



AVB PR's t/m 6 juni 2023		800m	1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
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
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	3:45:00	-	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	-	-
Deborah	Velde van der	-	10:26:00	-	-	-	-	-	-	-	-
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	3:27:00	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 2023 gelopen