

Heren 55

100 m

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|----------|----------|---------------|-------------|------|------|
| 02-10-05 | Eibergen | Hans Schepers | M 62 | 17.5 | 2005 |
|----------|----------|---------------|-------------|------|------|

300 m

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|----------|----------|---------------|-------------|------|------|
| 02-10-94 | Eibergen | Bennie Huirne | M 59 | 63.5 | 1994 |
|----------|----------|---------------|-------------|------|------|

600 m

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|----------|----------|------------------|-------------|--------|------|
| 17-09-16 | Eibergen | Theo Schootman | M 67 | 2.07.5 | 2016 |
| 17-09-16 | Eibergen | Casper Hummelink | M 55 | 2.29.0 | 2016 |
| 17-09-16 | Eibergen | Martin Rooks | M 61 | 2.29.9 | 2016 |
| 17-09-16 | Eibergen | Dinant Vaags | M 58 | 3.25.7 | 2016 |

800 m

| | | | | | |
|----------|-------------|--------------------|-------------|--------|------|
| 10-06-16 | Winterswijk | Jan te Luggenhorst | M 70 | 3.06.7 | 2016 |
| 10-06-16 | Winterswijk | Luco Post | M 67 | 3.28.3 | 2016 |
| 10-06-16 | Winterswijk | Henk Steentjes | M 80 | 4.49.6 | 2016 |

1500 m

| | | | | | |
|----------|----------|---------------|-------------|--------|------|
| 02-10-94 | Eibergen | Bennie Huirne | M 59 | 6.42.1 | 1994 |
| 02-10-05 | Eibergen | Hans Schepers | M 62 | 6.50.2 | 2005 |
| 07-04-04 | Eibergen | Peter Huijts | M 67 | 8.59.0 | 2004 |
| 23-04-14 | Eibergen | Dinant Vaags | M 56 | 9.00 | 2014 |

3000 m

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|----------|----------|--------------------|-------------|---------|------|
| 08-10-06 | Eibergen | Theo Schootman | M 57 | 11.27.4 | 2006 |
| 17-09-16 | Eibergen | Jan te Luggenhorst | M 70 | 14.08.2 | 2016 |
| 05-10-03 | Eibergen | Bennie Huirne | M 68 | 14.14.0 | 2003 |
| 17-09-16 | Eibergen | Casper Hummelink | M 55 | 15.51.9 | 2016 |

3000 m E.T.

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|----------|---------|----------------|-------------|----------|------|
| 06-05-16 | Rijssen | Theo Schootman | M 67 | 12.37.33 | 2016 |
|----------|---------|----------------|-------------|----------|------|

2 EM

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|----------|---------|-----------------|-------------|-------|------|
| 05-06-14 | Hengelo | Gert Jan Tuller | M 55 | 13.44 | 2014 |
|----------|---------|-----------------|-------------|-------|------|

5000 m

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|----------|-------------|------------------------|-------------|-------|------|
| 18-06-04 | Bergentheim | Theo Schootman | M 55 | 17.50 | 2004 |
| 06-10-02 | Groenlo | Pim van Vuren | M 55 | 20.14 | 2002 |
| 14-04-10 | Eibergen | Martin Rooks | M 55 | 22.21 | 2010 |
| 18-04-01 | Eibergen | Matty Gerfen | M 58 | 22.46 | 2001 |
| 02-10-94 | Eibergen | Bennie Huirne | M 59 | 24.00 | 1994 |
| 18-04-12 | Eibergen | Dick Drenten | M 59 | 24.30 | 2012 |
| 01-04-09 | Eibergen | Johan Meenink | M 69 | 25.47 | 2009 |
| 09-06-18 | Ellewick | Did Ton Harmsen | M 57 | 26.09 | 2018 |
| 04-04-07 | Eibergen | Jan Timmerije | M 60 | 27.13 | 2007 |
| 04-04-07 | Eibergen | Sake Dijkstra | M 55 | 27.55 | 2007 |

5000 m E.T.

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|----------|---------|----------------|-------------|----------|------|
| 27-06-13 | Hengelo | Theo Schootman | M 64 | 20.09.37 | 2013 |
|----------|---------|----------------|-------------|----------|------|

3 EM

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|----------|----------|----------------|-------------|-------|------|
| 08-12-12 | Eibergen | Henk Steentjes | M 76 | 32.04 | 2012 |
|----------|----------|----------------|-------------|-------|------|

5 EM

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|----------|-------------|---------------------|-------------|-------|------|
| 16-04-05 | Eibergen | Theo Schootman | M 56 | 30.00 | 2005 |
| 14-09-14 | Enschede | Gert Jan Tuller | M 55 | 35.38 | 2014 |
| 26-05-13 | Eibergen | Jan Wikkerink | M 59 | 35.47 | 2013 |
| 20-04-02 | Eibergen | Matty Gerfen | M 59 | 36.08 | 2002 |
| 17-09-06 | Enschede | Wim Groot Kormelink | M 56 | 38.31 | 2006 |
| 26-05-13 | Eibergen | Ben Spekschoor | M 60 | 38.33 | 2013 |
| 27-03-11 | Haaksbergen | Inus Westhoff | M 60 | 39.00 | 2011 |
| 29-05-16 | Eibergen | Hans te Rietmole | M 58 | 39.24 | 2016 |
| 16-05-10 | Eibergen | Dick Drenten | M 57 | 39.25 | 2010 |
| 25-03-12 | Haaksbergen | Martin Rooks | M 57 | 39.26 | 2012 |
| 13-09-20 | Enschede | Johan Onstein | M 55 | 40.32 | 2020 |
| 06-05-00 | Eibergen | Leo Groot Zevert | M 65 | 40.40 | 2000 |
| 22-05-11 | Eibergen | Willem Brons | M 62 | 41.11 | 2011 |
| 22-05-11 | Eibergen | Hans Schepers | M 68 | 42.00 | 2011 |
| 08-04-17 | Haaksbergen | Jan te Luggenhorst | M 71 | 42.40 | 2017 |
| 08-04-17 | Haaksbergen | Luco Post | M 68 | 42.40 | 2017 |
| 25-03-07 | Haaksbergen | Johan Meenink | M 67 | 42.50 | 2007 |
| 26-05-13 | Eibergen | Gerard Bleumink | M 55 | 43.05 | 2013 |
| 16-05-10 | Eibergen | Bert vogel | M 57 | 43.24 | 2010 |
| 09-09-18 | Enschede | Ton Harmsen | M 57 | 43.32 | 2018 |
| 17-05-09 | Eibergen | Peter Floors | M 55 | 43.42 | 2009 |
| 25-05-14 | Eibergen | Bob Doornweerd | M 55 | 43.55 | 2014 |
| 22-03-09 | Haaksbergen | Jan Timmerije | M 62 | 46.05 | 2009 |
| 25-03-12 | Haaksbergen | Bert Hummel | M 67 | 46.13 | 2012 |
| 13-09-20 | Enschede | Ton Harmsen | M 59 | 46.20 | 2020 |
| 01-05-99 | Eibergen | Huub Ras | M 69 | 47.54 | 1999 |
| 26-05-13 | Eibergen | Sake Dijkstra | M 61 | 48.12 | 2013 |

10 km

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|----------|-------------|--------------------|-------------|-------|------|
| 24-04-05 | Hengelo | Theo Schootman | M 56 | 36.54 | 2005 |
| 18-08-96 | Aalten | Leo Sijtsma | M 55 | 42.03 | 1996 |
| 12-09-98 | Haaksbergen | Matty Gerfen | M 55 | 42.23 | 1998 |
| 29-12-13 | Meddo | Hans te Rietmole | M 55 | 44.58 | 2013 |
| 13-06-14 | Rijssen | Gert Jan Tuller | M 55 | 45.47 | 2014 |
| 12-09-98 | Haaksbergen | Bennie Huirne | M 63 | 48.20 | 1998 |
| 08-03-09 | Vorden | Jan te Luggenhorst | M 63 | 48.28 | 2009 |
| 04-03-18 | Vorden | Herman Franck | M 60 | 48.52 | 2018 |
| 03-04-11 | Hengelo | Inus Westhof | M 60 | 49.40 | 2011 |
| 15-03-09 | Hengelo | Willem Brons | M 60 | 49.59 | 2009 |
| 02-10-16 | Groenlo | Dick Wezel | M 62 | 50.27 | 2016 |
| 03-10-10 | Groenlo | Martin Rooks | M 55 | 50.47 | 2010 |
| 29-01-17 | Hengelo | Ton Harmsen | M 56 | 52.11 | 2017 |
| 13-06-10 | Hoog Keppel | Johan Meenink | M 70 | 52.58 | 2010 |
| 29-12-02 | Meddo | Leo Groot Zevert | M 67 | 53.27 | 2002 |
| 28-12-14 | Meddo | Bob Doornweerd | M 55 | 54.10 | 2014 |
| 05-03-17 | Vorden | Bennie te Brinke | M 56 | 54.31 | 2017 |
| 03-04-16 | Hengelo | Jan Willem Raaben | M 61 | 55.48 | 2016 |
| 04-03-18 | Vorden | Luco Post | M 69 | 56.04 | 2018 |
| 13-01-13 | Hengelo | Dick Drenten | M 60 | 57.10 | 2013 |
| 12-11-06 | Weerselo | Jan Timmerije | M 59 | 57.50 | 2006 |

15 km

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|----------|--------------|--------------------|-------------|---------|------|
| 12-03-06 | Nieuw Wehl | Theo Schootman | M 57 | 55.50 | 2006 |
| 13-03-16 | Hengelo | Jan Bolster | M 55 | 1.02.55 | 2016 |
| 05-04-98 | Oldenzaal | Matty Gerfen | M 55 | 1.04.24 | 1998 |
| 06-04-03 | Nijverdal | Theo Broekman | M 55 | 1.09.02 | 2003 |
| 13-04-14 | Hengelo | Hans te Rietmole | M 56 | 1.09.17 | 2014 |
| 04-12-11 | S-Heerenberg | Willie Penterman | M 55 | 1.09.45 | 2011 |
| 03-12-00 | S-Heerenberg | Leo Groot Zevert | M 65 | 1.15.11 | 2000 |
| 19-11-06 | Nijmegen | Herman Fokkink | M 60 | 1.16.03 | 2006 |
| 18-03-01 | Hengelo | Bennie Huirne | M 66 | 1.16.48 | 2001 |
| 13-04-08 | Hengelo | Willem Brons | M 59 | 1.17.23 | 2008 |
| 02-04-18 | Hengelo | Inus Westhof | M 67 | 1.17.24 | 2018 |
| 04-10-09 | Groenlo | Jan te Luggenhorst | M 63 | 1.17.52 | 2009 |
| 13-01-13 | Hengelo | Luco Post | M 64 | 1.19.04 | 2013 |
| 13-04-09 | Hengelo | Johan Meenink | M 69 | 1.21.46 | 2009 |
| 12-03-17 | Hengelo | Ton Harmsen | M 56 | 1.21.52 | 2017 |
| 13-04-08 | Hengelo | Hans Schepers | M 65 | 1.25.19 | 2008 |

10 EM

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|----------|-------------|--------------------|-------------|---------|------|
| 06-03-04 | Winterswijk | Theo Schootman | M 55 | 59.54 | 2004 |
| 07-03-98 | Haaksbergen | Matty Gerfen | M 55 | 1.08.18 | 1998 |
| 16-04-05 | Eibergen | Theo Broekman | M 57 | 1.12.45 | 2005 |
| 31-05-15 | Eibergen | Marcel Liebrand | M 56 | 1.13.12 | 2015 |
| 26-05-13 | Eibergen | Hans te Rietmole | M 55 | 1.14.04 | 2013 |
| 22-03-98 | Haaksbergen | Leo Groot Severt | M 63 | 1.18.24 | 1998 |
| 26-05-13 | Eibergen | Luco Post | M 64 | 1.18.46 | 2013 |
| 31-10-93 | Nijverdal | Bennie Huirne | M 58 | 1.19.14 | 1993 |
| 16-05-10 | Eibergen | Martin Rooks | M 55 | 1.19.38 | 2010 |
| 28-10-06 | Nijverdal | Herman Fokkink | M 60 | 1.19.59 | 2006 |
| 26-05-13 | Eibergen | Jan te Luggenhorst | M 67 | 1.20.11 | 2013 |
| 22-03-09 | Haaksbergen | Willem Brons | M 60 | 1.21.39 | 2009 |
| 17-05-09 | Eibergen | Johan Meenink | M 69 | 1.27.22 | 2009 |

20 km

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|----------|-----------|--------------------|-------------|---------|------|
| 29-10-16 | Nijverdal | Jan te Luggenhorst | M 70 | 1.50.51 | 2016 |
| 29-10-16 | Nijverdal | Luco Post | M 67 | 1.55.05 | 2016 |

Halve Marathon

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|----------|--------------|-------------------------------|-------------|---------|------|
| 04-11-07 | Terschelling | Theo Schootman | M 58 | 1.23.58 | 2007 |
| 28-08-98 | Nijverdal | Matty Gerfen | M 55 | 1.32.49 | 1998 |
| 19-04-15 | Enschede | Marcel Liebrand | M 56 | 1.37.38 | 2015 |
| 02-04-17 | Hengelo | Jan Bolster | M 56 | 1.38.46 | 2017 |
| 27-04-14 | Enschede | Hans te Rietmole | M 56 | 1.40.54 | 2014 |
| 28-08-98 | Nijverdal | Bennie Huirne | M 63 | 1.43.09 | 1998 |
| 23-04-06 | Enschede | Herman Fokkink | M 60 | 1.44.36 | 2006 |
| 14-10-12 | Eindhoven | Willie Penterman | M 56 | 1.45.57 | 2012 |
| 02-04-18 | Hengelo | Jan Willem Raaben | M 63 | 1.46.37 | 2018 |
| 15-12-13 | Emmerich | Did Jan te Luggenhorst | M 67 | 1.47.40 | 2013 |
| 29-12-13 | Meddo | Jan Wikkerink | M 59 | 1.48.21 | 2013 |
| 15-12-13 | Emmerich | Did Luco Post | M 64 | 1.50.15 | 2013 |
| 14-10-00 | Loenen | Leo Groot Zevert | M 65 | 1.51.26 | 2000 |
| 08-05-05 | Enschede | Theo Broekman | M 57 | 1.53.46 | 2005 |
| 14-04-19 | Enschede | Inus Westhof | M 68 | 1.53.59 | 2019 |
| 27-04-08 | Enschede | Willem Brons | M 59 | 1.56.30 | 2008 |
| 30-12-18 | Meddo | Ton Harmsen | M 57 | 1.58.53 | 2018 |
| 13-12-09 | Emmerich | Did Hans Schepers | M 66 | 2.00.42 | 2009 |
| 03-03-13 | Vorden | Jan Timmerije | M 66 | 2.11.32 | 2013 |

25 km

| | | | | | |
|----------|--------|---------------|-------------|---------|------|
| 28-03-99 | Losser | Matthy Gerfen | M 56 | 1.59.04 | 1999 |
| 04-04-04 | Losser | Theo Broekman | M 56 | 1.59.46 | 2004 |
| 28-03-99 | Losser | Bennie Huirne | M 64 | 2.15.15 | 1999 |
| 28-03-16 | Losser | Ton Harmsen | M 55 | 2.36.27 | 2016 |

30 km

| | | | | | |
|----------|--------|--------------------|-------------|---------|------|
| 26-09-04 | Almere | Theo Broekman | M 56 | 2.36.41 | 2004 |
| 03-03-13 | Vorden | Luco Post | M 64 | 2.38.45 | 2013 |
| 01-03-15 | Vorden | Jan te Luggenhorst | M 69 | 2.53.41 | 2015 |

Marathon

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|----------|-----------|--------------------|-------------|---------|------|
| 16-06-99 | Enschede | Matty Gerfen | M 56 | 3.22.08 | 1999 |
| 10-04-16 | Rotterdam | Jan Bolster | M 55 | 3.23.59 | 2016 |
| 12-10-14 | Eindhoven | Marcel Liebrand | M 55 | 3.50.35 | 2014 |
| 11-10-98 | Eindhoven | Bennie Huirne | M 63 | 3.51.15 | 1998 |
| 19-04-15 | Enschede | Jan Willem Raaben | M 60 | 3.57.10 | 2015 |
| 21-04-13 | Enschede | Luco Post | M 64 | 4.00.55 | 2013 |
| 16-05-04 | Enschede | Theo Broekman | M 56 | 4.04.16 | 2004 |
| 21-10-07 | Amsterdam | Herman Fokkink | M 61 | 4.05.13 | 2007 |
| 12-04-15 | Rotterdam | Jan te Luggenhorst | M 69 | 5.09.49 | 2015 |

Ver

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|----------|----------|------------------|----------------------|--------|------|
| 17-09-16 | Eibergen | Casper Hummelink | M 55 | 3.80 m | 2016 |
| 17-09-16 | Eibergen | Theo Schootman | M 67 | 3.10 m | 2016 |
| 02-10-05 | Eibergen | Hans Schepers | M 62 | 2.92 m | 2005 |
| 17-09-16 | Eibergen | Dinant Vaags | G Atl M 58 | 2.57 m | 2016 |

Kogel 6 kg

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|----------|----------|---------------|-------------|--------|------|
| 02-10-05 | Eibergen | Hans Schepers | M 62 | 8.07 m | 2005 |
|----------|----------|---------------|-------------|--------|------|