

| Serie | Pos | Cat     | Cat | PosCat | StartNr | Naam          | Voornaam   | Woonplaats     | Vereniging   | Tijd    | Verschil |
|-------|-----|---------|-----|--------|---------|---------------|------------|----------------|--------------|---------|----------|
| 5 km  | 1   | Jongens | H00 | 1      | 521     | Hoogeboom     | Tom        | Warmenhuizen   |              | 0:15:58 | 0:00:00  |
| 5 km  | 2   | Jongens | H00 | 2      | 535     | Van Diepen    | Luca       | Heerhugowaard  |              | 0:17:50 | 0:01:52  |
| 5 km  | 3   | Jongens | H00 | 3      | 542     | Beerepoot     | Nick       | Spanbroek      |              | 0:18:36 | 0:02:38  |
| 5 km  | 4   | Heren   | H16 | 1      | 833     | Van Der Oord  | Owen       | Nieuwe Niedorp |              | 0:18:53 | 0:02:55  |
| 5 km  | 5   | Heren   | H16 | 2      | 825     | Maasmann      | Marcel     | Winkel         |              | 0:18:54 | 0:02:56  |
| 5 km  | 6   | Jongens | H00 | 4      | 529     | Emmanuel      | Daan       | Tuitjenhorn    |              | 0:18:55 | 0:02:57  |
| 5 km  | 7   | Heren   | H16 | 3      | 862     | Schipper      | Christiaan | Winkel         |              | 0:19:03 | 0:03:05  |
| 5 km  | 8   | Heren   | H16 | 4      | 502     | Dingerdis     | Loek       | Alkmaar        | Hylas        | 0:19:06 | 0:03:08  |
| 5 km  | 9   | Heren   | H16 | 5      | 848     | Van Koersveld | Jesse      | Nieuwe Niedorp |              | 0:19:11 | 0:03:13  |
| 5 km  | 10  | Heren   | H16 | 6      | 859     | Brintman      | Ruben      | De Goorn       |              | 0:19:25 | 0:03:27  |
| 5 km  | 11  | Jongens | H00 | 5      | 806     | De Jong       | Roan       | Nieuwe Niedorp |              | 0:19:51 | 0:03:53  |
| 5 km  | 12  | Jongens | H00 | 6      | 526     | Rens          | Jim        | Nieuwe Niedorp |              | 0:19:52 | 0:03:54  |
| 5 km  | 13  | Jongens | H00 | 7      | 808     | Poland        | Sen        | Winkel         |              | 0:19:53 | 0:03:55  |
| 5 km  | 14  | Jongens | H00 | 8      | 519     | Witsmeer      | Cas        | Nieuwe Niedorp |              | 0:20:02 | 0:04:04  |
| 5 km  | 15  | Dames   | D16 | 1      | 682     | Van Diepen    | Nina       | Heerhugowaard  |              | 0:20:03 | 0:04:05  |
| 5 km  | 16  | Jongens | H00 | 9      | 538     | Doornbos      | Kick       | Onbekend       |              | 0:20:04 | 0:04:06  |
| 5 km  | 17  | Meisjes | D00 | 1      | 652     | De Winter     | Nina       | Oude Niedorp   | GSAV Vitalis | 0:20:17 | 0:04:19  |
| 5 km  | 18  | Jongens | H00 | 10     | 565     | Pronk         | Mart       | Tuitjenhorn    |              | 0:20:25 | 0:04:27  |
| 5 km  | 19  | Heren   | H16 | 7      | 820     | Windt         | Marco      | Schagen        |              | 0:20:29 | 0:04:31  |
| 5 km  | 20  | Heren   | H16 | 8      | 830     | Edelaar       | Michel     | Nieuwe Niedorp |              | 0:20:31 | 0:04:33  |
| 5 km  | 21  | Heren   | H16 | 9      | 837     | De Groot      | Teun       | Waarland       |              | 0:20:47 | 0:04:49  |
| 5 km  | 22  | Heren   | H16 | 10     | 819     | Van Der Caan  | Bart       | Kolhorn        |              | 0:20:53 | 0:04:55  |
| 5 km  | 23  | Jongens | H00 | 11     | 530     | Emmanuel      | Joost      | Tuitjenhorn    |              | 0:21:04 | 0:05:06  |
| 5 km  | 24  | Heren   | H16 | 11     | 857     | Lont          | Wouter     | Nieuwe Niedorp |              | 0:21:08 | 0:05:10  |
| 5 km  | 25  | Heren   | H16 | 12     | 826     | Bakker        | Hans       | Winkel         |              | 0:21:11 | 0:05:13  |
| 5 km  | 26  | Heren   | H16 | 13     | 824     | Rovers        | Joost      | Sint Maarten   |              | 0:21:19 | 0:05:21  |
| 5 km  | 27  | Dames   | D16 | 2      | 684     | Kooij         | Katja      | Nieuwe Niedorp |              | 0:21:21 | 0:05:23  |
| 5 km  | 28  | Heren   | H16 | 14     | 856     | Lont          | Stijn      | Nieuwe Niedorp |              | 0:21:22 | 0:05:24  |
| 5 km  | 29  | Jongens | H00 | 12     | 559     | Beijens       | Stijn      | Winkel         |              | 0:21:27 | 0:05:29  |
| 5 km  | 30  | Jongens | H00 | 13     | 523     | Appel         | Sem        | Nieuwe Niedorp |              | 0:21:30 | 0:05:32  |
| 5 km  | 31  | Meisjes | D00 | 2      | 935     | Rovers        | Gabrielle  | Nieuwe Niedorp |              | 0:21:31 | 0:05:33  |
| 5 km  | 32  | Jongens | H00 | 14     | 809     | Klijn         | Roy        | 't Veld        | TAV '80      | 0:21:41 | 0:05:43  |
| 5 km  | 33  | Dames   | D16 | 3      | 689     | Rozemeijer    | Meike      | Oude Niedorp   |              | 0:21:42 | 0:05:44  |
| 5 km  | 34  | Heren   | H16 | 15     | 510     | Roelfsema     | Erik       | Grootebroek    |              | 0:21:44 | 0:05:46  |
| 5 km  | 35  | Jongens | H00 | 15     | 536     | Bakkum        | Kevin      | Nieuwe Niedorp |              | 0:21:45 | 0:05:47  |
| 5 km  | 36  | Heren   | H16 | 16     | 847     | Van Koersveld | Lennart    | Nieuwe Niedorp |              | 0:21:49 | 0:05:51  |
| 5 km  | 37  | Jongens | H00 | 16     | 811     | Wijnker       | Bo         | Nieuwe Niedorp |              | 0:21:54 | 0:05:56  |
| 5 km  | 38  | Jongens | H00 | 17     | 554     | Munster       | Rik        | Nieuwe Niedorp |              | 0:21:56 | 0:05:58  |
| 5 km  | 39  | Heren   | H16 | 17     | 838     | De Groot      | Tom        | Waarland       |              | 0:22:00 | 0:06:02  |
| 5 km  | 40  | Heren   | H16 | 18     | 841     | Olij          | Rhian      | Winkel         |              | 0:22:03 | 0:06:05  |
| 5 km  | 41  | Heren   | H16 | 19     | 858     | Leefint       | Robin      | Nieuwe Niedorp |              | 0:22:04 | 0:06:06  |
| 5 km  | 42  | Heren   | H16 | 20     | 834     | Toussaint     | Arnaud     | Amsterdam      |              | 0:22:06 | 0:06:08  |
| 5 km  | 43  | Jongens | H00 | 18     | 539     | Klaver        | Kai        | Winkel         |              | 0:22:07 | 0:06:09  |
| 5 km  | 44  | Heren   | H16 | 21     | 831     | Rood          | Cees       | Zwaagdijk      |              | 0:22:10 | 0:06:12  |
| 5 km  | 45  | Dames   | D16 | 4      | 657     | Klaver        | Femke      | Alkmaar        | Hylas        | 0:22:11 | 0:06:13  |
| 5 km  | 46  | Heren   | H16 | 22     | 855     | Wester        | Jaro       | Winkel         |              | 0:22:12 | 0:06:14  |
| 5 km  | 47  | Heren   | H16 | 23     | 840     | De Veer       | Jeroen     | Lutjewinkel    |              | 0:22:13 | 0:06:15  |
| 5 km  | 48  | Heren   | H16 | 24     | 501     | Van Der Kooi  | Hans       | Wieringerwerf  |              | 0:22:14 | 0:06:16  |
| 5 km  | 49  | Dames   | D16 | 5      | 668     | Bink          | Silke      | Breezand       |              | 0:22:15 | 0:06:17  |
| 5 km  | 50  | Jongens | H00 | 19     | 553     | Munster       | Tim        | Nieuwe Niedorp |              | 0:22:16 | 0:06:18  |
| 5 km  | 51  | Heren   | H16 | 25     | 853     | Van Den Hoek  | Nevin      | Nieuwe Niedorp |              | 0:22:34 | 0:06:36  |
| 5 km  | 52  | Heren   | H16 | 26     | 865     | Appel         | Kick       | Nieuwe Niedorp |              | 0:22:36 | 0:06:38  |
| 5 km  | 53  | Heren   | H16 | 27     | 860     | Zwart         | Maurice    | Nieuwe Niedorp |              | 0:22:39 | 0:06:41  |
| 5 km  | 54  | Jongens | H00 | 20     | 552     | Hoep          | Sjoerd     | Nieuwe Niedorp |              | 0:22:44 | 0:06:46  |
| 5 km  | 55  | Heren   | H16 | 28     | 505     | Nollet        | Jeroen     | Nieuwe Niedorp |              | 0:22:47 | 0:06:49  |
| 5 km  | 56  | Jongens | H00 | 21     | 805     | Klijn         | Tim        | 't Veld        | TAV '80      | 0:22:50 | 0:06:52  |

|      |     |         |     |    |     |              |          |                    |  |         |         |
|------|-----|---------|-----|----|-----|--------------|----------|--------------------|--|---------|---------|
| 5 km | 57  | Heren   | H16 | 29 | 866 | Spaansen     | Thom     | Nieuwe Niedorp     |  | 0:22:50 | 0:06:52 |
| 5 km | 58  | Heren   | H16 | 30 | 867 | Andringa     | Hidde    | Nieuwe Niedorp     |  | 0:23:04 | 0:07:06 |
| 5 km | 59  | Jongens | H00 | 22 | 563 | Luyckx       | Joep     | Nieuwe Niedorp     |  | 0:23:11 | 0:07:13 |
| 5 km | 60  | Meisjes | D00 | 3  | 937 | Tesselaar    | Carol    | Winkel             |  | 0:23:14 | 0:07:16 |
| 5 km | 61  | Jongens | H00 | 23 | 522 | Ponne        | David    | Grootebroek        |  | 0:23:16 | 0:07:18 |
| 5 km | 62  | Jongens | H00 | 24 | 556 | Maat         | Stijn    | Nieuwe Niedorp     |  | 0:23:19 | 0:07:21 |
| 5 km | 63  | Meisjes | D00 | 4  | 955 | Bakker       | Anna     | Schagen            |  | 0:23:20 | 0:07:22 |
| 5 km | 64  | Jongens | H00 | 25 | 547 | Abramian     | Adrik    | Nieuwe Niedorp     |  | 0:23:23 | 0:07:25 |
| 5 km | 65  | Jongens | H00 | 26 | 546 | Burger       | Mees     | Nieuwe Niedorp     |  | 0:23:24 | 0:07:26 |
| 5 km | 66  | Heren   | H16 | 31 | 854 | Munster      | Marc     | Nieuwe Niedorp     |  | 0:23:24 | 0:07:26 |
| 5 km | 67  | Jongens | H00 | 27 | 528 | Pronk        | Jens     | Nieuwe Niedorp     |  | 0:23:34 | 0:07:36 |
| 5 km | 68  | Heren   | H16 | 32 | 513 | Van Dijk     | Gert     | Winkel             |  | 0:23:35 | 0:07:37 |
| 5 km | 69  | Jongens | H00 | 28 | 812 | Wijnker      | Kyle     | Nieuwe Niedorp     |  | 0:23:36 | 0:07:38 |
| 5 km | 70  | Heren   | H16 | 33 | 827 | Munts        | Timo     | Broek Op Langedijk |  | 0:23:37 | 0:07:39 |
| 5 km | 71  | Jongens | H00 | 29 | 561 | Buis         | Jeroen   | Lutjewinkel        |  | 0:23:39 | 0:07:41 |
| 5 km | 72  | Meisjes | D00 | 5  | 949 | Klaver       | Lotte    | Amsterdam          |  | 0:23:40 | 0:07:42 |
| 5 km | 73  | Heren   | H16 | 34 | 828 | De Jager     | Wilco    | Winkel             |  | 0:23:42 | 0:07:44 |
| 5 km | 74  | Dames   | D16 | 6  | 692 | Koorn        | Nika     | Nieuwe Niedorp     |  | 0:23:43 | 0:07:45 |
| 5 km | 75  | Heren   | H16 | 35 | 504 | Koning       | Marco    | Heerhugowaard      |  | 0:23:46 | 0:07:48 |
| 5 km | 76  | Jongens | H00 | 30 | 533 | Koorn        | Jem      | Nieuwe Niedorp     |  | 0:23:51 | 0:07:53 |
| 5 km | 77  | Heren   | H16 | 36 | 870 | Rood         | Wout     | Nieuwe Niedorp     |  | 0:23:52 | 0:07:54 |
| 5 km | 78  | Jongens | H00 | 31 | 532 | Koning       | Leon     | Heerhugowaard      |  | 0:23:53 | 0:07:55 |
| 5 km | 79  | Jongens | H00 | 32 | 545 | Blokker      | Teun     | Nieuwe Niedorp     |  | 0:23:53 | 0:07:55 |
| 5 km | 80  | Jongens | H00 | 33 | 562 | Buis         | Wouter   | Lutjewinkel        |  | 0:23:55 | 0:07:57 |
| 5 km | 81  | Jongens | H00 | 34 | 540 | Nijkamp      | Bryant   | Oude Niedorp       |  | 0:23:57 | 0:07:59 |
| 5 km | 82  | Meisjes | D00 | 6  | 938 | Ruiter       | Paulien  | Winkel             |  | 0:24:01 | 0:08:03 |
| 5 km | 83  | Jongens | H00 | 35 | 564 | Van Der Berg | Sil      | Tuitjenhorn        |  | 0:24:03 | 0:08:05 |
| 5 km | 84  | Heren   | H16 | 37 | 511 | Hauwert      | Jeroen   | Spanbroek          |  | 0:24:08 | 0:08:10 |
| 5 km | 85  | Dames   | D16 | 7  | 687 | Raat         | Ilse     | Winkel             |  | 0:24:10 | 0:08:12 |
| 5 km | 86  | Heren   | H16 | 38 | 843 | Hoek         | Tim      | Waarland           |  | 0:24:11 | 0:08:13 |
| 5 km | 87  | Meisjes | D00 | 7  | 942 | Bakker       | Dicky    | Waarland           |  | 0:24:17 | 0:08:19 |
| 5 km | 88  | Dames   | D16 | 8  | 665 | Dekker       | Helen    | Nieuwe Niedorp     |  | 0:24:23 | 0:08:25 |
| 5 km | 89  | Meisjes | D00 | 8  | 959 | Nijholt      | Christa  | Hoogwoud           |  | 0:24:25 | 0:08:27 |
| 5 km | 90  | Heren   | H16 | 39 | 842 | Fortgens     | Axel     | Nieuwe Niedorp     |  | 0:24:28 | 0:08:30 |
| 5 km | 91  | Jongens | H00 | 36 | 560 | Beijens      | Pim      | Winkel             |  | 0:24:35 | 0:08:37 |
| 5 km | 92  | Meisjes | D00 | 9  | 933 | Mouthaan     | Danielle | Den Helder         |  | 0:24:36 | 0:08:38 |
| 5 km | 93  | Heren   | H16 | 40 | 845 | Hommen       | Herman   | Wieringermeer      |  | 0:24:37 | 0:08:39 |
| 5 km | 94  | Jongens | H00 | 37 | 810 | Pronk        | Joeri    | Nieuwe Niedorp     |  | 0:24:40 | 0:08:42 |
| 5 km | 95  | Heren   | H16 | 41 | 509 | Jong         | Cock     | 't Veld            |  | 0:24:57 | 0:08:59 |
| 5 km | 96  | Heren   | H16 | 42 | 503 | Terra        | Moniek   | Heerhugowaard      |  | 0:25:03 | 0:09:05 |
| 5 km | 97  | Heren   | H16 | 43 | 815 | Ruiter       | Jakob    | Zijdewind          |  | 0:25:04 | 0:09:06 |
| 5 km | 98  | Heren   | H16 | 44 | 851 | Klos         | Arco     | Broek Op Langedijk |  | 0:25:05 | 0:09:07 |
| 5 km | 99  | Heren   | H16 | 45 | 868 | Hartsuiker   | Rens     | Oudkarspel         |  | 0:25:06 | 0:09:08 |
| 5 km | 100 | Jongens | H00 | 38 | 520 | Verbeek      | Daan     | Schagen            |  | 0:25:17 | 0:09:19 |
| 5 km | 101 | Heren   | H16 | 46 | 508 | Dekker       | Willem   | Nieuwe Niedorp     |  | 0:25:26 | 0:09:28 |
| 5 km | 102 | Heren   | H16 | 47 | 818 | Witsmeer     | Chris    | Nieuwe Niedorp     |  | 0:25:31 | 0:09:33 |
| 5 km | 103 | Heren   | H16 | 48 | 829 | Pronk        | Boyd     | Nieuwe Niedorp     |  | 0:25:34 | 0:09:36 |
| 5 km | 104 | Heren   | H16 | 49 | 839 | De Veer      | Remco    | Lutjewinkel        |  | 0:25:36 | 0:09:38 |
| 5 km | 105 | Heren   | H16 | 50 | 869 | De Niet      | Mark     | Nieuwe Niedorp     |  | 0:25:40 | 0:09:42 |
| 5 km | 106 | Heren   | H16 | 51 | 863 | Maessen      | Ramses   | Wieringerwerf      |  | 0:25:42 | 0:09:44 |
| 5 km | 107 | Meisjes | D00 | 10 | 950 | Poland       | Marlies  | Waarland           |  | 0:25:43 | 0:09:45 |
| 5 km | 108 | Meisjes | D00 | 11 | 957 | Verbeek      | Erna     | Stompvoren         |  | 0:25:50 | 0:09:52 |
| 5 km | 109 | Meisjes | D00 | 12 | 941 | Polle        | Flora    | Oudorp             |  | 0:25:52 | 0:09:54 |
| 5 km | 110 | Dames   | D16 | 9  | 674 | Bakker       | Maud     | Winkel             |  | 0:25:58 | 0:10:00 |
| 5 km | 111 | Jongens | H00 | 39 | 800 | Stroo        | Coen     | Slootdorp          |  | 0:25:59 | 0:10:01 |
| 5 km | 112 | Jongens | H00 | 40 | 518 | Poland       | Jordin   | Nieuwe Niedorp     |  | 0:26:05 | 0:10:07 |
| 5 km | 113 | Heren   | H16 | 52 | 846 | Happer       | Tom      | Alkmaar            |  | 0:26:06 | 0:10:08 |

|      |     |         |     |    |     |               |          |                  |         |         |         |
|------|-----|---------|-----|----|-----|---------------|----------|------------------|---------|---------|---------|
| 5 km | 114 | Jongens | H00 | 41 | 534 | Van Tol       | Brent    | Winkel           |         | 0:26:09 | 0:10:11 |
| 5 km | 115 | Dames   | D16 | 10 | 651 | Burgers       | Lisanne  | Schagerbrug      |         | 0:26:10 | 0:10:12 |
| 5 km | 116 | Jongens | H00 | 42 | 544 | Hoep          | Mees     | Nieuwe Niedorp   |         | 0:26:12 | 0:10:14 |
| 5 km | 117 | Meisjes | D00 | 13 | 927 | Van Noort     | Naomi    | Winkel           |         | 0:26:24 | 0:10:26 |
| 5 km | 118 | Jongens | H00 | 43 | 537 | Stadegaard    | Dion     | Nieuwe Niedorp   |         | 0:26:29 | 0:10:31 |
| 5 km | 119 | Jongens | H00 | 44 | 804 | De Groot      | Ben      | Schagen          |         | 0:26:30 | 0:10:32 |
| 5 km | 120 | Heren   | H16 | 53 | 506 | De Groot      | Rens     | Schagen          |         | 0:26:37 | 0:10:39 |
| 5 km | 121 | Heren   | H16 | 54 | 816 | Verbeek       | Tim      | Schagen          |         | 0:26:38 | 0:10:40 |
| 5 km | 122 | Heren   | H16 | 55 | 500 | Verkooijen    | Tom      | Nieuwe Niedorp   |         | 0:26:39 | 0:10:41 |
| 5 km | 123 | Meisjes | D00 | 14 | 945 | Rood          | Jorien   | Nieuwe Niedorp   |         | 0:26:40 | 0:10:42 |
| 5 km | 124 | Meisjes | D00 | 15 | 948 | Vertelman     | Mirjam   | Winkel           |         | 0:26:44 | 0:10:46 |
| 5 km | 125 | Jongens | H00 | 45 | 541 | Olij          | Ian      | Winkel           |         | 0:26:45 | 0:10:47 |
| 5 km | 126 | Jongens | H00 | 46 | 531 | Deggaar       | Luuk     | Winkel           |         | 0:26:46 | 0:10:48 |
| 5 km | 127 | Jongens | H00 | 47 | 807 | Admiraal      | Ger      | Lutjewinkel      |         | 0:26:50 | 0:10:52 |
| 5 km | 128 | Jongens | H00 | 48 | 558 | Breij         | Yoeri    | Nieuwe Niedorp   |         | 0:26:51 | 0:10:53 |
| 5 km | 129 | Jongens | H00 | 49 | 527 | De Geus       | Sem      | Nieuwe Niedorp   |         | 0:26:54 | 0:10:56 |
| 5 km | 130 | Heren   | H16 | 56 | 821 | Bant          | Nico     | Barsingerhorn    |         | 0:26:57 | 0:10:59 |
| 5 km | 131 | Jongens | H00 | 50 | 551 | Spaansen      | Teun     | Nieuwe Niedorp   |         | 0:26:59 | 0:11:01 |
| 5 km | 132 | Jongens | H00 | 51 | 550 | Weststrate    | Thijs    | Nieuwe Niedorp   |         | 0:27:04 | 0:11:06 |
| 5 km | 133 | Dames   | D16 | 11 | 688 | Haijette      | Michelle | Nieuwe Niedorp   |         | 0:27:08 | 0:11:10 |
| 5 km | 134 | Dames   | D16 | 12 | 659 | Terra         | Elles    | Zaandam          |         | 0:27:09 | 0:11:11 |
| 5 km | 135 | Jongens | H00 | 52 | 525 | Van Der Molen | Luuk     | Winkel           |         | 0:27:11 | 0:11:13 |
| 5 km | 136 | Meisjes | D00 | 16 | 936 | Tesselaar     | Dorien   | Winkel           |         | 0:27:15 | 0:11:17 |
| 5 km | 137 | Meisjes | D00 | 17 | 956 | Boom-beemster | Tiny     | Alkmaar          |         | 0:27:19 | 0:11:21 |
| 5 km | 138 | Dames   | D16 | 13 | 690 | Bruin         | Lisa     | 't Veld          |         | 0:27:20 | 0:11:22 |
| 5 km | 139 | Heren   | H16 | 57 | 823 | Minjon        | Peter    | Onbekend         |         | 0:27:21 | 0:11:23 |
| 5 km | 140 | Dames   | D16 | 14 | 675 | Van Der Kooi  | Britt    | Nieuwe Niedorp   |         | 0:27:22 | 0:11:24 |
| 5 km | 141 | Meisjes | D00 | 18 | 934 | Minjon        | Ingeborg | Winkel           |         | 0:27:29 | 0:11:31 |
| 5 km | 142 | Dames   | D16 | 15 | 691 | Schilder      | Nina     | Winkel           |         | 0:27:30 | 0:11:32 |
| 5 km | 143 | Meisjes | D00 | 19 | 946 | Ruiter        | Ellen    | Nieuwe Niedorp   |         | 0:27:31 | 0:11:33 |
| 5 km | 144 | Heren   | H16 | 58 | 817 | Koopman       | Herman   | Barsingerhorn    |         | 0:27:38 | 0:11:40 |
| 5 km | 145 | Dames   | D16 | 16 | 654 | Schotten      | Rianne   | Schagen          | TAS '82 | 0:27:39 | 0:11:41 |
| 5 km | 146 | Meisjes | D00 | 20 | 939 | Edelaar       | Martine  | Nieuwe Niedorp   |         | 0:27:41 | 0:11:43 |
| 5 km | 147 | Dames   | D16 | 17 | 679 | Hoep          | Mila     | Nieuwe Niedorp   |         | 0:28:02 | 0:12:04 |
| 5 km | 148 | Meisjes | D00 | 21 | 961 | Vd Stoop      | Anna     | Tuitjenhorn      |         | 0:28:03 | 0:12:05 |
| 5 km | 149 | Meisjes | D00 | 22 | 962 | Vd Stoop      | Annemiek | Tuitjenhorn      |         | 0:28:10 | 0:12:12 |
| 5 km | 150 | Jongens | H00 | 53 | 549 | Roersveld     | Silvan   | Nieuwe Niedorp   |         | 0:28:15 | 0:12:17 |
| 5 km | 151 | Heren   | H16 | 59 | 844 | Poelsma       | Stef     | Winkel           |         | 0:28:15 | 0:12:17 |
| 5 km | 152 | Heren   | H16 | 60 | 832 | Dorregest     | Rien     | Alkmaar          |         | 0:28:17 | 0:12:19 |
| 5 km | 153 | Dames   | D16 | 18 | 683 | Ruiter        | Ilse     | Nieuwe Niedorp   |         | 0:28:21 | 0:12:23 |
| 5 km | 154 | Meisjes | D00 | 23 | 926 | Kamp          | Pleun    | Nieuwe Niedorp   |         | 0:28:22 | 0:12:24 |
| 5 km | 155 | Jongens | H00 | 54 | 555 | De Geus       | Jespen   | Nieuwe Niedorp   |         | 0:28:30 | 0:12:32 |
| 5 km | 156 | Dames   | D16 | 19 | 660 | Kenter        | John     | Noord Scharwoude |         | 0:28:36 | 0:12:38 |
| 5 km | 157 | Jongens | H00 | 55 | 566 | Bakker        | Jonne    | Nieuwe Niedorp   |         | 0:28:37 | 0:12:39 |
| 5 km | 158 | Jongens | H00 | 56 | 568 | Rienks        | Wout     | Nieuwe Niedorp   |         | 0:28:38 | 0:12:40 |
| 5 km | 159 | Meisjes | D00 | 24 | 943 | Klaver        | Hedy     | Winkel           |         | 0:28:42 | 0:12:44 |
| 5 km | 160 | Dames   | D16 | 20 | 656 | Beemsterboer  | Suzanne  | Winkel           |         | 0:28:46 | 0:12:48 |
| 5 km | 161 | Heren   | H16 | 61 | 852 | De Jong       | Paul     | Heerhugowaard    |         | 0:28:47 | 0:12:49 |
| 5 km | 162 | Meisjes | D00 | 25 | 960 | De Jong-bolte | Laura    | Heerhugowaard    |         | 0:28:51 | 0:12:53 |
| 5 km | 163 | Meisjes | D00 | 26 | 963 | Klaver        | Marloes  | Schagen          |         | 0:28:54 | 0:12:56 |
| 5 km | 164 | Heren   | H16 | 62 | 836 | Van De Ploeg  | M.       | Schagerbrug      |         | 0:28:55 | 0:12:57 |
| 5 km | 165 | Heren   | H16 | 63 | 835 | Witteman      | Leo      | Lutjewinkel      |         | 0:29:02 | 0:13:04 |
| 5 km | 166 | Dames   | D16 | 21 | 655 | De Wit        | Maaike   | 't Zand          | TAS '82 | 0:29:05 | 0:13:07 |
| 5 km | 167 | Dames   | D16 | 22 | 669 | De Jong       | Monique  | Heerhugowaard    |         | 0:29:06 | 0:13:08 |
| 5 km | 168 | Dames   | D16 | 23 | 667 | De Jong       | Sylvia   | Winkel           |         | 0:29:09 | 0:13:11 |
| 5 km | 169 | Heren   | H16 | 64 | 864 | Groot         | Jan      | Nieuwe Niedorp   |         | 0:29:10 | 0:13:12 |
| 5 km | 170 | Dames   | D16 | 24 | 663 | Van Der Kooi  | Tessa    | Wieringerwerf    |         | 0:29:11 | 0:13:13 |

|      |     |         |     |    |     |                  |           |                |       |         |         |
|------|-----|---------|-----|----|-----|------------------|-----------|----------------|-------|---------|---------|
| 5 km | 171 | Heren   | H16 | 65 | 849 | Mulder           | Gertjan   | Koog Ad Zaan   |       | 0:29:21 | 0:13:23 |
| 5 km | 172 | Dames   | D16 | 25 | 653 | Neidhafer        | Anita     | Nieuwe Niedorp |       | 0:29:26 | 0:13:28 |
| 5 km | 173 | Jongens | H00 | 57 | 567 | Rienks           | Sam       | Nieuwe Niedorp |       | 0:29:29 | 0:13:31 |
| 5 km | 174 | Meisjes | D00 | 27 | 952 | Van Dijk         | Merel     | Winkel         |       | 0:29:33 | 0:13:35 |
| 5 km | 175 | Meisjes | D00 | 28 | 932 | V. Vugt          | Noortje   | Heerhugowaard  |       | 0:29:38 | 0:13:40 |
| 5 km | 176 | Jongens | H00 | 58 | 557 | Sanders          | Mart      | Nieuwe Niedorp |       | 0:29:48 | 0:13:50 |
| 5 km | 177 | Meisjes | D00 | 29 | 931 | Labage-van Vugt  | Dorien    | Alkmaar        |       | 0:29:51 | 0:13:53 |
| 5 km | 178 | Jongens | H00 | 59 | 524 | Bijvoet          | Shane     | Winkel         |       | 0:29:57 | 0:13:59 |
| 5 km | 179 | Jongens | H00 | 60 | 543 | Bezuijen         | Lars      | Lutjewinkel    |       | 0:30:02 | 0:14:04 |
| 5 km | 180 | Dames   | D16 | 26 | 680 | Van Dam          | Lys       | Oude Niedorp   |       | 0:30:03 | 0:14:05 |
| 5 km | 181 | Dames   | D16 | 27 | 673 | Gootjes          | Noortje   | Winkel         |       | 0:30:15 | 0:14:17 |
| 5 km | 182 | Dames   | D16 | 28 | 672 | Vd Molen         | Lotte     | Winkel         |       | 0:30:20 | 0:14:22 |
| 5 km | 183 | Heren   | H16 | 66 | 850 | Aalbregtse       | Henk      | Nieuwe Niedorp |       | 0:30:21 | 0:14:23 |
| 5 km | 184 | Heren   | H16 | 67 | 822 | Van Buuren       | Jeroen    | Nieuwe Niedorp |       | 0:30:26 | 0:14:28 |
| 5 km | 185 | Meisjes | D00 | 30 | 947 | Doelman          | Mariska   | Onbekend       |       | 0:30:30 | 0:14:32 |
| 5 km | 186 | Heren   | H16 | 68 | 517 | Keizer           | Erwin     | Nieuwe Niedorp |       | 0:30:31 | 0:14:33 |
| 5 km | 187 | Meisjes | D00 | 31 | 958 | Verduijn         | Willy     | Schagen        |       | 0:30:32 | 0:14:34 |
| 5 km | 188 | Dames   | D16 | 29 | 678 | Mallouk          | Jasmin    | Nieuwe Niedorp |       | 0:30:33 | 0:14:35 |
| 5 km | 189 | Dames   | D16 | 30 | 677 | Bezuijen         | Inge      | Nieuwe Niedorp |       | 0:30:36 | 0:14:38 |
| 5 km | 190 | Dames   | D16 | 31 | 681 | Colenbrander     | Laura     | Nieuwe Niedorp |       | 0:30:37 | 0:14:39 |
| 5 km | 191 | Meisjes | D00 | 32 | 930 | Schrijver        | Tessa     | Zijde wind     |       | 0:30:38 | 0:14:40 |
| 5 km | 192 | Meisjes | D00 | 33 | 929 | Bood             | Pascale   | Zijde wind     |       | 0:30:39 | 0:14:41 |
| 5 km | 193 | Dames   | D16 | 32 | 662 | Peperkamp        | Marleen   | Alkmaar        | Hylas | 0:30:42 | 0:14:44 |
| 5 km | 194 | Meisjes | D00 | 34 | 954 | Kooijman         | Janet     | Winkel         |       | 0:30:43 | 0:14:45 |
| 5 km | 195 | Meisjes | D00 | 35 | 953 | Bergman          | Suzanne   | Winkel         |       | 0:30:44 | 0:14:46 |
| 5 km | 196 | Dames   | D16 | 33 | 661 | Van Der Stoop    | Simone    | Alkmaar        |       | 0:30:51 | 0:14:53 |
| 5 km | 197 | Dames   | D16 | 34 | 676 | Molenaar         | Zonne     | Nieuwe Niedorp |       | 0:30:51 | 0:14:53 |
| 5 km | 198 | Dames   | D16 | 35 | 671 | Schouten         | Suus      | Nieuwe Niedorp |       | 0:30:52 | 0:14:54 |
| 5 km | 199 | Dames   | D16 | 36 | 686 | Negenman         | Maud      | Winkel         |       | 0:31:02 | 0:15:04 |
| 5 km | 200 | Dames   | D16 | 37 | 685 | Heddes           | Farah     | Nieuwe Niedorp |       | 0:31:03 | 0:15:05 |
| 5 km | 201 | Meisjes | D00 | 36 | 944 | Dorregeest       | Linda     | Alkmaar        |       | 0:31:39 | 0:15:41 |
| 5 km | 202 | Heren   | H16 | 69 | 861 | Van Houten       | Paul      | Alkmaar        |       | 0:31:49 | 0:15:51 |
| 5 km | 203 | Meisjes | D00 | 37 | 940 | Limbach          | Linda     | Alkmaar        |       | 0:31:50 | 0:15:52 |
| 5 km | 204 | Dames   | D16 | 38 | 670 | Knoeff - Portier | Estrelita | Schagen        |       | 0:31:51 | 0:15:53 |
| 5 km | 205 | Meisjes | D00 | 38 | 951 | Coester          | Grace     | Schagen        |       | 0:31:52 | 0:15:54 |
| 5 km | 206 | Jongens | H00 | 61 | 548 | Fortgens         | Yuri      | Nieuwe Niedorp |       | 0:33:09 | 0:17:11 |
| 5 km | 207 | Meisjes | D00 | 39 | 928 | Keizer           | Ika       | Nieuwe Niedorp |       | 0:33:45 | 0:17:47 |