

**Saturday June 27, 2026**  
**Appingedam, The Netherlands**

Prizemoney 10 km *		
	Men	Women
1	700	700
2	500	500
3	400	400
4	300	300
5	200	200
6	100	100

Prizemoney 10 km *		
	Masters Men (40-49, 50-59, 60+)**	Masters Women (40-49, 50-59, 60+)**
	cumulative with overall en/of noordelijke atleten	cumulative with overall en/of noordelijke atleten
1	75	75
2	50	50
3	25	25

Prijzengeld 10 km *		
	Mannen Noordelijke atleten (Groningen, Friesland of Drenthe)	Vrouwen Noordelijke atleten (Groningen, Friesland of Drenthe)
	cumulatief met overall en/of masters	cumulatief met overall en/of masters
1	150	150
2	100	100
3	50	50

Prizemoney 5 km *		
	Men overall	Women overall
1	150	150
2	100	100
3	50	50

**Bonuses for 10 km (sponsored by Albert Heijn Appingedam)**

- Bonus of 500 euro gross for the male winner to break the Course Record of 27'37"
- Bonus of 500 euro gross for the female winner to break the Course Record of 30'23"
- Bonus of 250 euro gross for the first Dutch male athlete to run sub 29'22"
- Bonus of 250 euro gross for the first Dutch female athlete to run sub 31'53"

\* Prizemoney is gross / \* prijzengeld is bruto

\*\* Fewer than 5 participants: the category is canceled and competitors move to a younger age category.