

Deventer 02-01-11 Brink tot Brinkloop

| | | |
|-------------------|-------|--|
| Dames | 10 km | |
| Veronique Weiters | 52.52 | |

Hengelo 09-01-11 1e Woolderesloop

| | | |
|-------------|--------|--|
| M.D. | 1,4 km | |
| Susan Wouda | 5.36 | |

| | | |
|----------------|-------|------|
| Heren | 10 km | |
| Daniel Wentink | 42.49 | M 41 |

| | | |
|---------------------|---------|------|
| Heren | 15 km | |
| Richard Leussink | 1.06.01 | M 44 |
| Tom Tuchter | 1.06.03 | M 32 |
| Wilfried Oldenkotte | 1.09.45 | M 55 |
| Martin ten Voorde | 1.15.27 | M 59 |

Egmond 09-01-11 Halve Marathon

| | | |
|-----------------|----------------|------|
| Heren | Halve Marathon | |
| Donny Meijerink | 2.01.10 | M 49 |
| Berthil Beumer | 2.26.40 | M 60 |

Holten 29-01-11 Holterbergcross

| | | |
|-------------|--------|--|
| M.D. | 1500 m | |
| Susan Wouda | 6.52 | |

Hengelo 30-01-11 2e Woolderesloop

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|-------------|--------|--|
| M.D. | 1,4 km | |
| Susan Wouda | 5.21 | |

| | | |
|--------------|-------|------|
| Dames | 10 km | |
| Edith Meijer | 49.06 | V 46 |

| | | |
|----------------------|---------|------|
| Dames | 15 km | |
| Monique Dijksterhuis | 1.23.13 | V 46 |

| | | |
|----------------|-------|------|
| Heren | 10 km | |
| Daniel Wentink | 42.49 | M 41 |

| | | |
|---------------------|---------|------|
| Heren | 15 km | |
| Richard Leussink | 1.04.44 | M 44 |
| Wilfried Oldenkotte | 1.08.09 | M 55 |
| Wouter Winkelhorst | 1.11.51 | M 38 |
| Martin ten Voorde | 1.15.04 | M 59 |

Apeldoorn 06-02-11 Midwintermarathon

| | | |
|----------------------|---------|------|
| Dames | 18,5 km | |
| Edith Meijer | 1.36.25 | V 46 |
| Monique Dijksterhuis | 1.45.27 | V 46 |

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|--------------------|---------|------|
| Dames | 27,5 km | |
| Carina Slingerland | 2.36.01 | V 40 |

Apeldoorn 06-02-11 Midwintermarathon vervolg

| | | |
|-------------------|---------|------|
| Heren | 18,5 km | |
| Paul Eijkelenkamp | 1.27.56 | M 45 |
| Heren | 27,5 km | |
| Martin ten Voorde | 2.29.00 | M 59 |
| Harry Maathuis | 2.32.20 | M 61 |

Oldenzaal 06-02-11 Hulsbeekloop

| | | |
|------------------------|--------|-------|
| M.D. | 1000 m | |
| Susan Wouda | 4.08 | 1e pl |
| Dames | 6 km | |
| Mathilde Plentinger | 34.06 | V 43 |
| Mereke Foks | 36.45 | V 52 |
| Heren | 6 km | |
| Bert ten Tije Boomkamp | 25.42 | M 39 |
| Heren | 12 km | |
| Richard Leussink | 55.10 | M 44 |
| Frank Wouda | 58.23 | M 21 |

Losser 13-02-11 2e Open Twentsch Crosskampioenschap

| | | |
|---------------------|--------|------|
| Dames | 7,5 km | |
| Mathilde Plentinger | 41.04 | V 43 |

Hengelo 20-02-11 3e Woolderesloop

| | | |
|--------------------|---------|-------|
| M.P.A. | 1,4 km | |
| Maureen Poth | 6.45 | |
| M.D. | 1,4 km | |
| Susan Wouda | 5.21 | 2e pl |
| M.C. | 5,1 km | |
| Femke Nijhof | 28.26 | |
| Dames | 15 km | |
| Carla Pelle | 1.20.30 | V 47 |
| Heren | 10 km | |
| Benno Scharenborg | 40.56 | M 45 |
| Martin ten Voorde | 47.51 | M 59 |
| Heren | 15 km | |
| Tom Tuchter | 1.01.37 | M 32 |
| Wouter Winkelhorst | 1.13.13 | M 38 |

Apeldoorn 26-02-11 NK Indoor Studenten

| | | |
|-------------|-------|------|
| Heren | 400 m | |
| Roel Verwer | 52.01 | M 27 |

Goor 05-03-11 Bovenbergcross

| | | |
|-------------|--------|--|
| M.D. | 1500 m | |
| Susan Wouda | 7.09 | |

Vorden 06-03-11 ATAG Achtkastelenloop

| | | |
|--------------------|----------------|------|
| Heren | Halve marathon | |
| Wouter Winkelhorst | 1.41.14 | M 38 |

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|-------------------|---------|------|
| Heren | 30 km | |
| Martin ten Voorde | 2.32.36 | M 59 |

Enschede 06-03-11 Indoorwedstrijd

| | | | | |
|-------------|------|-------|--------|--------|
| M.D. | 60 m | 60 mh | Hoog | Kogel |
| Susan Wouda | 9.8 | 12.4 | 1.30 m | 7.35 m |

| | | |
|------------------|--------|--|
| M.A. | Hoog | |
| Marloes Klumpers | 1.55 m | |

| | | | | |
|----------------|------|--------|------|---------|
| J.P.C. | 40 m | Hoog | Bal | |
| Menno Scholten | 10.0 | 0.55 m | 6.53 | 150 pnt |

| | | | | |
|-----------|------|-------|--------|--|
| J.B. | 60 m | 60 mh | Hoog | |
| Tom Wouda | 8.0 | 11.0 | 1.50 m | |

Hengelo 13-03-11 4e Woolderesloop

| | | |
|-------------|--------|-------|
| M.D. | 1,4 km | |
| Susan Wouda | 5.08 | 2e pl |

| | | |
|-------------|---------|------|
| Dames | 15 km | |
| Carla Pelle | 1.18.34 | V 47 |

| | | |
|----------------|-------|------|
| Heren | 10 km | |
| Daniel Wentink | 41.44 | M 41 |

| | | |
|---------------------|---------|------|
| Heren | 15 km | |
| Richard Leussink | 1.05.27 | M 44 |
| Wilfried Oldenkotte | 1.06.25 | M 55 |
| Wouter Winkelhorst | 1.18.15 | M 38 |

Losser 20-03-11 14e THG Drielandenloop

| | | |
|--------------------|---------|------|
| Heren | 15 km | |
| Wouter Winkelhorst | 1.11.37 | M 38 |

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|-------------------|---------|------|
| Heren | 25 km | |
| Martin ten Voorde | 2.04.26 | M 59 |

Almelo 26-03-11 1e Seizoenswedstrijd

| | | | |
|-------------|------|--------|--------|
| M.D. | 60 m | 1000 m | Ver |
| Susan Wouda | 9.7 | 3.33.3 | 3.69 m |

| | | | |
|----------------|------|--------|---------|
| J.D. | 80 m | Ver | Speer |
| Boris Bintanja | 11.2 | 3.87 m | 26.42 m |

Haaksbergen 27-03-11 17e Engelse Mijlenloop

| | | | |
|------------------------|-------------|------|------------|
| M.P.A. | 1 EM | | |
| Emma Brummelhuis | 6.50 | CR | |
| Amber Velthof | 7.23 | | |
| Maureen Poth | 7.32 | | |
| Nienke Vogelzang | 8.59 | | |
| M.D. | 1 EM | | |
| Susan Wouda | 6.02 | CR | 1e pl |
| Nienke Willems | 6.49 | | |
| M.C. | 5 EM | | |
| Merle Eijsink | 44.51 | | |
| Femke Nijhof | 45.33 | | |
| M.B. | 5 EM | | |
| Anouk Katier | 40.22 | CR | |
| Quirien Reytenbagh | 40.25 | | |
| Maike ten Buuren | 44.51 | | |
| M.A. | 5 EM | | |
| Simone Baltink | 48.57 | | |
| Dames | 5 EM | | |
| Karin Bielevelt | 38.47 | V 45 | |
| Regien Tenhagen | 41.15 | V 47 | |
| Mathilde Plentinger | 41.30 | V 43 | |
| Astrid Vogt-Ellenbroek | 41.51 | V 43 | |
| Anita Somhorst-kuipers | 42.27 | V 45 | |
| Wil van Ulsen | 42.58 | V 59 | CR V 50+55 |
| Evalien Prins | 43.22 | V 28 | |
| Adrie Flöss | 44.33 | V 50 | |
| Mereke Foks | 44.39 | V 52 | |
| Loes Baltink | 45.18 | V 54 | |
| Anneke te Lintelo | 46.00 | V 44 | |
| Esther Wiegerinck | 46.04 | V 41 | |
| Natasja Bartels | 46.04 | V 38 | |
| Marjon Kok | 46.22 | V 45 | |
| Sanne Dijkman | 46.29 | V 27 | |
| Carolien Winkelman | 46.31 | V 40 | |
| Irma Katier | 46.32 | V 47 | |
| Anique Velthof- Meijer | 46.35 | V 44 | |
| Veronique van Os | 46.39 | V 37 | |
| Esther Hannink | 46.40 | V 40 | |
| Maureen Golbach | 46.41 | V 41 | |
| Leonie Exterkate | 46.57 | V 22 | |
| Debby Bouwhuis | 47.17 | V 37 | |
| Katja van den Berg | 47.40 | V 49 | |
| Mieke Bouwhuis | 47.47 | V 30 | |
| Nancy Stokkers | 47.55 | V 52 | |
| Monique Dijksterhuis | 48.28 | V 46 | |
| Anouk Menkehorst | 48.30 | V 38 | |
| Ria ter Huurne | 48.34 | V 45 | |
| Gerrie Groot Obbink | 49.15 | V 51 | |
| Elles Bieleveldt | 49.39 | V 42 | |
| Marjan Rupert | 49.40 | V 48 | |
| Miranda Goorhorst | 50.35 | V 35 | |
| Erika van de Lugt | 50.54 | V 37 | |
| Elisabeth Nijhof | 53.35 | V 51 | |
| Anja Hollink | 56.37 | V 60 | |
| Marian ten Voorde | 56.37 | V 55 | |
| Nicole Lubbers | 57.59 | V 29 | |
| Wijmco Jansen | 1.00.07 | V 62 | |
| Henriette Bannink | 1.02.05 | V 52 | |

Haaksbergen 27-03-11 17e Engelse Mijlenloop vervolg

| | | |
|------------------------|--------------|------|
| Dames Clinic | 5 EM | |
| Petra Velthuis | 40.29 | V 46 |
| Madelon Oskam | 41.45 | V 22 |
| Mia Groen | 41.47 | V 46 |
| Martine Veehof | 43.35 | V 35 |
| Sandra Wichers | 44.53 | V 26 |
| Jolanda Heuverhorst | 45.38 | V 42 |
| Mirthe Spikker | 46.16 | V 24 |
| Christina Moolhuizen | 47.39 | V 47 |
| Cathy Roelofs | 48.05 | V 50 |
| Ilse Leussenkamp | 48.41 | V 32 |
| Tineke Arnoldes | 49.56 | V 46 |
| Cynthia Spikker | 50.44 | V 55 |
| Anja Leferink | 50.49 | V 52 |
| Dianne Nijland | 51.14 | V 38 |
| Pauline Terhurne | 51.37 | V 45 |
| Marjolein Smit | 53.09 | |
| Liselot Borggreve | 53.12 | V 40 |
| Marieke Oude Kamphuis | 53.26 | V 34 |
| Sytze van Beijeren | 53.28 | V 47 |
| Joke de Wever | 53.29 | V 60 |
| Wendy Brevink | 55.53 | V 42 |
| Monique Hendriksen | 56.09 | V 38 |
| Carla Menzing | 56.30 | V 43 |
| Cecile Diepenmaat | 56.32 | V 48 |
| Anouk Schipper | 57.53 | V 40 |
| Sandra Spoor | 58.51 | V 48 |
| Henriete Eissink | 58.53 | V 48 |
| Sandra Tatti | 1.03.58 | V 42 |
| Dames | 10 EM | |
| Carla Pelle | 1.19.29 | V 47 |
| Esther Wiering | 1.20.48 | V 41 |
| Jacqueline Ooink | 1.21.02 | V 44 |
| Betsy Meijer | 1.21.15 | V 55 |
| Carina Slingerland | 1.21.28 | V 40 |
| Toyna Menzing | 1.25.59 | V 36 |
| Rachel Morssinkhof | 1.26.03 | V 30 |
| Renate Dieperink | 1.26.24 | V 42 |
| Vera Tuchter | 1.27.20 | V 28 |
| Carla van der Pol | 1.27.56 | V 53 |
| Natasja van de Schepop | 1.28.20 | V 41 |
| Veronique Weiters | 1.30.31 | V 42 |
| Marjon van Kemenade | 1.32.15 | V 51 |
| Ester Achterbosch | 1.32.16 | V 45 |
| Elly Terhurne | 1.33.01 | V 58 |
| José Busch | 1.35.26 | V 52 |
| Marian ten Voorde | 1.35.32 | V 55 |
| Petra Okkinga | 1.37.22 | V 46 |
| Jacquelien Jacobs | 1.42.02 | V 51 |
| Monique Ticheloven | 1.42.05 | V 37 |
| Margien Zieleman | 1.42.05 | V 52 |
| J.P.C. | 1 EM | |
| Ruben van Sark | 7.55 | CR |
| J.P.B. | 1 EM | |
| Bodhi Brandsma | 9.28 | |
| Rick Nijland | 11.04 | |

Haaksbergen 27-03-11 17e Engelse Mijlenloop vervolg

| | | |
|---------------------|-------------|-------|
| J.P.A. | 1 EM | |
| Karsten Brefeld | 6.49 | |
| Tom Klein Poelhuis | 6.56 | |
| Bram Brummelhuis | 7.23 | |
| Jens Willems | 7.24 | |
| | | |
| J.D. | 1 EM | |
| Boris Bintanja | 6.23 | 3e pl |
| Thijs Brummelhuis | 7.25 | |
| Joep Verbeek | 7.58 | |
| | | |
| J.C. | 5 EM | |
| Freek Bieleveld | 34.11 | |
| Tim Loohuis | 38.57 | |
| Cas van der Kuil | 39.19 | |
| | | |
| J.A. | 5 EM | |
| Boy Foks | 31.27 | |
| | | |
| Heren | 5 EM | |
| Fons van Sark | 33.03 | M 49 |
| Frank Wouda | 33.55 | M 21 |
| Ramon Veneboer | 34.52 | M 29 |
| Marc Eijsink | 35.06 | M 48 |
| Roel Verwer | 35.47 | M 27 |
| Kevin Simmelink | 36.00 | M 21 |
| Niels te Brake | 36.19 | M 26 |
| Marco de Jong | 37.05 | M 38 |
| Niels Schoemaker | 38.16 | M 26 |
| GertJan Foks | 38.35 | M 54 |
| Brain te Lintelo | 38.37 | M 45 |
| Richard Lansink | 39.51 | M 47 |
| Marcel Tijink | 40.19 | M 41 |
| Herman Winkelhorst | 40.39 | M 52 |
| Vincent Exterkate | 40.54 | M 53 |
| Ruud Lenferink | 41.07 | M 45 |
| Joep Thomassen | 42.11 | M 43 |
| Jerry Wissink | 41.51 | M 39 |
| Henk Eefsting | 42.50 | M 57 |
| Martijn Dijkhuis | 42.53 | M 34 |
| Ben van Sark | 44.03 | M 45 |
| Jan- Herman Tempel | 44.54 | M 46 |
| Robin Hofsté | 45.16 | M 46 |
| Han ten Dam | 45.22 | M 48 |
| Bas Eefsting | 46.05 | M 30 |
| Andre Aarnink | 46.39 | M 51 |
| Jan Dekker | 47.25 | M 55 |
| Harry Weegerink | 47.44 | M 56 |
| Frans de Feber | 48.19 | M 58 |
| Paul van der Voort | 48.38 | M 60 |
| Tonnie Janszen | 49.26 | M 69 |
| Michael Morsink | 49.50 | M 42 |
| | | |
| Heren Clinic | 5 EM | |
| | | |
| Fred Hoogenboom | 40.48 | M 50 |
| Han Oskam | 41.25 | M 58 |
| Wouter Isaacson | 42.18 | M 41 |
| Yvo van Hout | 42.22 | M 42 |
| Frans Belshof | 42.23 | M 54 |

Haaksbergen 27-03-11 17e Engelse Mijlenloop vervolg

| | | |
|-----------------------|-------|------|
| Ton Hilderink | 43.42 | M 38 |
| Ben Roerink | 44.11 | M 39 |
| Hilbrand Bergsma | 44.30 | M 33 |
| Rinus Morsinkhof | 48.46 | M 44 |
| Marc Brandsma | 51.44 | M 45 |
| Joop Berendsen | 52.08 | M 59 |
| Gerrit Jan ten Böhmer | 58.51 | M 49 |

| | | |
|---------------------|---------|------|
| Heren | 10 EM | |
| Freddie Dieperink | 1.03.22 | M 44 |
| Benno Scharenborg | 1.03.39 | M 45 |
| Tom Tuchter | 1.04.55 | M 32 |
| Bart Dijkman | 1.06.55 | M 31 |
| Gerard Boink | 1.07.57 | M 55 |
| Ruud ten Voorde | 1.09.22 | M 47 |
| HenkJan Baltink | 1.10.08 | M 56 |
| Jeroen Moes | 1.10.12 | M 39 |
| Erik ten Siethof | 1.11.09 | M 43 |
| Martijn van Bussel | 1.12.48 | M 39 |
| Wilfried Oldenkotte | 1.13.00 | M 55 |
| Erwin Slaghekke | 1.13.29 | M 44 |
| Martin ten Voorde | 1.13.59 | M 59 |
| Peter Rupert | 1.14.32 | M 51 |
| Hans Braam | 1.14.34 | M 63 |
| Cor Terhurne | 1.14.34 | M 59 |
| Mark Menzing | 1.14.44 | M 43 |
| Harry Maathuis | 1.14.45 | M 61 |
| Huub Hodes | 1.15.07 | M 46 |
| Wouter Winkelhorst | 1.15.45 | M 38 |
| Hans ten Voorde | 1.15.52 | M 48 |
| Jurgen Bouwmeester | 1.16.14 | M 32 |
| Patrick Karnebeck | 1.16.57 | M 42 |
| Paul Eijkelenkamp | 1.17.11 | M 45 |
| Jasper ten Berge | 1.20.12 | M 30 |
| Frank Reimerink | 1.20.45 | M 35 |
| Remco Harnes | 1.21.06 | M 37 |
| Henny Leferink | 1.21.09 | M 54 |
| Henk Bokdam | 1.21.24 | M 52 |
| Frank ter Woerds | 1.21.51 | M 45 |
| Donny Meijerink | 1.22.36 | M 49 |
| Marcel Vogt | 1.22.53 | M 46 |
| Rob Hoogland | 1.22.56 | M 45 |
| Dinant Bannink | 1.23.03 | M 54 |
| Dick Dijkman | 1.23.16 | M 60 |
| Hayo Okkinga | 1.24.46 | M 45 |
| Herman Wormgoor | 1.25.28 | M 59 |
| Edwin Molenkamp | 1.26.03 | M 46 |
| René Kleinsman | 1.27.17 | M 39 |
| Jan Bouman | 1.28.02 | M 53 |
| Leendert van Herk | 1.28.07 | M 61 |
| Ben Tenhagen | 1.28.22 | M 50 |
| GertJan Foks | 1.28.34 | M 54 |
| Marcel de Wijs | 1.32.14 | M 53 |
| Louwrens Moolhuizen | 1.34.09 | M 47 |

Haaksbergen 02-04-11 Blokmeerkamp

| | | | | | |
|-----------------|------|--------|------|-------|-------|
| M.P.B. | 40 m | 1000 m | Ver | Kogel | |
| Jana Kamps | 6.9 | 4.45.0 | 3.08 | 3.63 | 2e pl |
| M.P.A. | 60 m | 1000 m | Ver | Kogel | |
| Amber Velthof | 9.9 | 4.00.3 | 3.24 | 6.39 | |
| Esmee ter Beest | 11.3 | 5.08.4 | 2.55 | 4.38 | |

Haaksbergen 02-04-11 Blokmeerkamp vervolg

| M.D. | 60 m | 60 mh | Ver | Kogel | Speer |
|----------------|------|-------|------|-------|-------|
| Susan Wouda | 9.4 | 12.8 | 3.60 | 7.82 | 15.43 |
| Nienke Willems | 9.6 | 12.3 | 3.68 | 6.51 | 12.89 |
| Bo Slotman | 9.8 | 16.7 | 3.04 | 5.91 | 8.64 |
| Tess Somhorst | 10.1 | 19.6 | 2.63 | 4.68 | 8.96 |
| Iris ter Beest | 12.1 | DNS | 2.04 | 3.98 | 6.06 |

| M.C. | 80 m | 80 mh | Ver | Kogel | Speer |
|---------------|------|-------|------|-------|-------|
| Merle Eijsink | 12.8 | 18.5 | 3.65 | 6.40 | 10.80 |
| Femke Nijhof | 13.3 | 19.3 | 3.17 | 6.30 | 13.07 |

| J.P.C. | 40 m | 600 m | Ver | Bal |
|----------------|------|--------|------|-------|
| Ruben van Sark | 8.2 | 2.35.3 | 2.52 | 19.88 |
| Tyaro Leppink | 8.6 | 3.10.3 | 1.90 | 11.71 |
| Dylan Leppink | 8.5 | 3.05.2 | 2.10 | 7.56 |
| Menno Scholten | 10.0 | 3.32.2 | 1.49 | 6.10 |

| J.P.B. | 40 m | 1000 m | Ver | Kogel |
|--------------|------|--------|------|-------|
| Rick Nijland | 8.6 | 5.18.7 | 1.98 | 2.89 |

| J.P.A. | 60 m | 1000 m | Ver | Kogel |
|--------------------|------|--------|------|-------|
| Karsten Brefeld | 10.0 | 4.11.5 | 3.25 | 6.27 |
| Bram Brummelhuis | 10.0 | 4.21.9 | 3.48 | 4.89 |
| Tom Klein Poelhuis | 10.2 | 4.15.4 | 3.10 | 4.52 |
| Jens Willems | 10.3 | 4.23.5 | 2.90 | 5.16 |

Vught 03-04-11 Instuifwedstrijd

| Heren | 150 m | 300 m |
|-------------|-------|-------|
| Roel Verwer | 17.05 | 36.61 |

Hengelo 03-04-11 39e Halve Marathon

| M.D. | 1500 m | |
|-------------|--------|-------|
| Susan Wouda | 5.33 | 2e pl |

| M.C. | 5 km | |
|--------------|-------|--|
| Femke Nijhof | 27.13 | |

| Dames | 10 km | |
|------------------|-------|------|
| Jacqueline Ooink | 51.01 | V 44 |
| Regien Tenhagen | 53.02 | V 47 |

| Dames | Halve Marathon | |
|--------------------|----------------|------|
| Carla Pelle | 1.47.45 | V 47 |
| Carina Slingerland | 1.53.14 | V 40 |

| J.C. | 10 km | |
|-------------|-------|--|
| Tim Loohuis | 54.12 | |

| J.B. | 5 km | |
|-----------|-------|--|
| Tom Wouda | 23.01 | |

| Heren | 15 km | |
|----------------|---------|------|
| Laurens Weeink | 1.24.40 | M 53 |

| Heren | Halve Marathon | |
|--------------------|----------------|------|
| Martijn van Bussel | 1.33.24 | M 39 |
| Richard Leussink | 1.34.41 | M 44 |
| Wouter Winkelhorst | 1.42.54 | M 38 |
| Harry Weegerink | 1.50.10 | M 56 |
| Jan Bouman | 2.03.20 | M 53 |

Enschede 08-04-11 Avondwedstrijd AB Junioren en Senioren

| | | | | | |
|--------------------------|-----------------|-----------------|----------------|-----------------|---------|
| M.A. Marloes Klumpers | Hoog 1.45 m | | | | |
| Dames Susan van Sark | 800 m 2.51.4 | Kogel | | V 21 | |
| Renske van Sark | | 8.15 m | | V 21 | |
| J.B. Tom Wouda | 110 mh 20.0 | 800 m 2.20.3 | Hoog 1.50 m | Kogel 8.27 m | Speer |
| Noah Freriksen | | | 1.50 m | | 22.91 m |
| J.A. Boy Foks | 800 m 2.14.8 | | | | |
| Heren Frank Wouda | 800 m 2.20.0 | | | | |

Hengelo 09-04-11 1e Medaillewedstrijd

| | | | | | |
|---------------------------|------------------|----------------|------------------|--|--|
| M.P.B. Jana Kamps | 1000 m 4.36.1 | Ver 3.08 m | Bal 14.81 m | | |
| M.P.A. Amber Velthof | 60 m 9.5 | Hoog 1.10 m | Bal 18.72 m | | |
| Esmee ter Beest | 11.0 | 0.90 m | 17.55 m | | |
| M.D. Susan Wouda | 60 m 9.2 | Hoog 1.30 m | Kogel 7.03 m | | |
| Nienke Willems | 9.6 | 1.20 m | 6.37 m | | |
| Bo Slotman | 9.8 | 1.10 m | 5.84 m | | |
| Tes Somhorst | 9.9 | 0.95 m | 5.32 m | | |
| Iris Beest | 13.1 | x | 4.39 m | | |
| J.P.C. Dylan Leppink | 40 m 8.7 | Hoog 0.80 m | Bal 12.15 m | | |
| Ruben van Sark | 8.1 | 0.70 m | 20.13 m | | |
| Tyaro Leppink | 8.6 | 0.65 m | 11.46 m | | |
| J.P.B. Rick Nijland | 40 m 8.3 | Hoog 0.75 m | Kogel 3.22 m | | |
| Leon ten Elshof | 7.2 | 0.75 m | 3.15 m | | |
| J.P.A. Karsten Brefeld | 1000 m 4.09.4 | Ver 3.28 m | Kogel 6.22 m | | |
| Jens Willems | 4.19.6 | 3.07 m | 5.46 m | | |
| Bram Brummelhuis | 4.12.6 | 3.33 m | 5.35 m | | |
| Tom Klein Poelhuis | 4.02.1 | 3.32 m | 4.89 m | | |
| J.D. Boris Bintanja | 1000 m 3.36.3 | Ver 3.97 m | Kogel 7.83 m | | |
| Mart van der Kuil | 4.01.4 | 3.02 m | 5.99 m | | |
| Stan de Leeuw | 4.18.1 | 3.17 m | 5.60 m | | |
| Leon Masselink | 4.31.2 | 2.54 m | 4.62 m | | |
| Thijs Brummelhuis | 4.05.5 | 3.66 m | 4.27 m | | |
| J.C. Cas van der Kuil | 100 m 14.7 | Hoog 1.30 m | Speer 22.15 m | | |
| Koen Belshof | 15.2 | 1.10 m | 21.43 m | | |
| Folkert Somhorst | 16.4 | x | x | | |

Enschede 16-04-11 1e CD Competitiewedstrijd 2e Divisie

| M.D. | 6e pl | 2397 pnt |
|----------------|--------|----------|
| Bo Slotman | 4x60 m | 39.4 |
| Tess Somhorst | 4x60 m | 39.4 |
| Susan Wouda | 4x60 m | 39.4 |
| Nienke Willems | 4x60 m | 39.4 |
| Tess Somhorst | 60 m | 10.6 |
| Iris ter Beest | 60 m | 11.8 |
| Nienke Willems | 60 mh | 12.5 |
| Susan Wouda | 1000 m | 3.31.9 |
| Bo Slotman | Ver | 3.19 m |
| Tess Somhorst | Ver | 2.87 m |
| Susan Wouda | Hoog | 1.40 m |
| Nienke Willems | Hoog | 1.25 m |
| Iris ter Beest | Kogel | 4.04 m |
| Bo Slotman | Speer | 9.23 m |

| J.D. | 7e pl | 2223 pnt |
|-------------------|---------|----------|
| Mart van der Kuil | 4x 80 m | 52.0 |
| Boris Bintanja | 4x 80 m | 52.0 |
| Leon masselink | 4x 80 m | 52.0 |
| Thijs Brummelhuis | 4x 80 m | 52.0 |
| Boris Bintanja | 80 m | 11.6 |
| Mart van der Kuil | 80 m | 13.2 |
| Stan de Leeuw | 80 m | 13.5 |
| Thijs Brummelhuis | 80 mh | 17.3 |
| Leon masselink | 1000 m | 4.31.5 |
| Leon masselink | Ver | 2.36 m |
| Boris Bintanja | Hoog | 1.45 m |
| Mart van der Kuil | Hoog | 1.15 m |
| Stan de Leeuw | Kogel | 5.07 m |
| Thijs Brummelhuis | Discus | 10.24 m |

Enschede 17-04-11 43e Marathon

| Dames | 5 EM | |
|------------------------|-------|------|
| Regien Tenhagen | 41.40 | V 47 |
| Astrid Vogt-Ellenbroek | 44.04 | V 43 |
| Mathilde Plentinger | 41.48 | V 43 |
| Monique Ticheloven | 48.10 | V 37 |
| Miranda Goorhorst | 52.51 | V 35 |

| Dames | Halve Marathon | |
|-----------------------|----------------|------|
| Carla Pelle | 1.48.53 | V 47 |
| Esther Wiering | 1.52.58 | V 41 |
| Toyna Menzing | 1.56.07 | V 36 |
| Monique Dijksterhuis | 1.57.56 | V 46 |
| Veronique Weiters | 1.59.44 | V 42 |
| Vera Tuchter | 2.05.52 | V 28 |
| Elly Terhurne-Konings | 2.06.54 | V 58 |
| Marian ten Voorde | 2.07.56 | V 55 |

| J.P.A. | 3 EM | |
|--------------------|-------|--|
| Tom Klein Poelhuis | 26.23 | |

| Heren | 5 EM | |
|---------------|-------|------|
| Bart Bemthuis | 34.40 | M 21 |
| Han Slotman | 41.04 | M 46 |
| Jerry Wissink | 42.17 | M 39 |
| Marc Brandsma | 52.36 | M 45 |

Enschede 17-04-11 43e Marathon vervolg

| Heren | Halve Marathon | | |
|---------------------|----------------|------|---------|
| Gerard Boink | 1.33.28 | M 55 | CR M 55 |
| Bart Dijkman | 1.34.03 | M 31 | |
| Richard Leussink | 1.34.10 | M 44 | |
| Ruud ten Voorde | 1.36.26 | M 47 | |
| HenkJan Baltink | 1.37.59 | M 56 | |
| Jasper ten Berge | 1.38.49 | M 30 | |
| Cor Terhurne | 1.41.06 | M 59 | |
| Wouter Winkelhorst | 1.42.04 | M 38 | |
| Huub Hodes | 1.42.13 | M 46 | |
| Harry Maathuis | 1.43.06 | M 61 | |
| Peter Rupert | 1.43.59 | M 51 | |
| Hans ten Voorde | 1.45.14 | M 48 | |
| Erwin Slaghekke | 1.45.46 | M 44 | |
| Mark Menzing | 1.45.46 | M 43 | |
| Remco Harmes | 1.50.00 | M 37 | |
| Marco de Jong | 1.50.02 | M 38 | |
| Rob Hoogland | 1.55.12 | M 45 | |
| Jan Bouman | 1.58.36 | M 53 | |
| Jan Dekker | 2.21.55 | M 55 | |
| | | | |
| Heren | Marathon | | |
| Wilfried Oldenkotte | 3.23.54 | M 55 | CR M 55 |
| Martijn van Bussel | 3.36.20 | M 39 | |
| Martin ten Voorde | 3.43.34 | M 59 | |

Emmen 17-04-11 1e Competitiewedstrijd B Junioren 2e Divisie

| M.B. | 16e pl | 3681 pnt | |
|--------------------|--------------|----------|------|
| Quirien Reytenbagh | 4x100 m | 58.21 | |
| Anouk Katier | 4x100 m | 58.21 | |
| Emily Klein Rot | 4x100 m | 58.21 | |
| Merle Eijsink | 4x100 m | 58.21 | M.C. |
| Emily Klein Rot | 100 m | 15.13 | |
| Emily Klein Rot | 100 m Horden | 19.33 | |
| Anouk Katier | 400 m | 71.99 | |
| Quirien Reytenbagh | 800 m | 2.57.20 | |
| Anouk Katier | Ver | 4.04 m | |
| Merle Eijsink | Ver | 3.81 m | M.C. |
| Femke Nijhof | Hoog | 1.25 m | M.C. |
| Merle Eijsink | Kogel | 6.16 m | M.C. |
| Femke Nijhof | Discus | 14.34 m | M.C. |
| Quirien Reytenbagh | Speer | 17.23 m | |

Hengelo 20-04-11 Johan Knaap Games

| | | | | |
|------------------|---------|-------|--------|------|
| M.A. | 100 m | 200 m | | |
| Marloes Klumpers | 14.25 | 29.11 | | |
| | | | | |
| Dames | 800 m | | Kogel | |
| Susan van Sark | 2.50.02 | PR | | V 21 |
| Renske van Sark | | | 8.06 m | V 21 |
| | | | | |
| J.A. | 800 m | | | |
| Boy Foks | 2.10.93 | PR | | |

Hengelo 20-04-11 Johan Knaap Games vervolg

| | | | | |
|---------------|---------|------|--|----|
| Heren | 4x400 m | | | |
| Boy Foks | 3.37.97 | J.A. | | CR |
| Frank Wouda | 3.37.97 | M 21 | | CR |
| Nick de Waart | 3.37.97 | M 20 | | CR |
| Roel Verwer | 3.37.97 | M 27 | | CR |

| | | | | |
|-----------------|-------|-------|---------|------|
| Heren | 100 m | 200 m | 800 m | |
| Roel Verwer | 11.44 | 22.63 | | M 27 |
| Kevin Simmelink | 12.29 | 24.75 | | M 21 |
| Frank Wouda | | 24.48 | | M 21 |
| Nick de Waart | | | 2.15.89 | M 20 |

Utrecht 25-04-11 Marathon

| | | | |
|--------------------|----------------|------|--|
| Heren | Halve Marathon | | |
| Wouter Winkelhorst | 1.48.21 | M 38 | |

Ede 08-05-11 1e Competiewedstrijd 3e Divisie

| | | | | |
|------------------|-------------------|----------|-------|----|
| Dames | | 6140 pnt | 4e pl | |
| Anouk Katier | Zweedse Estafette | 2.41.29 | M.B. | |
| Susan van Sark | Zweedse Estafette | 2.41.29 | V 21 | |
| Marloes Klumpers | Zweedse Estafette | 2.41.29 | M.A. | |
| Dewi Koppelman | Zweedse Estafette | 2.41.29 | V 26 | |
| Dewi Koppelman | 100 m | 13.65 | V 26 | |
| Romy Brugge | 100 m | 15.15 | V 20 | |
| Emily Klein Rot | 100 mH | 20.49 | M.B. | |
| Romy Brugge | 100 mH | 20.50 | V 20 | |
| Marloes Klumpers | 200 m | 28.60 | M.A. | |
| Dewi Koppelman | 200 m | 28.79 | V 26 | |
| Anouk Katier | 400 m | 69.55 | M.B. | PR |
| Simone Baltink | 400 m | 79.99 | M.A. | |
| Susan van Sark | 800 m | 2.47.47 | V 21 | PR |
| Marjolein van Os | 3000 m | 12.01.36 | V 27 | |
| Susan van Sark | Ver | 4.47 m | V 21 | PR |
| Marloes Klumpers | Hoog | 1.50 m | M.A. | |
| Charlotte van Os | Kogel | 10.54 m | V 31 | |
| Renske van Sark | Kogel | 7.81 m | V 21 | |
| Marjolein van Os | Speer | 29.59 m | V 27 | |

Ede 08-05-11 1e Competiewedstrijd 3e Divisie vervolg

| | | | | |
|------------------|-------------------|----------|-------|----|
| Heren | | 6559 pnt | 9e pl | |
| Roel Verwer | Zweedse Estafette | 2.04.67 | M 27 | |
| Kevin Simmelink | Zweedse Estafette | 2.04.67 | M 21 | |
| Frank Wouda | Zweedse Estafette | 2.04.67 | M 21 | |
| Erik Teunissen | Zweedse Estafette | 2.04.67 | M 27 | |
| Chris Kalter | 100 m | 12.39 | M 26 | |
| Erik Teunissen | 100 m | 12.09 | M 27 | |
| Bart Bemthuis | 110 mH | DQ | M 21 | |
| Roel Verwer | 200 m | 22.52 | M 27 | |
| Kevin Simmelink | 200 m | 24.46 | M 21 | |
| Frank Wouda | 400 m | 53.84 | M 21 | |
| Nick de Waart | 800 m | 2.16.18 | M 20 | |
| Tom Wouda | 800 m | 2.15.30 | J.B. | PR |
| Boy Foks | 5000 m | 19.10.08 | J.A. | |
| Stefan Hummelink | Ver | 6.20 m | M 21 | PR |

Ede 08-05-11 1e Competiewedstrijd 3e Divisie vervolg

| | | | |
|------------------|--------|---------|------|
| Ramon Veneboer | Hoog | 1.70 m | M 29 |
| Bart Bemthuis | H.S.S. | 11.08 m | M 21 |
| Ramon Veneboer | Kogel | 10.67 m | M 29 |
| Ben van Sark | Kogel | 10.51 m | M 45 |
| Stefan Hummelink | Speer | 45.65 m | M 21 |

Hengelo 14-05-11 2e CD Competitiewedstrijd 2e Divisie

| | | | |
|----------------|--------|----------|----|
| M.D. | 6e pl | 2219 pnt | |
| Bo Slotman | 4x60 m | 39.3 | |
| Tess Somhorst | 4x60 m | 39.3 | |
| Susan Wouda | 4x60 m | 39.3 | |
| Iris ter Beest | 4x60 m | 39.3 | |
| Tess Somhorst | 60 m | 10.5 | |
| Iris ter Beest | 60 m | 11.6 | PR |
| Bo Slotman | 60 mh | 13.7 | |
| Susan Wouda | 1000 m | 3.36.5 | |
| Tess Somhorst | Ver | 2.86 m | |
| Susan Wouda | Hoog | 1.25 m | |
| Iris ter Beest | Kogel | 4.18 m | |
| Bo Slotman | Speer | 11.09 m | PR |

| | | | |
|-------------------|---------|----------|----|
| J.D. | 7e pl | 2222 pnt | |
| Mart van der Kuil | 4x 80 m | 50.9 | PR |
| Boris Bintanja | 4x 80 m | 50.9 | PR |
| Leon masselink | 4x 80 m | 50.9 | PR |
| Thijs Brummelhuis | 4x 80 m | 50.9 | PR |
| Boris Bintanja | 80 m | 11.4 | |
| Mart van der Kuil | 80 m | 13.4 | |
| Thijs Brummelhuis | 80 mh | 17.0 | PR |
| Leon masselink | 1000 m | 4.35.9 | |
| Leon masselink | Ver | 2.09 m | |
| Boris Bintanja | Hoog | 1.45 m | |
| Mart van der Kuil | Hoog | 1.10 m | |
| Stan de Leeuw | Kogel | 5.04 m | |
| Thijs Brummelhuis | Discus | 9.94 m | |

Enschede 15-05-11 64e Bommelasloop

| | | |
|-------------------|---------|------|
| Dames | 11,2 km | |
| Ester Achterbosch | 1.03.58 | V 45 |

| | | |
|-------------------|---------|------|
| Dames | 16,4 | |
| José Busch | 1.40.13 | V 52 |
| Jacqueline Jacobs | 1.40.14 | V 51 |

| | | |
|--------------------|---------|------|
| Heren | 11,2 km | |
| Martin ten Voorde | 52.45 | M 59 |
| Wouter Winkelhorst | 53.16 | M 38 |
| Jurgen Bouwmeester | 58.59 | M 32 |
| Frank ter Woerds | 1.03.26 | M 45 |
| Andre Aarnink | 1.06.20 | M 51 |

| | | |
|------------------|---------|------|
| Heren | 16,4 | |
| Richard Leussink | 1.12.41 | M 44 |

Haaksbergen 18-05-11 Junioren C-B-A en Senioren Avondwedstrijd

| | | | | | |
|--------------------|--------|---------|------------|------------|------|
| M.P.A. | 80 m | Hoog | Kogel 3 kg | | |
| Amber Velthof | 12.9 | 1.20 | 4.85 | | |
| M.D. | 600 m | | | | |
| Susan Wouda | 1.54.1 | | | | |
| M.D. | 80 m | Hoog | Kogel 3 kg | | |
| Susan Wouda | 12.4 | 1.30 | 6.43 | | |
| Nienke Willems | 12.4 | 1.10 | 5.48 | | |
| Tess Somhorst | 13.8 | DNF | 5.36 | | |
| M.C. | 80 m | Hoog | Kogel 3 kg | | |
| Hanneke ten Buuren | 12.4 | 1.25 | 6.81 | | |
| Merle Eijsink | 12.6 | 1.30 | 5.98 | | |
| M.B. | 100 m | 200 m | 800 m | | |
| Maike ten Buuren | | | 4.00.0 | | |
| Carlien Hartgerink | | | 3.59.0 | | |
| Linde Gelissen | | | 3.47.0 | | |
| Anouk Katier | 14.2 | 29.9 | | | |
| Emily Klein Rot | 14.6 | 30.8 | | | |
| M.A. | 100m | 200m | | | |
| Marloes Klumpers | 13.7 | 28.3 | | | |
| Dames | 800 m | 1500 m | Ver | | |
| Susan van Sark | 2.52.5 | | 4.29 | V 21 | |
| Marjolein van Os | | 5.23.7 | | V 27 | |
| Dames | Kogel | Discus | Speer | | |
| Doris Willekes | 7.99 m | 28.13 m | 14.72 m | V 48 | |
| J.D. | 100 m | 800 m | Hoog | Kogel 4 kg | |
| Mart van der Kuil | 16.2 | 3.10.4 | 1.15 m | 5.24 m | |
| Boris Bintanja | 14.4 | | 1.30 m | 6.54 m | |
| Kelvin Gewalt | 16.8 | | 1.10 m | 4.38 m | |
| J.C. | 100 m | 800 m | Hoog | Kogel 4 kg | |
| Cas van der Kuil | 14.0 | 2.34.1 | 1.35 m | 7.57 m | |
| Freek Bieleveld | | 2.34.5 | | | |
| Tim Loohuis | 15.2 | 2.56.9 | 1.20 m | 5.48 m | |
| Koen Belshof | 15.2 | 3.21.0 | 1.15 m | 6.81 m | |
| J.B. | 100 m | 200 m | 800 m | Ver | |
| Tom Wouda | 12.0 | 25.6 | 2.15.0 | 5.06 m | |
| Bart Somhorst | 12.7 | | | | |
| J.B. | Kogel | Discus | Speer | | |
| Noah Freriksen | 8.08 | 16.16 | 24.77 | | |
| Bas Reith | 7.46 | 17.41 | 21.46 | | |
| Heren | Kogel | Discus | Speer | | |
| Hummelink, Stefan | 8.75 | 30.63 | 41.11 | M 21 | |
| Heren | 100 m | 200 m | 5000 m | Ver | |
| Hummelink, Stefan | | | | 5.95 | M 21 |
| Verwer, Roel | 11.0 | 22.3 | | 5.62 | M 27 |
| Frank Wouda | 11.9 | 24.3 | | | M 21 |
| Nick de Waart | 12.3 | 25.1 | | | M 20 |
| Teunissen, Erik | 12.0 | | | 5.26 | M 27 |
| Kalter, Chris | 12.4 | | | 4.97 | M 26 |
| Jan Lammers | | | | 19.59.0 | M 54 |
| HenkJan Baltink | | | | 20.33.3 | M 56 |

Ahaus 20-05-11 9e VFL Stadtfestlauf

| | | |
|----------------------|-------|------|
| Dames | 10 km | |
| Monique Dijksterhuis | 54.35 | V 46 |
| Elly Terhurne | 55.06 | V 58 |
| Monica de Groot | 55.38 | V 46 |

| | | |
|---------------------|---------|------|
| Heren | 10 km | |
| Jan Lammers | 43.14 | M 54 |
| Cor Terhurne | 45.29 | M 59 |
| Hans Braam | 46.24 | M 63 |
| Erwin Slaghekke | 46.25 | M 44 |
| Wouter Winkelhorst | 46.28 | M 38 |
| Henk Bokdam | 48.40 | M 52 |
| Dinant Bannink | 50.45 | M 54 |
| Theo van Swam | 51.06 | M 46 |
| Jan Bouman | 53.27 | M 53 |
| Toon Tankink | 53.43 | M 61 |
| Edwin Molenkamp | 55.07 | M 46 |
| Hilbrand Bergsma | 58.07 | M 33 |
| Johan Bok | 58.42 | M 46 |
| Louwrens Moolhuizen | 1.01.53 | M 47 |

Almelo 21-05-11 2e Medaillewedstrijd

| | | | |
|------------|------|--------|--------|
| M.P.B. | 40 m | Hoog | Kogel |
| Jana Kamps | 7.1 | 0.95 m | 4.13 m |

| | | | |
|-----------------|--------|--------|--------|
| M.P.A. | 1000 m | Ver | Kogel |
| Esmee ter Beest | 5.27.7 | 2.79 m | 5.37 m |

| | | | |
|----------------|--------|--------|---------|
| M.D. | 600 m | Ver | Speer |
| Nienke Willems | 2.03.8 | 3.76 m | 12.65 m |
| Susan Wouda | 1.59.3 | 4.03 m | 15.30 m |
| Bo Slotman | 2.16.9 | 3.10 m | 10.52 m |
| Iris Beest | 2.40.7 | 2.42 m | 5.77 m |

| | | | | |
|--------------------|------|--------|--------|---------|
| M.C. | 80 m | Hoog | Kogel | Discus |
| Hanneke ten Buuren | 12.0 | 1.25 m | 6.55 m | 15.39 m |
| Merle Eijsink | 12.5 | 1.30 m | 6.16 m | 10.82 m |

| | | | |
|----------------|--------|--------|---------|
| J.P.C. | 600 m | Ver | Bal |
| Ruben van Sark | 2.22.5 | 2.72 m | 15.15 m |
| Tyaro Leppink | 2.49.8 | 2.29 m | 14.66 m |
| Dylan Leppink | 3.03.2 | 2.34 m | 9.65 m |

| | | | |
|---------------------|--------|--------|---------|
| J.P.B. | 1000 m | Ver | Bal |
| Leon ten Elshof | 4.24.6 | 3.05 m | 15.43 m |
| Timon van der Heide | 5.01.6 | 2.32 m | 8.37 m |
| Rick Nijland | 5.07.7 | 2.42 m | 11.41 m |

| | | | |
|--------------------|------|--------|---------|
| J.P.A. | 60 m | Hoog | Bal |
| Bram Brummelhuis | 9.8 | 1.00 m | 19.33 m |
| Karsten Brefeld | 9.9 | 0.95 m | 26.79 m |
| Tom Klein Poelhuis | 10.0 | 1.05 m | 25.77 m |
| Jens Willems | 10.5 | 0.95 m | 21.55 m |

| | | | |
|-------------------|------|--------|---------|
| J.D. | 80 m | Hoog | Speer |
| Boris Bintanja | 11.4 | 1.40 m | 27.25 m |
| Thijs Brummelhuis | 12.4 | 1.20 m | 8.22 m |
| Mart van der Kuil | 12.7 | 1.25 m | 17.99 m |
| Stan de Leeuw | 13.3 | 1.05 m | 13.45 m |
| Leon Masselink | 14.1 | x | 9.61 m |

Almelo 21-05-11 2e Medaillewedstrijd vervolg

| J.C. | 800 m | Ver | Kogel | Discus |
|------------------|--------|--------|--------|---------|
| Cas van der Kuil | 2.44.6 | 3.76 m | 7.54 m | 14.43 m |
| Folkert Somhorst | 3.05.6 | 2.82 m | 3.06 m | 8.06 m |
| Koen Belshof | 3.19.2 | 3.61 m | 6.18 m | 14.37 m |

Eibergen 22-05-11 13e Eiberrun

| | | | |
|--------------------|---------|------|--|
| M.C. | 5 EM | | |
| Femke Nijhof | 46.48 | | |
| Dames | 5 EM | | |
| Esther Hannink | 48.40 | V 40 | |
| Katja van den Berg | 50.04 | V 49 | |
| Mini Eefsting | 51.30 | V 59 | |
| Carla Menzing | 58.29 | V 43 | |
| Cecile Diepenmaat | 58.31 | V 48 | |
| Dames | 10 EM | | |
| Carla Pelle | 1.21.49 | V 47 | |
| Heren | 5 EM | | |
| Henk Eefsting | 45.49 | M 57 | |
| Bas Eefsting | 47.03 | M 30 | |
| Jan- Herman Tempel | 47.07 | M 46 | |
| Han ten Dam | 47.10 | M 48 | |
| Marc Brandsma | 49.18 | M 45 | |
| Jan Dekker | 49.32 | M 55 | |
| Heren | 10 EM | | |
| Daniel Wentink | 1.05.38 | M 41 | |
| Gerard Boink | 1.09.45 | M 55 | |
| Richard Leussink | 1.10.05 | M 44 | |
| Marc Eijsink | 1.12.24 | M 48 | |
| Huub Hodes | 1.13.28 | M 46 | |
| Wouter Winkelhorst | 1.14.36 | M 38 | |

Emmen 23-05-11 2e Competitiewedstrijd B Junioren 2e Divisie

| | | | |
|--------------------|--------------|----------|------|
| M.B. | 16e pl | 2789 pnt | |
| Quirien Reytenbagh | 4x100 m | x | |
| Maike ten Buuren | 4x100 m | x | |
| Emily Klein Rot | 4x100 m | x | |
| Merle Eijsink | 4x100 m | x | M.C. |
| Maike ten Buuren | 100 m | 14.89 | |
| Emily Klein Rot | 100 m Horden | 20.28 | |
| Carlien Hartgerink | 400 m | 77.83 | |
| Maike ten Buuren | 800 m | 3.00.76 | |
| Merle Eijsink | Ver | x | |
| Emily Klein Rot | Hoog | 1.35 m | |
| Carlien Hartgerink | Hoog | 1.35 m | |
| Merle Eijsink | Kogel | 5.58 m | M.C. |
| Hanneke ten Buuren | Discus | 15.19 m | M.C. |
| Hanneke ten Buuren | Speer | 18.39 m | M.C. |

Dalfsen 25-05-11 Station tot Station Loop

| | | | |
|-------------|---------|------|--|
| Heren | 10 EM | | |
| Jan Lammers | 1.10.17 | M 54 | |

Hengelo 26-05-11 FBK Dubbele Mijl

| | | |
|------------------|-------|-------|
| M.D. | 2 EM | |
| Susan Wouda | 13.11 | 1e pl |
| Dames | 2 EM | |
| Anouk Menkehorst | 17.50 | V 38 |
| J.B. | 2 EM | |
| Tom Wouda | 12.51 | |

Vriezenveen 27-05-11 9e Twenterand Run

| | | |
|--------------------|-------|------|
| Heren | 10 km | |
| Wouter Winkelhorst | 43.28 | M 38 |

Hengelo 29-05-11 FBK Local Heroes Kids Run

| | | |
|-----------------|---------|--|
| J.P.A. | 1000 m | |
| Jens Willems | 5.32.62 | |
| Karsten Brefeld | 5.17.08 | |

Hengelo 29-05-11 FBK Challenge

| | | |
|----------------------|-------|------|
| Heren | 100 m | |
| Sebastiaan Steenberg | 11.45 | M 26 |

Groningen 02-06-11 Nederlandse Studenten Kampioenschappen

| | | |
|------------------|--------|------|
| M.A. | Hoog | |
| Marloes Klumpers | 1.50 m | |
| Heren | 400 m | |
| Frank Wouda | 54.86 | M 21 |

Rijssen 03-06-11 Baaninstuif

| | | | |
|----------------|---------|---------|-----------|
| M.D. | Ver | Hoog | Speer |
| Susan Wouda | 3.85 m | 1.30 m | 16.17 m |
| J.D. | Ver | Kogel | |
| Boris Bintanja | 3.98 m | 7.69 m | |
| J.B. | 100 m | 200 m | Ver |
| Tom Wouda | 12.3 PR | 24.8 PR | 5.17 m PR |

Assen 05-06-11 2e Competiewedstrijd 3e Divisie

| Dames | | 6100 pnt | 8e pl |
|--------------------|---------|----------|-------|
| Marloes Klumpers | 4x100 m | 56.21 | M.A. |
| Quirien Reytenbagh | 4x100 m | 56.21 | M.A. |
| Anouk Katier | 4x100 m | 56.21 | M.B. |
| Dewi Koppelman | 4x100 m | 56.21 | V 26 |
| Dewi Koppelman | 100 m | 13.44 | V 26 |
| Simone Baltink | 100 m | 16.05 | M.A. |
| Marloes Klumpers | 200 m | 28.25 | M.A. |
| Dewi Koppelman | 200 m | 27.94 | V 26 |
| Quirien Reytenbagh | 400 m | 68.67 | M.B. |
| Simone Baltink | 400 m | 84.91 | M.A. |
| Emily Klein Rot | 400 mh | DQ | M.B. |
| Susan van Sark | 800 m | 2.46.82 | V 21 |
| Anouk Katier | 3000 m | 14.25.68 | M.B. |
| Susan van Sark | Ver | 4.45 m | V 21 |
| Marloes Klumpers | Hoog | 1.50 m | M.A. |
| Quirien Reytenbagh | H.S.S. | 7.99 m | M.A. |
| Charlotte van Os | Kogel | 10.94 m | V 31 |
| Renske van Sark | Kogel | 7.92 m | V 21 |
| Emily Klein Rot | Discus | 18.45 m | M.B. |
| Charlotte van Os | Speer | 27.03 m | V 27 |

| Heren | | 6221 | 6e pl |
|------------------|----------|---------|-------|
| Nick de Waart | 4x100 m | 46.89 | M 20 |
| Kevin Simmelink | 4x100 m | 46.89 | M 21 |
| Frank Wouda | 4x100 m | 46.89 | M 21 |
| Bart Bemthuis | 4x100 m | 46.89 | M 21 |
| Kevin Simmelink | 100 m | 12.01 | M 21 |
| Erik Teunissen | 100 m | 12.14 | M 27 |
| Frank Wouda | 200 m | 24.51 | M 21 |
| Kevin Simmelink | 200 m | 25.55 | M 21 |
| Frank Wouda | 400 m | 55.15 | M 21 |
| Nick de Waart | 400 m | 56.68 | M 20 |
| Niels Schoemaker | 400 mh | 70.44 | M 26 |
| Boy Foks | 1500 m | 4.51.12 | J.A. |
| Bart Bemthuis | Ver | 5.73 m | M 21 |
| Ramon Veneboer | Hoog | 1.75 m | M 29 |
| Ramon Veneboer | Polshoog | 3.30 m | M 29 |
| Ben van Sark | Kogel | 11.02 m | M 45 |
| Nick de Waart | Kogel | 8.05 m | M 20 |
| Stefan Hummelink | Discus | 34.04 m | M 21 |

Rijssen 11-06-11 Ter Steege Rijsserbergloop

| Heren | 10 EM | | |
|--------------------|---------|------|--|
| Wouter Winkelhorst | 1.16.16 | M 38 | |

Hoog-Keppel 12-06-11 Keppelrun

| Heren | 10 km | | |
|---------------|-------|------|--|
| Marc Brandsma | 59.40 | M 45 | |

Hengelo 23-06-11 Avondwedstrijd MPM - LAAC

| | | | | |
|------------------|---------|----------------|-----------|------------|
| M.A. | 100 m | Hoog | | |
| Marloes Klumpers | 13.5 | 1.50 m | | |
| J.B. | 100 m | 2000 m steeple | Ver | Discus |
| Tom Wouda | 12.1 PR | 8.10.7 PR | 5.27 m PR | 21.24 m PR |
| Heren | 100 m | 2000 m steeple | | |
| Frank Wouda | 12.0 PR | 8.01.0 PR | | M 21 |

Emmen 26-06-11 3e Competiewedstrijd 3e Divisie

| | | | | |
|--------------------|-------------------|----------|-------|----|
| Dames | | 5804 pnt | 5e pl | |
| Romy Brugge | Zweedse Estafette | 2.40.98 | V 20 | |
| Marjolein van Os | Zweedse Estafette | 2.40.98 | V 27 | |
| Marloes Klumpers | Zweedse Estafette | 2.40.98 | M.A. | |
| Susan van Sark | Zweedse Estafette | 2.40.98 | V 21 | |
| Marloes Klumpers | 100 m | 13.62 | M.A. | |
| Romy Brugge | 100 m | 15.07 | V 20 | PR |
| Romy Brugge | 100 mH | 20.50 | V 20 | |
| Anouk Katier | 200 m | 30.20 | M.B. | PR |
| Anouk Katier | 400 m | 66.84 | M.B. | PR |
| Quirien Reytenbagh | 400 m | 67.32 | M.B. | |
| Marjolein van Os | 1500 m | 5.22.06 | V 27 | |
| Susan van Sark | Ver | 4.39 m | V 21 | |
| Marloes Klumpers | Hoog | 1.55 m | M.A. | |
| Charlotte van Os | Kogel | 10.82 m | V 31 | |
| Renske van Sark | Kogel | 7.41 m | V 21 | |
| Marjolein van Os | Speer | 30.78 m | V 27 | |
| Heren | | 7334 pnt | 8e pl | |
| Roel Verwer | Zweedse Estafette | 2.17.80 | M 27 | |
| Kevin Simmelink | Zweedse Estafette | 2.17.80 | M 21 | |
| Frank Wouda | Zweedse Estafette | 2.17.80 | M 21 | |
| Erik Teunissen | Zweedse Estafette | 2.17.80 | M 27 | |
| Erik Teunissen | 100 m | 12.08 | M 27 | |
| Kevin Simmelink | 100 m | 11.93 | M 21 | PR |
| Bart Bemthuis | 110 mH | 18.08 | M 21 | |
| Erik Teunissen | 110 mH | 19.71 | M 27 | PR |
| Frank Wouda | 200 m | 24.62 | M 21 | |
| Roel Verwer | 400 m | 50.85 | M 27 | |
| Nick de Waart | 800 m | 2.16.81 | M 20 | |
| Boy Foks | 5000 m | 18.42.21 | J.A. | |
| Nick de Waart | Ver | 5.22 m | M 20 | |
| Ramon Veneboer | Hoog | 1.75 m | M 29 | |
| Bart Bemthuis | H.S.S. | 12.00 m | M 21 | |
| Ramon Veneboer | Kogel | 10.83 m | M 29 | |
| Ben van Sark | Kogel | 10.82 m | M 45 | |
| Stefan Hummelink | Discus | 28.49 m | M 21 | |
| Stefan Hummelink | Speer | 48.06 m | M 21 | PR |

Almelo 02-09-11 Open Gelders Overijssels Kampioenschap Meerkamp C/D Junioren

| | | | |
|----------------|-------|--------|---------|
| M.D. 1e j | 60 mh | Hoog | Speer |
| Susan Wouda | 13.24 | 1.35 m | 13.89 m |
| J.D. 1e j | 80 m | Ver | Speer |
| Boris Bintanja | 11.64 | 3.98 m | 24.87 m |

Almelo 03-09-11 Open Gelders Overijssels Kampioenschap Meerkamp C/D Junioren

| | | | | | | |
|----------------|--------|--------|---------|---------|----------|-------|
| M.D. 1e j | Ver | Kogel | 600 m | | | |
| Susan Wouda | 4.07 m | 7.60 m | 1.59.17 | | 2227 pnt | 6e pl |
| J.D. 1e j | 80 mh | Hoog | Kogel | 1000 m | | |
| Boris Bintanja | 15.50 | 1.40 m | 7.62 m | 3.36.22 | 3091 pnt | 5e pl |

De Lutte 16-07-11 28e Dorpsloop

| | | | | |
|--------------------|--------|------|--|--|
| M.D. | 2500 m | | | |
| Susan Wouda | 11.02 | | | |
| Heren | 10 km | | | |
| Wouter Winkelhorst | 45.31 | M 38 | | |

Wierden 23-07-11 Wiezoloop

| | | | | |
|-------------------|--------|------|--|--|
| M.D. | 1000 m | | | |
| Susan Wouda | 3.38 | | | |
| Heren | 10 km | | | |
| Erik ten Siethof | 40.07 | M 43 | | |
| Martin ten Voorde | 45.40 | M 59 | | |

Oldenzaal 21-08-11 WBO Wonen Boeskoolloop

| | | | | |
|-------------------|--------|-------|--|--|
| M.D. | 2000 m | | | |
| Susan Wouda | 8.00 | 3e pl | | |
| Heren | 10 km | | | |
| Benno Scharenborg | 40.14 | M 45 | | |

Groenlo 21-08-11 Dwars door Grolle loop

| | | | | |
|---------------------|-------|------|--|--|
| Dames | 5 km | | | |
| Mathilde Plentinger | 26.28 | V 43 | | |

Losser 28-08-11 Losserloop

| | | | | |
|--------------------|-------|------|--|--|
| Heren | 10 km | | | |
| Wouter Winkelhorst | 46.02 | M 38 | | |

Goor 02-09-11 Werp 3 Kamp

| | | | | | |
|-------------|--------|---------|---------|-------|--|
| M.D. | Kogel | Discus | Speer | | |
| Susan Wouda | 8.09 m | 15.31 m | 10.76 m | 3e pl | |
| J.B. | Kogel | Discus | Speer | | |
| Tom Wouda | 8.72 m | 20.66 m | 16.22 m | | |

Enschede 03-09-11 3e Medaillewedstrijd

| | | | | | |
|--------------------|--------|--------|---------|--|--|
| M.P.B. | 1000 m | Ver | Bal | | |
| Jana Kamps | 4.48.1 | 3.09 m | 17.53 m | | |
| M.P.A. | 60 m | Hoog | Bal | | |
| Amber Velthof | 9.8 | 1.15 m | 21.77 m | | |
| Esmee ter Beest | 11.2 | 1.00 m | 17.99 m | | |
| Fabienne Scheffers | 10.3 | 1.00 m | 17.03 m | | |

Enschede 03-09-11 3e Medaillewedstrijd vervolg

| | | | | |
|--------------------|---------------|-------------|--------------|----|
| M.D. | 60 m | Hoog | Kogel | |
| Susan Wouda | 9.3 | 1.35 m | 7.54 m | |
| Iris ter Beest | 11.7 | x | 4.34 m | |
| Tess Somhorst | 9.9 | 1.10 m | 7.01 m | |
| M.C. | 600 m | Ver | Speer | |
| Femke Nijhof | 2.18.6 | 3.41 m | 10.03 m | |
| Hanneke ten Buuren | 2.20.3 | 3.87 m | 19.18 m | CR |
| Merle Eijsink | 2.14.0 | 3.78 m | 12.41 m | |
| J.P.C. | 40 m | Hoog | Bal | |
| Ruben van Sark | 7.8 | 0.80 m | 21.70 m | |
| Tyaro Leppink | 8.0 | 0.85 m | 14.31 m | |
| J.P.B. | 40 m | Hoog | Kogel | |
| Leon ten Elshof | 7.2 | 0.85 m | 3.00 m | |
| Rick Nijland | 8.5 | 0.85 m | 3.67 m | |
| J.P.A. | 1000 m | Ver | Kogel | |
| Tom Klein Poelhuis | 4.13.9 | 3.14 m | 5.00 m | |
| Jens Willems | 4.21.2 | 2.76 m | 5.41 m | |
| Karsten Brefeld | 4.08.5 | 3.71 m | 6.74 m | |
| Bram Brummelhuis | 4.25.6 | 3.40 m | 5.35 m | |
| J.D. | 1000 m | Ver | Kogel | |
| Boris Bintanja | x | 4.27 m | 8.00 m | |
| Mart van der Kuil | 3.56.1 | 3.56 m | 6.18 m | |
| Leon Masselink | 4.26.3 | 2.32 m | 4.89 m | |
| Thijs Brummelhuis | 4.16.3 | 3.60 m | 4.39 m | |
| J.C. | 100 m | Hoog | Speer | |
| Cas van der Kuil | 14.1 | 1.35 m | 23.24 m | |
| Koen Belshof | 15.2 | 1.20 m | 20.93 m | |

Zutphen 03-09-11 42e Univé Stad en Land Hanzeloop

| | | |
|--------------------|-----------------------|------|
| Heren | Halve Marathon | |
| Wouter Winkelhorst | 1.54.36 | M 38 |

Haaksbergen 10-09-11 Pupillen C/D Wedstrijd

| | | | | |
|--------------------|---------------|-------------|---------------|---------------|
| M.P.B. | 40 m | Ver | Kogel | 1000 m |
| Jana Kamps | 6.9 | 3.03 m | 3.87 m | 4.40.7 |
| M.P.A. | 60 m | Ver | Kogel | 1000 m |
| Amber Velthof | 9.6 | 3.34 m | 6.08 m | 3.58.8 |
| Fabienne Scheffers | 10.3 | 2.84 m | 5.56 m | 5.03.8 |
| Esmee ter Beest | 11.5 | 2.67 m | 3.77 m | 5.13.0 |
| M.D. | 60 m | Hoog | Discus | 600 m |
| Susan Wouda | 9.5 | 1.35 m | 14.20 m | 1.56.7 |
| Bo Slotman | 9.9 | 1.10 m | 12.15 m | 2.20.0 |
| Nienke Willems | 9.9 | 1.10 m | 11.83 m | 2.14.0 |
| Iris Beest | 11.6 | 1.05 m | 5.15 m | 2.35.4 |
| M.D. | 4x60 m | | | |
| Susan Wouda | 38.5 | | | |
| Bo Slotman | 38.5 | | | |
| Nienke Willems | 38.5 | | | |
| Amber Velthof | 38.5 | M.P.A. | | |

Haaksbergen 10-09-11 Pupillen C/D Wedstrijd vervolg

| | | | | |
|---------------------|---------------|-------------|---------------|---------------|
| M.C. | 80 m | Ver | Discus | 600 m |
| Merle Eijsink | 12.7 | 3.85 m | 17.72 m | 2.08.9 |
| Femke Nijhof | 12.9 | 3.54 m | 14.06 m | 2.12.7 |
| J.P.C. | 40 m | Ver | Bal | 600 m |
| Ruben van Sark | 7.8 | 2.80 m | 21.78 m | 2.26.5 |
| Tyaro Leppink | 7.8 | 2.66 m | 12.64 m | 2.37.4 |
| Dylan Leppink | 8.5 | 2.53 m | 14.85 m | 3.16.5 |
| Bram Amsing | 9.2 | 2.24 m | 7.64 m | 3.23.2 |
| Menno Scholten | 9.4 | 1.96 m | 6.89 m | 3.26.4 |
| J.P.B. | 40 m | Ver | Kogel | 1000 m |
| Leon ten Elshof | 7.0 | 2.62 m | 3.45 m | 4.41.3 |
| Rick Nijland | 8.2 | 2.84 m | 3.97 m | 5.13.6 |
| Timon van der Heide | 7.9 | 2.54 m | 3.36 m | 4.47.1 |
| J.P.A. | 60 m | Ver | Kogel | 1000 m |
| Karsten Brefeld | 9.7 | 3.61 m | 6.25 m | 3.55.3 |
| Bram Brummelhuis | 10.1 | 3.38 m | 5.30 m | 4.12.0 |
| Tom Klein Poelhuis | 10.3 | 3.21 m | 5.24 m | 3.59.2 |
| Jens Willems | 10.4 | 2.94 m | 5.76 m | 4.17.8 |
| J.P.A. | 4x60 m | | | |
| Karsten Brefeld | 40.6 | | | |
| Bram Brummelhuis | 40.6 | | | |
| Tom Klein Poelhuis | 40.6 | | | |
| Jens Willems | 40.6 | | | |
| J.D. | 80 m | Hoog | Discus | 1000 m |
| Mart van der Kuil | 12.8 | 1.25 m | 11.44 m | 3.59.1 |
| Thijs Brummelhuis | 12.3 | 1.20 m | 10.96 m | 4.12.2 |
| Leon Masselink | 13.9 | x | 11.36 m | 4.24.9 |
| J.C. | 100 m | Ver | Discus | 800 m |
| Cas van der Kuil | 13.9 | 3.89 m | 19.44 m | 2.41.5 |
| Tim Loohuis | 15.3 | 3.83 m | 15.07 m | 3.00.5 |
| Koen Belshof | 15.3 | 3.46 m | 17.78 m | 3.10.6 |

Enschede 11-09-11 Menzis Singelloop

| | | | | |
|---------------------|-------------|------|--|--|
| Dames | 5 EM | | | |
| Carina Slingerland | 39.40 | V 40 | | |
| Veronique van Os | 45.16 | V 37 | | |
| Mathilde Plentinger | 44.32 | V 43 | | |
| Mereke Foks | 50.57 | V 52 | | |
| Heren | 5 EM | | | |
| Jan Lammers | 32.43 | M 54 | | |
| Richard Leussink | 34.30 | M 44 | | |
| Martin ten Voorde | 36.11 | M 59 | | |
| Donny Meijerink | 41.15 | M 49 | | |
| Marc Brandsma | 45.16 | M 45 | | |

Eibergen 24-09-11 4e Medaillewedstrijd

| | | | | |
|--------------------|---------------|-------------|--------------|--|
| M.P.B. | 40 m | Hoog | Kogel | |
| Jana Kamps | 7.0 | 0.95 m | 4.32 m | |
| M.P.A. 1e j | 1000 m | Ver | Kogel | |
| Fabienne Scheffers | 4.52.4 | 3.11 m | 4.93 m | |

Eibergen 24-09-11 4e Medaillewedstrijd vervolg

| | | | | |
|---------------------|--------|--------|---------|---------|
| M.P.A. 2e j | 1000 m | Ver | Kogel | |
| Amber Velthof | 4.09.1 | 3.49 m | 6.39 m | |
| M.D. 1e j | 600 m | Ver | Speer | |
| Susan Wouda | 1.58.4 | 3.96 m | 15.72 m | |
| Nienke Willems | 2.14.8 | 3.28 m | 10.94 m | |
| Tes Somhorst | 2.16.9 | 2.81 m | 11.89 m | |
| M.D. 2e j | 600 m | Ver | Speer | |
| Bo Slotman | 2.17.0 | 3.17 m | 11.54 m | |
| M.C. | 80 m | Hoog | Kogel | Discus |
| Merle Eijsink | 12.4 | 1.20 m | 6.25 m | 14.79 m |
| Femke Nijhof | | 1.15 m | 6.24 m | |
| J.P.C. | 600 m | Ver | Bal | |
| Ruben van Sark | 2.22.8 | 2.59 m | 18.37 m | |
| Tyaro Leppink | 2.39.6 | 2.50 m | 11.58 m | |
| J.P.B. | 1000 m | Ver | Bal | |
| Timon van der Heide | 4.36.9 | 2.64 m | 11.25 m | |
| Rick Nijland | 5.02.3 | 2.40 m | 10.58 m | |
| J.P.A. 1e j | 60 m | Hoog | Bal | |
| Tom Klein Poelhuis | 10.0 | 0.90 m | 23.78 m | |
| Jens Willems | 10.4 | 0.95 m | 19.15 m | |
| J.P.A. 2e j | 60 m | Hoog | Bal | |
| Bram Brummelhuis | 9.7 | 1.05 m | 16.11 m | |
| J.D. 1e j | 80 m | Hoog | Speer | |
| Mart van der Kuil | 13.0 | 1.15 m | 20.53 m | |
| Boris Bintanja | x | x | 28.40 m | |
| J.D. 2e j | 80 m | Hoog | Speer | |
| Thijs Brummelhuis | 13.6 | 1.15 m | 13.27 m | |
| Leon Masselink | 15.6 | x | 12.09 m | |
| J.C. | 800 m | Ver | Kogel | Discus |
| Cas van der Kuil | 2.39.4 | 4.30 m | 8.88 m | 21.23 m |
| Folkert Somhorst | 3.09.9 | 3.08 m | 2.90 m | 11.09 m |
| Koen Belshof | 3.21.3 | 3.69 m | 6.89 m | 18.60 m |

Velp 25-09-11 Atag Posbankloop

| | | | |
|--------------------|---------|------|--|
| Heren | 15 km | | |
| Wouter Winkelhorst | 1.14.31 | M 38 | |
| Edwin Molenkamp | 1.27.37 | M 46 | |

Enschede 25-09-11 2e Santar Twentse Vrouwenloop

| | | | |
|-------------------|-------|------|--|
| Dames | 5 km | | |
| Marian Wildenborg | 32.09 | V 53 | |
| Cynthia Spikker | 32.38 | V 55 | |
| Miranda Goorhorst | 32.51 | V 35 | |
| Joke de Wever | 34.45 | V 61 | |
| Carla Menzing | 34.46 | V 43 | |
| Anja Leferink | 35.29 | V 52 | |
| Henriette Meijer | 35.40 | V 57 | |
| Ine Leferink | 39.07 | V 54 | |
| Marian ten Voorde | 41.24 | V 55 | |

Enschede 25-09-11 2e Santar Twentse Vrouwenloop vervolg

| | | |
|-------------------|---------|------|
| Dames | 10 km | |
| Marianne Weeink | 55.35 | V 48 |
| Renate Dieperink | 55.35 | V 42 |
| Carla van der Pol | 58.42 | V 53 |
| Adrie Flöss | 59.20 | V 50 |
| Nicole Lubbers | 1.10.46 | V 29 |

Oldenzaal 02-10-11 5e Huttenkloasloop

| | | |
|-------------|--------|---------|
| M.D. | 3000 m | |
| Susan Wouda | 12.47 | CR M.D. |

| | | |
|--------------|---------|------|
| Heren | 10 km | |
| Robin Hofsté | 1.00.39 | M 46 |

| | | |
|--------------------|----------------|------|
| Heren | Halve Marathon | |
| Benno Scharenborg | 1.26.42 | M 45 |
| Jan Lammers | 1.32.20 | M 54 |
| Paul Eijkelenkamp | 1.45.08 | M 45 |
| Wouter Winkelhorst | 1.49.34 | M 38 |
| Martin ten Voorde | 1.58.02 | M 59 |

Bremen DId 02-10-11 7e Bremen Marathon

| | | |
|--------------------|---------|------|
| Dames | 10 km | |
| Maureen Golbach | 56.07 | V 41 |
| Anique Velthof | 56.45 | V 44 |
| Inge Lammers | 56.58 | V 37 |
| Esther Hannink | 1.02.10 | V 40 |
| Katja van den Berg | 1.02.42 | V 49 |
| Marjan Rupert | 1.03.06 | V 48 |
| Ingrid Karnebeck | 1.03.07 | V 41 |
| Mini Eefsting | 1.05.46 | V 59 |
| Joke de Wever | 1.05.46 | V 61 |
| Carla Menzing | 1.05.52 | V 43 |
| Cecile Diepenmaat | 1.13.17 | V 48 |

| | | |
|-------------------|---------------|------|
| Dames | Halve Maraton | |
| Elly Terhurne | 2.12.17 | V 58 |
| Jacquelien Jacobs | 2.16.47 | V 51 |
| José Busch | 2.16.48 | V 52 |

| | | |
|--------------------|----------|------|
| Dames | Marathon | |
| Carina Slingerland | 4.15.08 | V 40 |

| | | |
|--------------------|---------|------|
| Heren | 10 km | |
| Han ten Dam | 54.57 | M 48 |
| Henk Eefsting | 55.57 | M 57 |
| Jan- Herman Tempel | 59.16 | M 46 |
| Bas Eefsting | 59.18 | M 30 |
| Sytze van Beijeren | 1.10.33 | M 47 |

| | | |
|-------------------|----------------|------|
| Heren | Halve marathon | |
| Cor Terhurne | 1.42.19 | M 59 |
| Peter Rupert | 1.51.55 | M 51 |
| Hans Braam | 1.52.56 | M 63 |
| Patrick Karnebeck | 1.55.23 | M 42 |
| Jan Dekker | 2.27.52 | M 55 |
| Berthil Beumer | 2.48.06 | M 60 |

Eindhoven 09-10-11 Marathon

| | | |
|----------------|----------------|------|
| Heren | Halve marathon | |
| Berthil Beumer | 2.23.54 | M 60 |
| Heren | marathon | |
| Jan Lammers | 3.18.41 | M 54 |

Hengelo 09-10-11 10e Estafetteploeg

| | | |
|-------------|--------|--|
| M.D. | 1500 m | |
| Susan Wouda | 5.47 | |

Enschede 16-10-11 34e Herfstloop

| | | |
|---------------|--------|------|
| Dames | 7,5 km | |
| Evalien Prins | 38.48 | V 28 |

Holtén 29-10-11 Diepe Hel Holterbergloop

| | | |
|--------------------|---------|------|
| M.D. | 1000 m | |
| Susan Wouda | 3.47 | |
| Dames | 5 EM | |
| Carina Slingerland | 38.37 | V 40 |
| Dames | 10 EM | |
| Betsy Meijer | 1.23.48 | V 55 |
| Liesbeth van Meurs | 1.24.54 | V 53 |
| Jacqueline Jacobs | 1.38.32 | V 51 |
| José Busch | 1.38.33 | V 52 |
| J.B. | 2 EM | |
| Tom Wouda | 12.55 | |
| Heren | 10 EM | |
| Fons van Sark | 1.08.57 | M 49 |
| Wouter Winkelhorst | 1.16.39 | M 38 |
| Martin ten Voorde | 1.17.46 | M 59 |

Enschede 30-10-11 2e Indoorwedstrijd

| | | | |
|--------------------|------|--------|---------|
| M.P.B. | 40 m | Hoog | Kogel |
| Jana Kamps | 7.0 | 0.95 m | 4.52 m |
| M.P.A. | 60 m | Hoog | Kogel |
| Fabiënne Schaffers | x | 1.05 m | 3.99 m |
| JPC | 40 m | Hoog | Bal |
| Ruben van Sark | 7.7 | 0.80 m | 20.22 m |
| Dylan Leppink | 7.8 | 0.85 m | 15.65 m |
| Tyaro Leppink | 8.0 | 0.75 m | 12.20 m |
| Bram Amsing | 8.6 | 0.75 m | 11.58 m |
| Menno Scholten | 9.3 | 0.65 m | 7.70 m |
| J.P.A. | 60 m | Hoog | Kogel |
| Jens Willems | 10.4 | 1.00 m | 5.64 m |
| JB | 60 m | Hoog | |
| Tom Wouda | 8.0 | 1.65 m | |

Vorden 06-11-11 Grote Veldloop

| | | |
|----------------|---------|------|
| Heren | 15 km | |
| Daniel Wentink | 1.03.47 | M 41 |

Haaksbergen 06-11-11 Pingelloop 1e Wedstrijd Twentse Cross Competitie

| | | |
|----------------|-------|-------|
| M.P.C. | 700 m | |
| Amber van Rijn | 3.35 | 2e pl |

| | | |
|--------------------|-------|--|
| M.P.A. | 700 m | |
| Fabienne Scheffers | 3.06 | |

| | | |
|-------------|--------|-------|
| M.D. | 1,6 km | |
| Susan Wouda | 5.45 | 2e pl |

| | | |
|------------------|--------|--|
| M.B. | 2,8 km | |
| Merle Eijsink | 13.50 | |
| Maike ten Buuren | 14.02 | |

| | | |
|--------------------|--------|------|
| Dames | 5,6 km | |
| Marjolein van Os | 24.03 | V 27 |
| Carina Slingerland | 26.29 | V 40 |
| Mereke Foks | 30.47 | V 52 |
| Carla Menzing | 37.37 | V 43 |

| | | |
|---------------------|---------|------|
| Dames | 11,2 km | |
| Marjan Rupert | 52.32 | V 48 |
| Petra Veldhuis | 57.28 | |
| Jacqueline Ooink | 58.22 | V 44 |
| Esther Wiering | 58.23 | V 41 |
| Mathilde Plentinger | 59.40 | V 43 |
| Veronique Weiters | 1.01.54 | V 42 |
| Elly Terhurne | 1.02.17 | V 58 |
| Marjon van Kemenade | 1.02.17 | V 51 |
| Rachel Morssinkhof | 1.03.52 | V 30 |
| Nicole Olde Heuvel | 1.05.44 | V 33 |
| Esther Wiegerinck | 1.05.45 | V 41 |
| Adrie Flöss | 1.05.46 | V 50 |
| Monica de Groot | 1.06.20 | V 46 |

| | | |
|----------------|-------|--|
| J.P.C. | 700 m | |
| David Mebius | 3.10 | |
| Menno Scholten | 3.36 | |
| Bram Amsing | 3.37 | |
| Leon Bennink | 3.42 | |

| | | |
|-----------------|-------|-------|
| J.P.B. | 700 m | |
| Marijn Morssink | 2.59 | 2e pl |
| Dylan Leppink | 3.13 | |
| Tyaro Leppink | 3.14 | |

| | | |
|-------------------|--------|-------|
| J.D. | 1,6 km | |
| Mart van der Kuil | 5.49 | 2e pl |
| Marijn Sloot | 6.24 | |

| | | |
|------------------|--------|--|
| J.C. | 2,8 km | |
| Cas van der Kuil | 11.03 | |

| | | |
|--------------------|--------|--|
| J.P.A. | 5,6 km | |
| Tom Klein Poelhuis | 26.13 | |

| | | |
|-----------------|--------|--|
| J.B. | 5,6 km | |
| Freek Bieleveld | 23.07 | |

Haaksbergen 06-11-11 Pingelloop 1e Wedstrijd Twentse Cross Competitie vervolg

| | | |
|-------------------------|---------|------|
| J.A. | 5,6 km | |
| Boy Foks | 20.21 | |
| | | |
| Heren | 5,6 km | |
| Nick de Waart | 21.27 | M 20 |
| Roel Verwer | 22.41 | M 27 |
| Wout Exterkate | 22.59 | M 21 |
| Bart Bemthuis | 24.05 | M 21 |
| | | |
| Heren | 11,2 km | |
| Benno Scharenborg | 42.40 | M 45 |
| Jan Lammers | 43.56 | M 54 |
| Fons van Sark | 45.28 | M 49 |
| Gerard Boink | 47.09 | M 55 |
| Marc Eijsink | 48.05 | M 48 |
| Jeroen Moes | 48.55 | M 39 |
| Hans ten Voorde | 49.09 | M 48 |
| Jan Paul Klein Poelhuis | 49.31 | M 44 |
| Ruud ten Voorde | 49.31 | M 47 |
| Wilfried Oldenkotte | 49.45 | M 55 |
| Martijn van Bussel | 49.59 | M 39 |
| Henk Jan Baltink | 50.32 | M 56 |
| Cor Terhurne | 51.01 | M 59 |
| Bert Lammers | 51.14 | M 46 |
| Hans Braam | 52.10 | M 63 |
| Wouter Winkelhorst | 52.30 | M 38 |
| Peter Rupert | 52.32 | M 51 |
| Huib Hodes | 52.41 | M 46 |
| Marcel Vogt | 53.23 | M 46 |
| Gert Jan Foks | 54.53 | M 54 |
| Donny Meijerink | 55.37 | M 49 |
| Frank ter Woerds | 55.54 | M 45 |
| Henny Leferink | 56.05 | M 54 |
| Leendert van Herk | 56.27 | M 61 |
| Rob Hoogland | 56.38 | M 45 |
| Brain te Lintelo | 58.25 | M 45 |
| Edwin Molenkamp | 59.08 | M 46 |
| Han Oskam | 1.01.10 | |
| Martijn Dijkhuis | 1.01.41 | M 34 |
| Jerry Wissink | 1.01.41 | M 39 |
| Cees Coenen | 1.01.58 | |
| Walter Olde Engberink | 1.02.02 | M 45 |
| Frans Belshof | 1.02.13 | M 54 |
| Marc Brandsma | 1.02.17 | M 45 |
| Ben Tenhagen | 1.02.45 | M 50 |
| Toon Tankink | 1.06.22 | M 61 |
| Henry Siemerink | 1.07.16 | M 65 |
| Andre Aarnink | 1.07.27 | M 51 |

West-Terschelling 06-11-10 15e Berenloop

| | | |
|----------------------|----------------|------|
| Dames | Halve marathon | |
| Edith Meijer | 1.48.33 | V 46 |
| Betsy Meijer | 1.48.59 | V 55 |
| Liesbeth van Meurs | 1.49.51 | V 53 |
| Annemieke Leppink | 1.55.28 | V 55 |
| Monique Dijksterhuis | 1.57.31 | V 46 |
| | | |
| Heren | Halve marathon | |
| Paul Eijkelenkamp | 1.41.28 | M 45 |

Losser 13-11-11 1e Dinkelloop

| | | |
|--------------------|--------|------|
| Heren | 7,5 km | |
| Wouter Winkelhorst | 35.37 | M 38 |

Rijssen 19-11-11 Polybouw Aluminium Crossloop

| | | |
|-------------|--------|--|
| M.D. | 1500 m | |
| Susan Wouda | 5.42 | |

| | | |
|-----------|--------|--|
| J.B. | 2500 m | |
| Tom Wouda | 10.13 | |

Nijmegen 20-11-11 28e ABN AMRO Zevenheuvelenloop

| | | |
|--------------------|---------|------|
| Dames | 15 km | |
| Carina Slingerland | 1.14.41 | V 40 |
| Carla Pelle | 1.15.12 | V 47 |
| Jacqueline Ooink | 1.17.21 | V 44 |
| José Busch | 1.31.19 | V 52 |
| Jacqueliën Jacobs | 1.31.20 | V 51 |

| | | |
|--------------------|---------|------|
| Heren | 15 km | |
| Wouter Winkelhorst | 1.08.29 | M 38 |
| Martin ten Voorde | 1.10.01 | M 59 |
| Berthil Beumer | 1.27.02 | M 60 |
| Toon Tankink | 1.45.44 | M 61 |

Markelo 27-11-11 Bovenbergloop 2e Wedstrijd Twentse Cross Competitie

| | | |
|----------------|--------|-------|
| M.P.C. | 1000 m | |
| Amber van Rijn | 6.12 | 3e pl |

| | | |
|--------------------|--------|--|
| M.P.A. | 1000 m | |
| Fabienne Scheffers | 5.24 | |

| | | |
|-------------|--------|-------|
| M.D. | 1800 m | |
| Susan Wouda | 7.09 | 2e pl |

| | | |
|------------------|--------|------|
| Dames | 5200 m | |
| Marjolein van Os | 23.04 | V 27 |

| | | |
|--------------|------|-------|
| J.P.C. | | |
| David Mebius | 5.31 | 3e pl |

| | | |
|----------------|--------|-------|
| J.P.B. | 1000 m | |
| Ruben van Sark | 4.36 | 2e pl |

| | | |
|-----------|--------|--|
| J.B. | 3600 m | |
| Tom Wouda | 14.09 | |

| | | |
|---------------------|----------|------|
| Heren | 10.400 m | |
| Benno Scharenborg | 40.17 | M 45 |
| Fons van Sark | 41.13 | M 49 |
| Jan Lammers | 42.18 | M 54 |
| Richard Leussink | 44.50 | M 44 |
| Gerard Boink | 45.00 | M 55 |
| Wilfried Oldenkotte | 46.49 | M 55 |
| Donny Meijerink | 52.39 | M 49 |

Enschede 27-11-11 65e Bommelasloop

| | | |
|---------------|--------|------|
| Dames | 7,4 km | |
| Mereke Foks | 43.03 | V 52 |
| Joke de Wever | 54.39 | V 61 |

| | | |
|---------------------------|---------|------|
| Dames | 11,2 km | |
| Mathilde Plentinger | 59.44 | V 43 |
| Veronique Weiters | 10.048 | V 42 |
| Evalien Prins-Morssinkhof | 1.04.30 | V 28 |
| Rachel Morssinkhof | 1.05.19 | V 30 |
| Elly Terhurne-Konings | 1.05.19 | V 58 |
| Wil van Ulsen | 1.07.10 | V 59 |
| Anique Velthof- Meijer | 1.08.12 | V 44 |
| Jacqueline Jacobs | 1.08.53 | V 51 |
| Christina Moolhuizen | 1.08.53 | V 46 |
| Margien Zieleman | 1.16.29 | V 52 |

| | | |
|-------------|---------|------|
| Dames | 16,4 km | |
| Carla Pelle | 1.22.49 | V 47 |

| | | |
|----------|--------|-------|
| Heren | 7,4 km | |
| Boy Foks | 28.40 | 1e pl |

| | | | |
|---------------------|---------|------|-------|
| Heren | 11,2 km | | |
| Gert Jan Foks | 54.42 | M 54 | 2e pl |
| Wouter Winkelhorst | 54.52 | M 38 | 3e pl |
| Hans Braam | 55.50 | M 63 | |
| Jerry Wissink | 1.01.15 | M 39 | |
| Marc Brandsma | 1.03.42 | M 45 | |
| Jan Dekker | 1.05.32 | M 55 | |
| Andre Aarnink | 1.06.18 | M 51 | |
| Ben Tenhagen | 1.08.53 | M 50 | |
| Louwrens Moolhuizen | 1.08.53 | M 47 | |

| | | |
|--------------------|----------------|------|
| Heren | Halve Marathon | |
| Erik ten Siethof | 1.30.30 | M 43 |
| Martin ten Voorde | 1.40.24 | M 59 |
| Jurgen Bouwmeester | 1.44.21 | M 32 |

Nijverdalse 03-12-11 Nijverdalse Bergcross

| | | |
|-------------|--------|--|
| M.D. | 1500 m | |
| Susan Wouda | 5.48 | |

De Lutte 04-12-11 27e Snertloop

| | | |
|---------------------|--------|------|
| Dames | 9,6 km | |
| Mathilde Plentinger | 51.24 | V 43 |
| Mereke Foks | 57.11 | V 52 |

| | | |
|--------------------|--------|------|
| Heren | 9,6 km | |
| Wouter Winkelhorst | 44.28 | M 38 |
| Gert Jan Foks | 47.14 | M 54 |
| Marc Brandsma | 56.09 | M 45 |

S-Heerenberg 04-12-11 Montferland Run

| | | |
|-------------|--------|--|
| M.D. | 1000 m | |
| Susan Wouda | 3.38 | |

Borne 17-12-11 Winter Step One Loop

| | | |
|----------------------|---------|-------|
| M.D. | 2000 m | |
| Susan Wouda | 7.42 | 2e pl |
| Heren Halve Marathon | | |
| Benno Scharenborg | 1.23.56 | M 45 |
| Erik ten Siethof | 1.29.10 | M 43 |
| Wouter Winkelhorst | 1.41.17 | M 38 |

Borculo 17-12-11 31e Deoloop

| | | |
|----------------|---------|------|
| Heren | 10,3 km | |
| Daniel Wentink | 43.17 | M 41 |

Losser 18-12-11 3e Open Twents Crosskampioenschap

| | | |
|-------------|--------|-------|
| M.D. | 2500 m | |
| Susan Wouda | 10.54 | 3e pl |

Enschede 26-12-11 Kerstloop

| | | |
|--------------------|---------|-------|
| Dames | 5 km | |
| Mereke Foks | 27.58 | V 52 |
| Dames 10 km | | |
| Evalien Prins | 56.18 | V 28 |
| Rachel Morssinkhof | 56.56 | V 30 |
| Wil van Ulsen | 58.18 | V 59 |
| Nancy Stokkers | 1.01.19 | V 52 |
| Margien Zieleman | 1.01.52 | V 52 |
| J.A. 5 km | | |
| Boy Foks | 18.54 | 1e pl |
| Heren 5 km | | |
| Gert Jan Foks | 24.00 | M 54 |
| Heren 10 km | | |
| Jan Lammers | 43.39 | M 54 |
| Niels te Brake | 48.16 | M 26 |

Vorden 30-12-11 Oudejaars Crossloop

| | | |
|--------------------|---------|------|
| Heren | 10 km | |
| Marc Brandsma | 58.03 | M 45 |
| Heren 15 km | | |
| Wouter Winkelhorst | 1.15.08 | M 38 |