

## Dames 45

### 3000 m

05-06-05	Nijmegen	Annemiek Leppink	<b>V 49</b>	12.26.75	2005
30-09-04	Haaksbergen	Betsie Meier	<b>V 48</b>	13.05.0	2004
30-09-04	Haaksbergen	Maria Luttje	<b>V 55</b>	14.12.0	2004
30-09-04	Haaksbergen	Jo Stokkers	<b>V 47</b>	15.33.0	2004
01-05-05	Steenwijk	Loes Baltink	<b>V 48</b>	16.39.10	2005

### 2 EM

04-07-24	Hengelo	Carina Slingerland	<b>V 53</b>	14.24	2024
02-06-22	Hengelo	Karin Bielevelt	<b>V 56</b>	15.46	2022
05-06-14	Hengelo	Jacqueline Ooink	<b>V 47</b>	17.00	2014

### 5000 m

23-06-18	Glanerbrug	Carina Slingerland	<b>V 47</b>	22.56	2018
26-09-24	Hengelo	Chantal Lansink	<b>V 56</b>	23.39.76	2024
19-06-16	Enschede	Karin Bielevelt	<b>V 50</b>	24.19	2016
18-09-16	Almelo	Mathilde Plentinger	<b>V 48</b>	25.08	2016
26-12-08	Boekelo	Loes Baltink	<b>V 51</b>	27.22	2008
19-06-16	Enschede	Christel van der Kuil	<b>V 49</b>	27.38	2016
19-05-10	Haaksbergen	Mereke Foks	<b>V 50</b>	27.48	2010
27-09-14	Enschede	Carla van der Pol	<b>V 56</b>	28.34	2014
29-10-17	Nijverdal	Karin de Koster	<b>V 46</b>	29.51	2017
22-04-12	Enschede	Pauline Terhurne	<b>V 46</b>	30.10	2012
14-04-19	Enschede	Ernie Derksen	<b>V 60</b>	30.54	2019
27-09-14	Enschede	Ingrid Geurs	<b>V 47</b>	30.58	2014
09-09-15	Enschede	Cynthia Spikker	<b>V 59</b>	32.34	2015
26-08-17	Doorn	Adrie Trommelen	<b>V 56</b>	34.28	2017
22-04-12	Enschede	Mini Eefsting	<b>V 60</b>	34.41	2012
27-04-14	Enschede	Carla Menzing	<b>V 46</b>	35.18	2014
18-05-14	Nijmegen	Joke de Wever	<b>V 64</b>	35.37	2014
27-04-14	Enschede	Monique van Beijeren	<b>V 46</b>	36.05	2014

### 5 EM

08-12-12	Eibergen	Carla Pelle	<b>V 48</b>	36.50	2012
20-03-16	Haaksbergen	Carina Slingerland	<b>V 45</b>	38.07	2016
16-04-05	Eibergen	Annemiek Leppink	<b>V 49</b>	38.44	2005
16-04-05	Eibergen	Betsy Meijer	<b>V 49</b>	38.45	2005
27-03-11	Haaksbergen	Karin Bielevelt	<b>V 45</b>	38.47	2011
25-03-12	Haaksbergen	Jacqueline Ooink	<b>V 45</b>	40.02	2012
22-03-09	Haaksbergen	Regien Tenhagen	<b>V 45</b>	41.03	2009
22-03-15	Haaksbergen	Mathilde Plentinger	<b>V 47</b>	41.21	2015
27-03-11	Haaksbergen	Mia Groen	<b>V 46</b>	41.47	2011
22-03-15	Haaksbergen	Astrid Vogt	<b>V 47</b>	41.55	2015
27-03-11	Haaksbergen	Anita Somhorst	<b>V 45</b>	42.27	2011

## 5 EM vervolg

22-03-15	Haaksbergen	Annemiek Suurenbroek	<b>V 47</b>	42.29	2015
22-03-15	Haaksbergen	Yvonne van der Kuil	<b>V 51</b>	42.39	2015
27-03-11	Haaksbergen	Wil van Ulsen	<b>V 59</b>	42.58	2011
25-03-18	Haaksbergen	Marieke Jacobs	<b>V 55</b>	42.58	2018
26-03-17	Haaksbergen	Ellen Tijink	<b>V 45</b>	42.59	2017
20-03-05	Haaksbergen	Carla van der Pol	<b>V 47</b>	42.59	2005
21-03-10	Haaksbergen	Judith Polman	<b>V 46</b>	43.13	2010
29-05-16	Eibergen	Monique Dijksterhuis	<b>V 51</b>	43.57	2016
20-03-05	Haaksbergen	Greet kammaing	<b>V 54</b>	44.07	2005
25-03-12	Haaksbergen	Mereke Foks	<b>V 53</b>	44.07	2012
24-03-24	Haaksbergen	Veronique van Os	<b>V 50</b>	44.23	2024
23-03-03	Haaksbergen	Maria Ruggiero	<b>V 53</b>	44.29	2003
27-03-11	Haaksbergen	Adrie Flöss	<b>V 50</b>	44.33	2011
26-03-23	Haaksbergen	Edith Meijer	<b>V 58</b>	44.37	2023
22-03-09	Haaksbergen	Miriam Ottink	<b>V 47</b>	44.39	2009
22-03-09	Haaksbergen	Ria Brunninkhuis	<b>V 53</b>	44.43	2009
21-03-10	Haaksbergen	Loes Baltink	<b>V 53</b>	45.00	2010
25-03-12	Haaksbergen	Jacqueline ten Witbreuk	<b>V 45</b>	45.23	2012
25-03-12	Haaksbergen	Christel van der Kuil	<b>V 45</b>	45.24	2012
21-03-10	Haaksbergen	Toyna Menzing	<b>V 45</b>	45.27	2010
14-09-14	Enschede	Anique Velthof	<b>V 47</b>	45.38	2014
26-03-17	Haaksbergen	Marion Hannink	<b>V 50</b>	45.42	2017
25-03-18	Haaksbergen	Hetty Belshof	<b>V 53</b>	45.47	2018
25-03-12	Haaksbergen	Christina Moolhuizen	<b>V 47</b>	45.58	2012
24-03-19	Haaksbergen	Inge Lammers	<b>V 45</b>	46.07	2019
22-03-15	Haaksbergen	Nancy Stokkers	<b>V 56</b>	46.15	2015
22-03-15	Haaksbergen	Alwine Grondman	<b>V 55</b>	46.19	2015
27-03-11	Haaksbergen	Marjon Kok	<b>V 45</b>	46.22	2011
22-03-15	Haaksbergen	Annet de Witte	<b>V 54</b>	46.26	2015
23-03-14	Haaksbergen	Miriam Simmelink	<b>V 48</b>	46.27	2014
28-10-06	Nijverdal	Jacqueliën Jacobs	<b>V 46</b>	46.30	2006
27-03-11	Haaksbergen	Irma Katier	<b>V 47</b>	46.32	2011
23-03-14	Haaksbergen	Margien Zieleman	<b>V 55</b>	46.37	2014
24-03-19	Haaksbergen	Debby Bouwhuis	<b>V 45</b>	46.38	2019
23-03-14	Haaksbergen	Joke Leppink	<b>V 56</b>	46.45	2014
26-03-17	Haaksbergen	Veronique Weiters	<b>V 48</b>	47.02	2017
26-03-23	Haaksbergen	Karin Wartena	<b>V 57</b>	47.14	2023
22-03-09	Haaksbergen	Ria Schurink	<b>V 51</b>	47.15	2009
23-03-03	Haaksbergen	José Ooink	<b>V 45</b>	47.24	2003
24-03-19	Haaksbergen	Sandra Bouhuis	<b>V 50</b>	47.31	2019
22-03-15	Haaksbergen	Annemarie Westendorp	<b>V 51</b>	47.32	2015
24-03-19	Haaksbergen	Elles Bieleveldt	<b>V 50</b>	47.32	2019
25-03-18	Haaksbergen	Annet de Witte	<b>V 57</b>	47.33	2018
27-03-11	Haaksbergen	Katja van den Berg	<b>V 49</b>	47.40	2011
26-03-23	Haaksbergen	Evelien Hodes	<b>V 58</b>	47.47	2023
20-03-05	Haaksbergen	Jose Busch	<b>V 46</b>	47.52	2005
22-03-15	Haaksbergen	Pauline Terhurne	<b>V 49</b>	48.01	2015
21-03-10	Haaksbergen	Katja van den Berg	<b>V 48</b>	48.09	2010
23-03-14	Haaksbergen	Cynthia Spikker	<b>V 58</b>	48.09	2014
24-03-24	Haaksbergen	Angelique Smeeman	<b>V 52</b>	48.12	2024
25-03-18	Haaksbergen	Regine van der Hee	<b>V 50</b>	48.26	2018
26-03-23	Haaksbergen	Mandy Wijlens	<b>V 50</b>	48.27	2023
23-03-03	Haaksbergen	Hanneke Leenders Hoytink	<b>V 51</b>	48.29	2003
27-03-11	Haaksbergen	Ria ter Huurne	<b>V 45</b>	48.34	2011
26-03-17	Haaksbergen	Linda ter Woerds	<b>V 49</b>	48.42	2017
26-03-17	Haaksbergen	Ester Wesseler	<b>V 48</b>	48.42	2017
26-03-17	Haaksbergen	Thea Kleine Wiecherink	<b>V 55</b>	48.43	2017

## 5 EM vervolg

21-03-10	Haaksbergen	Gerrie Groot Obbink	<b>V 50</b>	48.54	2010
20-03-16	Haaksbergen	Cathy Roelofs	<b>V 55</b>	49.06	2016
25-03-18	Haaksbergen	Anouk Menkehorst	<b>V 45</b>	49.14	2018
22-03-09	Haaksbergen	Petra van der Zande	<b>V 49</b>	49.15	2009
24-03-19	Haaksbergen	Jeannette Weeink	<b>V 55</b>	49.21	2019
25-03-07	Haaksbergen	Wilma Jansen	<b>V 47</b>	49.22	2007
24-03-19	Haaksbergen	Carla Hubers	<b>V 51</b>	49.23	2019
24-03-13	Haaksbergen	Monique van der Kuil	<b>V 49</b>	49.34	2013
27-03-11	Haaksbergen	Marjan Rupert	<b>V 48</b>	49.40	2011
24-03-24	Haaksbergen	Ine Leferink	<b>V 67</b>	49.40	2024
20-03-16	Haaksbergen	Wilma Stroink	<b>V 68</b>	49.41	2016
26-05-13	Eibergen	Ria ter Huurne	<b>V 47</b>	49.53	2013
27-03-11	Haaksbergen	Tineke Arnoldes	<b>V 46</b>	49.56	2011
25-03-12	Haaksbergen	Anita ten Broeke	<b>V 49</b>	49.59	2012
26-03-17	Haaksbergen	Esther Hannink	<b>V 46</b>	50.01	2017
22-03-09	Haaksbergen	Marian Jansen	<b>V 47</b>	50.21	2009
21-03-10	Haaksbergen	Elisabeth Nijhof	<b>V 50</b>	50.25	2010
20-03-16	Haaksbergen	Maureen Golbach	<b>V 46</b>	50.28	2016
25-03-18	Haaksbergen	Clementine Knijff	<b>V 52</b>	50.30	2018
25-03-18	Haaksbergen	Wendy Suijthof	<b>V 45</b>	50.30	2018
26-03-17	Haaksbergen	Corine Voogtsgeerd	<b>V 48</b>	50.32	2017
21-03-10	Haaksbergen	Jacqueline Eijsink	<b>V 45</b>	50.42	2010
27-03-11	Haaksbergen	Anja Leferink	<b>V 52</b>	50.49	2011
24-03-19	Haaksbergen	Sandra Spoolder	<b>V 47</b>	50.59	2019
20-03-16	Haaksbergen	Yvonne Korshuize	<b>V 48</b>	51.09	2016
22-03-15	Haaksbergen	Lucia ten Buuren	<b>V 53</b>	51.10	2015
22-03-15	Haaksbergen	Inge Koenderink	<b>V 48</b>	51.11	2015
21-03-10	Haaksbergen	Mini Eefsting	<b>V 58</b>	51.13	2010
20-03-16	Haaksbergen	Monique Orriëns	<b>V 48</b>	51.25	2016
20-03-22	Haaksbergen	Mirjam Simmelink	<b>V 56</b>	51.31	2022
25-03-12	Haaksbergen	Joke de Wever	<b>V 62</b>	52.09	2012
21-03-10	Haaksbergen	Jose Leferink	<b>V 47</b>	52.17	2010
22-03-15	Haaksbergen	Carla Menzing	<b>V 47</b>	52.32	2015
26-03-06	Haaksbergen	Janneke Schaeffer-de Bree	<b>V 60</b>	53.56	2006
24-03-19	Haaksbergen	Veronique Lansink	<b>V 52</b>	54.11	2019
20-03-16	Haaksbergen	Ineke Kors-Uiterwijk	<b>V 60</b>	54.23	2016
23-03-14	Haaksbergen	Ingrid Geurs	<b>V 47</b>	54.30	2012
25-03-12	Haaksbergen	Anneke Masselink	<b>V 46</b>	54.46	2010
24-03-24	Haaksbergen	Belinda Roerink	<b>V 54</b>	55.02	2024
24-03-24	Haaksbergen	Joanne Konings	<b>V 51</b>	55.10	2024
20-03-22	Haaksbergen	Monique Ticheloven	<b>V 48</b>	55.21	2022
26-03-17	Haaksbergen	Monique Welberg	<b>V 51</b>	55.22	2017
21-03-10	Haaksbergen	Wilma Hurenkamp	<b>V 55</b>	55.55	2011
27-03-11	Haaksbergen	Cecile Diepenmaat	<b>V 48</b>	56.32	2011

## 10 km

14-09-97	Haaksbergen	Maria Lutje	<b>V 48</b>	45.00	
11-03-12	Hengelo	Carla Pelle	<b>V 48</b>	46.35	1997
09-06-17	Hengelo	Carina Slingerland	<b>V 46</b>	47.38	2012
04-02-07	Hengelo	Leni van Kleef	<b>V 54</b>	49.59	2017
11-03-12	Hengelo	Jacqueline Ooink	<b>V 45</b>	50.58	2007
16-05-21	Enschede	Mariël Brefeld	<b>V 45</b>	50.51	2021
26-04-09	Enschede	Regien Tenhagen	<b>V 45</b>	52.12	2012
04-02-07	Hengelo	Meriam Hilderink	<b>V 46</b>	52.41	2009

**10 km vervolg**

28-05-10	Ahaus	<b>Dld</b>	Marianne Weeink	<b>V 43</b>	54.21	2007
29-01-23	Hengelo		Edith Meijer	<b>V 58</b>	54.26	2023
09-09-99	Haaksbergen		Betsy Meijer	<b>V 47</b>	54.28	2010
27-09-14	Enschede		Ester Achterbosch	<b>V 48</b>	55.19	1999
09-04-07	Hengelo		Joke Leppink	<b>V 50</b>	55.48	2014
21-04-13	Enschede		Elly Terhurne	<b>V 60</b>	56.31	2007
06-03-22	Vorden		Veronique van Os	<b>V 48</b>	57.26	2022
31-10-15	Holten		José Busch	<b>V 56</b>	57.36	2013
31-10-15	Holten		Jacquélien Jacobs	<b>V 55</b>	57.38	2015
06-02-22	Murcia	<b>E</b>	Odette Menzing	<b>V 52</b>	57.40	2022
01-04-18	Lichtenvoorde		Wil van Ulsen	<b>V 66</b>	57.48	2015
19-04-15	Enschede		Alwine Grondman	<b>V 55</b>	57.57	2018
22-05-09	Ahaus	<b>Dld</b>	Loes Baltink	<b>V 52</b>	58.20	2015
23-04-17	Enschede		Christina Moolhuizen	<b>V 52</b>	58.30	2009
28-05-10	Ahaus	<b>Dld</b>	Greet kammaing	<b>V 59</b>	58.40	2010
02-10-16	Oldenzaal		Veronique Weiters	<b>V 47</b>	58.43	2016
02-10-16	Oldenzaal		Sandra Bouhuis	<b>V 47</b>	58.43	2016
28-10-23	Holten		Chantal Eijsink	<b>V 45</b>	59.09	2023
12-10-12	Dresden	<b>Dld</b>	Nancy Stokkers	<b>V 53</b>	59.18	2012
29-10-16	Nijverdal		Elles Bieleveldt	<b>V 47</b>	59.22	2016
26-04-09	Enschede		Margien Zieleman	<b>V 50</b>	1.00.05	2009
17-05-12	Delft		Mereke Foks	<b>V 53</b>	1.00.11	2012

**15 km**

26-11-04	S-Heerenberg		Annemieke Leppink	<b>V 45</b>	1.08.46	2001
09-12-01	S-Heerenberg		Maria Luttje	<b>V 52</b>	1.11.33	2001
09-11-14	Enschede		Carla Pelle	<b>V 50</b>	1.11.38	2014
19-11-17	Nijmegen		Carina Slingerland	<b>V 46</b>	1.12.35	2017
26-11-04	Nijmegen		Betsy Meijer	<b>V 48</b>	1.13.27	2004
09-04-12	Hengelo		Edith Meijer	<b>V 47</b>	1.13.40	2012
09-11-14	Enschede		Petra Veldhuis	<b>V 49</b>	1.15.05	2014
09-04-07	Hengelo		Leni van Kleef	<b>V 54</b>	1.18.58	2007
17-11-13	Nijmegen		Karin Wartena	<b>V 47</b>	1.20.34	2005
24.04.05	Hengelo		José Laarhuis	<b>V 49</b>	1.21.16	2012
18-11-12	Nijmegen		Jacqueline Ooink	<b>V 45</b>	1.22.37	2010
21-11-10	Nijmegen		Regien Tenhagen	<b>V 46</b>	1.23.25	2010
02-04-17	Hengelo		Marianne Weeink	<b>V 54</b>	1.24.37	2017
02-04-17	Hengelo		Elly Terhurne-Konings	<b>V 64</b>	1.24.38	2017
26-09-10	Velp		Monique Dijksterhuis	<b>V 45</b>	1.24.56	2006
13-04-14	Hengelo		José Busch	<b>V 55</b>	1.26.19	2014
13-04-14	Hengelo		Jacquélien Jacobs	<b>V 54</b>	1.26.20	2014
09-04-06	Hengelo		Meriam Hilderink	<b>V 45</b>	1.27.30	2006
09-04-06	Hengelo		Joke Leppink	<b>V 49</b>	1.27.43	2006
09-04-06	Hengelo		Carla van der Pol	<b>V 48</b>	1.27.27	2013
21.11.10	Nijmegen		Wil van Ulsen	<b>V 58</b>	1.28.36	2012
09-04-12	Hengelo		Judith Polman	<b>V 48</b>	1.28.48	2012
09-04-06	Hengelo		Loes Baltink	<b>V 49</b>	1.29.13	2006

**10 EM**

21-03-99	Haaksbergen	Maria Luttje	<b>V 50</b>	1.11.54	1999
24-03-02	Haaksbergen	Annemiek Leppink	<b>V 46</b>	1.13.10	2002
22-03-15	Haaksbergen	Carla Pelle	<b>V 51</b>	1.15.25	2015
02-03-02	Winterswijk	Betsy Meyer	<b>V 46</b>	1.15.48	2002
25-03-07	Haaksbergen	Liesbeth van Haeringen	<b>V 49</b>	1.17.08	2007
25-03-12	Haaksbergen	Edith Meijer	<b>V 47</b>	1.19.10	2012
26-03-23	Haaksbergen	Chantal Lansink	<b>V 55</b>	1.19.49	2023
20-03-22	Haaksbergen	Carina Slingerland	<b>V 46</b>	1.20.14	2020
25-03-12	Haaksbergen	Petra Veldhuis	<b>V 47</b>	1.21.36	2012
24-03-02	Eibergen	José laarhuis	<b>V 46</b>	1.21.52	2002
22-03-15	Haaksbergen	Veronique Weeters	<b>V 46</b>	1.23.34	2015
25-03-07	Haaksbergen	Leni van Kleef	<b>V 54</b>	1.23.51	2007
26-03-23	Haaksbergen	Mariël Brefeld	<b>V 47</b>	1.24.25	2023
20-03-05	Haaksbergen	Anneke Vegter	<b>V 50</b>	1.24.47	2005
29-10-11	Holten	Liesbeth van Meurs	<b>V 53</b>	1.24.54	2011
24-03-19	Haaksbergen	Veronique van Os	<b>V 45</b>	1.26.29	2019
23-03-14	Haaksbergen	Yvonne van der Kuil	<b>V 50</b>	1.26.36	2014
22-03-09	Haaksbergen	Carla van der Pol	<b>V 51</b>	1.26.52	2009
25-03-12	Haaksbergen	Marianne Weeink	<b>V 49</b>	1.27.00	2012
23-03-03	Haaksbergen	Ingrid Rexwinkel	<b>V 48</b>	1.27.13	2003
23-03-14	Haaksbergen	Jacqueline Ooink	<b>V 47</b>	1.28.28	2014
23-03-14	Haaksbergen	Elly Terhurne	<b>V 61</b>	1.28.38	2014
23-03-14	Haaksbergen	Astrid Vogt-Ellenbroek	<b>V 46</b>	1.28.38	2014
23-03-14	Haaksbergen	Natasja van de Schepop	<b>V 45</b>	1.28.39	2014
23-03-14	Haaksbergen	Annemieke Suurenbroek	<b>V 46</b>	1.28.40	2014
22-03-15	Haaksbergen	Marianne Weeink	<b>V 52</b>	1.28.49	2015
25-03-12	Haaksbergen	Wil van Ulsen	<b>V 60</b>	1.29.38	2012
22-03-15	Haaksbergen	Sandra Bouhuis	<b>V 46</b>	1.29.39	2015
24-03-19	Haaksbergen	Evelien Hodes	<b>V 54</b>	1.29.54	2019
25-03-12	Haaksbergen	Monique Dijksterhuis	<b>V 47</b>	1.30.20	2012
23-03-14	Haaksbergen	Marjon van Kemenade	<b>V 54</b>	1.31.03	2014
23-03-14	Haaksbergen	José Busch	<b>V 55</b>	1.31.09	2014
23-03-14	Haaksbergen	Jacqueliën Jacobs	<b>V 54</b>	1.31.09	2014
30-03-08	Haaksbergen	Meriam Hilderink	<b>V 47</b>	1.32.02	2008
27-03-11	Haaksbergen	Ester Achterbosch	<b>V 45</b>	1.32.16	2011
24-03-19	Haaksbergen	Edith Meijer	<b>V 54</b>	1.33.59	2019
27-03-11	Haaksbergen	Maria ten Voorde	<b>V 55</b>	1.35.32	2011
26-03-06	Haaksbergen	Loes Baltink-Knape	<b>V 49</b>	1.36.14	2006
22-03-09	Haaksbergen	Adrie Flöss	<b>V 48</b>	1.36.38	2009
22-03-09	Haaksbergen	Irma Katier	<b>V 45</b>	1.36.40	2009

**20 km**

29-10-16	Nijverdal	Carina Slingerland	<b>V 45</b>	1.42.11	2016
10-10-10	Parijs	<b>F</b> Edith Meijer	<b>V 45</b>	01:47:20	2010
10-10-10	Parijs	<b>F</b> Monique Dijksterhuis	<b>V 45</b>	01:53:28	2010
10-10-10	Parijs	<b>F</b> Elly Terhurne	<b>V 57</b>	02:05:22	2010
10-10-10	Parijs	<b>F</b> Jacqueliën Jacobs	<b>V 50</b>	02:07:35	2010
10-10-10	Parijs	<b>F</b> José Busch	<b>V 51</b>	02:07:37	2010
10-10-10	Parijs	<b>F</b> Nancy Stokkers	<b>V 51</b>	02:14:39	2010

## Halve Marathon

27-04-97	Hengelo	Maria Lutje	V 47	1.34.56	1997
25-11-07	Enschede	Liesbeth van Haeringen	V 49	1.36.35	2007
19-04-15	Enschede	Carla Pelle	V 51	1.40.40	2015
09-04-06	Hengelo	Betsy meijer	V 50	1.43.59	2006
27-12-18	Arnhem	Carina Slingerland	V 47	1.44.00	2018
15-06-19	Zwolle	Chantal Lansink	V 51	1.46.54	2019
24-04-22	Enschede	Petra Velthuis	V 57	1.47.52	2022
22-04-12	Enschede	Edith Meijer	V 47	1.47.54	2012
16-05-04	Enschede	Anneke Vegter	V 49	1.48.40	2004
06-11-11	Terschelling	Liesbeth van Meurs	V 53	1.49.51	2011
16-05-04	Enschede	Henny Leferink	V 47	1.51.21	2004
05-11-06	Terschelling	Annemiek Leppink	V 50	1.52.56	2006
26-05-02	Enschede	Ingrid Rexwinkel	V 47	1.55.59	2002
14-04-19	Enschede	Evelien Hodes	V 54	1.56.52	2019
06-11-11	Terschelling	Monique Dijksterhuis	V 46	1.57.31	2011
09.04.06	Hengelo	José Laarhuis	V 50	1.58.13	2006
09-04-07	Hengelo	Carla van der Pol	V 49	2.01.05	2007
24-04-22	Enschede	Elly Terhurne	V 69	2.01.39	2022
22-04-12	Enschede	Wil van Ulsen	V 60	2.01.59	2012
11-10-18	Leipzig	<b>Dld</b> Marianne Weeink	V 55	2.02.50	2018
04-10-15	Oldenzaal	Marion Hannink	V 48	2.06.19	2015
23.04.06	Enschede	Joke Leppink	V 49	2.06.52	2006
11-10-18	Leipzig	<b>Dld</b> Jacqueliën Jacobs	V 55	2.06.57	2018
11-10-18	Leipzig	<b>Dld</b> José Busch	V 56	2.06.57	2018
08-10-23	Oldenzaal	Veronique van Os	V 49	2.07.30	2023
17-04-11	Enschede	Marian ten Voorde	V 55	2.07.56	2011
02-03-15	Vorden	Veronique Weiters	V 46	2.08.13	2015
23-4-2006	Enschede	Loes Baltink	V 49	2.08.24	2006
04-10-15	Oldenzaal	Christina Moolhuizen	V 50	2.09.55	2015
13-04-14	Hengelo	Ester Wesseler	V 45	2.11.41	2014
23-4-2006	Enschede	Meriam Hilderink	V 45	2.12.37	2006
05-04-09	Berlijn	<b>Dld</b> Irma Katier	V 45	2.13.34	2009

## 25 km

07-02-16	Apeldoorn	Carina Slingerland	V 45	2.06.06	2016
03-02-19	Apeldoorn	Veronique van Os	V 45	2.27.09	2019

## 30 km

11.05.97		Maria Luttje	V 47	2.27.19	1997
06-03-22	Vorden	Carina Slingerland	V 51	2.37.21	2022
12.03.06	Vorden	Betsy Meijer	V 50	2.40.38	2006
05.03.23	Vorden	Veronique van Os	V 49	3.06.10	2023

## Marathon

15-04-23	Rotterdam	Chantal Lansink	<b>V 55</b>	3.38.31	2023
02-11-08	Terschelling	Liesbeth van Haeringen	<b>V 50</b>	3.43.47	2008
08-06-97	Enschede	Maria Luttje	<b>V 48</b>	3.45.42	1997
23.04.06	Enschede	Betsie Meyer	<b>V 50</b>	3.45.54	2006
20-10-19	Amsterdam	Carina Slingerland	<b>V 45</b>	3.47.22	2019
26-05-02	Enschede	Annemiek Leppink	<b>V 46</b>	3.50.0	2002
13-04-14	Rotterdam	Monique Dijksterhuis	<b>V 49</b>	4.09.16	2014
26-05-02	Enschede	Jose Laarhuis	<b>V 47</b>	4.09.35	2002
07-06-98	Enschede	Jose Karnebeek	<b>V 45</b>	4.13.51	1998
05-11-17	New York	<b>USA</b> Mereke Foks	<b>V 58</b>	5.32.34	2017

## 6 Uursloop

19-09-20	Deventer	Carina Slingerland	<b>V 49</b>	59.030 m	2020
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## Kogel 4 kg

19-05-10	Haaksbergen	Doris Willekes	<b>V 47</b>	8.34 m	2010
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## Discus 1 kg

18-05-11	Haaksbergen	Doris Willekes	<b>V 48</b>	28.13 m	2011
28-08-20	Apeldoorn	Anne Smink	<b>V 52</b>	20.30 m	2020

## Speer 600 gr

18-05-11	Haaksbergen	Doris Willekes	<b>V 48</b>	14.72 m	2011
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