

10 km mannen

Naam	Geboortejaar	Factor	Aantal	Tijd	Zwolsse Bosloop	Wezep	Leadax-Run	Koningsloop Heerde	Koningsloop Elburg/Hattem	Paddenrun	Pinksterloop	Hattem	Dalli run	PLUS Sintloop
Hubert Bögemann	1962	0,8354	7	00:34:25	00:33:37	00:34:10	00:34:38	00:35:31	00:34:03		00:35:19	00:36:55		00:33:40
Freek van de Graaf	1970	0,9131	7	00:42:14	00:42:01	00:42:25		00:43:11		00:41:40		00:41:18	00:43:16	00:41:50
Jan van Riel	1957	0,7869	7	00:48:08		00:47:07		00:51:03	00:45:28	00:48:29	00:46:50		00:50:26	00:47:34
Wouter Kasemier	1978	0,9734	6	00:43:41	00:45:00	00:46:00		00:44:48	00:41:31				00:43:06	00:41:41
Jan Strik	1957	0,7869	5	00:37:41		00:37:31	00:37:35		00:36:52				00:39:46	00:36:41
Anne Docter	1971	0,9225	5	00:47:35		00:46:45	00:46:05			00:48:45		00:49:03	00:47:17	
Frits Lautenbag	1948	0,6995	4	00:39:10	00:39:17	00:39:01	00:39:40				00:38:44			
Marcel Wagtelenberg	1965	0,8645	4	00:40:13	00:39:27		00:39:20			00:41:44				00:40:21
Jan Willem Hanekamp	1970	0,9131	4	00:43:38	00:42:59							00:44:42	00:43:31	00:43:21
Joost van den Brink	1974	0,9476	4	00:44:03		00:43:53			00:43:10		00:44:50	00:44:20		
Bert Vlijm	1959	0,8063	4	00:44:36	00:42:05	00:43:19			00:46:08			00:46:50		
Gerard Krist	1969	0,9034	4	00:45:53		00:46:57						00:46:33	00:45:35	00:44:27
Gert Heres	1960	0,816	4	00:47:14	00:47:06	00:47:07				00:48:21		00:46:24		
Jan Steenbergen	1966	0,8743	4	00:50:21	00:50:46		00:51:14		00:50:17	00:49:06				
Ewout de Vos	1985	0,9977	3	00:35:45		00:35:15							00:37:10	00:34:49
Klaas Draaijer	1974	0,9476	3	00:36:51			00:36:22					00:37:04		00:37:06
Jan Willem Wieman	1954	0,7577	3	00:37:26	00:37:21		00:36:18							00:38:40
Paul Termes	1955	0,7674	3	00:37:50		00:38:38						00:37:28	00:37:23	
Robin Meima	1999	1	3	00:38:36	00:38:42								00:39:17	00:37:50
Hendrik Jan Kortering	1955	0,7674	3	00:39:16	00:38:40	00:38:31							00:40:38	
Wim Westerink	1958	0,7966	3	00:41:36	00:40:50							00:42:43		00:41:13
Jerome Draaisma	1966	0,8743	3	00:42:54		00:41:50	00:44:16		00:42:35					
Hilbert Kraaij	1980	0,9831	3	00:43:30		00:43:30	00:43:20		00:43:39					
Harrie Hatzmann	1971	0,9225	3	00:44:04		00:43:44				00:43:49		00:44:39		

Arjen Velthuis	1974	0,9476	3	00:50:22	00:50:47	00:52:05	00:48:15
Jan Wiessenberg	1946	0,6801	2	00:36:19	00:35:53	00:36:46	
Hans Beekhuizen	1974	0,9476	2	00:36:44		00:38:03	00:35:25
Aarnout Huijssoon	1989	1	2	00:37:27			00:38:10
Bert Prins	1958	0,7966	2	00:38:48	00:39:31	00:38:05	
Leonard van de Wetering	1970	0,9131	2	00:38:51	00:38:58	00:38:45	
Cees Boeve	1969	0,9034	2	00:39:28	00:40:27		00:38:29
Peter de Rooy	1960	0,816	2	00:40:10	00:40:08		00:40:12
Mark van Manen	1984	0,9959	2	00:40:39			00:40:19
Aalt van het Goor	1961	0,8257	2	00:41:19			00:44:25
Gerard Kroes	1970	0,9131	2	00:41:25	00:35:16		00:47:35
Jan Kaat	1959	0,8063	2	00:42:34	00:42:07		00:43:00
Herman Zwerver	1981	0,9871	2	00:43:25	00:44:00		00:42:50
Martin Bastiani	1961	0,8257	2	00:43:25	00:43:57		00:42:53
Jan Palm	1952	0,7383	2	00:44:01	00:44:06	00:43:56	
Robin Bonhof	1996	1	2	00:45:21	00:46:56	00:43:45	
Theo Hanekamp	1972	0,9314	2	00:47:29			00:48:34
Wim van Riesen	1989	1	2	00:48:33	00:47:42	00:49:24	
Gerard van Riesen	1982	0,9906	2	00:49:39	00:48:37	00:50:40	
Bas Mekking	1977	0,9678	1	00:33:09	00:33:09		
Marc Van der Linde	1973	0,9398	1	00:36:49	00:36:49		
Jan Bogaard	1951	0,7286	1	00:36:56			00:36:56
Jeroen Kwakkel	1979	0,9785	1	00:37:58			00:37:58
Klaas Compagner	1948	0,6995	1	00:39:01			00:39:01
Ton Bello	1948	0,6995	1	00:39:01	00:39:01		
Joris Stigter	1971	0,9225	1	00:39:41	00:39:41		
Jan Blaauw	1973	0,9398	1	00:40:05			00:40:05
Joris Jan Stigter	1971	0,9225	1	00:40:39	00:40:39		
Gerard de Jong	1954	0,7577	1	00:41:30	00:41:30		
Arnold Bredewolt	1972	0,9314	1	00:41:55		00:41:55	
Willem Flier	1957	0,7869	1	00:41:59			00:41:59
Eildert Delger	1943	0,6509	1	00:42:51	00:42:51		
Jan Duim	1955	0,7674	1	00:42:55	00:42:55		
Gerben Bredewold	1974	0,9476	1	00:43:06	00:43:06		
Dennis Mensink	1983	0,9935	1	00:43:24			00:43:24
Rudie Krukkert	1965	0,8645	1	00:43:33	00:43:33		
Rob van Vliet	1962	0,8354	1	00:43:48			00:43:48

Nico van Beest	1969	0,9034	1	00:43:52	00:43:52	
Peter Streefkerk	1983	0,9935	1	00:44:02		00:44:02
Martin Rotman	1959	0,8063	1	00:44:37	00:44:37	
Feike Koops	1971	0,9225	1	00:44:39		00:44:39
Marcel den Besten	1974	0,9476	1	00:45:26		00:45:26
Joost Veltman	1970	0,9131	1	00:45:28		00:45:28
Bas Meeuwssen	1988	1	1	00:46:00		00:46:00
Andre van de Wetering	1985	0,9977	1	00:46:17	00:46:17	
Pascal Remmerts	1976	0,9616	1	00:46:34		00:46:34
Rob Rikmanspoel	1968	0,8937	1	00:49:12		00:49:12
Jan Kraan	1970	0,9131	1	00:49:19		00:49:19
Ron Sulzmann Sulzmann	1966	0,8743	1	00:49:40	00:49:40	
Dennis van Ommen	1979	0,9785	1	00:49:41	00:49:41	
Martin Mekelenkamp	1991	1	1	00:51:37		00:51:37
Wilco Landman	1974	0,9476	1	00:55:05	00:55:05	
Hein van Enk	1980	0,9831	1	00:55:45		00:55:45