

# Uitslagenlijst Hardloopavond4daagse

Amsterdam - Maandag 18 mei 2026

## V10, 4 X 10 KILOMETER

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Olivia Grech           | Amsterdam             | 50:53   | 50:44   |
| 2      | Petra Bremer           | Amsterdam             | 52:09   | 52:05   |
| 3      | Alies MacLean          | Amsterdam             | 54:02   | 53:56   |
| 4      | Anneloes van Brummelen | Diemen                | 56:48   | 56:43   |
| 5      | Sonja van der Poel     | Zaandam               | 58:02   | 57:54   |
| 6      | Elma Verboom           | Amsterdam             | 58:50   | 58:34   |
| 7      | Breen Evy              | Amsterdam             | 1:01:34 | 1:01:25 |
| 8      | Danielle Tukker        | Amsterdam             | 1:02:31 | 1:02:22 |
| 9      | Katka Dijk             | Amsterdam             | 1:02:50 | 1:02:36 |
| 10     | Annemarie Buren        | Amsterdam             | 1:02:51 | 1:02:36 |
| 11     | Maud Schmidt           | Amsterdam             | 1:03:17 | 1:03:03 |
| 12     | Mara Bialas            | Utrecht               | 1:04:37 | 1:04:24 |
| 13     | Demi Wekking           | Amsterdam             | 1:04:43 | 1:03:45 |
| 14     | Rosa el Galta          | Amsterdam             | 1:04:43 | 1:03:44 |
| 15     | Marleen Rooymans       | Amsterdam             | 1:05:22 | 1:05:04 |
| 16     | Sanny van der Wiel     | Amsterdam             | 1:05:22 | 1:05:04 |
| 17     | Marischa van Zantvoort | Amsterdam             | 1:06:07 | 1:06:00 |
| 18     | Laura Ellert-van Rijn  | Amsterdam             | 1:06:10 | 1:05:53 |
| 19     | Judith van Eijk        | Amsterdam             | 1:06:35 | 1:06:12 |
| 20     | Jessica Wagenvoord     | Amsterdam             | 1:06:40 | 1:06:21 |
| 21     | Kristel Lankhorst      | Amsterdam             | 1:06:44 | 1:06:38 |
| 22     | Willemijn Kortmann     | Amsterdam             | 1:06:51 | 1:06:28 |
| 23     | Meike Beckers          | Amsterdam             | 1:07:13 | 1:07:10 |
| 24     | Laura Mansveld         | Amsterdam             | 1:07:14 | 1:06:56 |
| 25     | Margot Holtman         | Amsterdam             | 1:07:47 | 1:07:30 |
| 26     | Gerda Polderman        | Amsterdam             | 1:10:09 | 1:10:01 |
| 27     | Mirjam van der Ven     | Amsterdam             | 1:10:10 | 1:10:01 |
| 28     | Lisa Appels            | Amsterdam             | 1:14:07 | 1:13:51 |

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| Plaats | Naam                  | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------------------|-----------------------|---------|---------|
| 1      | Robert Jan Schlimbach | Amsterdam             | 41:17   | 41:17   |
| 2      | Thomas Roth           | Amsterdam             | 45:19   | 45:16   |
| 3      | Guido Vaessen         | Diemen                | 46:28   | 46:27   |
| 4      | Arnoud Beens          | Amsterdam             | 46:37   | 46:35   |
| 5      | Daniel Spijker        | Amsterdam             | 50:24   | 50:20   |
| 6      | Kick Geers            | Amsterdam             | 50:45   | 50:42   |
| 7      | Simon Bailey          | Amsterdam             | 51:57   | 51:53   |
| 8      | Ed Ebberts            | Amsterdam             | 52:52   | 52:45   |
| 9      | Sander Komijn         | Amsterdam             | 54:40   | 54:25   |
| 10     | Thijs van der Poel    | Amsterdam             | 54:46   | 54:40   |
| 11     | Joeri Rijkeboer       | Diemen                | 54:55   | 54:33   |
| 12     | Frederik Walraven     | Amsterdam             | 56:13   | 56:07   |
| 13     | Jan-Willem Handgraaf  | Amsterdam             | 56:30   | 56:18   |
| 14     | Jaap Kamps            | Amsterdam             | 57:14   | 57:14   |
| 15     | Finn Posthumus        | Amsterdam             | 57:23   | 57:13   |
| 16     | Ron Cadenau           | Zaandam               | 57:50   | 57:41   |
| 17     | Olaf Duppen           | Assendelft            | 58:02   | 57:53   |
| 18     | Carlos Smit           | Amsterdam             | 58:02   | 57:45   |
| 19     | Olivier van Beemen    | Amsterdam             | 58:53   | 58:29   |
| 20     | Mark van der Harst    | Diemen                | 59:04   | 58:53   |
| 21     | Jaco Brakenhoff       | Zaandam               | 1:00:50 | 1:00:42 |
| 22     | Wouter Posthumus      | Amsterdam             | 1:01:16 | 1:01:05 |
| 23     | Running Blind Buddy 2 | Amsterdam             | 1:01:21 | 1:01:07 |
| 24     | Theo Grabijn [RB]     | Amsterdam             | 1:01:21 | 1:01:07 |
| 25     | Pascal Peen           | Amsterdam             | 1:02:14 | 1:02:04 |
| 26     | Eric van Gulik        | Diemen                | 1:03:06 | 1:02:49 |
| 27     | Evan Daynard          | Amsterdam             | 1:03:33 | 1:03:23 |

# Uitslagenlijst Hardloopavond4daagse

Amsterdam - Maandag 18 mei 2026

| Plaats | Naam           | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|----------------|-----------------------|---------|---------|
| 28     | Faz Laloe      | Amsterdam             | 1:05:58 | 1:05:34 |
| 29     | Floris Gerla   | Amsterdam             | 1:06:21 | 1:06:16 |
| 30     | Rob Wagenvoord | Diemen                | 1:06:40 | 1:06:21 |
| 31     | Ashok Jodha    | Amsterdam             | 1:08:26 | 1:08:02 |

## V5, 4 X 5 KILOMETER

| Plaats | Naam                           | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------------------|-----------------------|-------|-------|
| 1      | Liesbeth Daniëls Team naam LAG | Amsterdam             | 28:06 | 28:01 |
| 2      | Miebeth Lucassen               | Amsterdam             | 28:32 | 28:19 |
| 3      | Hebe Verrest                   | Amsterdam             | 28:44 | 28:25 |
| 4      | Sandra Groot-Metz              | Diemen                | 29:40 | 29:25 |
| 5      | Jitske Mijering                | Amsterdam             | 30:34 | 30:27 |
| 6      | Cindy Lo                       | Diemen                | 30:38 | 30:31 |
| 7      | Ariadne Booij                  | Diemen                | 30:38 | 30:31 |
| 8      | Sandra vd Zwet Slotenmaker     | Haarlem               | 30:45 | 30:33 |
| 9      | Elisabeth Geertsema            | Amsterdam             | 30:47 | 30:33 |
| 10     | Maaïke Veer                    | Amsterdam             | 31:30 | 31:14 |
| 11     | Femke van Ooijen               | Amsterdam             | 31:44 | 31:39 |
| 12     | Kathrin Pilz                   | Amsterdam             | 33:08 | 32:58 |
| 13     | Carey Smit                     | de Woude              | 33:21 | 33:00 |
| 14     | Orflaith Wassenaar             | de Woude              | 33:21 | 33:01 |
| 15     | Christine Matzinger            | Amsterdam             | 34:59 | 34:48 |
| 16     | Mariella Jurg                  | Amsterdam             | 35:04 | 34:53 |
| 17     | Elsa Stam                      | Amsterdam             | 35:05 | 34:55 |
| 18     | Jennifer van der Haer          | Diemen                | 35:22 | 35:10 |
| 19     | Larissa van der Linden         | Hoef en Haag          | 36:01 | 35:41 |
| 20     | Annet Spilt                    | Amsterdam             | 36:14 | 36:07 |
| 21     | Ciara Wassenaar                | Wijdewormer           | 36:15 | 36:15 |
| 22     | Loubna El Guerini              | Wormerveer            | 36:16 | 36:16 |
| 23     | Vivian Schoehuijs              | Amsterdam             | 38:01 | 37:41 |
| 24     | Nikoletta Balaska              | Amsterdam             | 38:27 | 38:11 |
| 25     | Astrid Caubo                   | Amsterdam             | 39:26 | 39:06 |
| 26     | Caroline van 't Padje          | Amsterdam             | 44:23 | 44:19 |

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| Plaats | Naam                    | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-------------------------|-----------------------|---------|---------|
| 1      | Michal Szafranski       | Amsterdam             | 23:22   | 23:18   |
| 2      | Matty van Ewijk         | Amsterdam             | 25:54   | 25:50   |
| 3      | Joram Melissant         | Amsterdam             | 29:47   | 29:39   |
| 4      | Pieter van der Straaten | Amsterdam             | 31:02   | 30:41   |
| 5      | Ilco van Maanen         | Amsterdam             | 31:42   | 31:26   |
| 6      | Erik Meijer             | Amsterdam             | 31:46   | 31:35   |
| 7      | P.H. Kole               | Diemen                | 32:36   | 32:14   |
| 8      | Eric Rijkeboer          | Diemen                | 32:40   | 32:19   |
| 9      | Roger Ravelli [RB]      | Utrecht               | 32:49   | 32:35   |
| 10     | Running Blind Buddy 1   | Amsterdam             | 32:49   | 32:35   |
| 11     | Roland de Pijper        | Amsterdam             | 32:59   | 32:48   |
| 12     | Jeroen Lambregts        | Haarlem               | 34:05   | 33:52   |
| 13     | Jos van der Linden      | Diemen                | 36:01   | 35:42   |
| 14     | Floor Schoehuijs        | Amsterdam             | 38:01   | 37:40   |
| 15     | Lucas Bakker            | Amsterdam             | 39:26   | 39:07   |
| 16     | Ed Smit                 | Diemen                | 42:06   | 41:48   |
| 17     | Eddy Ellert             | Amsterdam             | 1:06:10 | 1:05:52 |