

## Dames 35

### 3000 m

05-06-05	Nijmegen	Annemiek Leppink	<b>V 49</b>	12.26.75	2005
23-06-96	Haaksbergen	Joke Groot Obbink	<b>V 37</b>	13.03.4	1996
30-09-04	Haaksbergen	Betsie Meier	<b>V 48</b>	13.05.0	2004
31-08-14	Haaksbergen	Carina Slingerland	<b>V 43</b>	13.33.0	2014
30-09-04	Haaksbergen	Jose Karnebeek	<b>V 40</b>	14.09.0	2004
30-09-04	Haaksbergen	Maria Luttje	<b>V 55</b>	14.12.0	2004
30-09-04	Haaksbergen	Jo Stokkers	<b>V 47</b>	15.33.0	2004
01-05-05	Steenwijk	Loes Baltink	<b>V 48</b>	16.39.10	2005

### 2 EM

24-05-07	Hengelo	Carina Slingerland	<b>V 36</b>	13.48	2007
05-06-14	Hengelo	Jacqueline Ooink	<b>V 47</b>	17.00	2014
28-05-09	Hengelo	Veronique Lansink	<b>V 42</b>	17.35	2009
26-05-11	Hengelo	Anouk Menkehorst	<b>V 38</b>	17.50	2011

### 5000 m

30-04-07	Boekelo	Carina Slingerland	<b>V 36</b>	21.04	2007
19-06-16	Enschede	Karin Bielevelt	<b>V 50</b>	24.19	2016
18-09-16	Almelo	Mathilde Plentinger	<b>V 48</b>	25.08	2016
24.04.05	Hengelo	Jacqueline Ooink	<b>V 38</b>	25.09	2005
26-12-08	Boekelo	Loes Baltink	<b>V 51</b>	27.22	2008
19-06-16	Enschede	Christel van der Kuil	<b>V 49</b>	27.38	2016
19-05-10	Haaksbergen	Mereke Foks	<b>V 50</b>	27.48	2010
06-10-02	Groenlo	Meriam Hilderink	<b>V 41</b>	28.12	2002
27-09-14	Enschede	Carla van der Pol	<b>V 56</b>	28.34	2014
22-04-12	Enschede	Pauline Terhurne	<b>V 46</b>	30.10	2012
27-09-14	Enschede	Ingrid Geurs	<b>V 47</b>	30.58	2014
27-09-14	Enschede	Debby Tip	<b>V 41</b>	31.03	2014

### 5 EM

08-12-12	Eibergen	Carla Pelle	<b>V 48</b>	36.50	2012
20-03-16	Haaksbergen	Carina Slingerland	<b>V 45</b>	38.07	2016
16.04.05	Eibergen	Annemiek Leppink	<b>V 49</b>	38.44	2005
27-03-11	Haaksbergen	Karin Bielevelt	<b>V 45</b>	38.47	2011
16.04.05	Eibergen	Betsy Meijer	<b>V 49</b>	38.45	2005
25-03-07	Haaksbergen	José Karnebeek	<b>V 44</b>	39.25	2007
25-03-12	Haaksbergen	Jacqueline Ooink	<b>V 45</b>	40.02	2012
25-03-07	Haaksbergen	Regien Tenhagen	<b>V 43</b>	40.22	2007
22-03-09	Haaksbergen	Astrid Vogt	<b>V 40</b>	41.05	2009
22-03-09	Haaksbergen	Melanie Oudshoorn	<b>V 40</b>	41.11	2009

**10 Km**

22-04-12	Hengelo	Simone Ganzeboom	<b>V 44</b>	42.22	2012
14-09-97	Haaksbergen	Maria Lutje	<b>V 40</b>	45.00	1997
13.05.07	Den Haag	Carina Slingerland	<b>V 36</b>	45.34	2007
12-10-98	Haaksbergen	Annemiek Leppink	<b>V 42</b>	45.41	1998
11-03-12	Hengelo	Carla Pelle	<b>V 48</b>	46.35	2012
04-02-07	Hengelo	Leni van Kleef	<b>V 54</b>	49.59	2007
26-04-09	Enschede	Anouk Menkehorst	<b>V 36</b>	50.48	2009
11-03-12	Hengelo	Jacqueline Ooink	<b>V 45</b>	50.58	2012
15-04-12	Deventer	Bertine Schotman	<b>V 42</b>	51.18	2012
11.01.09	Hengelo	Edith Meijer	<b>V 44</b>	51.24	2009

**15 km**

26-11-04	S-Heerenberg	Annemieke Leppink	<b>V 45</b>	1.08.46	2001
19-11-06	Nijmegen	Carina Slingerland	<b>V 35</b>	1.08.49	2006
09-12-01	S-Heerenberg	Maria Luttje-Smith	<b>V 52</b>	1.11.33	2001
09-11-14	Enschede	Carla Pelle	<b>V 50</b>	1.11.38	2014
03-12-00	S-Heerenberg	Betsy Meijer	<b>V 44</b>	1.11.55	2000
19-11-00	Nijmegen	José Karnebeek	<b>V 37</b>	1.12.05	2000
09-04-12	Hengelo	Edith Meijer	<b>V 47</b>	1.13.40	2012
09-11-14	Enschede	Petra Veldhuis	<b>V 49</b>	1.15.05	2014
18-11-12	Nijmegen	Esther Wiering	<b>V 42</b>	1.16.18	2012
04-02-07	Hengelo	Ellen Tibbe	<b>V 35</b>	1.16.37	2007

**10 EM**

25-03-07	Haaksbergen	Ellen Tibbe	<b>V 35</b>	1.10.54	2007
21-03-99	Haaksbergen	Maria Luttje Smith	<b>V 50</b>	1.11.54	1999
24-03-02	Haaksbergen	Annemiek Leppink	<b>V 46</b>	1.13.10	2002
26-03-00	Haaksbergen	Liesbeth van Haeringen	<b>V 42</b>	1.14.18	2000
25-03-07	Haaksbergen	Carina Slingerland	<b>V 36</b>	1.15.19	2007
22-03-15	Haaksbergen	Carla Pelle	<b>V 51</b>	1.15.25	2015
15-04-06	Eibergen	Betsy Meyer	<b>V 50</b>	1.16.13	2006
22-03-98	Haaksbergen	Jose Karnebeek	<b>V 35</b>	1.16.53	1998
22-03-09	Haaksbergen	Edith Meijer	<b>V 44</b>	1.19.21	2009
15-04-06	Eibergen	Bertine Schotman	<b>V 36</b>	1.20.13	2006

**20 km**

29-10-16	Nijverdal	Carina Slingerland	<b>V 45</b>	1.42.11	2016
10-10-10	Parijs	<b>F</b> Edith Meijer	<b>V 45</b>	1:47:20	2010
10-10-10	Parijs	<b>F</b> Monique Dijksterhuis	<b>V 45</b>	1:53:28	2010
31-10-15	Holten	Kelly Cattier	<b>V 38</b>	1.55.28	2015
31-10-15	Holten	Cindy Bauhuis	<b>V 41</b>	1.55.29	2015
10-10-10	Parijs	<b>F</b> Elly Terhurne	<b>V 57</b>	2:05:22	2010
10-10-10	Parijs	<b>F</b> Jacquélien Jacobs	<b>V 50</b>	2:07:35	2010
10-10-10	Parijs	<b>F</b> José Busch	<b>V 51</b>	2:07:37	2010
10-10-10	Parijs	<b>F</b> Esther Hannink	<b>V 39</b>	2:11:37	2010
10-10-10	Parijs	<b>F</b> Nancy Stokkers	<b>V 51</b>	2:14:39	2010

**Halve Marathon**

27-04-97	Hengelo	Maria Lutje	<b>V 47</b>	1.34.56	1997
25-11-07	Enschede	Liesbeth van Haeringen	<b>V 49</b>	1.36.35	2007
27-12-06	Arnhem	Carina Slingerland	<b>V 35</b>	1.38.36	2006
13-12-08	Ameland	Ellen Tibbe	<b>V 36</b>	1.40.04	2008
19-04-15	Enschede	Carla Pelle	<b>V 51</b>	1.40.40	2015
27-04-97	Hengelo	Betsy Meijer	<b>V 41</b>	1.42.57	1997
03-09-00		Annemiek Leppink	<b>V 44</b>	1.45.48	2000
22-04-12	Enschede	Edith Meijer	<b>V 47</b>	1.47.54	2012
16-05-04	Enschede	José Karnebeek	<b>V 41</b>	1.47.56	2004
16-05-04	Enschede	Anneke Vegter	<b>V 49</b>	1.48.40	2004

**25 km**

07-02-16	Apeldoorn	Carina Slingerland	<b>V 45</b>	2.06.06	2016
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**30 km**

11.05.97	Oldenzaal	Maria Luttje	<b>V 47</b>	2.27.19	1997
11.03.07	Vorden	Carina Slingerland	<b>V 36</b>	2.29.55	2007
11.03.07	Vorden	Ellen Tibbe	<b>V 35</b>	2.36.10	2007
11-05-97	Oldenzaal	Liesbeth van Haeringen	<b>V 39</b>	2.36.42	1997
12.03.06	Vorden	Betsy meijer	<b>V 50</b>	2.40.38	2006

**Marathon**

22-04-07	Enschede	Carina Slingerland	<b>V 36</b>	3.39.06	2007
22-04-07	Enschede	Ellen Tibbe	<b>V 35</b>	3.40.34	2007
02-11-08	Terschelling	Liesbeth van Haeringen	<b>V 50</b>	3.43.47	2008
08-06-97	Enschede	Maria Luttje	<b>V 47</b>	3.45.42	1997
23.04.06	Enschede	Betsie Meyer	<b>V 50</b>	3.45.54	2006
26-05-02	Enschede	Annemiek Leppink	<b>V 46</b>	3.50.00	2002
18-04-99	Rotterdam	Maria Ruggiero	<b>V 49</b>	4.00.52	1999
13-04-14	Rotterdam	Monique Dijksterhuis	<b>V 49</b>	4.09.16	2014
26-05-02	Enschede	Jose Laarhuis	<b>V 47</b>	4.09.35	2002
07-06-98	Enschede	Jose karnebeek	<b>V 45</b>	4.13.51	1998

**Kogel 4 kg**

03-06-04	Haaksbergen	Doris Willekes	<b>V 41</b>	9.74 m	2004
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**Discus**

17-05-06	Haaksbergen	Doris Willekes	<b>V 43</b>	34.66 m	2006
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**Speer**

17-05-06	Haaksbergen	Doris Willekes	<b>V 43</b>	17.44 m	2006
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