

Dames 60

5000 m

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|----------|----------|---------------|-------------|-------|------|
| 22-04-12 | Enschede | Mini Eefsting | V 60 | 34.41 | 2012 |
| 27-04-14 | Enschede | Joke de Wever | V 64 | 35.43 | 2014 |

5 EM

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|----------|-------------|---------------------------|-------------|---------|------|
| 22-03-15 | Haaksbergen | Wil van Ulsen | V 63 | 46.09 | 2015 |
| 26-03-17 | Haaksbergen | Leni van Kleef | V 64 | 47.05 | 2013 |
| 22-03-15 | Haaksbergen | Ria Brunninkhuis | V 61 | 48.32 | 2015 |
| 20-03-16 | Haaksbergen | Wilma Stroink | V 68 | 49.41 | 2016 |
| 25-03-12 | Haaksbergen | Joke de Wever | V 62 | 52.09 | 2012 |
| 25-03-12 | Haaksbergen | Mini Eefsting | V 60 | 52.11 | 2012 |
| 26-03-06 | Haaksbergen | Janneke Schaeffer-de Bree | V 60 | 53.56 | 2006 |
| 20-03-16 | Haaksbergen | Ineke Kors-Uiterwijk | V 60 | 54.23 | 2016 |
| 27-03-11 | Haaksbergen | Anja Hollink | V 60 | 56.37 | 2011 |
| 27-03-11 | Haaksbergen | Wijmco Jansen - de Jong | V 62 | 1.00.07 | 2011 |

10 km

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|----------|---------------|----------------|-------------|---------|------|
| 21-04-13 | Enschede | Elly Terhurne | V 60 | 56.31 | 2013 |
| 01-04-18 | Lichtenvoorde | Wil van Ulsen | V 66 | 57.48 | 2018 |
| 27-09-14 | Enschede | Greet kamminga | V 63 | 1.00.06 | 2014 |
| 22-04-12 | Enschede | Joke de Wever | V 62 | 1.01.35 | 2012 |

15 km

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|----------|----------|-----------------------|-------------|---------|------|
| 02-04-17 | Hengelo | Elly Terhurne-Konings | V 64 | 1.24.38 | 2017 |
| 22-11-15 | Enschede | Wil van Ulsen | V 63 | 1.29.26 | 2015 |

10 EM

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|----------|-------------|---------------|-------------|---------|------|
| 23-03-14 | Haaksbergen | Elly Terhurne | V 61 | 1.28.38 | 2014 |
| 25-03-12 | Haaksbergen | Wil van Ulsen | V 60 | 1.29.38 | 2012 |

Halve Marathon

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|----------|----------|---------------|-------------|---------|------|
| 22-04-12 | Enschede | Wil van Ulsen | V 60 | 2.01.59 | 2012 |
| 13-04-14 | Hengelo | Elly Terhurne | V 61 | 2.03.08 | 2014 |

Dames 65

5 EM

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|----------|-------------|-----------------|-------------|-------|------|
| 26-03-17 | Haaksbergen | Wil van Ulsen | V 65 | 47.05 | 2017 |
| 25-03-18 | Haaksbergen | Lenie van Kleef | V 65 | 49.38 | 2018 |
| 26-03-17 | Haaksbergen | Joke de Wever | V 67 | 57.19 | 2017 |

10 km

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|----------|---------------|---------------|-------------|-------|------|
| 01-04-18 | Lichtenvoorde | Wil van Ulsen | V 66 | 57.48 | 2018 |
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10 EM

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|----------|-------------|---------------|-------------|---------|------|
| 25-03-18 | Haaksbergen | Elly Terhurne | V 65 | 1.31.33 | 2018 |
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