

Wedstrijden AVH 2020

Enschede 05-01-20 Rutbeekcross

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|-------------------|---------|-------|-------|
| M.D. | 1500 m | | |
| Lobke Schmitz | 12.35 | 2e pl | |
| Dames | 5 km | | |
| Mereke Foks | 34.20 | V 61 | |
| Dames | 10 km | | |
| Chantal Lansink | 58.12 | V 52 | |
| J.P.A. | 1000 m | | |
| Ruben Luttikhedde | 4.31 | 1e pl | |
| J.D. | 1500 m | | |
| Jarno Heijnsdijk | 10.35 | | |
| J.C. | 2500 m | | |
| Tijn Lansink | 11.49 | | |
| J.A. | 5 km | | |
| Joep Schmitz | 23.28 | | |
| Heren | 5 km | | |
| Boy Foks | 18.53 | M 27 | |
| Freek Bieleveld | 20.17 | M 24 | |
| Gert Jan Foks | 29.45 | M 63 | |
| Heren | 10 km | | |
| Henk Jan Baltink | 52.56 | M 65 | 2e pl |
| Vincent Exterkate | 1.00.30 | M 62 | 3e pl |

Apeldoorn 11-01-20 Winterslingeren en Gewichtwerpen

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|----------------------|---------------------|--------------|------|
| Heren | kogelslingeren | gewicht werp | |
| Stefan Hummelink | 34.38 m | 11.03 m | M 30 |
| | 2e pl | 1e pl CR | |
| Heren | kogelslingeren | gewicht werp | |
| Bas Reith | 37.79 m | 10.74 m | M 24 |
| | 1e pl CR | 2e pl | |
| Heren | kogelslingeren 4 kg | gewicht werp | |
| Martin Albert Regtop | 38.80 m | 14.33 m | M 71 |
| | 3e pl | 2e pl | |
| | C.R. | | |

Hengelo 12-01-20 1e Woolderesloop

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|-------------------|---------|------|--|
| Heren | 10 km | | |
| Sander Langevoort | 51.38 | M 36 | |
| Heren | 15 km | | |
| Martin ten Voorde | 1.13.05 | M 68 | |
| Vincent Exterkate | 1.21.34 | M 62 | |

Oldenzaal 19-01-20 Hulsbeekcross

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|-------------------|---------|-------|-------|------|
| M.D. | 2000 m | | | |
| Lobke Schmitz | 11.12 | | | |
| Dames | 6 km | | | |
| Mereke Foks | 36.11 | V 61 | | |
| Dames | | | | |
| Chantal Lansink | | V 52 | | |
| J.P.A. | 1000 m | | | |
| Ruben Luttkhedde | 4.50 | 1e pl | | |
| J.D. | 2000 m | | | |
| Jarno Heijnsdijk | 9.27 | | | |
| J.A. | 6 km | | | |
| Joep Schmitz | 25.04 | 3e pl | | |
| Heren | 6 km | | | |
| Boy Foks | 20.15 | M 27 | 1e pl | |
| Freek Bieleveld | 21.49 | M 24 | | |
| Gert Jan Foks | 31.27 | M 63 | 3e pl | M 60 |
| Heren | 12 km | | | |
| Henk Jan Baltink | 57.11 | M 65 | 2e pl | M 60 |
| Vincent Exterkate | 1.02.30 | M 62 | | |

Sittard 26-01-20 Internationale Indoor Werpwedstrijd Jun Sen en Masters

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|----------------------|---------|-----------|------|------|
| Heren | Kogel | gewicht | werp | |
| Martin Albert Regtop | 11.23 m | 15.00 m | | M 71 |
| | | CR Indoor | | |

Apeldoorn 01-02-20 Kroondomein Het Loo Marathon

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|--------------------|----------|------|--|
| Dames | Marathon | | |
| Carina Slingerland | 4.26.10 | V 49 | |

Apeldoorn 02-02-20 Centraal Beheer Midwinter Marathon

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|----------------|---------|------|----|
| Heren | 25 km | | |
| Ramon Veneboer | 1.46.47 | M 38 | PR |

Hengelo 02-02-20 2e Woolderesloop

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|-------------------|---------|------|--|
| Heren | 5.1 km | | |
| Boy Foks | 17.24 | M 27 | |
| Freek Bieleveld | 17.42 | M 24 | |
| Heren | 10 km | | |
| Benno Scharenborg | 41.27 | M 54 | |
| Martin ten Voorde | 46.06 | M 68 | |
| Heren | 15 km | | |
| Vincent Exterkate | 1.20.17 | M 62 | |

Eindhoven 08-02-20 Winterwerpwedstrijd

| | | | |
|----------------------|---------------------|-------------|------|
| Heren | kogelslingeren 4 kg | gewichtwerp | |
| Martin Albert Regtop | 36.80 m | 14.97 m | M 71 |
| | 3e pl | 2e pl | |

Apeldoorn 09-02-20 NK Indoor Masters

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|----------------------|-----------|------|-------|
| Heren | Kogel | | |
| Martin Albert Regtop | 12.90 m | M 71 | 1e pl |
| | CR Indoor | | |

Doetinchem 09-02-20 2e Achterhoek Atletiek Indoor Instuif

| | | | | | |
|------------|------|-------|--------------|-----------|-------|
| M.P.C. | 40 m | 40 mh | M-bal werpen | Hoog | |
| Nynke Slaa | 7.2 | 8.2 | 5.02 m | 0.95 m PR | 1e pl |

Apeldoorn 15-02-20 Asics NK Indoor U 20 & U 18

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|---------------|--------|-------|
| J.A, | Hoog | |
| Jelle Golbach | 1.97 m | 3e pl |

Vorden 01-03-20 Achtkastelenloop

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|----------------------|----------------|------|
| Heren | Halve Marathon | |
| Joris Jannink | 1.31.10 | M 32 |
| Heren | 30 km | |
| Gert Jan Willemsteyn | 2.33.58 | M 55 |
| Gerard Brefeld | 2.49.08 | M 48 |

Hengelo 23-02-20 3e Woolderesloop aangepaste afstanden

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|-------------------|---------|------|
| Heren | 5.1 km | |
| Boy Foks | 16.48 | M 27 |
| Freek Bieleveld | 17.45 | M 24 |
| Heren | 15 km | |
| Richard Leussink | 1.06.15 | M 53 |
| Martin ten Voorde | 1.10.45 | M 68 |
| Vincent Exterkate | 1.18.45 | M 62 |

Utrecht 30-08-20 NK senioren

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|---------------|--------|--------|
| J.A. | Hoog | |
| Jelle Golbach | 1.90 m | 7 e pl |

Apeldoorn 28-08-20 WerpdrieKamp AV '34

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|------------------|--------|---------|---------|------|
| Dames masters 50 | Kogel | Discus | Speer | |
| Anne Smink | 8.69 m | 20.30 m | 16.85 m | V 52 |

Rotterdam 29-08-20 Werpvijskamp

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|------------------|--------|---------|---------|----------------|-------------|----------|
| Dames masters 50 | Kogel | Discus | Speer | kogelslingeren | Gewichtwerp | 2427 pnt |
| Anne Smink | 8.50 m | 16.66 m | 15.78 m | 30.49 m | 9.17 m | V 52 |

Amersfoort 13-09-20 NK J.B. en J.A.

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|---------------|--------|-------|
| J.A. | Hoog | |
| Jelle Golbach | 2.01 m | 2e pl |

Enschede 13-09-20 Menzis Singelloop

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|----------------|-------|------|
| Dames | 5 EM | |
| Lisa Bielevelt | 33.02 | V 22 |

| | | |
|-------------------|-------|------|
| Heren | 5 EM | |
| Martin ten Voorde | 37.32 | M 68 |
| Nick de Waart | 38.34 | M 29 |
| Bart Haarman | 47.08 | M 44 |

Deventer 19-09-20 Ultrafestival

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|--------------------|----------|------|-------|
| Dames | 6 uur | | |
| Carina Slingerland | 59.030 m | V 49 | 2e pl |

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|-------------------|-----------|------|-------|
| Heren | 24 uur | | |
| Johan Visschedijk | 201.482 m | M 54 | 2e pl |

Etten-Leur 25-10-20 Van Oers Marathon Brabant Thuis editie

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|--------------------|----------------|------|
| Dames | Halve Marathon | |
| Carina Slingerland | 1.58.09 | V 49 |