



March 29, 2026

Startlist Men

Nr.	Name	Nat.	Personal Best	WA profile
1	Abdessamad Oukhelfen	ESP	debut	Abdessamad OUKHELFEN Profile World Athletics
3	David Ngure Irungu	KEN	59.44 (Madrid 2021)	David NGURE Profile World Athletics
4	Jonathan Kipkoech Kamosong	KEN	60.33 (Sevilla 2025)	Jonathan Kipkoech KAMOSONG Profile World Athletics
5	Yakoub Labquira	MAR	60.47 (Venlo 2023)	Yakoub LABQUIRA Profile World Athletics
6	Khalid Choukoud	NED	61.53 (Breda 2013)	Khalid CHOUKOUD Profile World Athletics
7	Bas van Hooren	NED	62.04 (Barcelona 2025)	Bas VAN HOOREN Profile World Athletics
8	Jamal Kipkosgei Kiprono	KEN	62.05 (Lille 2022)	Jamal KIPRONO Profile World Athletics
9	Lahsene Bouchikhi	BEL	62.28 (Valencia 2023)	Lahsene BOUCHIKHI Profile World Athletics
10	Benard Kipchumba Kimeli	KEN	62.38 (Riga 2025)	Benard KIMELI Profile World Athletics
11	Luuk Maas	NED	63.20 (Valencia 2024)	Luuk MAAS Profile World Athletics
12	Yayewsew Golla Zeleke	ETH	63.31 (Riyadh 2026)	Zeleke YAYEWSEW Profile World Athletics
13	Tom Hendrikse	NED	63.34 (Venlo 2024)	Tom HENDRIKSE Profile World Athletics
14	Titus Musau	UGA	64.26 (Jinja 2026)	Titus MUSAU Profile World Athletics
16	Benard Kiprop	KEN	debut	
17	Steven Orłowski	GER	64.53 (Barcelona 2020)	Steven ORLOWSKI Profile World Athletics
18	Abdi Hassan	NED	65.03 (s-Heerenberg 2026)	Abdi HASSAN Profile World Athletics
19	Ronald Cockx	NED	65.30 (Valencia 2024)	Ronald COCKX Profile World Athletics
20	Martin Delguste	BEL	65.32 (Gent 2022)	Martin DELGUSTE Profile World Athletics
21	Habtom Obkamichael	NED	65.33 (Venlo 2024)	Habtom OKBAMICHAEL Profile World Athletics
22	Yonas Rezene	ERI	65.36 (Stockholm 2024)	Yonas REZENE Profile World Athletics

23	Isak Hagberg	SWE	65.47 (Copenhagen 2025)	Isak HAGBERG Profile World Athletics
24	Tesfalem Zeresenay	NED	65.56 (Den Haag 2025)	Tesfalem ZERESENAY Profile World Athletics
25	Mads Meijer	NED	debut	Mads MEIJER Profile World Athletics
26	Michael Potthoff	GER	66.25 (Copenhagen 2025)	Michael POTTHOFF Profile World Athletics
27	Andreas Davidsson	SWE	66.36 (Stockholm 2025)	Andreas DAVIDSSON Profile World Athletics
28	Jarno Albers	NED	67.47 (Brugge 2025)	Jarno ALBERS Profile World Athletics
29	Per Velraeds	NED	68.01 (Venlo 2025)	Per VELRAEDS Profile World Athletics
30	Fabian ten Kate	NED	68.25 (Venlo 2023)	Fabian TEN KATE Profile World Athletics
31	Mick Claessens	NED	68.37 (Dordrecht 2024)	Mick CLAESSENS Profile World Athletics
32	Erik Linnér	SWE	68.49 (Torino 2025)	Erik LINNÉR Profile World Athletics
33	Ahmed Abubakar	NED	69.38 (Drunen 2025)	Ahmed ABUBAKAR Profile World Athletics
34	Stefan Buck	NED	69.50 (Den Haag 2025)	Stefan BUCK Profile World Athletics
35	Finn Timmermans	NED	69.55 (Den Haag 2025)	Finn TIMMERMANS Profile World Athletics
36	Luuk Janssen	NED	70.02 (Venlo 2023)	Luuk JANSSEN Profile World Athletics
37	Bart van Trigt	NED	70.24 (Berlin 2025)	Bart VAN TRIGT Profile World Athletics
38	Rens Simons	NED	70.51 (Etten-Leur 2025)	Rens SIMONS Profile World Athletics
39	Gino Hofman	NED	70.58 (Eindhoven 2025)	Gino HOFMAN Profile World Athletics
40	Job van der Ploeg	NED	debut	Job VAN DER PLOEG Profile World Athletics
41	Philemon Kiprotich Konor	KEN	61.06 (Breda 2026)	Philemon Kiprotich KONOR Profile World Athletics
3500	Sander de Bart	NED	68.27 (Eindhoven 2022)	Sander DE BART Profile World Athletics
3501	Michael Beuwer	NED	68.50 (Venlo 2023)	Michael BEUWER Profile World Athletics
3502	Rik van Wijlick	NED	70.43 (Venlo 2023)	Rik VAN WIJLICK Profile World Athletics
4000	Christiaan Bosselaar	NED	67.25 (Venlo 2024)	Christiaan BOSSELAAR Profile World Athletics
4001	Ton Hettema	NED	68.47 (Den Haag 2026)	Ton HETTEMA Profile World Athletics
PACE 1	Nathan Kipkoech	KEN	pace 1st group	
PACE 2	Amos Kiprotich	KEN	pace 1st group	Amos KIPROTICH Profile World Athletics
PACE 3	Milco Hahury	NED	pace 1st group	Milco HAHURY Profile World Athletics

Startlist Women

F1	Cynthia Jerotich Limo	KEN	66.04 (Ras Al Khaimah 2016)	Cynthia JEROTICH Profile World Athletics
F2	Gladys Kwamboka Mong'are	KEN	67.16 (Yangzou 2025)	Gladys KWAMBOKA Profile World Athletics
F3	Vibian Chepkirui	KEN	68.02 (Lisboa 2021)	Vibian CHEPKURUI Profile World Athletics
F4	Nympha Kiteta Kivalo	KEN	68.41 (Accra 2025)	Nympha KITETA Profile World Athletics
F5	Rency Jepngetich Kogo	KEN	69.04 (Mainz 2025)	Rency KOGO Profile World Athletics
F6	Jennifer Gulikers	NED	69.42 (Den Haag 2026)	Jennifer GULIKERS Profile World Athletics
F7	Meryeme Azrou	MAR	69.46 (Marrakesh 2026)	Meryeme AZROUR Profile World Athletics
F8	Elizeba Franken-Cherono	NED	70.10 (Breda 2015)	Elizeba CHERONO Profile World Athletics
F9	Jacelyn Gruppen	NED	70.35 (Valencia 2024)	Jacelyn GRUPPEN Profile World Athletics
F10	Bo Ummels	NED	72.13 (Dresden 2021)	Bo UMMELS Profile World Athletics
F11	Leonie Balter	NED	72.34 (Berlin 2023)	Leonie BALTER Profile World Athletics
F12	Bregje Smits	NED	74.13 (Breda 2025)	Bregje SMITS Profile World Athletics
F13	Ann-Christin Opitz	GER	75.02 (Venlo 2025)	Ann-Christin OPITZ Profile World Athletics
F14	Soline Braeckman	BEL	75.10 (Gentbrugge 2026)	Soline BRAECKMAN Profile World Athletics
F15	Vera de Vries	NED	75.53 (Den Haag 2025)	Vera DE VRIES Profile World Athletics
F16	Britt Ummels	NED	76.31 (Breda 2022)	Britt UMMELS Profile World Athletics
F17	Tess Goessens	NED	77.02* (Egmond 2026)	Tess GOESSENS Profile World Athletics
F18	Jasmijn Sibma	NED	77.12 (Den Haag 2026)	Jasmijn SIBMA Profile World Athletics
F19	Femke Yska	NED	79.21 (Schoorl 2026)	Femke YSKA Profile World Athletics
F20	Melissa van den Reek	NED	80.53 (Linschoten 2025)	Melissa VAN DEN REEK Profile World Athletics
F21	Rens Nijman	NED	81.00 (Amstelveen 2025)	Rens NIJMAN Profile World Athletics
F3500	Jessica Oosterloo	NED	76.28 (Venlo 2015)	Jessica OOSTERLOO Profile World Athletics
F3501	Annika Börner	GER	77.18 (Valencia 2023)	Annika BÖRNER Profile World Athletics
F4000	Zsanett Moczo	HUN	78.19 (Barcelona 2020)	Zsanett MÓCZÓ Profile World Athletics

Performance Men

1	Abdessamad Oukhelfen
	<i>22nd WC cross country 2026; 6th EC cross country 2025; In 2021, 2022, 2023 and 2024 top 12 EC cross country</i>
3	David Ngure Irungu
	<i>2x sub 60 on half marathon; 5th in HM Madrid 2021 in 59.44 and 2nd HM Padova 2021 in 59.47</i>
4	Jonathan Kipkoech Kamosong
	<i>1st Dam tot Damloop 2025, 10 EM in 46.09; 3rd HM Sevilla 2026 in 60.33</i>
5	Yakoub Labquira
	<i>5th HM Arrow Venloop 2023 in 60.47</i>
6	Khalid Choukoud
	<i>1st NC marathon (Amsterdam) 2025 in 2.08.00; 20x National Champion on 10.000, 10 km hm, marathon and cross country</i>
7	Bas van Hooren
	<i>2nd NC HM (Arrow Venloop) 2025; 2nd NC 10.000 meters (Leiden) 2025; NC 3000 meters indoor 2017</i>
8	Jamal Kipkosgei Kiprono
	<i>1st Tilburg Ten Miles in 2022 and 2023</i>
11	Luuk Maas
	<i>National Champion 10 km (Arrow Venloop) 2022; National Champion HM (Nijmegen) 2021</i>
12	Yayewsew Golla Zeleke
	<i>27.41 at 10 km Valencia 2025 and 27.45 at Lille 2025</i>
13	Tom Hendrikse
	<i>43rd WC marathon Tokyo 2025; 5th NC HM (Venloop) 2025</i>
14	Titus Musau
	<i>World Champion U20 mountainrunning 2025</i>
18	Abdi Hassan
	<i>4th HM Montferland 2026 in 65.03</i>
41	Philemon Kiprotich Konor
	<i>1st HM Bredase Singelloop 2026 in 61.06</i>
PACE 2	Amos Kiprotich
	<i>1st Kapsabet 15 km 2026; 2nd Sirikwa cross Eldoret 2026; 1st 10k Belgrade 2025 in 28.01</i>

PACE 3	Milco Hahury
	<i>3rd NC 3000 meters indoor 2026</i>

HM = Half marathon

WC= World Championships

EC = European Championships

NC = National Championships

Performance Women

F1	Cynthia Jerotich Limo
	<i>2nd WC HM (Cardiff) 2016 in 67.34; 1st marathon Honolulu 2024 in 2.31.14</i>
F2	Gladys Kwamboka Mong'are
	<i>3rd HM Yangzhou 2025 in 67.16; 6th 10k Castellon 2025 in 30.24</i>
F3	Vibian Chepkirui
	<i>1st marathon Beijing 2023 in 2.21.57; 1st marathon Vienna 2022 in 2.20.59</i>
F4	Nympha Kiteta Kivalo
	<i>1st HM Accra 2025 in 68.41</i>
F5	Rency Jepngetich Kogo
	<i>1st 10k Paderborner Osterlauf 2025 in 31.56; 2nd HM Mainz 2025 in 69.04;</i>
F6	Jennifer Gulikers
	<i>National Champion 2025 on HM (Arrow Venloop), 5000m (Hengelo) and 10 km (Utrecht)</i>
F7	Meryeme Azrou
	<i>2nd HM Marrakesh 2026 in 69.46; 2nd HM Tamesna 2026</i>
F8	Elizeba Franken-Cherono
	<i>1st HM Arrow Venloop 2011 and 2014</i>
F9	Jacelyn Gruppen
	<i>1st 10k Stadsloop Appingedam 2025; NC marathon 2014; NC 10 km 2024; 3rd NC HM (Breda) 2024</i>
F10	Bo Ummels

	<i>NC HM (Arrow Venloop) 2019</i>
F11	Leonie Balter
	<i>NC marathon (Amsterdam) 2022; 3rd NC 10 km (Arrow Venloop) 2022</i>
F12	Bregje Smits
	<i>2nd NC marathon (Rotterdam) 2023</i>

HM = Half marathon

WC= World Championships

NC = National Championships