

# Totaal 5 KM week 3

| Volg tot wk 3 | Rugnr 3 | Vn      | Achternaam    | Woonplaats  | Cat | 5 km 3 |
|---------------|---------|---------|---------------|-------------|-----|--------|
| 1             | 138     | Robin   | Rietman       | Doetinchem  | 1   | 17,00  |
| 2             | 139     | Edwin   | Wissema       | Didam       | 1   | 17,08  |
| 3             | 285     | Arie    | Owen          | Arnhem      | 2   | 17,11  |
| 4             | 152     | Tim     | van Oss       | Nijmegen    | 1   | 18,03  |
| 5             | 144     | Dennis  | Lankveld      | Silvolde    | 1   | 18,16  |
| 6             | 370     | Fred    | Keurntjes     | Zevenaar    | 3   | 18,24  |
| 7             | 174     | Noud    | Doeleman      | Gendt       | 1   | 18,27  |
| 8             | 145     | Joost   | Keverling     | Arnhem      | 1   | 18,43  |
| 9             | 150     | Youri   | Lentjes       | Nijmegen    | 1   | 19,08  |
| 10            | 141     | Jeroen  | van Daalen    | Duiven      | 1   | 19,33  |
| 11            | 288     | Raymond | van Hall      | Doesburg    | 2   | 19,37  |
| 12            | 143     | Pim     | van Sadelhoff | Duiven      | 1   | 19,51  |
| 13            | 148     | Luuk    | Driever       | Ulft        | 1   | 19,54  |
| 14            | 359     | Peter   | Weinans       | Atletico 73 | 3   | 19,58  |
| 15            | 180     | Cas     | Cornelissen   | Pannerden   | 1   | 20,14  |
| 16            | 358     | Ton     | Wareman       | Heelsum     | 3   | 20,23  |
| 17            | 201     | Kenneth | Bouwman       | Gendt       | 2   | 20,29  |
| 18            | 643     | Ties    | Strijbosch    | Didam       | 6   | 20,31  |
| 19            | 401     | Kerstin | van Embden    | Elten       | 4   | 20,32  |
| 20            | 348     | Cees    | de Kramer     | Arnhem      | 3   | 20,41  |
| 21            | 157     | Martijn | Nijhuis       | Duiven      | 1   | 20,57  |
| 22            | 289     | Bob     | Takken        | Bemmel      | 2   | 20,58  |
| 23            | 202     | Pieter  | Bloemberg     | -           | 2   | 20,59  |
| 24            | 284     | Dries   | Pluimers      | Velp        | 2   | 21,00  |
| 25            | 346     | Jos     | Slutter       | Varsselder  | 3   | 21,03  |
| 26            | 140     | Romke   | Janssen       | Arnhem      | 1   | 21,06  |
| 27            | 290     | Rense   | Brouwer       | Arnhem      | 2   | 21,11  |
| 28            | 293     | Robert  | Tibben        | Dieren      | 2   | 21,18  |
| 29            | 380     | Marco   | van Dijk      | Loo         | 3   | 21,21  |
| 30            | 349     | Paul    | van Rooijen   | Velp        | 3   | 21,50  |
| 31            | 340     | Jan     | Hendriks      | Zevenaar    | 3   | 21,58  |
| 32            | 367     | Peter   | Wissing       | Megchelen   | 3   | 22,06  |
| 33            | 342     | Maarten | van Alphen    | Velp        | 3   | 22,19  |
| 34            | 651     | Nout    | Tates         | Haalderen   | 6   | 22,22  |
| 35            | 206     | Adriaan | Tates         | Haalderen   | 2   | 22,22  |

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|---------------|---------|------------|----------------|---------------|-----|--------|
| 36            | 177     | Hans       | Hetterschijt   | Zevenaar      | 1   | 22,27  |
| 37            | 366     | Ronald     | van Kempen     | Gendt         | 3   | 22,31  |
| 38            | 172     | Freek      | Spanbroek      | Tolkamer      | 1   | 22,37  |
| 40            | 161     | Sander     | Hilferink      | Arnhem        | 1   | 22,39  |
| 39            | 156     | Rudy       | Wismans        | Gendt         | 1   | 22,39  |
| 41            | 167     | Roy        | Lubbers        | Arnhem        | 1   | 22,41  |
| 42            | 153     | Wesley     | Bruns          | Pannerden     | 1   | 22,47  |
| 43            | 296     | Gerald     | Bongers        | Westervoort   | 2   | 22,54  |
| 44            | 644     | Rick       | van der Knaap  | Didam         | 6   | 23,06  |
| 45            | 351     | Albert     | Dreise         | Huissen       | 2   | 23,09  |
| 46            | 168     | Freek      | Schopman       | Pannerden     | 1   | 23,11  |
| 47            | 355     | Ad         | van Roosendaal | Elten         | 3   | 23,12  |
| 48            | 298     | Jan-Willem | van den Knaap  | Didam         | 2   | 23,14  |
| 49            | 343     | Koos       | Meinsma        | Velp          | 3   | 23,15  |
| 50            | 151     | Dani       | Bongers        | Westervoort   | 1   | 23,18  |
| 51            | 292     | Franklin   | Ijsveld        | Pannerden     | 2   | 23,20  |
| 52            | 524     | Ouahiba    | Ouadfel-Denys  | Westervoort   | 5   | 23,24  |
| 53            | 142     | Dennis     | de Jong        | de Steeg      | 1   | 23,26  |
| 54            | 287     | Stefan     | van den Hoff   | Arnhem        | 2   | 23,27  |
| 55            | 519     | Josan      | Tielen         | Arnhem        | 5   | 23,34  |
| 56            | 642     | Thijmen    | Heling         | Duiven        | 6   | 23,37  |
| 57            | 386     | Henk       | Stift          | Zevenaar      | 3   | 23,43  |
| 58            | 339     | Henk       | Willemsen      | -             | 3   | 23,45  |
| 59            | 205     | Hemmie     | van Deelen     | Herwen        | 2   | 23,54  |
| 60            | 354     | Willem     | Heling         | Duiven        | 3   | 23,57  |
| 61            | 347     | Hans       | Jansen         | Velp          | 3   | 24,03  |
| 62            | 297     | Leander    | Dijkstra       | Arnhem        | 2   | 24,06  |
| 63            | 171     | Pierre     | Schreven       | Pannerden     | 1   | 24,07  |
| 64            | 650     | Chris      | Wezendonk      | Pannerden     | 6   | 24,08  |
| 65            | 402     | Marit      | de Jong        | Didam         | 4   | 24,10  |
| 66            | 165     | Ramon      | Krauts         | 's Heerenberg | 1   | 24,15  |
| 67            | 169     | Arno       | Schreijenberg  | Westervoort   | 1   | 24,18  |
| 68            | 200     | André      | Heinst         | Spijk         | 2   | 24,26  |
| 69            | 173     | Dirk       | Smits          | Didam         | 1   | 24,36  |
| 70            | 530     | Esther     | van der Burg   | Zevenaar      | 5   | 24,42  |
| 71            | 375     | André      | Kaspersma      | Didam         | 3   | 24,46  |
| 72            | 535     | Odeth      | Bloemberg      | Groessen      | 5   | 24,48  |

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|---------------|---------|------------|---------------|-------------|-----|--------|
| 73            | 383     | Willem     | Koster        | Duiven      | 3   | 24,49  |
| 74            | 207     | Pepijn     | Tammeling     | Didam       | 2   | 24,50  |
| 75            | 147     | Willem-Jan | Mulder        | Bemmel      | 1   | 24,50  |
| 76            | 352     | Willy      | Gunsing       | Zevenaar    | 3   | 24,51  |
| 77            | 381     | André      | van Zwam      | Zevenaar    | 3   | 24,54  |
| 78            | 404     | Silke      | Westerveld    | Azewijn     | 4   | 24,57  |
| 79            | 363     | Erik       | van Schaik    | Ooy         | 3   | 24,58  |
| 80            | 649     | Milan      | van Dijk      | Loo         | 6   | 25,08  |
| 81            | 179     | Alex       | Addink        | Westervoort | 1   | 25,11  |
| 82            | 646     | Isabel     | Rensen        | Bemmel      | 6   | 25,12  |
| 83            | 291     | Frank      | Heling        | Duiven      | 2   | 25,15  |
| 84            | 388     | Martin     | Willemsen     | Herwen      | 3   | 25,17  |
| 85            | 208     | Peter      | van Vuuren    | Pannerden   | 2   | 25,18  |
| 86            | 414     | Franny     | Ubink         | Nijmegen    | 4   | 25,19  |
| 87            | 162     | Boudewijn  | de Vries      | Tolkamer    | 1   | 25,19  |
| 88            | 175     | Sander     | Dingen        | Didam       | 1   | 25,20  |
| 89            | 209     | René       | Bakker        | Tolkamer    | 2   | 25,25  |
| 90            | 294     | Marco      | Weijenveld    | Doornenburg | 2   | 25,26  |
| 91            | 648     | Isis       | van Dijk      | Loo         | 6   | 25,30  |
| 92            | 533     | Margot     | Rensen-Peters | Bemmel      | 5   | 25,42  |
| 93            | 554     | Clarinda   | Smit          | Duiven      | 5   | 25,46  |
| 94            | 362     | René       | Boxem         | Doetinchem  | 3   | 25,47  |
| 95            | 149     | Balt       | van Beusekom  | Apeldoorn   | 1   | 25,54  |
| 96            | 159     | Sjoerd     | Bloemberg     | Groessen    | 1   | 25,57  |
| 97            | 415     | Indra      | de Boer       | Utrecht     | 4   | 26,09  |
| 98            | 369     | Marcel     | Janssen       | Bemmel      | 3   | 26,09  |
| 99            | 531     | Nancy      | Achterkamp    | Westervoort | 5   | 26,13  |
| 100           | 345     | Geert      | Barten        | Angeren     | 3   | 26,17  |
| 101           | 382     | Lambert    | Verhoeven     | Herwen      | 3   | 26,19  |
| 102           | 212     | Daniel     | Calis         | Pannerden   | 2   | 26,33  |
| 103           | 526     | Liesbeth   | Gerritsen     | Zevenaar    | 5   | 26,37  |
| 104           | 350     | Ferdy      | Gorvers       | Doetinchem  | 3   | 26,37  |
| 105           | 338     | Geert      | Mulder        | Pannerden   | 3   | 26,39  |
| 106           | 164     | Rob        | Janssen       | Didam       | 1   | 26,44  |
| 107           | 166     | Vin        | de Loper      | Arnhem      | 1   | 26,48  |
| 108           | 652     | Selena     | Morauw        | Pannerden   | 6   | 26,49  |
| 109           | 341     | Michiel    | van Wijhe     | Didam       | 3   | 26,50  |

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|---------------|---------|------------|---------------|-------------|-----|--------|
| 110           | 203     | Sjors      | Roelofs       | Pannerden   | 2   | 26,51  |
| 111           | 525     | Nicole     | van der Knaap | Didam       | 5   | 27,00  |
| 112           | 158     | Freek      | Stocker       | Groessen    | 1   | 27,05  |
| 113           | 211     | Roland     | Giesbens      | Arnhem      | 2   | 27,09  |
| 114           | 170     | Jan        | van Huet      | Pannerden   | 1   | 27,22  |
| 115           | 412     | Brigith    | Schreven      | Pannerden   | 4   | 27,26  |
| 116           | 154     | Lars       | Rietman       | Doetinchem  | 1   | 27,34  |
| 117           | 407     | Lucy       | Roos-Span     | Pannerden   | 4   | 27,42  |
| 118           | 387     | Bert       | Smalbraak     | Zevenaar    | 3   | 27,44  |
| 119           | 645     | Larissa    | de Wit        | Arnhem      | 6   | 27,48  |
| 120           | 299     | Richard    | de Wit        | Arnhem      | 2   | 27,50  |
| 121           | 178     | Erik       | Brugman       | Duiven      | 1   | 27,54  |
| 122           | 373     | Tim        | de Goede      | Westervoort | 3   | 28,06  |
| 123           | 374     | Frank      | van Hall      | Pannerden   | 3   | 28,09  |
| 124           | 546     | Heleen     | Bloemberg     | Pannerden   | 5   | 28,09  |
| 125           | 376     | Menno      | Goedhart      | Westervoort | 3   | 28,20  |
| 126           | 411     | Lisa       | Holleman      | Babberich   | 4   | 28,28  |
| 127           | 410     | Linda      | Sommers       | Pannerden   | 4   | 28,29  |
| 128           | 286     | Bjorn      | Kassens       | Arnhem      | 2   | 28,31  |
| 129           | 163     | Thomas     | de Vries      | Tolkamer    | 1   | 28,34  |
| 130           | 361     | Ferry      | Bergmans      | Zevenaar    | 3   | 28,37  |
| 131           | 403     | Lieke      | van der Knaap | Didam       | 4   | 28,41  |
| 132           | 160     | Luc        | Uffing        | Zevenaar    | 1   | 29,04  |
| 133           | 371     | Theo       | Thijssen      | Zevenaar    | 3   | 29,09  |
| 134           | 210     | Leo        | Addink        | Westervoort | 2   | 29,12  |
| 135           | 379     | Cor        | Boonstra      | Zevenaar    | 3   | 29,12  |
| 136           | 204     | Berny      | Gunsing       | Doetinchem  | 2   | 29,26  |
| 137           | 353     | Wim        | Berendsen     | Loil        | 3   | 29,26  |
| 138           | 360     | Jos        | Helmes        | Elten       | 3   | 29,34  |
| 139           | 155     | Naran      | Adema         | Arnhem      | 1   | 29,46  |
| 140           | 378     | Eric       | de Munck      | Utrecht     | 3   | 29,47  |
| 141           | 543     | Jacqueline | van der Staal | Zevenaar    | 5   | 29,49  |
| 142           | 523     | Marietta   | Lap           | Duiven      | 5   | 30,24  |
| 143           | 295     | Alfred     | van Groningen | Doornenburg | 2   | 30,28  |
| 144           | 409     | Melissa    | Masselink     | Doetinchem  | 4   | 30,28  |
| 145           | 357     | Theo       | Ebben         | Doornenburg | 2   | 30,28  |
| 146           | 536     | Chantal    | Winters       | Tolkamer    | 5   | 30,39  |

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|---------------|---------|----------|-----------------|-------------|-----|--------|
| 147           | 553     | Anoek    | Meurs           | Pannerden   | 5   | 30,39  |
| 148           | 372     | Paul     | Loeters         | Didam       | 3   | 30,55  |
| 149           | 542     | Carla    | Schennink-Bosch | Zevenaar    | 5   | 31,02  |
| 150           | 544     | Sabine   | Evers           | Pannerden   | 5   | 31,24  |
| 151           | 176     | Bram     | Willemsen       | Aerdts      | 1   | 31,38  |
| 152           | 418     | Zoë      | Wijnschenk      | Aerdts      | 4   | 31,38  |
| 153           | 548     | Angelieu | Arts            | Arnhem      | 5   | 32,02  |
| 155           | 405     | Ilse     | Bekker          | Pannerden   | 4   | 32,03  |
| 154           | 406     | Marijn   | Romeijn Rosa    | Pannerden   | 4   | 32,03  |
| 156           | 647     | Julia    | Rensen          | Bemmel      | 6   | 32,15  |
| 159           | 146     | Sjoerd   | Hermsen         | Arnhem      | 1   | 32,21  |
| 157           | 368     | Martien  | Hermsen         | Gendt       | 3   | 32,21  |
| 158           | 532     | Tamara   | Hermsen         | Gendt       | 5   | 32,21  |
| 160           | 556     | Marion   | Mittendorff     | Baberich    | 5   | 32,24  |
| 161           | 534     | Hannie   | Mom-Peters      | Doornenburg | 5   | 32,26  |
| 162           | 389     | Willie   | Arentzen        | Pannerden   | 3   | 32,33  |
| 163           | 377     | Jan      | Lubbers         | Duiven      | 3   | 32,33  |
| 164           | 537     | Erica    | Schipper        | Duiven      | 5   | 32,40  |
| 165           | 416     | Ilse     | Branderhorst    | Pannerden   | 4   | 33,04  |
| 167           | 555     | Tilly    | Ross            | Pannerden   | 5   | 33,07  |
| 166           | 557     | Patricia | Peters          | Zevenaar    | 5   | 33,07  |
| 169           | 384     | Roland   | Smits           | Didam       | 3   | 33,14  |
| 168           | 551     | Monique  | Smits           | Didam       | 5   | 33,14  |
| 170           | 413     | Marieke  | Smits           | Didam       | 4   | 33,23  |
| 171           | 520     | Ursula   | Nas             | Velp        | 5   | 33,31  |
| 172           | 540     | Dinie    | Kole            | Zevenaar    | 5   | 33,45  |
| 174           | 356     | Joop     | Zwartkruis      | Velp        | 3   | 33,45  |
| 173           | 538     | Ans      | Klauwer         | Pannerden   | 5   | 33,45  |
| 175           | 539     | Eileen   | Stevens         | Nijmegen    | 5   | 33,47  |
| 176           | 541     | Josien   | Scheppink       | Renkum      | 5   | 34,15  |
| 177           | 529     | Marga    | de Wild         | Arnhem      | 5   | 34,25  |
| 178           | 417     | Maartje  | Schepers        | Utrecht     | 4   | 34,52  |
| 179           | 390     | Herman   | Kleijn          | Arnhem      | 3   | 34,59  |
| 180           | 344     | Gerard   | Buurman         | Zevenaar    | 3   | 35,03  |
| 181           | 518     | Ine      | Buurman         | Zevenaar    | 5   | 35,27  |
| 182           | 385     | Paul     | Steenmans       | Pannerden   | 3   | 35,32  |
| 183           | 527     | Marelle  | Boxem           | Doetinchem  | 5   | 35,55  |

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|---------------|---------|----------|--------------|-------------|-----|--------|
| 184           | 552     | Annie    | Steenmans    | Pannerden   | 5   | 36,05  |
| 186           | 547     | José     | Spies        | Duiven      | 5   | 36,08  |
| 185           | 653     | David    | Addink       | Westervoort | 6   | 36,08  |
| 187           | 549     | Rachel   | van Beusekom | Lathum      | 5   | 36,34  |
| 188           | 364     | Goos     | Baaren       | Holten      | 3   | 36,34  |
| 189           | 391     | Ronald   | Rademaker    | Wolfheze    | 3   | 36,36  |
| 190           | 550     | Lisette  | van Deelen   | Herwen      | 5   | 36,39  |
| 191           | 408     | Qurienna | Cornelissen  | Pannerden   | 4   | 37,14  |
| 192           | 365     | Willem   | Hogenkamp    | Westervoort | 3   | 37,20  |
| 193           | 522     | José     | Jansen       | Zevenaar    | 5   | 37,40  |
| 195           | 521     | Sjan     | van Beusekom | Duiven      | 5   | 40,17  |
| 194           | 528     | Marja    | Huibers      | Pannerden   | 5   | 40,17  |