

24/10/10 Kerkrade Stadsloop 5 Km

PL	M/ V	Tijd	Nr	Naam	Nat	Club/Gemeente/Land	Geb.J	PL/ Cat	Cat	Gemid.
1		00:16:19	462	Moussa Hudrog	GER	Aachener Engel	1985	1	MS	03:15,8
2		00:16:42	482	Mathias Schumacher	GER	Aachener TG	1982	2	MS	03:20,4
3		00:16:53	519	Frank Tijdink	NED	AV Caesar	1994	1	JB	03:22,6
4		00:16:54	313	Hub Kurvers	NED	Runnersworld Heerlen	1961	1	M45	03:22,8
5		00:17:00	497	Roel Wijmenga	NED	AV Unitas	1992	1	JA	03:24,0
6		00:17:32	405	Richard Lavallo	NED	STB Landgraaf	1968	1	M40	03:30,4
7		00:17:40	312	Maarten Vliex	NED	Runnersworld Heerlen	1987	3	MS	03:32,0
8		00:17:52	512	Wil Pepels	NED	AV Caesar	1958	1	M50	03:34,4
9		00:17:58	494	Tom Partoens	BEL	Bilzen	1974	4	MS	03:35,6
10		00:18:01	363	Arno Hanssen	NED	Zorggroep Meander OZL	1972	5	MS	03:36,2
11		00:18:03	295	Hub Donders	NED	Rabobank Parkstad Limbur	1960	2	M50	03:36,6
12		00:18:04	311	Ger Bodelier	NED	Runnersworld Heerlen	1965	2	M45	03:36,8
13		00:18:23	318	Rob Riksen	NED	Runnersworld Heerlen	1962	3	M45	03:40,6
14		00:18:25	390	Mario Deserno	NED	Eygelshoven	1972	6	MS	03:41,0
15		00:18:35	495	Piet Crommen	BEL	Bilzen	1983	7	MS	03:43,0
16		00:18:39	449	Hartmut Sander	GER	DJK JS Herzogenrath	1967	2	M40	03:43,8
17		00:18:43	488	Bas Pierik	NED	AVON Heerlen	1976	8	MS	03:44,6
18		00:18:50	576	Onbekend Onbekend	NED	Heerlen	1980	9	MS	03:46,0
19		00:18:58	555	Bart Smeets	NED	Susteren	1986	10	MS	03:47,6
20		00:19:01	558	Roger Veldman	NED	Voerendaal	1971	11	MS	03:48,2
21	V	00:19:05	465	Leonie Balter	NED	STB Landgraaf	1991	1	MA	03:49,0
22		00:19:08	328	Eric Raemaekers	NED	Hogeschool Zuyd	1988	12	MS	03:49,6
23		00:19:11	500	Ger Cruets	NED	Caesar Beek	1964	4	M45	03:50,2
24		00:19:16	483	Benjamin Lehmbach	GER	Aachener TG	1980	13	MS	03:51,2
25		00:19:17	309	Marcel de Veen	NED	Runnersworld Heerlen	1956	3	M50	03:51,4
26		00:19:20	457	Jos Muyen	NED	Auto Vaessen	1962	5	M45	03:52,0
27		00:19:33	487	Ralph Evertz	GER	Walhorn	1962	6	M45	03:54,6
28		00:19:36	310	Harry Driessen	NED	Runnersworld Heerlen	1956	4	M50	03:55,2
29		00:19:42	568	Frans Hool	NED	AVON Heerlen	1965	7	M45	03:56,4
30		00:19:42	264	Marco Wouters	NED	Dutch Runners Basic	1985	14	MS	03:56,4
31		00:19:51	332	Gert-Jan Maas	NED	Hogeschool Zuyd	1971	15	MS	03:58,2
32		00:19:52	528	Patrick Philtjens	BEL	Tongeren	1960	5	M50	03:58,4
33		00:19:53	347	Sjack Hoop	NED	Team Atrium MC 1	1963	8	M45	03:58,6
34		00:20:05	293	Nick Custers	NED	Rabobank Parkstad Limbur	1966	3	M40	04:01,0
35		00:20:07	493	Jeroen Meerveld	NED	Parellooprunners	1986	16	MS	04:01,4
36		00:20:14	481	Johannes Beulshausen	GER	Aachen TG	1980	17	MS	04:02,8
37		00:20:15	411	Theo van Puijvelde	NED	Sweikhuizen	1968	4	M40	04:03,0
38		00:20:15	517	Frans Lipsch	NED	Heuvelland Running Team	1968	5	M40	04:03,0
39		00:20:20	375	Tomas Weijters	NED	Dutch Runners Basic	1985	18	MS	04:04,0
40		00:20:25	469	Ronald Dols	NED	AV Unitas	1962	9	M45	04:05,0
41		00:20:26	511	Axel Skrabania	NED	Triathlonteam Zuid-Limbur	1955	1	M55	04:05,2
42	V	00:20:27	484	Niki Collaris	NED	AV Caesar	1988	1	VS	04:05,4

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M/						PL/			
PL	V	Tijd	Nr	Naam	Nat	Club/Gemeente/Land	Geb.J	Cat Cat	Gemid.
43		00:20:39	575	Jeffrey Sauren	NED	TWC Maasland	1991	2 JA	04:07,8
44	V	00:20:43	499	Judith van Leeuwen	NED	AV Caesar	1979	2 VS	04:08,6
45		00:20:45	492	Loek Malecki	NED	AVON Heerlen	1961	10 M45	04:09,0
46	V	00:20:46	317	Ellis Jacobs	NED	Runnersworld Heerlen	1984	3 VS	04:09,2
47		00:20:47	463	Nathal van der Meulen	NED	Achilles-Top	1966	6 M40	04:09,4
48	V	00:20:50	404	Anke Linssen	NED	STB Landgraaf	1984	4 VS	04:10,0
49		00:20:51	505	Fred Geilenkirchen	NED	STB Landgraaf	1965	11 M45	04:10,2
50		00:20:53	371	Bas Rijken	NED	Zorggroep Meander OZL	1978	19 MS	04:10,6
51		00:20:55	412	Roy Paulssen	NED	Nuth	1984	20 MS	04:11,0
52		00:20:56	454	Ad van Kempen	NED	Auto Vaessen	1954	2 M55	04:11,2
53		00:20:58	368	Pierre Albert	NED	Zorggroep Meander OZL	1954	3 M55	04:11,6
54		00:20:59	458	Maurice Kohlen	NED	Auto Vaessen	1965	12 M45	04:11,8
55		00:21:06	321	Bram Defeche	NED	Onderwijsstichting Movare	1978	21 MS	04:13,2
56		00:21:07	288	Ronald Bouwers	NED	STB Landgraaf	1975	22 MS	04:13,4
57		00:21:07	315	Giel Vullings	NED	Runnersworld Heerlen	1942	1 M65	04:13,4
58		00:21:10	409	Nicky Bocken	NED	Geleen	1994	2 JB	04:14,0
59		00:21:10	536	Victor Widdershoven	NED	Brunssum	1973	23 MS	04:14,0
60		00:21:25	387	John van Herk	NED	Bingelrade	1966	7 M40	04:17,0
61		00:21:29	281	Boris Hellenbrand	NED	Brunssum	1987	24 MS	04:17,8
62		00:21:33	480	Bert Hanckmann	NED	Urmond	1963	13 M45	04:18,6
63		00:21:37	562	Ype-Jan Bekkering	NED	Heerlen	1966	8 M40	04:19,4
64		00:21:41	455	Paul Eymael	NED	Auto Vaessen	1960	6 M50	04:20,2
65		00:21:43	364	Niek Bremen	NED	Zorggroep Meander OZL	1947	1 M60	04:20,6
66		00:21:46	522	Rudie Scholten	NED	AVON Heerlen	1955	4 M55	04:21,2
67		00:21:49	326	Michel Beckers	NED	Hogeschool Zuyd	1981	25 MS	04:21,8
68		00:21:56	261	Ber Elie	NED	Maastricht	1955	5 M55	04:23,2
69		00:21:59	498	Etienne Koreman	NED	Landgraaf	1995	3 JB	04:23,8
70	V	00:22:00	477	Kirsty Jacobi	NED	AVON Heerlen	1994	1 MB	04:24,0
71		00:22:06	342	Leo Quaedflieg	NED	Hogeschool Zuyd	1962	14 M45	04:25,2
72		00:22:10	552	Jan Muyrers	NED	Achilles-Top	1945	2 M65	04:26,0
73		00:22:14	386	Lars Quaedvlieg	NED	Heerlen	1980	26 MS	04:26,8
74		00:22:25	325	Bram Coenen	NED	Hogeschool Zuyd	1984	27 MS	04:29,0
75		00:22:32	336	Maurice Hellenbrand	NED	Hogeschool Zuyd	1969	9 M40	04:30,4
76		00:22:32	468	Roy Karstenberg	NED	VIPP	1969	10 M40	04:30,4
77	V	00:22:34	564	Maika Bryant	NED	AVON Heerlen	1992	2 MA	04:30,8
78		00:22:37	330	Niels Hermans	NED	Hogeschool Zuyd	1986	28 MS	04:31,4
79	V	00:22:38	314	Els Rovers	NED	Runnersworld Heerlen	1956	1 V50	04:31,6
80		00:22:39	383	Cor van Haaren	NED	STB Landgraaf	1966	11 M40	04:31,8
81		00:22:43	554	Mark Möllenbeek	NED	AVON Heerlen	1983	29 MS	04:32,6
82		00:22:43	452	Richard Vulker	NED	Auto Vaessen	1968	12 M40	04:32,6
83		00:22:48	283	Rik Rompen	NED	Landgraaf	1980	30 MS	04:33,6
84		00:22:52	408	Bart Peeters	NED	Maastricht	1972	31 MS	04:34,4

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85		00:22:53	316	Pascal van der Veeke	NED	Runnersworld Heerlen	1969	13	M40	04:34,6
86		00:22:56	574	Herman Hendrickx	NED	Echt	1965	15	M45	04:35,2
87		00:22:56	563	Stefan Outjers	NED	AVON Heerlen	1972	32	MS	04:35,2
88		00:23:02	357	Michel Petri	NED	Aannemers. Jongen B.V.	1980	33	MS	04:36,4
89		00:23:03	274	Lowie Rademakers	NED	Kerkrade	1952	6	M55	04:36,6
90	V	00:23:03	460	Sandra Douven	NED	Auto Vaessen	1971	5	VS	04:36,6
91		00:23:11	350	Arna Helgers	NED	Team Atrium MC 1	1952	7	M55	04:38,2
92		00:23:12	359	Bram Ruiters	NED	Aannemers. Jongen B.V.	1974	34	MS	04:38,4
93		00:23:14	285	Mark Offermans	NED	Brunssum	1966	14	M40	04:38,8
94		00:23:15	388	Martijn Matsinger	NED	Weert	1981	35	MS	04:39,0
95		00:23:24	256	John van Puijvelde	NED	AVON Heerlen	1959	7	M50	04:40,8
96	V	00:23:24	461	Aimee Brull	NED	Auto Vaessen	1972	6	VS	04:40,8
97		00:23:26	527	Youri Mucher	NED	Heerlen	1996	4	JB	04:41,2
98		00:23:27	553	Mario Porco	NED	ATLA	1954	8	M55	04:41,4
99		00:23:27	439	Math Baggen	NED	Achilles-Top	1955	9	M55	04:41,4
100		00:23:27	289	Han Gehlen	NED	Rabobank Parkstad Limbur	1959	8	M50	04:41,4
101		00:23:33	329	Tim Roks	NED	Hogeschool Zuyd	1984	36	MS	04:42,6
102		00:23:38	478	Thomas Müller	NED	Übach-Palenberg	1970	15	M40	04:43,6
103	V	00:23:43	327	Claudia Steinbusch	NED	Hogeschool Zuyd	1982	7	VS	04:44,6
104		00:23:44	253	Herman Gerards	NED	STB Landgraaf	1957	9	M50	04:44,8
105		00:23:45	559	Andre de Bie	NED	VIPP	1962	16	M45	04:45,0
106		00:23:54	348	Guus Stauvermann	NED	Team Atrium MC 1	1953	10	M55	04:46,8
107	V	00:23:56	438	Sandra Florie	NED	Achilles-Top	1975	8	VS	04:47,2
108		00:23:56	369	Gerard ten Dam	NED	Zorggroep Meander OZL	1949	2	M60	04:47,2
109	V	00:24:00	476	Marlies Gommer	NED	Heerlen	1968	1	V40	04:48,0
110		00:24:02	561	Huub Collaris	NED	STB Landgraaf	1952	11	M55	04:48,4
111	V	00:24:02	459	Ellis Burgers	NED	Auto Vaessen	1967	2	V40	04:48,4
112		00:24:02	573	Maurice Janssen	NED	Heerlen	1966	16	M40	04:48,4
113		00:24:12	464	Richard Hilgers	GER	Herzogenrath	1975	37	MS	04:50,4
114		00:24:13	291	Frans Merkens	NED	Rabobank Parkstad Limbur	1962	17	M45	04:50,6
115		00:24:13	513	Ger Logister	NED	STB Landgraaf	1959	10	M50	04:50,6
116		00:24:17	451	Cor Vaessen	NED	Auto Vaessen	1946	3	M60	04:51,4
117		00:24:21	338	Wim Vluggen	NED	Hogeschool Zuyd	1959	11	M50	04:52,2
118		00:24:22	292	Hans Franssen	NED	Rabobank Parkstad Limbur	1972	38	MS	04:52,4
119	V	00:24:23	370	Augustine Boshouwers	NED	Zorggroep Meander OZL	1960	2	V50	04:52,6
120		00:24:29	344	Bas Mols	NED	Team Atrium MC 1	1971	39	MS	04:53,8
121		00:24:34	367	Peter Bolk	NED	Zorggroep Meander OZL	1951	12	M55	04:54,8
122		00:24:35	297	Hans Haemers	NED	Licom Schoon OVR	1956	12	M50	04:55,0
123	V	00:24:38	557	Lenie Jacobs	NED	STB Landgraaf	1960	3	V50	04:55,6
124		00:24:39	529	Wil Fleurkens	NED	Landgraaf	1961	18	M45	04:55,8
125		00:24:39	534	Mathijs Oostdijk	NED	Heerlen	1986	40	MS	04:55,8
126		00:24:44	566	Peter Folkers	NED	Heerlen	1963	19	M45	04:56,8

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127	V	00:24:46	416	Monique Florie	NED	Kerkrade	1983	9	VS	04:57,2
128		00:24:48	436	Toine Hensgens	NED	Achilles-Top	1950	4	M60	04:57,6
129		00:24:50	399	Toin Boijmans	NED	STB Landgraaf	1955	13	M55	04:58,0
130		00:24:54	530	Sjef Mucher	NED	Heerlen	1966	17	M40	04:58,8
131		00:24:55	372	Ivo Keijdener	NED	Zorggroep Meander OZL	1975	41	MS	04:59,0
132		00:24:56	334	Falco Beckers	NED	Hogeschool Zuyd	1976	42	MS	04:59,2
133		00:25:00	420	John Schoeters	NED	Team Infour	1966	18	M40	05:00,0
134		00:25:01	345	Pierre Muijrs	NED	Team Atrium MC 1	1948	5	M60	05:00,2
135		00:25:02	308	Kay Verschuren	NED	Licom Schoon OVR	1980	43	MS	05:00,4
136		00:25:06	335	Bart Wauben	NED	Hogeschool Zuyd	1952	14	M55	05:01,2
137		00:25:09	549	Gerard Coortnes	NED	Start to run	1973	44	MS	05:01,8
138	V	00:25:11	403	Chantal Duin-Golobiec	NED	Heerlen	1976	10	VS	05:02,2
139		00:25:12	401	Steffan Golobiec	NED	Heerlen	1949	6	M60	05:02,4
140	V	00:25:17	565	Susanne Herberichs	NED	Heerlen	1988	11	VS	05:03,4
141		00:25:18	467	Jos Habets	NED	Heerlen	1968	19	M40	05:03,6
142		00:25:25	374	Jos Meerten	NED	Zorggroep Meander OZL	1956	13	M50	05:05,0
143		00:25:32	539	Rob Zimny	NED	Heerlen	1961	20	M45	05:06,4
144		00:25:44	284	Wim van de Wiel	NED	Dutch Runners Basic	1965	21	M45	05:08,8
145	V	00:25:45	572	Jose Kolkman-Smeets	NED	Voerendaal	1964	1	V45	05:09,0
146	V	00:25:46	260	Anja Muller	NED	Kerkrade	1956	4	V50	05:09,2
147		00:25:46	542	Vincent Wouters	NED	Brunssum	1965	22	M45	05:09,2
148		00:25:46	358	Maurice Quaedackers	NED	Aannemers. Jongen B.V.	1964	23	M45	05:09,2
149		00:25:48	398	John Evertz	NED	Kerkrade	1954	15	M55	05:09,6
150		00:25:52	319	John Wevers	NED	Onderwijsstichting Movare	1968	20	M40	05:10,4
151		00:25:56	304	Jean Janssen	NED	Licom Schoon OVR	1968	21	M40	05:11,2
152		00:26:03	259	Hans Muller	NED	Eygelshoven	1959	14	M50	05:12,6
153		00:26:04	296	Charel De Witte	NED	Rabobank Parkstad Limbur	1960	15	M50	05:12,8
154		00:26:06	366	Roger Ruijters	NED	Zorggroep Meander OZL	1960	16	M50	05:13,2
155		00:26:07	473	Maurice Strolenberg	NED	Kerkrade	1966	22	M40	05:13,4
156		00:26:09	520	Pascal Creusen	NED	Kerkrade	1969	23	M40	05:13,8
157		00:26:11	503	Tom Beenkens	BEL	ATLA	2001	5	JB	05:14,2
158		00:26:14	413	Ben de Schouwer	NED	Brunssum	1965	24	M45	05:14,8
159		00:26:18	506	Paul Verbroeken	NED	STB Landgraaf	1966	24	M40	05:15,6
160		00:26:19	302	Mustafa Saizoune	NED	Licom Schoon OVR	1970	25	M40	05:15,8
161		00:26:23	428	Leo Hoogerwerf	NED	Team Infour	1950	7	M60	05:16,6
162		00:26:26	262	Felix Manikowski	NED	Dutch Runners Basic	1965	25	M45	05:17,2
163		00:26:26	396	Andy Dritty	NED	Landgraaf	1982	45	MS	05:17,2
164		00:26:30	277	Johan ten Donkelaar	NED	Brunssum	1954	16	M55	05:18,0
165		00:26:30	385	Sjaak Veldman	NED	Team Parellooprunners	1953	17	M55	05:18,0
166		00:26:30	424	Mathijs Theeuwen	NED	Team Infour	1992	3	JA	05:18,0
167		00:26:32	570	Arnold Jaspers	NED	Voerendaal	1961	26	M45	05:18,4
168		00:26:32	407	Bart Offeringa	NED	Landgraaf	1968	26	M40	05:18,4

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169	V	00:26:33	489	Manon Baumler	NED	Landgraaf	1978	12	VS	05:18,6
170		00:26:33	254	Barry Kicken	NED	Landgraaf	1978	46	MS	05:18,6
171		00:26:36	456	Cor Koreman	NED	Auto Vaessen	1962	27	M45	05:19,2
172	V	00:26:37	354	Angelique Hoessen	NED	Team Atrium MC 1	1972	13	VS	05:19,4
173		00:26:38	556	Jan Manders	NED	STB Landgraaf	1946	8	M60	05:19,6
174	V	00:26:39	320	Severine Florie	NED	Onderwijsstichting Movare	1977	14	VS	05:19,8
175		00:26:40	433	Bart Raaijmakers	NED	Achilles-Top	1968	27	M40	05:20,0
176	V	00:26:40	353	Marion Franke	NED	Team Atrium MC 1	1961	2	V45	05:20,0
177		00:26:42	324	Marco Winters	NED	Onderwijsstichting Movare	1974	47	MS	05:20,4
178		00:26:42	298	John Schölgem	NED	Licom Schoon OVR	1958	17	M50	05:20,4
179		00:26:43	567	Theo Mertens	NED	Achilles-Top	1952	18	M55	05:20,6
180		00:26:51	406	Alwin Duin	NED	Heerlen	1972	48	MS	05:22,2
181	V	00:26:52	269	Anita van der Waal	NED	Achilles-Top	1975	15	VS	05:22,4
182		00:26:53	445	Valentin Bündgens	GER	TSV Alemannia Aachen	1947	9	M60	05:22,6
183	V	00:26:54	440	Edith Bünger	NED	Achilles-Top	1965	3	V45	05:22,8
184		00:26:54	532	Peter Jongen	NED	Kerkrade	1961	28	M45	05:22,8
185	V	00:26:54	501	Jessie Maessen	NED	Achilles-Top	1962	4	V45	05:22,8
186		00:27:07	479	Folker Metzler	GER	Herzogenrath	1974	49	MS	05:25,4
187	V	00:27:07	392	Ira Baggen	NED	Heerlen	1987	16	VS	05:25,4
188	V	00:27:09	343	Manon Kohnen	NED	Hogeschool Zuyd	1980	17	VS	05:25,8
189		00:27:12	402	Roberto Croes	NED	Heerlen	1962	29	M45	05:26,4
190		00:27:19	299	Wim Nas	NED	Licom Schoon OVR	1952	19	M55	05:27,8
191		00:27:20	470	Rene Schillings	NED	Kerkrade	1959	18	M50	05:28,0
192	V	00:27:20	472	Pauline Evers	NED	Achilles-Top	1968	3	V40	05:28,0
193	V	00:27:22	523	Jacqueine Somers	NED	Maastricht	1983	18	VS	05:28,4
194		00:27:23	510	Ger van den Munckhof	NED	Brunssum	1967	28	M40	05:28,6
195		00:27:26	278	Hendrik Jan Hool	NED	Kerkrade	1960	19	M50	05:29,2
196		00:27:27	379	Wiel Pelzer	NED	Achilles-Top	1951	20	M55	05:29,4
197		00:27:31	543	Freddie Peschen	NED	Brunssum	1967	29	M40	05:30,2
198	V	00:27:33	569	Kitty Smeets	NED	Voerendaal	1962	5	V45	05:30,6
199		00:27:49	303	Kevin Vincken	NED	Licom Schoon OVR	1982	50	MS	05:33,8
200		00:27:52	571	Rene Smeets	NED	Voerendaal	1963	30	M45	05:34,4
201	V	00:27:53	441	Ellen Wisman	NED	Achilles-Top	1955	1	V55	05:34,6
202		00:28:07	341	Koen Booijens	NED	Hogeschool Zuyd	1978	51	MS	05:37,4
203		00:28:12	515	Marco Zanatta	NED	VIPP	1965	31	M45	05:38,4
204	V	00:28:21	391	Roelie Kortis-Backus	NED	Landgraaf	1953	2	V55	05:40,2
205	V	00:28:27	380	Gerda Regterschot	NED	Achilles-Top	1961	6	V45	05:41,4
206	V	00:28:31	537	Nancy Numumete	NED	STB Landgraaf	1974	19	VS	05:42,2
207		00:28:34	355	Frans Burggraaff	NED	Aannemers. Jongen B.V.	1957	20	M50	05:42,8
208	V	00:28:40	474	Cindy Philips	NED	Kerkrade	1974	20	VS	05:44,0
209		00:28:41	475	Ivo Philips	NED	Kerkrade	1972	52	MS	05:44,2
210		00:28:42	333	Wim Geurts van Kessel	NED	Hogeschool Zuyd	1944	3	M65	05:44,4

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M/		PL/								
PL	V	Tijd	Nr	Naam	Nat	Club/Gemeente/Land	Geb.J	Cat	Cat	Gemid.
211	V	00:28:48	429	Nicole Herberichs	NED	Achilles-Top	1971	21	VS	05:45,6
212		00:28:53	376	Rob Verschuren	NED	Licom Schoon OVR	1965	32	M45	05:46,6
213	V	00:28:58	389	Astrid Scholler	NED	Achilles-Top	1967	4	V40	05:47,6
214	V	00:28:58	331	Lidy Hermans	NED	Hogeschool Zuyd	1987	22	VS	05:47,6
215	V	00:28:59	287	Wilhelmien Cornelissen	NED	Landgraaf	1951	3	V55	05:47,8
216	V	00:28:59	560	Karin de Bie	NED	Heerlen	1967	5	V40	05:47,8
217	V	00:28:59	337	Joyce Hellenbrand	NED	Hogeschool Zuyd	1979	23	VS	05:47,8
218		00:29:08	268	Peter Schijns	NED	Landgraaf	1975	53	MS	05:49,6
219		00:29:09	525	Mark Charlier	NED	Kerkrade	1958	21	M50	05:49,8
220	V	00:29:10	279	Nancy Rhoen	NED	Achilles-Top	1971	24	VS	05:50,0
221	V	00:29:13	432	Karina Romero	NED	Achilles-Top	1970	6	V40	05:50,6
222		00:29:22	306	Bert Hoven	NED	Licom Schoon OVR	1962	33	M45	05:52,4
223	V	00:29:32	531	Anita Jongen	NED	Kerkrade	1964	7	V45	05:54,4
224		00:29:32	547	John Erkens	NED	Landgraaf	1966	30	M40	05:54,4
225	V	00:29:34	276	Karolina Renckens	NED	Heerlen	1981	25	VS	05:54,8
226	V	00:29:36	533	Elke Stegen	BEL	Bilzen	1980	26	VS	05:55,2
227	V	00:29:39	271	Chantal Brock	NED	Achilles-Top	1969	7	V40	05:55,8
228		00:29:43	258	Robert Lindelauf	NED	Brunssum	1977	54	MS	05:56,6
229	V	00:29:45	397	Marian Evertz	NED	Kerkrade	1959	5	V50	05:57,0
230		00:29:48	282	Frans Steinbruck	NED	Landgraaf	1946	10	M60	05:57,6
231	V	00:29:48	550	Arlette Rademakers	NED	AVON Heerlen	1997	2	MB	05:57,6
232	V	00:29:49	257	Chantal Derks	NED	Achilles-Top	1970	8	V40	05:57,8
233		00:29:50	356	Ger Drenth	NED	Aannemers. Jongen B.V.	1948	11	M60	05:58,0
234		00:29:52	393	Wiel Gulpen	NED	Simpelveld	1957	22	M50	05:58,4
235	V	00:29:53	490	Wilma Brounen	NED	STAP Brunssum	1986	27	VS	05:58,6
236	V	00:29:54	496	Bianca Sluis	NED	Achilles-Top	1973	28	VS	05:58,8
237	V	00:30:00	251	Marion Wenders	NED	Gulpen	1957	6	V50	06:00,0
238	V	00:30:02	272	Xandra Vaessen	NED	Achilles-Top	1965	8	V45	06:00,4
239		00:30:04	434	Fred Kroon	NED	Achilles-Top	1956	23	M50	06:00,8
240	V	00:30:08	466	Els Gielen	NED	Kerkrade	1957	7	V50	06:01,6
241		00:30:21	349	Raymond Slangen	NED	Team Atrium MC 1	1969	31	M40	06:04,2
242	V	00:30:22	351	Lea Penders	NED	Team Atrium MC 1	1962	9	V45	06:04,4
243		00:30:23	422	Harry Theeuwen	NED	Team Infour	1956	24	M50	06:04,6
244	V	00:30:24	524	Irene Schillings	BEL	Voeren	1955	4	V55	06:04,8
245	V	00:30:29	255	Desi v Puijvelde-Hanrae	NED	AVON Heerlen	1969	9	V40	06:05,8
246	V	00:30:40	435	Wilma Janssen	NED	Achilles-Top	1961	10	V45	06:08,0
247		00:30:41	419	Harry Verstegen	NED	Team Infour	1940	1	M70	06:08,2
248		00:30:50	252	Maurice Schaafstra	NED	Kerkrade	1971	55	MS	06:10,0
249	V	00:30:53	421	Dianna van Bakel	NED	Team Infour	1964	11	V45	06:10,6
250	V	00:31:06	548	Elianne Kerckhoffs	NED	Kerkrade	1958	8	V50	06:13,2
251		00:31:21	384	Gerrit de Jongh	NED	Team Parellooprunners	1953	21	M55	06:16,2
252	V	00:31:24	514	Franca vettrop	NED	VIPP	1959	9	V50	06:16,8

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M/						PL/				
PL	V	Tijd	Nr	Naam	Nat	Club/Gemeente/Land	Geb.J	Cat	Cat	Gemid.
253	V	00:31:24	516	Shirley Zanatta	NED	VIPP	1965	12	V45	06:16,8
254		00:31:37	541	Hubert Brinkhuis	NED	Amsterdam	1982	56	MS	06:19,4
255	V	00:31:40	294	Anja Merkens	NED	Rabobank Parkstad Limbur	1964	13	V45	06:20,0
256		00:31:40	526	Lou Penders	NED	Elsloo	1949	12	M60	06:20,0
257	V	00:31:46	275	Sylvia Heddema	NED	STAP Brunssum	1964	14	V45	06:21,2
258		00:31:55	448	Wolfgang Josephs	GER	Selfkant	1949	13	M60	06:23,0
259	V	00:31:55	540	Ida Brinkhuis	NED	Margraten	1952	5	V55	06:23,0
260	V	00:32:00	535	Gerda Geerkens	NED	Vijlen	1961	15	V45	06:24,0
261		00:32:40	280	John Bron	NED	Brunssum	1956	25	M50	06:32,0
262	V	00:32:56	538	Miriam de Vries	NED	Hoha Runners	1968	10	V40	06:35,2
263	V	00:32:59	491	Mia Pals	NED	STAP Brunssum	1960	10	V50	06:35,8
264	V	00:33:27	361	Dieny Winter	NED	Aannemers. Jongen B.V.	1950	1	V60	06:41,4
265		00:33:27	360	Jürgen Winter	NED	Aannemers. Jongen B.V.	1951	22	M55	06:41,4
266		00:33:41	521	Jo Louppen	NED	Kerkrade	1965	34	M45	06:44,2
267	V	00:33:41	504	Patricia van Hoof-Derks	NED	Heerlen	1966	11	V40	06:44,2
268		00:34:01	442	Jo Kuypers	NED	Achilles-Top	1934	2	M70	06:48,2
269		00:34:14	273	Arno Last	NED	Kerkrade	1940	3	M70	06:50,8
270	V	00:34:15	378	Nicole Strolenberg	NED	Onderwijsstichting Movare	1981	29	VS	06:51,0
271	V	00:34:25	450	Eva Wilczek	GER	BSG Hilden	1946	2	V60	06:53,0
272	V	00:34:38	518	Jacqueline Langen	NED	Kerkrade	1964	16	V45	06:55,6
273	V	00:35:16	444	Daniela Braun	GER	Aachen	1971	30	VS	07:03,2
274	V	00:35:19	446	Dr. Silke Dormeier	GER	Herzogenrath	1977	31	VS	07:03,8
275	V	00:35:30	362	Marion Drenth	NED	Aannemers. Jongen B.V.	1961	17	V45	07:06,0
276	V	00:35:31	486	Irene Meerveld	NED	Parellooprunners	1956	11	V50	07:06,2
277	V	00:36:20	286	Marleen van Tiggelen	NED	Sittard	1971	32	VS	07:16,0
278	V	00:37:26	508	Jeannine Rinkens	NED	Voerendaal	1963	18	V45	07:29,2
279		00:39:50	270	Jan Verbraekken	NED	Heerlen	1942	4	M65	07:58,0