

Heren 65 jaar

5 km

28-03-16	Losser	Berthil Beumer	M 65	31.57	2016
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5000 m E.T.

19-09-21	Hengelo	Andre Somhorst	M 65	20.56.22	2021
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5 EM

08-09-19	Enschede	Martin ten Voorde	M 67	35.58	2019
22-03-15	Haaksbergen	Toon Tankink	M 65	42.42	2015
24-03-19	Haaksbergen	Leendert van Herk	M 69	43.56	2019
21-03-10	Haaksbergen	Bennie Olde Heuvel	M 68	44.40	2010
24-03-19	Haaksbergen	Johan Nieuwenhuis	M 65	47.20	2019
26-03-17	Haaksbergen	Henry Siemerink	M 71	49.18	2017
27-03-11	Haaksbergen	Tonnie Janszen	M 69	49.26	2011
21-03-10	Haaksbergen	Aizo Krikke	M 65	49.33	2010
20-03-16	Haaksbergen	Berthil Beumer	M 65	50.44	2016
24-03-19	Haaksbergen	Jan Abrahams	M 66	53.05	2019

10 km

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

15 km

02-04-18	Hengelo	Martin ten Voorde	M 66	1.08.29	2018
19-11-17	Nijmegen	Toon Tankink	M 67	1.27.46	2017

10 EM

24-03-19	Haaksbergen	Martin ten Voorde	M 67	1.12.25	2019
24-03-19	Haaksbergen	Cor Terhurne	M 67	1.21.14	2019
25-03-18	Haaksbergen	Toon Tankink	M 68	1.24.01	2018
25-03-18	Haaksbergen	Harry ter Braack	M 68	1.27.08	2018
26-10-13	Nijverdal	Hans Braam	M 65	1.29.00	2013
22-03-15	Haaksbergen	Leendert van Herk	M 65	1.30.23	2015
23-04-14	Haaksbergen	Henry Siemerink	M 68	1.37.34	2014
23-04-14	Haaksbergen	Aizo Krikke	M 68	1.37.38	2014
23-04-14	Haaksbergen	Hennie Tiehuis	M 69	1.37.38	2014
22-03-15	Haaksbergen	Ad Fox	M 75	1.40.19	2015
26-03-17	Haaksbergen	Berthil Beumer	M 66	1.43.19	2017
25-03-18	Haaksbergen	Jan Abrahams	M 65	1.43.25	2018

Halve Marathon

03-10-21	Oldenzaal		Andre Somhorst	M 65	1.32.30	2021
14-04-19	Enschede		Martin ten Voorde	M 67	1.37.05	2019
02-04-17	Hengelo		Cor Terhürne	M 65	1.45.09	2017
19-05-14	Enschede		Hennie Tiehuis	M 69	1.55.07	2014
02-04-18	Hengelo		Harry ter Braack	M 68	1.57.08	2018
17-10-21	Amsterdam		Wilfried Oldenkotte	M 65	2.09.36	2021
17-05-15	Enschede		Ad Fox	M 75	2.10.30	2015
11-10-18	Leipzig	DId	Berthil Beumer	M 67	2.27.14	2018

Marathon

26-09-21	Berlijn	DId	Henk Jan Baltink	M 66	3.45.24	2021
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Kogel 7,25 kg

26-05-19	Almelo		Martin Regtop	M 70	9.12 m	2019
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Discus 1 kg

03-08-19	Meppen	DId	Martin Regtop	M 70	38.55 m	2019
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Kogelslingeren 7,25 kg

Heren 70 Jaar

5 EM

26-03-17	Haaksbergen		Henry Siemerink	M 71	49.18	2017
23-04-14	Haaksbergen		Bennie Olde Heuvel	M 72	50.13	2014

10 EM

22-03-15	Haaksbergen		Aizo Krikke	M 70	1.38.32	2015
22-03-15	Haaksbergen		Ad Fox	M 75	1.40.19	2015
20-03-16	Haaksbergen		Henry Siemerink	M 70	1.44.49	2016

Halve Marathon

17-05-15	Enschede		Ad Fox	M 75	2.10.30	2015
11-10-18	Leipzig	DId	Hennie Tiehuis	M 73	2.30.57	2018

Kogel 4 kg

03-08-19	Meppen	DId	Martin Regtop	M 70	12.64 m	2019
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Kogel 7,25 kg

26-05-19	Almelo		Martin Regtop	M 70	9.12 m	2019
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Discus 1 kg

03-08-19	Meppen	Did	Martin Regtop	M 70	38.55 m	2019
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Speer 500 gr

29-09-19	Huizen		Martin Regtop	M 70	26.66 m	2019
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Kogelslingeren 4 kg

28-04-19	Edam		Martin Regtop	M 70	38.87 m	2019
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Kogelslingeren 7,25 kg

16-06-19	Emmeloord		Martin Regtop	M 70	23,75 m	2019
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Gewichtwerpen 7,26 kg

19-05-19	Gouda		Martin Regtop	M 70	15.25 m	2019
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Werpvijskamp

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

Heren 75 Jaar**10 EM**

22-03-15	Haaksbergen		Ad Fox	M 75	1.40.19	2015
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Halve Marathon

17-05-15	Enschede		Ad Fox	M 75	2.10.30	2015
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