

FPCFromClipboardUntitled

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|------------|---|---------|
| Zandvoort | Runnersworld Circuitrun 28-03-2010 | 12km |
| | Jeroen Schmidt | 46.28 |
| | Mike Wientjes | 1.15.01 |
| Zwolle | Ekiden 28-03-2010 | 42.2km |
| 1e M | Altijd Alles Maximaal | 2.33.25 |
| | Mario Diks, Seran Nijkamp, Ivar Roos, Ruud van der Wal, Marald Brons en Ton Berghout | |
| | De meiden van Veluwe | 3.53.46 |
| | Claudia de Wied, Iris Sielias, Simone Middelveld, Ashley vd Leemkolk, Marijtje Godefrooij en Astrid Beerten | |
| Arnhem | Rondje Nederland 28-03-2010 | 10km |
| | Sonja Kerkdijk | 53.52 |
| | Liesel Feldkamp | 53.52 |
| | Geralda van den Brink | 58.22 |
| Berlijn | Halve marathon 28-03-2010 | 21.1km |
| | Paula van Wijk | 1.59.01 |
| | Jan Wenmaekers | 1.59.01 |
| | Henny van Mourik | 2.01.16 |
| | Ellen Kluin | 2.32.17 |
| | Lydia Steffens | 2.32.17 |
| Harderwijk | Bosloopcompetitie 28-03-2010 | 15km |
| 3e V | Pauline Kats | 1.28.00 |
| Venlo | Venloop 21-03-2010 | 21.1km |
| | Mynko Peterink | 1.29.49 |
| Eerbeek | Lenteloop 21-03-2010 | 21.1km |
| | Ronald Derksen | 1.13.00 |
| | Marcel Derksen | 1.26.33 |
| | Johann de Jong | 1.35.04 |
| | Anneke Prenger | 1.45.21 |
| | Freddie Dooijeweerd | 1.56.20 |
| | Ilse Knoeff | 2.03.00 |
| | Marianka van Sint Annaland | 2.07.08 |
| | | 13km |
| | Seran Nijkamp | 45.39 |
| | Harold Barmmentloo | 49.50 |
| | Bas de Kluizenaar | 54.26 |
| | Martin Helmink | 56.32 |
| | Gerald van den Berg | 57.13 |
| | Arie Claassen | 58.29 |
| | Marion Groen | 1.07.45 |
| | Ingrid Roodink | 1.08.17 |

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|---------------------|---|---|
| | Bas de Roos | 1.17.19 |
| | | 6km |
| | Rob Paijmans | 24.39 |
| | Bas Schippers | 29.24 |
| | Bart Jongman | 31.38 |
| | Priscilla van Hemel | 32.01 |
| | Hennie Weekhout | 33.30 |
| Haaksbergen 1e M | Mijlenloop 21-03-2010 Gert Jan Liefers | 10EM 52.28 |
| | | 5EM |
| 2e V40 | Astrid Beerten | 41.45 |
| Wapenveld 2e M50 | Kruidenloop 20-03-2010 Jan Hollak Ronald Brouwer Rik Plakke | 10EM 1.05.21 1.13.20 1.14.56 |
| | | 10km |
| | Frits Brentjes | 51.31 |
| | Ben Bilderbeek | 52.26 |
| | Iris Sielias | 57.33 |
| | | 5km |
| | Mario Diks | 17.48 |
| Epe | Baanloop 16-03-2010 Jan Hollak | 5000m 18.19 |
| Den Haag | City Pier City 14-03-2010 Nils van Elzelingen Marianne van der Veen Kim Roelofs | 21.1km 1.20.12 1.37.32 1.38.53 |
| Wehl 1e M | Fatimaloop 14-03-2010 Ronald Derksen Marcel Derksen | 15km 50.55 59.33 |
| | | 7.5km |
| 1e M | Roland Besselink | 25.45 |
| Kampen 1e M | 32 van Kampen 13-03-2010 Shayne Rookhuyzen Iwan van Aken Mynko Peterink Roel Nijhof Nemi van der Reest Bastiaan Mijnheer Freddie Dooijeweerd | 32km 1:57:35 2:36:19 2:38:22 2:49:30 2:50:33 2:50:33 3:20:38 |

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| Barcelona | Marathon 07-03-2010 | 42.2km |
| | Luuk Veldhuis | 3.39.11 |
| | Lex van den Brink | 3.59.20 |
| | Ans Dijkstra | 4.05.35 |
| | Berry de Wied | 4.16.31 |
| | Ronald Brouwer | 4.16.32 |
| | Erik Geerdes | 4.16.32 |
| Stein CR M40 | 6-uursloop 07-03-2010 | 6 uur |
| | Tonnie Stouten | 79.938m |
| Wierden 3e M | Run-ATB-Run 07-03-2010 | |
| | 6km L - 18km ATB - 3km L | |
| | Gert Jan Liefers | 1.16.17 |
| | Roland Besselink | 1.18.08 |
| Vorden | Achtkastelenloop 07-03-2010 | 10km |
| | Nils van Elzelingen | 35.42 |
| | Peter van Sint Annaland | 42.29 |
| | Ben Bilderbeek | 49.01 |
| | Henny van Mourik | 52.41 |
| | Arline Meijer | 57.40 |
| | | 21.1km |
| | Gradus Buitenhuis | 1.34.13 |
| | Anneke Prenger | 1.46.05 |
| | Gerald van den Berg | 1.49.13 |
| | | 30km |
| | Roel Nijhof | 2.42.44 |
| | Marianne van der Veen | 2.43.37 |
| | Bastiaan Mijnheer | 2.44.30 |
| | Michel van Driel | 2.44.32 |
| Hellendoorn | NK Cross 07-03-2010 | 2685m |
| | Seran Nijkamp | 9.50 |
| | | 12045m |
| | Rob Detert | 41.58 |
| Harderwijk | Halve marathon 06-03-2010 | 21.1km |
| | Renco Hatenoer | 1.31.14 |
| | Eddy Wulfsen | 1.51.33 |
| 1e V | | 10.3km |
| | Johann de Jong | 44.52 |
| | Marianne van der Veen | 45.22 |
| | Frits Brentjens | 50.09 |
| Hellendoorn | NK Cross 06-03-2010 | 12045m |
| | Ton Berghout | 50.50 |

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| Winterswijk | 10 Engelse Mijlen 06-03-2010 | 10EM |
| | Ronald Derksen | 57.31 |
| | Marcel Derksen | 1.05.00 |
| 01st | Bunkercross 28-02-2010 | 10km |
| 2e M | Jelmer van Leeningen | 39.01 |
| | | 5.2km |
| 1e M | Peter Bakker | 19.48 |
| Markelo | TIB Crossloop 27-02-2010 | 10.5km |
| | Peter Bakker | 39.37 |
| Apeldoorn | Midwinter 21-02-2010 | 42.2km |
| | Tonnie Stouten (haas) | 2.59.09 |
| | Dick Elzenga | 2.59.18 |
| | Iwan van Aken | 3.38.18 |
| | | 27.5km |
| 2e M | Rob Detert Oude Weme | 1:31:19 |
| | Peter Timmer | 1:46:08 |
| | Mynko Peterink | 2:03:27 |
| | Martin van Felius | 2:08:11 |
| | Alex Koelink | 2:11:36 |
| | Rik Plakke | 2:17:00 |
| | Frank van Rees | 2:18:04 |
| | Roel Nijhof | 2:18:25 |
| | Ronald Brouwer | 2:23:21 |
| | Erik Geerdes | 2:23:21 |
| | Michel van Driel | 2:23:41 |
| | Walter Stouten | 2:25:44 |
| | Bastiaan Mijnheer | 2:25:50 |
| | Dick van Beek | 2:31:34 |
| | Ans Dijkstra | 2:32:26 |
| | Freddie Dooyeweerd | 2:50:04 |
| | Marijke Verhaar | 2:52:37 |
| | | 18.5km |
| 2e M | Gert-Jan Liefers | 1:00:02 |
| | Shayne Rookhuyzen | 1:04:14 |
| | Ronald Derksen | 1:04:43 |
| | Jelmer van Leeningen | 1:05:23 |
| | Maurice Winterman | 1:09:14 |
| | Nils van Elzelingen | 1:09:22 |
| | Roland Besselink | 1:11:04 |
| | Jeroen Schmidt | 1:11:50 |
| | Jan Hollak | 1:14:11 |
| | Bert van Asselt | 1:20:43 |
| | Ramon Lentink | 1:21:32 |
| | Johan van den Brink | 1:21:59 |
| | Renco Hatenoer | 1:22:09 |

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| Gradus Buitenhuis | 1:22:59 |
| Gerhard Bos | 1:23:30 |
| Rob Petersen | 1:23:47 |
| Nemi van der Reest | 1:24:14 |
| Arjen Castelein | 1:24:24 |
| Tonnie de Winter | 1:24:44 |
| Michel Manintveld | 1:27:19 |
| Rudy ten Tusscher | 1:28:16 |
| Laurens Thunissen | 1:28:22 |
| Rene van Vliet | 1:28:39 |
| Ashley van de Leemkolk | 1:29:04 |
| Andre Roodink | 1:29:20 |
| Johan Gortworst | 1:31:51 |
| Arno Manschot | 1:32:06 |
| Ed van der Zwaan | 1:32:11 |
| Frans Nab | 1:32:24 |
| Adri Derickx | 1:32:27 |
| Lex van den Brink | 1:33:43 |
| Peter Bosch | 1:34:29 |
| Marjan Vermeer | 1:36:18 |
| Eddy Wulfsen | 1:37:56 |
| Marion Groen | 1:38:16 |
| Ingrid Roodink | 1:38:31 |
| Bert Duursma | 1:39:01 |
| Astrid Beerten | 1:41:36 |
| Berry de Wied | 1:41:40 |
| Ton Tonino | 1:42:44 |
| Harry van der Stok | 1:43:14 |
| Geert ter Heerdt | 1:44:10 |
| Jan Wenmaekers | 1:44:37 |
| Paula van Wijk | 1:44:40 |
| Nina Wolfswinkel | 1:45:01 |
| Jannie de Vries | 1:45:46 |
| Hans Groen | 1:46:21 |
| Jan de Graaf | 1:46:58 |
| Henny van Mourik | 1:47:40 |
| Wilma Groen | 1:47:44 |
| Richard van den Haak | 1:48:24 |
| Marjan van Kraats | 1:49:37 |
| Diana Smies | 1:49:37 |
| Pauline Kats | 1:49:48 |
| Jan Dobbe | 1:50:23 |
| Eduard Bakker | 1:53:23 |
| Marianka van Sint Annaland | 1:54:09 |
| Reggy Neijndorff | 1:56:15 |
| Arline Meijer | 1:57:34 |
| Geralda van den Brink | 1:58:13 |
| Claudia de Wied | 1:59:21 |
| Bas de Roos | 2:03:40 |
| Sylvia Maassen-Witteveen | 2:04:50 |
| Trees Stens | 2:07:53 |
| DJ Rico van Leeuwen | 2:19:05 |

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| | | 8km |
| | Arnoud Liefers | 28:37 |
| | Cees Colijn | 28:55 |
| | Ton Berghout | 29:07 |
| | Marald Brons | 30:39 |
| | Alexander Lethen | 32:15 |
| | Johan Weitenberg | 34:19 |
| | Gerald van den Berg | 35:45 |
| | Arie Claassen | 36:12 |
| | Ben Bilderbeek | 40:23 |
| | Erik Heidekamp | 40:29 |
| | Rachel de Weerd | 40:52 |
| | Sonja Kerkdijk | 41:24 |
| | Liesel Feldkamp | 41:24 |
| | Bas Schippers | 42:00 |
| | Wilbert Besseling | 42:14 |
| | Mark Visser | 42:31 |
| | Johan Voorhorst | 42:55 |
| | Frank van den Berg | 43:26 |
| | Priscilla van Hemel | 43:37 |
| | Hessel Robbers | 43:45 |
| | Frits Brentjens | 43:47 |
| | Wim de Haan | 44:12 |
| | Gemma Velders | 44:43 |
| | Jan de Weerd | 45:17 |
| | Bart Jongman | 46:07 |
| | Silvia Mulderij | 47:27 |
| | Hennie Weekhout | 49:01 |
| | Lotte Vloedveld | 49:09 |
| | Hetty Ketting Olivier | 49:38 |
| | Janneke Bloemendal | 49:43 |
| | Jan van Veen | 49:44 |
| | Marion Mijnhout | 49:48 |
| | Tine Bijl | 50:41 |
| | Anja Kool-Borjeson | 51:03 |
| | Irene Burger | 52:51 |
| | Ria Kerkhof | 53:00 |
| | Anita Luimes | 53:41 |
| | I te Loo-Veldhuizen | 53:41 |
| | Harry Kers | 53:46 |
| | Janneke Venema | 54:03 |
| | Irma Kleverwal | 55:28 |
| | Joke van Aalderen | 56:01 |
| | Louise Nijmeijer | 57:31 |
| | Hilly Schäffer-de Boer | 1:03:19 |
| Apeldoorn | NK Indoor Masters 14-02-2010 | 800m |
| CR M45 | Renco Hatendoer | 2.22,17 |
| | | 1500m |
| | Ton Berghout | 4.39,73 |

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| | | 3000m |
| 2e M35 CR | Ronald Derksen | 9.22,92 |
| CR M50 | Jan Hollak | 10.23,14 |
| Bussloo | Rondje Bussloo 07-02-2010 | 7.5km |
| 1e M | Jelmer van Leeningen | 25.27 |
| 2e M | Ronald Derksen | 25.32 |
| | Marald Brons | 28.01 |
| | Frank de Graeff | 28.55 |
| | | 15km |
| 3e M | Peter Bakker | 56.37 |
| Lelystad | Wintercup 07-02-2010 | 5km |
| 3e M50 | Erik Heidekamp | 23.56 |
| Apeldoorn | IndoorInstuif 31-01-2010 | 1500m |
| | Seran Nijkamp haas | 4.31,03 |
| | Ronald Derksen | 4.31,64 |
| | Ton Berghout | 4.34,67 |
| CR M50 | Jan Hollak | 4.53,54 |
| Venray | Vlakwatercross 31-01-2010 | 8100m |
| | Mynko Peterink | 32.34 |
| Harderwijk | Bosloopcompetitie 31-01-2010 | 5km |
| | Erik Heidekamp | 25.51 |
| Arnhem | Safarirun 24-01-2010 | 5km |
| | Hilly Panjer | 20.53 |
| Zwolle | Peterskamploop 24-01-2009 | 10km |
| 1e M | Gert-Jan Liefers | 33.42 |
| Apeldoorn | Achmea Nieuwjaarsloop 23-01-2009 | 5km |
| 1e V | Marion Groen | 24.11 |
| | Jan Wenmaekers | 24.06 |
| Heerde | Zwolse Bos Halve marathon 16-01-2010 | 5km |
| 1e M50 | Jan Hollak | 19.13 |
| 2e M50 | Rinus Groen | 19.44 |
| | | 10km |
| | Renco Hatendoer | 42.37 |
| | | 15km |
| | Ben Bilderbeek | 1.16.57 |
| Aalten | 4e G/O Crosscompetie 09-01-2010 | 10000m |
| 3e M | Shayne Rookhuyzen | 30.49 |
| 1e M40 | Maurice Winterman | 32.35 |