

Royal Ten Light op 22 mei 2022 in Den Haag, afstand 5 km

| # | Naam | Vereniging | Cat. | Tijd |
|----|--------------------------|-----------------|---------|---------|
| 1 | Daniel Danielecki | Phanos | 05M(1) | 0:16:54 |
| 2 | Menno de Jong | PAC | 05M(2) | 0:17:12 |
| 3 | Randolph Nicia | Leiden Atletiek | 05M(3) | 0:17:26 |
| 4 | Manolo Scheers | Haag Atletiek | 05M(4) | 0:17:49 |
| 5 | Simon van der Wilt | Sparta | 05M(5) | 0:18:06 |
| 6 | Daniel Knoester | Den Haag | 05M(6) | 0:18:08 |
| 7 | Matthew Weaver | PAC | 05M(7) | 0:18:08 |
| 8 | Jeroen Demmers | PAC | 05M(8) | 0:18:34 |
| 9 | Jerome van der Zijde | HRR | 05M(9) | 0:18:47 |
| 10 | Michel van Wijngaarden | PAC | 05M(10) | 0:18:54 |
| 11 | Grzegorz Majkowski | Rotterdam | 05M(11) | 0:19:07 |
| 12 | Dave Boselie | HRR | 05M(12) | 0:19:16 |
| 13 | Twan Buijs | Haag Atletiek | 05M(13) | 0:19:34 |
| 14 | Corné Timmermans | Den Haag | 05M(14) | 0:19:52 |
| 15 | Simon Banham | Den Haag | 05M(15) | 0:20:05 |
| 16 | Carles Orozco Roura | Den Haag | 05M(16) | 0:20:05 |
| 17 | Adrian Diaconu | Den Haag | 05M(17) | 0:20:18 |
| 18 | Gosia Szpakowska | Haarlem | 05V(1) | 0:20:23 |
| 19 | Rodolphe Blaise | Haag Atletiek | 05M(18) | 0:20:51 |
| 20 | Amalia Da Silva Vieira | Den Haag | 05V(2) | 0:21:17 |
| 21 | Floris van der Wilt | Leidschendam | 05M(19) | 0:21:20 |
| 22 | Ellis Stolwijk | Den Haag | 05V(3) | 0:21:26 |
| 23 | Axel Hartman | avVN | 05M(20) | 0:21:36 |
| 24 | Mateo de Castro Gonzalez | Den Haag | 05M(21) | 0:21:52 |
| 25 | Susanne Dallinga | Den Haag | 05V(4) | 0:21:56 |
| 26 | Roger Loop | Den Haag | 05M(22) | 0:22:07 |
| 27 | Ewa Surdacka | Beverwijk | 05V(5) | 0:22:10 |
| 28 | Andrew Grant | Den Haag | 05M(23) | 0:22:43 |
| 29 | Ilse Houtman | Haag Atletiek | 05V(6) | 0:22:55 |
| 30 | Rowdy Bakker | Voorburg | 05M(24) | 0:23:01 |
| 31 | Wim van Doorn | Den Haag | 05M(25) | 0:23:11 |
| 32 | Magdalena Wieczorek | Vlaardingen | 05V(7) | 0:23:19 |
| 33 | Eva Rosenthal | Schiedam | 05V(8) | 0:23:37 |
| 34 | Zoë Terlouw | Zoetermeer | 05V(9) | 0:23:42 |
| 35 | Judith Mennega | Den Haag | 05V(10) | 0:23:48 |
| 36 | Lucien Trompert | Den Haag | 05M(26) | 0:24:29 |
| 37 | Robert Stolwijk | Den Haag | 05M(27) | 0:24:46 |
| 38 | Matthijs Hoff | Leidschendam | 05M(28) | 0:24:47 |
| 39 | Jorrit Steenman | Haag Atletiek | 05M(29) | 0:24:48 |
| 40 | Jeroen Blom | Den Haag | 05M(30) | 0:25:00 |
| 41 | Sylvie Haldimann | Den Haag | 05V(11) | 0:25:21 |
| 42 | Luciano Ghigliotti | Den Haag | 05M(31) | 0:25:38 |
| 43 | Arie van der Spoel | Haag Atletiek | 05M(32) | 0:25:39 |
| 44 | Andre van Andel | Den Haag | 05M(33) | 0:25:48 |
| 45 | Johan Barnard | Den Haag | 05M(34) | 0:26:03 |
| 46 | Ulla de Wreed | Rijswijk Zh | 05V(12) | 0:26:11 |
| 47 | Mariëlle den Hengst | Den Haag | 05V(13) | 0:26:36 |
| 48 | Jean-Jacques Dohogne | Den Haag | 05M(35) | 0:26:43 |
| 49 | Jos Ruiten | Den Haag | 05M(36) | 0:27:10 |
| 50 | Nelleke de Kort | Den Haag | 05V(14) | 0:27:18 |
| 51 | Arista Bek | Den Haag | 05V(15) | 0:27:22 |
| 52 | Marek Wieczorek | Vlaardingen | 05M(37) | 0:27:30 |
| 53 | Martijn Giebel | Den Haag | 05M(38) | 0:27:31 |
| 54 | Charlotte Benschop | Den Haag | 05M(39) | 0:27:43 |
| 55 | Alexander Paanakker | Den Haag | 05M(40) | 0:27:48 |
| 56 | Jan Groeneveld | HRR | 05M(41) | 0:27:56 |
| 57 | Patryk Kalinski | Tilburg | 05M(42) | 0:28:05 |

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|-----|---------------------------|---------------|---------|---------|
| 58 | Ruud Baarda | Den Haag | 05M(43) | 0:28:10 |
| 59 | Bart van Oostrum | Den Haag | 05M(44) | 0:28:16 |
| 60 | Kees van Uden | HRR | 05M(45) | 0:28:39 |
| 61 | Sanne Patijn | Amsterdam | 05V(16) | 0:28:47 |
| 62 | Stacey Hass | Den Haag | 05V(17) | 0:28:49 |
| 63 | Katja Evtimov | Den Haag | 05V(18) | 0:28:50 |
| 64 | Diana van Andel | Den Haag | 05V(19) | 0:29:10 |
| 65 | Pierre Tissot van Patot | Haag Atletiek | 05M(46) | 0:29:15 |
| 66 | Lucienne Lamboo | Haag Atletiek | 05V(20) | 0:30:03 |
| 67 | Szymon Bochenski | Den Haag | 05M(47) | 0:30:09 |
| 68 | Sandra van den Bulk | Haag Atletiek | 05V(21) | 0:30:11 |
| 69 | Sophie de Haan | Delft | 05V(22) | 0:30:17 |
| 70 | Nicole Hendrie | Den Haag | 05V(23) | 0:30:19 |
| 71 | Vera van der Meer | Delfgauw | 05V(24) | 0:30:50 |
| 72 | Fred van der Gon Netscher | Haag Atletiek | 05M(48) | 0:31:14 |
| 73 | Desiree Vuijk | Tiel | 05V(25) | 0:31:16 |
| 74 | Cindy van der Pol | Dordrecht | 05V(26) | 0:31:33 |
| 75 | Mart de Mooij | Doorn | 05M(49) | 0:32:04 |
| 76 | Arnoud Westerduin | Den Haag | 05M(50) | 0:32:13 |
| 77 | Dick Benschop | Den Haag | 05M(51) | 0:32:21 |
| 78 | Sascha Berkelaar | Den Haag | 05V(27) | 0:32:21 |
| 79 | Marta Corsin-Jimenez | Leidschendam | 05V(28) | 0:32:23 |
| 80 | Julia Gonzalez | Den Haag | 05V(29) | 0:32:59 |
| 81 | Imke van der Zwa | Voorschoten | 05V(30) | 0:33:04 |
| 82 | Ana de Castro Gonzalez | Den Haag | 05V(31) | 0:33:05 |
| 83 | Angelique Loof | Noordwijk Zh | 05V(32) | 0:33:15 |
| 84 | Kaede Morita | HRR | 05V(33) | 0:33:35 |
| 85 | Irina Balbi | Den Haag | 05V(34) | 0:33:39 |
| 86 | Jule Miessen | Den Haag | 05V(35) | 0:34:38 |
| 87 | Jan Head | Den Haag | 05V(36) | 0:34:39 |
| 88 | Sylvia Dingemans | Haag Atletiek | 05V(37) | 0:34:54 |
| 89 | Dillon duitscher | Den Haag | 05M(52) | 0:34:57 |
| 90 | Miriam Gijzemijter | Leidschendam | 05V(38) | 0:35:06 |
| 91 | Douwe Krul | Oegstgeest | 05M(53) | 0:36:50 |
| 92 | Lisette Krul | Voorburg | 05V(39) | 0:36:51 |
| 93 | Jelte Haagsma | Voorburg | 05M(54) | 0:37:01 |
| 94 | Esther Mot | Voorburg | 05V(40) | 0:37:01 |
| 95 | Monique Paanakker | Den Haag | 05V(41) | 0:37:48 |
| 96 | Anna Kolakowska | Voorburg | 05V(42) | 0:37:59 |
| 97 | Sung Faber | Den Haag | 05M(55) | 0:38:18 |
| 98 | Léon van der Hoeven | Den Haag | 05M(56) | 0:38:29 |
| 99 | Stephanie Burton | Voorburg | 05V(43) | 0:38:53 |
| 100 | Teun van der Vorm | Rotterdam | 05M(57) | 0:39:02 |
| 101 | Clarisse Marques | Rotterdam | 05V(44) | 0:39:02 |
| 102 | Christine Zandvliet | Den Haag | 05V(45) | 0:40:30 |
| 103 | Cherinda Caspers | Leidschendam | 05V(46) | 0:41:24 |
| 104 | Jessica van der Sman | Leidschendam | 05V(47) | 0:41:25 |
| 105 | Peter van Beest | Den Haag | 05M(58) | 0:44:59 |
| 106 | Corine Barendregt | Den Haag | 05V(48) | 0:45:00 |

Royal Ten Light op 22 mei 2022 in Den Haag, afstand 10 km

| # | Naam | Vereniging | Cat. | Tijd |
|---|--------------------|--------------------|--------|---------|
| 1 | Arthur Camps | Rotterdam Atletiek | 10M(1) | 0:32:23 |
| 2 | Tesfalem Zeresenay | Haag Atletiek | 10M(2) | 0:32:32 |
| 3 | Erik Scheers | Haag Atletiek | 10M(3) | 0:35:42 |
| 4 | Stefan Bloemendaal | Rotterdam Atletiek | 10M(4) | 0:36:34 |
| 5 | Teun Roodvoets | Den Haag | 10M(5) | 0:37:14 |
| 6 | Job Luijendijk | Oegstgeest | 10M(6) | 0:37:54 |
| 7 | Emiel van Eijk | Sparta | 10M(7) | 0:39:08 |
| 8 | Jordi Serra Casas | Voorburg | 10M(8) | 0:39:25 |

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|----|---------------------------|------------------|---------|---------|
| 9 | Lucas de Rooij | Monster | 10M(9) | 0:40:50 |
| 10 | Mark Davies | Barendrecht | 10M(10) | 0:41:11 |
| 11 | Wim Korff | De Gidts | 10M(11) | 0:41:18 |
| 12 | Ardy Hulshof | Den Haag | 10M(12) | 0:41:36 |
| 13 | Hendrik Wouters | Den Haag | 10M(13) | 0:42:09 |
| 14 | Darryl Warner | HRR | 10M(14) | 0:42:15 |
| 15 | Said Kadrouch | Voorburg | 10M(15) | 0:42:57 |
| 16 | Linsie Spaans | Den Haag | 10V(1) | 0:43:03 |
| 17 | Mike van Haarst | Den Haag | 10M(16) | 0:43:19 |
| 18 | Eduardo Pascual Valles | Den Haag | 10M(17) | 0:43:20 |
| 19 | Jamie Visser | Den Haag | 10M(18) | 0:43:22 |
| 20 | Sander van der Marel | Den Haag | 10M(19) | 0:43:26 |
| 21 | Stef Holstein | Sparta | 10M(20) | 0:43:31 |
| 22 | Erik Jan Reijenga | Den Haag | 10M(21) | 0:43:39 |
| 23 | Janneke Tijmensen | Den Haag | 10V(2) | 0:43:48 |
| 24 | Mariska Rouwendal | Den Haag | 10V(3) | 0:44:00 |
| 25 | Jeroen Schmit | Sparta | 10M(22) | 0:44:08 |
| 26 | Jeroen van Wessem | Den Haag | 10M(23) | 0:44:10 |
| 27 | Josbert Keller | Den Haag | 10M(24) | 0:44:11 |
| 28 | Marlie van der Hoof | Leidschendam | 10V(4) | 0:44:37 |
| 29 | Wouter van Pelt | Den Haag | 10M(25) | 0:44:40 |
| 30 | Daan Baarda | Den Haag | 10M(26) | 0:44:50 |
| 31 | Victor Cnossen | Voorburg | 10M(27) | 0:45:08 |
| 32 | Patrick Lelieveld | Voorburg | 10M(28) | 0:45:11 |
| 33 | Andrzej Kozakiewicz | 's-Gravenzande | 10M(29) | 0:45:18 |
| 34 | Henk jagersma | Haag Atletiek | 10M(30) | 0:45:30 |
| 35 | Sander Knijnenburg | Rijswijk Zh | 10M(31) | 0:45:32 |
| 36 | Paul Boeren | Sparta | 10M(32) | 0:45:45 |
| 37 | Jesús Goya | Den Haag | 10M(33) | 0:45:52 |
| 38 | Juan M Birlanga | Den Haag | 10M(34) | 0:45:52 |
| 39 | Lucas Wala | Hoek van Holland | 10M(35) | 0:46:08 |
| 40 | Ricardo Bloemendaal | Rijswijk Zh | 10M(36) | 0:46:46 |
| 41 | Oliwia Cholewa | Sint-Oedenrode | 10V(5) | 0:46:59 |
| 42 | Jose Vicente JV Pastor Ji | Den Haag | 10M(37) | 0:47:24 |
| 43 | Anne Denissen | Haag Atletiek | 10V(6) | 0:47:27 |
| 44 | Douwe Pietersma | Den Haag | 10M(38) | 0:47:30 |
| 45 | Anne de Jong | Rijswijk Zh | 10M(39) | 0:47:52 |
| 46 | Frank Michels | Den Haag | 10M(40) | 0:48:17 |
| 47 | Dominic Moore | Den Haag | 10M(41) | 0:48:18 |
| 48 | Lingduo Wu | Den Haag | 10M(42) | 0:48:20 |
| 49 | Niek van de Koppel | Den Haag | 10M(43) | 0:48:38 |
| 50 | Tom Brinkman | Den Haag | 10V(7) | 0:48:40 |
| 51 | Kees van Nieuwamerongen | Den Haag | 10M(44) | 0:48:46 |
| 52 | John Stinchcombe | Den Haag | 10M(45) | 0:48:54 |
| 53 | Wing Yi Wong | Den Haag | 10V(8) | 0:48:55 |
| 54 | Joep Stassen | Den Haag | 10M(46) | 0:48:56 |
| 55 | Marco Akerboom | Den Haag | 10M(47) | 0:49:05 |
| 56 | Julie Plante | Den Haag | 10V(9) | 0:49:08 |
| 57 | Ton van Kleef | Sparta | 10M(48) | 0:49:24 |
| 58 | David Muiderman | HRR | 10M(49) | 0:49:28 |
| 59 | Marek Rzczkowski | Badhoevedorp | 10M(50) | 0:49:31 |
| 60 | Marat G. Markert | Den Haag | 10M(51) | 0:49:31 |
| 61 | John van Zweeden | Haag Atletiek | 10M(52) | 0:49:45 |
| 62 | Sander van der Leeuw | Den Haag | 10M(53) | 0:49:51 |
| 63 | Jeroen Deggeller | Den Haag | 10M(54) | 0:49:57 |
| 64 | Peter van Leeuwen | HRR | 10M(55) | 0:50:04 |
| 65 | River van Trigt | Amsterdam | 10V(10) | 0:50:07 |
| 66 | Jonathan Kirkwood | Voorschoten | 10M(56) | 0:50:08 |
| 67 | Willem van der Hoof | Leidschendam | 10M(57) | 0:50:33 |

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|-----|---------------------------|-----------------|---------|---------|
| 68 | Remco van de Boogaard | AV De Koplopers | 10M(58) | 0:50:48 |
| 69 | Cornelis Prins | Den Haag | 10M(59) | 0:50:49 |
| 70 | Judith van den Broek | AV De Koplopers | 10V(11) | 0:50:56 |
| 71 | Hein Gevers | Amersfoort | 10M(60) | 0:51:03 |
| 72 | Jovan Pesalj | Den Haag | 10M(61) | 0:51:07 |
| 73 | Berbel Ykema | Den Haag | 10V(12) | 0:51:12 |
| 74 | Jean-paul Kulk | Voorburg | 10M(62) | 0:51:17 |
| 75 | Tessa van Altena | Den Haag | 10V(13) | 0:51:18 |
| 76 | Rob Oldenburg | Voorburg | 10M(63) | 0:51:31 |
| 77 | Michiel Sweers | Den Haag | 10M(64) | 0:51:35 |
| 78 | Gedien | | 10V(14) | 0:52:02 |
| 79 | Maarten Pedroli | Voorschoten | 10M(65) | 0:52:06 |
| 80 | Rianne Wesbeek | AV De Koplopers | 10V(15) | 0:52:11 |
| 81 | Gusta Jessen | | 10V(16) | 0:52:17 |
| 82 | Aad Ruijgrok | Wassenaar | 10M(66) | 0:52:18 |
| 83 | Erik van Bussel | Voorburg | 10M(67) | 0:52:25 |
| 84 | Martin Pronk | Nootdorp | 10M(68) | 0:52:49 |
| 85 | Imo Schneider | AV De Koplopers | 10M(69) | 0:52:55 |
| 86 | Luit van Velzen | Den Haag | 10V(17) | 0:53:01 |
| 87 | Arenda Oomen | Den Haag | 10V(18) | 0:53:01 |
| 88 | Maaïke van Eijk | Den Haag | 10V(19) | 0:53:38 |
| 89 | Lucinda Wildenberg | Voorburg | 10V(20) | 0:53:52 |
| 90 | Thomas Falkenhagen | Den Haag | 10M(70) | 0:54:00 |
| 91 | Patricia van Tongeren | Den Haag | 10V(21) | 0:54:15 |
| 92 | Noud doornheim | Wateringen | 10M(71) | 0:54:28 |
| 93 | Remco Verspoor | HRR | 10M(72) | 0:54:32 |
| 94 | André Schravemade | Zoetermeer | 10M(73) | 0:54:37 |
| 95 | Jaime Roldan | Den Haag | 10M(74) | 0:54:48 |
| 96 | Lisette Lelieveld | Voorburg | 10V(22) | 0:54:52 |
| 97 | José Xavier | Sparta | 10M(75) | 0:54:54 |
| 98 | Remco van de Boogaard | AV De Koplopers | 10M(76) | 0:55:00 |
| 99 | Rolf Vermolen | Den Haag | 10M(77) | 0:55:14 |
| 100 | Dennis van Brakel | Den Haag | 10M(78) | 0:55:15 |
| 101 | Michaël Robers | Den Haag | 10M(79) | 0:55:16 |
| 102 | Emma du Chatinier | Den Haag | 10V(23) | 0:55:21 |
| 103 | Menno Hollander | Den Haag | 10M(80) | 0:55:44 |
| 104 | Jacqueline GuicheritDicke | Den Haag | 10V(24) | 0:55:57 |
| 105 | Luc Gelinck | Den Haag | 10M(81) | 0:56:05 |
| 106 | Bernhard Groot | AV De Koplopers | 10M(82) | 0:56:09 |
| 107 | Wim Mijs | Den Haag | 10M(83) | 0:56:19 |
| 108 | Arendine den Heijer | Den Haag | 10V(25) | 0:56:20 |
| 109 | Nienke hommes | Oegstgeest | 10V(26) | 0:56:21 |
| 110 | Yuanzhe Liu | Nieuw-Vennep | 10M(84) | 0:56:38 |
| 111 | Gill Hancock | Den Haag | 10V(27) | 0:56:39 |
| 112 | Stefan van der Geest | Leiden | 10M(85) | 0:56:48 |
| 113 | Ton Krol | Rijswijk Zh | 10M(86) | 0:57:04 |
| 114 | Marline Visser | Den Haag | 10V(28) | 0:57:11 |
| 115 | Barbara Ruijgrok | Den Haag | 10V(29) | 0:57:33 |
| 116 | Rob Vlastuin | Den Haag | 10M(87) | 0:57:49 |
| 117 | Lotte Feith | HRR | 10V(30) | 0:57:52 |
| 118 | Ed Bloemendaal | Wateringen | 10M(88) | 0:58:21 |
| 119 | Fred Herrebout | Den Haag | 10M(89) | 0:58:42 |
| 120 | Anke Spuijbroek | Den Haag | 10V(31) | 0:58:46 |
| 121 | Daniëlle van Leeuwen | Rijswijk Zh | 10V(32) | 0:58:49 |
| 122 | Nicolle van den Boom | Rotterdam | 10V(33) | 0:59:22 |
| 123 | Marion Bootsma | Den Haag | 10V(34) | 0:59:45 |
| 124 | Cindy Rouwhorst | Den Haag | 10V(35) | 0:59:45 |
| 125 | Maarten Kraefft | Castricum | 10M(90) | 1:00:00 |
| 126 | Barbara van de Griend | Den Haag | 10V(36) | 1:00:00 |

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|-----|--------------------|-----------------|----------|---------|
| 127 | Emilie van Lingen | Rotterdam | 10V(37) | 1:00:01 |
| 128 | Floor v/d Toorn | AV De Koplopers | 10V(38) | 1:00:04 |
| 129 | Erik Jansen | Den Haag | 10M(91) | 1:01:20 |
| 130 | Marc Groeneveld | Den Haag | 10M(92) | 1:01:21 |
| 131 | Rene fromberg | Den Haag | 10M(93) | 1:01:41 |
| 132 | Tamara Jopp | Voorhout | 10V(39) | 1:03:39 |
| 133 | Ton de Rooij | Monster | 10M(94) | 1:05:33 |
| 134 | Ruud van Dam | Voorburg | 10M(95) | 1:07:22 |
| 135 | Louwrens Schaaphok | Den Haag | 10M(96) | 1:09:06 |
| 136 | Hans Lunter | Rijswijk Zh | 10M(97) | 1:09:30 |
| 137 | Lewis Belfor | Zoetermeer | 10M(98) | 1:11:02 |
| 138 | Dave Degryse | Den Haag | 10M(99) | 1:11:02 |
| 139 | Floris Blankenberg | Den Haag | 10M(100) | 1:12:23 |
| 140 | Yong Deng | Zoetermeer | 10M(101) | 1:18:24 |
| 141 | Tingting Song | Zoetermeer | 10V(40) | 1:18:24 |