

Naam	Woonplaats	Workum	Witmarsum	Wommels
Stefan de Jong	Blije	01:02:54	00:59:03	02:07:32
Ben Douwes	De Westereen	01:04:50	01:00:53	02:10:13
Jacob v/d Ploeg	Damwâld	01:05:35	01:02:01	02:13:16
Wiebe Terwisscha van Scheltinga	Reahûs	01:06:23	01:02:59	02:17:09
Auke Velting	Bolsward	01:06:54	01:03:11	02:17:03
Pieter Atsma	Surhuisterveen	01:08:09	01:03:28	02:20:04
Mirko van Ligtenberg	Leeuwarden	01:08:06	01:03:47	02:34:32
Gerk Huisma	Surhuisterveen	01:08:46	01:03:53	02:17:45
Syb v/d Ploeg	Kûbaard	01:09:45	01:05:20	02:25:50
Olger Douwes	Hurdegaryp	01:09:53	01:05:31	02:29:39
Theunis Wouda	Workum	01:10:01	01:06:05	02:21:38
Siebrand Tjoelker	Dronryp	01:10:27	01:06:18	02:22:14
Dennis Smit	IJlst	01:09:49	01:07:24	02:26:47
Jalmer de Vries	Menaam	01:11:55	01:05:56	02:23:16
Barry Lammers	Workum	01:12:20	01:08:51	02:33:14
Michel Hania	Warten	01:14:13	01:08:16	02:24:13
Richard van Nood	Goutum	01:17:36	01:10:59	02:47:55
Wytse Hiemstra	Goutum	01:17:06	01:11:38	02:33:55
Edwin Wielinga	Workum	01:16:43	01:13:58	02:44:54
Theo Terpstra	Stiens	01:17:27	01:13:20	02:05:41
Jan Groot	Steenwijk	01:17:36	01:13:33	02:42:35
Ton Cusiel	Heerenveen	01:27:57	01:19:28	02:48:23
Halbe Huitema	Easterein	01:27:28	01:20:13	02:54:16
Naam	Woonplaats	Workum	Witmarsum	Wommels
Marjan Andringa	Marrum	01:05:39	01:01:46	02:08:25
Corine Visser	Leeuwarden	01:14:01	01:09:53	02:31:19
Yvonne Hiemstra	Sneek	01:17:18	01:12:35	02:34:47
Hellen Boonstra-Drost	Heerenveen	01:17:47	01:12:23	02:38:15
Ilse Hoekstra	Sneek	01:24:35	01:16:46	02:44:12
Sandra de Jong-v/d Werk	Britsum	01:23:18	01:18:28	02:44:34
Ineke Wynia	Bitgummole	01:24:39	01:17:13	02:54:38
Daisy Rusch	Groningen	01:26:08	01:20:36	02:58:53

Totaal	Plts
04:09:29	1
04:15:56	2
04:20:52	3
04:26:31	4
04:27:08	5
04:31:41	6
04:46:25	7
04:30:24	8
04:40:55	9
04:45:03	10
04:37:44	11
04:38:59	12
04:44:00	13
04:41:07	14
04:54:25	15
04:46:42	16
05:16:30	17
05:02:39	18
05:15:35	19
04:36:28	20
05:13:44	21
05:35:48	22
05:41:57	23

Totaal	Plts
04:15:50	1
04:55:13	2
05:04:40	3
05:08:25	4
05:25:33	5
05:26:20	6
05:36:30	7
05:45:37	8