

Wedstrijden ASV 2021

Enschede 16-05-21 Ready for Takeoff

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|-------------------------|-------|------|--|
| Dames | 10 km | | |
| Barbara Tempert-de Haan | 47.27 | V 46 | |
| Anouk Tragter | 58.47 | V 40 | |
| Heren | 10 km | | |
| Ton Harmsen | 54.25 | M 60 | |
| Inus Westhoff | 54.26 | M 70 | |

Hengelo 01-07-21 Avondwedstrijd Laac en MPM

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

Hengelo 02-09-21 Baaninstuif

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

Ermelo 04-09-21 Veluwse Trailrun

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

Vorden 12-09-21 Achtkastelenloop

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|-------------------------|---------|------|---------|
| 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

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|-------------------|-------|------|--|
| 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

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

Hengelo 23-09-21 Dubbele Mijl

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|--------------------|-------|------|--|
| J.A. | 2 EM | | |
| Jelmer Otten | 11.44 | | |
| Heren | 2 EM | | |
| Fokke-Gert Spinder | 14.56 | M 52 | |

Nijverdal 26-09-21 Auto Aaltink - City Run

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

Oldenzaal 03-10-21 Halve Marathon

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|--------------------|----------------|------|--|
| Dames | 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

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

Rotterdam 23-10-21 NN Marathon

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|-------------------------|----------------|------|--|
| Dames | Halve Marathon | | |
| Monique Bijlsma | 59.21 | V 50 | |
| Dames | Marathon | | |
| Barbara Tempert-de Haan | 3.40.19 | V 46 | |
| Heren | Marathon | | |
| Olav Wissink | 3.47.52 | M 53 | |
| Michel van der Heijde | 4.30.18 | M 57 | |

Velp 23-10-21 Postbanktrail

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|---------------|---------|------|--|
| Dames | 13,5 km | | |
| Ingrid Pasman | 1.46.24 | V 44 | |

Nijverdalen 31-10-21 Diepe Hel Holterbergloop

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|-------------------|-------|------|--|
| Heren | 10 km | | |
| Richard Schippers | 50.44 | M 51 | |

Vorden 07-11-21 Grote Veldloop

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|-------------------|--------|------|--|
| Dames | 7,7 km | | |
| Renate veldhuizen | 49.39 | V 47 | |

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|--------------------|--------|------|--|
| Heren | 7,7 km | | |
| Luco Post | 49.40 | M 72 | |
| Peter Oude Hilbert | 50.36 | M 67 | |
| Jan te Luggenhorst | 58.51 | M 75 | |

Rijssen 13-11-21 Sans Online Crossloop

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|---------------|-------|------|---|------------|---------|
| Dames | 5 km | | | | |
| Diana Luyrink | 25.54 | V 62 | ? | 3e pl V 50 | lid ASV |
| Ineke Visser | 27.24 | V 66 | ? | | lid ASV |

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|----------------|-------|------|--|
| Heren | 5 km | | |
| Hendri Weenk | 19.21 | M 44 | |
| Rolf Schootman | 20.52 | M 42 | |
| Theo Schootman | 25.05 | M 72 | |
| Herman Franck | 26.03 | M 63 | |

Markelo 28-11-21 Bovenbergcross

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|---------------|-------|------|--|
| Dames | 5 km | | |
| Diana Luyrink | 24.25 | V 62 | |
| Ineke Visser | 26.47 | V 66 | |

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|-------------------------|-------|------|--|
| Dames | 10 km | | |
| Barbara Tempert-de Haan | 48.09 | V 46 | |

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|---------------------|---------|------|--|
| Dames | 13,5 km | | |
| Francis Schilderink | 1.46.24 | V 57 | |

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|--------------|-------|-------|--|
| J.A. | 5 km | | |
| Jelmer Otten | 18.58 | 3e pl | |

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|--------------------|-------|--------|-------|------|
| Heren | 5 km | | | |
| Hendri Weenk | 18.36 | M 44 | 3e pl | M 40 |
| Rolf Schootman | 20.07 | M 42 | | |
| Lars Grooters | 23.53 | J.P.A. | | |
| Theo Schootman | 23.57 | M 72 | | |
| Hans Gert Grooters | 23.58 | M 55 | | |
| Herman Franck | 25.23 | M 63 | | |

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|----------------|-------|------|--|
| Heren | 10 km | | |
| Ronnie Leusink | 42.02 | M 51 | |

Borculo 18-12-21 OVM DEO - Loop

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| Dames | 9,1 km | |
| Erna verhoeven | 50.22 | V 57 |
| Francis Schilderinck | 1964 | V 57 |
| J.A. | 4,6 km | |
| Jelmer Otten | 16.55 | 2e pl |
| Heren | 9,1 km | |
| Richard Schippers | 44.58 | M 51 |
| Heren | 40 km | |
| Rolf Schootman | 3.50.38 | M 41 |