

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| MAN, 5 MIJL | | | | |
|-------------|----------------------|-----------------------|-------|-------|
| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Jop van der Steen | Nederland | 25:25 | 25:25 |
| 2 | Luuk Maas | Tilburg Road Runners | 25:45 | 25:45 |
| 3 | Lauran Beijens | Nederland | 26:04 | 26:04 |
| 4 | Wesley van der Gouw | Nederland | 26:13 | 26:13 |
| 5 | Christ Donders | Tilburg Road Runners | 26:40 | 26:40 |
| 6 | Dennis de Freytas | Nederland | 26:55 | 26:55 |
| 7 | Jesse van de Ven | Parcival | 27:38 | 27:38 |
| 8 | Kilian van der Wolf | Nederland | 27:58 | 27:58 |
| 9 | Robbert van de Wouw | Parcival | 28:00 | 28:00 |
| 10 | Jordi van de Sanden | Nederland | 28:02 | 28:02 |
| 11 | Dani van de Sanden | Tilburg Road Runners | 28:20 | 28:18 |
| 12 | Jean-Pierre Hoeboer | Sprint | 28:28 | 28:28 |
| 13 | Eduard Linnenbank | Attila | 28:58 | 28:57 |
| 14 | Nicky Verhoeven | Boxtel | 29:35 | 29:29 |
| 15 | Ruben Tock | Tilburg | 29:38 | 29:33 |
| 16 | Lars van Elderen | Eindhoven | 29:45 | 29:43 |
| 17 | Ruud Looijmans | Oosterhout Nb | 29:46 | 29:43 |
| 18 | Mike Rasenberg | Attila | 29:49 | 29:49 |
| 19 | Sven Volkers | Goirle | 29:52 | 29:50 |
| 20 | Björn Becx | Tilburg Road Runners | 30:00 | 29:58 |
| 21 | Wim Westerveld | Prins Hendrik | 30:16 | 30:14 |
| 22 | Bart van Loon | Attila | 30:51 | 30:50 |
| 23 | Maarten van de Gevel | Tilburg | 30:57 | 30:55 |
| 24 | Patrick van Gulp | DAK | 31:23 | 31:21 |
| 25 | Bas van Gestel | Attila | 31:30 | 31:23 |
| 26 | Dimitri Kardamanidis | Attila | 31:49 | 31:47 |
| 27 | Martin Oggel | Attila | 31:53 | 31:45 |
| 28 | Marcel Scherrenburg | Attila | 31:54 | 31:48 |
| 29 | Tiemen Ghering | Tilburg | 32:07 | 31:56 |
| 30 | Reinier van Dijken | Loopgroep PK | 32:22 | 32:22 |
| 31 | Bart Mul | Tilburg | 32:55 | 30:31 |
| 32 | Rasid Hrustic | Tilburg | 33:00 | 31:36 |
| 33 | Paul Wolters | Moergestel | 33:03 | 31:24 |
| 34 | Zaher Mosni | Nederland | 33:05 | 33:03 |
| 35 | Bart Grotens | Tilburg | 33:07 | 33:00 |
| 36 | Maurits Knol | Tilburg | 33:08 | 30:53 |
| 37 | Sander Wetzels | Tilburg | 33:12 | 33:05 |
| 38 | Kees Verhoeven | Tilburg Road Runners | 33:17 | 33:15 |
| 39 | Ricardo Barahona | Tilburg | 33:23 | 33:06 |
| 40 | Daan Faasen | Theaters Tilburg 2 | 33:29 | 33:27 |
| 41 | Rene De Rooij | Attila | 33:35 | 33:26 |
| 42 | Walter Verbeet | Parcival | 33:51 | 33:35 |
| 43 | Pernel van Herpt | Theaters Tilburg 1 | 33:53 | 33:50 |
| 44 | John Verdonschot | Hapert | 33:54 | 33:37 |
| 45 | Joost Gielen | Tilburg | 33:55 | 33:36 |
| 46 | Ricardo Belluz | Rosmalen | 33:55 | 32:28 |
| 47 | Ruben Keulers | Bladel | 34:02 | 33:48 |
| 48 | Twan Spierts | Tilburg | 34:12 | 34:02 |
| 49 | Martijn Loijen | Tilburg | 34:19 | 34:06 |
| 50 | Arno Dingemans | Tilburg Road Runners | 34:24 | 34:13 |
| 51 | Rob Vereijken | Tilburg | 34:30 | 34:25 |
| 52 | Bart van de Gevel | Tilburg | 34:33 | 34:26 |
| 53 | Geert Jansen | Taxandria Atletiek | 34:40 | 34:32 |
| 54 | Marc Claassen | Eindhoven | 34:47 | 34:24 |
| 55 | Arie Verhoeven | Tilburg Road Runners | 34:49 | 34:48 |
| 56 | John van Mersbergen | Eethen | 34:51 | 33:58 |
| 57 | Andre Meijers | Hoedekenskerke | 34:56 | 34:47 |
| 58 | Job van der Velden | Tilburg | 34:57 | 34:11 |

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Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|-------|-------|
| 59 | Dave Wijdemans | Tilburg | 35:00 | 34:57 |
| 60 | Mark Vromans | Berkel-Enschot | 35:02 | 34:19 |
| 61 | Cyril van Schijndel | De Koplopers | 35:05 | 34:42 |
| 62 | Carlo Wouters | Tilburg Road Runners | 35:06 | 35:04 |
| 63 | Tim Fleuren | 's-Hertogenbosch | 35:08 | 34:45 |
| 64 | Martijn Lamers | Goirle | 35:12 | 35:07 |
| 65 | Marc Geppaard | Chaam | 35:12 | 34:42 |
| 66 | Joost van Bijnen | Tilburg | 35:15 | 35:00 |
| 67 | Freek Verwijmeren | Amsterdam | 35:16 | 34:53 |
| 68 | Sebas Bostelaar | Tilburg | 35:18 | 35:03 |
| 69 | Ronald van de Weerdhof | Tilburg | 35:27 | 33:11 |
| 70 | Koen van Nisselrooij | Tilburg | 35:27 | 34:23 |
| 71 | Erik Broeders | Tilburg | 35:31 | 35:12 |
| 72 | Bram Van de Koeving | Tilburg | 35:35 | 34:22 |
| 73 | Jos van de Sanden | Tilburg | 35:38 | 35:35 |
| 74 | Corné Fijneman | Tilburg Road Runners | 35:42 | 34:15 |
| 75 | Pim Meeuwis | Tilburg | 35:47 | 35:12 |
| 76 | Roland Dijs | Tilburg | 35:53 | 34:12 |
| 77 | Mark Van der Avoird | Oosterhout Nb | 35:54 | 35:36 |
| 78 | Gijs Hopmans | Theaters Tilburg 2 | 35:57 | 35:54 |
| 79 | Dennis Van Berkel | Tilburg | 36:00 | 34:59 |
| 80 | Leran Parren | Tilburg | 36:04 | 35:45 |
| 81 | Jochem Westerlaken | Almkerk | 36:08 | 34:47 |
| 82 | Jan Vink | Altena Road Runners | 36:08 | 34:48 |
| 83 | Ernest Janssens | Tilburg | 36:10 | 35:57 |
| 84 | Ralph van Asten | Tilburg Road Runners | 36:18 | 36:05 |
| 85 | Andrew Ritter | Oisterwijk | 36:19 | 35:44 |
| 86 | Danny Oosten | Tilburg | 36:21 | 36:06 |
| 87 | Erwin Vromans | Goirle | 36:22 | 36:02 |
| 88 | Jeroen van Wijk | Tilburg | 36:27 | 35:59 |
| 89 | Jimmy Wesel | Tilburg | 36:31 | 36:20 |
| 90 | Christus Blankers | Tilburg | 36:37 | 36:18 |
| 91 | Frank Van Den Oetelaar | Loopgroep Aart Stigter | 36:41 | 36:34 |
| 92 | Johan van den Akker | DESTIL 2 | 36:47 | 36:41 |
| 93 | Jorg van Eijck | Oisterwijk | 36:48 | 36:36 |
| 94 | Marc Jansen | IFF Nederland BV 2 | 36:50 | 36:46 |
| 95 | Erwin van de Ven | Tilburg | 36:50 | 36:35 |
| 96 | Bart van Hest | Amstelveen | 36:53 | 36:45 |
| 97 | Marco Espa | Diessen | 37:03 | 36:39 |
| 98 | Dawid Raczynski | Antwerpen | 37:05 | 36:28 |
| 99 | Alex Engel | Tilburg Road Runners | 37:06 | 36:41 |
| 100 | Mark Teeuwen | Tilburg | 37:08 | 36:02 |
| 101 | Sjoerd Janssen | Tilburg | 37:09 | 36:16 |
| 102 | Mathijs Corstiaans | Berkel-Enschot | 37:10 | 36:38 |
| 103 | Bartłomiej Florek | Tilburg | 37:11 | 34:36 |
| 104 | Ron van den Broek | Tilburg | 37:17 | 36:58 |
| 105 | Marc van Liere | Theaters Tilburg 1 | 37:19 | 37:16 |
| 106 | Jelle Kiwitz | Theaters Tilburg 2 | 37:19 | 37:15 |
| 107 | Wilco van Schijndel | Breda | 37:20 | 36:57 |
| 108 | Adnan Bektic | Bergeijk | 37:22 | 36:38 |
| 109 | Karol Hudyka | Tilburg | 37:32 | 37:02 |
| 110 | Rob van Egmond | Tilburg | 37:32 | 37:20 |
| 111 | Robin Reijmaekers | Tilburg | 37:33 | 36:01 |
| 112 | William van Balkom | Breda | 37:42 | 36:33 |
| 113 | Rob Hendrickx | Tilburg | 37:51 | 36:40 |
| 114 | Roland Gianotten | Hilvarenbeek | 37:52 | 37:28 |
| 115 | Wil van Hautum | Tilburg | 37:54 | 34:41 |
| 116 | Nour Sheko | Nederland | 37:55 | 37:23 |
| 117 | Kim Beutler | Tilburg | 37:57 | 36:15 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 118 | Henri Kroes | Tilburg | 38:03 | 36:37 |
| 119 | Stefan Nas | Generaal Michaelis | 38:04 | 37:24 |
| 120 | Freek Bahlke | Tilburg | 38:06 | 36:40 |
| 121 | Luuk van Sluisveld | Tilburg | 38:06 | 37:01 |
| 122 | Erik van Geffen | IFF Nederland BV 2 | 38:07 | 38:03 |
| 123 | Christian Jager | Tilburg | 38:09 | 36:45 |
| 124 | Robert Koolen | Loopvereniging TOF | 38:13 | 37:41 |
| 125 | Arco Engelen | Tilburg | 38:13 | 37:49 |
| 126 | Dick Heutink | Boxtel | 38:14 | 36:52 |
| 127 | Pieter Wels | Tilburg | 38:18 | 38:00 |
| 128 | Bas van Gerwen | Tilburg | 38:25 | 37:38 |
| 129 | Niels Vingerhoets | IFF Nederland BV 2 | 38:27 | 38:23 |
| 130 | Arthur Vromans | Tilburg | 38:28 | 36:56 |
| 131 | Michel Prince | Tilburg | 38:30 | 37:14 |
| 132 | Ralph Rocks | Tilburg | 38:31 | 37:11 |
| 133 | Alberto Sanz Gonzalez | Tilburg | 38:33 | 37:41 |
| 134 | Frits van Wees | Tilburg | 38:34 | 37:28 |
| 135 | Ralph van Puijenbroek | Tilburg | 38:35 | 38:26 |
| 136 | Rick van Heesch | Tilburg | 38:35 | 38:26 |
| 137 | Frans Martens | Teteringen | 38:35 | 38:10 |
| 138 | Geert Hubert | Eindhoven | 38:36 | 38:12 |
| 139 | Casper Struijk | Oosterhout Nb | 38:37 | 35:32 |
| 140 | Alex van de Pol | Tilburg | 38:37 | 38:12 |
| 141 | Pedro Couwenberg | Tilburg | 38:39 | 38:13 |
| 142 | John Geboers | Tilburg | 38:42 | 37:14 |
| 143 | Ad Reijngoudt | Loopgroep Goirle | 38:43 | 38:14 |
| 144 | Rob van Oosterhout | Hoeven | 38:43 | 38:05 |
| 145 | Artur Lewandowski | Tilburg | 38:43 | 38:06 |
| 146 | Wim Moonen | Tilburg Road Runners | 38:45 | 38:30 |
| 147 | John Verhoeven | Tilburg | 38:45 | 38:30 |
| 148 | Dave van Baarle | Tilburg | 38:48 | 38:07 |
| 149 | Frans Ghering | Tilburg | 38:49 | 37:16 |
| 150 | Robbert-Jan Tijhuis | Breda | 38:49 | 38:31 |
| 151 | Willem Ligtenberg | Goirle | 38:52 | 38:20 |
| 152 | Rick van Beerendonk | Tilburg | 38:56 | 38:41 |
| 153 | Rob van de Pas | Attila | 38:57 | 38:40 |
| 154 | Rowin van Loon | Tilburg | 38:58 | 38:44 |
| 155 | Kevin Bruneteau | Sittard | 38:58 | 36:21 |
| 156 | Folkert Botma | 's-Hertogenbosch | 38:58 | 35:08 |
| 157 | Bjorn van den Biggelaar | Tilburg | 38:59 | 36:10 |
| 158 | Paul Nijssen | Goirle | 39:00 | 38:40 |
| 159 | Kevin De Coker | Tilburg | 39:02 | 37:03 |
| 160 | Richard Van den Heuvel | Goirle | 39:04 | 36:37 |
| 161 | Sebastian Roetzer | Tilburg | 39:08 | 37:25 |
| 162 | Jack Kivits | Tilburg | 39:09 | 36:43 |
| 163 | Thomas Theunisse | Eindhoven | 39:13 | 38:47 |
| 164 | Harm Koenders | Tilburg | 39:18 | 37:57 |
| 165 | Piet Sterken | Vessem | 39:20 | 38:52 |
| 166 | Mark Bergmans | Goirle | 39:27 | 37:00 |
| 167 | Tom van Son | Goirle | 39:32 | 38:30 |
| 168 | Tim van den Biggelaar | Eindhoven | 39:32 | 38:06 |
| 169 | Giel van Gorp | Goirle | 39:33 | 38:09 |
| 170 | Joep Otten | Tilburg | 39:36 | 39:23 |
| 171 | Erwin Donders | Tilburg | 39:40 | 38:46 |
| 172 | Martijn Smelt | Tilburg | 39:42 | 39:16 |
| 173 | Guus Lustenhouwer | Tilburg | 39:42 | 38:14 |
| 174 | Reinier Geurts | Tilburg | 39:47 | 38:06 |
| 175 | Simon Bierings | Eersel | 39:47 | 35:36 |
| 176 | Mark Snel | Tilburg | 39:48 | 38:22 |

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Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|---------------------------|-------|-------|
| 177 | Bert van Rijswijk | Tilburg | 39:48 | 38:46 |
| 178 | Joost Schunselaar | Tilburg | 39:49 | 36:41 |
| 179 | Mike Fransen | ACES Direct 2 | 39:49 | 39:44 |
| 180 | Paul van Erp | ACES Direct 1 | 39:50 | 39:45 |
| 181 | Robbert van Caem | Tilburg | 39:52 | 37:28 |
| 182 | Tim van Zeeland | Helvoirt | 39:53 | 39:31 |
| 183 | Mario Preska | Tilburg | 39:53 | 38:28 |
| 184 | Helmut Rosner | Tilburg | 39:56 | 39:29 |
| 185 | Frank Smits | Tilburg | 39:57 | 37:11 |
| 186 | Erik Donders | Tilburg | 39:57 | 39:09 |
| 187 | Luc van Oosterhout | Tilburg | 39:59 | 39:20 |
| 188 | Hein Donders | Waalwijk | 40:02 | 38:29 |
| 189 | Janco de Jong | IFF Nederland BV 1 | 40:03 | 39:57 |
| 190 | Arvid Warnderink Vinke | Tilburg | 40:08 | 39:36 |
| 191 | Paul van Glabbeek | Eindhoven | 40:11 | 39:17 |
| 192 | Gunnar Mommers | Tilburg | 40:12 | 38:01 |
| 193 | Joris van Ree | Tilburg | 40:12 | 37:49 |
| 194 | Dave Woestenberg | Tilburg | 40:12 | 38:02 |
| 195 | Bart van Overdam | Zaltbommel | 40:15 | 37:01 |
| 196 | Jarno Burgers | Tilburg | 40:16 | 39:33 |
| 197 | Alec Brouwers | Bergeijk | 40:18 | 39:33 |
| 198 | Jelle van 't Ooster | Tilburg | 40:18 | 38:52 |
| 199 | Michel van Maastricht | Tilburg | 40:20 | 38:50 |
| 200 | Martijn Koerts | Tilburg | 40:20 | 38:36 |
| 201 | Richard Voeten | Tilburg | 40:21 | 39:16 |
| 202 | Thomas Hoeben | Tilburg | 40:21 | 39:39 |
| 203 | Marcel Houben | Tilburg | 40:23 | 39:40 |
| 204 | Lambert Theunissen | Attila | 40:24 | 39:51 |
| 205 | Stephan van der Put | Tilburg | 40:25 | 40:04 |
| 206 | Ad Vermeer | IFF Nederland BV 2 | 40:26 | 40:21 |
| 207 | Erik Kruijzen | Loon op Zand | 40:27 | 38:05 |
| 208 | Wesley Diependaal | Tilburg | 40:29 | 39:01 |
| 209 | Meindert van Duijvenbode | Tilburg | 40:31 | 39:00 |
| 210 | Freddy Lambooy | Waalwijk | 40:34 | 39:01 |
| 211 | Hans Koster | Roosendaal | 40:34 | 40:05 |
| 212 | Patrick Vd Veerdonk | Spiridon | 40:35 | 37:39 |
| 213 | Artur Lukosek | Hoogstraten | 40:36 | 37:43 |
| 214 | Ronald Heinen | Tilburg | 40:36 | 40:02 |
| 215 | Bas van Empel | Tilburg | 40:37 | 39:59 |
| 216 | Gijs van der Sman | Tilburg | 40:39 | 40:13 |
| 217 | Koen Kosten | Goirle | 40:39 | 38:09 |
| 218 | Johan Bosma | HLB Van Daal & Partners 1 | 40:40 | 40:37 |
| 219 | Kenneth van Beurden | Tilburg | 40:43 | 39:27 |
| 220 | Thomas van Nieuwstadt | Tilburg | 40:44 | 40:08 |
| 221 | Stijn Horsten | Tilburg | 40:44 | 39:35 |
| 222 | Stijn van Kester | Tilburg | 40:45 | 39:56 |
| 223 | Tjeerd Langstraat | Breda | 40:50 | 39:40 |
| 224 | Wilco van der Sande | Oisterwijk | 40:51 | 38:47 |
| 225 | Arthur Verhaaren | Tilburg | 40:53 | 39:33 |
| 226 | Herwin Roberts | Tilburg | 40:55 | 38:04 |
| 227 | Servi Suijkerbuijk | Tilburg Road Runners | 40:57 | 39:01 |
| 228 | Willem Bijlefeld | Tilburg | 40:58 | 38:40 |
| 229 | Nick Verhulst | Udenhout | 40:59 | 39:47 |
| 230 | Jeroen Van Iersel | Tilburg | 41:01 | 38:36 |
| 231 | Jan Pije | Tilburg | 41:02 | 38:40 |
| 232 | Hans Wiersema | Tilburg | 41:04 | 37:46 |
| 233 | Nico de Cloe | Waspik | 41:07 | 38:02 |
| 234 | Tommy Brok | Tilburg | 41:07 | 40:51 |
| 235 | Bart Theeuwes | Rijen | 41:08 | 39:59 |

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Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 236 | Otto Bonte | Tilburg | 41:11 | 38:53 |
| 237 | Stefan Somers | Tilburg | 41:12 | 40:23 |
| 238 | Wayne Eikhoudt | Tilburg | 41:12 | 41:02 |
| 239 | Stefan de Bruin | Tilburg | 41:14 | 40:53 |
| 240 | Roel Vennix | Tilburg | 41:16 | 39:27 |
| 241 | Piet van den Hout | Tilburg | 41:16 | 37:35 |
| 242 | Gydo Pelders | Tilburg | 41:17 | 39:16 |
| 243 | Bart Faes | Hapert | 41:18 | 37:43 |
| 244 | Bram Van de Sanden | Tilburg | 41:19 | 39:57 |
| 245 | Marcel Bergman | Tilburg | 41:20 | 38:43 |
| 246 | Hans van Liere | Tilburg | 41:20 | 40:47 |
| 247 | Rainier van Amelsvoort | Tilburg | 41:21 | 40:50 |
| 248 | Barrie Maas | Tilburg | 41:25 | 38:40 |
| 249 | Koen Peskens | Tilburg | 41:25 | 40:02 |
| 250 | Chayas Hassan | Tilburg | 41:27 | 38:58 |
| 251 | Joost Burgmans | Berkel-Enschot | 41:28 | 40:19 |
| 252 | Martin Delsman | ACW '66 | 41:31 | 38:32 |
| 253 | Bjorn Fijneman | Tilburg | 41:32 | 40:04 |
| 254 | Rene Gorisse | Oosterhout Nb | 41:32 | 40:43 |
| 255 | Coen de Klerk | Tilburg | 41:34 | 41:18 |
| 256 | Willem Pijnenburg | Loon op Zand | 41:35 | 40:34 |
| 257 | Casper Boot | Oisterwijk | 41:37 | 38:47 |
| 258 | Sjef Marinus | Attila | 41:37 | 39:40 |
| 259 | Sven Bakker | Dorst | 41:41 | 40:40 |
| 260 | Rob van Steen | Theaters Tilburg 1 | 41:45 | 41:39 |
| 261 | Martijn Truijien | Veldhoven | 41:48 | 38:40 |
| 262 | Jasper Simons | Tilburg | 41:49 | 41:18 |
| 263 | SOE Mertomenawi | Tilburg | 41:49 | 38:17 |
| 264 | Rinse Rooker | Nuenen | 41:51 | 41:15 |
| 265 | Bart Manders | Nuenen | 41:51 | 41:17 |
| 266 | Steven Lutgendorff | Nuenen | 41:51 | 41:15 |
| 267 | Krzysztof Kaczynski | Steenokkerzeel | 41:51 | 39:41 |
| 268 | Joep Vrenken | Tilburg | 41:52 | 40:56 |
| 269 | Karel van der Pol | Eindhoven Atletiek | 41:53 | 39:59 |
| 270 | Tim van der Pol | Eindhoven | 41:55 | 40:01 |
| 271 | Jos Sanders | avVN | 41:55 | 41:26 |
| 272 | Vincent Sprangers | Dongen | 41:56 | 41:38 |
| 273 | Luc Schuurkes | Tilburg | 41:57 | 40:21 |
| 274 | Rob van Gisbergen | Hilvarenbeek | 41:59 | 39:42 |
| 275 | Bart Verhagen | Tilburg | 42:00 | 40:42 |
| 276 | Rimco Maas | Breda | 42:01 | 41:40 |
| 277 | Erwin Boons | Tilburg | 42:01 | 40:07 |
| 278 | Mark van Valkengoed | Tilburg | 42:03 | 38:24 |
| 279 | Ramon Van de Laar | Berkel-Enschot | 42:10 | 38:49 |
| 280 | Fimme Jagersma | Tilburg | 42:10 | 41:47 |
| 281 | Wannes De Lange | Tilburg | 42:11 | 38:44 |
| 282 | Eric Schoenmakers | Berkel-Enschot | 42:12 | 38:45 |
| 283 | Pieter Krol | DESTIL 1 | 42:13 | 42:07 |
| 284 | Sven Hammecher | Tilburg | 42:14 | 40:31 |
| 285 | Andres Bernal | Tilburg | 42:16 | 39:39 |
| 286 | Marc Hoes | Tilburg | 42:17 | 41:12 |
| 287 | Michel Klinkenberg | Tilburg | 42:20 | 39:39 |
| 288 | Martin Storre | Tilburg | 42:21 | 41:46 |
| 289 | Ferry Wilthagen | Goirle | 42:21 | 42:10 |
| 290 | Timo van Gils | Dongen | 42:23 | 42:05 |
| 291 | Joost van Abeelen | Tilburg | 42:24 | 40:38 |
| 292 | Alexander Le Maire | Tilburg | 42:24 | 41:29 |
| 293 | Mark Schraets | Rijsbergen | 42:28 | 40:35 |
| 294 | Martijn Barrink | Tilburg | 42:28 | 42:12 |

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| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|-------|-------|
| 295 | Leon Marcelis | Tilburg | 42:29 | 39:23 |
| 296 | Erwin Osterop | Amsterdam | 42:30 | 41:07 |
| 297 | Joost Bouten | Tilburg | 42:30 | 41:28 |
| 298 | Twan Vissers | Tilburg | 42:30 | 41:28 |
| 299 | Frits van Helsdingen | OSS-VOLO | 42:32 | 41:36 |
| 300 | Niels Mertens | Tilburg | 42:32 | 41:02 |
| 301 | Joep Timmermans | Tilburg | 42:33 | 41:03 |
| 302 | Farah Jama | Berkel-Enschot | 42:36 | 40:20 |
| 303 | Robin Splithof | Arnhem | 42:36 | 41:38 |
| 304 | Lucas van Dongen | Tilburg | 42:37 | 39:32 |
| 305 | Gerben Nieuwenweg | Tilburg | 42:38 | 40:22 |
| 306 | Stefan Hofland | Tilburg | 42:38 | 41:47 |
| 307 | Peter Musters | Tilburg | 42:43 | 42:26 |
| 308 | Bart Pijnenburg | Tilburg Road Runners | 42:43 | 39:38 |
| 309 | Jeroen Vos | Tilburg | 42:43 | 40:47 |
| 310 | Kees Van Kempen | Tilburg | 42:44 | 42:15 |
| 311 | Tom-Jan Brekelmans | Tilburg | 42:46 | 40:21 |
| 312 | Freek Lagas | Amsterdam | 42:46 | 42:27 |
| 313 | Ferdinand Hogerbrug | Gorinchem | 42:48 | 40:39 |
| 314 | Bas Kruiderink | Tilburg | 42:50 | 42:18 |
| 315 | Jos van den Nouwland | Tilburg | 42:51 | 42:28 |
| 316 | Rogier van Leeuwen | Amstelveen | 42:51 | 39:56 |
| 317 | Frank Van den Bosch | Liempde | 42:53 | 39:28 |
| 318 | Paul Dusee | Udenhout | 42:53 | 41:29 |
| 319 | Robin Proos | Tilburg | 42:53 | 40:52 |
| 320 | Roel Beekmans | Goirle | 42:55 | 41:28 |
| 321 | Jelle Baartmans | Steenbergen Nb | 42:55 | 40:25 |
| 322 | Axel Krol | DESTIL 2 | 42:55 | 42:49 |
| 323 | Nico Vermeer | Prins Hendrik | 42:57 | 40:43 |
| 324 | Ramon van de Laar | Tilburg | 42:57 | 42:02 |
| 325 | Raymond van den Berg | Tilburg | 42:57 | 41:24 |
| 326 | Erwin Schapers | Hellevoetsluis | 42:59 | 41:54 |
| 327 | Minguel Lijfrock | Geldrop | 43:00 | 42:27 |
| 328 | Wilco Sikkema | Tilburg | 43:03 | 42:13 |
| 329 | Linda van der Schoof | DESTIL 1 | 43:03 | 42:53 |
| 330 | Marien Leber | Breda | 43:07 | 40:26 |
| 331 | Rob Vesters | Tilburg | 43:08 | 40:11 |
| 332 | Mark Tayeb | Tilburg | 43:12 | 41:56 |
| 333 | Herjan Lamberink | Tilburg | 43:14 | 39:42 |
| 334 | Lichao Pan | Zhejiang Province | 43:15 | 40:50 |
| 335 | Renz Schuurmans | Tilburg | 43:17 | 40:56 |
| 336 | Jordy van der Sande | Oirschot | 43:18 | 41:14 |
| 337 | Joop Van de Wouw | Tilburg | 43:19 | 40:54 |
| 338 | Jeroen Gomes | Tilburg | 43:20 | 42:34 |
| 339 | Harran van der Heijden | Fysiotherapie Reeshof | 43:20 | 42:35 |
| 340 | Arjan Visser | Tilburg | 43:21 | 40:53 |
| 341 | Twan van den Brekel | Tilburg | 43:23 | 41:37 |
| 342 | Balthie van den Dries | Tilburg Road Runners | 43:23 | 42:41 |
| 343 | Eric der Kinderen | Tilburg | 43:24 | 42:37 |
| 344 | Anthony van de Put | Tilburg | 43:24 | 40:20 |
| 345 | Wouter Jaegers | Tilburg | 43:25 | 43:12 |
| 346 | Flip Gooskens | Tilburg | 43:25 | 41:30 |
| 347 | Winus Duffhues | Tilburg | 43:25 | 41:30 |
| 348 | Fons Kleintjes | Tilburg | 43:26 | 40:32 |
| 349 | Raymond Hoebink | Silvolde | 43:27 | 42:59 |
| 350 | Maarten de Cloe | Tilburg | 43:28 | 40:22 |
| 351 | Rick Odrosslij | Holtum | 43:29 | 41:56 |
| 352 | Nico Janssens | Tilburg | 43:29 | 41:58 |
| 353 | Boy Aarts | Tilburg | 43:31 | 40:02 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|---------------------------|-------|-------|
| 354 | Ahmad Alklaf | Nederland | 43:32 | 43:00 |
| 355 | Dirk van der Sanden | Tilburg | 43:32 | 42:32 |
| 356 | Bart Gronenschild | Eindhoven | 43:33 | 41:23 |
| 357 | Ruud Hegeman | Tilburg | 43:33 | 43:25 |
| 358 | Heinze Baars | Oisterwijk | 43:35 | 40:33 |
| 359 | Chris de Jong | Goirle | 43:36 | 40:47 |
| 360 | Okke Agterberg | Goirle | 43:37 | 39:53 |
| 361 | John Ballemans | Tilburg | 43:40 | 42:56 |
| 362 | Rens Dominicus | Tilburg | 43:42 | 43:28 |
| 363 | Ahmad Abdo | Tilburg | 43:44 | 41:18 |
| 364 | Bjorn van den Berg | Tilburg | 43:44 | 42:06 |
| 365 | Mike Ravestein | Tilburg | 43:44 | 41:42 |
| 366 | Ad Leermakers | Tilburg | 43:46 | 42:13 |
| 367 | Bertrand Tourand | Diessen | 43:46 | 40:50 |
| 368 | Jos van Hattem | Goirle | 43:48 | 41:47 |
| 369 | Pim Dirckx | Tilburg | 43:49 | 42:37 |
| 370 | Paul van Boxtel | Son en Breugel | 43:50 | 41:56 |
| 371 | Ismet Berisha | Tilburg | 43:50 | 41:23 |
| 372 | Rob Dingemans | Achil '87 | 43:51 | 43:17 |
| 373 | Bob Gerards | Tilburg | 43:51 | 42:51 |
| 374 | Ebbo van Lieshout | Tilburg Road Runners | 43:52 | 43:09 |
| 375 | Stijn Dieleman | Tilburg | 43:54 | 42:19 |
| 376 | Edwin van Iersel | HLB Van Daal & Partners 1 | 43:54 | 43:52 |
| 377 | Wim Loog | Tilburg Road Runners | 43:55 | 43:19 |
| 378 | Frans van Beurden | Tilburg | 43:56 | 41:33 |
| 379 | Loes Vosters | ACES Direct 1 | 43:56 | 43:51 |
| 380 | Carl Stoepker | IFF Nederland BV 3 | 43:58 | 43:50 |
| 381 | Arjan Van der Stel | Tilburg | 43:59 | 43:20 |
| 382 | Rob Voorhoeve | Tilburg | 43:59 | 42:56 |
| 383 | Nick Tammel | Tilburg | 44:01 | 40:59 |
| 384 | Phons Stokkermans | Fysiotherapie Reeshof | 44:02 | 43:16 |
| 385 | Michel van den Dungen | Tilburg | 44:02 | 43:30 |
| 386 | Ton Rosenberg | Tilburg Road Runners | 44:03 | 40:25 |
| 387 | Bob Vekemans | Tilburg | 44:03 | 41:00 |
| 388 | Wilco Geelhoed | Tilburg | 44:05 | 43:30 |
| 389 | Jasper van Dun | Tilburg | 44:05 | 43:31 |
| 390 | Johan van Iersel | Tilburg | 44:09 | 43:44 |
| 391 | Kurt van Dijk | Tilburg | 44:10 | 43:27 |
| 392 | Peter van Nieuwstadt | Waalwijk | 44:10 | 43:33 |
| 393 | Patrick Walraven | IFF Nederland BV 3 | 44:12 | 44:04 |
| 394 | Coen van der Zande | Tilburg | 44:12 | 42:49 |
| 395 | Bob van Leeuwen | Tilburg | 44:14 | 42:09 |
| 396 | Henk Lelieveld | Tilburg | 44:15 | 41:32 |
| 397 | Bart de Vries | Tilburg | 44:15 | 42:08 |
| 398 | Jos Lemmens | Goirle | 44:17 | 42:02 |
| 399 | Walter de Jong | Tilburg | 44:17 | 42:03 |
| 400 | Jeroen Van Ginneken | Tilburg | 44:17 | 41:19 |
| 401 | Adam Koziol | Tiel | 44:18 | 41:08 |
| 402 | Kenneth Stam | Tilburg | 44:20 | 40:51 |
| 403 | Twan Derks | Tilburg | 44:23 | 43:04 |
| 404 | Peter de Wit | Tilburg Road Runners | 44:26 | 43:27 |
| 405 | John Rademakers | Hilvarenbeek | 44:26 | 42:34 |
| 406 | Ducht De Jong | Tilburg | 44:27 | 41:38 |
| 407 | Sebastian Nowak | Tilburg | 44:28 | 43:51 |
| 408 | Roel van Alphen | Tilburg | 44:30 | 43:11 |
| 409 | Aart Groeneveld | Well Gld | 44:34 | 40:55 |
| 410 | Maurice Pels | Attila | 44:36 | 43:25 |
| 411 | Patrick Rommers | Arnhem | 44:36 | 43:44 |
| 412 | Marcelino Moekiran | DESTIL 1 | 44:36 | 44:23 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 413 | Paul Geurts | Udenhout | 44:37 | 42:55 |
| 414 | Michael Brand | Tilburg | 44:37 | 40:57 |
| 415 | Mart Tonnon | Tilburg | 44:39 | 40:38 |
| 416 | Stijn Mulder | Tilburg | 44:40 | 43:57 |
| 417 | Michel Dieleman | Tilburg | 44:40 | 43:12 |
| 418 | Rolf Smulders | Liempde | 44:41 | 41:17 |
| 419 | Mathieu Hermans | Tilburg | 44:42 | 43:48 |
| 420 | Chris Gordon | Tilburg | 44:42 | 44:11 |
| 421 | Paul Warmerdam | IFF Nederland BV 3 | 44:46 | 44:37 |
| 422 | Tijn van Veen | Tilburg | 44:46 | 41:19 |
| 423 | Jochen Schlappi | Tilburg | 44:47 | 43:15 |
| 424 | Daniël van den Corput | | 44:48 | 41:19 |
| 425 | Karin van Rooij | ACES Direct 1 | 44:48 | 44:44 |
| 426 | Robert De Vet | Tilburg | 44:50 | 42:03 |
| 427 | Gerard van Nunen | Tilburg | 44:51 | 44:04 |
| 428 | Michael de Gouw | Tilburg | 44:52 | 41:29 |
| 429 | Norbert Alvarez | Tilburg | 44:53 | 41:56 |
| 430 | Koen van Abeelen | 's-Hertogenbosch | 44:54 | 41:14 |
| 431 | Marco Smulders | Hilvarenbeek | 44:54 | 44:16 |
| 432 | Stefan Lodder | Tilburg | 44:55 | 43:20 |
| 433 | Henk Fijneman | IFF Nederland BV 2 | 44:56 | 44:47 |
| 434 | Viktor Van Wersch | Eindhoven | 44:57 | 44:11 |
| 435 | Jack Rijzewijk | Dutch Runners | 45:02 | 43:43 |
| 436 | Rens Adam | Tilburg | 45:05 | 42:16 |
| 437 | Sharif Aqeli | Tilburg | 45:06 | 43:12 |
| 438 | Herman Froom | Tilburg | 45:06 | 43:37 |
| 439 | Mart Antony Paulus | Haarlem | 45:07 | 41:22 |
| 440 | Mohamad Kardali | Tilburg Road Runners | 45:07 | 42:39 |
| 441 | Gozewijn Wink | Tilburg | 45:09 | 42:28 |
| 442 | Peter Raaijmakers | Tilburg | 45:13 | 42:25 |
| 443 | Erik Mentink | Tilburg | 45:13 | 42:32 |
| 444 | René Angenent | Tilburg Road Runners | 45:13 | 42:37 |
| 445 | Ralph van Iersel | Loon op Zand | 45:18 | 44:53 |
| 446 | Koen Pessers | Goirle | 45:21 | 42:12 |
| 447 | Rick Distelblom | DESTIL 2 | 45:25 | 45:10 |
| 448 | Luuk Schipperen | Tilburg | 45:28 | 44:02 |
| 449 | Egbert Maijen | Atledo | 45:30 | 45:16 |
| 450 | Arjan van Die | Kaatsheuvel | 45:30 | 43:17 |
| 451 | Peter De Gouw | Tilburg | 45:36 | 44:09 |
| 452 | Ewoud Riegman | Attila | 45:39 | 43:35 |
| 453 | Anton Adams | Tilburg | 45:40 | 43:44 |
| 454 | Harrie Tuerlings | Tilburg | 45:40 | 42:26 |
| 455 | Peter van de Lageweg | Eindhoven | 45:41 | 42:53 |
| 456 | Rob Luiken | Goirle | 45:42 | 43:08 |
| 457 | Geert Thijssen | Tilburg | 45:44 | 44:26 |
| 458 | Edwin Rosch | Tilburg | 45:45 | 44:20 |
| 459 | Rene Kamp | Tilburg | 45:47 | 43:39 |
| 460 | Paul Snels | Heukelom Nb | 45:48 | 44:13 |
| 461 | Reinier Ensink | Tilburg | 45:53 | 43:29 |
| 462 | Myron Lampe | Eindhoven | 45:53 | 43:44 |
| 463 | Bjorn Koks | Tilburg | 45:54 | 44:05 |
| 464 | Eric van der Weel | Tilburg Road Runners | 45:55 | 45:10 |
| 465 | Willem Jan van Keulen | Tilburg | 45:55 | 45:15 |
| 466 | Alaa Abi Morshed | Tilburg | 45:56 | 44:59 |
| 467 | Hans Drubbel | IFF Nederland BV 3 | 45:56 | 45:48 |
| 468 | Ton Cornelissen | Achil '87 | 45:56 | 45:00 |
| 469 | Ary Sahabuddin | Tilburg | 45:58 | 43:30 |
| 470 | Steph de Graaf | Eindhoven | 45:59 | 45:18 |
| 471 | René Van Pelt | Tilburg | 46:00 | 44:00 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|---------------------------|-------|-------|
| 472 | Luke Vredeveld | Goirle | 46:01 | 44:46 |
| 473 | Gerwin Hamers | Tilburg | 46:01 | 44:30 |
| 474 | Hans Klijsen | Tilburg | 46:02 | 42:01 |
| 475 | Mischa Cillessen | Tilburg | 46:03 | 43:19 |
| 476 | Jan van Santvoort | Tilburg | 46:07 | 43:34 |
| 477 | Emiel Meijers | Tilburg | 46:07 | 42:30 |
| 478 | Bart Geraads | Berkel-Enschot | 46:08 | 44:45 |
| 479 | George Frans | Tilburg | 46:09 | 42:58 |
| 480 | Dirk Iding | Tilburg | 46:10 | 43:21 |
| 481 | Bas de Scheemaker | Tilburg | 46:11 | 44:13 |
| 482 | Patrick de Jong | Berkel-Enschot | 46:12 | 42:28 |
| 483 | Teun Brand | Udenhout | 46:13 | 42:54 |
| 484 | René Roeland | Tilburg | 46:15 | 43:38 |
| 485 | Stijn Schuurkes | Tilburg | 46:17 | 44:40 |
| 486 | Peter de Greef | Tilburg | 46:19 | 43:28 |
| 487 | Moreno Hillebrink | | 46:19 | 42:50 |
| 488 | Andy Hoskam | Ammerzoden | 46:20 | 42:48 |
| 489 | Wesly Meulesteen | 's-Hertogenbosch | 46:20 | 45:56 |
| 490 | Mitchell Janssens | Tilburg | 46:20 | 44:28 |
| 491 | Robert Van Tilburg | Tilburg | 46:21 | 44:01 |
| 492 | Ludo van de Bergh | Tilburg | 46:22 | 44:01 |
| 493 | Jan Brock | Tilburg | 46:22 | 46:03 |
| 494 | Ton Flipsen | Tilburg | 46:23 | 45:31 |
| 495 | Paul van Seeters | Goirle | 46:23 | 43:36 |
| 496 | Dennis Vromans | Berkel-Enschot | 46:24 | 43:20 |
| 497 | Menno Lingsma | Tilburg | 46:26 | 42:55 |
| 498 | Jan Sestig | Dongen | 46:26 | 42:56 |
| 499 | Fred Aben | Tilburg | 46:27 | 44:04 |
| 500 | Joost Botman | Tilburg | 46:29 | 44:12 |
| 501 | Robin Brokmann | Eindhoven | 46:31 | 45:42 |
| 502 | Tahsin Yenitürk | Tilburg | 46:32 | 45:19 |
| 503 | Anton Willemse | Tilburg | 46:33 | 44:32 |
| 504 | Maykel Vink | Amstelveen | 46:35 | 44:28 |
| 505 | Marc Lichtenberg | HLB Van Daal & Partners 1 | 46:36 | 46:33 |
| 506 | Harm Draad | Oisterwijk | 46:37 | 44:37 |
| 507 | Ben Van den Brand | Tilburg | 46:38 | 45:50 |
| 508 | John Damen | Tilburg | 46:38 | 45:50 |
| 509 | Rogier van Elderen | Goirle | 46:41 | 44:49 |
| 510 | Johan Molenaar | Tilburg | 46:41 | 43:02 |
| 511 | Hans van Reeuwijk | IFF Nederland BV 3 | 46:42 | 46:33 |
| 512 | Ramon van Geloven | Tilburg | 46:46 | 43:00 |
| 513 | Dennis Berens | Tilburg | 46:47 | 43:06 |
| 514 | Taha Al Chalabi | Nederland | 46:48 | 46:17 |
| 515 | Kevin De Leeuw | Hoogvliet Rotterdam | 46:50 | 44:29 |
| 516 | Paul van Cruchten | Tilburg | 46:52 | 43:34 |
| 517 | Werner Schuurkes | Tilburg | 46:55 | 45:18 |
| 518 | Joost van Heijst | Tilburg | 46:55 | 45:49 |
| 519 | Nico Bartels | Tilburg | 46:57 | 46:35 |
| 520 | Berton Hoofs | Tilburg | 46:57 | 44:24 |
| 521 | Anton Geven | Tilburg | 47:00 | 43:12 |
| 522 | Hans van den Biggelaar | Tilburg | 47:01 | 44:15 |
| 523 | Barry van Dijk | Goirle | 47:01 | 43:12 |
| 524 | Martijn van Hussen | Berkel-Enschot | 47:01 | 45:58 |
| 525 | Ruud Sannen | Tilburg | 47:02 | 46:41 |
| 526 | Steven Boddema | Zwijndrecht | 47:02 | 44:49 |
| 527 | Luuk Bomhof | | 47:04 | 43:37 |
| 528 | Sjef Aertse | Tilburg | 47:07 | 44:49 |
| 529 | Peter Tuerlings | Tilburg | 47:10 | 45:00 |
| 530 | Johan Snelders | Goirle | 47:10 | 46:10 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 531 | Hans Dictus | Tilburg | 47:11 | 46:00 |
| 532 | Harald De Rooij | Tilburg | 47:11 | 46:11 |
| 533 | Ebe Kienstra | Tilburg | 47:13 | 44:39 |
| 534 | Linda van Doorn | DESTIL 2 | 47:17 | 47:06 |
| 535 | Frans van der Poel | Moergestel | 47:19 | 43:45 |
| 536 | Max Keller | Tilburg | 47:20 | 46:17 |
| 537 | Johan Wolfs | Tilburg | 47:22 | 46:23 |
| 538 | Jurgen van Mook | ACW '66 | 47:28 | 46:17 |
| 539 | Will de Laat | Attila | 47:29 | 44:59 |
| 540 | Ferdi Merx | Sprang-Capelle | 47:30 | 43:59 |
| 541 | Jasper Sanders | Breda | 47:33 | 45:54 |
| 542 | Jan Koster | Tilburg | 47:35 | 47:05 |
| 543 | Richard Keller | Tilburg | 47:37 | 45:10 |
| 544 | Floris Brouwers | Baarle-Nassau | 47:38 | 45:46 |
| 545 | Bart Brouwers | Baarle-Nassau | 47:38 | 45:46 |
| 546 | Eloy de Kort | Tilburg | 47:39 | 46:24 |
| 547 | Frans Van der Poel | Moergestel | 47:42 | 44:08 |
| 548 | John De Haan | Tilburg | 47:43 | 44:36 |
| 549 | Noud Janssen | Tilburg | 47:44 | 45:42 |
| 550 | Robert de Bruin | Tilburg | 47:45 | 47:24 |
| 551 | John van Drunen | Almkerk | 47:45 | 46:26 |
| 552 | Kevin Frederiks | Sint-Oedenrode | 47:46 | 44:00 |
| 553 | Konraad Vermeiren | Tilburg | 47:47 | 45:01 |
| 554 | Wil Van Horen | Tilburg | 47:51 | 47:40 |
| 555 | Ruben Donsbach | Uden | 47:57 | 44:47 |
| 556 | Corne Verhoeven | Tilburg | 48:01 | 44:53 |
| 557 | Roy van Santvoort | Tilburg | 48:02 | 45:31 |
| 558 | Dennis Cruyssen | Tilburg | 48:05 | 44:42 |
| 559 | Geert-Jan Bosmans | Tilburg | 48:06 | 45:41 |
| 560 | Willemijn Ligthart | ACES Direct 2 | 48:06 | 48:01 |
| 561 | Kenny Lips | Tilburg | 48:07 | 47:09 |
| 562 | Edy Blaauwgeers | Tilburg | 48:07 | 44:47 |
| 563 | Remy Dollekens | 's-Hertogenbosch | 48:08 | 44:51 |
| 564 | Stephan Van Drunen | Breda | 48:08 | 44:52 |
| 565 | Roy Peijnenburg | Liempde | 48:11 | 44:47 |
| 566 | Patrick Haurissa | Tilburg | 48:12 | 46:48 |
| 567 | Joosje Klaasse | Theaters Tilburg 1 | 48:12 | 48:07 |
| 568 | Ger Pieters | Tilburg | 48:16 | 46:12 |
| 569 | Max van Vliet | Tilburg | 48:16 | 44:40 |
| 570 | Berny van de Donk | Tilburg | 48:17 | 44:46 |
| 571 | Robbert Roijter | Tilburg | 48:24 | 47:31 |
| 572 | Youri Vos | Tilburg | 48:24 | 47:30 |
| 573 | Sjors Keuninx | Oisterwijk | 48:28 | 46:08 |
| 574 | Joost Ketelaars | Tilburg Road Runners | 48:28 | 46:57 |
| 575 | Sherman Ricardo | Tilburg | 48:30 | 45:55 |
| 576 | Werner Pellis | Zundert | 48:32 | 45:42 |
| 577 | Gerard Hermans | Tilburg | 48:33 | 47:38 |
| 578 | Dyan Tjon | Tilburg | 48:34 | 46:59 |
| 579 | Frank van der Heijden | Tilburg | 48:35 | 45:58 |
| 580 | Joost Pasmans | Vught | 48:35 | 44:51 |
| 581 | Joost Timp | GAC Gemert | 48:39 | 47:20 |
| 582 | Wim Bergshoeff | Oosterhout Nb | 48:40 | 46:00 |
| 583 | Thomas Leenknecht | Tilburg | 48:40 | 45:19 |
| 584 | Marnix Jumelet | Zaltbommel | 48:42 | 48:12 |
| 585 | Stefan Bogaard | Rijen | 48:45 | 47:41 |
| 586 | Dwayne Coule | Tilburg | 48:46 | 48:10 |
| 587 | Marcel Niemarkt | Goirle | 48:48 | 48:00 |
| 588 | Dave van der Meijs | Biest-Houtakker | 48:51 | 45:21 |
| 589 | Huib van de Sandt | Tilburg | 48:58 | 47:49 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|------------------------|-------|-------|
| 590 | Ferdinand Kalkman | Tilburg | 48:58 | 48:14 |
| 591 | Eric de Rooij | Goirle | 49:03 | 46:28 |
| 592 | Ralph Hamers | Eindhoven | 49:03 | 47:02 |
| 593 | Niels Schelstraete | Tilburg | 49:04 | 46:42 |
| 594 | Krijn Westerburgen | Tilburg | 49:05 | 47:24 |
| 595 | Marco Stolk | Tilburg | 49:08 | 45:10 |
| 596 | Ralph Barbier | Capelle aan den IJssel | 49:08 | 45:26 |
| 597 | Andre van der Sande | Berkel-Enschot | 49:14 | 46:00 |
| 598 | Giovanni Moonen | Hilvarenbeek | 49:17 | 45:42 |
| 599 | Maurice de Scheemaker | Woerden | 49:18 | 47:20 |
| 600 | Jeroen van Nigtevegt | Tilburg | 49:19 | 46:47 |
| 601 | Michel Selij | Tilburg | 49:21 | 47:02 |
| 602 | Stefijn Kerkhoff | Tilburg | 49:23 | 47:28 |
| 603 | Jurgen van Hest | Tilburg | 49:27 | 47:53 |
| 604 | Nick Boef | Tilburg | 49:27 | 47:19 |
| 605 | Sven Joosten | Goirle | 49:29 | 45:47 |
| 606 | Jeroen van de Ven | Tilburg | 49:30 | 46:59 |
| 607 | Rick Peters | | 49:30 | 46:59 |
| 608 | Bert Verhoof | Kaatsheuvel | 49:30 | 45:31 |
| 609 | Nils Janssens | Tilburg | 49:30 | 47:02 |
| 610 | Maarten de Haan | Helmond | 49:31 | 47:28 |
| 611 | Arno Hoeckx | Attila | 49:31 | 48:44 |
| 612 | Wesley Hoefmans | Alphen Nb | 49:32 | 47:08 |
| 613 | Dave Tuijtelaars | Tilburg | 49:33 | 47:08 |
| 614 | Adriaan Huijbrechts | Tilburg | 49:34 | 46:03 |
| 615 | David Revilla Sanchez | Tilburg | 49:39 | 47:03 |
| 616 | Rens Claassen | Tilburg | 49:41 | 47:50 |
| 617 | Hein Havens | Tilburg | 49:43 | 48:02 |
| 618 | Dennis van den Noort | Oudenbosch | 49:44 | 48:55 |
| 619 | Wijnand van der Meer | Middenmeer | 49:45 | 49:10 |
| 620 | Gijs Bernard | Tilburg | 49:52 | 46:00 |
| 621 | Martijn de Kok | Tilburg | 49:56 | 49:13 |
| 622 | Hans Sparla | Tilburg | 49:59 | 49:18 |
| 623 | Kshitiz Dahal | Tilburg | 50:01 | 48:35 |
| 624 | Jasper Steenbergen | Tilburg | 50:01 | 48:10 |
| 625 | Ivo de Voort | Tilburg | 50:03 | 48:46 |
| 626 | Joost Kouwenberg | Tilburg | 50:05 | 47:06 |
| 627 | Reinder Vrieze | Tilburg | 50:08 | 47:05 |
| 628 | Rene van Schijndel | 's-Hertogenbosch | 50:25 | 48:58 |
| 629 | Kevin Blokland | Papendrecht | 50:28 | 47:47 |
| 630 | Rob Jacobs | Tilburg | 50:32 | 46:54 |
| 631 | Andreas Ivanov | Tilburg | 50:32 | 49:43 |
| 632 | Daniel Bauer | Tilburg | 50:34 | 47:09 |
| 633 | Jan-Willem Smit | ACES Direct 1 | 50:37 | 50:31 |
| 634 | Ton Elias | Tilburg | 50:39 | 48:57 |
| 635 | Twan van Hautum | Tilburg | 50:40 | 47:40 |
| 636 | Jan van Zijl | Tilburg | 50:42 | 47:42 |
| 637 | Nick van Loon | Tilburg | 50:43 | 50:19 |
| 638 | Pim Goosen | Tilburg | 50:44 | 47:21 |
| 639 | Mark van Aarle | Tilburg | 50:44 | 47:08 |
| 640 | Peter van Hoogstraten | Oss | 50:47 | 47:32 |
| 641 | Ronald van Vuren | Tilburg | 50:48 | 48:20 |
| 642 | Ginger Slavenburg | Tilburg | 50:52 | 49:13 |
| 643 | RJC de Kort | Tilburg | 50:56 | 47:33 |
| 644 | Maikel de Beer | Tilburg | 50:57 | 47:33 |
| 645 | Mohammad Hani al Eishi | Nederland | 50:59 | 50:27 |
| 646 | Fred Hohenstein | Tilburg | 51:00 | 48:30 |
| 647 | Rene Van Riel | Kaatsheuvel | 51:09 | 50:58 |
| 648 | Lex Lemmens | Tilburg | 51:10 | 47:53 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 649 | Marco Damhuis | Tilburg | 51:10 | 47:52 |
| 650 | Bas Verstappen | Tilburg | 51:11 | 49:22 |
| 651 | Rob de Brabander | Tilburg | 51:23 | 48:27 |
| 652 | Kees Mutsaers | Tilburg | 51:26 | 49:42 |
| 653 | Juergen Dornigg | Tilburg | 51:27 | 48:01 |
| 654 | Dirk van der Linden | Tilburg | 51:28 | 50:21 |
| 655 | Pepijn Roelofs | Tilburg | 51:30 | 48:12 |
| 656 | Marc Parade | Dutch Runners | 51:31 | 48:14 |
| 657 | Richard Leevenson | Tilburg | 51:33 | 47:57 |
| 658 | Simon Ghering | Achil '87 | 51:33 | 49:20 |
| 659 | Henry Vermaas | Tilburg | 51:34 | 49:57 |
| 660 | Jos Raaijmakers | Tilburg | 51:40 | 49:35 |
| 661 | Thomas van Berkel | Oisterwijk | 51:52 | 48:13 |
| 662 | Julia Akkerman | Theaters Tilburg 2 | 51:56 | 51:52 |
| 663 | William Verspeek | Udenhout | 52:02 | 48:43 |
| 664 | Mikel Janssens | Tilburg | 52:08 | 49:04 |
| 665 | Karel Bakker | Tilburg | 52:12 | 49:15 |
| 666 | Kevin Trommelen | Tilburg | 52:15 | 50:23 |
| 667 | Anton Mols | Dongen | 52:18 | 51:03 |
| 668 | Arthur Korenromp | Tilburg | 52:21 | 50:28 |
| 669 | André Pulles | Waalwijk | 52:23 | 50:07 |
| 670 | Jacques Peters | Atletiek Maastricht | 52:23 | 49:45 |
| 671 | Jan van der Ham | Den Hoorn Zh | 52:27 | 48:46 |
| 672 | Fons Potters | Vught | 52:34 | 49:55 |
| 673 | Rob de Vries | Eindhoven | 52:38 | 51:09 |
| 674 | Ruud Oerlemans | Oisterwijk | 52:47 | 51:12 |
| 675 | Hans Krielaart | Tilburg | 52:49 | 49:08 |
| 676 | Nicolaas Veltman | Tilburg | 52:56 | 49:22 |
| 677 | Harold Pijfers-Bensing | Tilburg | 52:59 | 52:08 |
| 678 | Sander Bos | Dongen | 53:07 | 50:32 |
| 679 | Norbert Hendriksen | Tilburg | 53:13 | 49:32 |
| 680 | Jeroen de Groot | Tilburg | 53:15 | 51:30 |
| 681 | Bert van Vliet | Tilburg | 53:19 | 49:44 |
| 682 | Roel Fransen | Tilburg | 53:29 | 51:45 |
| 683 | Gerard vd Wiel | DESTIL 1 | 53:31 | 53:18 |
| 684 | Frank Stevers | Eindhoven | 53:32 | 52:18 |
| 685 | Roland vd Nieuwenhuizen | DESTIL 1 | 53:33 | 53:21 |
| 686 | Henk Verhoeven | Tilburg Road Runners | 53:42 | 51:25 |
| 687 | Peter Hendriks | Tilburg | 53:42 | 51:26 |
| 688 | Soert Schouwenaar | Dutch Runners | 53:46 | 53:20 |
| 689 | Remco Verbeek | Tilburg | 54:13 | 51:39 |
| 690 | Geert van Atteveld | Tilburg | 54:17 | 51:42 |
| 691 | Corné van Vuren | Udenhout | 54:23 | 51:52 |
| 692 | Bob de Gouw | Loon op Zand | 54:23 | 51:02 |
| 693 | Joost Veuger | Theaters Tilburg 2 | 54:31 | 54:25 |
| 694 | Herman Thijs | Tilburg | 54:34 | 53:21 |
| 695 | Laurens Hofland | Tilburg | 54:35 | 53:42 |
| 696 | Luuk Bohnen | Tilburg | 54:54 | 51:22 |
| 697 | Fons Reffeltrath | | 55:11 | 51:43 |
| 698 | Edwin Haak | Goirle | 55:14 | 52:54 |
| 699 | Tim Donckers | Tilburg | 55:21 | 53:20 |
| 700 | Simon van Casteren | Tilburg | 55:23 | 52:08 |
| 701 | Constantin Lazari | Tilburg | 55:25 | 54:38 |
| 702 | Martijn Bruininx | Tilburg | 55:31 | 53:04 |
| 703 | Michiel de Been | Raamsdonk | 55:33 | 55:02 |
| 704 | Pascalie van der Horst | BMW Renova Tilburg 1 | 55:44 | 55:34 |
| 705 | Hein Stads | Tilburg | 55:44 | 55:34 |
| 706 | Niels Binnekamp | Tilburg | 55:53 | 53:15 |
| 707 | John Noordermeer | Woensdrecht | 55:55 | 53:10 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------|-----------------------|---------|---------|
| 708 | Henk Heuten | Helmond | 55:56 | 53:17 |
| 709 | Bart Hofman | Deurne | 55:56 | 53:17 |
| 710 | Mark van Gorp | Achil '87 | 55:57 | 53:44 |
| 711 | Jack van de Sande | Achil '87 | 55:59 | 53:46 |
| 712 | Youri Kemna | Tilburg | 56:05 | 53:32 |
| 713 | Marco Laurijssen | Tilburg | 56:22 | 53:12 |
| 714 | Eric van Mierlo | Tilburg | 56:23 | 54:38 |
| 715 | Micheal Griffin | Tilburg | 56:38 | 53:44 |
| 716 | Weijert de Vries | LOGO | 56:53 | 55:23 |
| 717 | Richard Mols | Tilburg | 57:01 | 53:49 |
| 718 | Geert Wolbert | Tilburg | 57:14 | 56:47 |
| 719 | Henk Mathijssen | Loon op Zand | 57:21 | 53:56 |
| 720 | Jasper Jansen | Tilburg | 57:21 | 53:57 |
| 721 | Patrick De Beer | Sint-Oedenrode | 57:24 | 54:16 |
| 722 | Peter van Gestel | Tilburg | 57:25 | 54:53 |
| 723 | Rijk Vlaanderen | Tilburg | 57:27 | 57:00 |
| 724 | Marcel van der Wolf | Tilburg Road Runners | 57:58 | 55:32 |
| 725 | Luuk van Hulten | Drunen | 58:49 | 56:13 |
| 726 | Steven van der Gronden | Oosterbeek | 59:06 | 55:54 |
| 727 | Sjaak Van Dijke | Middelburg | 59:27 | 56:52 |
| 728 | Rik Van Abeelen | Tilburg | 59:28 | 55:55 |
| 729 | Marco Ripson | Loopvereniging TOF | 59:33 | 57:27 |
| 730 | Peter Cotteleer | Tilburg | 59:50 | 58:42 |
| 731 | Marcel Segers | Tilburg | 59:58 | 57:13 |
| 732 | Kjille van Duin | Berkel-Enschot | 1:00:13 | 53:46 |
| 733 | Burney van Leenen | Tilburg | 1:00:40 | 58:22 |
| 734 | André van Aarden | Tilburg | 1:00:49 | 59:41 |
| 735 | Christ van Leest | Tilburg Road Runners | 1:01:35 | 57:57 |
| 736 | Erik Meijnen | Tilburg | 1:01:50 | 1:00:47 |
| 737 | Nico van Esch | Moergestel | 1:02:17 | 1:00:19 |
| 738 | Jan Arts | Vught | 1:04:25 | 1:01:04 |

VROUW, 5 MIJL

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------------|-----------------------|-------|-------|
| 1 | Merel de Knegt | | 28:58 | 28:58 |
| 2 | Femke van Hest | Nederland | 29:53 | 29:52 |
| 3 | Hilde Gilissen | Parcival | 31:22 | 31:22 |
| 4 | Loes Verstappen | Tilburg Road Runners | 33:54 | 33:51 |
| 5 | Katarzyna Pietrzykowski | Oosterhout Nb | 34:59 | 34:23 |
| 6 | Chantel De Lange | Tilburg Road Runners | 35:06 | 35:03 |
| 7 | Anouck van Belkom | Riel | 36:30 | 36:23 |
| 8 | Quirine van Aerts | Breda | 37:02 | 35:40 |
| 9 | Bregje van Dijk | Drunen | 37:04 | 36:52 |
| 10 | Rosanne van Kerkhoven | Tilburg Road Runners | 38:10 | 38:06 |
| 11 | Angela Schellekens | Tilburg Road Runners | 38:17 | 38:03 |
| 12 | Nannet Vermeer | Tilburg | 38:23 | 38:01 |
| 13 | Daniëlle Berendsen | 's-Hertogenbosch | 38:27 | 38:03 |
| 14 | Yvonne Janssen | Tilburg | 38:36 | 38:32 |
| 15 | Susan Meeuwis | Tilburg | 38:41 | 38:12 |
| 16 | Corine de Ruijter | Tilburg | 38:50 | 36:47 |
| 17 | Linda Van Elderen | Goirle | 39:16 | 39:01 |
| 18 | Samantha van Lokven | Tilburg | 39:17 | 39:15 |
| 19 | Lieke Hannen | Udenhout | 39:21 | 39:00 |
| 20 | Neeltje van der Sman | Sprint | 39:21 | 38:55 |
| 21 | Marieke Musegaas | Tilburg | 39:34 | 39:17 |
| 22 | Jessica van de Sande | ACES Direct 1 | 39:53 | 39:48 |
| 23 | Marije van Halteren | Tilburg | 40:00 | 38:43 |
| 24 | Milja Mutsaers | Tilburg | 40:04 | 38:20 |
| 25 | Sabine Brands-Massar | Tilburg Road Runners | 40:21 | 39:25 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------|---------------------------|-------|-------|
| 26 | Marieke Wijdemans | HLB Van Daal & Partners 1 | 40:37 | 40:34 |
| 27 | Manouk Milbou | Dongen | 40:46 | 39:39 |
| 28 | Ineke Jussen | Goirle | 40:48 | 40:20 |
| 29 | Yvette Van den Bogert | Tilburg | 40:57 | 39:39 |
| 30 | Ardie Gijsbers | Tilburg | 40:58 | 40:41 |
| 31 | Hana Smrckova | Tilburg | 41:00 | 38:11 |
| 32 | Yvonne Loijen | Dutch Runners | 41:00 | 40:45 |
| 33 | Evi de Cock | Tilburg | 41:00 | 40:45 |
| 34 | Saskia Kivits | Loopgroep Wijbosch | 41:08 | 40:41 |
| 35 | Mieke Kooloos | Tilburg Road Runners | 41:13 | 40:54 |
| 36 | Floortje Lagendijk | Tilburg | 41:18 | 39:18 |
| 37 | Hélène Coomans | Tilburg Road Runners | 41:18 | 40:27 |
| 38 | Karlijn van Bijnen | Tilburg | 41:25 | 41:10 |
| 39 | Malou Naus | Tilburg | 41:30 | 41:10 |
| 40 | Leny Burgmans | Attila | 41:37 | 41:06 |
| 41 | Maartje Konings | Tilburg | 41:46 | 40:49 |
| 42 | Jacqueline Stouten | Atledo | 41:49 | 40:43 |
| 43 | Maroeska Ars | AV '56 | 41:58 | 41:18 |
| 44 | Levine Hartjes | Haaren | 42:01 | 39:54 |
| 45 | Sanne Vermeer | Haaren | 42:04 | 41:42 |
| 46 | Aïcha Peutz | Tilburg | 42:04 | 41:09 |
| 47 | Judith Geers | Attila | 42:04 | 39:44 |
| 48 | Jade Knight | Tilburg | 42:04 | 41:25 |
| 49 | Agata Synoradzka | Venlo | 42:07 | 41:31 |
| 50 | Joanne Bakker | Breda | 42:28 | 39:32 |
| 51 | Sharon Stads | Tilburg | 42:35 | 42:25 |
| 52 | Marion Hoogveld | Goirle | 42:38 | 40:20 |
| 53 | Jessie Smits | Tilburg | 42:39 | 40:21 |
| 54 | Claudia Breunesse | Baarn | 42:40 | 41:33 |
| 55 | Folora Farzahah | Tilburg | 42:40 | 40:11 |
| 56 | Tineke Meens | Tilburg | 42:42 | 40:46 |
| 57 | Lonneke van de Ven | Tilburg | 42:46 | 42:27 |
| 58 | Sandra van Bruinisse | Tilburg | 42:51 | 42:10 |
| 59 | Martine Sassen | Tilburg | 42:54 | 41:24 |
| 60 | Femke Buijs | Tilburg | 43:14 | 41:14 |
| 61 | Marissa Op 't Hoog | Moergestel | 43:21 | 40:19 |
| 62 | Margo van Zummeren | Tilburg | 43:23 | 42:00 |
| 63 | Herma van Lieshout | Tilburg | 43:24 | 42:34 |
| 64 | Marlou Blaas | Tilburg | 43:25 | 43:12 |
| 65 | Ingrid Vermeulen | Dongen | 43:37 | 42:31 |
| 66 | Denise Dingemans | Tilburg | 43:44 | 43:02 |
| 67 | Sharon Struijcken | Berkel-Enschot | 43:48 | 40:29 |
| 68 | Ellen Smeets | Tilburg | 43:50 | 41:08 |
| 69 | Anne-Marie van Otterlo | Tilburg | 43:51 | 43:05 |
| 70 | Nathalie Ververs | Drunen | 43:54 | 41:54 |
| 71 | Maartje van Erve | Tilburg | 43:59 | 43:18 |
| 72 | Margriet Moonen | Boxtel | 44:06 | 40:56 |
| 73 | Helma van den Hurk | Veldhoven | 44:12 | 42:10 |
| 74 | Lydia Verschuren | Goirle | 44:17 | 43:41 |
| 75 | Amy Meesters | Tilburg | 44:20 | 43:58 |
| 76 | Annemarieke van den Elzen | Tilburg | 44:24 | 40:45 |
| 77 | Miranda de Swart | Altena Road Runners | 44:26 | 43:27 |
| 78 | Annejet Blenkers | Tilburg | 44:27 | 41:23 |
| 79 | Laura Kaschny | Tilburg | 44:30 | 43:52 |
| 80 | Marinka Brosens | Nieuwegein | 44:30 | 43:17 |
| 81 | Cindy van der Vleuten | Tilburg | 44:33 | 42:55 |
| 82 | Manon Frissen | Tilburg | 44:36 | 43:41 |
| 83 | Karolina Walczak | Tilburg | 44:43 | 41:51 |
| 84 | Steffie van der Schoof | Tilburg | 44:47 | 43:14 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------------|--------------------------|-------|-------|
| 85 | Evelien Verstegen | Tilburg | 44:47 | 43:50 |
| 86 | Fleur Hofland | Berkel-Enschot | 44:48 | 43:54 |
| 87 | Hannie Wolbert | Tilburg Road Runners | 44:52 | 44:25 |
| 88 | Lisette Smulders | Hilvarenbeek | 44:54 | 44:16 |
| 89 | Joyce Molewijk | Oosterhout Nb | 45:00 | 43:01 |
| 90 | Linda Minderhout | Fysiotherapie Reeshof | 45:00 | 44:02 |
| 91 | Kim Wouters | Hapert | 45:09 | 41:36 |
| 92 | Edith Van Gerven | Goirle | 45:11 | 44:43 |
| 93 | Erica Schoenmakers | BMW Renova Tilburg 1 | 45:19 | 45:09 |
| 94 | Wera Wittebol | Tilburg | 45:20 | 42:40 |
| 95 | Inge Christiaens | Tilburg | 45:23 | 43:58 |
| 96 | Margie Mertens | Rijsbergen | 45:25 | 43:32 |
| 97 | Kim Sestig | Raamsdonksveer | 45:28 | 45:08 |
| 98 | Erika Massuger | Oisterwijk | 45:37 | 43:56 |
| 99 | Lonneke Veltmeijer | Tilburg | 45:37 | 42:28 |
| 100 | Saskia van Diemen | Tilburg | 45:38 | 42:29 |
| 101 | Leonie Mulders | Diessen | 45:39 | 42:43 |
| 102 | Mathilde Schlappi | Berkel-Enschot | 45:40 | 44:09 |
| 103 | Katinga Vermeulen | Zaltbommel Dutch Runners | 45:40 | 44:38 |
| 104 | Evy Luiken | Goirle | 45:41 | 43:07 |
| 105 | Pamela Braam | Eindhoven | 45:42 | 42:44 |
| 106 | Naomi Hoven | Holtum | 45:47 | 44:14 |
| 107 | Brigitte van Oijen | Dutch Runners | 45:51 | 44:49 |
| 108 | Katerina Huptychova | Praag | 45:56 | 44:59 |
| 109 | Mariska de Graaf | GVAC | 45:59 | 45:17 |
| 110 | Lieke Schröder | 's-Gravenhage | 45:59 | 44:30 |
| 111 | Marina Mutsaers | Tilburg | 46:00 | 45:02 |
| 112 | Debby van der Horst-de Beer | Tilburg | 46:01 | 43:01 |
| 113 | Fieke Hoppenbrouwers | Tilburg | 46:02 | 43:11 |
| 114 | Esther Krul | Loon op Zand | 46:05 | 44:55 |
| 115 | Eefje van Eijck | Liempde | 46:07 | 45:26 |
| 116 | Isabelle Geraads-Piggen | Berkel-Enschot | 46:09 | 44:45 |
| 117 | Suzan Meeuwis | Tilburg | 46:09 | 46:00 |
| 118 | Charlotte Verschure | Tilburg | 46:14 | 45:36 |
| 119 | Mikaela Burch | Tilburg | 46:14 | 45:36 |
| 120 | Patricia Trommelen | Tilburg | 46:15 | 43:55 |
| 121 | Diana Verhagen | Tilburg | 46:18 | 44:55 |
| 122 | Brenda Cervenka | Goirle | 46:20 | 44:21 |
| 123 | Janneke Maas | Tilburg | 46:20 | 44:20 |
| 124 | Chiara Brands | Arnhem | 46:21 | 45:11 |
| 125 | Eefje Rolsma | Tilburg | 46:22 | 43:31 |
| 126 | Ilona Frijters | Tilburg | 46:23 | 45:01 |
| 127 | Anne van Osta | Tilburg | 46:25 | 46:07 |
| 128 | Annemieke Kooter | Tilburg | 46:26 | 45:36 |
| 129 | Monique Bastmeijer | Tilburg | 46:27 | 45:48 |
| 130 | Rishan Beyene | Tilburg | 46:38 | 44:10 |
| 131 | Magda Van Deventer | Attila | 46:38 | 44:09 |
| 132 | Malia Salas | IFF Nederland BV 1 | 46:39 | 46:31 |
| 133 | Julie Cavarroc | Tilburg | 46:39 | 43:13 |
| 134 | Britt van Veen | Tilburg | 46:40 | 43:14 |
| 135 | Sanne de Jong | Tilburg | 46:41 | 44:26 |
| 136 | Simone Kuijpers | Tilburg | 46:41 | 45:36 |
| 137 | Lotte Lapidaire | Tilburg | 46:48 | 45:44 |
| 138 | Tanja Schalken | Berkel-Enschot | 46:49 | 46:05 |
| 139 | Ann van Loon | Tilburg | 46:56 | 46:38 |
| 140 | Maud Groenen | Tilburg | 46:59 | 46:17 |
| 141 | Esmée Venema | Amstelveen | 47:00 | 44:06 |
| 142 | Tember van den Heuvel | BMW Renova Tilburg 1 | 47:00 | 46:49 |
| 143 | Nadine van Gerwen | Tilburg Road Runners | 47:00 | 46:01 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|-----------------------|-------|-------|
| 144 | Charlotte van Geffen | Tilburg | 47:00 | 46:27 |
| 145 | Sanne van Duin | Eindhoven | 47:04 | 44:49 |
| 146 | Wendy Goossens | Tilburg | 47:05 | 44:14 |
| 147 | Marielle van den Broek | Tilburg | 47:05 | 46:07 |
| 148 | Linda Martens | Tilburg | 47:11 | 46:26 |
| 149 | Marlieke Bakker | Tilburg | 47:13 | 44:41 |
| 150 | Jolanda van Rijsewijk | Tilburg | 47:17 | 43:42 |
| 151 | Angela Papadogamvraki | Tilburg | 47:23 | 43:51 |
| 152 | Laura Stads | Tilburg | 47:26 | 47:15 |
| 153 | Margit Rijnders | Breda | 47:27 | 45:21 |
| 154 | Elise Van Cleef | Tilburg | 47:32 | 45:47 |
| 155 | Jacqueline Weijtens | Attila | 47:32 | 45:47 |
| 156 | Anita Meeuwis | Tilburg | 47:34 | 47:05 |
| 157 | Jacqueline Meijers | Hoedekenskerke | 47:36 | 47:28 |
| 158 | Marjolein van der Klip | Tilburg | 47:38 | 44:38 |
| 159 | Hanneke Verhoekx | Tilburg | 47:41 | 44:53 |
| 160 | Gabriëlla van Oerle | Oosterhout Nb | 47:41 | 45:42 |
| 161 | Tonke van de Ven | Eindhoven | 47:41 | 46:02 |
| 162 | Miranda van Lissum | Sint-Oedenrode | 47:46 | 43:59 |
| 163 | Benthe van Gansen | Berkel-Enschot | 47:47 | 47:20 |
| 164 | Corrie Wouters | Tilburg | 47:50 | 44:24 |
| 165 | Anne van de Wouw | Esbeek | 47:52 | 44:22 |
| 166 | Karen Bastings | Tilburg | 47:56 | 46:03 |
| 167 | Chrissy Donsbach | Uden | 47:57 | 44:46 |
| 168 | Joukje Welman | Breda | 47:57 | 45:52 |
| 169 | Kim Bevert | | 47:58 | 46:23 |
| 170 | Chantal Wilhelm | Moergestel | 47:59 | 46:21 |
| 171 | Simone Hosli | Tilburg | 48:01 | 46:36 |
| 172 | Lieke Boon | Tilburg | 48:04 | 47:20 |
| 173 | Miriam Geerts | Tilburg Road Runners | 48:05 | 47:23 |
| 174 | Nermina Mehmedovic | Kaatsheuvel | 48:07 | 46:23 |
| 175 | Melissa van der Zwaard | Rijen | 48:08 | 47:03 |
| 176 | Mad Wolf | Tilburg | 48:09 | 47:27 |
| 177 | Barbara Tuerlings | Tilburg | 48:11 | 46:01 |
| 178 | Monique Macheleidt | IFF Nederland BV 1 | 48:15 | 48:08 |
| 179 | Janneke van Meel | Phoenix | 48:16 | 47:10 |
| 180 | Yasmina Van den Oetelaar | Tilburg | 48:17 | 45:23 |
| 181 | Aaliyah Gordon | Nederland | 48:23 | 47:53 |
| 182 | Marian Brand | Udenhout | 48:23 | 45:04 |
| 183 | Sasja Vos | Tilburg | 48:24 | 47:32 |
| 184 | Stephanie Splinters | Eethen | 48:27 | 47:34 |
| 185 | Yvonne Theeuwes | Rijen | 48:28 | 47:19 |
| 186 | Corien Veron | Esbeek | 48:29 | 47:42 |
| 187 | Odette Geurts | Tilburg | 48:30 | 45:26 |
| 188 | Ellen van Raak | Tilburg | 48:30 | 45:30 |
| 189 | Bregje Smulders | Goirle | 48:30 | 46:22 |
| 190 | Janneke Rasenberg | Tilburg | 48:31 | 46:12 |
| 191 | Marcia van de Wiel | Oisterwijk | 48:32 | 46:11 |
| 192 | Piengnapa Pakuthai | Tilburg | 48:33 | 46:49 |
| 193 | Lea-Nada Kerkhoven | Tilburg | 48:37 | 47:40 |
| 194 | Renate ten Bokkel | Tilburg | 48:38 | 46:47 |
| 195 | Louise Theeuwes | Rijen | 48:39 | 47:30 |
| 196 | Geranne Jiskoot | Breda | 48:39 | 47:29 |
| 197 | Denise Bergshoeff | Oosterhout Nb | 48:39 | 45:59 |
| 198 | Mirjam Sterrenburg | Andel | 48:42 | 48:12 |
| 199 | Els Rovers | Tilburg | 48:44 | 45:53 |
| 200 | Lieke Rensen | Tilburg | 48:45 | 45:42 |
| 201 | Monique Heuijers | Tilburg | 48:46 | 46:22 |
| 202 | Inge van Beek | Rijsbergen | 48:46 | 45:39 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------------------------|-----------------------|-------|-------|
| 203 | Terry van Driel | Tilburg | 48:47 | 46:05 |
| 204 | Marloes Zwets | Breda | 48:48 | 45:53 |
| 205 | Nathalie Damen | Rijsbergen | 48:49 | 45:42 |
| 206 | Josefine Schaefer | Tilburg | 48:51 | 47:18 |
| 207 | Jet van der Meijden | Berkel-Enschot | 48:52 | 46:46 |
| 208 | Lucia Kleinegris | Tilburg | 48:53 | 47:33 |
| 209 | Marina Nishimura | Tilburg | 48:54 | 47:20 |
| 210 | Nicole Van Noort | Achil '87 | 48:58 | 46:49 |
| 211 | Lia Lap | Papendrecht | 48:59 | 47:56 |
| 212 | Beyza Alimci | Tilburg | 49:00 | 48:09 |
| 213 | Wendy Verhorevoort | Tilburg | 49:02 | 47:12 |
| 214 | Linie Hijstek | Tilburg Road Runners | 49:03 | 47:06 |
| 215 | Susan de Rooij | Goirle | 49:03 | 46:29 |
| 216 | Daniela Vugts | Lage Mierde | 49:03 | 48:13 |
| 217 | Wendy Kroezen | Kaatsheuvel | 49:03 | 46:03 |
| 218 | Aleksandra Van Pelt | Tilburg | 49:05 | 48:38 |
| 219 | Yvonne Brouwers | Dongen | 49:08 | 48:01 |
| 220 | Milou Jansen | Tilburg | 49:10 | 46:16 |
| 221 | Anouk Moonen | Tilburg | 49:10 | 45:35 |
| 222 | Frouke Nieboer | Tilburg | 49:12 | 47:51 |
| 223 | Helma Verhagen | Tilburg Road Runners | 49:15 | 48:36 |
| 224 | Eva Krijnen | Utrecht | 49:15 | 48:36 |
| 225 | Marie-José Embregts | Atledo | 49:16 | 48:09 |
| 226 | Melissa Pellikaan | Tilburg | 49:17 | 46:15 |
| 227 | Karin Vos | Tilburg Road Runners | 49:20 | 46:14 |
| 228 | Fokelina Vrieze | Tilburg | 49:20 | 46:17 |
| 229 | Maike Henssen | Atledo | 49:24 | 48:17 |
| 230 | Emily Zuiderwijk | Tilburg | 49:30 | 49:04 |
| 231 | Suzanne Janssens Kievit | Tilburg | 49:33 | 47:05 |
| 232 | Nanette Thirion | Rijen | 49:34 | 48:30 |
| 233 | Tanya van Rijckevorsel van Kessl | Loon op Zand | 49:35 | 48:30 |
| 234 | Marit Kamp | Etten-Leur | 49:38 | 47:35 |
| 235 | Kim Hoijtink | Tilburg | 49:40 | 47:51 |
| 236 | Thea Schöder - Willems | Bavel | 49:41 | 48:12 |
| 237 | Benice Kouwenberg | Veldhoven | 49:44 | 46:08 |
| 238 | Eveline Plasmans | Oisterwijk | 49:45 | 47:41 |
| 239 | Esther Anker | Gouda | 49:45 | 49:21 |
| 240 | Els Schults | Tilburg Road Runners | 49:46 | 48:47 |
| 241 | Olga van der Put | Tilburg | 49:50 | 47:23 |
| 242 | Chrissy Van den Oetelaar | Tilburg | 49:51 | 47:47 |
| 243 | Jindra Van de Sanden | Tilburg | 49:52 | 45:55 |
| 244 | Evelien Broers | Utrecht | 49:52 | 46:41 |
| 245 | Marion de Jong | Tilburg | 49:57 | 47:43 |
| 246 | Karin van Nunen | Tilburg | 49:57 | 48:07 |
| 247 | Petra Mackowiak | Tilburg | 50:00 | 48:34 |
| 248 | Pascal van der Kooij | Tilburg | 50:06 | 48:34 |
| 249 | Wendy Geerts | Baarle-Nassau | 50:07 | 46:53 |
| 250 | Annemarie Buteijn | Tilburg | 50:08 | 48:48 |
| 251 | Judith Wesel | Tilburg | 50:12 | 47:32 |
| 252 | Myra van Boxtel | Alphen Nb | 50:13 | 48:15 |
| 253 | Patricia Flipse | Tilburg | 50:14 | 49:15 |
| 254 | Ilse Verhoof | Goirle | 50:14 | 49:15 |
| 255 | Joke Moolhuijsen | Tilburg | 50:15 | 48:55 |
| 256 | Britt De Koning | Vessem | 50:18 | 49:50 |
| 257 | Manja Van der Horst | Tilburg | 50:19 | 49:07 |
| 258 | Joyce Hazenberg | Eindhoven | 50:20 | 48:04 |
| 259 | Chantal Goewie | Tilburg | 50:21 | 48:24 |
| 260 | Nelleke van Iersel | IFF Nederland BV 1 | 50:23 | 50:16 |
| 261 | Sandra van Reeuwijk | Tilburg | 50:23 | 48:38 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------------|--------------------------|-------|-------|
| 262 | Anne-Marie Smolders | Tilburg | 50:23 | 48:28 |
| 263 | Corien van Schellekens | Hilvarenbeek | 50:24 | 48:28 |
| 264 | Brenda Aan de Wiel | 's-Hertogenbosch | 50:25 | 47:30 |
| 265 | Anne Schutter | Tilburg | 50:28 | 48:35 |
| 266 | Michelle Op 't Hoog | Tilburg | 50:31 | 48:05 |
| 267 | Yvette Dusee | Amsterdam | 50:32 | 49:10 |
| 268 | Dionne Mijdam | Papendrecht | 50:33 | 49:30 |
| 269 | Sabine Pagie | Tilburg | 50:33 | 48:38 |
| 270 | Esmee van Hoogstraten | Oss | 50:33 | 47:18 |
| 271 | Wendy van Mook | Zaltbommel Dutch Runners | 50:34 | 49:32 |
| 272 | Crishelle Lopez | Tilburg | 50:34 | 47:08 |
| 273 | Astrid van Hautum | Tilburg | 50:35 | 50:03 |
| 274 | Astrid van Geffen | Berkel-Enschot | 50:36 | 50:26 |
| 275 | Naoual Kettani | Tilburg | 50:36 | 49:15 |
| 276 | Patty Francoise | Tilburg | 50:37 | 48:43 |
| 277 | Simone van de Ven | Tilburg Road Runners | 50:37 | 48:54 |
| 278 | Michelle Matse | Tilburg | 50:37 | 49:01 |
| 279 | Rianne Voorbergen | Tilburg | 50:39 | 49:25 |
| 280 | Nicole De Bock | Tilburg | 50:42 | 50:02 |
| 281 | Aukje van Loon | Tilburg | 50:43 | 50:19 |
| 282 | Carla Hendriks | Berkel-Enschot | 50:43 | 50:33 |
| 283 | Liety Schoenmakers | Fysiotherapie Reeshof | 50:46 | 49:58 |
| 284 | Gaby Kin | Tilburg | 50:48 | 48:58 |
| 285 | Laura van Gessel | Amstelveen | 50:49 | 47:54 |
| 286 | Nicole van Riel | Eindhoven | 50:50 | 48:03 |
| 287 | Marloes Dirven | Tilburg | 50:51 | 50:01 |
| 288 | Sonja Jacobs | Tilburg | 50:51 | 50:01 |
| 289 | Eefje van Gemert | Tilburg | 50:52 | 47:43 |
| 290 | Marleen Mutsaers | Tilburg | 50:54 | 49:04 |
| 291 | Anita Slavenburg | Tilburg | 50:54 | 49:14 |
| 292 | Irma Rooyakkers | Tilburg | 50:54 | 50:06 |
| 293 | Desi van Aarle | Tilburg | 50:55 | 49:16 |
| 294 | Miriam Schoenmakers-Boelaars | Tilburg | 50:57 | 50:10 |
| 295 | Ellen de Baar | Fysiotherapie Reeshof | 51:03 | 50:16 |
| 296 | Elly de Charro | Attila | 51:03 | 48:58 |
| 297 | Dewi Binken | Tilburg | 51:05 | 48:29 |
| 298 | Kristel Vermeer | Loon op Zand | 51:05 | 47:45 |
| 299 | Judith Vermeer | Loon op Zand | 51:05 | 47:45 |
| 300 | Tanja Aarts | Tilburg | 51:06 | 48:08 |
| 301 | Mariska Adank | Hilvarenbeek | 51:10 | 50:15 |
| 302 | Annick van Limburgh | Rotterdam Atletiek | 51:10 | 50:15 |
| 303 | Manou Roebbers | Tilburg | 51:11 | 48:19 |
| 304 | Florentina Van Tuijn | Tilburg | 51:11 | 48:20 |
| 305 | Jasmijn van der Putten | Prins Hendrik | 51:12 | 47:37 |
| 306 | Marieke Dooremalen | Tilburg | 51:12 | 48:03 |
| 307 | Estella van de Ven | Loopschool Wim Akkermans | 51:18 | 48:05 |
| 308 | Leonie Koenen | Loon op Zand | 51:18 | 47:53 |
| 309 | Marloes van Grevengoed | Kerkdriel | 51:21 | 49:24 |
| 310 | Judith Quirijnen | Tilburg | 51:22 | 49:23 |
| 311 | Anouk Haenen | Tilburg | 51:22 | 48:11 |
| 312 | Arienne Rijken | Tilburg | 51:25 | 49:28 |
| 313 | Kirsten Gennotte-Peters | Atletiek Maastricht | 51:25 | 48:46 |
| 314 | Mirjam Beirnaert | ACW '66 | 51:26 | 50:14 |
| 315 | Carla Van Boxel | ACW '66 | 51:26 | 50:15 |
| 316 | Denise van Berkel | Tilburg | 51:26 | 50:33 |
| 317 | Angelique Rovers | Rosmalen | 51:28 | 49:12 |
| 318 | Fenne Schatorjé | Deurne | 51:28 | 50:21 |
| 319 | Kim Frijters | Hilvarenbeek | 51:29 | 47:59 |
| 320 | Alma Mayo Richart | Tilburg | 51:30 | 48:05 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------|-----------------------|-------|-------|
| 321 | Marleen Kramer | Tilburg | 51:31 | 50:15 |
| 322 | Esther Struijs | Tilburg | 51:31 | 49:46 |
| 323 | Karin Trommelen | Dongen | 51:31 | 48:14 |
| 324 | Evelien Tops | Tilburg | 51:34 | 49:57 |
| 325 | Paula Paulus | Tilburg | 51:35 | 48:51 |
| 326 | Annita van Pelt | Tilburg | 51:39 | 49:31 |
| 327 | Welmoed Hertbeek | Tilburg | 51:41 | 48:28 |
| 328 | Agnes Mburu | 's-Hertogenbosch | 51:41 | 48:28 |
| 329 | Claudie Hendriks | Esbeek | 51:41 | 48:11 |
| 330 | Maaïke Meijs | Hilvarenbeek | 51:41 | 48:11 |
| 331 | Roos Bernadina-Soliana | Tilburg | 51:42 | 48:50 |
| 332 | Ilse Kraai | Tilburg | 51:42 | 48:50 |
| 333 | Madelline Martinus | Tilburg | 51:43 | 48:01 |
| 334 | Riet Hoofs | Tilburg | 51:47 | 50:06 |
| 335 | Margriet Van Gils | Tilburg | 51:47 | 48:15 |
| 336 | Kelly Rodriguez | Tilburg | 51:50 | 51:02 |
| 337 | Milou Stam | Tilburg | 51:59 | 49:43 |
| 338 | Debbie de Weijer | Attila | 52:00 | 48:43 |
| 339 | Saskia Lubbers | Achil '87 | 52:01 | 49:53 |
| 340 | Willemijn van Sonsbeek | Hurwenen | 52:02 | 49:41 |
| 341 | Dorien de Boef | Nieuwegein | 52:02 | 49:40 |
| 342 | Monique Aben | Tilburg | 52:03 | 49:38 |
| 343 | Wendy Robben | Achil '87 | 52:04 | 49:51 |
| 344 | Paula Klijsen | Moergestel | 52:04 | 49:04 |
| 345 | Manon Rijken | Drunen | 52:05 | 50:04 |
| 346 | Catelijne de Rijk | Tilburg | 52:07 | 49:47 |
| 347 | Brenda Rockx | Tilburg | 52:12 | 50:23 |
| 348 | Marianne van Dongen | Goirle | 52:15 | 51:48 |
| 349 | Hannie van Wanrooij | Dongen | 52:17 | 51:02 |
| 350 | Marie-louise Van de Wiel | Tilburg | 52:19 | 50:47 |
| 351 | Suzanne van Hest | Tilburg | 52:19 | 50:48 |
| 352 | Nicole van de Wiel | Achil '87 | 52:20 | 50:08 |
| 353 | Suzanne Joosen | Achil '87 | 52:20 | 50:07 |
| 354 | Bianca Leenhouders | Achil '87 | 52:21 | 50:08 |
| 355 | Daisy van de Ouweland | Gilze | 52:21 | 50:14 |
| 356 | Julliette Pulles | Waalwijk | 52:22 | 50:06 |
| 357 | Elke Peters | Tilburg | 52:24 | 49:46 |
| 358 | Geke van Meel | Dinteloord | 52:27 | 51:21 |
| 359 | Judith Goertz | Tilburg | 52:31 | 49:27 |
| 360 | Chantal Delpout | Tilburg | 52:32 | 50:52 |
| 361 | Cecile De Rooij | Breda | 52:33 | 49:11 |
| 362 | Rita Guzs | Tilburg | 52:34 | 49:12 |
| 363 | Rian de Jong | Tilburg | 52:34 | 49:53 |
| 364 | Jessica van Biezen | Oosterhout Nb | 52:36 | 50:19 |
| 365 | Monique Bakker | Oosterhout Nb | 52:37 | 50:20 |
| 366 | Yvonne Dirks | Achil '87 | 52:37 | 50:26 |
| 367 | Sharon de Vries | Tilburg | 52:38 | 51:09 |
| 368 | Marjolein van de Lisdonk | Goirle | 52:39 | 50:33 |
| 369 | Marielle Hendrickx | Tilburg | 52:40 | 49:32 |
| 370 | Mylene Palinckx | Goirle | 52:41 | 50:35 |
| 371 | Tini Rasenberg-van Zon | Attila | 52:44 | 50:23 |
| 372 | Ria van Gorp | Attila | 52:44 | 50:23 |
| 373 | Lilian Huijben | Achil '87 | 52:46 | 50:34 |
| 374 | Natasja Embregts | Tilburg | 52:48 | 51:01 |
| 375 | Claudia Romay Valdes | IFF Nederland BV 1 | 52:50 | 52:42 |
| 376 | Lisette Hesselmans | Achil '87 | 52:52 | 50:43 |
| 377 | Henriette Spieringhs | Achil '87 | 52:52 | 50:41 |
| 378 | Nathaly Maas | Tilburg | 52:52 | 51:02 |
| 379 | Marloes Graumans | Rijsbergen | 52:53 | 49:46 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------------------|-----------------------|-------|-------|
| 380 | Inge Schrauwen | Tilburg | 52:53 | 51:03 |
| 381 | Maud van Vroenhoven | Loon op Zand | 52:55 | 49:34 |
| 382 | Kim Op 't Hoog | Loon op Zand | 52:58 | 49:37 |
| 383 | Esther Schoenmakers | Tilburg | 53:00 | 49:47 |
| 384 | Sandra van der Westen | Breda | 53:02 | 50:00 |
| 385 | Angela Remie | Eindhoven | 53:02 | 49:52 |
| 386 | Els Lips de Kok | Tilburg Road Runners | 53:05 | 52:07 |
| 387 | Anneke Pulskens | Tilburg | 53:09 | 50:15 |
| 388 | Tonny Van Vugt | Achil '87 | 53:11 | 50:59 |
| 389 | Corina van Weert | Oisterwijk | 53:14 | 51:07 |
| 390 | Isabelle Marchand | Tilburg | 53:15 | 51:26 |
| 391 | Kimberley Thijssen | Tilburg | 53:15 | 51:35 |
| 392 | Jolanda Augsburg | Achil '87 | 53:15 | 51:06 |
| 393 | Kristine Schneijdenberg | Dutch Runners | 53:16 | 51:33 |
| 394 | Karin van Vliet | Tilburg | 53:19 | 49:44 |
| 395 | Marlou Welleman | Tilburg | 53:19 | 51:43 |
| 396 | Saskia Verhoeff - van den Brink | Udenhout | 53:20 | 50:16 |
| 397 | Veerle Ultee | Tilburg Road Runners | 53:21 | 51:33 |
| 398 | Annette de Jong | Gloria | 53:21 | 51:07 |
| 399 | Melanie Dosoe | Tilburg | 53:22 | 51:13 |
| 400 | Annie Wouters | Diessen | 53:23 | 49:58 |
| 401 | Juliette IJsenbrant | Tilburg | 53:34 | 53:03 |
| 402 | Marjolein Goeverneur | Udenhout | 53:40 | 50:52 |
| 403 | Conny van Bijnen | Tilburg | 53:44 | 51:11 |
| 404 | Mandy van Schaik | Berkel-Enschot | 53:44 | 52:05 |
| 405 | Bernadet de Groot | Tilburg | 53:45 | 51:03 |
| 406 | Mariska Mijland | Tilburg | 53:49 | 51:45 |
| 407 | Desiree Schuring | Tilburg | 53:50 | 51:47 |
| 408 | Ria Peters | Boxtel | 53:58 | 50:25 |
| 409 | Karin Spijkers | Tilburg | 54:02 | 51:24 |
| 410 | Linda Haelermans | Bergen op Zoom | 54:08 | 53:52 |
| 411 | Annelies de Laat | Tilburg | 54:08 | 53:52 |
| 412 | Ilonka Noorloos | Dongen | 54:12 | 52:32 |
| 413 | Floortje Hack | Tilburg | 54:14 | 51:42 |
| 414 | Tessa van den Berg | Tilburg | 54:15 | 51:46 |
| 415 | Annick Hermans | Gloria | 54:16 | 51:24 |
| 416 | Renske Beekes | Tilburg | 54:16 | 51:20 |
| 417 | Nicole Slagboom | Tilburg | 54:16 | 51:35 |
| 418 | Marieke Verberne | Tilburg | 54:20 | 51:53 |
| 419 | Vivian Zoontjes | Tilburg | 54:21 | 51:19 |
| 420 | Mandy Ostermann | Breda | 54:22 | 53:52 |
| 421 | Daniëlle Klop | Tilburg | 54:23 | 52:02 |
| 422 | Claudia Schrover | Tilburg | 54:24 | 51:54 |
| 423 | Suzanne Van Tilburg | Tilburg Road Runners | 54:34 | 52:52 |
| 424 | Janneke de Beer | Tilburg | 54:36 | 52:53 |
| 425 | Jacqueline Kroot | Tilburg | 54:36 | 51:48 |
| 426 | Marlies van Gestel | Attila | 54:53 | 53:05 |
| 427 | Lieke Coolen | Tilburg | 54:57 | 51:14 |
| 428 | Eveline De Beer | Tilburg | 54:58 | 52:41 |
| 429 | Margit Geppaard | Goirle | 54:59 | 52:59 |
| 430 | Kim van Berkel | Tilburg | 55:00 | 52:44 |
| 431 | Marlies Mutsers | Breda | 55:01 | 51:59 |
| 432 | Carin Hoefmans | Alphen Nb | 55:06 | 51:50 |
| 433 | Ilse Schellekens | Alphen Nb | 55:07 | 51:51 |
| 434 | Angela Bison | Breda | 55:10 | 53:42 |
| 435 | Ingrid van Beuzekom | Tilburg | 55:16 | 53:56 |
| 436 | Mireille van Rosmalen | Goirle | 55:16 | 53:57 |
| 437 | Malgorzata Kaczynska | Steenokkerzeel | 55:18 | 53:06 |
| 438 | Saskia van Veen | Eindhoven Atletiek | 55:27 | 52:41 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------------|------------------------|-------|-------|
| 439 | Laura Verdouw | Moergestel | 55:28 | 52:43 |
| 440 | Nathalie van Pas | Waspik | 55:32 | 55:01 |
| 441 | Chantal Hazenberg | Best | 55:33 | 53:18 |
| 442 | Joyce Tijs | Tilburg | 55:35 | 52:23 |
| 443 | Mila Georgievska | Tilburg | 55:36 | 54:58 |
| 444 | Brigitte Mutsaers | Tilburg | 55:43 | 53:58 |
| 445 | Louise Savelkoul | Grathem | 55:44 | 52:22 |
| 446 | Lotte Kessels | Tilburg | 55:45 | 52:23 |
| 447 | Fenna Bontje | Eppegem | 55:45 | 53:00 |
| 448 | Nathalie Heuten | Tilburg | 55:53 | 53:14 |
| 449 | Carola van Bijsterveldt | Waalwijk | 55:55 | 54:31 |
| 450 | Leonie Kalis | Nieuwegein | 55:58 | 53:14 |
| 451 | Marielle Kemna | Tilburg | 56:06 | 53:33 |
| 452 | Lesley Paragh | Tilburg | 56:06 | 53:33 |
| 453 | Ilse van Es | Kaatsheuvel | 56:09 | 55:55 |
| 454 | Sandra Boon | Dongen | 56:10 | 53:13 |
| 455 | Saskia Willems | Tilburg | 56:11 | 54:20 |
| 456 | Ingrid Peeters | Riel | 56:12 | 52:54 |
| 457 | Marina Menezes | Tilburg | 56:19 | 51:51 |
| 458 | Ans van Roij | Marvel | 56:23 | 53:56 |
| 459 | Danielle Maartens | 's-Hertogenbosch | 56:23 | 53:57 |
| 460 | Marielle Adams | Tilburg | 56:23 | 54:38 |
| 461 | Laura van Kempen-Cremers | Oisterwijk | 56:29 | 55:45 |
| 462 | Eveline van Corstanje | Tilburg | 56:32 | 52:56 |
| 463 | Katrien van Lemmens-van Gorp | Tilburg | 56:33 | 53:15 |
| 464 | Caroline Mul | Tilburg | 56:33 | 53:45 |
| 465 | Esther Griffin | Tilburg | 56:37 | 53:45 |
| 466 | Denise van de Pas | Tilburg | 56:49 | 55:00 |
| 467 | Margriet van der Weel-Roem | Tilburg Road Runners | 56:50 | 55:01 |
| 468 | Linda van den Hout | Tilburg | 56:55 | 53:26 |
| 469 | Mandy Mols | Tilburg | 56:56 | 55:34 |
| 470 | Mirjam van Heesch | Goirle | 56:57 | 53:29 |
| 471 | Inge op de Weegh | Tilburg | 56:58 | 53:30 |
| 472 | Penelope Briedé | Almere | 56:58 | 54:07 |
| 473 | Manon Heezemans | Hilvarenbeek | 56:58 | 55:57 |
| 474 | Angela Buijze-Gelens | Tilburg | 56:58 | 54:32 |
| 475 | Desiree Esser | Loopgroep Aart Stigter | 57:08 | 54:09 |
| 476 | Aline Verhoeven | Dutch Runners | 57:12 | 54:24 |
| 477 | Esther van Belkom | Riel | 57:13 | 57:02 |
| 478 | Hilde Verhoeven | Goirle | 57:16 | 54:29 |
| 479 | Myke Groeneboer | Tilburg | 57:16 | 54:29 |
| 480 | Beaty Baetsen | 's-Hertogenbosch | 57:18 | 54:06 |
| 481 | Kirsten Faber | Tilburg | 57:19 | 54:09 |
| 482 | Janneke Mathijssen | Tilburg | 57:22 | 53:57 |
| 483 | Naomi van Gestel | Tilburg | 57:24 | 54:53 |
| 484 | Wendy Van Weenen | Sint-Oedenrode | 57:24 | 54:20 |
| 485 | Sophie Verhorevoort | 's-Hertogenbosch | 57:28 | 55:14 |
| 486 | Jennifer Baillie | Westervoort | 57:30 | 56:08 |
| 487 | Yvonne Maas | Tilburg | 57:38 | 54:22 |
| 488 | Sandra Disbeschl | Tilburg Road Runners | 57:48 | 56:01 |
| 489 | Marij Theunissen | Achil '87 | 57:49 | 55:37 |
| 490 | Mayella Los | Hilvarenbeek | 57:49 | 55:29 |
| 491 | Chantal Kersten | Generaal Michaelis | 57:55 | 55:53 |
| 492 | Leonoor Sleven | Tilburg | 57:57 | 55:38 |
| 493 | Nicole Sneijders | Geldrop | 58:03 | 55:02 |
| 494 | Desiree van Berkel | Tilburg | 58:07 | 57:16 |
| 495 | Katie Lee | Tilburg | 58:15 | 55:42 |
| 496 | Sigrid Millenaar | Tilburg | 58:19 | 55:26 |
| 497 | Saskia Boons | Heukelom Nb | 58:21 | 56:45 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------------------|-----------------------|---------|---------|
| 498 | Regie de Beer | Tilburg | 58:37 | 58:16 |
| 499 | Nausikaa Knel | Tilburg | 58:40 | 55:34 |
| 500 | Barbara Van den Hoek | Tilburg | 58:42 | 56:00 |
| 501 | Nathalie Mul | Tilburg | 58:45 | 55:34 |
| 502 | Maureen Overkempe | Amsterdam | 58:51 | 56:01 |
| 503 | Saskia Bul | Breda | 59:04 | 56:58 |
| 504 | Karen van Doorn | Tilburg | 59:06 | 55:54 |
| 505 | Clementine de Greef | Tilburg | 59:16 | 56:24 |
| 506 | Lieke Hoeve | Udenhout | 59:18 | 56:05 |
| 507 | Anoek Moelee | Udenhout | 59:19 | 56:05 |
| 508 | Ine Stabel | Best | 59:21 | 56:01 |
| 509 | Monique Glasmacher | Tilburg | 59:23 | 57:34 |
| 510 | Myrte Van der Wegen-Theeuwes | Tilburg | 59:25 | 56:10 |
| 511 | Heleen Verhoeven | Tilburg | 59:38 | 55:55 |
| 512 | Sabrina Hoever | Tilburg | 59:38 | 55:55 |
| 513 | Brechtje van 't Land | Tilburg | 59:59 | 59:27 |
| 514 | Annemiek Ooms | Tilburg | 1:00:01 | 56:54 |
| 515 | Maura Kemperman | Tilburg | 1:00:05 | 57:22 |
| 516 | Bernadine van Kampen | Tilburg | 1:00:05 | 57:22 |
| 517 | Nadine Reer | Tilburg | 1:00:17 | 57:41 |
| 518 | Linda van Os | Tilburg Road Runners | 1:00:30 | 58:43 |
| 519 | Jacqueline Haneveer | Tilburg | 1:00:36 | 57:31 |
| 520 | Joyce Oerlemans | Tilburg | 1:00:36 | 57:31 |
| 521 | Aukje Hosper | Tilburg Road Runners | 1:00:39 | 58:52 |
| 522 | Anne Hendriks | Tilburg | 1:00:40 | 58:53 |
| 523 | Monique Elderkamp | Tilburg | 1:00:44 | 58:29 |
| 524 | Petra Vogel | Eindhoven | 1:00:48 | 59:08 |
| 525 | Ricky Persoons-Somers | Tilburg | 1:01:02 | 58:52 |
| 526 | Els Dominguez | Tilburg | 1:01:14 | 58:29 |
| 527 | Roxy Mojsejew | Tilburg | 1:01:22 | 57:39 |
| 528 | Esther van Atteveld | Tilburg | 1:01:44 | 59:08 |
| 529 | Erica Van Dal | Diessen | 1:01:58 | 59:46 |
| 530 | Ellen aan het Rot | Biest-Houtakker | 1:01:59 | 59:46 |
| 531 | Irene van Moorsel | Oisterwijk | 1:02:17 | 1:00:19 |
| 532 | Katja van de Wouw | Goirle | 1:02:24 | 1:00:09 |
| 533 | Esther van Oosterhout | Tilburg | 1:02:38 | 59:56 |
| 534 | Marjolijn Hack-Kosten | Goirle | 1:04:50 | 1:02:18 |
| 535 | Noortje van der Ende-Brocken | Tilburg Road Runners | 1:04:52 | 1:01:35 |
| 536 | Joyce Koolen | Tilburg | 1:05:02 | 1:02:07 |
| 537 | Lonneke de Koning | Venhorst | 1:06:28 | 1:05:19 |
| 538 | Wendy Peeters | Tilburg | 1:06:35 | 1:03:06 |
| 539 | Sabine Kemps | Tilburg | 1:07:59 | 1:05:36 |
| 540 | Henny van Ommen | Tilburg | 1:07:59 | 1:05:36 |
| 541 | Anneke van Kemenade | Bladel | 1:08:17 | 1:04:43 |
| 542 | Niki Wouters | Kaatsheuvel | 1:08:17 | 1:04:43 |
| 543 | Chantal Van Nunen | Tilburg | 1:11:28 | 1:08:44 |

JONGE, 5 MIJL

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------------|-----------------------|-------|-------|
| 1 | Jeroen De Kok | Tilburg | 33:19 | 32:11 |
| 2 | Milo Janssens | Tilburg | 36:50 | 36:37 |
| 3 | Sherdiane Gordon | Nederland | 37:15 | 36:44 |
| 4 | Joris Laureijsen | Tilburg | 38:31 | 37:48 |
| 5 | Max Suijkerbuijk | Tilburg Road Runners | 39:00 | 37:05 |
| 6 | Daan Steenbergen | Tilburg Road Runners | 39:21 | 37:25 |
| 7 | Jurre Mutsaers | Tilburg | 40:40 | 39:30 |
| 8 | Casper Suijkerbuijk | Tilburg Road Runners | 40:56 | 39:00 |
| 9 | Maurijn Musters | Tilburg | 42:42 | 42:27 |
| 10 | Bouke Thijs | Tilburg | 43:27 | 42:14 |

Uitslagenlijst 5 mijl van Tilburg

Tilburg - Zondag 22 mei 2016

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------|-----------------------|-------|-------|
| 11 | Jop Vermeulen | Tilburg | 48:14 | 46:39 |

MEISJ, 5 MIJL

| Plaats | Naam | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|---------|-------|
| 1 | Dewi Janssens | Tilburg | 37:54 | 37:42 |
| 2 | Tessa Kievit | Kerkdriel | 47:12 | 46:10 |
| 3 | Hanneke van de Sanden | Tilburg Road Runners | 47:21 | 45:29 |
| 4 | Marit Vermeer | Tilburg | 47:21 | 45:30 |
| 5 | Florine Linnenbank | Tilburg | 47:21 | 45:30 |
| 6 | Meike Leunissen | Lage Mierde | 48:01 | 47:15 |
| 7 | Eva van den Broek | Tilburg | 48:08 | 47:49 |
| 8 | Anne van Casteren | Berkel-Enschot | 49:17 | 46:04 |
| 9 | Phyline Janssen | Tilburg | 50:18 | 49:22 |
| 10 | Wendy Lagerweij | Udenhout | 50:56 | 49:32 |
| 11 | Meike Heemels | Tilburg | 51:56 | 49:02 |
| 12 | Elke van Duin | Berkel-Enschot | 1:00:13 | 53:45 |