

		16-jul	23-jul	30-jul	6-aug	13-aug	20-aug	Gemiddeld	Beste 4
1k j		00:04:14	00:03:59	00:04:09	00:04:33	00:04:11	00:04:07	00:04:13	
1	Floris Jacob Toutenhoofd	00:04:14	00:03:49	00:04:02	00:04:04	00:03:53		00:04:00	00:15:48
2	Kas Vonk			00:04:15	00:04:22	00:04:17	00:04:06	00:04:15	00:17:00
1k m		00:04:20	00:04:14	00:05:04	00:04:53	00:05:02	00:05:04	00:04:53	
1	Fransien Toutenhoofd	00:04:22	00:04:04	00:04:53	00:04:32	00:04:39		00:04:30	00:18:08
2	Caro Vonk			00:05:38	00:05:13	00:05:59	00:06:08	00:05:45	00:22:58
4k h		00:23:01	00:24:13	00:23:08	00:23:39	00:23:10	00:22:58	00:23:21	
1	Teun Nieuwenhuis	00:16:24	00:15:42	00:16:23	00:16:17	00:16:29	00:16:56	00:16:15	01:04:51
2	Piet Bakelaar	00:19:50	00:21:22	00:21:09	00:22:08	00:21:41	00:21:19	00:21:15	01:25:31
3	Paul Schermer			00:27:09	00:26:23	00:27:15	00:26:30	00:26:49	01:47:17
4	Alexander Gibb	00:30:59	00:33:09	00:32:19		00:32:30	00:31:39	00:32:07	02:09:37
5	Gerard Schuiling	00:22:00	00:33:15	00:33:13	00:33:02		00:33:01	00:30:54	02:12:31
4k d		00:21:17	00:24:30	00:23:16	00:22:49	00:20:38	00:20:45	00:22:40	
1	Nelly van der Wal		00:21:45	00:23:25	00:20:02	00:20:35		00:21:27	01:25:47
2	Laurien Bakker	00:21:10		00:22:53	00:23:37	00:23:44	00:22:44	00:22:50	01:32:58
4k j		00:21:00	00:20:09	00:19:43	00:19:12	00:22:43	00:21:00	00:21:01	
1	Hessel Oswald		00:18:33	00:17:51	00:18:34	00:18:36		00:18:24	01:13:34
2	Teun Top	00:21:00	00:21:45	00:20:45	00:19:50	00:20:03		00:20:41	01:22:23
4k m			00:21:40	00:21:22	00:25:17	00:20:25		00:22:48	
1	Tessa Top		00:21:40	00:21:22	00:25:04	00:20:25		00:22:08	01:28:31
8k h		00:39:33	00:37:42	00:36:05	00:37:48	00:33:35	00:34:53	00:36:43	
1	Maikel van der Gracht	00:36:04		00:33:41	00:34:32	00:33:23	00:33:29	00:34:14	02:15:05
2	Sjoerd Groeskamp	00:37:44	00:36:31	00:35:28	00:35:52		00:35:20	00:36:11	02:23:11
8k hv		00:43:25	00:41:11	00:39:15	00:38:08	00:38:24	00:36:51	00:38:52	
1	Jordy Vinke		00:30:20	00:29:40	00:30:32	00:30:46		00:30:20	02:01:18
2	Rick Siersma			00:38:01	00:37:28	00:37:10	00:37:34	00:37:33	02:30:13
3	Ivo Huizinga		00:38:36	00:37:52	00:38:03		00:37:18	00:37:57	02:31:49
8k d		00:44:44	00:42:45	00:41:58	00:40:47	00:45:16	00:40:06	00:42:16	
1	Margot van der Ven		00:38:52	00:38:43	00:39:19		00:37:34	00:38:37	02:34:28
2	Romke Milder	00:44:44		00:42:58	00:42:16	00:41:49	00:41:49	00:42:43	02:48:52

- Alleen ZDH crosslopen vanaf voetbalveld
- Beste 4 resultaten opgeteld
- 4 of meer deelnames