

1 km Kinderloop 30 november 2014

| Plaats | Naam | Tijd | m/v | Leeftijd | Vereniging |
|--------|---------------------|---------|-----|----------|---------------|
| 1 | Jonas van den Hemel | 0:03:52 | m | 10 | FC Zoetermeer |
| 2 | Dion Ruijter | 0:04:10 | m | 11 | ARV Ilion |
| 3 | Julia de Graaf | 0:04:12 | v | 10 | ARV Ilion |
| 4 | Mara van den Hemel | 0:04:13 | v | 12 | Pro Patria |
| 5 | Fabian Ruijter | 0:04:35 | m | 10 | FC Zoetermeer |
| 6 | Anne de Graaf | 0:04:42 | v | 10 | ARV Ilion |
| 7 | Elianne Hopman | 0:05:00 | v | 7 | ARV Ilion |
| 8 | Roos van Wissen | 0:05:20 | v | 9 | |
| 9 | Lars Pasman | 0:05:26 | m | 7 | |
| 10 | Tijs van Gemert | 0:05:48 | m | 6 | |
| 11 | Koen de Groot | 0:06:06 | m | 6 | |
| 12 | Iris van Wissen | 0:06:09 | v | 7 | |

5 km 3Plassenloop 30 november 2014

| Plaats | Naam | Tijd | m/v | Leeftijd | Vereniging |
|--------|---------------------------|---------|-----|----------|------------------------|
| 1 | Victor Geraedts | 0:17:13 | m | 23 | ARV Ilion |
| 2 | Niels Roseboom | 0:18:01 | m | 38 | AV De Liemers |
| 3 | Richard van der Klis | 0:18:29 | m | 51 | ARV Ilion |
| 4 | Robbin Pieterman | 0:18:30 | m | 25 | ARV Ilion |
| 5 | Ernst Jan Meindersma | 0:18:37 | m | 44 | Loopgroep Aart Stigter |
| 6 | Leendert Eijkelenboom | 0:19:41 | m | 30 | |
| 7 | Esmee van der Wissel | 0:19:56 | v | 22 | ARV Ilion |
| 8 | Marc van het Bolscher | 0:20:25 | m | 40 | RRZ |
| 9 | Teun van der Vorm | 0:20:39 | m | 48 | ARV Ilion |
| 10 | Lex Verhoog | 0:20:47 | m | 24 | |
| 11 | Norbert van den Hemel | 0:20:59 | m | 45 | FC Zoetermeer |
| 12 | Julien Verveer | 0:21:20 | m | 15 | ARV Ilion |
| 13 | Leo van Gorkum | 0:21:29 | m | 54 | |
| 14 | Kees Ramsteijn | 0:21:38 | m | 56 | |
| 15 | Martin van den Bijllaardt | 0:21:39 | m | 61 | LRRC |
| 16 | Huib Bazuin | 0:21:48 | m | 54 | RRZ |
| 17 | Wim Verkleij | 0:21:48 | m | 52 | sc Reeuwijk |
| 18 | Marcel Maurits | 0:21:52 | m | 42 | AV'47 |
| 19 | Jacqueline Veth | 0:22:02 | v | 56 | RRZ |
| 20 | Jan de Kwant | 0:22:07 | m | 54 | Sparta |
| 21 | Patrick van den Berg | 0:22:15 | m | 26 | |
| 22 | Willy Schutte | 0:22:16 | m | 54 | ARV Ilion |
| 23 | Patrick Rombouts | 0:22:26 | m | 34 | |
| 24 | Stefan Vogel | 0:22:33 | m | 43 | |
| 25 | Peter de Haan | 0:22:35 | m | 53 | Goudse Runners |
| 26 | Iris van Aken | 0:22:41 | v | 18 | ARV Ilion |
| 27 | Rien de Wolff | 0:22:46 | m | 61 | |
| 28 | Danny Verkerk | 0:23:17 | m | 26 | |
| 29 | Raymond Thoen | 0:23:25 | m | 39 | |
| 30 | Darinka Oslak | 0:23:28 | v | 38 | Europol |
| 31 | Erwin Bervoets | 0:23:31 | m | 44 | |
| 32 | Ronald de Groot | 0:23:39 | m | 36 | |
| 33 | Heidy Zaal | 0:23:45 | v | 36 | |

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| 34 | Yvonne de Ridder | 0:23:48 | v | 46 | ARV Ilion |
| 35 | Peter Sebel | 0:23:49 | m | 27 | |
| 36 | Richard Lelieveld | 0:23:49 | m | 42 | AV de Kieviten |
| 37 | Andreas de Graaf | 0:23:51 | m | 39 | RRZ |
| 38 | Wesley van Dalen | 0:23:52 | m | 14 | ARV Ilion |
| 39 | Eray Caglayan | 0:23:58 | m | 13 | |
| 40 | Harm de Wit | 0:24:04 | m | 53 | |
| 41 | Ans in 't Veld | 0:24:09 | v | 58 | |
| 42 | Cem Caglayan | 0:24:12 | m | 13 | |
| 43 | Joris Engels | 0:24:14 | m | 39 | |
| 44 | Karin van Gemeren | 0:24:24 | v | 49 | ARV Ilion |
| 45 | Jolien in 't Veld | 0:24:31 | v | 29 | ARV Ilion |
| 46 | Leo Voermans | 0:24:39 | m | 56 | RRZ |
| 47 | Marcel Felix | 0:24:41 | m | 61 | |
| 48 | Kjeld Folst | 0:24:48 | m | 45 | |
| 49 | Roy Jansen | 0:25:09 | m | 38 | |
| 50 | Ewald Geers | 0:25:23 | m | 40 | |
| 51 | Prashant Gupta | 0:25:41 | m | 51 | |
| 52 | Petra Maurits | 0:25:44 | v | 49 | AV 47 |
| 53 | Gaby Palland | 0:25:45 | v | 50 | |
| 54 | Klaas Wind | 0:25:48 | m | 48 | RRZ |
| 55 | Floor Pasman | 0:25:51 | v | 9 | |
| 56 | Michel Pasman | 0:25:56 | m | 40 | |
| 57 | Bernard Jas | 0:26:00 | m | 61 | AvvN |
| 58 | Lucia Hanstede | 0:26:11 | v | 47 | |
| 59 | Ton Oosterbroek | 0:26:22 | m | 55 | |
| 60 | Imro Themen | 0:26:27 | m | 40 | |
| 61 | Erwin Huizinga | 0:26:54 | m | 59 | RRZ |
| 62 | Peter Daal | 0:26:58 | m | 38 | RRZ kennismakingscursus |
| 64 | Edwin Hessing | 0:27:06 | m | 41 | RRZ |
| 65 | Marinda Vis | 0:27:07 | v | 26 | RRZ kennismakingscursus |
| 66 | Hans Pouwelse | 0:27:08 | m | 64 | |
| 68 | Remko Telgt | 0:27:41 | m | 58 | |
| 69 | Floor Elkhuzen | 0:27:44 | v | 47 | Outdoor Training Zoetermeer |
| 70 | Peter van der Hoek | 0:27:47 | m | 50 | RRZ kennismakingscursus |
| 71 | Trudy Pasman | 0:27:52 | v | 43 | |
| 72 | Dirk-Jan van Daal | 0:27:59 | m | 36 | RRZ |
| 73 | Albert Waasdorp | 0:28:00 | m | 54 | RRZ |
| 74 | Michel Kershof | 0:28:04 | m | 54 | |
| 75 | Mirjam Huttinga | 0:28:14 | v | 33 | RRZ |
| 76 | Wim Holleman | 0:28:17 | m | 76 | AvvN |
| 77 | Peter van der Werff | 0:28:26 | m | 43 | RRZ kennismakingscursus |
| 78 | Jerry Laman | 0:28:30 | m | 31 | |
| 79 | Cris Klaassen | 0:28:31 | m | 46 | RRZ |
| 80 | Jolanda Huttinga | 0:28:32 | v | 35 | RRZ |
| 81 | Nancy van Luijken | 0:28:35 | v | 35 | RRZ |
| 82 | Rien van Dijk | 0:28:39 | m | 60 | RRZ kennismakingscursus |
| 83 | Bart van Beek | 0:28:42 | m | 12 | Sparta |
| 84 | Tessa van Bommel | 0:28:46 | v | 37 | RRZ |
| 85 | Daphne Sman | 0:28:47 | v | 24 | |
| 86 | Menno Sman | 0:28:50 | m | 22 | |

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|-----|----------------------------|---------|---|----|-------------------------|
| 87 | Clara Blok | 0:28:53 | v | 61 | RRZ |
| 88 | Jan Bos | 0:28:57 | m | 40 | RRZ |
| 89 | Peter Corbijn | 0:28:58 | m | 61 | RRZ |
| 90 | Peter de Valois | 0:29:00 | m | 62 | |
| 91 | Marc de Adelhart Toorop | 0:29:17 | m | 46 | |
| 92 | Carl Hoffman | 0:29:22 | m | 49 | RRZ kennismakingscursus |
| 93 | Charlotte van der Mark | 0:29:31 | v | 28 | RRZ |
| 94 | Cynthia Sierat | 0:29:33 | v | 14 | ARV Ilion |
| 95 | Edith Sierat | 0:29:41 | v | 48 | ARV Ilion |
| 96 | Bianca van der Plas | 0:29:44 | v | 46 | RRZ |
| 97 | Arjan Knollema | 0:29:48 | m | 58 | ARV Ilion |
| 98 | Martin Krommendijk | 0:29:50 | m | 42 | RRZ kennismakingscursus |
| 99 | Trudy Dinter | 0:30:33 | v | 44 | RRZ kennismakingscursus |
| 100 | Debby Vissers | 0:30:38 | v | 28 | RRZ kennismakingscursus |
| 101 | Yvonne Vis | 0:30:43 | v | 55 | RRZ |
| 102 | Rosa Leeftang | 0:30:49 | v | 30 | |
| 103 | Pamela in 't Veen | 0:30:53 | v | 48 | OTZ |
| 104 | Anne Marie Lolkema | 0:30:56 | v | 44 | RRZ kennismakingscursus |
| 105 | Ingeborg Wijzenbroek | 0:30:57 | v | 46 | RRZ kennismakingscursus |
| 106 | Irene van der Boom | 0:31:03 | v | 59 | |
| 107 | Kees Eekhout | 0:31:11 | m | 67 | |
| 108 | Jan Hebing | 0:31:16 | m | 57 | AV Sparta |
| 109 | Gerrit Zeilstra | 0:31:23 | m | 55 | RRZ kennismakingscursus |
| 110 | Sylvia Verlinde | 0:31:28 | v | 53 | |
| 111 | Theo Heukels | 0:31:29 | m | 71 | |
| 112 | Odile Wentzel | 0:31:48 | v | 48 | RRZ kennismakingscursus |
| 113 | Anita Moggree | 0:32:03 | v | 34 | RRZ kennismakingscursus |
| 114 | Ferry Onderwater | 0:32:04 | m | 46 | RRZ |
| 115 | Riekje Rietman | 0:32:06 | v | 50 | RRZ kennismakingscursus |
| 116 | Judith Winterkamp | 0:32:11 | v | 51 | RRZ kennismakingscursus |
| 117 | Rene Plug | 0:32:17 | m | 42 | OTZ |
| 118 | Wilma van der Bosch | 0:32:20 | v | 44 | RRZ kennismakingscursus |
| 119 | Jolanda Rozenburg | 0:32:29 | v | 44 | Sparta Voorburg |
| 120 | Sharitsa de Lamboij-Felipa | 0:32:30 | v | 44 | AV Sparta |
| 121 | Karel Lukassen | 0:32:31 | m | 49 | RRZ kennismakingscursus |
| 122 | Vera Klarenbeek | 0:32:32 | v | 47 | RRZ |
| 123 | Luppo Egberts | 0:32:40 | m | 45 | |
| 124 | Sandra Blauw | 0:32:58 | v | 47 | RRZ kennismakingscursus |
| 125 | Ingeborg Lagendijk | 0:32:59 | v | 30 | RRZ |
| 126 | Carla Tas | 0:33:09 | v | 38 | |
| 127 | Lucy de Boer | 0:33:25 | v | 35 | Sparta Voorburg |
| 128 | Deborah Broens | 0:34:12 | v | 49 | AV Sparta |
| 129 | Yvonne Post | 0:34:18 | v | 47 | AV Sparta |
| 130 | Yvonne Gijseman-Hoek | 0:34:26 | v | 51 | RRZ kennismakingscursus |
| 131 | Sabine Verboort | 0:34:53 | v | 31 | RRZ kennismakingscursus |
| 132 | Elisabeth Kuiper | 0:34:55 | v | 52 | RRZ |
| 133 | Hans van den Berg | 0:34:56 | m | 51 | RRZ |
| 134 | Merel Koolmees | 0:35:48 | v | | RRZ |
| 135 | Julie Winkel | 0:36:03 | v | 16 | RRZ kennismakingscursus |
| 136 | Marleen Schaik | 0:37:02 | v | 53 | RRZ kennismakingscursus |
| 137 | Lotte van Asselt | 0:37:42 | v | 34 | Sparta |

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|-----|--------------------------|---------|---|----|-------------------------|
| 138 | Marga van der Tol | 0:41:29 | v | 57 | RRZ kennismakingscursus |
| 139 | Ingrid Olieman | 0:42:32 | v | 32 | RRZ kennismakingscursus |
| 140 | Ineke Spaans | 0:42:40 | v | 47 | RRZ kennismakingscursus |
| 141 | Laurens van der Splinter | 0:42:41 | m | 35 | RRZ |
| 142 | Dayelle Sikkens | 0:44:40 | v | 35 | RRZ |
| 143 | Marlon Rheenen | 0:44:41 | v | 37 | RRZ kennismakingscursus |
| 144 | Annelies van Rheenen | 0:44:43 | v | 34 | |