

## Dames 55

### 80 m

17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	17.1	2016
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### 600 m

17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	1.96 m	2016
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### 2 EM

26-05-11	Hengelo	Ineke Visser	<b>V 56</b>	13.41	2011
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### 3 EM

08-12-12	Eibergen	Jacqueline Dijkstra	<b>V 59</b>	28.34	2012
08-12-12	Eibergen	Gerrie van den Heuvel	<b>V 56</b>	28.40	2012
08-12-12	Eibergen	Anna Lubberdink	<b>V 63</b>	28.42	2012
08-12-12	Eibergen	Gerritdien Brinkers	<b>V 60</b>	29.03	2012

### 5000 m

23-06-11	Aalten	Ineke Visser	<b>V 56</b>	21.56	2011
06-10-19	Groenlo	Wilma Luggenhorst	<b>V 55</b>	22.29	2019
18-06-15	Bredevoort	Diana Luyrink	<b>V 56</b>	23.09	2015
23-09-12	Enschede	Karin Tankink	<b>V 56</b>	25.08	2012
17-04-16	Enschede	Dini Hogeweg	<b>V 59</b>	28.08	2016
06-10-19	Groenlo	Francis Schilderink	<b>V 55</b>	29.42	2019
25-09-11	Enschede	Truus Floor	<b>V 57</b>	30.05	2011
09-09-15	Enschede	Erna Klumpers	<b>V 55</b>	32.03	2015
22-05-05	Nijmegen	Diny Willeminck	<b>V 55</b>	32.45	2005
27-04-14	Enschede	Wilma Willemsen	<b>V 58</b>	35.12	2014
27-04-14	Enschede	Anneke Bast-Calkhoven	<b>V 58</b>	35.13	2014
18-05-14	Nijmegen	Gerrie ter Braack	<b>V 56</b>	39.25	2014
09-09-15	Enschede	Lian Acda	<b>V 57</b>	39.36	2015

### 5000 m E.T.

27-06-13	Hengelo	Ineke Visser	<b>V 58</b>	22.13.72	2013
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**5 EM**

08-09-13	Enschede	Ineke Visser	<b>V 58</b>	36.57	2013
20-05-12	Eibergen	Riekie te Grotenhuis	<b>V 59</b>	38.56	2012
31-05-15	Eibergen	Janny Nijkamp	<b>V 58</b>	40.47	2015
20-05-12	Eibergen	Karin Tankink	<b>V 56</b>	40.52	2012
26-05-13	Eibergen	Dini Hogeweg	<b>V 56</b>	44.01	2013
27-03-11	Haaksbergen	Joke Geerdes	<b>V 55</b>	46.52	2011
26-05-13	Eibergen	Rolin Kluivers	<b>V 60</b>	47.06	2013
17-05-09	Eibergen	Janny Verheij	<b>V 56</b>	47.31	2009
25-05-14	Eibergen	Martha Bos	<b>V 55</b>	47.52	2014
27-03-11	Haaksbergen	Tilly Brons	<b>V 61</b>	47.56	2011
24-03-13	Haaksbergen	Lian Acda	<b>V 55</b>	48.03	2013
31-05-15	Eibergen	Erna Klumpers	<b>V 55</b>	48.31	2015
26-05-13	Eibergen	Thea ten Hoopen	<b>V 56</b>	48.45	2013
27-03-10	Haaksbergen	Jannie Hissink	<b>V 61</b>	49.19	2010
15-04-06	Eibergen	Gerry Koopman	<b>V 59</b>	51.09	2006
31-05-15	Eibergen	Selma van Krimpen	<b>V 56</b>	53.11	2015
25-05-14	Eibergen	Wilma Willemsen	<b>V 58</b>	53.25	2014
25-05-14	Eibergen	Anneke Bast	<b>V 58</b>	53.26	2014
22-05-11	Eibergen	Atty van Helden	<b>V 56</b>	53.35	2011
25-05-14	Eibergen	Annelie Karnebeek	<b>V 59</b>	53.42	2014
16-05-10	Eibergen	Anna Lubberdink	<b>V 61</b>	53.58	2010

**10 km**

11-03-12	Hengelo	Ineke Visser	<b>V 57</b>	44.35	2012
02-02-14	Hengelo	Diana Luyrink	<b>V 55</b>	47.06	2014
11-12-11	Emmerich	<b>Dld</b> Karin Tankink	<b>V 55</b>	51.21	2011
02-03-14	Vorden	Adry Scholten	<b>V 57</b>	54.25	2014
19-04-15	Enschede	Atty van Helden	<b>V 60</b>	56.10	2015
19-04-15	Enschede	Dini Hogeweg	<b>V 58</b>	57.11	2015
22-02-09	Hengelo	Tilly Brons	<b>V 59</b>	59.19	2009
31-01-16	Hengelo	Silvia Ratering	<b>V 55</b>	1.00.08	2016
17-03-19	Hengelo	Francis Schilderinck	<b>V 55</b>	1.00.17	2019
06-03-11	Vorden	Jannie Hissink	<b>V 62</b>	1.03.06	2011
09-04-12	Hengelo	Joke Geerdes	<b>V 56</b>	1.03.44	2012
15-03-08	Den Haag	Riekie te Grotenhuis	<b>V 55</b>	1.03.55	2008
31-01-16	Hengelo	Lian Acda	<b>V 58</b>	1.03.59	2016
31-10-15	Holten	Erna Klumpers	<b>V 55</b>	1.04.29	2015
28-12-14	Meddo	Gerrie van den Heuvel	<b>V 58</b>	1.07.24	2014

**15 km**

13-04-14	Hengelo	Ineke Visser	<b>V 59</b>	1.13.37	2014
13-04-08	Hengelo	Tilly Brons	<b>V 58</b>	1.29.45	2008
04-12-11	S-Heerenberg	Rolin Kluivers	<b>V 58</b>	1.31.50	2011
15-11-15	Nijmegen	Erna Klumpers	<b>V 55</b>	1.43.04	2015
18-11-12	Nijmegen	Jannie Hissink	<b>V 63</b>	1.45.48	2012

**10 EM**

25-03-12	Haaksbergen	Ineke Visser	<b>V 57</b>	1.14.01	2012
02-02-20	Apeldoorn	Erna Verhoeven	<b>V 56</b>	1.30.27	2020
29-06-16	Eibergen	Karin Tankink	<b>V 60</b>	1.33.34	2016
22-03-09	Haaksbergen	Tilly Brons	<b>V 59</b>	1.38.07	2009
23-03-14	Haaksbergen	Rolin Kluivers	<b>V 61</b>	1.38.27	2014

**Halve Marathon**

06-11-11	Terschelling	Ineke Visser	<b>V 56</b>	1.41.50	2011
01-03-14	Vorden	Wilma Emsbroek	<b>V 55</b>	1.53.58	2015
11-12-11	Emmerich	<b>Dld</b> Joke Geerdes	<b>V 55</b>	2.14.38	2011
13-03-16	Nijmegen	Silvia Ratering	<b>V 55</b>	2.14.41	2016
11-12-11	Emmerich	<b>Dld</b> Tilly Brons	<b>V 61</b>	2.19.00	2010
07-04-19	Berlijn	<b>Dld</b> Harriët van der Duim	<b>V 55</b>	2.24.21	2019
07-04-19	Berlijn	<b>Dld</b> Francis Schilderinck	<b>V 55</b>	2.24.22	2019
11-12-11	Emmerich	<b>Dld</b> Jannie Hissink	<b>V 62</b>	2.25.32	2011

**Marathon**

13-10-16	Athene	<b>GR</b> Karin Tankink	<b>V 60</b>	4.45.52	2016
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**Ver**

17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	1.96 m	2016
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**Kogel 4 kg**

17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	4.08 m	2016
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