

De 5 van School 2022

| Plaats | Naam | Totaaltijd | Ronde 1 | Ronde 2 | Ronde 3 | Ronde 4 | Ronde 5 | |
|--------|----------------------|------------|-------------------------|---------|---------|---------|---------|--|
| 1 | Jasper Ockeloen | 2:39:57.65 | 31:47,7 | 31:42,0 | 31:16,7 | 32:21,4 | 32:49,7 | |
| 2 | Menno Don | 2:43:40.20 | 31:48,9 | 32:43,8 | 33:12,1 | 32:52,7 | 33:02,6 | |
| 3 | Stijn Appel | 2:46:20.51 | 31:43,1 | 32:37,6 | 33:17,5 | 34:18,3 | 34:23,9 | |
| 4 | Rick van Breda | 2:46:46.39 | 31:52,2 | 32:41,1 | 33:51,9 | 34:33,0 | 33:48,1 | |
| 5 | Roy Beukers | 2:47:03.64 | 32:15,9 | 33:13,9 | 33:43,0 | 34:07,0 | 33:43,8 | |
| 6 | Tibor Zwaan | 2:48:46.78 | 35:26,6 | 34:15,7 | 33:22,3 | 33:10,7 | 32:31,4 | |
| 7 | Bram Imming | 2:48:56.40 | 32:18,6 | 33:14,1 | 33:43,0 | 34:06,9 | 35:33,8 | |
| 8 | Michael Emmerik | 2:51:58.55 | 34:24,1 | 34:00,6 | 34:29,8 | 34:26,0 | 34:38,0 | |
| 9 | Nick Slijkerman | 2:52:02.57 | 34:26,6 | 34:00,6 | 34:31,1 | 34:26,0 | 34:38,3 | |
| 10 | Pascal Noort | 2:53:09.00 | chip niet geregistreerd | | | | | |
| 11 | Paul Nieuwenhuizen | 2:56:48.38 | 34:22,9 | 35:15,1 | 35:13,1 | 36:03,8 | 35:53,4 | |
| 12 | Robin Koot | 2:56:52.61 | 34:24,3 | 34:03,3 | 35:27,9 | 37:02,0 | 35:55,0 | |
| 13 | Timo Sijm | 2:56:56.07 | 34:28,2 | 35:18,6 | 35:11,7 | 36:03,2 | 35:54,3 | |
| 14 | Maarten Wijdenes | 2:58:11.44 | 34:27,5 | 34:03,4 | 34:30,3 | 35:17,3 | 39:53,0 | |
| 15 | Henk Verdonk | 2:58:12.88 | 33:41,8 | 34:14,9 | 34:44,4 | 36:17,3 | 39:14,6 | |
| 16 | Willem van der Vlugt | 2:58:38.86 | 34:27,6 | 35:15,0 | 35:11,2 | 36:06,5 | 37:38,5 | |
| 17 | Harm Bouma | 2:58:39.70 | 34:26,4 | 35:15,3 | 35:11,6 | 36:08,0 | 37:38,4 | |
| 18 | Lars Volkers | 3:00:07.34 | 35:28,0 | 35:44,7 | 35:02,8 | 35:31,3 | 38:20,5 | |
| 19 | Sander Huinen | 3:00:46.71 | 35:11,0 | 35:28,6 | 36:11,6 | 37:13,9 | 36:41,6 | |
| 20 | Mark Rijntjes | 3:00:47.78 | 35:24,4 | 35:21,4 | 35:29,0 | 37:47,0 | 36:46,0 | |
| 21 | Maikel Wit | 3:00:56.33 | 35:17,5 | 35:36,5 | 36:01,5 | 37:13,9 | 36:46,9 | |
| 22 | Berry Stielstra | 3:00:57.12 | 35:19,3 | 35:36,2 | 36:02,8 | 37:14,0 | 36:44,9 | |
| 23 | Stefan Appelman | 3:00:57.65 | 34:23,9 | 35:16,6 | 36:42,3 | 37:53,7 | 36:41,1 | |
| 24 | Maikel Hoving | 3:01:08.25 | 34:24,2 | 35:14,9 | 35:30,6 | 37:34,9 | 38:23,6 | |
| 25 | Joost Pepping | 3:01:20.84 | 35:21,0 | 35:32,1 | 36:19,4 | 36:58,9 | 37:09,4 | |
| 26 | Tom Obdam | 3:02:13.81 | 37:12,7 | 36:09,5 | 35:55,5 | 36:05,7 | 36:50,5 | |
| 27 | Ralph Grootjes | 3:02:54.52 | 35:25,7 | 36:29,5 | 36:47,5 | 37:24,2 | 36:47,6 | |
| 28 | Maurijn de Wit | 3:02:55.93 | 35:30,2 | 36:24,7 | 36:51,0 | 37:22,5 | 36:47,5 | |
| 29 | Wouter Sloog | 3:03:50.0 | 35:56,2 | 36:09,2 | 36:51,1 | 37:15,5 | 37:37,8 | |
| 30 | Bas Bugel | 3:03:59.25 | 34:30,4 | 35:14,7 | 36:40,8 | 38:00,0 | 39:33,3 | |
| 31 | Daniel Borst | 3:04:56.34 | 35:16,5 | 35:35,4 | 37:47,8 | 37:34,1 | 38:42,5 | |
| 32 | Derk-Jan van Putten | 3:05:18.80 | 34:30,3 | 35:15,9 | 35:29,7 | 38:30,6 | 41:32,3 | |
| 33 | Erwin Veen | 3:06:13.29 | 35:28,7 | 35:56,7 | 37:20,0 | 38:26,0 | 39:01,8 | |
| 34 | Jordi Bakker | 3:06:46.23 | 37:41,7 | 36:07,6 | 37:40,0 | 38:19,2 | 36:57,7 | |
| 35 | Ron Mourik | 3:07:00.00 | chip niet geregistreerd | | | | | |
| 36 | Romana Carfora | 3:07:17.37 | 35:34,8 | 36:23,4 | 36:50,9 | 37:28,7 | 40:59,6 | |
| 37 | Jordy Levendig | 3:07:21.01 | 37:13,5 | 36:19,5 | 36:03,4 | 37:20,2 | 40:24,3 | |
| 38 | Marcel Boerrigter | 3:08:18.46 | 36:14,3 | 37:04,6 | 37:10,6 | 38:51,3 | 38:57,7 | |
| 39 | Danny van den Haak | 3:08:21.11 | 36:16,4 | 37:04,4 | 37:27,4 | 39:18,6 | 38:14,3 | |
| 40 | Bob van Walsum | 3:08:21.46 | 35:45,4 | 37:30,0 | 37:17,5 | 38:21,3 | 39:27,3 | |
| 41 | Martijn Hoën | 3:08:25.36 | 38:02,2 | 36:42,0 | 37:57,9 | 37:58,0 | 37:45,2 | |
| 42 | Hans Jansen | 3:08:26.34 | 36:36,1 | 37:28,4 | 38:10,4 | 39:09,3 | 37:02,0 | |
| 43 | Alex Zuurbier | 3:08:30.26 | 36:53,7 | 36:54,3 | 37:48,6 | 38:26,5 | 38:27,1 | |
| 44 | Boris Dekker | 3:08:35.88 | 36:28,5 | 37:26,3 | 37:54,4 | 38:17,8 | 38:28,9 | |
| 45 | Dave Kes | 3:08:38.60 | 38:02,8 | 37:26,1 | 37:26,9 | 38:29,0 | 37:13,8 | |
| 46 | Robert Jan Bood | 3:08:40.30 | 35:56,7 | 37:32,3 | 38:13,2 | 38:30,2 | 38:27,9 | |
| 47 | Martijn Drijver | 3:09:20.98 | 38:17,8 | 38:19,6 | 38:09,6 | 37:29,1 | 37:04,7 | |
| 48 | Ronald Glasbergen | 3:09:28.48 | 36:46,0 | 40:57,7 | 36:31,0 | 37:38,4 | 37:35,3 | |
| 49 | Julian Molenaar | 3:10:04.87 | 36:37,0 | 37:29,7 | 38:07,6 | 39:57,8 | 37:52,7 | |
| 50 | Rob Völlink | 3:11:16.55 | 38:05,3 | 37:27,6 | 37:12,0 | 37:59,1 | 40:32,5 | |
| 51 | John Koot | 3:11:36.22 | 36:52,1 | 36:54,5 | 37:49,4 | 39:36,0 | 40:24,2 | |
| 52 | Rolf Vetter | 3:11:38.09 | 38:31,2 | 38:09,8 | 38:10,9 | 39:13,7 | 37:32,5 | |
| 53 | Ello van Gelderen | 3:11:43.44 | 37:50,8 | 37:26,4 | 38:30,8 | 38:59,9 | 38:55,4 | |
| 54 | Michel Lindhoud | 3:11:44.32 | 37:37,7 | 37:52,2 | 37:53,3 | 38:57,7 | 39:23,4 | |
| 55 | Erik Pater | 3:11:54.70 | 37:31,5 | 37:37,1 | 38:41,8 | 39:16,9 | 38:47,3 | |
| 56 | Casper van Sijl | 3:12:08.21 | 35:21,6 | 35:57,9 | 37:20,3 | 41:34,8 | 41:53,6 | |
| 57 | Patrick Steehouwer | 3:12:09.60 | 36:38,1 | 37:26,4 | 38:09,3 | 39:50,0 | 40:05,8 | |
| 58 | Rinke Koelewijn | 3:12:53.40 | 35:56,7 | 37:03,7 | 37:38,0 | 39:56,6 | 42:18,5 | |

De 5 van School 2022

| Plaats | Naam | Totaaltijd | Ronde 1 | Ronde 2 | Ronde 3 | Ronde 4 | Ronde 5 |
|--------|------------------------------|------------|---------|---------|---------|---------|---------|
| 59 | Robin Klanker | 3:12:55.49 | 37:52,3 | 36:22,8 | 37:42,1 | 40:20,7 | 40:37,6 |
| 60 | Walter Kuilenburg | 3:13:05.86 | 37:26,0 | 37:39,1 | 38:36,6 | 39:40,7 | 39:43,3 |
| 61 | Roel Minkema | 3:13:15.36 | 37:45,0 | 38:19,7 | 39:29,4 | 38:53,5 | 38:47,7 |
| 62 | Niels Bakker | 3:13:15.48 | 35:34,5 | 36:30,8 | 39:56,8 | 40:24,3 | 40:49,1 |
| 63 | Johan van Splunter | 3:13:21.02 | 38:10,3 | 38:17,7 | 38:41,6 | 39:06,3 | 39:05,1 |
| 64 | Mike Kroes | 3:13:23.49 | 40:39,9 | 38:20,8 | 38:52,5 | 37:16,2 | 38:14,0 |
| 65 | Emiel Kunkeler | 3:13:30.28 | 36:35,1 | 37:44,4 | 38:47,5 | 39:52,5 | 40:30,7 |
| 66 | Stef Marijt | 3:13:33.76 | 35:12,0 | 35:13,0 | 37:51,5 | 42:20,7 | 42:56,6 |
| 67 | Tijmen van Rossum | 3:13:50.09 | 36:25,2 | 37:27,5 | 38:31,0 | 40:22,5 | 41:03,9 |
| 68 | Joffrey Bruin | 3:14:10.82 | 36:53,7 | 37:25,6 | 38:20,0 | 40:27,2 | 41:04,3 |
| 69 | Marc Geyteman | 3:14:27.84 | 37:40,8 | 38:28,9 | 38:55,2 | 39:48,2 | 39:34,6 |
| 70 | Jasper van Langen | 3:16:13.03 | 38:00,8 | 38:09,1 | 38:58,1 | 40:57,3 | 40:07,8 |
| 71 | Michiel Koopman | 3:16:39.47 | 37:33,5 | 38:40,9 | 38:54,4 | 39:46,6 | 41:44,0 |
| 72 | Vincent Spierings | 3:18:18.16 | 35:12,6 | 48:02,2 | 38:52,0 | 37:40,0 | 38:31,4 |
| 73 | Alex Kinngaby | 3:20:01.85 | 38:24,8 | 39:13,9 | 40:26,7 | 39:49,2 | 42:07,3 |
| 74 | Eric Klepper | 3:20:04.90 | 38:40,7 | 39:48,5 | 40:45,8 | 40:44,1 | 40:05,8 |
| 75 | Jurgen Otten | 3:21:52.21 | 37:31,2 | 37:47,7 | 37:52,2 | 42:35,7 | 46:05,4 |
| 76 | René Konijn | 3:22:05.61 | 39:03,9 | 40:02,6 | 41:02,1 | 41:19,2 | 40:37,9 |
| 77 | Martijn van de Kamp | 3:22:57.78 | 38:36,3 | 39:46,9 | 41:28,6 | 42:24,6 | 40:41,3 |
| 78 | Ron Scholten | 3:23:03.62 | 40:57,8 | 40:53,2 | 40:08,8 | 40:38,2 | 40:25,6 |
| 79 | Aart van Vuure | 3:23:52.12 | 37:38,0 | 38:47,7 | 40:44,2 | 42:46,4 | 43:55,8 |
| 80 | Frank van de Weteringe Buijs | 3:24:44.77 | 37:53,7 | 40:06,6 | 41:58,0 | 43:51,2 | 40:55,2 |
| 81 | Hans Veenstra | 3:24:57.43 | 39:17,7 | 40:35,4 | 41:17,4 | 41:54,0 | 41:52,9 |
| 82 | Gijs den Hollander | 3:25:09.62 | 38:28,8 | 39:57,7 | 41:14,2 | 42:09,8 | 43:19,2 |
| 83 | Wilbert van Leeuwen | 3:27:32.65 | 40:18,9 | 40:32,3 | 41:46,5 | 42:21,4 | 42:33,6 |
| 84 | Rob Hetsen | 3:27:33.94 | 39:31,2 | 40:58,8 | 41:37,8 | 42:30,9 | 42:55,3 |
| 85 | Dirk Gerritsen | 3:27:57.78 | 38:59,3 | 40:38,9 | 42:43,8 | 42:58,6 | 42:37,2 |
| 86 | Frank Lankveld | 3:28:40.33 | 40:22,9 | 39:59,2 | 41:05,5 | 42:38,1 | 44:34,6 |
| 87 | Kees Bisdonk | 3:29:16.60 | 42:01,7 | 40:19,7 | 41:25,9 | 43:10,3 | 42:19,1 |
| 88 | Edward vd Zandt | 3:29:42.79 | 39:25,4 | 40:05,3 | 41:24,9 | 44:20,1 | 44:27,1 |
| 89 | Ernst Beemsterboer | 3:29:55.26 | 39:24,5 | 40:21,6 | 42:02,7 | 43:39,5 | 44:26,9 |
| 90 | Dave Adrichem | 3:29:56.88 | 40:14,3 | 39:27,9 | 44:47,1 | 42:35,0 | 42:52,5 |
| 91 | Arno Stevenhaagen | 3:33:20.96 | 41:27,5 | 40:18,1 | 41:19,9 | 46:53,6 | 43:21,8 |
| 92 | Cornelis Kuijt | 3:33:47.02 | 42:14,6 | 43:08,3 | 43:17,6 | 42:26,3 | 42:40,2 |
| 93 | Glenn van 't Riet | 3:33:58.79 | 41:38,5 | 40:15,8 | 47:00,3 | 42:50,7 | 42:13,4 |
| 94 | Pim Bakker | 3:35:16.09 | 41:31,0 | 40:16,6 | 41:18,8 | 46:37,2 | 45:32,4 |
| 95 | Jolijn Hoosbeek | 3:36:14.75 | 41:05,4 | 42:10,7 | 42:51,2 | 45:13,7 | 44:53,8 |
| 96 | Per Ooijevaar | 3:37:06.70 | 37:36,7 | 38:46,8 | 41:54,9 | 46:37,3 | 52:11,0 |
| 97 | John de Vries | 3:38:53.01 | 42:06,7 | 45:34,7 | 43:57,4 | 44:12,7 | 43:01,5 |
| 98 | Peter Rezelman | 3:38:57.02 | 42:43,0 | 43:46,0 | 45:46,4 | 44:12,1 | 42:29,5 |
| 99 | Rick Langerhorst | 3:39:44.92 | 39:40,0 | 40:33,1 | 43:05,3 | 46:11,7 | 50:14,8 |
| 100 | Suzan Nieman | 3:40:34.41 | 44:05,7 | 42:59,0 | 43:22,1 | 44:27,3 | 45:40,2 |
| 101 | Bernd Pioch | 3:40:59.19 | 40:42,2 | 42:57,0 | 45:20,3 | 46:18,6 | 45:41,0 |
| 102 | Christiaan van Splunter | 3:41:37.33 | 41:54,1 | 44:38,2 | 44:05,7 | 45:07,8 | 45:51,5 |
| 103 | Guus van Buuren | 3:43:53.79 | 39:35,4 | 39:47,0 | 42:50,0 | 41:46,3 | 59:55,1 |
| 104 | Michel de Boer | 3:44:11.78 | 43:25,9 | 42:44,9 | 43:12,3 | 45:12,9 | 49:35,8 |
| 105 | Rutger Dekker | 3:44:23.66 | 42:17,8 | 43:08,1 | 43:20,6 | 47:32,1 | 48:05,0 |
| 106 | Jasper Keizer | 3:44:47.88 | 42:33,9 | 42:33,1 | 43:16,1 | 48:10,5 | 48:14,3 |
| 107 | Jack Buddingh | 3:45:41.49 | 43:08,9 | 43:10,8 | 45:48,4 | 45:28,9 | 48:04,4 |
| 108 | Ron Janbroers | 3:45:45.36 | 43:10,5 | 43:07,5 | 45:48,9 | 45:30,0 | 48:08,4 |
| 109 | Harry ter Schuur | 3:46:29.54 | 41:37,8 | 43:24,1 | 43:39,3 | 47:52,2 | 49:56,2 |
| 110 | Nick Heijkoop | 3:47:31.12 | 40:11,3 | 39:34,3 | 41:32,0 | 50:18,9 | 55:54,7 |
| 111 | Frank Ensing | 3:48:31.49 | 43:22,5 | 43:33,9 | 44:51,7 | 46:19,1 | 50:24,2 |
| 112 | Roman Wiersema | 3:48:32.16 | 42:40,3 | 43:47,2 | 45:58,2 | 46:24,3 | 49:42,2 |
| 113 | Barry van Wichem | 3:50:42.87 | 42:43,1 | 43:39,7 | 46:07,8 | 49:08,7 | 49:03,5 |
| 114 | Pim Veeger | 3:51:22.34 | 44:02,9 | 44:59,5 | 46:11,0 | 47:10,1 | 48:58,8 |
| 115 | Mark Konijnenburg | 3:52:11.98 | 44:10,0 | 42:45,9 | 47:24,0 | 48:32,0 | 49:20,1 |
| 116 | Rogier van Heijningen | 3:54:22.95 | 45:42,1 | 46:49,2 | 47:30,0 | 47:49,2 | 46:32,4 |

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| Plaats | Naam | Totaaltijd | Ronde 1 | Ronde 2 | Ronde 3 | Ronde 4 | Ronde 5 |
|--------|-----------------------|------------|---------|---------|---------|---------|---------|
| 117 | Joost Hartog | 3:59:33.77 | 44:51,1 | 44:45,3 | 46:50,1 | 50:43,1 | 52:24,1 |
| 118 | Jurjen Borst | 2:42:47.40 | 38:13,3 | 38:09,7 | 40:03,3 | 46:21,1 | |
| 119 | Dennis de Wit | 2:47:07.29 | 40:11,2 | 39:41,0 | 42:24,8 | 44:50,2 | |
| 120 | Martijn Warnaar | 2:59:22.35 | 38:27,5 | 41:58,8 | 46:45,9 | 52:10,2 | |
| 121 | Tanja Bastiaansen | 3:09:15.48 | 45:16,8 | 48:29,3 | 48:28,5 | 47:00,9 | |
| 122 | Ole Jacobsen | 3:13:15.79 | 43:32,5 | 45:12,8 | 50:37,0 | 53:53,5 | |
| 123 | Gosse Bergsma | 3:15:59.22 | 40:06,1 | 11:27,2 | 41:37,7 | 42:48,1 | |
| 124 | Bart Schilder | 3:20:40.28 | 37:17,3 | 26:43,7 | 38:03,0 | 38:36,2 | |
| 125 | Raymond Brehm | 1:59:39.15 | 38:28,4 | 39:16,7 | 41:54,0 | | |
| 126 | Ger Koomen | 2:09:28.47 | 40:19,8 | 41:03,0 | 48:05,6 | | |
| 127 | Bart Ermen | 2:10:03.68 | 41:23,3 | 41:34,1 | 47:06,2 | | |
| 128 | Yarwin van Straalen | 2:11:30.16 | 41:30,1 | 42:08,2 | 47:51,9 | | |
| 129 | Arjen Smit | 2:12:14.82 | 42:20,3 | 43:39,9 | 46:14,6 | | |
| 130 | Daan van Duin | 2:23:37.07 | 43:49,9 | 47:08,9 | 52:38,3 | | |
| 131 | Peter ter Haak | 2:29:35.12 | 47:00,8 | 48:52,7 | 53:41,6 | | |
| 132 | Ellen Knuvers | 2:36:51.65 | 49:48,7 | 51:43,8 | 55:19,2 | | |
| 133 | Perry Wit | 1:08:27.71 | 34:02,3 | 34:25,4 | | | |
| 134 | Jordi Coen | 1:09:50.51 | 34:19,2 | 35:31,4 | | | |
| DNF | Frank Röling | | | | | | |
| DNF | Florian van Schijndel | | | | | | |
| DNF | Robbert de Nijs | | | | | | |