

## Heren 65 jaar

### 5 km

26-04-23	Wijhe	Andre Somhorst	<b>M 67</b>	21.14	2023
28-03-16	Losser	Berthil Beumer	<b>M 65</b>	31.57	2016

### 5000 m E.T.

19-09-21	Hengelo	Andre Somhorst	<b>M 65</b>	20.56.22	2021
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### 5 EM

08-09-19	Enschede	Martin ten Voorde	<b>M 67</b>	35.58	2019
10-09-23	Enschede	Vincent Exterkate	<b>M 65</b>	40.44	2023
20-03-22	Haaksbergen	Jan Lammers	<b>M 65</b>	42.34	2022
22-03-15	Haaksbergen	Toon Tankink	<b>M 65</b>	42.42	2015
26-03-23	Haaksbergen	Gert Jan Foks	<b>M 66</b>	42.43	2023
24-03-24	Haaksbergen	Wilfried Oldenkotte	<b>M 68</b>	43.15	2024
24-03-24	Haaksbergen	Herman Put	<b>M 67</b>	43.55	2024
24-03-19	Haaksbergen	Leendert van Herk	<b>M 69</b>	43.56	2019
26-03-23	Haaksbergen	Jan Lammers	<b>M 66</b>	44.23	2023
21-03-10	Haaksbergen	Bennie Olde Heuvel	<b>M 68</b>	44.40	2010
24-04-24	Haaksbergen	Vincent Exterkate	<b>M 66</b>	46.36	2024
24-03-24	Haaksbergen	Herman Winkelhorst	<b>M 65</b>	47.12	2024
24-03-19	Haaksbergen	Johan Nieuwenhuis	<b>M 65</b>	47.20	2019
26-03-17	Haaksbergen	Henry Siemerink	<b>M 71</b>	49.18	2017
27-03-11	Haaksbergen	Tonnie Janszen	<b>M 69</b>	49.26	2011
21-03-10	Haaksbergen	Aizo Krikke	<b>M 65</b>	49.33	2010
20-03-16	Haaksbergen	Berthil Beumer	<b>M 65</b>	50.44	2016
20-03-22	Haaksbergen	Alfons Lutikholt	<b>M 68</b>	51.47	2022
24-03-19	Haaksbergen	Jan Abrahams	<b>M 66</b>	53.05	2019

### 10 km

29-08-21	Hem	Andre Somhorst	<b>M 65</b>	42.13	2021
16-05-21	Enschede	Henk Jan Baltink	<b>M 66</b>	44.43	2021
24-02-19	Hengelo	Martin ten Voorde	<b>M 67</b>	45.28	2019
31-12-16	Almelo	Toon Tankink	<b>M 66</b>	1.00.35	2016

### 15 km

02-04-18	Hengelo	Martin ten Voorde	<b>M 66</b>	1.08.29	2018
02-04-23	Hengelo	Vincent Exterkate	<b>M 65</b>	1.16.41	2023
19-11-17	Nijmegen	Toon Tankink	<b>M 67</b>	1.27.46	2017

## 10 EM

24-03-19	Haaksbergen	Martin ten Voorde	<b>M 67</b>	1.12.25	2019
20-03-22	Haaksbergen	Henk Jan Baltink	<b>M 67</b>	1.13.00	2022
26-03-23	Haaksbergen	Henny Leferink	<b>M 66</b>	1.18.27	2023
24-03-19	Haaksbergen	Cor Terhurne	<b>M 67</b>	1.21.14	2019
25-03-18	Haaksbergen	Toon Tankink	<b>M 68</b>	1.24.01	2018
26-03-23	Haaksbergen	Vincent Exterkate	<b>M 65</b>	1.24.28	2023
25-03-18	Haaksbergen	Harry ter Braack	<b>M 68</b>	1.27.08	2018
26-10-13	Nijverdal	Hans Braam	<b>M 65</b>	1.29.00	2013
22-03-15	Haaksbergen	Leendert van Herk	<b>M 65</b>	1.30.23	2015
20-03-22	Haaksbergen	Wilfried Oldenkotte	<b>M 66</b>	1.35.34	2022
23-04-14	Haaksbergen	Henry Siemerink	<b>M 68</b>	1.37.34	2014
23-04-14	Haaksbergen	Aizo Krikke	<b>M 68</b>	1.37.38	2014
23-04-14	Haaksbergen	Hennie Tiehuis	<b>M 69</b>	1.37.38	2014
22-03-15	Haaksbergen	Ad Fox	<b>M 75</b>	1.40.19	2015
26-03-17	Haaksbergen	Berthil Beumer	<b>M 66</b>	1.43.19	2017
25-03-18	Haaksbergen	Jan Abrahams	<b>M 65</b>	1.43.25	2018

## Halve Marathon

03-10-21	Oldenzaal	Andre Somhorst	<b>M 65</b>	1.32.30	2021
14-04-19	Enschede	Martin ten Voorde	<b>M 67</b>	1.37.05	2019
16-04-23	Enschede	Henk Jan Baltink	<b>M 68</b>	1.37.24	2023
02-04-17	Hengelo	Cor Terhürne	<b>M 65</b>	1.45.09	2017
24-04-22	Enschede	Henny Leferink	<b>M 65</b>	1.49.30	2022
24-04-22	Enschede	Wilfried Oldenkotte	<b>M 66</b>	1.54.27	2022
19-05-14	Enschede	Hennie Tiehuis	<b>M 69</b>	1.55.07	2014
16-04-23	Enschede	Harry ter Braack	<b>M 73</b>	1.55.09	2023
01-07-23	Apeldoorn	Vincent Exterkate	<b>M 65</b>	2.01.37	2023
17-05-15	Enschede	Ad Fox	<b>M 75</b>	2.10.30	2015
11-10-18	Leipzig	<b>Dld</b> Berthil Beumer	<b>M 67</b>	2.27.14	2018

## 30 km

06-03-22	Vorden	Henny Leferink	<b>M 65</b>	2.36.22	2022
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## Marathon

26-09-21	Berlijn	<b>Dld</b> Henk Jan Baltink	<b>M 66</b>	3.45.24	2021
21-04-24	Enschede	Henny Leferink	<b>M 67</b>	3.57.58	2024
16-04-23	Enschede	Wilfried Oldenkotte	<b>M 67</b>	4.16.18	2023

## Kogel 7,25 kg

26-05-19	Almelo	Martin Regtop	<b>M 70</b>	9.12 m	2019
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## Discus 1 kg

03-08-19	Meppen	<b>Dld</b>	Martin Regtop	<b>M 70</b>	38.55 m	2019
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## Kogelslingeren 7,25 kg

16-06-19	Emmeloord		Martin Regtop	<b>M 70</b>	23,75 m	2019
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## Heren 70 Jaar

### 5 EM

26-03-23	Haaksbergen		Leendert van Herk	<b>M 73</b>	48.43	2023
26-03-17	Haaksbergen		Henry Siemerink	<b>M 71</b>	49.18	2017
23-04-14	Haaksbergen		Bennie Olde Heuvel	<b>M 72</b>	50.13	2014

### 10 EM

20-03-22	Haaksbergen		Cor Terhürne	<b>M 70</b>	1.24.18	2022
26-03-23	Haaksbergen		Harry ter Braack	<b>M 73</b>	1.30.11	2023
22-03-15	Haaksbergen		Aizo Krikke	<b>M 70</b>	1.38.32	2015
22-03-15	Haaksbergen		Ad Fox	<b>M 75</b>	1.40.19	2015
20-03-22	Haaksbergen		Leendert van Herk	<b>M 72</b>	1.43.29	2022
20-03-16	Haaksbergen		Henry Siemerink	<b>M 70</b>	1.44.49	2016
20-03-22	Haaksbergen		Toon Tankink	<b>M 71</b>	1.54.21	2022

## Halve Marathon

16-04-23	Enschede		Harry ter Braack	<b>M 73</b>	1.55.09	2023
24-04-22	Enschede		Cor Terhürne	<b>M 70</b>	1.55.21	2022
17-05-15	Enschede		Ad Fox	<b>M 75</b>	2.10.30	2015
11-10-18	Leipzig	<b>Dld</b>	Hennie Tiehuis	<b>M 73</b>	2.30.57	2018

## Marathon

21-04-24	Enschede		Henny Leferink	<b>M 67</b>	3.57.58	2024
16-04-23	Enschede		Wilfried Oldenkotte	<b>M 67</b>	4.16.18	2023

**Kogel 4 kg**

03-08-19	Meppen	<b>Dld</b>	Martin Regtop	<b>M 70</b>	12.64 m	2019
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**Kogel 7,25 kg**

26-05-19	Almelo		Martin Regtop	<b>M 70</b>	9.12 m	2019
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**Discus 1 kg**

03-08-19	Meppen	<b>Dld</b>	Martin Regtop	<b>M 70</b>	38.55 m	2019
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**Speer 500 gr**

29-09-19	Huizen		Martin Regtop	<b>M 70</b>	26.66 m	2019
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**Kogelslingeren 4 kg**

28-04-19	Edam		Martin Regtop	<b>M 70</b>	38.87 m	2019
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**Kogelslingeren 7,25 kg**

16-06-19	Emmeloord		Martin Regtop	<b>M 70</b>	23,75 m	2019
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**Gewichtwerpen 7,26kg**

19-05-19	Gouda		Martin Regtop	<b>M 70</b>	15.25 m	2019
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**Werpvijfkamp**

28-04-19	Edam		Martin Regtop	<b>M 70</b>	3612 pnt	2019
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<b>Kogel 4 kg</b>	11.36 m
<b>Discus 1 kg</b>	34.64 m
<b>Speer 500 gr</b>	24.84 m
<b>Kogelslingeren 4 kg</b>	38.87 m
<b>Gewichtwerpen 7,26kg</b>	14.89 m

## **Heren 75 Jaar**

### **5 EM**

26-03-23	Haaksbergen	Henry Siemerink	<b>M 77</b>	59.21	2023
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### **10 EM**

22-03-15	Haaksbergen	Ad Fox	<b>M 75</b>	1.40.19	2015
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### **Halve Marathon**

17-05-15	Enschede	Ad Fox	<b>M 75</b>	2.10.30	2015
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