

## Dames 40

### 3000 m

05-06-05	Nijmegen	Annemiek Leppink	<b>V 49</b>	12.26.75	2005
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

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

### 5000 m

23-06-18	Glanerbrug	Carina Slingerland	<b>V 47</b>	22.56	2018
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
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
29-10-17	Nijverdal	Karin de Koster	<b>V 46</b>	29.51	2017
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
09-09-15	Enschede	Cynthia Spikker	<b>V 59</b>	32.34	2015
26-08-17	Doorn	Adrie Trommelen	<b>V 56</b>	34.28	2017
22-04-12	Enschede	Mini Eefsting	<b>V 60</b>	34.41	2012
27-04-14	Enschede	Carla Menzing	<b>V 46</b>	35.18	2014
18-05-14	Nijmegen	Joke de Wever	<b>V 64</b>	35.37	2014
27-04-14	Enschede	Monique van Beijeren	<b>V 46</b>	36.05	2014
20-05-07	Nijmegen	Marita Egbers	<b>V 40</b>	36.35	2007

### 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
16-04-05	Eibergen	Betsy Meijer	<b>V 49</b>	38.45	2005
27-03-11	Haaksbergen	Karin Bielevelt	<b>V 45</b>	38.47	2011
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
21-03-10	Haaksbergen	Mathilde Plentinger	<b>V 42</b>	41.20	2010
27-03-11	Haaksbergen	Mia Groen	<b>V 46</b>	41.47	2011
22-03-15	Haaksbergen	Astrid Vogt	<b>V 47</b>	41.55	2015
27-03-11	Haaksbergen	Anita Somhorst	<b>V 45</b>	42.27	2011
22-03-15	Haaksbergen	Annemiek Suurenbroek	<b>V 47</b>	42.29	2015

**5 EM vervolg**

24-03-13	Haaksbergen	Ellen Tijink	<b>V 41</b>	42.37	2013
22-03-15	Haaksbergen	Yvonne van der Kuil	<b>V 51</b>	42.39	2015
22-03-15	Haaksbergen	Inge Lammers	<b>V 41</b>	42.55	2015
27-03-11	Haaksbergen	Wil van Ulsen	<b>V 59</b>	42.58	2011
25-03-18	Haaksbergen	Marieke Jacobs	<b>V 55</b>	42.58	2018
20-03-05	Haaksbergen	Carla van der Pol	<b>V 47</b>	42.59	2005
21-03-10	Haaksbergen	Edith Tienstra	<b>V 40</b>	43.08	2010
22-03-09	Haaksbergen	Renate Dieperink	<b>V 40</b>	43.11	2009
30-03-08	Haaksbergen	Linda ter Woerds	<b>V 40</b>	43.42	2008
21-03-99	Haaksbergen	Jose Laarhuis	<b>V 43</b>	43.47	1999
21-03-10	Haaksbergen	Judith Polman	<b>V 46</b>	43.13	2010
21-03-10	Haaksbergen	Annemiek Morsinkhof	<b>V 43</b>	43.57	2010
29-05-16	Eibergen	Monique Dijksterhuis	<b>V 51</b>	43.57	2016
25-03-18	Haaksbergen	Veronique van Os	<b>V 44</b>	43.58	2018
20-03-05	Haaksbergen	Greet kamminga	<b>V 54</b>	44.07	2005
25-03-12	Haaksbergen	Mereke Foks	<b>V 53</b>	44.07	2012
23-03-03	Haaksbergen	Maria Ruggiero	<b>V 53</b>	44.29	2003
27-03-11	Haaksbergen	Adrie Flöss	<b>V 50</b>	44.33	2011
26-03-00	Haaksbergen	Loes Baltink	<b>V 43</b>	44.34	2000
27-10-07	Holten	Anique Velthof	<b>V 40</b>	44.36	2007
22-03-09	Haaksbergen	Miriam Ottink	<b>V 47</b>	44.39	2009
22-03-09	Haaksbergen	Ria Brunninkhuis	<b>V 53</b>	44.43	2009
24-03-13	Haaksbergen	Edith Meijer	<b>V 48</b>	44.46	2013
20-03-05	Haaksbergen	Meriam Hilderink Kortier	<b>V 44</b>	44.50	2005
21-03-10	Haaksbergen	Ester Achterbosch	<b>V 44</b>	44.50	2010
20-03-05	Haaksbergen	Sylvia Stoverink	<b>V 44</b>	44.57	2005
22-03-09	Haaksbergen	Marjon Kok	<b>V 43</b>	44.57	2009
20-03-05	Haaksbergen	Marianne Weeink	<b>V 42</b>	45.03	2005
25-03-12	Haaksbergen	Jacqueline ten Witbreuk	<b>V 45</b>	45.23	2012
25-03-12	Haaksbergen	Christel van der Kuil	<b>V 45</b>	45.24	2012
21-03-10	Haaksbergen	Toyna Menzing	<b>V 45</b>	45.27	2010
25-03-18	Haaksbergen	Susan Slaa - Besselink	<b>V 42</b>	45.28	2018
22-03-09	Haaksbergen	An van Etten	<b>V 43</b>	45.37	2009
27-03-11	Haaksbergen	Jolanda Heuverhorst	<b>V 42</b>	45.38	2011
30-03-08	Haaksbergen	Irma Katier	<b>V 44</b>	45.41	2008
26-03-17	Haaksbergen	Marion Hannink	<b>V 50</b>	45.42	2017
25-03-12	Haaksbergen	Maureen Golbach	<b>V 42</b>	45.44	2012
25-03-18	Haaksbergen	Hetty Belshof	<b>V 53</b>	45.47	2018
24-03-13	Haaksbergen	Esther Wiegerinck	<b>V 43</b>	45.56	2013
25-03-12	Haaksbergen	Christina Moolhuizen	<b>V 47</b>	45.58	2012
27-03-11	Haaksbergen	Anneke te Lintelo	<b>V 44</b>	46.00	2011
22-03-15	Haaksbergen	Nancy Stokkers	<b>V 56</b>	46.15	2015
22-03-15	Haaksbergen	Alwine Grondman	<b>V 55</b>	46.19	2015
22-03-09	Haaksbergen	Hetty Belshof	<b>V 44</b>	46.20	2009
25-03-07	Haaksbergen	Monique Bergers Eijsink	<b>V 41</b>	46.27	2007
22-03-15	Haaksbergen	Annet de Witte	<b>V 54</b>	46.26	2015
23-03-14	Haaksbergen	Miriam Simmelink	<b>V 48</b>	46.27	2014
28-10-06	Nijverdal	Jacqueliën Jacobs	<b>V 46</b>	46.30	2006
27-03-11	Haaksbergen	Carolien Winkelman	<b>V 40</b>	46.31	2011
23-03-14	Haaksbergen	Margien Zieleman	<b>V 55</b>	46.37	2014
23-03-14	Haaksbergen	Debby Bouwhuis	<b>V 40</b>	46.39	2014
27-03-11	Haaksbergen	Esther Hannink	<b>V 40</b>	46.40	2011
29-05-16	Eibergen	Anouk Menkehorst	<b>V 43</b>	46.45	2016
26-03-17	Haaksbergen	Veronique Weiters	<b>V 48</b>	47.02	2017
22-03-09	Haaksbergen	Ria Schurink	<b>V 51</b>	47.15	2009
23-03-03	Haaksbergen	José Ooink	<b>V 45</b>	47.24	2003
25-03-12	Haaksbergen	Nanda Lammers	<b>V 41</b>	47.25	2012
22-03-15	Haaksbergen	Annemarie Westendorp	<b>V 51</b>	47.32	2015
25-03-18	Haaksbergen	Sandra Bouhuis	<b>V 49</b>	47.33	2018

## 5 EM vervolg

24-03-13	Haaksbergen	Ester Wesseler	<b>V 44</b>	47.38	2013
27-03-11	Haaksbergen	Katja van den Berg	<b>V 49</b>	47.40	2011
25-03-12	Haaksbergen	Elles Bieleveldt	<b>V 43</b>	47.46	2012
25-03-07	Haaksbergen	Els van Schaik	<b>V 41</b>	47.51	2007
20-03-05	Haaksbergen	José Busch	<b>V 46</b>	47.52	2005
24-03-13	Haaksbergen	Marie José Scharenborg	<b>V 44</b>	47.55	2013
22-03-15	Haaksbergen	Pauline Terhurne	<b>V 49</b>	48.01	2015
21-03-10	Haaksbergen	Katja van den Berg	<b>V 48</b>	48.09	2010
23-03-14	Haaksbergen	Cynthia Spikker	<b>V 58</b>	48.09	2014
22-03-09	Haaksbergen	Ingrid Belshof-Vogt	<b>V 43</b>	48.16	2009
21-03-10	Enschede	Petra Wesselink	<b>V 44</b>	48.21	2010
23-03-03	Haaksbergen	Hanneke Leenders Hoytink	<b>V 51</b>	48.29	2003
27-03-11	Haaksbergen	Ria ter Huurne	<b>V 45</b>	48.34	2011
26-03-17	Haaksbergen	Elles Bieleveldt	<b>V 48</b>	48.41	2017
26-03-17	Haaksbergen	Thea Kleine Wiecherink	<b>V 55</b>	48.43	2017
22-03-09	Haaksbergen	Andrea Hofste	<b>V 41</b>	48.44	2009
23-03-14	Haaksbergen	Regine van der Hee	<b>V 46</b>	48.53	2014
21-03-10	Haaksbergen	Gerrie Groot Obbink	<b>V 50</b>	48.54	2010
25-03-07	Haaksbergen	Jacquelien Eijnsink	<b>V 42</b>	49.07	2007
24-03-13	Haaksbergen	Karin de Koster	<b>V 42</b>	49.08	2013
30-03-08	Haaksbergen	Miranda Wiggers	<b>V 40</b>	49.09	2008
26-03-17	Haaksbergen	Petra Okkinga	<b>V 52</b>	49.14	2017
22-03-09	Haaksbergen	Petra van der Zande	<b>V 49</b>	49.15	2009
25-03-07	Haaksbergen	Wilma Jansen	<b>V 45</b>	49.22	2007
25-03-18	Haaksbergen	Monique Ticheloven	<b>V 44</b>	49.33	2018
24-03-13	Haaksbergen	Monique van der Kuil	<b>V 49</b>	49.34	2013
23-03-14	Haaksbergen	Sandra Spoolder	<b>V 42</b>	49.35	2014
27-03-11	Haaksbergen	Marjan Rupert	<b>V 48</b>	49.40	2011
20-03-16	Haaksbergen	Wilma Stroink	<b>V 68</b>	49.41	2016
27-03-11	Haaksbergen	Tineke Arnoldes	<b>V 46</b>	49.56	2011
25-03-12	Haaksbergen	Wendy Brevink	<b>V 43</b>	49.57	2012
25-03-12	Haaksbergen	Ingrid Karnebeck	<b>V 42</b>	49.59	2012
25-03-12	Haaksbergen	Anita ten Broeke	<b>V 49</b>	49.59	2012
25-03-07	Haaksbergen	Sabine Westendorp	<b>V 42</b>	50.21	2007
25-03-07	Haaksbergen	Silvia Ordelmans	<b>V 42</b>	50.21	2007
22-03-09	Haaksbergen	Marian Jansen	<b>V 47</b>	50.21	2009
21-03-10	Haaksbergen	Elisabeth Nijhof	<b>V 50</b>	50.25	2010
25-03-18	Haaksbergen	Clementine Knijff	<b>V 52</b>	50.30	2018
25-03-18	Haaksbergen	Wendy Suijthof	<b>V 45</b>	50.30	2018
26-03-17	Haaksbergen	Corine Voogtsgeerd	<b>V 48</b>	50.32	2017
23-03-14	Haaksbergen	Debby Tip	<b>V 41</b>	50.33	2014
27-03-11	Haaksbergen	Anja Leferink	<b>V 52</b>	50.49	2011
22-03-09	Haaksbergen	Liesbeth Henstra	<b>V 44</b>	50.55	2009
20-03-16	Haaksbergen	Yvonne Korshuize	<b>V 48</b>	51.09	2016
22-03-15	Haaksbergen	Lucia ten Buuren	<b>V 53</b>	51.10	2015
22-03-15	Haaksbergen	Inge Koenderink	<b>V 48</b>	51.11	2015
21-03-10	Haaksbergen	Mini Eefsting	<b>V 58</b>	51.13	2010
20-03-16	Haaksbergen	Monique Orriëns	<b>V 48</b>	51.25	2016
24-03-13	Haaksbergen	Deborah Dieperink	<b>V 41</b>	52.07	2013
25-03-12	Haaksbergen	Joke de Wever	<b>V 62</b>	52.09	2012
21-03-10	Haaksbergen	Jose Leferink	<b>V 47</b>	52.17	2010
22-03-15	Haaksbergen	Carla Menzing	<b>V 47</b>	52.32	2015
25-03-12	Haaksbergen	Nathalie Mentink	<b>V 43</b>	52.55	2012
27-03-11	Haaksbergen	Marjolein Smit	<b>V 43</b>	53.09	2011
22-03-09	Haaksbergen	Simone Ganzeboom	<b>V 41</b>	53.18	2009
25-03-07	Haaksbergen	Ina Leferink	<b>V 50</b>	53.49	2007
26-03-06	Haaksbergen	Janneke Schaeffer-de Bree	<b>V 60</b>	53.56	2006
20-03-16	Haaksbergen	Ineke Kors-Uiterwijk	<b>V 60</b>	54.23	2016
25-03-12	Haaksbergen	Monique Schoenmaker	<b>V 42</b>	54.36	2012

## 5 EM vervolg

25-03-12	Haaksbergen	Anneke Masselink	<b>V 46</b>	54.46	2012
26-03-17	Haaksbergen	Monique Welberg	<b>V 51</b>	55.22	2017
23-03-14	Haaksbergen	Renate Wijlens	<b>V 43</b>	55.50	2014
21-03-10	Haaksbergen	Wilma Hurenkamp	<b>V 55</b>	55.55	2010
27-03-11	Haaksbergen	Cecile Diepenmaat	<b>V 48</b>	56.32	2011
22-03-98	Haaksbergen	Jo Stokkers	<b>V 41</b>	56.57	1998

## 10 Km

14-09-97	Haaksbergen	Betsy Meyer	<b>V 41</b>	41.43	1997
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
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
09-06-17	Hengelo	Carina Slingerland	<b>V 46</b>	47.38	2017
04-02-07	Hengelo	Leni van Kleef	<b>V 54</b>	49.59	2007
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
28-05-10	Ahaus	<b>Dld</b> Karin Bielevelt	<b>V 44</b>	51.36	2010
26-04-09	Enschede	Regien Tenhagen	<b>V 45</b>	52.12	2009
26-04-09	Enschede	Astrid Vogt-Ellenbroek	<b>V 41</b>	52.16	2009
18-05-12	Ahaus	<b>Dld</b> Odette Menzing	<b>V 42</b>	52.40	2012
18-05-12	Ahaus	<b>Dld</b> Renate Dieperink	<b>V 43</b>	52.40	2012
04-02-07	Hengelo	Meriam Hilderink	<b>V 46</b>	52.41	2007
28-05-10	Ahaus	<b>Dld</b> Marianne Weeink	<b>V 43</b>	54.21	2010
18-05-12	Ahaus	<b>Dld</b> Ellen Tijink	<b>V 40</b>	55.12	2012
27-09-14	Enschede	Ester Achterbosch	<b>V 48</b>	55.19	2014
09-04-07	Hengelo	Joke Leppink	<b>V 50</b>	55.48	2007
18-05-12	Ahaus	<b>Dld</b> Veronique Weiters	<b>V 43</b>	55.50	2012
02-10-11	Bremen	<b>Dld</b> Maureen Golbach	<b>V 41</b>	56.07	2011
21-04-13	Enschede	Elly Terhurne	<b>V 60</b>	56.31	2013
02-10-11	Bremen	<b>Dld</b> Anique Velthof	<b>V 44</b>	56.45	2011
11-01-09	Hengelo	Monique Dijksterhuis	<b>V 44</b>	57.25	2009
31-10-15	Holten	José Busch	<b>V 56</b>	57.36	2015
31-10-15	Holten	Jacquélien Jacobs	<b>V 55</b>	57.38	2015
01-04-18	Lichtenvoorde	Wil van Ulsen	<b>V 66</b>	57.48	2018
19-04-15	Enschede	Alwine Grondman	<b>V 55</b>	57.57	2015
22-05-09	Ahaus	<b>Dld</b> Loes Baltink	<b>V 52</b>	58.20	2009
22-09-15	Enschede	Sandra Bouhuis	<b>V 44</b>	58.31	2013
03-04-16	Hengelo	Anouk Menkehorst	<b>V 43</b>	59.12	2016
28-05-10	Ahaus	<b>Dld</b> Greet kamminga	<b>V 59</b>	58.40	2010
04-10-09	Oldenzaal	Andrea Hofste	<b>V 41</b>	58.57	2009

**15 km**

26-11-04	S-Heerenberg	Annemieke Leppink	<b>V 45</b>	1.08.46	2001
09-12-01	S-Heerenberg	Maria Luttje	<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
19-11-17	Nijmegen	Carina Slingerland	<b>V 46</b>	1.12.35	2017
09-04-12	Hengelo	Edith Meijer	<b>V 47</b>	1.13.40	2012
26-11-04	Nijmegen	José Karnebeek	<b>V 41</b>	1.14.32	2004
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
16-11-08	Nijmegen	Karin Bielevelt	<b>V 42</b>	1.16.56	2008
21-11-10	Nijmegen	Jacqueline Ooink	<b>V 43</b>	1.18.03	2010
09-04-07	Hengelo	Leni van Kleef	<b>V 54</b>	1.18.58	2007
	Nijmegen	Jo Stokkers	<b>V 40</b>	1.19.54	1997
17-11-13	Nijmegen	Karin Wartena	<b>V 47</b>	1.20.34	
24-04-05	Hengelo	José Laarhuis	<b>V 49</b>	1.21.16	2005
06-12-09	S-Heerenberg	Regien Tenhagen	<b>V 44</b>	1.22.07	2009
11-03-12	Hengelo	Mathilde Plentinger	<b>V 44</b>	1.22.29	2012
09-04-07	Hengelo	Anique Velthof	<b>V 40</b>	1.24.19	2007
02-04-17	Hengelo	Marianne Weeink	<b>V 54</b>	1.24.37	2017
02-04-17	Hengelo	Elly Terhurne-Konings	<b>V 64</b>	1.24.38	2017
26-09-10	Velp	Monique Dijksterhuis	<b>V 45</b>	1.24.56	2010
13-04-14	Hengelo	José Busch	<b>V 55</b>	1.26.19	2014
13-04-14	Hengelo	Jacqueliën Jacobs	<b>V 54</b>	1.26.20	2014
09-04-06	Hengelo	Meriam Hilderink	<b>V 45</b>	1.27.30	2006
17-11-13	Nijmegen	Nanda Iammers	<b>V 42</b>	1.27.30	2013

**10 EM**

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
22-03-15	Haaksbergen	Carla Pelle	<b>V 51</b>	1.15.25	2015
02-03-02	Winterswijk	Betsy Meyer	<b>V 46</b>	1.15.48	2002
25-03-12	Haaksbergen	Edith Meijer	<b>V 47</b>	1.19.10	2012
17-09-17	Zaandam	Carina Slingerland	<b>V 46</b>	1.20.46	2017
27-03-11	Haaksbergen	Esther Wiering	<b>V 41</b>	1.20.48	2011
27-03-11	Haaksbergen	Jacqueline Ooink	<b>V 44</b>	1.21.02	2011
25-03-12	Haaksbergen	Petra Veldhuis	<b>V 47</b>	1.21.36	2012
22-03-98	Haaksbergen	Jose Laarhuis	<b>V 42</b>	1.22.15	1998
25-03-12	Haaksbergen	Renate Dieperink	<b>V 43</b>	1.23.20	2012
26-03-17	Haaksbergen	Veronique van Os	<b>V 43</b>	1.23.33	2017
22-03-15	Haaksbergen	Veronique Weiters	<b>V 46</b>	1.23.34	2015
25-03-07	Haaksbergen	Leni van Kleef	<b>V 54</b>	1.23.51	2007
25-03-12	Haaksbergen	Odette Menzing	<b>V 42</b>	1.24.11	2012
25-03-18	Haaksbergen	Kelly Cattier	<b>V 41</b>	1.24.26	2018
20-03-05	Haaksbergen	Anneke Vegter	<b>V 50</b>	1.24.47	2005
29-10-11	Holten	Liesbeth van Meurs	<b>V 53</b>	1.24.54	2011
25-03-12	Haaksbergen	Mathilde Plentinger	<b>V 42</b>	1.25.58	2012
23-03-14	Haaksbergen	Yvonne van der Kuil	<b>V 50</b>	1.26.36	2014
22-03-09	Haaksbergen	Carla van der Pol	<b>V 51</b>	1.26.52	2009
25-03-12	Haaksbergen	Marianne Weeink	<b>V 49</b>	1.27.00	2012
23-03-14	Haaksbergen	Cindy Bauhuis	<b>V 40</b>	1.27.04	2014
23-03-03	Haaksbergen	Ingrid Rexwinkel	<b>V 48</b>	1.27.13	2003

## 10 EM vervolg

26-03-06	Haaksbergen		Regien Tenhagen	<b>V 42</b>	1.28.14	2006
27-03-11	Haaksbergen		Natasja van de Schepop	<b>V 41</b>	1.28.20	2011
22-03-15	Haaksbergen		Veronique Weeters	<b>V 46</b>	1.23.34	2015
23-03-14	Haaksbergen		Elly Terhurne	<b>V 61</b>	1.28.38	2014
23-03-14	Haaksbergen		Astrid Vogt-Ellenbroek	<b>V 46</b>	1.28.38	2014
23-03-14	Haaksbergen		Annemieke Suurenbroek	<b>V 46</b>	1.28.40	2014
23-03-14	Haaksbergen		Jeannette Weeink	<b>V 50</b>	1.29.04	2014
25-03-12	Haaksbergen		Wil van Ulsen	<b>V 60</b>	1.29.38	2012
22-03-15	Haaksbergen		Sandra Bouhuis	<b>V 46</b>	1.29.39	2015
25-03-12	Haaksbergen		Monique Dijksterhuis	<b>V 47</b>	1.30.20	2012
26-03-00	Haaksbergen		Joke Leppink	<b>V 43</b>	1.30.30	2000
25-03-07	Haaksbergen		Anique Velthof- Meijer	<b>V 40</b>	1.30.45	2007

## 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		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>	Jacqueliën 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>	Nancy Stokkers	<b>V 51</b>	2:14:39	2010
10-10-10	Parijs	<b>F</b>	Corinne Achterweust	<b>V 41</b>	2:14:40	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
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
19-04-15	Enschede		Carina Slingerland	<b>V 44</b>	1.45.27	2015
12-09-98	Haaksbergen		Annemiek Leppink	<b>V 42</b>	1.45.41	1998
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
06-11-11	Terschelling		Liesbeth van Meurs	<b>V 53</b>	1.49.51	2011
27-04-14	Enschede		Petra Veldhuis	<b>V 49</b>	1.50.43	2014
16-05-04	Enschede		Henny Leferink	<b>V 47</b>	1.51.21	2004
05-04-09	Berlijn	<b>Did</b>	Karin Bielevelt	<b>V 43</b>	1.52.40	2009
17-04-11	Enschede		Esther Wiering	<b>V 41</b>	1.52.58	2011
22-04-12	Enschede		Odette Menzing	<b>V 42</b>	1.55.19	2012
22-04-18	Enschede		Cindy Bauhuis	<b>V 40</b>	1.55.24	2018
22-04-18	Enschede		Kelly Cattier	<b>V 41</b>	1.55.25	2018
26-05-02	Enschede		Ingrid Rexwinkel	<b>V 47</b>	1.55.59	2002
06-11-11	Terschelling		Monique Dijksterhuis	<b>V 46</b>	1.57.31	2011

## Halve Marathon vervolg

22-04-12	Enschede		Mathilde Plentinger	<b>V 44</b>	1.57.52	2012
09-04-06	Hengelo		José Laarhuis	<b>V 50</b>	1.58.13	2006
17-04-11	Enschede		Veronique Weiters	<b>V 42</b>	1.59.44	2011
09-04-07	Hengelo		Carla van der Pol	<b>V 49</b>	2.01.05	2007
22-04-12	Enschede		Elly Terhurne	<b>V 59</b>	2.01.56	2012
22-04-12	Enschede		Wil van Ulsen	<b>V 60</b>	2.01.59	2012
13-04-14	Hengelo		Inge Lammers	<b>V 40</b>	2.03.06	2014
26-04-09	Enschede		Jacqueline Ooink	<b>V 42</b>	2.03.45	2009
04-10-15	Oldenzaal		Marion Hannink	<b>V 48</b>	2.06.19	2015
23-04-06	Enschede		Joke Leppink	<b>V 49</b>	2.06.52	2006
05-04-09	Berlijn	<b>Dld</b>	Ester Achterbosch	<b>V 43</b>	2.07.02	2009
22-04-07	Enschede		Anique Velthof- Meijer	<b>V 40</b>	2.07.04	2007
05-04-09	Berlijn	<b>Dld</b>	Jacquelien Jacobs	<b>V 49</b>	2.07.52	2009
17-04-11	Enschede		Marian ten Voorde	<b>V 55</b>	2.07.56	2011
23-04-06	Enschede		Loes Baltink	<b>V 49</b>	2.08.24	2006
04-10-15	Oldenzaal		Christina Moolhuizen	<b>V 50</b>	2.09.55	2015
22-04-18	Enschede		Debbie ter Avest	<b>V 41</b>	2.10.00	2018
04-10-15	Oldenzaal		José Busch	<b>V 56</b>	2.10.18	2015
23-04-06	Enschede		Petra Otten	<b>V 41</b>	2.10.56	2006
13-04-14	Hengelo		Esther Hannink	<b>V 43</b>	2.11.41	2014
13-04-14	Hengelo		Ester Wesseler	<b>V 45</b>	2.11.41	2014
05-04-09	Berlijn	<b>Dld</b>	Petra Okkinga	<b>V 44</b>	2.12.06	2009
05-04-09	Berlijn	<b>Dld</b>	Linda ter Woerds	<b>V 41</b>	2.12.10	2009
05-04-09	Berlijn	<b>Dld</b>	Veronique Lansink	<b>V 42</b>	2.12.34	2009
23-04-06	Enschede		Meriam Hilderink	<b>V 45</b>	2.12.37	2006
05-04-09	Berlijn	<b>Dld</b>	Marie José Scharenborg	<b>V 40</b>	2.12.37	2009

## 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
08-02-15	Schoorl		Carina Slingerland	<b>V 44</b>	2.34.26	2015
12-03-06	Vorden		Betsy meijer	<b>V 50</b>	2.40.38	2006

## Marathon

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>	3.50.0	2002
12-04-15	Rotterdam		Carina Slingerland	<b>V 44</b>	3.50.51	2015
08.04.18	Rotterdam		Chantal Lansink	<b>V 50</b>	3.54.35	2018
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
05-11-17	New York	<b>USA</b>	Mereke Foks	<b>V 58</b>	5.32.34	2017

**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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