

	16-jul	23-jul	30-jul	6-aug	13-aug	gem	totaal beste 4 ZDH
1k j							
Floris Jacob Toutenhoofd	00:04:14	00:03:49	00:04:02	00:04:04	00:03:53	00:04:00	00:15:48
1k m							
Fransien Toutenhoofd	00:04:22	00:04:04	00:04:53	00:04:32	00:04:39	00:04:30	00:18:08
4k j							
Hessel Oswald		00:18:33	00:17:51	00:18:34	00:18:36	00:18:24	01:13:34
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							
Tessa Top		00:21:40	00:21:22	00:25:04	00:20:25	00:22:08	01:28:31
4k h							
Teun Nieuwenhuis	00:16:24	00:15:42	00:16:23	00:16:17	00:16:29	00:16:15	01:04:51
Piet Bakelaar	00:19:50	00:21:22	00:21:09	00:22:08	00:21:41	00:21:14	01:26:20
4k d							
Nelly van der Wal		00:21:45	00:23:25	00:20:02	00:20:35	00:21:27	01:25:47
8k h							
geen deelnemers							
8k hv							
Jordy Vinke		00:30:20	00:29:40	00:30:32	00:30:46	00:30:20	02:01:18
8k d							
geen deelnemers							
w							
Harry Bakker	00:31:17	00:30:23	00:29:48	00:29:04	00:30:51	00:30:17	02:00:06

Voorwaarden competitie

4 of meer deelnames

4 beste tijden worden opgeteld

alleen ZDH-crosslopen op duinparcours