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| Groep: |  Langrbaan/ Marathon 1 (LM1) |
| Trainers | Jan Jouke Mulder (maandag) |
|  | Rene Harmanni (vrijdag) |
| 1 | Berg | van den | Pieter |
| 2 | Botterblom |   | Gijs |
| 3 | Doesburg |   | Harrie |
| 4 | Hermse |   | Jörn |
| 5 | Hoomans |   | Klaas |
| 6 | Huitzing |   | Jo |
| 7 | Jagersma |   | Jelmer |
| 8 | Jensma |   | Jouke |
| 9 | Klijnsma |   | Ids |
| 10 | Klungel |   | Eefko |
| *11* | *Timmer* |  | *Marjanne* |
| *12* | *Uneken* |  | *Lonneke* |
| 13 | Willems |   | Ronald |
| *14* | *Dalstra* |  | *Andrea* |
| *15* | *Kramer* |  | *Thiadrik* |
| 16 | Achterberg |   | Jan |
| 17 | Esch | van | Herman |
| 18 | Huitema |   | Sander |
| 19 | Marinus |   | Wout |
| 20 | Tibbe |   | Robert |
| 21 | Huizinga |   | Josie |
| 22 | Schuitema |   | Astrid |
| 23 | Schut |   | Harry |
| 24 | Verbree |   | Adriaan |
| 25 | Kok |   | Carmen |
|   |   |   |   |
|   |   |   |   |
|  |  |  |  |
| Groep: | Langebaan 1 (L1) |  |
| Trainer: | Erik Julsing  |  |  |
|  |  |  |  |
| 1 | Albada |   | Geertiena |
| 2 | Bakels |   | Rob |
| 3 | Beerthuizen |   | Boris |
| 4 | Beukeboom |   | Jos |
| 5 | Boer | de | Harry |
| 6 | Boer | de | Eddy |
| 7 | Bosch |   | Carolien |
| 8 | Buitenhuis |   | Erik |
| 9 | Ferwerda |   | Elmira |
| 10 | Groeneveld |   | Marloes |
| 11 | Huijzer |   | Manon |
| 12 | Jonge | de | Edwin |
| 13 | Karst |   | Roos |
| 14 | Kremer |   | Richard |
| 15 | Lamain |   | Selena |
| 16 | Meer | van der | Dirk |
| 17 | Ottenhof |   | Ron |
| 18 | Scheltinga |   | Suzette |
| 19 | Sibeijn |   | Jean Pierre |
| 20 | Sluiman |   | Marieke |
| 21 | Terhürne |   | Karin |
| 22 | Veen | van der | Adriëlla |
| 23 | Vrieling |   | Greetje |
| 24 | Weperen | van | Irene |
| 25 | Hol |   | Jesse |
|  |  |  |  |
|  |  |  |  |
| Groep: | Langebaan 2 ( L2) |  |
| Trainer: | Jacob Hartog  |  |
|  |  |  |  |
| 1 | Arkema |   | Lisanne |
| 2 | Arkema |   | Marije |
| 3 | Bartelds |   | Amber |
| 4 | Beeksma |   | Jeltske |
| 5 | Been |   | Amanda |
| 6 | Boelkens |   | Veerle |
| 7 | Groeneveld |   | Paulien |
| 8 | Hartog |   | Jacob |
| 9 | Hegge |   | Minou |
| 10 | Heikens |   | Romy |
| 11 | Ittersum | van | Bert |
| 12 | Keijzer |   | Kylie |
| 13 | Ketellapper |   | Carin |
| 14 | Koning |   | Bauke |
| 15 | Smith |   | Fleur |
| 16 | Wolters |   | Symke |