

4 oktober 2009
NK 50 km mannen
NK 10 km vrouwen

Tilburg

					5 km	10 km	15 km	20 km	25 km	30 km	35 km	40 km	45 km	50 km
NK	50 kilometer													
1	Jean-Franck Vanoosthuysse	79	F	Ussel AC	28.08	54.59	1.21.26	1.48.12	2.14.58	2.42.16	3.09.22	3.37.06	4.05.30	4.34.21
2	1 Marcelino Sobczak	68	NL	Unitas	26.35	53.25	1.20.00	1.46.43	2.13.55	2.42.02	3.10.05	3.39.04	4.08.45	4.38.18
3	Jerome Caprice	83	MRI		30.40	1.00.12	1.28.40	1.57.11	2.25.40	2.54.16	3.23.45	3.55.06	4.26.10	4.57.41
4	2 Pedro Huntjens	67	NL	Unitas	28.16	56.18	1.24.39	1.53.20	2.22.46	2.53.20	3.25.32	3.58.58	4.33.35	5.07.52
5	3 Frank van der Gulik	77	NL	sv de LAT	30.00	1.00.03	1.28.55	1.58.15	2.28.28	2.59.41	3.32.00	4.04.20	4.36.23	5.09.42
6	4 Ronald Maas	87	NL	RWV	29.59	58.49	1.27.50	1.58.43	2.30.20	3.07.55	3.36.38	4.11.32	4.48.30	5.23.28
7	5 Frans Leijtens	76	NL	RWV	31.13	1.02.03	1.33.13	2.04.42	2.36.30	3.09.40	3.43.40	4.19.11	4.57.01	5.35.19
8	6 Huib van Broekhoven	61	NL	RWV	32.07	1.04.23	1.36.48	2.09.21	2.42.35	3.16.10	3.50.47	4.25.27	5.01.18	5.36.46
9	7 Boetje Huliselan	55	NL	OLAT	32.17	1.04.39	1.37.07	2.10.16	2.44.15	3.18.50	3.55.00	4.30.33	5.06.41	5.42.50
10	8 Rob Frielink	46	NL	RWV	32.31	1.04.52	1.37.34	2.21.00	2.45.36	x	3.55.40	4.31.02	5.07.04	5.43.07
11	Gildan Legrand	47	F	AAEE Epernon	31.50	1.04.43	1.37.53	2.11.57	2.48.10	x	4.04.00	4.41.13	5.19.22	5.56.37
12	9 Fred Röhner	50	NL	Unitas	32.24	1.04.49	1.37.33	2.11.36	2.48.40	x	4.03.55	4.43.45	5.20.50	5.58.38
	Edmund Shillabeer	39	GBR	London Vidarians	31.13	1.01.54	1.33.30	2.04.01	2.36.15	3.09.27	3.42.50	4.17.13		Diskw.
	30 kilometer													
1	Bernard Krabbendam	34	NL	sv de LAT	39.03	1.18.51	1.59.32	2.40.54	3.24.21	4.09.19				
	Wilfried van Bremen	87	NL	RWV	28.46	57.46		DNF						
	Wout van Wieringen	33	NL	RWV	39.37			DNF						
	20 kilometer													
1	Laurent Houze	74	F		24.46	50.13	1.16.31	1.42.55						
2	Raphael Cosset	79	F	ACVA	24.21	48.54	1.14.51	1.43.01						
3	Malte Strunk	73	D	AI Aachen	26.38	52.55	1.19.26	1.46.06						
4	Jan Ruppert	65	D	AI Aachen	27.42	55.32	1.23.26	1.51.04						
5	Marc Haumesser	58	F	ACVA	28.49	57.38	1.26.18	1.54.25						
6	Bernard Masse	56	F		29.08	58.22	1.27.51	1.57.25						
7	Jaap van Broekhoven	85	NL	RWV	29.13	58.29	1.28.05	1.57.42						
8	Peter Schumm	42	D	AI Aachen	29.32	59.26	1.29.30	2.01.10						
	P1 Dirk-Jan Nieuwenhuizen	75	NL	DAK	28.56	58.46	1.30.15	2.04.20						
9	Christian Halloy	44	B	SMAC	32.11	1.04.39	1.37.35	2.11.29						
10	Dennis van Reeden	89	NL	OLAT	29.56	1.00.13	1.30.42	2.17.52						
11	Nico Schroten	34	NL	RWV	33.50	1.08.38	1.43.58	2.19.49						
	P2 Ton de Jong	51	NL	OLAT	35.00	1.10.33	1.45.06	2.20.20						
	P3 Wim van Cappelle	55	NL	OLAT	35.15	1.10.30	1.45.31	2.21.40						
12	Emmanuel Tardi	67	F	LP Longjumeau	33.15	1.07.13	1.43.28	2.22.15						
13	Paul Koks	65	NL	Haag Atletiek	38.08	X	X	2.44.42						
NK	10 kilometer													
1	Jacques van Bremen	84	NL	RWV	23.50	48.17								
2	Harrold van Beek	62	NL	RWV	24.36	50.15								
3	1 Liesbeth van Leeuwen	88	NL	av NOP	29.20	59.36								
4	Marion Fuchs	60	D	AI Aachen	30.32	1.02.58								
5	2 Marleen Radder	51	NL	RWV	31.21	1.04.24								
6	Aad van Leeuwen	49	NL	av NOP	32.37	1.06.21								
7	3 Sandra Maas	85	NL	RWV	33.07	1.07.22								
8	Harry Bijnen	52	NL	DAK	34.36	1.07.39								
9	4 Riet Jonkers	43	NL	Attila	33.17	1.08.34								
10	5 Loes van den Beemt	86	NL	RWV	34.25	1.08.57								
11	6 Yvonne Grootswagers	78	NL	DAK	34.24	1.09.27								
12	Klaas Bakker	37	NL	OLAT	35.31	1.10.45								
13	7 Truus van Wijnen	60	NL	RWV	34.40	1.10.46								
14	Peter Slevogt	54	D	AI Aachen	35.35	1.10.47								
15	8 Remke Rutgers	72	NL	SV de LAT	37.05	1.14.26								
16	Alexandre Gangneux	79	F	EFC	43.39	1.17.50								
17	9 Tilly van de Merwe	53	NL	Unitas	38.39	1.18.31								
18	10 Carry Ombelet	71	NL	OLAT	39.19	1.18.54								
19	11 Hermien Teske	49	NK	RWV	X	1.36.58								
	5 kilometer													
1	Bart Snoeren	69	NL	DAK	5.23									
2	Robert van Bremen	82	NL	RWV	5.46									
3	Liesbet De Smet	82	B	Duffel	8.24									
	3 kilometer													
1	Colin Versteegh	95	NL		19.13									
2	Harry Seykens	44	NL	DAK	19.24									
3	Arna Seykens	51	NL	DAK	22.55									
4	Ria van Houten	45	NL	DAK	23.58									
	1 kilometer													
1	J1 Lucca Reuter	95	D	Burgbrohl	4.51									
2	M1 Zoe Krischer	99	D	Burgbrohl	5.28									
3	M2 Lara Bauer	97	D	Burgbrohl	6.00									
4	J2 Jordi Huntjens	95	NL	RWV	6.01									
5	M3 Greta Reuter	97	D	Burgbrohl	6.24									
6	M4 Michelle Koll	98	D	Burgbrohl	7.04									
7	J3 Lars Bauer	2	D	Burgbrohl	7.44									
8	M5 Jeanine v/d Merwe	79	NL	Unitas	10.30									
9	J4 Bart Grootswagers	6	NL	HvB	25.22									

nationale records