit Palma | Leeuwarden | 1:04:03 | 1:01:30 |
| 383 | Ilma Pieters | Leeuwarden | 1:04:03 | 1:01:30 |
| 384 | Nelly Teitsma | Joure | 1:04:05 | 1:03:27 |
| 385 | Geertje van Houten | Utrecht | 1:04:05 | 1:01:20 |
| 386 | Sylvia van der Kooij | Sneek | 1:04:05 | 1:02:51 |
| 387 | Sita Kootstra | Buitenpost | 1:04:06 | 1:03:23 |
| 388 | Jose Smits | Leeuwarden | 1:04:06 | 1:03:23 |
| 389 | Ilse Nieuwhof | Leeuwarden | 1:04:06 | 1:03:25 |
| 390 | Tineke Hibma | Leeuwarden | 1:04:06 | 1:03:25 |
| 391 | Treja Ley | Snakkerburen | 1:04:09 | 1:04:09 |
| 392 | Inge Postma | Utrecht | 1:04:12 | 1:02:25 |
| 393 | Rienke Plantenga | Leeuwarden | 1:04:13 | 1:02:48 |
| 394 | Anna Witteveen- Volk | Leeuwarden | 1:04:14 | 1:03:03 |
| 395 | Margriet Tolsma | Leeuwarden | 1:04:15 | 1:02:53 |
| 396 | Karin Tjepkema | Leeuwarden | 1:04:17 | 1:01:07 |

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|--------|------------------------|-----------------------|---------|---------|
| 397 | Liesbeth de Leeuw | Tjalleberd | 1:04:17 | 1:02:28 |
| 398 | Jelly Rijpma | Gytsjerk | 1:04:20 | 1:01:58 |
| 399 | Gerarda Teinsma-Diekma | Stiens | 1:04:23 | 1:02:55 |
| 400 | Esmée Wiering | Menaam | 1:04:26 | 1:03:05 |
| 401 | Sonja Poelstra | Hurdegaryp | 1:04:27 | 1:03:37 |
| 402 | Tine Visser-groenhof | Leeuwarden | 1:04:31 | 1:02:21 |
| 403 | Carla Buurman | Leeuwarden | 1:04:33 | 1:02:01 |
| 404 | Anja ten Hoeve | Heerenveen | 1:04:34 | 1:02:21 |
| 405 | Evelien de Kam | Leeuwarden | 1:04:35 | 1:01:24 |
| 406 | Ilse Hiemstra | Leeuwarden | 1:04:35 | 1:02:47 |
| 407 | Anjo Sinnema | Tytsjerk | 1:04:36 | 1:03:24 |
| 408 | Nathalie Haantjes | Balk | 1:04:36 | 1:02:59 |
| 409 | Marrit Bruining- de Jo | Sneek | 1:04:37 | 1:02:30 |
| 410 | Janneke Smitstra | Harlingen | 1:04:41 | 1:04:04 |
| 411 | Carolien Rinsema | Leeuwarden | 1:04:42 | 1:02:27 |
| 412 | Fleur de Hoog | Heerenveen | 1:04:43 | 1:02:56 |
| 413 | Grietje de Jong Altenb | Gersloot | 1:04:44 | 1:03:52 |
| 414 | Henriëtte Doeser | Goutum | 1:04:47 | 1:01:51 |
| 415 | Liesbeth Wijtsma | Wytgaard | 1:04:51 | 1:02:37 |
| 416 | Annet Visser | De Westereen | 1:04:59 | 1:03:09 |
| 417 | Corrie Twijnstra | Leeuwarden | 1:05:02 | 1:02:46 |
| 418 | Karin Lautenbag-Beimer | St.-Annaparochie | 1:05:06 | 1:03:07 |
| 419 | Jantine Duijthoff | Leeuwarden | 1:05:09 | 1:03:43 |
| 420 | Hillegonda Recourt | Leeuwarden | 1:05:17 | 1:02:48 |
| 421 | Paulien Roest | Leeuwarden | 1:05:17 | 1:02:48 |
| 422 | Jindra van der Meer | Drachten | 1:05:19 | 1:03:18 |
| 423 | Gerbrich Hoekstra | Reitsum | 1:05:20 | 1:03:26 |
| 424 | Cora Duijndam | Franeker | 1:05:22 | 1:04:55 |
| 425 | Ellen ten Wolde | Leeuwarden | 1:05:24 | 1:02:16 |
| 426 | Susan Wubs | Leeuwarden | 1:05:34 | 1:04:36 |
| 427 | Femke Hulzinga | Wommels | 1:05:34 | 1:02:54 |
| 428 | Sil Drentje-Sasabone | Drachten | 1:05:34 | 1:05:13 |
| 429 | Vera Kuiken | Leeuwarden | 1:05:36 | 1:03:29 |
| 430 | Nely Nicolai | Leeuwarden | 1:05:37 | 1:03:30 |
| 431 | Anja Lautenbach | Leeuwarden | 1:05:37 | 1:03:14 |
| 432 | Femke Nijder-Kamperman | Leeuwarden | 1:05:42 | 1:03:19 |
| 433 | Judith Goslinga | Leeuwarden | 1:05:42 | 1:03:19 |
| 434 | Sarah Annema | Haarlem | 1:05:44 | 1:03:56 |
| 435 | Karen Sloot | Sneek | 1:05:45 | 1:03:39 |
| 436 | Suzanne Keizer | Leeuwarden | 1:05:50 | 1:03:34 |
| 437 | Regina Scholte | Geldrop | 1:05:51 | 1:04:29 |
| 438 | Geertje Dekker | Akkrum | 1:05:51 | 1:03:33 |
| 439 | Tryntsje de Jong | Rottevalle | 1:05:51 | 1:03:34 |
| 440 | Marion Stam | Surhuizum | 1:05:55 | 1:03:15 |
| 441 | Akke Postma | Leeuwarden | 1:05:56 | 1:05:06 |
| 442 | Marijke van der Meulen | Stiens | 1:05:57 | 1:04:37 |
| 443 | Mirte van Renselaar | Groningen | 1:05:57 | 1:04:37 |
| 444 | Marijke Postma | Leeuwarden | 1:05:57 | 1:04:37 |
| 445 | Odilia Hiemstra | Oranjewoud | 1:06:01 | 1:04:12 |
| 446 | Tea de Vries | Deinum | 1:06:03 | 1:05:15 |
| 447 | Marieke Reuzenaar | Leeuwarden | 1:06:04 | 1:03:53 |
| 448 | Gonda Woudstra | Leeuwarden | 1:06:04 | 1:03:04 |
| 449 | Eva Menduapessy | Leeuwarden | 1:06:05 | 1:03:31 |
| 450 | Eveline Poll | Leeuwarden | 1:06:06 | 1:03:55 |
| 451 | Loura Postma | Goutum | 1:06:08 | 1:03:34 |
| 452 | Sonja Fokkens | IJlst | 1:06:08 | 1:04:25 |
| 453 | Cobie Sietzema-Overzet | Buitenpost | 1:06:09 | 1:03:10 |
| 454 | Sandra Sietzema-Veenst | Emmeloord | 1:06:09 | 1:03:10 |
| 455 | Tiny Visser | De Westereen | 1:06:10 | 1:04:20 |

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|--------|------------------------|-----------------------|---------|---------|
| 456 | Sietske Hoekstra | Reitsum | 1:06:11 | 1:04:16 |
| 457 | Gre Hoekstra | Reitsum | 1:06:11 | 1:04:17 |
| 458 | Manon Kroon | Leeuwarden | 1:06:18 | 1:05:49 |
| 459 | Anna de Boer | Sneek | 1:06:21 | 1:05:53 |
| 460 | Liza Leemker | Sneek | 1:06:21 | 1:05:10 |
| 461 | Eva Goede | Sneek | 1:06:22 | 1:05:11 |
| 462 | Marloes Goes | Groningen | 1:06:24 | 1:03:40 |
| 463 | Ingrid Prins | Leeuwarden | 1:06:26 | 1:05:02 |
| 464 | Lysbeth Wouda | Burgum | 1:06:31 | 1:04:11 |
| 465 | Tineke van Dijk-Wiffer | Franeker | 1:06:39 | 1:05:03 |
| 466 | Jill de Ree | Heerenveen | 1:06:40 | 1:03:58 |
| 467 | Tessa van Hoving | Leeuwarden | 1:06:41 | 1:03:51 |
| 468 | Sanne de Ree | Oudehaske | 1:06:41 | 1:03:59 |
| 469 | Suzanne van Dijk | Jubbega | 1:06:42 | 1:05:51 |
| 470 | Minke Jeeninga | Luxwoude | 1:06:42 | 1:04:53 |
| 471 | Albertine Hoekstra | Augustinusga | 1:06:44 | 1:04:08 |
| 472 | Jantina de Vries | Hoogeveen | 1:06:45 | 1:04:08 |
| 473 | Machteld Smit | Stiens | 1:06:47 | 1:05:17 |
| 474 | Simone oost- Braaksma | Dronryp | 1:06:47 | 1:05:43 |
| 475 | Tineke Dijkstra | Marsum | 1:06:48 | 1:04:03 |
| 476 | Paula Keizer | Zaandam | 1:06:50 | 1:04:34 |
| 477 | Meryem Obouyahye | Leeuwarden | 1:06:51 | 1:06:16 |
| 478 | Mirna van der Velde | Leeuwarden | 1:06:51 | 1:04:05 |
| 479 | Hilga van der Molen | Surhuisterveen | 1:06:54 | 1:06:06 |
| 480 | Mariska Jonker | Zwolle | 1:06:54 | 1:04:56 |
| 481 | Gerda Jorritsma | Spannum | 1:06:59 | 1:06:29 |
| 482 | Chineke Kiel | Gorredijk | 1:07:04 | 1:03:57 |
| 483 | Annette Hofman | Nes gem Boarnsterhim | 1:07:16 | 1:05:03 |
| 484 | Corina Veenstra | Nes gem Boarnsterhim | 1:07:16 | 1:05:03 |
| 485 | Ingrid Huitenga | Leeuwarden | 1:07:16 | 1:04:46 |
| 486 | Hotske Tolsma | Leeuwarden | 1:07:17 | 1:05:46 |
| 487 | Iekje Hoitsma-algera | Franeker | 1:07:18 | 1:05:54 |
| 488 | Hiskia Groen | Menaam | 1:07:18 | 1:04:51 |
| 489 | Melany Benitez Luque | Leeuwarden | 1:07:24 | 1:05:46 |
| 490 | Tineke Wiarda | Minnertsga | 1:07:25 | 1:05:29 |
| 491 | Bep de Bakker | Steenwijk | 1:07:28 | 1:06:05 |
| 492 | Gida Heerma | Wommels | 1:07:31 | 1:04:52 |
| 493 | Grietje Lijklema | Wommels | 1:07:31 | 1:04:51 |
| 494 | Catrien Schade-Melein | Leeuwarden | 1:07:35 | 1:07:03 |
| 495 | Tineke Teitsma | Leeuwarden | 1:07:36 | 1:06:58 |
| 496 | Yvonne Kaller | Leeuwarden | 1:07:39 | 1:04:36 |
| 497 | Cora Maas | Leeuwarden | 1:07:40 | 1:06:17 |
| 498 | Anouk Prosé | Leeuwarden | 1:07:41 | 1:05:21 |
| 499 | Else Bahnen | Leeuwarden | 1:07:44 | 1:07:00 |
| 500 | Miriam Bokma | Leeuwarden | 1:07:46 | 1:05:23 |
| 501 | Gryt Terpstra | Gytsjerk | 1:07:48 | 1:05:26 |
| 502 | Janny Lautenbag | Menaam | 1:07:50 | 1:05:21 |
| 503 | Ariane Schuil | Leeuwarden | 1:07:52 | 1:05:38 |
| 504 | Mariëtte Hees | Leeuwarden | 1:07:56 | 1:05:22 |
| 505 | Roos Advocaat | Deinum | 1:07:59 | 1:06:11 |
| 506 | Donne de Valk | Stiens | 1:07:59 | 1:06:12 |
| 507 | Renate Nouta | Hurdegaryp | 1:08:05 | 1:06:12 |
| 508 | Marjan van Huizen | Leeuwarden | 1:08:05 | 1:06:12 |
| 509 | Griet-Anne Banga | Leeuwarden | 1:08:08 | 1:04:56 |
| 510 | Jenna van der Pol | Harlingen | 1:08:19 | 1:07:21 |
| 511 | Mariska Veenstra | Harlingen | 1:08:19 | 1:07:21 |
| 512 | Anke Dijkstra | Leeuwarden | 1:08:20 | 1:06:56 |
| 513 | Patricia Woudstra | Leeuwarden | 1:08:20 | 1:06:27 |
| 514 | Ingrid Bakker | Leeuwarden | 1:08:21 | 1:06:28 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 515 | Sandra Wiggers | Leeuwarden | 1:08:22 | 1:05:18 |
| 516 | Sytske de Jong | Leeuwarden | 1:08:23 | 1:05:14 |
| 517 | Lotte de Vries | St.-Jacobiparochie | 1:08:32 | 1:05:56 |
| 518 | Selma Bierma | St.-Jacobiparochie | 1:08:35 | 1:05:58 |
| 519 | Rita van Zurk | Leeuwarden | 1:08:38 | 1:06:24 |
| 520 | Carolien Haverhoek | Buitenpost | 1:08:39 | 1:06:59 |
| 521 | Jikke Sipma | Kollum | 1:08:39 | 1:06:59 |
| 522 | Marika Postma | Leeuwarden | 1:08:41 | 1:07:58 |
| 523 | Susan van der Vegt | Wolvega | 1:08:48 | 1:06:43 |
| 524 | Jelly Vellinga | Leeuwarden | 1:08:58 | 1:05:47 |
| 525 | Tea Buren | Dronryp | 1:09:01 | 1:07:58 |
| 526 | Sylvia van Balen-Weist | Leeuwarden | 1:09:02 | 1:06:50 |
| 527 | Lisette Ijseldijk | Leeuwarden | 1:09:03 | 1:06:08 |
| 528 | Lotte Meijer | Groningen | 1:09:13 | 1:07:07 |
| 529 | Janny Koen | De Knipe | 1:09:14 | 1:07:25 |
| 530 | Tina de Vries | Leeuwarden | 1:09:20 | 1:07:24 |
| 531 | Hilda Tiezema | Leeuwarden | 1:09:24 | 1:07:09 |
| 532 | Nina Spithost | Leeuwarden | 1:09:30 | 1:07:21 |
| 533 | Evelyn Ottema | Leeuwarden | 1:09:32 | 1:06:37 |
| 534 | Cristine Rotgans | Leeuwarden | 1:09:34 | 1:07:19 |
| 535 | Erna Wolle | Leeuwarden | 1:09:34 | 1:07:19 |
| 536 | Martine Bouma | Leeuwarden | 1:09:34 | 1:06:51 |
| 537 | Tiny Gaarhuis | Nieuwegein | 1:09:35 | 1:06:49 |
| 538 | Gea Bruinsma | Leeuwarden | 1:09:43 | 1:08:49 |
| 539 | Esther Houkes | Stiens | 1:09:43 | 1:08:49 |
| 540 | Lutske de Jong-Dijkstr | Gytsjerk | 1:09:46 | 1:06:56 |
| 541 | Mirjam Tamminga | Leeuwarden | 1:09:51 | 1:08:26 |
| 542 | Ellen Nijenhuis | Grou | 1:09:54 | 1:06:58 |
| 543 | Queenie Watani-Faber | Bitgummole | 1:09:54 | 1:07:22 |
| 544 | Suzanne Wegman | Grou | 1:09:55 | 1:06:58 |
| 545 | Hester Hilverda | Leeuwarden | 1:09:57 | 1:06:52 |
| 546 | Marcella Spithoff | Leeuwarden | 1:09:59 | 1:09:08 |
| 547 | Lineke Hoogenberg | Leeuwarden | 1:10:04 | 1:07:40 |
| 548 | Jannie Dijkstra | Franeker | 1:10:07 | 1:07:19 |
| 549 | Danieke Bijlsma | Gorredijk | 1:10:17 | 1:07:15 |
| 550 | Ellen Visser | Wergea | 1:10:17 | 1:09:40 |
| 551 | Anita de Jong | | 1:10:20 | 1:07:20 |
| 552 | Annet Fijnvandraat | Leeuwarden | 1:10:24 | 1:07:49 |
| 553 | Marjan Medema-Sleurink | Leeuwarden | 1:10:26 | 1:07:50 |
| 554 | Saskia Schut | Grou | 1:10:28 | 1:08:12 |
| 555 | Tine Hoekstra | Leeuwarden | 1:10:30 | 1:07:57 |
| 556 | Femke van der Meulen | Leeuwarden | 1:10:34 | 1:08:38 |
| 557 | Tannie Peters | Lekkum | 1:10:50 | 1:09:40 |
| 558 | Elice Knijft | Leeuwarden | 1:10:51 | 1:09:34 |
| 559 | Carolien de Vries | Heerenveen | 1:10:55 | 1:09:55 |
| 560 | Sasja Abbing | Easterwierrum | 1:10:59 | 1:07:53 |
| 561 | Marit Veenstra | Groningen | 1:11:11 | 1:07:56 |
| 562 | Judith van der Zee | Bolsward | 1:11:22 | 1:10:09 |
| 563 | Boudina de Boer | Echtenerbrug | 1:11:27 | 1:08:22 |
| 564 | Karin van der Woude | Leeuwarden | 1:11:56 | 1:10:32 |
| 565 | Fardau Sijssling | Leeuwarden | 1:12:10 | 1:08:59 |
| 566 | Jacqueline Koelewijn | Winsum Fr | 1:12:23 | 1:11:19 |
| 567 | Ellen van der Geest | Leeuwarden | 1:12:25 | 1:10:34 |
| 568 | Hannie Lorier-Smedes | Herbajum | 1:12:42 | 1:11:41 |
| 569 | Lies Hoekstra | Hurdegaryp | 1:12:58 | 1:10:43 |
| 570 | Inge Spoelstra-Dijkstr | IJlst | 1:13:06 | 1:10:57 |
| 571 | Vivian Nijenhuis | Oosterzee | 1:13:07 | 1:10:58 |
| 572 | Maria Weisenbach | Leeuwarden | 1:13:11 | 1:10:57 |
| 573 | Karin Veenstra | Goutum | 1:13:20 | 1:10:27 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 574 | Jolanda de Ridder | Goutum | 1:13:26 | 1:10:38 |
| 575 | Nancy Anker | Leiden | 1:13:32 | 1:10:24 |
| 576 | Annine pietersen | Kimswerd | 1:13:32 | 1:10:25 |
| 577 | Andrea Apol | Leeuwarden | 1:14:06 | 1:11:41 |
| 578 | Jantine Bos | Veenendaal | 1:14:06 | 1:11:42 |
| 579 | Vina van Dijk | Leeuwarden | 1:14:30 | 1:13:27 |
| 580 | Etty van der Veer | Leeuwarden | 1:14:50 | 1:11:40 |
| 581 | Nienke Dirksen-Swenne | Leeuwarden | 1:15:00 | 1:14:18 |
| 582 | Wina Hoekstra | Leeuwarden | 1:15:08 | 1:12:04 |
| 583 | Sita Esterik | Damwald | 1:15:13 | 1:13:32 |
| 584 | Anneke Wijbenga | Damwald | 1:15:14 | 1:13:33 |
| 585 | Tea Wijnja | Scharsterbrug | 1:15:22 | 1:12:38 |
| 586 | Ilja Wijnand | Leeuwarden | 1:15:27 | 1:12:21 |
| 587 | Esther von Liebenstein | Leeuwarden | 1:15:28 | 1:14:32 |
| 588 | Sjoukje Schonenburg | Leeuwarden | 1:15:30 | 1:14:34 |
| 589 | Pauline Vrieling | Leeuwarden | 1:15:35 | 1:12:42 |
| 590 | Merel Witteveen | Bolsward | 1:15:58 | 1:13:19 |
| 591 | Sita Wielenga | Leeuwarden | 1:16:12 | 1:15:09 |
| 592 | Dyane Woudstra | Leeuwarden | 1:16:24 | 1:14:31 |
| 593 | Saakje Hoekstra | Gytsjerk | 1:16:27 | 1:14:17 |
| 594 | Margaretha Kussendrage | Gorredijk | 1:16:45 | 1:14:48 |
| 595 | Celine den Nieuwenboer | Leeuwarden | 1:17:08 | 1:15:26 |
| 596 | Corrie van der Wal | Leeuwarden | 1:17:18 | 1:14:40 |
| 597 | Grytsje Paulusma | Grou | 1:17:52 | 1:15:38 |
| 598 | Ria Wiersma | Leeuwarden | 1:17:56 | 1:15:41 |
| 599 | Thea Kalksma | Leeuwarden | 1:18:00 | 1:14:50 |
| 600 | Anneke Pijlman | Wolvega | 1:18:36 | 1:16:32 |
| 601 | Donna Salverda | Leeuwarden | 1:19:17 | 1:17:12 |
| 602 | Catharina Atema | Leeuwarden | 1:20:41 | 1:17:37 |
| 603 | Tineke Hilverda | Joure | 1:20:41 | 1:17:37 |
| 604 | Saskia Boom | Leeuwarden | 1:21:54 | 1:19:32 |
| 605 | Richtsje Appelman | Wirdum Fr | 1:25:15 | 1:23:56 |
| 606 | Anna de Jong | Leeuwarden | 1:26:02 | 1:24:13 |

MSEN, HALVE MARATHON

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|-----------------------|---------|---------|
| 1 | Gert Jan Wassink | Apeldoorn | 1:08:15 | 1:08:15 |
| 2 | Adriaan Fransen | Assen | 1:12:49 | 1:12:49 |
| 3 | Willem de Boer | Exmorra | 1:15:55 | 1:15:54 |
| 4 | Stefan van der Pal | Leeuwarden | 1:17:42 | 1:17:42 |
| 5 | Nyk Adema | Makkum Fr | 1:18:09 | 1:18:06 |
| 6 | Jan Albert Veenema | Sneek | 1:18:17 | 1:18:17 |
| 7 | Harry Wiersma | Blije | 1:19:08 | 1:19:08 |
| 8 | Martin Ketellapper | Leeuwarden | 1:19:31 | 1:19:30 |
| 9 | Johannes Postma | Leeuwarden | 1:20:29 | 1:20:28 |
| 10 | Douwe Nauta | Leeuwarden | 1:21:54 | 1:21:53 |
| 11 | Daniel Nagel | Naarden | 1:22:44 | 1:22:43 |
| 12 | Henk Bos | Sloten Fr | 1:25:43 | 1:25:41 |
| 13 | Arjen van der Logt | Groningen | 1:27:52 | 1:27:47 |
| 14 | Harold Hooijenga | Leeuwarden | 1:28:30 | 1:28:22 |
| 15 | Rinze Smits | Hurdegaryp | 1:28:39 | 1:28:35 |
| 16 | Willijan Veltman | Leeuwarden | 1:30:18 | 1:29:06 |
| 17 | Henk Corporaal | Joure | 1:30:28 | 1:29:10 |
| 18 | Giorgio Delea | Franeker | 1:30:28 | 1:30:20 |
| 19 | Arjen Wibbens | Koudum | 1:31:49 | 1:31:43 |
| 20 | Erik Verdoorn | Leeuwarden | 1:31:58 | 1:31:55 |
| 21 | Franke Ferwerda | Maarsssen | 1:32:26 | 1:31:10 |
| 22 | Gearard Posthumus | Heerenveen | 1:32:28 | 1:32:22 |
| 23 | Kor Visser | Stiens | 1:32:54 | 1:31:41 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 24 | Hein Dijkstra | Oosterbierum | 1:33:13 | 1:33:05 |
| 25 | Sebastiaan Content | Leeuwarden | 1:34:06 | 1:32:51 |
| 26 | Jaret Woller | Utrecht | 1:34:08 | 1:32:51 |
| 27 | Jesse van de Woestijne | Leeuwarden | 1:34:14 | 1:32:59 |
| 28 | Djurre de Jong-Bruinin | Groningen | 1:34:54 | 1:33:20 |
| 29 | Martijn Otten | Heerenveen | 1:34:54 | 1:34:47 |
| 30 | Fokko Smedema | Leeuwarden | 1:34:57 | 1:34:52 |
| 31 | Harry Oosterhuis | Stiens | 1:35:03 | 1:33:33 |
| 32 | Meine van Koeveringe | Leeuwarden | 1:35:14 | 1:34:02 |
| 33 | Theo Borawitz | Leeuwarden | 1:35:30 | 1:35:27 |
| 34 | Robert Ovbiagbonhia | Drachten | 1:35:39 | 1:35:32 |
| 35 | Benjamin Imanuel Flum | Leeuwarden | 1:35:39 | 1:34:03 |
| 36 | Jacob Jan de Vries | Tytsjerk | 1:36:13 | 1:36:09 |
| 37 | Arnaud Venema | Heerenveen | 1:36:29 | 1:35:12 |
| 38 | Sietse Jongsma | Enschede | 1:36:32 | 1:35:16 |
| 39 | Wieger Boonstra | Ingelum | 1:36:40 | 1:36:37 |
| 40 | Robbert Bonnema | Joure | 1:36:56 | 1:35:31 |
| 41 | Martijn Roolvink | Leeuwarden | 1:37:03 | 1:36:54 |
| 42 | Alle Sterk | Bitgum | 1:37:34 | 1:36:23 |
| 43 | Tsjerk-sake Castelein | Grou | 1:38:40 | 1:37:19 |
| 44 | Wietse Dijkstra | Sneek | 1:39:23 | 1:38:06 |
| 45 | Dirk-Jan de Boer | Ingelum | 1:39:28 | 1:38:09 |
| 46 | Hung Pham | Leeuwarden | 1:39:28 | 1:37:52 |
| 47 | Douwe Graansma | Hurdegaryp | 1:39:41 | 1:38:03 |
| 48 | Pieter Eisma | Delft | 1:39:57 | 1:38:25 |
| 49 | Henk-Jan Falkena | Groningen | 1:40:01 | 1:39:57 |
| 50 | Jacob Munneke | Leeuwarden | 1:40:18 | 1:38:46 |
| 51 | Roy Mossel | Leeuwarden | 1:40:21 | 1:39:00 |
| 52 | Arnold Zwaagstra | Drachten | 1:40:44 | 1:39:12 |
| 53 | Willem Bantema | Groningen | 1:40:59 | 1:39:30 |
| 54 | Adrie Atsma | Leeuwarden | 1:41:01 | 1:39:38 |
| 55 | Foppe Jan Palsma | Leeuwarden | 1:41:10 | 1:39:56 |
| 56 | Arjen Wassenaar | Menaam | 1:41:17 | 1:39:44 |
| 57 | Edward Plantinga | Leeuwarden | 1:41:20 | 1:41:09 |
| 58 | Siem-Jan Pool | Leeuwarden | 1:41:20 | 1:39:57 |
| 59 | Klaas Pranger | Damwald | 1:41:23 | 1:40:04 |
| 60 | Bauke van Houten | Leeuwarden | 1:41:29 | 1:40:11 |
| 61 | Jos van Dalfsen | Leeuwarden | 1:41:29 | 1:40:04 |
| 62 | Feike Lousma | Leeuwarden | 1:41:32 | 1:40:14 |
| 63 | Daniel Hughes | Leeuwarden | 1:41:33 | 1:40:14 |
| 64 | Jan Woudstra | Oudehaske | 1:41:35 | 1:40:02 |
| 65 | Folkert Brijker | Leeuwarden | 1:41:37 | 1:40:05 |
| 66 | Thom Dykstra | Groningen | 1:41:44 | 1:41:44 |
| 67 | Jan van der Heide | Leeuwarden | 1:41:51 | 1:40:24 |
| 68 | Reinder Algera | Hallum | 1:42:06 | 1:40:38 |
| 69 | Robert Santema | Warfstermolen | 1:42:07 | 1:40:40 |
| 70 | Klaas Dijkstra | Twijzelerheide | 1:42:39 | 1:41:27 |
| 71 | Gerrit Jagersma | Gerkesklooster | 1:42:51 | 1:40:57 |
| 72 | Emiel Kramer | Leeuwarden | 1:43:14 | 1:40:53 |
| 73 | Remco Hilverda | Haarlem | 1:43:16 | 1:41:09 |
| 74 | Gerrit Hummel | Feanwalden | 1:43:49 | 1:42:21 |
| 75 | Edwin Boes | Franeker | 1:44:03 | 1:42:31 |
| 76 | Benny Walta | 's-Gravenhage | 1:44:07 | 1:42:52 |
| 77 | Rob Dijkstra | Leeuwarden | 1:44:32 | 1:43:03 |
| 78 | Hayo Bootsma | Leeuwarden | 1:44:37 | 1:43:07 |
| 79 | Stefan Elders | Eindhoven | 1:45:32 | 1:44:13 |
| 80 | Bas Tijsma | Groningen | 1:45:35 | 1:43:02 |
| 81 | Jacco Altena | Bolsward | 1:45:36 | 1:44:13 |
| 82 | Erik Folbert | Ternaard | 1:45:38 | 1:44:10 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|---------|---------|
| 83 | Willem Maat | Rohel | 1:45:43 | 1:44:00 |
| 84 | Jurgen van der Wal | Leeuwarden | 1:45:44 | 1:44:02 |
| 85 | Jelte Homminga | Amstelveen | 1:45:44 | 1:43:04 |
| 86 | Bert van der Vaart | Lutjegast | 1:45:46 | 1:44:19 |
| 87 | Ale van der Ploeg | Stiens | 1:45:50 | 1:43:42 |
| 88 | Chris Douwsma | Harlingen | 1:46:28 | 1:45:07 |
| 89 | Christiaan Stavorinus | Leiden | 1:46:36 | 1:45:14 |
| 90 | Casper Dekker | Leeuwarden | 1:46:41 | 1:45:24 |
| 91 | Albert de Ruiters | Leeuwarden | 1:46:41 | 1:44:36 |
| 92 | Frans bambach | Harlingen | 1:46:42 | 1:45:16 |
| 93 | Emiel de Jong | Franeker | 1:46:45 | 1:45:02 |
| 94 | Michiel van de Wiel | Leeuwarden | 1:47:04 | 1:44:18 |
| 95 | Robert Biegel | 's-Gravenhage | 1:47:16 | 1:45:33 |
| 96 | Ralph bambach | Amsterdam | 1:47:33 | 1:46:07 |
| 97 | Sander Schotanus | Leeuwarden | 1:47:39 | 1:46:09 |
| 98 | Ben.S. Douwes | Feanwalden | 1:48:04 | 1:46:27 |
| 99 | Renze Tjoelker | Leeuwarden | 1:48:15 | 1:46:43 |
| 100 | Marcel Vissers | Leeuwarden | 1:48:17 | 1:46:37 |
| 101 | Hans Stroosma | Goutum | 1:48:18 | 1:46:27 |
| 102 | Anne Bouma | Zwolle | 1:48:25 | 1:46:56 |
| 103 | Douwe Leffering | Leeuwarden | 1:48:35 | 1:45:45 |
| 104 | Paulus Emiel Schakel | Sneek | 1:48:50 | 1:46:29 |
| 105 | Henk Reitsema | Groningen | 1:48:59 | 1:46:39 |
| 106 | Antonio Testa | Wagenborgen | 1:49:10 | 1:47:55 |
| 107 | Th Keegstra | Leeuwarden | 1:49:13 | 1:47:45 |
| 108 | Anne Jan Barkmeijer | Tytsjerk | 1:49:13 | 1:47:45 |
| 109 | Minze Beerda | Kollumerzwaag | 1:49:18 | 1:47:49 |
| 110 | Arman Stoelwinder | Leeuwarden | 1:49:32 | 1:47:48 |
| 111 | Jos de Schiffart | Joure | 1:49:35 | 1:47:55 |
| 112 | Matthijs de Vos | Leeuwarden | 1:49:39 | 1:47:46 |
| 113 | Renze Bil | Leeuwarden | 1:49:48 | 1:48:28 |
| 114 | Cor Pijlman | Leeuwarden | 1:49:57 | 1:47:59 |
| 115 | Eldert Teijema | Heerenveen | 1:49:57 | 1:48:32 |
| 116 | Rens Osinga | Leeuwarden | 1:49:57 | 1:47:48 |
| 117 | Maarten Uithol | Bakkeveen | 1:50:07 | 1:48:41 |
| 118 | Thomas van Kleef | Hallum | 1:50:26 | 1:48:52 |
| 119 | Jan Rispens | Wommels | 1:50:41 | 1:49:17 |
| 120 | Ingo Bengel | Leeuwarden | 1:50:43 | 1:49:15 |
| 121 | Pieter Jansen | Bedum | 1:50:48 | 1:49:22 |
| 122 | Wietse de Boer | Leeuwarden | 1:51:07 | 1:49:10 |
| 123 | Frank Burkels | Harlingen | 1:51:11 | 1:49:32 |
| 124 | Andre Stam | Kollumerzwaag | 1:51:12 | 1:48:32 |
| 125 | Diederik Roest | Winsum Gn | 1:51:21 | 1:49:33 |
| 126 | Wietse Planting | Kollum | 1:51:21 | 1:49:50 |
| 127 | Sape Bloemhof | Kollumerzwaag | 1:51:29 | 1:49:30 |
| 128 | René Top | Grijpskerk | 1:51:29 | 1:49:30 |
| 129 | Ijde Leijstra | Voorburg | 1:51:30 | 1:51:30 |
| 130 | Henk Buwalda | Burgum | 1:51:46 | 1:49:58 |
| 131 | Gerhard Suk | Assen | 1:51:53 | 1:50:10 |
| 132 | Tsjipke Wijbenga | Groningen | 1:52:02 | 1:49:58 |
| 133 | Maarten Hoekstra | Leeuwarden | 1:52:33 | 1:50:45 |
| 134 | Niels van der Hem | Dronryp | 1:52:34 | 1:51:00 |
| 135 | Robert Roosjen | Leeuwarden | 1:52:41 | 1:50:29 |
| 136 | Sieberen Bakker | Suward | 1:52:43 | 1:50:36 |
| 137 | Simon Lichtendahl | Harlingen | 1:52:52 | 1:51:08 |
| 138 | Gerke van Lingen | Kollumerzwaag | 1:52:55 | 1:51:03 |
| 139 | Harold ten Dam | Drachten | 1:52:56 | 1:50:55 |
| 140 | Jorn Seubers | Groningen | 1:53:00 | 1:51:06 |
| 141 | Sico van der Wal | Drachten | 1:53:16 | 1:51:52 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 142 | Marcel Harderwijk | Leeuwarden | 1:53:18 | 1:51:08 |
| 143 | Ruben Muller | Leeuwarden | 1:53:19 | 1:50:37 |
| 144 | Jeroen bouma | Leeuwarden | 1:53:23 | 1:51:18 |
| 145 | Christiaan Werkhoven | Leeuwarden | 1:53:26 | 1:51:05 |
| 146 | René Sjoerdsma | Leeuwarden | 1:53:31 | 1:52:01 |
| 147 | Marten van Essen | Hurdegaryp | 1:53:33 | 1:52:02 |
| 148 | Jeroen Meiberg | Leeuwarden | 1:53:37 | 1:51:54 |
| 149 | Foppe Slotegraaf | Leeuwarden | 1:53:43 | 1:52:12 |
| 150 | Pieter Bronsema | Lutjegast | 1:53:45 | 1:51:51 |
| 151 | Michiel Baake | Leeuwarden | 1:53:53 | 1:52:04 |
| 152 | Patrick Boekema | Sneek | 1:54:02 | 1:51:25 |
| 153 | Age van der Zee | Sneek | 1:54:19 | 1:51:39 |
| 154 | Jelle Lodewijks | Leeuwarden | 1:54:47 | 1:52:49 |
| 155 | Erik Jongbloed | Leeuwarden | 1:55:11 | 1:52:48 |
| 156 | Feico Prosje | Groningen | 1:55:21 | 1:52:43 |
| 157 | Gerlof Veldstra | Wommels | 1:55:26 | 1:55:20 |
| 158 | Michel Hartman | Gytsjerk | 1:55:32 | 1:53:20 |
| 159 | Gerben Bergsma | Leeuwarden | 1:55:34 | 1:53:25 |
| 160 | Joop van Ginkel | Damwald | 1:56:21 | 1:54:16 |
| 161 | De Vries | Sneek | 1:56:34 | 1:53:55 |
| 162 | Sander Hollebrand | Sneek | 1:57:01 | 1:54:23 |
| 163 | Robbert van der Scheer | Groningen | 1:57:01 | 1:55:10 |
| 164 | Edwin Cnossen | Sneek | 1:57:21 | 1:54:41 |
| 165 | Tj Olgers | Leek | 1:57:28 | 1:55:16 |
| 166 | Murk Dalstra | Leeuwarden | 1:57:49 | 1:55:47 |
| 167 | Frank Schaafsma | Terwispel | 1:57:50 | 1:56:27 |
| 168 | Hessel de Haan | Leeuwarden | 1:58:20 | 1:55:55 |
| 169 | Martin de Haan | Scharnegoutum | 1:58:29 | 1:56:37 |
| 170 | Jan van der Wal | Leeuwarden | 1:58:33 | 1:56:57 |
| 171 | Simon Pears | Nes gem Boarnsterhim | 1:58:58 | 1:57:14 |
| 172 | Dominicus Mulder | Leeuwarden | 1:59:27 | 1:57:38 |
| 173 | Sjoerd Edelenbos | Leeuwarden | 1:59:31 | 1:57:57 |
| 174 | Abraham Salaam | Drachten | 1:59:40 | 1:57:15 |
| 175 | Guido Vink | Leeuwarden | 2:00:00 | 1:58:21 |
| 176 | Wierd de Vries | Kollum | 2:00:11 | 1:58:39 |
| 177 | Marcus Hellinga | Kollum | 2:00:34 | 1:59:03 |
| 178 | Gaele de Haan | Leeuwarden | 2:00:34 | 1:57:54 |
| 179 | Anske Schotanus | Koudum | 2:00:47 | 1:58:27 |
| 180 | Banny Timmer | Dronten | 2:01:01 | 1:59:06 |
| 181 | Mike Westra | Leeuwarden | 2:01:02 | 2:01:02 |
| 182 | Peter Planting | Leeuwarden | 2:01:04 | 1:58:51 |
| 183 | Yuri Koolwijk | Wirdum Fr | 2:01:08 | 1:58:50 |
| 184 | Rudie Veenendaal | Ossenzijl | 2:01:14 | 1:59:43 |
| 185 | Haaije Pijl | Surhuisterveen | 2:01:20 | 1:58:39 |
| 186 | Mark Bok | Leeuwarden | 2:01:50 | 1:59:42 |
| 187 | Andre Veenendaal | Enschede | 2:01:57 | 2:00:25 |
| 188 | Sebastiaan Hartman | Groningen | 2:02:17 | 1:59:59 |
| 189 | Garmt-Jan Nijborg | Hoogezand | 2:02:24 | 2:00:58 |
| 190 | Dennis Dijkstra | Lekkum | 2:02:54 | 2:01:19 |
| 191 | Jaap Brondijk | Drachten | 2:03:42 | 2:01:18 |
| 192 | Leon Koolhof | Hallum | 2:03:54 | 2:01:13 |
| 193 | Jacob Bijka | Leeuwarden | 2:04:06 | 2:01:46 |
| 194 | Dennis Annee | Leeuwarden | 2:04:13 | 2:02:00 |
| 195 | Wim Hooghiemstra | Franeker | 2:04:53 | 2:02:11 |
| 196 | Alle van der Wal | Drachten | 2:04:57 | 2:02:12 |
| 197 | Tjeerd van der Wal | Franeker | 2:05:10 | 2:03:31 |
| 198 | Jeroen Wijkstra | Leeuwarden | 2:05:14 | 2:03:38 |
| 199 | Herman Oost | Leeuwarden | 2:06:05 | 2:03:34 |
| 200 | Pieter Pilat | Gerkesklooster | 2:06:16 | 2:04:22 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|---------|---------|
| 201 | Michiel de Boer | Goingarijp | 2:06:41 | 2:05:18 |
| 202 | Pieter Hazenberg | Leeuwarden | 2:07:11 | 2:04:54 |
| 203 | Marcel Hoekstra | Lemmer | 2:07:38 | 2:05:35 |
| 204 | Michel van Lunteren | Leeuwarden | 2:07:43 | 2:06:08 |
| 205 | Mark Aarts | Hallum | 2:07:53 | 2:05:11 |
| 206 | Richard van de Linde | Leeuwarden | 2:08:07 | 2:06:02 |
| 207 | George Homminga | Amstelveen | 2:09:01 | 2:06:22 |
| 208 | Daniel Thomassen | Leeuwarden | 2:10:40 | 2:09:05 |
| 209 | Karst Karstkarel | Leeuwarden | 2:10:47 | 2:08:17 |
| 210 | Rinse Joustra | Wommels | 2:10:50 | 2:08:42 |
| 211 | Eelke van der Heide | Leeuwarden | 2:11:01 | 2:09:34 |
| 212 | Hans Pitstra | Leeuwarden | 2:11:34 | 2:09:14 |
| 213 | Tiete Wiersema | Kollum | 2:11:47 | 2:10:14 |
| 214 | Hans van Solkema | Sint Nicolaasga | 2:12:44 | 2:11:03 |
| 215 | Jan Bouwma | Sneek | 2:12:46 | 2:09:57 |
| 216 | Gerwin van Oene | Burgum | 2:13:30 | 2:10:41 |
| 217 | Pier Smits | Leeuwarden | 2:13:32 | 2:11:51 |
| 218 | Marc Hofma | Joure | 2:14:21 | 2:11:43 |
| 219 | Mats Blaauboer | Leeuwarden | 2:14:44 | 2:13:02 |
| 220 | Sander Venema | Noordwolde Fr | 2:14:45 | 2:13:02 |
| 221 | Wieger Lammers | Leeuwarden | 2:14:54 | 2:12:08 |
| 222 | Joost Dijkstra | Leeuwarden | 2:15:26 | 2:13:13 |
| 223 | Ilja Poesse | Leeuwarden | 2:16:34 | 2:14:32 |
| 224 | Albert van Dijk | Gerkesklooster | 2:18:49 | 2:16:56 |
| 225 | Wiersema Dirk | Kollum | 2:23:11 | 2:21:40 |
| 226 | Wieger Holwerda | Kollum | 2:24:31 | 2:23:00 |
| 227 | Alvin Sibbald | Leeuwarden | 2:24:45 | 2:22:15 |
| 228 | Joris van Dillen | Leeuwarden | 2:25:35 | 2:23:02 |
| 229 | Guus Warmerdam | Leeuwarden | 2:33:47 | 2:31:03 |
| 230 | Sander Warmerdam | Langweer | 2:34:37 | 2:31:53 |
| 231 | Patrick Hemmer | Leeuwarden | 2:42:18 | 2:40:16 |
| 232 | Gerrit Betzema | Tytsjerk | 2:42:59 | 2:40:31 |

M40, HALVE MARATHON

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|---------|---------|
| 1 | Fransua Woldemariam | Almere | 1:10:03 | 1:10:03 |
| 2 | Remon van Lunzen | Leeuwarden | 1:13:13 | 1:13:13 |
| 3 | Stefan van der Pols | Vogelenzang | 1:15:38 | 1:15:37 |
| 4 | Gerrit Kramer | Bolsward | 1:16:15 | 1:16:14 |
| 5 | Sieds Wiersma | Drachten | 1:22:57 | 1:22:56 |
| 6 | Klaas Jan Elzinga | Leeuwarden | 1:25:23 | 1:25:19 |
| 7 | Marcel Swart | Grou | 1:25:33 | 1:25:32 |
| 8 | Tjeerd Veenstra | Burgum | 1:25:54 | 1:25:52 |
| 9 | Huib-Jan Imbens | Wirdum Fr | 1:26:40 | 1:26:38 |
| 10 | Jaring de Groot | Burgum | 1:27:17 | 1:27:15 |
| 11 | Gerald Hoogeveen | Bolsward | 1:28:16 | 1:28:12 |
| 12 | Daan vannder Geest | Stiens | 1:28:18 | 1:27:10 |
| 13 | Tjerk Bruinsma | Makkum Fr | 1:29:56 | 1:29:55 |
| 14 | Jan Piet Quarré | Berltsum | 1:29:57 | 1:29:54 |
| 15 | Johan Meinsma | Leeuwarden | 1:31:55 | 1:31:48 |
| 16 | René Vellinga | Tzum | 1:32:27 | 1:32:22 |
| 17 | Arnold Nijp | Grou | 1:32:46 | 1:32:46 |
| 18 | Klaas de Graaf | Leeuwarden | 1:32:53 | 1:31:40 |
| 19 | Thijs Tuinstra | Hemelum | 1:33:35 | 1:33:32 |
| 20 | Paulus Dompeling | Leeuwarden | 1:34:13 | 1:34:10 |
| 21 | Robert Rijpma | Sneek | 1:34:53 | 1:34:47 |
| 22 | Syb van de Ploeg | Leeuwarden | 1:34:54 | 1:33:42 |
| 23 | Donald Koster | Leeuwarden | 1:35:01 | 1:34:52 |
| 24 | Edwin Gerritsma | Makkum Fr | 1:35:06 | 1:35:01 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|---------|---------|
| 25 | Erwin Otten | Harlingen | 1:35:12 | 1:33:54 |
| 26 | Harry Jorritsma (Pacer) | Leeuwarden | 1:35:14 | 1:34:05 |
| 27 | Edward Pechler (Pacer) | Leeuwarden | 1:35:24 | 1:34:14 |
| 28 | Frans van Vliet | Amsterdam | 1:35:24 | 1:35:18 |
| 29 | Karel Vis | Hemelum | 1:36:01 | 1:34:49 |
| 30 | Piet van der Steeg | Leeuwarden | 1:36:21 | 1:36:14 |
| 31 | Iede Lodema | Leeuwarden | 1:36:52 | 1:36:41 |
| 32 | Henk Ruiters | Sneek | 1:37:14 | 1:37:11 |
| 33 | Rudolf Das | Leeuwarden | 1:38:10 | 1:38:06 |
| 34 | Johan de Witte | Makkum Fr | 1:38:25 | 1:38:20 |
| 35 | Hans Breuker | Leeuwarden | 1:38:33 | 1:38:24 |
| 36 | Ernst Jan Meindersma | Zoetermeer | 1:39:03 | 1:38:58 |
| 37 | Erik Dost | Leeuwarden | 1:39:14 | 1:37:53 |
| 38 | Jaap Sije Bosgraaf | Kollumerzwaag | 1:39:28 | 1:38:14 |
| 39 | Mark van Elp | Zoetermeer | 1:40:17 | 1:39:02 |
| 40 | Klaas Jan Wiersma | Oppenhuizen | 1:41:15 | 1:39:59 |
| 41 | Marten Jaga | Dronryp | 1:41:17 | 1:39:57 |
| 42 | Heije Schaper | Oudebildtzijl | 1:41:19 | 1:39:54 |
| 43 | Menno Heetveld | Rotterdam | 1:41:24 | 1:40:11 |
| 44 | Wiep van der Heide | Drachten | 1:41:25 | 1:40:05 |
| 45 | Joost Rijlaarsdam | Uitwellingerga | 1:41:27 | 1:39:58 |
| 46 | Thiery van Groen (Pace) | Leeuwarden | 1:41:33 | 1:40:16 |
| 47 | Ron Kram (Pacer) | Leeuwarden | 1:41:37 | 1:40:22 |
| 48 | Geert Meeme Keizer | Leeuwarden | 1:41:37 | 1:40:08 |
| 49 | Ruurd Hans de Boer | Oudemirdum | 1:41:56 | 1:40:37 |
| 50 | Richard van Lunzen | Franeker | 1:41:58 | 1:41:53 |
| 51 | Ronald K. Planting | Stiens | 1:42:04 | 1:40:42 |
| 52 | Fusca Davide | Wagerborgen (Italië) | 1:42:29 | 1:41:12 |
| 53 | Thys Visser | Grou | 1:42:51 | 1:41:36 |
| 54 | Jaap Schut | Grou | 1:43:06 | 1:41:37 |
| 55 | Tony Schokker | De Blesse | 1:43:10 | 1:41:04 |
| 56 | Johan Wolthuizen | Sneek | 1:43:14 | 1:42:02 |
| 57 | Oeds Stienstra | Sneek | 1:43:25 | 1:42:12 |
| 58 | Rene Swart | Leeuwarden | 1:43:36 | 1:41:52 |
| 59 | Bert van der Veen | Hijum | 1:44:38 | 1:43:14 |
| 60 | Martin link | Grou | 1:45:11 | 1:43:42 |
| 61 | Tjitze Boersma | Franeker | 1:45:19 | 1:43:42 |
| 62 | Tjeerd Bakker | Leeuwarden | 1:45:32 | 1:43:29 |
| 63 | Harrie Wetterhahn | Leeuwarden | 1:45:37 | 1:44:14 |
| 64 | Theo Zijlstra | Sneek | 1:45:41 | 1:44:07 |
| 65 | Arnold Hager | Leeuwarden | 1:45:41 | 1:44:15 |
| 66 | Geert Boesjes | Wergea | 1:45:44 | 1:44:19 |
| 67 | EvertJan Heeringa | Leeuwarden | 1:45:46 | 1:44:24 |
| 68 | Jodi Kremer (Pacer) | Leeuwarden | 1:45:47 | 1:44:25 |
| 69 | Guido Leurink | Drachten | 1:46:01 | 1:44:33 |
| 70 | Rob de Jong | Leeuwarden | 1:46:09 | 1:44:20 |
| 71 | Martin Hendriksma | Haarlem | 1:46:16 | 1:44:44 |
| 72 | Geert Jan Bosma | Leeuwarden | 1:46:18 | 1:44:35 |
| 73 | Jef Muhren | Leeuwarden | 1:46:31 | 1:45:12 |
| 74 | Wim Pitstra | Aldtsjerk | 1:46:35 | 1:45:10 |
| 75 | Roland Verboon | Gouda | 1:46:36 | 1:45:07 |
| 76 | Peter Brink | Grou | 1:46:47 | 1:45:05 |
| 77 | Jehannes Piebenga | Leeuwarden | 1:46:50 | 1:44:09 |
| 78 | Aldert Cuperus | Dronryp | 1:46:51 | 1:45:01 |
| 79 | Marc de Vos | Bussum | 1:46:55 | 1:45:35 |
| 80 | Thor Konings | Bussum | 1:46:55 | 1:45:35 |
| 81 | William Teinsma | Stiens | 1:47:29 | 1:45:59 |
| 82 | Kees Heida | Heerenveen | 1:47:51 | 1:46:24 |
| 83 | Harrie Roossien | Leeuwarden | 1:48:07 | 1:46:42 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 84 | Wybo Nauta | Goutum | 1:48:09 | 1:46:45 |
| 85 | Jurgen Zwerver | Winsum Gn | 1:48:12 | 1:46:52 |
| 86 | André Enter | Surhuisterveen | 1:48:19 | 1:46:36 |
| 87 | Ralph Ferwerda | Wirdum Fr | 1:48:35 | 1:46:55 |
| 88 | Eric Rozema | Sneek | 1:49:04 | 1:48:57 |
| 89 | Jeen Boringa | Leeuwarden | 1:49:07 | 1:47:30 |
| 90 | Jan van der Werf | Oentsjerk | 1:49:09 | 1:47:41 |
| 91 | Mark Stuijt | Leeuwarden | 1:49:19 | 1:47:54 |
| 92 | Gerben Groenewoud | Leeuwarden | 1:49:21 | 1:47:56 |
| 93 | Henk ten Hoeve | Heerenveen | 1:49:22 | 1:46:59 |
| 94 | Gerwin Meijwaard | Feanwalden | 1:49:30 | 1:48:02 |
| 95 | Tjipke Joustra | Ryptsjerk | 1:49:34 | 1:47:56 |
| 96 | Freek Pasveer | Leeuwarden | 1:50:00 | 1:48:26 |
| 97 | Pieter Jellema | Leeuwarden | 1:50:15 | 1:48:43 |
| 98 | Jan Kempenaar | Zwagerbosch | 1:50:34 | 1:49:04 |
| 99 | Harry Bruining | Lekkum | 1:50:53 | 1:49:20 |
| 100 | Abe Glazema | Langezwaag | 1:50:56 | 1:49:25 |
| 101 | Harm Nicolai | Damwald | 1:50:57 | 1:48:53 |
| 102 | Sije Boskma | Hurdegaryp | 1:51:04 | 1:49:33 |
| 103 | Jetze Buma | Schettens | 1:51:12 | 1:49:23 |
| 104 | Denis van Raalte | Leeuwarden | 1:51:13 | 1:49:29 |
| 105 | Johannes de Vries | Leeuwarden | 1:51:14 | 1:49:56 |
| 106 | Jacco van der Hert | Leeuwarden | 1:51:22 | 1:49:47 |
| 107 | André Hoeksema | Leeuwarden | 1:51:26 | 1:49:26 |
| 108 | Theo Evers | Heerenveen | 1:51:37 | 1:50:20 |
| 109 | Harry Wassenaar | St.-Jacobiparochie | 1:51:39 | 1:50:10 |
| 110 | Ronald Beijma | Groningen | 1:51:40 | 1:49:09 |
| 111 | Bram Nijp | Winsum Fr | 1:51:40 | 1:50:03 |
| 112 | Sytze Hilbrand Boschma | IJlst | 1:51:44 | 1:49:55 |
| 113 | Jan Nanninga | Leeuwarden | 1:51:46 | 1:50:14 |
| 114 | Eddy Grootemaat | Gorredijk | 1:51:58 | 1:50:00 |
| 115 | Hans Krijnsen | Heerenveen | 1:51:59 | 1:50:03 |
| 116 | Koert vd Meer (Pacer) | Leeuwarden | 1:52:00 | 1:50:05 |
| 117 | Lieuwe Hoekstra | Bitgummole | 1:52:09 | 1:50:27 |
| 118 | Jan-Watse Jousma | Leeuwarden | 1:52:17 | 1:50:54 |
| 119 | Erol Çatalbaş | İstanbul (TUR) | 1:52:29 | 1:50:55 |
| 120 | Jeffery Robbers | Leeuwarden | 1:52:37 | 1:50:34 |
| 121 | Jaap de Graaf | Wijckel | 1:52:41 | 1:50:48 |
| 122 | Klaas Sikkema | Langweer | 1:52:43 | 1:52:36 |
| 123 | Geert Dozeman | Hommerts | 1:52:48 | 1:51:08 |
| 124 | Dick van Egmond | Goutum | 1:52:56 | 1:50:53 |
| 125 | Sytse Algera | Zeewolde | 1:52:58 | 1:51:28 |
| 126 | Michael J. Polashenski | East Stroudsburg PA | 1:53:11 | 1:51:20 |
| 127 | Johan de Vries | Hurdegaryp | 1:53:16 | 1:51:08 |
| 128 | Coos Veltman | Hommerts | 1:53:17 | 1:51:38 |
| 129 | Cees Dijkstra (Pacer) | Leeuwarden | 1:53:23 | 1:51:29 |
| 130 | Michael van der Weg | Leeuwarden | 1:53:34 | 1:51:15 |
| 131 | Edward Feitsma | 's-Gravenhage | 1:53:45 | 1:52:31 |
| 132 | Rob Boogaard | Tytsjerk | 1:53:53 | 1:52:14 |
| 133 | Meindert Visser | Terwispel | 1:53:57 | 1:52:39 |
| 134 | Peter Nijholt | Leeuwarden | 1:54:01 | 1:52:12 |
| 135 | Eelko Pettinga | Franeke | 1:54:09 | 1:52:30 |
| 136 | Eco Wagendorp | Stiens | 1:54:42 | 1:52:50 |
| 137 | Ronald Flapper | Buitenpost | 1:54:42 | 1:52:53 |
| 138 | Olaf Kistenmacher | Sneek | 1:54:44 | 1:53:25 |
| 139 | Tom mollinga | Makkum Fr | 1:54:44 | 1:52:55 |
| 140 | Marcello Roosenstein | Deinum | 1:54:49 | 1:53:08 |
| 141 | Henk Melker | Leeuwarden | 1:54:50 | 1:53:10 |
| 142 | Jan de Jong | Buitenpost | 1:54:52 | 1:52:35 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|---------|---------|
| 143 | Jurjen Ament | Leeuwarden | 1:54:55 | 1:52:19 |
| 144 | Henk Johan Brus | Hoogeveen | 1:55:01 | 1:52:23 |
| 145 | Tjalling Hielkema | Leeuwarden | 1:55:02 | 1:53:17 |
| 146 | René J. Pool | Drachten | 1:55:11 | 1:53:36 |
| 147 | Rick Schütz | Leeuwarden | 1:55:19 | 1:52:51 |
| 148 | Sije Roolvink | Burgum | 1:55:20 | 1:53:22 |
| 149 | Sytze Hoekstra | Leeuwarden | 1:55:29 | 1:53:22 |
| 150 | Gerard Dam | Dokkum | 1:55:29 | 1:53:00 |
| 151 | Raoul Roosenstein | Marsum | 1:55:30 | 1:52:56 |
| 152 | Andries van Dijk | Lemmer | 1:55:31 | 1:53:38 |
| 153 | Jan Pilon (Pacer) | Leeuwarden | 1:55:40 | 1:53:36 |
| 154 | Enrique Politiek | Leeuwarden | 1:55:45 | 1:53:54 |
| 155 | Aldert Nagel | Apeldoorn | 1:55:50 | 1:53:23 |
| 156 | Peter de Harder (Pacer) | Leeuwarden | 1:55:52 | 1:53:48 |
| 157 | Kees de Jong | Leeuwarden | 1:55:52 | 1:53:47 |
| 158 | Goos Bies | Leeuwarden | 1:55:59 | 1:54:01 |
| 159 | Cor de Groot | Minnertsga | 1:56:16 | 1:54:47 |
| 160 | Albert Molenaar | Nes Ameland | 1:56:22 | 1:54:11 |
| 161 | Anne Zijlstra | Leeuwarden | 1:56:39 | 1:54:50 |
| 162 | Alastair Wright | Stiens | 1:56:40 | 1:54:07 |
| 163 | Berend Snijder | Hoorn Terschelling | 1:56:44 | 1:54:38 |
| 164 | Eric Dekker | Rotterdam | 1:56:44 | 1:55:21 |
| 165 | Jan Bakker | Sneek | 1:56:47 | 1:54:50 |
| 166 | Arie van der Steen | Bontebok | 1:56:54 | 1:55:37 |
| 167 | Wyger Smits | Damwald | 1:57:18 | 1:55:42 |
| 168 | Joost Korte | Zeijen | 1:57:24 | 1:54:39 |
| 169 | Fred Teisman | Leeuwarden | 1:57:24 | 1:55:22 |
| 170 | Albert Kingma | Wetsens | 1:57:34 | 1:55:41 |
| 171 | Marten Polet | Hurdegaryp | 1:57:39 | 1:55:19 |
| 172 | Roland De Jonge | Heerenveen | 1:57:46 | 1:56:30 |
| 173 | Peter Kerkkstra | Tijnje | 1:58:23 | 1:56:16 |
| 174 | Damiano Ramalli | Leeuwarden | 1:58:24 | 1:56:15 |
| 175 | Suleiman Zureiqi | Leeuwarden | 1:58:25 | 1:55:50 |
| 176 | Douwe Gietema | Kollum | 1:58:35 | 1:57:05 |
| 177 | Siebe Postma | Leeuwarden | 1:59:18 | 1:56:51 |
| 178 | Auke Mennega | Nijeholtpade | 1:59:31 | 1:57:49 |
| 179 | Ben Potma | Hommerts | 1:59:49 | 1:58:08 |
| 180 | Hans Bonnema | Dronryp | 1:59:55 | 1:58:02 |
| 181 | Jan M. Jorna | Heerenveen | 2:00:01 | 1:57:14 |
| 182 | Klaas Wijma | Leeuwarden | 2:00:20 | 1:58:10 |
| 183 | Niels de Vos | Leeuwarden | 2:00:34 | 1:58:12 |
| 184 | Martin Walstra | Leeuwarden | 2:00:35 | 1:57:56 |
| 185 | Bennie Moes | Deinum | 2:00:59 | 1:59:07 |
| 186 | Harrie Moerings | Leeuwarden | 2:01:05 | 1:58:48 |
| 187 | Cor Bron | Sneek | 2:01:20 | 1:59:07 |
| 188 | Kees Mulder | De Groeve | 2:01:24 | 1:59:14 |
| 189 | Herman van der geest | Oudebildtzijl | 2:01:26 | 1:59:32 |
| 190 | Marten van der Kamp | Nij Beets | 2:01:31 | 1:58:56 |
| 191 | Feike Politiek | Leeuwarden | 2:01:31 | 1:58:49 |
| 192 | Alex van Dalen | Heerenveen | 2:01:43 | 1:59:46 |
| 193 | André Bär | Leeuwarden | 2:01:46 | 1:59:51 |
| 194 | Heico Visser | Heerenveen | 2:01:48 | 1:59:51 |
| 195 | Johan Troelstra | Oldeouwer | 2:01:56 | 1:59:40 |
| 196 | Klaas J de Vries | Oranjewoud | 2:02:16 | 2:00:04 |
| 197 | Jos van Heiningen (Pac | Leeuwarden | 2:02:23 | 2:00:09 |
| 198 | Eric Fennema | Leeuwarden | 2:02:24 | 2:00:50 |
| 199 | Jan Belles | Stiens | 2:03:00 | 2:00:57 |
| 200 | Roelof van Marrum | Franeker | 2:03:37 | 2:00:52 |
| 201 | Kerst Heida | Harlingen | 2:03:40 | 2:01:49 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|---------|---------|
| 202 | Abraham K. van Oost | Drachten | 2:03:44 | 2:01:21 |
| 203 | John adema | Goutum | 2:03:48 | 2:01:32 |
| 204 | Henk-Jan Niewenweg | Joure | 2:03:57 | 2:01:59 |
| 205 | Ton Timmermans | Heerenveen | 2:04:02 | 2:02:20 |
| 206 | Harm Prins | Huizen | 2:05:03 | 2:03:24 |
| 207 | Klaas Komery | Dokkum | 2:05:10 | 2:02:42 |
| 208 | Stéphane Etoré | Stiens | 2:05:12 | 2:03:52 |
| 209 | Bouke Altenburg | Leeuwarden | 2:05:50 | 2:03:32 |
| 210 | Theo Gercama | Sneek | 2:06:02 | 2:03:54 |
| 211 | Sietze Klijnstra | Franeker | 2:06:23 | 2:04:15 |
| 212 | Jaco Treep | Hattem | 2:06:40 | 2:03:52 |
| 213 | Piet Hof | Tijnje | 2:06:43 | 2:04:36 |
| 214 | Ane de Jong | Leeuwarden | 2:07:41 | 2:05:20 |
| 215 | Joop Stienstra | Slappeterp | 2:07:43 | 2:05:43 |
| 216 | René Wokke | Amsterdam | 2:08:27 | 2:05:44 |
| 217 | Bert van den Akker | Goutum | 2:08:34 | 2:06:54 |
| 218 | Roelant Veltman | Leeuwarden | 2:08:37 | 2:05:50 |
| 219 | Ray Lebert | Leeuwarden | 2:08:57 | 2:06:32 |
| 220 | Arjen Bosma | Utrecht | 2:09:00 | 2:07:14 |
| 221 | Gert Schurer | Leeuwarden | 2:09:05 | 2:06:51 |
| 222 | Jos Meeuwsen | Burgum | 2:09:06 | 2:06:50 |
| 223 | Sjouke Kuindersma | Heerenveen | 2:09:08 | 2:07:07 |
| 224 | Jelle Koen | De Knipe | 2:09:53 | 2:08:19 |
| 225 | Andries Oenema | Heerenveen | 2:10:11 | 2:07:42 |
| 226 | Siegfried Weitenberg | Leeuwarden | 2:10:17 | 2:07:55 |
| 227 | Marc Buenk | Franeker | 2:10:18 | 2:07:54 |
| 228 | Allard van der Wal | Nijeholtpade | 2:10:38 | 2:07:51 |
| 229 | Marcel van der Horst | Leeuwarden | 2:10:58 | 2:08:13 |
| 230 | Bertus Jaarsma | Heerenveen | 2:10:58 | 2:09:17 |
| 231 | Bram Vries | Haarlem | 2:11:01 | 2:09:25 |
| 232 | Chris Gill | Hurdegaryp | 2:11:11 | 2:08:32 |
| 233 | Marcel van der Wal | Leeuwarden | 2:11:34 | 2:09:12 |
| 234 | Jacob Peper | Hempens | 2:13:10 | 2:11:35 |
| 235 | Frank van Zeijl | Leeuwarden | 2:13:38 | 2:10:59 |
| 236 | Frans van der Molen | Herbajum | 2:13:51 | 2:12:20 |
| 237 | Martin ten Hoeve | Surhuisterveen | 2:14:02 | 2:11:46 |
| 238 | Theo de Jager | Bitgummole | 2:14:42 | 2:13:17 |
| 239 | Rindert de Vries | Leeuwarden | 2:15:52 | 2:13:46 |
| 240 | Jan de Vries | Nijeholtpade | 2:16:08 | 2:13:24 |
| 241 | Tjerk van Dijk | Drachten | 2:17:59 | 2:15:23 |
| 242 | Erwin van der blom | Leeuwarden | 2:22:48 | 2:20:33 |
| 243 | Enrico Langerak | Leeuwarden | 2:22:52 | 2:20:08 |
| 244 | Silvio Teunissen | Bolsward | 2:23:22 | 2:21:18 |
| 245 | Patrick Bemelmans | Wirdum Fr | 2:29:09 | 2:26:42 |

M50, HALVE MARATHON

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|---------|---------|
| 1 | Jacob v d Leij | Leeuwarden | 1:20:42 | 1:20:41 |
| 2 | Otto de Boer | Leeuwarden | 1:25:29 | 1:25:26 |
| 3 | Johannes van der Veen | Goutum | 1:26:10 | 1:26:10 |
| 4 | Hans Versteeg | Wolvega | 1:27:38 | 1:27:37 |
| 5 | Henk van Eldik | Leeuwarden | 1:27:42 | 1:27:42 |
| 6 | Koen Kiestra | Leeuwarden | 1:27:51 | 1:27:49 |
| 7 | Hans van der Steen | Leeuwarden | 1:28:11 | 1:28:10 |
| 8 | Harry Bos | Oldeholtpade | 1:28:37 | 1:28:34 |
| 9 | Pieter Hoogenboom | Oudehaske | 1:29:19 | 1:29:18 |
| 10 | Aad van kleef | Hallum | 1:30:45 | 1:30:45 |
| 11 | Meint Lei | Hempens | 1:32:27 | 1:32:23 |
| 12 | Piet Scholten | Leeuwarden | 1:33:28 | 1:33:23 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|---------|---------|
| 13 | Rienk de Vries | Burgum | 1:33:30 | 1:33:27 |
| 14 | Cor Appelman | Wirdum Fr | 1:34:22 | 1:34:19 |
| 15 | Jan Ulfman | Hurdegaryp | 1:36:15 | 1:36:07 |
| 16 | Henk Miedema | Groningen | 1:37:07 | 1:35:41 |
| 17 | Wim Burgers | Mildam | 1:37:56 | 1:36:40 |
| 18 | Andries Tolman | Oldeholtpade | 1:39:16 | 1:38:05 |
| 19 | Roelof Houttuin | Leeuwarden | 1:39:34 | 1:39:24 |
| 20 | Wiebe Jongsmā | Katlijk | 1:39:46 | 1:38:31 |
| 21 | Geert van der Veen | Gorredijk | 1:39:59 | 1:38:46 |
| 22 | Oeli Reitsma | Sneek | 1:40:05 | 1:40:01 |
| 23 | Peter de Jong | Leeuwarden | 1:40:28 | 1:40:19 |
| 24 | Guido Vermei | Schalsum | 1:41:17 | 1:39:52 |
| 25 | Marcel Bomas | Leeuwarden | 1:41:26 | 1:41:19 |
| 26 | Willem van Zutphen | Wirdum Fr | 1:41:57 | 1:40:44 |
| 27 | Douwe Walda | Leeuwarden | 1:42:04 | 1:42:00 |
| 28 | Albert Algera | Hallum | 1:42:05 | 1:40:37 |
| 29 | Louis Bakker | Ryptsjerk | 1:42:55 | 1:41:31 |
| 30 | Broer Giesing | Wyns | 1:43:05 | 1:41:35 |
| 31 | Murk Postma | Nijland | 1:43:34 | 1:42:15 |
| 32 | Eddie Huisman | Joure | 1:43:42 | 1:42:04 |
| 33 | Hermanus Wever | Harlingen | 1:43:52 | 1:42:31 |
| 34 | Sybe Swart | Franeker | 1:44:31 | 1:42:57 |
| 35 | Teake Dijkstra | Harderwijk | 1:44:49 | 1:43:29 |
| 36 | Koen van Zanten | Boelenslaan | 1:45:30 | 1:44:12 |
| 37 | Pieter van der Veen | Warffum | 1:45:45 | 1:44:21 |
| 38 | Rones Spinder | Buitenpost | 1:45:45 | 1:44:23 |
| 39 | Mile Pajic | Uft | 1:45:47 | 1:44:25 |
| 40 | Hans Westra | Leeuwarden | 1:45:51 | 1:44:31 |
| 41 | Hielke van der Meer | Dronen | 1:46:07 | 1:44:16 |
| 42 | Piet Streefkerk | Boelenslaan | 1:46:42 | 1:45:14 |
| 43 | Klaas Zwart | Snakkerburen | 1:46:52 | 1:45:13 |
| 44 | Henk Wiersma | Leeuwarden | 1:47:32 | 1:46:05 |
| 45 | Sjoerd Tolsma | Drachten | 1:48:09 | 1:45:52 |
| 46 | Casper de Kievit | Dronryp | 1:48:19 | 1:47:05 |
| 47 | Harry Pechler | Leeuwarden | 1:48:30 | 1:47:08 |
| 48 | Nolle Lam | Elahuizen | 1:49:20 | 1:48:03 |
| 49 | Roelof Kedde | Oudehaske | 1:49:36 | 1:47:12 |
| 50 | Martin de Boer | Leeuwarden | 1:49:53 | 1:48:29 |
| 51 | Jappie v/d Veer | Oudebildtziĳ | 1:50:12 | 1:48:37 |
| 52 | Rob Kuipers | Sneek | 1:50:24 | 1:49:01 |
| 53 | Auke Feenstra | De Westereen | 1:50:32 | 1:49:02 |
| 54 | Peter Klaver | Leeuwarden | 1:50:46 | 1:49:28 |
| 55 | Siebrē Jasper | Wirdum Fr | 1:51:08 | 1:49:51 |
| 56 | Jochum Roorda | Leeuwarden | 1:51:18 | 1:49:53 |
| 57 | Gerard Schade | Leeuwarden | 1:51:18 | 1:49:42 |
| 58 | Piet Drost | Noardburgum | 1:51:20 | 1:49:28 |
| 59 | Jaap Dijkstra | Franeker | 1:51:31 | 1:49:47 |
| 60 | Lex van Houte | Leeuwarden | 1:51:33 | 1:49:34 |
| 61 | Marianne Tienstra | Harlingen | 1:51:43 | 1:50:10 |
| 62 | Remmelt K Kootstra | Wirdum Fr | 1:51:45 | 1:49:54 |
| 63 | Piet Struiksma | Boksum | 1:52:10 | 1:50:18 |
| 64 | Cor Viētor | Gytsjerk | 1:52:19 | 1:50:53 |
| 65 | Koos Boorsma | Britsum | 1:52:23 | 1:50:41 |
| 66 | Jan van der Kooi | Franeker | 1:53:12 | 1:51:29 |
| 67 | Evert Schut | Drachten | 1:53:14 | 1:51:09 |
| 68 | Andre van den Heuvel | Leeuwarden | 1:53:26 | 1:51:56 |
| 69 | Anne de Vries | Leeuwarden | 1:53:36 | 1:51:57 |
| 70 | Albert Dijkstra | Wergea | 1:53:42 | 1:51:37 |
| 71 | Henk Betten | Leeuwarden | 1:53:47 | 1:51:50 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|---------|---------|
| 72 | Henk Dijkstra | Zeijen | 1:54:09 | 1:52:13 |
| 73 | Frank Klasen | Sneek | 1:54:13 | 1:52:23 |
| 74 | Nico Sikkes | Nieuwebrug | 1:55:31 | 1:53:33 |
| 75 | Jan Dijk | Hurdegaryp | 1:55:34 | 1:53:27 |
| 76 | André van der Linden | IJlst | 1:55:49 | 1:54:22 |
| 77 | Ulbe van der Wal | Zwagerbosch | 1:55:49 | 1:53:48 |
| 78 | Christiaan Fahner | Leeuwarden | 1:55:57 | 1:53:13 |
| 79 | Oane Rinkema | Oudebildtzijl | 1:55:59 | 1:53:22 |
| 80 | Gerben Brouwer | Sneek | 1:56:01 | 1:54:17 |
| 81 | Sido de Boer | Hurdegaryp | 1:56:01 | 1:53:55 |
| 82 | Hessel Boersma | Groningen | 1:56:05 | 1:54:14 |
| 83 | Jurjen Stellingwerf | Ryptsjerk | 1:56:07 | 1:53:55 |
| 84 | Benny Bijlsma | Marsum | 1:56:29 | 1:54:46 |
| 85 | Bertus Nijholt | Goutum | 1:56:37 | 1:54:36 |
| 86 | Gert-Jan Zeelen | Makkum Fr | 1:56:38 | 1:55:23 |
| 87 | Klaas Bakker | Drachten | 1:56:43 | 1:55:29 |
| 88 | Bert van der Kooi | Zwolle | 1:56:55 | 1:55:29 |
| 89 | Tjalling de Vries | Leeuwarden | 1:56:56 | 1:54:45 |
| 90 | Garry Scholtens | Norg | 1:57:08 | 1:54:22 |
| 91 | Siem Akkerman | Leeuwarden | 1:57:21 | 1:55:15 |
| 92 | Fred Willekes | Hurdegaryp | 1:57:37 | 1:55:30 |
| 93 | Edwin Deelstra | Leeuwarden | 1:57:39 | 1:54:55 |
| 94 | Anne Zijlstra | Leeuwarden | 1:57:41 | 1:55:11 |
| 95 | Hans Schol | Bierum | 1:58:02 | 1:55:55 |
| 96 | Ronald Dickhoff | Leeuwarden | 1:58:29 | 1:56:21 |
| 97 | Jan de Heer | Loppersum | 1:58:29 | 1:56:31 |
| 98 | Jacob Bottema | Leeuwarden | 1:58:44 | 1:56:57 |
| 99 | Marco Mooij | Heerenveen | 1:58:45 | 1:56:45 |
| 100 | Meindert Dijk | Tytsjerk | 1:58:47 | 1:56:48 |
| 101 | Wieger van Keulen | Leeuwarden | 1:58:49 | 1:56:02 |
| 102 | Jan Nijenhuis | Hilaard | 1:59:07 | 1:57:30 |
| 103 | Aad van der Burg | Easterlittens | 1:59:21 | 1:57:11 |
| 104 | Wybe Sierksma | Marrum | 1:59:36 | 1:57:35 |
| 105 | Rinse Tichelaar | De Knipe | 1:59:36 | 1:57:11 |
| 106 | Gerrit Baan | Noardburgum | 1:59:40 | 1:56:52 |
| 107 | Rene Delleman | Glimmen | 1:59:41 | 1:57:36 |
| 108 | Fokke van der Veen | Leeuwarden | 1:59:45 | 1:57:55 |
| 109 | Rense Buimer | Leeuwarden | 1:59:55 | 1:57:39 |
| 110 | Cornelis Halma | Leeuwarden | 1:59:58 | 1:57:42 |
| 111 | Albert Raap | Leeuwarden | 2:00:16 | 1:58:16 |
| 112 | Sjoerd van der Bij | Goutum | 2:00:19 | 1:58:19 |
| 113 | Symen Sipma | De Knipe | 2:00:23 | 1:57:57 |
| 114 | Ed van den Berg | Leeuwarden | 2:00:44 | 1:58:42 |
| 115 | Sip Boeels | Nes Ameland | 2:00:45 | 1:58:34 |
| 116 | Watze van der Meer | Leeuwarden | 2:00:57 | 1:58:58 |
| 117 | Tijmen Velsma | Dronryp | 2:01:10 | 1:58:52 |
| 118 | Sierk Postma | Ryptsjerk | 2:01:28 | 1:58:50 |
| 119 | Herman Wassens | Leeuwarden | 2:01:47 | 2:01:39 |
| 120 | Henk Snijder | Wolvega | 2:01:52 | 1:59:18 |
| 121 | Jan van Beers | Norg | 2:01:58 | 1:59:13 |
| 122 | Henk Nijp | Mantgum | 2:02:20 | 2:00:25 |
| 123 | Kees Hoekstra | Nieuwehorne | 2:02:53 | 2:00:18 |
| 124 | Auke Baron | Hurdegaryp | 2:03:05 | 2:00:42 |
| 125 | Sible van de Meer | Wytgaard | 2:03:22 | 2:00:49 |
| 126 | Jan Galema | Eindhoven | 2:04:06 | 2:01:56 |
| 127 | Geert Vogelzang | Leeuwarden | 2:04:18 | 2:02:25 |
| 128 | Gerard Hendriksma | Leeuwarden | 2:04:24 | 2:02:04 |
| 129 | Bert Muller | Dokkum | 2:04:29 | 2:01:46 |
| 130 | Jan Hubers | Goutum | 2:04:55 | 2:02:57 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|---------|---------|
| 131 | Joop Boonstra | Leeuwarden | 2:05:00 | 2:02:41 |
| 132 | Otto Bruinsma | Leeuwarden | 2:05:06 | 2:03:04 |
| 133 | Wim Eizenga | Leeuwarden | 2:05:42 | 2:03:18 |
| 134 | Aart van Kampen | Leeuwarden | 2:06:11 | 2:04:11 |
| 135 | Louis Kemper | Leeuwarden | 2:06:17 | 2:03:35 |
| 136 | Eddy Oeloff | Drachten | 2:06:19 | 2:03:36 |
| 137 | Gerben Glas | Leeuwarden | 2:06:23 | 2:04:02 |
| 138 | Femme de Bruin | Leeuwarden | 2:06:38 | 2:04:35 |
| 139 | Wim Manshande | Harlingen | 2:06:46 | 2:04:51 |
| 140 | Folkert Sonsma | Leeuwarden | 2:06:54 | 2:04:35 |
| 141 | Rienk Wiersma | Wommels | 2:07:04 | 2:04:43 |
| 142 | Louke Berretty | Wommels | 2:07:04 | 2:04:41 |
| 143 | Peter van Loo | Hurdegaryp | 2:07:16 | 2:05:24 |
| 144 | Albert Postma | Drachtstercompagnie | 2:07:20 | 2:04:32 |
| 145 | Rudolf Botma | Franeker | 2:07:23 | 2:05:23 |
| 146 | Wieger Scholte | Hurdegaryp | 2:08:07 | 2:05:51 |
| 147 | Joost Hiemstra | Augustinusga | 2:08:55 | 2:07:04 |
| 148 | Piet Runia | Stiens | 2:09:27 | 2:03:42 |
| 149 | Jan Miedema | Boijl | 2:09:41 | 2:07:39 |
| 150 | Gerben Yedema | Leeuwarden | 2:10:39 | 2:08:17 |
| 151 | Ton Boolman | Arnhem | 2:10:44 | 2:08:50 |
| 152 | Johan Tichelaar | Grou | 2:10:53 | 2:09:00 |
| 153 | Roel Landman | Leeuwarden | 2:10:55 | 2:08:30 |
| 154 | Dirk Draaisma | Drachten | 2:11:07 | 2:08:33 |
| 155 | Teun van der Meij | Tzum | 2:11:21 | 2:09:19 |
| 156 | Henk-Jan Westra | Leeuwarden | 2:11:35 | 2:09:12 |
| 157 | Roelof Veenstra | Drachtstercompagnie | 2:12:00 | 2:09:12 |
| 158 | Tjeerd Daane | Suwald | 2:12:01 | 2:09:13 |
| 159 | Siebre Boerma | Garyp | 2:12:02 | 2:09:14 |
| 160 | Minne van Wieren | Kollumerzwaag | 2:13:09 | 2:10:47 |
| 161 | Sije Dijkstra | Gerkesklooster | 2:13:09 | 2:10:46 |
| 162 | Bennie ter Haar | Leeuwarden | 2:13:10 | 2:11:34 |
| 163 | Harmen Meijer | Leeuwarden | 2:13:45 | 2:11:37 |
| 164 | Bonne de Haan | Twijzelerheide | 2:14:51 | 2:12:02 |
| 165 | Wybrand de Groot | Feanwalden | 2:15:01 | 2:12:58 |
| 166 | Gerben de Vries | Leeuwarden | 2:15:49 | 2:13:32 |
| 167 | Douwe Bethlehem | Tjalleberd | 2:16:24 | 2:14:03 |
| 168 | Willem Klompstra | Leeuwarden | 2:16:38 | 2:15:08 |
| 169 | Koos Bonting | Heerenveen | 2:16:41 | 2:14:43 |
| 170 | James Howell | Leeuwarden | 2:18:09 | 2:16:19 |
| 171 | Roelof IJdema | Leeuwarden | 2:18:53 | 2:16:44 |
| 172 | Nico Kramer | Oudehaske | 2:19:11 | 2:16:34 |
| 173 | Durk van der Veen | Leeuwarden | 2:19:25 | 2:16:57 |
| 174 | Piet Kuipers | Leeuwarden | 2:21:56 | 2:19:17 |
| 175 | Meindert Schroor | Leeuwarden | 2:23:16 | 2:20:46 |
| 176 | Gerard Bruin | Harlingen | 2:26:46 | 2:24:59 |
| 177 | Rinus Buising | Twijzel | 2:26:53 | 2:24:19 |
| 178 | Alko Seinstra | Leeuwarden | 2:27:19 | 2:24:29 |
| 179 | Reinder Bosma | Kollumerzwaag | 2:31:02 | 2:28:37 |
| 180 | Yme de Jong | Grou | 2:31:44 | 2:29:53 |
| 181 | Piter van der Woude | Tjalleberd | 2:35:39 | 2:33:55 |
| 182 | Ko Nederhoed | Heerenveen | 2:36:20 | 2:33:44 |
| 183 | Johan Siemensma | Leeuwarden | 2:38:23 | 2:36:38 |

VSEN, HALVE MARATHON

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------|-----------------------|---------|---------|
| 1 | Mariska Kramer | Drachten | 1:23:14 | 1:23:13 |
| 2 | Yvonne Kassenberg | Burgum | 1:23:26 | 1:23:25 |
| 3 | Sandra van Strien | Burgum | 1:35:00 | 1:34:58 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 4 | Corine Visser | Leeuwarden | 1:37:38 | 1:37:28 |
| 5 | Geertje Visser | Arum | 1:40:30 | 1:39:11 |
| 6 | Liesbeth Holwerda | Schoorl | 1:44:36 | 1:43:17 |
| 7 | Suzanne Barends | Harlingen | 1:45:38 | 1:44:13 |
| 8 | Anja Popma | Leeuwarden | 1:45:44 | 1:44:19 |
| 9 | Janet Veenstra | Heerenveen | 1:45:47 | 1:44:24 |
| 10 | Rianne de Vries | Luinjeberd | 1:47:32 | 1:46:13 |
| 11 | Marian Sijszeling | Mantgum | 1:49:25 | 1:47:50 |
| 12 | Marlies Burgler | Groningen | 1:49:34 | 1:47:51 |
| 13 | Nynke van der Velde | Heerenveen | 1:50:26 | 1:48:29 |
| 14 | Wietske Beenen | Gorredijk | 1:50:56 | 1:49:38 |
| 15 | Itty Speelman | Heerenveen | 1:52:45 | 1:51:23 |
| 16 | Dineke Dankert | St.-Annaparochie | 1:53:19 | 1:51:39 |
| 17 | Marleen Bolhuis-Gorter | Lutjegast | 1:54:20 | 1:51:56 |
| 18 | Judith Rijlaarsdam | Amsterdam | 1:54:51 | 1:53:23 |
| 19 | Debora Peter | Leeuwarden | 1:55:02 | 1:53:03 |
| 20 | Wilma Bottema | Leeuwarden | 1:58:44 | 1:56:58 |
| 21 | Berber Akkerman | Leeuwarden | 1:59:28 | 1:57:40 |
| 22 | Mia Stumpf | Leeuwarden | 2:01:00 | 1:58:53 |
| 23 | Nynke de Jong | Bakkeveen | 2:01:02 | 1:58:37 |
| 24 | Ina van der Woude-Loho | Joure | 2:01:03 | 1:59:34 |
| 25 | Laura van der Vaart | Lutjegast | 2:01:03 | 1:59:35 |
| 26 | Van Gosliga | Franeker | 2:01:06 | 1:59:19 |
| 27 | Ankie Moll | Gorredijk | 2:01:33 | 1:59:18 |
| 28 | Martine Oosterloo | Beetsterzwaag | 2:01:42 | 1:59:30 |
| 29 | Martina Santhuisen | Leeuwarden | 2:01:47 | 1:59:44 |
| 30 | Lonneke Eedens | Leeuwarden | 2:01:48 | 1:59:44 |
| 31 | Mathilde van der Molen | Groningen | 2:02:01 | 2:00:16 |
| 32 | Detty Feenstra | Franeker | 2:02:23 | 2:00:37 |
| 33 | Siri Lianne Mauer | Leeuwarden | 2:02:33 | 2:00:09 |
| 34 | Bianca Jaeger | Leeuwarden | 2:03:09 | 2:00:26 |
| 35 | Mila Beerepoot | Amstelveen | 2:03:36 | 2:01:25 |
| 36 | Marjolein vd Nieuwenho | Leeuwarden | 2:03:50 | 2:01:55 |
| 37 | Anthe Veldhuis | Aldeboarn | 2:04:15 | 2:02:25 |
| 38 | Marjolijn Koning | Utrecht | 2:05:17 | 2:03:06 |
| 39 | Marije van der Kooij | Heerenveen | 2:06:03 | 2:03:30 |
| 40 | Tessa van Kampen | Leeuwarden | 2:06:08 | 2:04:09 |
| 41 | Elbrig Hofstra | Haarlem | 2:06:11 | 2:04:25 |
| 42 | Lydia Kuperus | Leeuwarden | 2:06:21 | 2:04:01 |
| 43 | Corina Stok | Boksum | 2:06:26 | 2:04:34 |
| 44 | Anouk Pakvis | Leeuwarden | 2:06:30 | 2:03:49 |
| 45 | Anita Jongerman | Amsterdam | 2:06:33 | 2:04:02 |
| 46 | Dagmar Drost | Harlingen | 2:06:39 | 2:05:08 |
| 47 | Antsje Heijmen-Hiemstr | 's-Gravenzande | 2:06:44 | 2:04:52 |
| 48 | Petra Lok | Leeuwarden | 2:07:05 | 2:04:47 |
| 49 | Yvonne Slotegraaf | Leeuwarden | 2:07:17 | 2:05:14 |
| 50 | Silke Visser | Hurdegaryp | 2:07:45 | 2:05:45 |
| 51 | Eveline Adrichem | Leeuwarden | 2:08:04 | 2:06:10 |
| 52 | Evelyn Miedema | Leeuwarden | 2:08:09 | 2:06:05 |
| 53 | Lucy Wade | Groningen | 2:08:24 | 2:06:35 |
| 54 | Nynke van der Wal | Heerenveen | 2:09:11 | 2:06:45 |
| 55 | Mariska Eggen | Groningen | 2:09:12 | 2:07:06 |
| 56 | Hanny van der Bij | Leeuwarden | 2:10:50 | 2:08:22 |
| 57 | Ingrid Alkema | Leeuwarden | 2:11:28 | 2:09:10 |
| 58 | Susan van der Veer | Leeuwarden | 2:11:49 | 2:09:44 |
| 59 | Inge Hop | Groningen | 2:14:49 | 2:12:31 |
| 60 | Corine de Jong | Leeuwarden | 2:14:56 | 2:12:37 |
| 61 | Marijke Westra | Leeuwarden | 2:15:51 | 2:13:30 |
| 62 | Sandra Spijkstra | Leeuwarden | 2:15:51 | 2:13:28 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 63 | Marianne den Boer | Langelille | 2:15:59 | 2:13:20 |
| 64 | Linda van der Veen | Leeuwarden | 2:16:05 | 2:13:39 |
| 65 | Annemarie de Jong | Leeuwarden | 2:16:05 | 2:13:38 |
| 66 | Sanne Steenbrink | Leeuwarden | 2:17:49 | 2:15:09 |
| 67 | Mirjam Potjewijd-nauta | Goutum | 2:19:04 | 2:17:08 |
| 68 | Barbara van Akkeren | Leeuwarden | 2:20:35 | 2:18:15 |
| 69 | Sabine Sijbesma | Leeuwarden | 2:21:15 | 2:18:57 |
| 70 | Yvonne Volbeda | Leeuwarden | 2:22:29 | 2:19:44 |
| 71 | Cisca de Vries | Leeuwarden | 2:23:01 | 2:20:42 |
| 72 | Esther Anema | Leeuwarden | 2:23:15 | 2:20:52 |
| 73 | Gerda Dalstra | Leeuwarden | 2:23:15 | 2:20:55 |
| 74 | Ellie van den Tweel | Leeuwarden | 2:23:28 | 2:20:54 |
| 75 | Fiona de Vries | De Westereen | 2:23:51 | 2:21:16 |
| 76 | Anna Schipper | Groningen | 2:23:51 | 2:21:24 |
| 77 | Jitske Sibbald | Leeuwarden | 2:24:45 | 2:22:16 |
| 78 | Henrietta van der Pol | Franeker | 2:26:32 | 2:26:31 |
| 79 | Ilona Dijkstra | Harlingen | 2:36:08 | 2:33:54 |

V35, HALVE MARATHON

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------|-----------------------|---------|---------|
| 1 | Hester Metselaar | Leeuwarden | 1:55:32 | 1:53:36 |

V40, HALVE MARATHON

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 1 | Nadja Wijenberg | Schinnen | 1:20:55 | 1:20:54 |
| 2 | Wilma van Onna | Rotterdam | 1:24:30 | 1:24:29 |
| 3 | Inge van Schaick | Leeuwarden | 1:28:38 | 1:28:36 |
| 4 | Bertha Bruggenkamp | Smilde | 1:30:55 | 1:30:53 |
| 5 | Lydia Klessens | Leeuwarden | 1:32:06 | 1:32:04 |
| 6 | Inge Wulffelé | Leeuwarden | 1:33:37 | 1:33:35 |
| 7 | Berdina Seinstra | Leeuwarden | 1:33:52 | 1:33:47 |
| 8 | Hermine van Dijk | Franeker | 1:34:01 | 1:33:58 |
| 9 | Elles de Vries | Leeuwarden | 1:36:41 | 1:36:32 |
| 10 | Marijke Terpstra-Hober | Stiens | 1:45:34 | 1:43:53 |
| 11 | Ineke Altenburg | Sneek | 1:47:25 | 1:46:06 |
| 12 | Joke Westenbroek | Steggerda | 1:48:04 | 1:45:57 |
| 13 | Mirjam Ganzinga | Leeuwarden | 1:50:03 | 1:48:25 |
| 14 | Annie Oostenbrink | Oldeberkoop | 1:51:22 | 1:49:27 |
| 15 | Ellis Heshusius | Leeuwarden | 1:51:49 | 1:50:25 |
| 16 | Carla Bakker-Pot | Sneek | 1:51:49 | 1:49:56 |
| 17 | Alie Louwsma | Jelsum | 1:52:00 | 1:50:13 |
| 18 | Ankie Hanzens | Sloten Fr | 1:52:57 | 1:50:35 |
| 19 | Akke Kuipers-ten Kate | Leeuwarden | 1:53:03 | 1:51:40 |
| 20 | Margre Mulder | Tytsjerk | 1:53:05 | 1:51:27 |
| 21 | Laura van Mourik | Leeuwarden | 1:53:06 | 1:51:12 |
| 22 | Piety Feenstra | Leeuwarden | 1:53:24 | 1:51:59 |
| 23 | Rixte Mulder | Joure | 1:53:36 | 1:51:52 |
| 24 | Caro van Roon | Ryptsjerk | 1:53:54 | 1:52:15 |
| 25 | Astrid de Boer | Leeuwarden | 1:53:54 | 1:51:44 |
| 26 | Patricia Hollander | Goutum | 1:54:36 | 1:52:32 |
| 27 | Klaske Veenstra | Franeker | 1:54:47 | 1:53:00 |
| 28 | Tiny Wouda | Kollum | 1:54:53 | 1:53:20 |
| 29 | Klaske Post | Grou | 1:54:56 | 1:53:00 |
| 30 | Cora van der Haar | Leeuwarden | 1:55:07 | 1:53:30 |
| 31 | Anja Lettinga-Hiemstra | Ferwert | 1:55:54 | 1:54:24 |
| 32 | Helma Citroen | Lisserbroek | 1:56:21 | 1:54:19 |
| 33 | Milan Grijmans | Pingjum | 1:56:52 | 1:55:14 |
| 34 | Annemieke van Ameronge | Vught | 1:56:53 | 1:54:05 |
| 35 | Clasien Andela | Oudega Gaast Sleat | 1:57:36 | 1:55:23 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 36 | Hilda van Kalsbeek | Leeuwarden | 1:57:44 | 1:55:47 |
| 37 | Ina Morsink | Joure | 1:57:58 | 1:56:20 |
| 38 | Marieke van Houten | Leeuwarden | 1:58:04 | 1:55:55 |
| 39 | Renate Boes | Franeker | 1:59:08 | 1:57:21 |
| 40 | Sjirry Beijaard-Hiemst | Sint Nicolaasga | 1:59:52 | 1:57:57 |
| 41 | Kiki Boomgaard | De Knipe | 2:00:52 | 1:58:52 |
| 42 | Grietje Dijkstra | Joure | 2:01:03 | 1:58:33 |
| 43 | Sjoerdje Keizer | Tzum | 2:01:15 | 1:58:56 |
| 44 | Hester Schotanus | Leeuwarden | 2:01:15 | 1:58:56 |
| 45 | Arjanne v Heiningen(Pa | Leeuwarden | 2:02:00 | 1:59:46 |
| 46 | Siska Folkertsma | Heerenveen | 2:02:09 | 2:00:10 |
| 47 | Betty Osinga | Leeuwarden | 2:02:17 | 1:59:40 |
| 48 | Yolanda Brouwer | Heerenveen | 2:02:54 | 2:00:07 |
| 49 | Kim Postma | Amsterdam | 2:03:34 | 2:00:51 |
| 50 | Froukje van Welie-Swar | Leeuwarden | 2:03:49 | 2:01:06 |
| 51 | Baukje Grovenstein | Marum | 2:04:06 | 2:01:50 |
| 52 | Ida Veenstra- vd Velde | Burgum | 2:04:08 | 2:01:52 |
| 53 | Sippie Dijkstra | Vlieland | 2:04:12 | 2:01:59 |
| 54 | Fenna Jansen de Vries | Hurdegaryp | 2:04:47 | 2:02:28 |
| 55 | Giny Norberhuis | Heerenveen | 2:04:52 | 2:02:18 |
| 56 | Ingrid van der Veen | Leeuwarden | 2:04:55 | 2:02:29 |
| 57 | Silva Meier | Tzummarum | 2:05:07 | 2:02:36 |
| 58 | Roelie Kooistra | Heerenveen | 2:05:15 | 2:03:18 |
| 59 | Karin Woldringh | Leeuwarden | 2:05:36 | 2:03:18 |
| 60 | Monique Lubach | Goingarijp | 2:05:40 | 2:03:59 |
| 61 | Cora van Zwol | Leeuwarden | 2:07:15 | 2:04:57 |
| 62 | Dora Hettinga | Leeuwarden | 2:07:40 | 2:05:21 |
| 63 | Joanneke Holtrup | Goutum | 2:07:58 | 2:06:10 |
| 64 | Monique Medema | Leeuwarden | 2:08:12 | 2:05:26 |
| 65 | Tietie Niemarkt | Hallum | 2:08:46 | 2:06:05 |
| 66 | Carin Kuiper | Leeuwarden | 2:08:56 | 2:06:38 |
| 67 | Jeanine Pelgrum | Goingarijp | 2:09:12 | 2:06:51 |
| 68 | Wies ten Kampe | Grou | 2:09:19 | 2:06:33 |
| 69 | Ank Verhoeff | Heerenveen | 2:09:27 | 2:07:49 |
| 70 | Corlienke de Jong | Jutrijp | 2:09:53 | 2:08:19 |
| 71 | Monique Jager | Leeuwarden | 2:10:00 | 2:07:14 |
| 72 | Mattie de Boer | Joure | 2:10:16 | 2:07:35 |
| 73 | Annette Oosterwijk | Oentsjerk | 2:10:20 | 2:08:15 |
| 74 | Nanette Kalisvaart | Leeuwarden | 2:10:25 | 2:08:46 |
| 75 | Neeltje Lefferts | Heerenveen | 2:10:40 | 2:08:44 |
| 76 | Anette Klaver | Dokkum | 2:10:52 | 2:08:35 |
| 77 | Petra Pol | Leeuwarden | 2:10:58 | 2:08:32 |
| 78 | Anke van Dijk | Wommels | 2:11:07 | 2:08:45 |
| 79 | Baukje Tjeerdsma | Leeuwarden | 2:11:27 | 2:09:09 |
| 80 | Renetta Kistenmacher-F | Sneek | 2:12:00 | 2:10:01 |
| 81 | Roos Boerma | Garyp | 2:12:02 | 2:09:14 |
| 82 | Anneke Triemstra | St.-Annaparochie | 2:12:07 | 2:09:26 |
| 83 | Saskia Rhebergen-te Lo | Krimpen aan den IJss | 2:13:13 | 2:10:44 |
| 84 | Hinke van der Honing | Leeuwarden | 2:13:18 | 2:10:45 |
| 85 | Irma Pronk | Stiens | 2:13:19 | 2:10:46 |
| 86 | Joke de Vries | Ureterp | 2:13:34 | 2:11:19 |
| 87 | Henny Postma | Leeuwarden | 2:13:40 | 2:11:03 |
| 88 | Jannie Mulder | Dokkum | 2:13:55 | 2:11:26 |
| 89 | Susan Konst | Sint Nicolaasga | 2:14:33 | 2:12:32 |
| 90 | Hannie van der Feer | Bolsward | 2:14:34 | 2:12:57 |
| 91 | Klaske Prose-Romkes | Leeuwarden | 2:14:44 | 2:12:38 |
| 92 | Lidwien Broenink | Joure | 2:15:21 | 2:12:43 |
| 93 | Veronica Kooij | Scherpenzeel Fr | 2:15:49 | 2:13:04 |
| 94 | Monique Dijkstra | Leeuwarden | 2:15:52 | 2:13:28 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 95 | Angelique Blekkink | Nij Beets | 2:16:13 | 2:13:35 |
| 96 | Anja Jongsma | Katlijk | 2:18:56 | 2:16:21 |
| 97 | Aukje Kooistra - Dries | Leeuwarden | 2:19:00 | 2:16:29 |
| 98 | Ineke Tiekstra | Burgum | 2:19:16 | 2:16:44 |
| 99 | Cora Repkes | Stiens | 2:19:29 | 2:17:57 |
| 100 | Tjitske de Jong | Mildam | 2:19:47 | 2:17:10 |
| 101 | Annemarie Rozema | Aldtsjerk | 2:20:11 | 2:17:35 |
| 102 | Anja Woudstra | Oudehaske | 2:20:16 | 2:17:38 |
| 103 | Mina Hamminga | Oudehaske | 2:20:43 | 2:18:05 |
| 104 | Marja Franssens | Saaksum | 2:22:14 | 2:20:18 |
| 105 | Mathilde Hol | Reduzum | 2:22:29 | 2:19:43 |
| 106 | Yvonne Hagels | Wirdum Fr | 2:23:15 | 2:20:52 |
| 107 | Renie Teunissen | Bolsward | 2:23:22 | 2:21:17 |
| 108 | Ank Jonker | Leeuwarden | 2:23:27 | 2:21:01 |
| 109 | Mariane Duipmans | Leeuwarden | 2:23:27 | 2:21:00 |
| 110 | Pytsje Melein | Joure | 2:24:00 | 2:21:19 |
| 111 | Greetje Bijlsma | Leeuwarden | 2:25:31 | 2:23:13 |
| 112 | Simona van den Bergs | Heerenveen | 2:26:27 | 2:24:51 |
| 113 | Stella Abma | Sneek | 2:26:36 | 2:24:05 |
| 114 | Afke Brandenburg | | 2:26:39 | 2:24:27 |
| 115 | Annemarie de Graaf | Hurdegaryp | 2:26:50 | 2:24:19 |
| 116 | Henny de Jong-Smit | Leeuwarden | 2:30:20 | 2:27:44 |
| 117 | Marijke Thibaudier | Tjerkgaast | 2:32:30 | 2:29:57 |
| 118 | Wilma van Teijen | Lippenhuizen | 2:34:36 | 2:31:48 |
| 119 | Sjoukje Bosma | Leeuwarden | 2:35:05 | 2:32:54 |
| 120 | Agnes Thibaudier | Harich | 2:40:50 | 2:38:15 |
| 121 | Hester Berkelmans | Leeuwarden | 2:41:15 | 2:38:30 |
| 122 | Anita Dijker | West-Terschelling | 2:42:59 | 2:40:31 |

B5, BEDRLOOP 5 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------|-----------------------|-------|-------|
| 1 | Thomas Veltman | Sport- & Loopadviesb | 17:40 | 17:40 |
| 2 | Dennis Dijkstra | Sport- & Loopadviesb | 21:26 | 21:25 |
| 3 | Douwe Quarre | Incassade Gerechtsde | 21:43 | 21:32 |
| 4 | Pieter Witzenburg | Fooq | 22:47 | 22:31 |
| 5 | Rob Zijlstra | Incassade Gerechtsde | 23:11 | 23:00 |
| 6 | Jurrit Visser | Fooq | 24:06 | 23:50 |
| 7 | Arend Smits | Achmea | 24:26 | 24:09 |
| 8 | Gerbrant Westra | Rabobank Burgum-De L | 24:27 | 24:22 |
| 9 | Reinder de Haas | Achmea | 25:04 | 24:53 |
| 10 | Peter Arnold Jellema | Rabobank Leeuwarden- | 25:09 | 25:01 |
| 11 | André Hoekstra | Acera | 25:19 | 25:06 |
| 12 | F. Kleefmann | Rechtbank Leeuwarden | 25:52 | 24:54 |
| 13 | Martijn v.d. Wind | Spectrum Leeuwarden | 25:53 | 25:41 |
| 14 | Sybylle Kroon | Leeuwarder Courant | 26:55 | 26:45 |
| 15 | Jolanda de Vos | Fooq | 27:25 | 27:09 |
| 16 | Jeroen Klinkhamer | Acera | 27:31 | 27:19 |
| 17 | Sonja Heida | Achmea Finance & Ris | 27:33 | 27:25 |
| 18 | Martine Bakker | Achmea | 27:37 | 26:50 |
| 19 | IJsbrand Miedema | Rabobank Leeuwarden- | 27:42 | 27:34 |
| 20 | Egbert Pol | Zienn | 27:43 | 27:34 |
| 21 | Frans Beek | Spectrum Leeuwarden | 28:11 | 27:59 |
| 22 | Lion Leemburg | Spectrum Leeuwarden | 28:23 | 28:10 |
| 23 | Larissa Spijkerman | Franeker | 28:28 | 28:20 |
| 24 | Andre de Voogd | Achmea | 28:57 | 28:09 |
| 25 | Michelle Roberts | Zienn | 29:22 | 29:14 |
| 26 | Miranda Stavorinus | Achmea | 29:23 | 29:11 |
| 27 | Agnes Visser | De Knipe | 29:29 | 29:19 |
| 28 | Rommie Spoelstra | Fooq | 29:40 | 29:23 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 29 | Thea Boskma | Rabobank Leeuwarden- | 30:06 | 29:57 |
| 30 | Heidi Visser | Acera | 30:11 | 30:03 |
| 31 | Maltie Gupta | Achmea Finance & Ris | 30:24 | 30:16 |
| 32 | Marjoke Stam | Achmea Finance & Ris | 30:24 | 30:16 |
| 33 | H.J. Holtman | Rechtbank Leeuwarden | 30:24 | 29:26 |
| 34 | Marja Nijboer | Zienn | 30:28 | 29:00 |
| 35 | Jurriën Hendriks | UHN | 30:32 | 29:28 |
| 36 | Truus Bremer | Rabobank Leeuwarden- | 30:32 | 30:23 |
| 37 | Ali Hania | Spectrum Leeuwarden | 30:48 | 30:35 |
| 38 | Carola Werkman | Zienn | 30:52 | 30:44 |
| 39 | Ilona Vedder | Acera | 31:05 | 30:56 |
| 40 | Jetty Tabak | Incassade Gerechtsde | 32:12 | 31:16 |
| 41 | Sietske Reitsma | Incassade Gerechtsde | 32:13 | 31:16 |
| 42 | B.M. Elias | Rechtbank Leeuwarden | 32:37 | 31:41 |
| 43 | A. de Jong | Rechtbank Leeuwarden | 33:01 | 32:05 |
| 44 | Anja Wieggersma | Rabobank Burgum-De L | 33:27 | 33:16 |
| 45 | Minke van der Wagen | Rabobank Burgum-De L | 33:27 | 33:17 |
| 46 | Neeltje van der Wal | Rabobank Burgum-De L | 33:28 | 33:17 |
| 47 | Kirsten Schokker | Acera | 33:42 | 33:34 |
| 48 | Niellen Raskeyn | Achmea Finance & Ris | 33:46 | 33:40 |
| 49 | Rixt Oenema | Leeuwarder Courant | 35:01 | 33:26 |
| 50 | Laurens Schenk | Acera | 35:36 | 35:27 |
| 51 | Janneke de Vries Everh | Achmea | 35:45 | 35:35 |
| 52 | Corine Lagerwij-Huijse | Achmea | 35:57 | 35:46 |
| 53 | Wendy Jongsma | Sport- & Loopadviesb | 36:07 | 35:03 |
| 54 | Leandro Weil | UHN | 36:07 | 35:04 |
| 55 | Sahal Merchant | UHN | 36:49 | 35:46 |
| 56 | Lena van der Wal | Zienn | 37:27 | 37:19 |
| 57 | Jaap Aagtjes | Sport- & Loopadviesb | 38:14 | 37:11 |
| 58 | Wio Joustra | Leeuwarder Courant | 38:21 | 36:46 |
| 59 | Nynke Baarda | Incassade Gerechtsde | 38:52 | 36:52 |
| 60 | Janny Yntema | Leeuwarder Courant | 39:06 | 37:31 |
| 61 | Irene Dinkel | Spectrum Leeuwarden | 39:15 | 39:02 |
| 62 | Maria Bijma | Achmea | 40:22 | 40:11 |

B10, BEDRLOOP 10 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|-----------------------|-------|-------|
| 1 | Frank Smidstra | Spectrum Leeuwarden | 34:34 | 34:34 |
| 2 | Anno Huizinga | Spectrum Leeuwarden | 36:55 | 36:55 |
| 3 | Adwin de Kluyver | Leeuwarder Courant | 37:00 | 37:00 |
| 4 | Henri Veldman | Acera | 37:31 | 37:31 |
| 5 | Geart Sierd vd Zee | Spectrum Leeuwarden | 38:01 | 38:01 |
| 6 | Imre van Hijum | Acera | 38:45 | 38:45 |
| 7 | Marcel Adema | Rabobank Leeuwarden- | 39:07 | 39:05 |
| 8 | Jan Julius Buwalda | Acera | 39:08 | 39:07 |
| 9 | André Ydema | Rabobank Leeuwarden- | 39:16 | 39:12 |
| 10 | Willem Koet | Acera | 39:28 | 39:27 |
| 11 | Erik Bakker | Friesland Bank | 39:44 | 39:39 |
| 12 | Jelle Kazimier | Achmea | 39:50 | 39:49 |
| 13 | Bob Leentjes | Elkien | 40:35 | 40:31 |
| 14 | Joop Lusthof | Spectrum Leeuwarden | 40:47 | 40:47 |
| 15 | Klaas Salverda | Rabobank Sneek-Zuidw | 41:17 | 41:16 |
| 16 | Gerben Bosma | Acera | 41:17 | 41:16 |
| 17 | Henry Kuipers | Van Hall Larenstein | 41:33 | 41:30 |
| 18 | Pietje Puk | Deloitte Belastingad | 41:59 | 41:49 |
| 19 | R.A. Groen | Rabobank De Stelling | 42:01 | 41:53 |
| 20 | Hugo Veenker | Sport- & Loopadviesb | 42:21 | 42:13 |
| 21 | Richard Ooms | Fooq | 42:27 | 42:24 |
| 22 | Edwin Voorwinde | Rabobank Leeuwarden- | 42:53 | 42:49 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 23 | Marcel Groen | Groen Caubo Montesso | 42:58 | 42:42 |
| 24 | Anne Draayer | Elkien | 43:05 | 42:51 |
| 25 | Moniek Verbeek | CSK food enrichment | 43:28 | 43:27 |
| 26 | Wilco Tijmes | Rabobank Leeuwarden- | 43:53 | 43:51 |
| 27 | Gerwin Kamps | Elkien | 44:00 | 43:56 |
| 28 | Irma van Rijswijck | CSK food enrichment | 44:10 | 44:09 |
| 29 | Gjalt Weistra | Neopost Technologies | 44:17 | 44:14 |
| 30 | Bas van Steenoven | Neopost Technologies | 44:25 | 44:23 |
| 31 | Rein Benno de Jager | Friesland Bank | 45:30 | 45:19 |
| 32 | Andre Dijkstra | Elkien | 45:47 | 45:30 |
| 33 | Janneke vd Wind | Spectrum Leeuwarden | 45:56 | 45:55 |
| 34 | S.J. Dijkstra | Rabobank De Stelling | 46:28 | 46:20 |
| 35 | Gerrit Koopmans | Van Hall Larenstein | 46:39 | 46:26 |
| 36 | Frank Bosveld | Neopost Technologies | 46:50 | 46:47 |
| 37 | Frans van den Berg | Acera | 47:01 | 46:55 |
| 38 | Jint M. van der Galien | Rabobank Burgum-De L | 47:08 | 46:59 |
| 39 | Vera Keidel | SKL Kinderopvang | 47:13 | 47:11 |
| 40 | Rob Schrier | Fooq | 47:20 | 47:18 |
| 41 | Appie Bles | Zienn | 47:27 | 47:21 |
| 42 | Dick bosman | Jilderdas Bloemengro | 47:31 | 47:11 |
| 43 | Harry Potma | Friesland Bank | 47:41 | 47:34 |
| 44 | Enno feenstra | Fooq | 47:42 | 47:38 |
| 45 | Pieter Hofland | Achmea | 47:45 | 47:42 |
| 46 | Bram Bakker | Rabobank Sneek-Zuidw | 47:50 | 47:47 |
| 47 | Gerard van Alteren | Elkien | 47:51 | 47:42 |
| 48 | Simon Andringa | Elkien | 47:53 | 47:36 |
| 49 | Sierk Werner | Fooq | 47:54 | 47:48 |
| 50 | Anne Oeds van der Burg | Sport- & Loopadviesb | 48:00 | 47:43 |
| 51 | Bart Niks | Groen Caubo Montesso | 48:07 | 47:48 |
| 52 | Tracy van der Ploeg | Sport- & Loopadviesb | 48:08 | 47:59 |
| 53 | Heerke Schiphof | Rabobank Sneek-Zuidw | 48:21 | 48:15 |
| 54 | Arnold Pots | Yacht | 48:30 | 48:13 |
| 55 | Eeuwe Drijfhout | Achmea | 48:34 | 48:31 |
| 56 | Marcus Postuma | Rabobank Leeuwarden- | 48:37 | 48:33 |
| 57 | Annelies Slagter | Van Hall Larenstein | 48:44 | 48:31 |
| 58 | Remco Visser | Energiewacht Gaswach | 48:49 | 48:37 |
| 59 | Kees van Anken | Zienn | 48:49 | 48:43 |
| 60 | Gerben van Dijk | Neopost Technologies | 48:50 | 48:48 |
| 61 | Hester Groenveld | Rabobank Sneek-Zuidw | 48:51 | 48:50 |
| 62 | Chris Visser | Achmea | 48:51 | 48:47 |
| 63 | Sjoerd-Jan Zwart | Achmea Finance & Ris | 49:02 | 48:52 |
| 64 | Marcel Leupen | Rabobank Leeuwarden- | 49:04 | 48:54 |
| 65 | Aad v.d. Wind | Spectrum Leeuwarden | 49:11 | 49:04 |
| 66 | Alex Lageweg | Achmea Finance & Ris | 49:18 | 49:09 |
| 67 | Klaas Sipma | Leeuwarder Courant | 49:34 | 49:22 |
| 68 | Pieter Gietema | Acera | 49:48 | 49:42 |
| 69 | Gerard Ganzevoort | Acera | 49:49 | 49:44 |
| 70 | Marina Delac | Rabobank Leeuwarden- | 49:53 | 49:43 |
| 71 | Gabe Postma | Achmea Finance & Ris | 50:01 | 49:51 |
| 72 | Maarten Scholten | Rabobank Sneek-Zuidw | 50:08 | 50:01 |
| 73 | Tabe Zijlstra | Acera | 50:30 | 50:24 |
| 74 | Rene Tieman | Elkien | 50:45 | 50:40 |
| 75 | Fokke Postma | Yacht | 50:50 | 50:32 |
| 76 | Jan Pieter van Oosten | Rabobank Sneek-Zuidw | 50:51 | 50:49 |
| 77 | Bote Schoorsta | Acera | 50:53 | 50:47 |
| 78 | Maaïke Baakman | Stichting Philadelph | 50:57 | 50:38 |
| 79 | Wilfried Spekeyse | Achmea | 51:14 | 51:03 |
| 80 | Sander Visscher | Achmea | 51:18 | 51:09 |
| 81 | Wim Geurink | Achmea | 51:18 | 49:20 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 82 | Jan de Vries | SKL Kinderopvang | 51:20 | 51:15 |
| 83 | Danny vd Veen | Jilderdas Bloemengro | 51:23 | 51:05 |
| 84 | Gerard Wolting | Acera | 51:31 | 51:26 |
| 85 | Charles Bruns | Incassade Gerechtsde | 51:35 | 51:19 |
| 86 | Johan Feenstra | Rabobank Burgum-De L | 51:52 | 51:42 |
| 87 | J. Brandsma | Rabobank De Stelling | 52:05 | 51:57 |
| 88 | Jeroen Terpstra | Incassade Gerechtsde | 52:10 | 51:52 |
| 89 | Rob de Jong | Elkien | 52:13 | 51:56 |
| 90 | Jan Binnema | Sport- & Loopadviesb | 52:18 | 52:01 |
| 91 | Peter Jaspers | Achmea | 52:26 | 52:16 |
| 92 | Pieter Blaauw | Acera | 52:34 | 52:28 |
| 93 | Bas Oort | Deloitte Belastingad | 52:36 | 52:25 |
| 94 | Einte Bijlsma | SKL Kinderopvang | 52:38 | 52:30 |
| 95 | Niels Zwaagstra | SKL Kinderopvang | 52:39 | 52:33 |
| 96 | Martijn Rijpstra | Yacht | 52:46 | 52:31 |
| 97 | Haye Elgersma | Fooq | 52:48 | 52:44 |
| 98 | Geiske Zijlstra | Leeuwarder Courant | 52:49 | 52:34 |
| 99 | Niesje Langenberg | Deloitte Belastingad | 52:53 | 52:43 |
| 100 | Freddy Bosma | Leeuwarder Courant | 52:58 | 52:43 |
| 101 | Lieke vd Krommenacker | Leeuwarder Courant | 52:58 | 52:43 |
| 102 | Tabe Kooistra | Elkien | 53:13 | 53:00 |
| 103 | Klaas Dijkstra | Acera | 53:33 | 53:27 |
| 104 | Theo Metz | Incassade Gerechtsde | 53:35 | 53:17 |
| 105 | Tjepke Ypma | Elkien | 53:36 | 53:18 |
| 106 | Ina Elving | Spectrum Leeuwarden | 53:38 | 53:26 |
| 107 | Gitte Brugman | Leeuwarder Courant | 53:43 | 53:28 |
| 108 | Joke Lamsma | Acera | 53:45 | 53:39 |
| 109 | Gerrie de Jong | Leeuwarder Courant | 53:53 | 53:40 |
| 110 | Wibo Sijtsma | Leeuwarder Courant | 53:53 | 53:40 |
| 111 | Marjan Brand | Stichting Philadelph | 54:05 | 53:47 |
| 112 | Marjan Kromkamp | Achmea | 54:06 | 53:54 |
| 113 | Auke Peringa | Energiewacht Gaswach | 54:18 | 54:06 |
| 114 | Jeroen de Jong | Energiewacht Gaswach | 54:19 | 54:07 |
| 115 | Rein Baarsma | Deloitte Belastingad | 54:19 | 54:10 |
| 116 | Sebastiaan Dassen | Elkien | 54:22 | 54:18 |
| 117 | Hans van Kouwen | Elkien | 54:27 | 54:09 |
| 118 | Mariela Serrano | CSK food enrichment | 54:41 | 54:37 |
| 119 | Bart Borgardijn | Achmea | 54:41 | 54:38 |
| 120 | Wybertha Brouwer | Rabobank Sneek-Zuidw | 54:41 | 54:40 |
| 121 | Jacob Wagenaar | Friesland Bank | 54:42 | 54:31 |
| 122 | Jan Zwerver | Leeuwarder Courant | 54:55 | 54:39 |
| 123 | Jannie Jilderda | Jilderdas Bloemengro | 55:02 | 54:44 |
| 124 | Harm Postma | Jilderdas Bloemengro | 55:05 | 54:47 |
| 125 | Gerben Leijendekker | Rabobank Leeuwarden- | 55:22 | 55:08 |
| 126 | Theo de Vries | Rabobank Leeuwarden- | 55:22 | 55:07 |
| 127 | Nancy van Heerde | Achmea | 55:28 | 55:26 |
| 128 | Gerda van Klaarbergen | SKL Kinderopvang | 55:31 | 55:15 |
| 129 | Frits Jilderda | Jilderdas Bloemengro | 55:32 | 55:14 |
| 130 | Hannie Keidel | SKL Kinderopvang | 55:54 | 55:49 |
| 131 | Nynke van der Vegt | Rabobank Leeuwarden- | 55:58 | 55:46 |
| 132 | Sylvia Remery | Achmea | 56:00 | 55:51 |
| 133 | Casper Zoete | Van Hall Larenstein | 56:02 | 55:46 |
| 134 | Watse Cuperus | Achmea | 56:17 | 54:21 |
| 135 | Jantina Haaijema | Achmea | 56:52 | 56:49 |
| 136 | Henk Overbosch | Friesland Bank | 56:55 | 56:48 |
| 137 | Rob Platteel | Leeuwarder Courant | 57:01 | 56:44 |
| 138 | Jeltje Hoestra | Achmea | 57:06 | 57:01 |
| 139 | Baukje Niemarkt-De Vri | Rabobank Leeuwarden- | 57:31 | 57:20 |
| 140 | Kor Bolhuis | Friesland Bank | 57:38 | 57:31 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|---------|---------|
| 141 | Johan van Kammen | Elkien | 57:49 | 57:33 |
| 142 | Menno Slaap | Rabobank Sneek-Zuidw | 57:51 | 57:43 |
| 143 | Gerben Huizinga@hotmail | Jilderdas Bloemengro | 57:59 | 57:41 |
| 144 | Eva Annema | Groen Caubo Montesso | 58:16 | 57:58 |
| 145 | Hennie van der Veer | Achmea | 58:30 | 58:20 |
| 146 | Corneel Bles | Elkien | 58:32 | 58:14 |
| 147 | Lenny Diepenmaat | Spectrum Leeuwarden | 58:42 | 58:35 |
| 148 | Jitske Dijkstra-Yntema | Rabobank Sneek-Zuidw | 59:08 | 59:00 |
| 149 | Erik van Fraassen | Friesland Bank | 59:14 | 59:06 |
| 150 | Nynke Sibma | Rabobank Burgum-De L | 59:19 | 59:10 |
| 151 | Cybthia Dijkstra | Jilderdas Bloemengro | 59:21 | 59:04 |
| 152 | Tjalling Sietsma | Elkien | 59:23 | 59:11 |
| 153 | Natalie Lakemond | Elkien | 59:25 | 59:08 |
| 154 | Leo Kremer | Yacht | 59:31 | 59:14 |
| 155 | Inge Koenis | Van Hall Larenstein | 59:45 | 59:41 |
| 156 | Henny van den Eijnde | Energiewacht Gaswach | 59:48 | 59:35 |
| 157 | Tjitske Wassenaar | Rabobank Leeuwarden- | 59:57 | 59:42 |
| 158 | Nynke Kloosterman | SKL Kinderopvang | 1:00:03 | 59:47 |
| 159 | Dukke Bosman | Jilderdas Bloemengro | 1:00:08 | 59:49 |
| 160 | Dianne van der Werf | Zienn | 1:00:09 | 1:00:04 |
| 161 | joukje van der Woude | SKL Kinderopvang | 1:00:20 | 1:00:05 |
| 162 | Annet Stam | Elkien | 1:00:35 | 1:00:17 |
| 163 | Per Vroom | Achmea | 1:00:37 | 1:00:27 |
| 164 | Elisabeth Post | Leeuwarder Courant | 1:00:39 | 1:00:24 |
| 165 | Rolf Mulder | Rabobank Sneek-Zuidw | 1:00:54 | 1:00:41 |
| 166 | Nelleke Oostenveld | Rabobank Sneek-Zuidw | 1:00:54 | 1:00:41 |
| 167 | Regina Visser | Acera | 1:00:54 | 1:00:49 |
| 168 | Tobias van der Velde | Acera | 1:00:54 | 1:00:48 |
| 169 | Remco Kinderman | Sport- & Loopadviesb | 1:01:22 | 1:01:13 |
| 170 | Arnold de Lange | Elkien | 1:01:36 | 1:01:23 |
| 171 | Gepke Huizinga | Jilderdas Bloemengro | 1:01:59 | 1:01:41 |
| 172 | Lonneke Abma | SKL Kinderopvang | 1:02:19 | 1:02:05 |
| 173 | Renate van de Hoef | Groen Caubo Montesso | 1:02:27 | 1:02:08 |
| 174 | Ingrid Koelstra | Rabobank Leeuwarden- | 1:02:30 | 1:02:16 |
| 175 | Dorien Kooistra | Incassade Gerechtsde | 1:02:47 | 1:02:29 |
| 176 | Erik van der Knijff | Rabobank Leeuwarden- | 1:03:10 | 1:02:56 |
| 177 | Vika Starygina | Acera | 1:03:23 | 1:03:18 |
| 178 | Sjoerd Fopma | Spectrum Leeuwarden | 1:03:38 | 1:03:25 |
| 179 | Ike Kooistra | Friesland Bank | 1:04:41 | 1:04:30 |
| 180 | Minze Hamstra | Rabobank Leeuwarden- | 1:04:47 | 1:04:32 |
| 181 | Erica Haarsma | Zienn | 1:04:53 | 1:04:48 |
| 182 | Judith Zijlstra | Achmea | 1:05:05 | 1:05:02 |
| 183 | Richard Lilipaly | Rabobank Leeuwarden- | 1:05:28 | 1:05:23 |
| 184 | Sandra de Vries | Rabobank Leeuwarden- | 1:05:36 | 1:05:20 |
| 185 | Dries Kalsbeek | Jilderdas Bloemengro | 1:05:40 | 1:05:21 |
| 186 | Karla Schipper | Deloitte Belastingad | 1:06:38 | 1:06:28 |
| 187 | Hennie Sietsma | Elkien | 1:08:14 | 1:08:02 |
| 188 | Alexander Nammensma | Stichting Philadelph | 1:09:26 | 1:09:06 |
| 189 | Linda Visser | SKL Kinderopvang | 1:09:43 | 1:09:29 |
| 190 | Adriaan Dost | Spectrum Leeuwarden | 1:10:00 | 1:09:53 |
| 191 | Johan Tuininga | Friesland Bank | 1:10:01 | 1:09:52 |
| 192 | Feikje Huizinga | SKL Kinderopvang | 1:10:47 | 1:10:33 |
| 193 | Marloes Stuiver | Van Hall Larenstein | 1:11:55 | 1:11:40 |
| 194 | Frederike Draaisma | Achmea | 1:13:26 | 1:10:38 |
| 195 | Annek van der Meer | SKL Kinderopvang | 1:15:29 | 1:11:48 |

B21, BEDRLOOP 21 KM

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------|-----------------------|---------|---------|
| 1 | Ritske Flootman | Achmea | 1:25:44 | 1:24:35 |

Uitslagenlijst Loop Leeuwarden

Leeuwarden - Zondag 22 mei 2011

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 2 | Evert Jongstra | Rabobank Sneek-Zuidw | 1:27:37 | 1:27:28 |
| 3 | Jacob van der Ploeg | Sport- & Loopadviesb | 1:30:53 | 1:29:42 |
| 4 | Gerrit Gildemacher | Achmea | 1:35:09 | 1:35:02 |
| 5 | Jacco Reitsma | Achmea | 1:39:42 | 1:39:36 |
| 6 | Theo Wolfs | Achmea | 1:40:33 | 1:39:21 |
| 7 | Ale van der Zwaag | Achmea | 1:42:58 | 1:41:46 |
| 8 | Ronald Hoeksema | Achmea | 1:45:36 | 1:44:20 |
| 9 | John Dommerholt | Achmea | 1:45:56 | 1:44:44 |
| 10 | Aan Dirk van der Meule | Leeuwarder Courant | 1:48:18 | 1:47:06 |
| 11 | Hans Willems | Leeuwarder Courant | 1:49:29 | 1:48:15 |
| 12 | Matthijs Nauta | Achmea | 1:51:57 | 1:49:47 |
| 13 | Jelle Kracht | Achmea Finance & Ris | 1:51:59 | 1:50:46 |
| 14 | Miranda Hornstra | Sport- & Loopadviesb | 1:52:20 | 1:51:09 |
| 15 | Douwe Yska | Achmea Finance & Ris | 1:53:50 | 1:52:36 |
| 16 | Sytze Hellema | Sport- & Loopadviesb | 1:56:33 | 1:55:21 |
| 17 | Wytske Kok | Rabobank Sneek-Zuidw | 1:57:12 | 1:55:17 |
| 18 | Bart Voorintholt | Rabobank Sneek-Zuidw | 1:57:13 | 1:55:18 |
| 19 | Dennis Toonstra | Achmea Finance & Ris | 1:59:15 | 1:57:59 |
| 20 | Theo Outhuysse | Zienn | 2:01:01 | 1:59:17 |
| 21 | Martijn Landstra | Achmea | 2:03:28 | 2:02:14 |
| 22 | Alinda Kiel | Zienn | 2:04:13 | 2:02:28 |
| 23 | Wim Andela | Zienn | 2:04:15 | 2:02:29 |
| 24 | Henk Hamstra | Zienn | 2:04:34 | 2:02:49 |
| 25 | Agnes Miedema | Sport- & Loopadviesb | 2:05:49 | 2:04:37 |
| 26 | Henk de Groot | Leeuwarder Courant | 2:07:24 | 2:06:09 |
| 27 | Jannie Slof | Achmea Finance & Ris | 2:07:49 | 2:06:36 |
| 28 | Siebe Annema | Leeuwarder Courant | 2:12:17 | 2:11:02 |
| 29 | Gerard Rietdijk | Leeuwarder Courant | 2:12:17 | 2:11:03 |
| 30 | Martah Elzinga | Sport- & Loopadviesb | 2:15:01 | 2:13:48 |