

## Wedstrijden ASV 2021

### Enschede 16-05-21 Ready for Takeoff

|               |       |      |  |
|---------------|-------|------|--|
| Dames         | 10 km |      |  |
| Anouk Tragter | 58.47 | V 40 |  |

### Hengelo 01-07-21 Avondwedstrijd Laac en MPM

|              |          |      |  |
|--------------|----------|------|--|
| Heren        | 5000 m   |      |  |
| Hendri Weenk | 18.09.25 | M 44 |  |

### Hengelo 02-09-21 Baaninstuif

|                    |          |      |  |
|--------------------|----------|------|--|
| Heren              | 5000 m   |      |  |
| Fokke-Gert Spinder | 23.49.23 | M 52 |  |

### Ermelo 04-09-21 Veluwse Trailrun

|                         |         |      |  |
|-------------------------|---------|------|--|
| Dames                   | 23 km   |      |  |
| Barbara Tempert-de Haan | 2.07.10 | V 46 |  |

### Vorden 12-09-21 Achtkastelenloop

|                         |         |      |         |
|-------------------------|---------|------|---------|
| Dames                   | 30 km   |      |         |
| Barbara Tempert-de Haan | 2.34.27 | V 46 | CR V 45 |
| Constance Roos - Okx    | 2.42.04 | V 48 |         |
| Heren                   | 30 km   |      |         |
| Ronald Tannemaat        | 2.49.00 | M 37 |         |

### Enschede 12-09-21 Singelloop

|                   |       |      |  |
|-------------------|-------|------|--|
| Dames             | 5 EM  |      |  |
| Wilma Harderwijk  | 44.27 | V 52 |  |
| Heren             | 5 EM  |      |  |
| Richard Schippers | 37.11 | M 51 |  |
| Inus Westhoff     | 44.21 | M 70 |  |
| Ton Harmsen       | 46.11 | M 60 |  |
| Michel Jongerman  | 46.39 | M 49 |  |

### Hengelo 19-09-21 NK Masters

|                  |          |      |       |
|------------------|----------|------|-------|
| Heren Masters 40 | 5000 m   |      |       |
| Hendri Weenk     | 18.43.85 | M 44 | 5e pl |

### Hengelo 23-09-21 Dubbele Mijl

|                    |       |      |  |
|--------------------|-------|------|--|
| Heren              | 2 EM  |      |  |
| Fokke-Gert Spinder | 14.56 | M 52 |  |

### Nijverdal 26-09-21 Auto Aaltink - City Run

|                  |        |      |       |
|------------------|--------|------|-------|
| Heren Masters 40 | 5000 m |      |       |
| Hendri Weenk     | 18.56  | M 44 | 3e pl |

### Oldenzaal 03-10-21 Halve Marathon

|                |                |      |  |
|----------------|----------------|------|--|
| Danmes         | Halve Marathon |      |  |
| Laura Theunisz | 2.13.15        | V 50 |  |

|                    |       |      |  |
|--------------------|-------|------|--|
| Heren              | 5 km  |      |  |
| Fokke-Gert Spinder | 24.39 | M 52 |  |

### Winterswijk 17-10-21 Sorba Bergrun

|                |        |      |  |
|----------------|--------|------|--|
| Heren          | 3,1 km |      |  |
| Theo Schootman | 1949   | M 72 |  |