

AVB PR's t/m 24 oktober 2021		800m	1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
Ben	Arum van	2:35:00	5:21:00	0:11:42	0:20:42	0:43:42	1:11:44	1:11:46	1:39:34	-	-
Paul	Bakker	-	5:35:00	0:11:51	0:20:41	0:43:25	-	1:11:58	1:36:35	2:29:06	3:32:52
Inge	Beem van	3:16:00	6:33:00	0:13:50	0:23:40	0:49:22	1:21:38	1:25:26	1:54:02	3:00:57	4:24:42
Charles	Borgsteede	3:10:00	6:27:00	0:13:48	0:22:42	0:50:25	-	-	-	-	4:22:00
Petra	Bosch	3:21:00	-	-	-	0:51:30	-	1:35:27	-	-	-
Ineke	Brouwer	3:54:00	7:36:00	0:16:23	0:26:05	0:55:55	1:28:02	1:28:00	2:08:05	3:29:56	4:46:21
Irene	Bultink	-	-	-	-	-	-	-	-	-	5:43:59
Herwin	Denderen van	3:41:00	7:29:00	0:16:36	0:26:58	-	1:23:33	1:34:21	1:59:45	3:02:30	-
Henk	Dijk van	2:52:00	5:55:00	0:13:04	0:22:18	0:44:56	1:11:44	1:16:59	1:42:54	2:29:42	3:57:51
José	Dooren van	4:22:00	7:43:00	0:16:04	0:27:33	0:53:26	1:22:05	1:32:33	1:57:18	3:36:30	4:27:59
Yvonne	Egberts	5:44:00	-	-	0:31:43	-	-	-	-	-	-
Roy	Fijnhaar	2:31:00	5:20:00	0:11:24	0:19:30	0:40:43	1:07:30	1:09:38	1:30:00	-	3:22:17
Yvonne	Frijters-Schönhage	3:55:00	-	0:16:41	0:26:11	0:56:53	-	-	-	-	-
Ineke	Galiën-Kok van der	3:41:00	7:07:00	0:15:11	0:26:32	0:53:09	1:27:05	1:32:54	2:01:00	-	4:48:50
Anita	Geurs	5:07:00	-	-	0:30:26	-	-	-	-	-	-
Jenny	Groenewoud	-	6:56:00	0:14:51	0:23:53	0:48:18	-	1:22:04	1:52:13	2:49:05	4:17:11
René	Groenewoud	-	5:18:00	0:11:49	0:19:43	0:40:44	-	1:08:25	1:30:35	-	3:27:57
Erik-Jan	Gunnink	-	-	14:21:00	-	-	-	-	-	-	-
Pim	Hamers	2:41:00	-	11:09:00	0:18:58	-	-	-	-	-	-
Yuen-On	Ho	2:49:00	5:47:00	0:12:09	0:21:23	0:47:01	1:14:00	1:17:45	1:43:56	-	3:59:41
René	Hoogakker	3:13:00	6:34:00	19:02:00	0:24:23	-	-	-	-	-	-
Robert	Horde de	3:29:00	-	0:16:01	-	-	-	1:31:04	2:08:26	-	-
Ellen	Hulsbergen Henning	4:04:00	-	-	0:27:48	0:57:46	-	-	-	-	-
Jos	Huppelschoten	2:49:00	5:36:00	0:11:52	0:20:46	0:44:22	-	1:15:12	1:37:50	-	-
Tjebbe	Jong de	-	7:04:00	0:16:37	0:26:52	-	1:25:03	-	-	-	-
Stefan	Kamp	3:09:00	7:04:00	0:16:49	0:27:11	-	-	-	2:05:55	-	-
Jeroen	Kes	3:26:00	6:24:00	0:14:23	0:25:17	-	-	1:35:23	2:07:31	-	-
Ron	Kleef	2:46:00	5:47:00	0:12:18	0:21:06	0:44:53	1:08:42	1:17:20	1:44:10	-	-
Quant	Koese	2:34:00	5:17:00	0:11:26	0:20:06	0:44:23	1:06:55	1:16:17	1:40:11	-	-
Jaap	Koning	2:53:00	5:14:00	0:10:57	0:18:44	0:37:07	0:59:33	1:04:04	1:25:16	2:08:10	3:19:25
Lia	Kooter	-	6:25:00	0:14:36	0:23:15	0:49:50	-	1:24:03	1:49:04	-	-
Ingrid	Lagendijk	-	-	0:16:40	-	-	-	-	-	-	-
Inger	Leeuwen van	-	-	-	-	0:56:57	-	1:39:36	-	-	-
Gisela	Liew	4:24:00	-	-	-	-	-	-	-	-	-
Cora	Meere	4:24:00	-	-	-	-	-	-	-	-	-
Rudi	Mekke	4:35:00	-	-	-	-	-	-	-	-	-
Astrid	Melching	3:37:00	7:26:00	0:15:57	0:27:47	0:58:47	1:30:47	1:43:45	2:16:38	-	-
Jan	Mulder	2:39:00	4:32:00	0:09:49	0:16:50	0:35:25	0:54:47	0:59:42	1:18:04	1:57:07	3:07:42
Monika	Nierop-Marinus	4:16:00	6:46:00	0:14:58	0:25:28	0:51:01	1:51:43	1:23:20	1:56:58	-	4:13:04

AVB PR's t/m 24 oktober 2021		800m	1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
Ruud	Nieuwenhuis	-	5:14:00	0:10:47	0:18:47	0:38:27	-	1:07:39	1:34:28	-	-
Eus	Ouden den	-	5:44:00	0:12:13	0:21:50	0:45:53	-	1:16:15	1:42:47	2:31:57	3:49:42
Cliff	Piets	2:53:00	5:59:00	0:12:59	0:22:07	0:45:28	1:17:08	1:19:30	1:52:18	2:54:10	4:19:57
Marijke	Piets	3:58:00	7:45:00	0:15:53	0:28:39	0:56:28	1:33:27	1:38:20	2:08:12	3:09:00	4:53:11
Els	Raap	-	5:04:00	0:10:53	0:18:35	0:39:26	1:08:17	1:05:26	1:29:44	2:34:11	3:32:15
Bob	Renkema	3:18:00	7:01:00	0:14:10	0:25:46	0:50:59	1:19:30	1:37:16	2:15:04	-	-
Tony	Schrama	-	-	0:16:32	0:28:19	0:59:12	1:40:27	1:42:04	2:15:24	-	-
Guus	Schutijser	2:56:00	5:48:00	0:12:25	0:21:24	0:45:10	1:13:32	1:14:21	1:37:35	2:36:37	3:41:06
Sandra	Siebeling	-	-	-	0:30:02	-	-	-	-	-	-
Marijke	Slaman	-	-	0:15:09	0:24:57	0:51:00	-	-	-	-	-
Harry	Smit	4:06:00	-	-	-	-	-	-	-	-	-
Angélica	Stevens	3:42:00	7:15:00	0:15:37	0:26:04	0:57:16	1:26:19	1:32:43	2:02:38	-	4:32:36
Babs	Taal	-	8:54:00	-	0:29:30	0:59:50	1:41:46	1:42:05	2:17:10	-	-
Bart	Toering	3:14:00	-	-	0:27:25	1:00:28	-	-	-	-	-
Evert	Veerkamp	3:38:00	7:18:00	0:16:22	0:27:50	0:59:52	-	1:42:04	2:11:34	-	-
Herman	Verhaar	2:30:00	4:59:00	0:10:54	0:18:39	0:37:50	1:01:00	1:04:39	1:25:38	-	-
Gilles	Visser	2:29:00	5:00:00	0:10:45	0:18:43	0:38:48	0:59:33	1:04:40	1:28:05	2:13:05	3:14:35
Alaaddin	Vural	2:57:00	5:58:00	0:12:51	0:21:25	0:43:00	1:09:31	1:13:29	1:35:48	2:28:36	3:31:15
Robert	Wagner	-	6:58:00	0:15:44	0:25:41	0:58:12	-	-	-	-	-
Eric	Wahl	3:18:00	5:48:00	0:14:19	0:24:56	0:53:05	1:32:21	1:30:46	2:10:30	-	-
Ron	Wipper	3:13:00	6:01:00	0:12:45	0:20:55	0:43:17	-	1:11:29	1:38:15	2:27:58	3:25:00
Theo	Wubs	3:08:00	6:41:00	0:13:40	0:24:07	0:47:45	1:17:23	-	1:55:10	-	4:06:33
Harry	Zaal	-	-	0:15:45	0:27:34	-	-	-	-	-	-
Wim	Zalinge van	2:59:00	5:45:00	0:12:34	0:21:37	0:44:05	1:12:32	1:15:14	2:11:32	-	-
Onno	Zonneveld	-	-	-	0:23:18	-	-	-	-	-	-

PR in 2021 gelopen