

## Dames 50

### 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

### 5000 m

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
26-12-08	Boekelo	Loes Baltink	<b>V 51</b>	27.22	2008
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
14-04-19	Enschede	Ernie Derksen	<b>V 60</b>	30.54	2019
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
18-05-14	Nijmegen	Joke de Wever	<b>V 64</b>	35.37	2014
02-03-24	Katwijk	Jeannette Te Bogt	<b>V 57</b>	38.55	2024

### 5 EM

31-05-15	Eibergen	Carla Pelle	<b>V 51</b>	37.54	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
24-03-19	Haaksbergen	Mathilde Plentinger	<b>V 51</b>	43.12	2019
26-03-17	Haaksbergen	Marianne Weeink Somhorst	<b>V 54</b>	43.54	2017
29-05-16	Eibergen	Monique Dijksterhuis	<b>V 51</b>	43.57	2016
20-03-05	Haaksbergen	Greet Kamminga	<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	Ria Brunninkhuis	<b>V 53</b>	44.43	2009
21-03-10	Haaksbergen	Loes Baltink	<b>V 53</b>	45.00	2010
24-03-13	Haaksbergen	Betsy Meyer	<b>V 57</b>	45.03	2013
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
26-03-17	Haaksbergen	Christel van der Kuil	<b>V 50</b>	46.11	2017
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
20-03-22	Haaksbergen	Karin Bielevelt	<b>V 56</b>	46.23	2022
22-03-15	Haaksbergen	Annet de Witte	<b>V 54</b>	46.26	2015
23-03-14	Haaksbergen	Margien Zieleman	<b>V 55</b>	46.37	2014
23-03-14	Haaksbergen	Joke Leppink	<b>V 56</b>	46.45	2014
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
20-03-16	Haaksbergen	Christina Moolhuizen	<b>V 51</b>	47.21	2016
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
24-03-19	Haaksbergen	Mirjam Simmelink	<b>V 53</b>	47.40	2019
26-03-23	Haaksbergen	Evelien Hodes	<b>V 58</b>	47.47	2023

## 5 EM vervolg

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	Annemieke Suurenbroek	<b>V 50</b>	48.26	2018
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
26-03-17	Haaksbergen	Thea Kleine Wiecherink	<b>V 55</b>	48.43	2017
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
26-03-17	Haaksbergen	Petra Okkinga	<b>V 52</b>	49.14	2017
24-03-19	Haaksbergen	Jeannette Weeink	<b>V 55</b>	49.21	2019
24-03-19	Haaksbergen	Carla Hubers	<b>V 51</b>	49.23	2019
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
24.03.24	Haaksbergen	Jacqueline Jacobs	<b>V 64</b>	50.02	2024
24-03-13	Haaksbergen	Marjan Rupert	<b>V 50</b>	50.10	2013
21-03-10	Haaksbergen	Elisabeth Nijhof	<b>V 50</b>	50.25	2010
22-03-15	Haaksbergen	Regien Tenhagen	<b>V 51</b>	50.26	2015
25-03-18	Haaksbergen	Clementine Knijff	<b>V 52</b>	50.30	2018
27-03-11	Haaksbergen	Anja Leferink	<b>V 52</b>	50.49	2011
24-03-19	Haaksbergen	Corine Voogtsgeerd	<b>V 50</b>	51.01	2019
22-03-15	Haaksbergen	Lucia ten Buuren	<b>V 53</b>	51.10	2015
21-03-10	Haaksbergen	Mini Eefsting	<b>V 58</b>	51.13	2010
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
28-10-23	Holten	Chantal Eijsink	<b>V 46</b>	52.38	2023
26-03-23	Haaksbergen	Wendy Suijthof	<b>V 50</b>	52.43	2023
26-03-23	Haaksbergen	Anouk Menkehorst	<b>V 50</b>	52.53	2023
25-03-07	Haaksbergen	Ina Leferink	<b>V 50</b>	53.49	2007
26-03-06	Haaksbergen	Janneke Schaeffer-de Bree	<b>V 60</b>	53.56	2006
24-03-24	Haaksbergen	Sandra Spoolder	<b>V 52</b>	54.08	2024
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
24-03-19	Haaksbergen	Ingrid Geurs	<b>V 52</b>	54.34	2019
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
24-03-24	Haaksbergen	Debby Bouwhuis	<b>V 50</b>	55.11	2024
22-03-09	Haaksbergen	Henriette Bannink	<b>V 50</b>	55.14	2009
26-03-17	Haaksbergen	Monique Welberg	<b>V 51</b>	55.22	2017
23-03-14	Haaksbergen	Karin Groot Nibbelink	<b>V 50</b>	55.24	2014

## 10 km

09-09-99	Haaksbergen	Maria Luttje	<b>V 50</b>	48.44	1999
04-02-07	Hengelo	Leni van Kleef	<b>V 54</b>	49.59	2007
08-01-23	Deventer	Carina Slingerland	<b>V 52</b>	50.24	2023
29-01-23	Hengelo	Edith Meijer	<b>V 58</b>	54.26	2023
09-04-07	Hengelo	Joke Leppink	<b>V 50</b>	55.48	2007
21-04-13	Enschede	Elly Terhurne	<b>V 60</b>	56.31	2013
31-10-15	Holten	José Busch	<b>V 56</b>	57.36	2015

## 10 km vervolg

31-10-15	Holten		Jacqueline 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	2018
19-04-15	Enschede		Alwine Grondman	<b>V 55</b>	57.57	2015
22-05-09	Ahaus	<b>Dld</b>	Loes Baltink	<b>V 52</b>	58.20	2009
23-04-17	Enschede		Christina Moolhuizen	<b>V 52</b>	58.30	2014
27-09-14	Enschede		Marianne Weeink	<b>V 51</b>	58.35	2014
27-09-14	Enschede		Annet de Witte	<b>V 53</b>	58.36	2010
28-05-10	Ahaus	<b>Dld</b>	Greet kamminga	<b>V 59</b>	58.40	2013
26-05-13	Nijmegen		Betsy Meijer	<b>V 57</b>	59.13	2012
12-10-12	Dresden	<b>Dld</b>	Nancy Stokkers	<b>V 53</b>	59.18	2009
26-04-09	Enschede		Margien Zieleman	<b>V 50</b>	1.00.05	2012
17-05-12	Delft		Mereke Foks	<b>V 53</b>	1.00.11	2012
22-04-12	Enschede		Joke de Wever	<b>V 62</b>	1.01.35	2018
21-04-24	Enschede		Christel Hengelman	<b>V 50</b>	1.03.25	2024
22-04-18	Enschede		Cathy Roelofs	<b>V 57</b>	1.03.32	2017
25-06-17	Enschede		Monique Welberg	<b>V 51</b>	1.04.03	2011
02-10-11	Bremen	<b>Dld</b>	Mini Eefsting	<b>V 59</b>	1.05.46	2012
24-04-22	Enschede		Angelique Smeeman	<b>V 50</b>	1.08.46	2022
12-10-12	Dresden	<b>Dld</b>	Nanette Dekker	<b>V 55</b>	1.10.02	2007
22-04-07	Enschede		Ina Leferink	<b>V 50</b>	1.10.30	2007

## 15 km

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
08-01-06	Hengelo		Betsy Meyer	<b>V 50</b>	1.13.31	2006
09-04-07	Hengelo		Leni van Kleef	<b>V 54</b>	1.18.58	2007
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
13-04-14	Hengelo		José Busch	<b>V 55</b>	1.26.19	2014
13-04-14	Hengelo		Jacqueline Jacobs	<b>V 54</b>	1.26.20	2014
21.11.10	Nijmegen		Wil van Ulsen	<b>V 58</b>	1.28.36	2010
13-04-14	Hengelo		Margien Zieleman	<b>V 55</b>	1.33.01	2014
22-11-15	Enschede		Christina Moolhuizen	<b>V 50</b>	1.33.38	2015

## 10 EM

21-03-99	Haaksbergen		Maria Luttje	<b>V 50</b>	1.11.54	1999
22-03-15	Haaksbergen		Carla Pelle	<b>V 51</b>	1.15.25	2015
15-04-06	Eibergen		Betsy Meyer	<b>V 50</b>	1.16.13	2006
25-10-08	Nijverdal		Liesbeth van Haeringen	<b>V 50</b>	1.18.08	2008
25-03-07	Haaksbergen		Annemiek Leppink	<b>V 51</b>	1.19.03	2007
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

## 10 EM vervolg

22-03-15	Haaksbergen	Petra Veldhuis	<b>V 50</b>	1.22.15	2015
22-03-09	Haaksbergen	José laarhuis-Broshuis	<b>V 53</b>	1.23.36	2009
25-03-07	Haaksbergen	Leni van Kleef	<b>V 54</b>	1.23.51	2007
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
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
23-03-14	Haaksbergen	Elly Terhurne	<b>V 61</b>	1.28.38	2014
22-03-15	Haaksbergen	Marianne Weeink	<b>V 52</b>	1.28.49	2015
23-03-14	Haaksbergen	Jeannette Weeink	<b>V 50</b>	1.29.04	2014
25-03-12	Haaksbergen	Wil van Ulsen	<b>V 60</b>	1.29.38	2012
24-03-19	Haaksbergen	Evelien Hodes	<b>V 54</b>	1.29.54	2019
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	Jacquelien Jacobs	<b>V 54</b>	1.31.09	2014
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
22-03-09	Haaksbergen	Els van Schaik	<b>V 52</b>	1.36.41	2009
22-03-09	Haaksbergen	Loes Baltink	<b>V 52</b>	1.36.42	2009
22-03-09	Haaksbergen	Margien Zieleman	<b>V 50</b>	1.36.42	2009
24-03-19	Haaksbergen	Marion Hannink	<b>V 52</b>	1.37.18	2019
22-03-09	Haaksbergen	Wilma Groot Zevert - Rooks	<b>V 50</b>	1.39.06	2009

## 20 km

10-10-10	Parijs	<b>F</b> Elly Terhurne	<b>V 57</b>	02:05:22	2010
10-10-10	Parijs	<b>F</b> Jacquelien 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

19-04-15	Enschede	Carla Pelle	<b>V 51</b>	1.40.40	2015
13-01-08	Egmond	Liesbeth van Haeringen	<b>V 50</b>	1.42.19	2008
16-05-04	Enschede	Maria Luttje	<b>V 55</b>	1.42.58	2004
09-04-06	Hengelo	Betsy meijer	<b>V 50</b>	1.43.59	2006
15-06-19	Zwolle	Chantal Lansink	<b>V 51</b>	1.46.54	2019
24-04-22	Enschede	Petra Velthuis	<b>V 57</b>	1.47.52	2022
06-11-11	Terschelling	Liesbeth van Meurs	<b>V 53</b>	1.49.51	2011
07-04-24	Hengelo	Carina Slingerland	<b>V 53</b>	1.51.16	2024
05.11.06	Terschelling	Annemiek Leppink	<b>V 50</b>	1.52.56	2006
02-10-22	Oldenzaal	Chantal Lansink	<b>V 54</b>	1.54.36	2022
14-04-19	Enschede	Evelien Hodes	<b>V 54</b>	1.56.52	2019
09.04.06	Hengelo	José Laarhuis	<b>V 50</b>	1.58.13	2006
14-04-19	Enschede	Edith Meijer	<b>V 54</b>	1.59.49	2019
12-05-12	Raalte	Carla van der Pol	<b>V 54</b>	2.01.17	2012
24-04-22	Enschede	Elly Terhurne	<b>V 69</b>	2.01.39	2022

## Halve Marathon vervolg

22-04-12	Enschede	Wil van Ulsen	<b>V 60</b>	2.01.59	2012
11-10-18	Leipzig	<b>Dld</b> Marianne Weeink	<b>V 55</b>	2.02.50	2018
11-10-18	Leipzig	<b>Dld</b> Jacquélien Jacobs	<b>V 55</b>	2.06.57	2018
11-10-18	Leipzig	<b>Dld</b> José Busch	<b>V 56</b>	2.06.57	2018
17-04-11	Enschede	Marian ten Voorde	<b>V 55</b>	2.07.56	2011
04-10-15	Oldenzaal	Christina Moolhuizen	<b>V 50</b>	2.09.55	2015
05-04-09	Berlijn	<b>Dld</b> Joke Leppink	<b>V 51</b>	2.11.01	2009
11-10-18	Leipzig	<b>Dld</b> Marion Hannink	<b>V 51</b>	2.11.40	2018
05-04-09	Berlijn	<b>Dld</b> Loes Baltink	<b>V 52</b>	2.12.31	2009
05-04-09	Berlijn	<b>Dld</b> Els van Schaik	<b>V 52</b>	2.14.23	2009
21-04-13	Enschede	Adrie Flöss	<b>V 52</b>	2.14.32	2013
05-04-09	Berlijn	<b>Dld</b> Margien Zieleman-Scherpenkate	<b>V 50</b>	2.16.36	2009
05-04-09	Berlijn	<b>Dld</b> Nancy Stokkers	<b>V 50</b>	2.19.00	2009
20-10-19	Amsterdam	Mereke Foks	<b>V 60</b>	2.22.21	2019
21-10-12	Dresden	<b>Dld</b> Katja van den Berg	<b>V 50</b>	2.22.23	2012
05-04-09	Berlijn	<b>Dld</b> Greet Kamminga	<b>V 58</b>	2.23.16	2009
05-04-09	Berlijn	<b>Dld</b> Wilma Groot Zevert - Rooks	<b>V 50</b>	2.23.34	2009

## 25 km

05.02.23	Apeldoorn	Carina Slingerland	<b>V 52</b>	2.13.19	2023
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## 30 km

06-03-22	Vorden	Carina Slingerland	<b>V 51</b>	2.37.21	2022
12.03.06	Vorden	Betsy meijer	<b>V 50</b>	2.40.38	2006

## 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
23.04.06	Enschede	Betsie Meyer	<b>V 50</b>	3.45.54	2006
09-04-22	Rotterdam	Carina Slingerland	<b>V 51</b>	4.06.06	2022
05-11-17	New York	<b>USA</b> Mereke Foks	<b>V 58</b>	5.32.34	2017

## Kogel 3 kg

28-08-20	Apeldoorn	Anne Smink	<b>V 52</b>	8.69 m	2020
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**Discus 1 kg**

28-08-20 Apeldoorn Anne Smink **V 52** 20.30 m 2020

**Speer 500 gr**

28-08-20 Apeldoorn Anne Smink **V 52** 16.85 m 2020

**Kogelslingeren 3 kg**

27-06-21 Soest **Dld** Anne Smink **V 54** 35.48 m 2021

**Gewichtwerpen 7,26 kg**

29-08-20 Rotterdam Anne Smink **V 52** 9.17 m 2020

**Werpvijfkamp**

29-08-20 Rotterdam Anne Smink **V 52** 2427 pnt 2020

**Kogel 3 kg** 8.50 m

**Discus 1 kg** 16.66 m

**Speer 500 gr** 15.78 m

**Kogelslingeren 3 kg** 30.49 m

**Gewichtwerpen 7,26 kg** 9.17 m