

UITSLAGEN September 2015.

Eeloop te Britsum op 3 september.

| | | | | | |
|---------|---------|--------------------|---------------------|--------|--------|
| 15,2 km | 1. | Harry Wiersma | 55.32 | M40.01 | |
| | 5. | Johan Meinsma | 1.03.13 | M50.01 | |
| | 12. | Wouter de Vries | 1.05.54 | M40.07 | |
| | 16. | Niels Blaauw | 1.09.02 | M40.10 | |
| | 26. | André Jellema | 1.14.33 | M40.11 | |
| | 27. | Bouwe Hiddinga | 1.14.55 | M40.12 | |
| | 35. | Robin Telgenhof | 1.18.57 | MSE.03 | |
| | 40. | Linda Dekker | 1.23.57 | V45.01 | |
| | 41. | Wim Manshande | 1.25.18 | M50.15 | |
| | 44. | Anke Peterson | 1.31.30 | V65.01 | |
| | 10,1 km | 3. | Cor de Vries | 41.43 | M40.02 |
| | | 6. | Wouter van der Meer | 44.03 | M40.03 |
| | | 14. | André Bär | 45.55 | M50.07 |
| | | 24. | Denis van Raalte | 47.30 | M40.06 |
| 26. | | Carlo Loos | 47.33 | M40.08 | |
| 39. | | Marjan Rodenhuis | 50.30 | V35.01 | |
| 47. | | Peter Bär | 53.27 | M60.06 | |
| 67. | | Gerard Hendriksma | 57.17 | M50.20 | |
| 75. | | Sjoerd van der Wal | 58.25 | MSE.07 | |
| 86. | | Therese Wester | 1.01.57 | V45.04 | |
| 5 km | 105. | Marc van Gelder | 1.16.42 | M40.18 | |
| | 107. | Reinder Sinnema | 1.16.42 | M50.27 | |
| 5 km | 3. | Klaas Jan Huizing | 22.19 | M50.01 | |
| | 5. | Piet Struiksmā | 24.18 | M50.02 | |
| | 17. | Chris Fahner | 30.39 | M50.03 | |

Track Meeting te Utrecht op 4 september.

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|-----------|-------|----|----------------|---------|
| Jongens-B | 1000m | 5. | Janco Rijkstra | 2.54.87 |
| | | 7. | Jan Oldhoff | 2.56.33 |
| Meisjes-B | 1000m | 8. | Elsa Rijkstra | 3.14.97 |

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|-------------|-------|------------------------|----------|
| | | 10. Loïs Oldhoff | 3.16.92 |
| | | 11. Mare te Biesebeek | 3.17.36 |
| Jongens-A | 800m | 4. Jelmer van der Veen | 1.59.84 |
| Mannen sen. | 800m | 3. Gerrit Wolbers | 2.00.66 |
| | 5000m | 9. Rob Vijver | 16.18.60 |
| | | 10. Geale Simon Postma | 16.19.91 |

Oranjeloop te Nieuwleusen op 4 september.

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|------|------------|-----------------|-------|-------|
| 5 km | Mannen 40+ | 2. Marcel Adema | 16.48 | 16.47 |
|------|------------|-----------------|-------|-------|

Van der Veen & Kromhout Run te Appelscha op 5 september.

| | | | | |
|---------|-------------|---------------------|---------|---------|
| 1 km | J-11 | 5. Jesco van Gelder | 5.42 | 5.41 |
| | M-11 | 3. Lisca van Gelder | 5.00 | 4.59 |
| | | 5. Dione van Gelder | 5.14 | 5.13 |
| 5 km | Mannen sen. | 4. Ruben Muller | 20.00 | 19.58 |
| 10 km | Mannen sen. | 3. Wim Douma | 44.46 | 44.45 |
| | Mannen 50+ | 40. Reinder Sinnema | 1.14.11 | 1.13.57 |
| 21,1 km | Vrouwen 35+ | 4. Marjan Rodenhuis | 1.57.40 | 1.57.35 |

Proostmeerloop te Wagenborgen op 5 september.

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|-------|-------------|------------------|-------|-------|
| 10 km | Mannen sen. | 1. Paul Geertsma | 33.24 | 33.23 |
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De 30 van Amsterdam-Noord op 6 september.

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|-------|-------------|--------------------|---------|---------|
| 30 km | Mannen sen. | 4. Franke Smidstra | 1.55.03 | 1.55.00 |
| | | 14. Egbert Allema | 2.26.47 | 2.26.41 |

Roekeloop te Widum op 6 september.

| | | |
|--------|-------------------------|-------|
| 2,5 km | 4. Eline Ruige | 11.00 |
| | 5. Wietske van der Weij | 11.30 |
| | 6. Hidde van der Weij | 11.33 |

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|---------|-----|---------------------|---------|
| | 7. | Lars van der Meulen | 12.28 |
| | 8. | Jelmer van der Weij | 13.07 |
| 7 km | 7. | Debora Peter | 33.00 |
| 10 km | 7. | André Bär | 47.05 |
| | 15. | Peter Bär | 53.21 |
| 16,1 km | 1. | Dick Wobbes | 1.02.07 |
| | 10. | Bauke van der Loon | 1.19.44 |
| 30 km | | Willem de Boer | 1.46.17 |

De 11 van Bolsward op 9 september.

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|-------|---------|-------------------|-------|
| 11 km | Vrouwen | 1. Andrea Hofstra | 45.26 |
|-------|---------|-------------------|-------|

Fish Potato Run Te Emmeloord op 12 september.

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|--------|------------|-----------------------|-------|
| 8 Mijl | Mannen 50+ | 5. Johannes v.d. Veen | 49.28 |
| | | 7. Henk van Eldik | 50.26 |
| | Mannen 60+ | 3. Auke Postma | 52.26 |

RUN Winschoten op 12 september.

| | | | |
|--------------------|----|----------------------|---------|
| 10x10 km estafette | 3. | Lionitas | 5.58.19 |
| | | Immy Auck Kersbergen | |
| | | Rob Vijver | |
| | | Geale Simon Postma | |
| | | Erik Bouma | |
| | | Douwe Nauta | |
| | | Dick Wobbes | |
| | | Marcel Adema | |
| | | Harry Wiersma | |
| | | Paul Geertsma | |
| | | Willem de Boer | |

Slach om Reahus op 13 september.

| | | | |
|------|---------|---------------------|---------|
| 9 km | Mannen | 1. Willem de Boer | 30.20 |
| | | 2. Rob Vijver | 30.54 |
| | | 4. Freek Jaarsma | 34.24 |
| | Vrouwen | 2. Andrea Hofstra | 37.32 |
| 6 km | Mannen | 15. Reinder Sinnema | 1.05.00 |

Prinsentuinloop te Leeuwarden op 13 september.

| | | | |
|--------|---------|------------------------|---------|
| 1134m | Mannen | 3. Marc van Gelder | 7:00 |
| | | 4. Hessel Pijlman | 7:16 |
| | | 7. Wim Douma | 9:28 |
| | Vrouwen | 2. Pieke de Kluyver | 5:22 |
| | | 3. Mayke Ruige | 5:25 |
| | | 4. Lisca van Gelder | 5:29 |
| | | 5. Dione van Gelder | 5:30 |
| 2268m | Mannen | 2. Quinten Geleynse | 12:22 |
| | | 5. Ids Waanders | 14:01 |
| | Vrouwen | 1. Eline Ruige | 10:21 |
| | | 2. Renske Drenten | 10:23 |
| 3402m | Mannen | 1. Wouter Geert Meijer | 16:44 |
| 5670m | Mannen | 1. Glenn de Vries | 27:12 |
| | | 3. Remy Borawitz | 29:04 |
| | | 4. Robin Telgenhof | 30:18 |
| | | 5. Jouke de Vries | 30:38 |
| | Vrouwen | 1. Annika Huizing | 29:53 |
| | | 4. Pauline v.d. Zee | 31:06 |
| | | 6. Joke de Graaf | 32:25 |
| | | 7. Erica Verdegaal | 33:21 |
| | | 9. Tea Busstra | 35:15 |
| | | 11. Marianne Kooistra | 38:11 |
| | | 13. Greetje Bijlsma | 43:29 |
| 6804m | Mannen | 1. Klaas-Jan Huizing | 32:11 |
| 9072m | Vrouwen | 1. Carla Buurman | 1:00:42 |
| 10206m | Mannen | 1. Roelof de Roos | 39:22 |
| | | 3. Cor Wetting | 47:01 |

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|---------|--------------------|---------|
| | 4. André Jellema | 49:17 |
| | 8. Herman Wassens | 53:18 |
| | 11. Fokke Postma | 56:08 |
| Vrouwen | 1. Wilma Stelpstra | 53:19 |
| | 7. Esmay de Jonge | 1:11:15 |

BurgumRun op 13 september.

| | | | | |
|--------|---------|-------------------------|------------------|---------|
| 2,5 km | Meisjes | 12. Elza van der Meulen | 13.25 | 13.25 |
| | | 16. Lisca van Gelder | 13.34 | 13.32 |
| | | 28. Dione van Gelder | 14.58 | 14.55 |
| 5 km | Mannen | 2. Dick Wobbes | 18.31 | 18.31 |
| | | 3. Janco Rijpstra | 18.51 | 18.51 |
| | | 12. Richard van Lunzen | 22.09 | 22.07 |
| 10 km | Vrouwen | 16. Martine v.d. Galiën | 26.27 | 26.24 |
| | Mannen | 2. Gerrit Wolbers | 35.13 | 35.13 |
| | | Vrouwen | 5. Marit Houtsma | 48.02 |
| | | 20. Ria van der Schoot | 57.20 | 57.20 |
| | | 28. Lisa Oegema | 58.50 | 48.44 |
| | | 37. Jeannet Huitema | 1.01.04 | 1.00.58 |
| 10 EM | Mannen | 2. Harry Wiersma | 59.58 | 59.58 |
| | | 26. Sander van Hoorn | 1.11.43 | 1.11.40 |
| | | 43. Egbert Allema | 1.14.54 | 1.14.49 |
| | | 53. Hayo Bootsma | 1.17.09 | 1.17.00 |
| | | 90. Herman Wassens | 1.26.09 | 1.25.54 |

4^e wedstrijd Athletic Champs te Heerenveen op 19 september.

| <u>Pupillen-A</u> | 60m | 60mH | Sling. | Ver | Vortex | Punten |
|--------------------|------|------|--------|------|--------|--------|
| Gydo Tiggelaar | 10.5 | 12.0 | 9.50 | 2.95 | 17.50 | 215 |
| Jort Oosterveld | 10.5 | 11.3 | 11.00 | 3.05 | 18.00 | 236 |
| Mees Flapper | 11.2 | 13.2 | 10.50 | 2.25 | 8.00 | 140 |
| Melle Ketellapper | 9.8 | 11.9 | 15.00 | 3.65 | 27.00 | 307 |
| Sander Reinders | 9.5 | 11.0 | 17.50 | 3.25 | 23.00 | 316 |
| Stijn van Deutekom | 10.0 | 11.8 | 13.00 | 3.10 | 21.50 | 261 |

| | | | | | | |
|------------------------|------|-------|-------|--------|--------|-----|
| Ward Wynia | 11.0 | 11.8 | 14.50 | 3.35 | 24.50 | 265 |
| Aeryn van den Aker | 9.7 | 11.3 | 15.00 | 3.75 | 18.00 | 338 |
| Eline Ruige | 10.0 | 12.0 | 12.00 | 3.20 | 23.50 | 303 |
| Eline van Tuinen | 11.9 | 15.2 | 14.00 | 3.25 | 14.50 | 194 |
| Hester Hoekstra | 10.4 | 11.4 | 19.50 | 3.50 | 20.50 | 341 |
| Jasmijn Langius | 10.3 | 12.5 | 13.50 | 2.70 | 13.00 | 239 |
| Jente Leeuwangh | 9.5 | 11.1 | 12.50 | 3.45 | 13.00 | 304 |
| Jessie ten Hoeve | 9.9 | 11.0 | 17.00 | 3.45 | 24.50 | 361 |
| Lisca van Gelder | 10.0 | 12.0 | 12.50 | 3.10 | 13.50 | 263 |
| Merel Wetterhahn | 11.5 | 13.1 | 11.50 | 2.80 | 15.50 | 205 |
| Naomi Teppema | 10.6 | 13.2 | 14.00 | 2.30 | 14.00 | 214 |
| Renske Drenten | 10.0 | 12.2 | 15.50 | 3.15 | 20.50 | 304 |
| Wietske van der Weij | 9.5 | 10.9 | 13.50 | 3.45 | 13.00 | 313 |
| <u>Pupillen-B</u> | Hoog | M-bal | Ver | Vortex | Punten | |
| Arjan Bajnath | 0.95 | 4.10 | 2.85 | 16.00 | 196 | |
| Daan Sikkema | 1.05 | 4.70 | 2.95 | 11.00 | 199 | |
| Quinten Geleynse | 1.10 | 5.30 | 2.85 | 19.50 | 246 | |
| Annika Brummer | 0.90 | 4.40 | 2.40 | 8.50 | 164 | |
| Beau Faber | 0.90 | 4.90 | 2.75 | 16.50 | 221 | |
| Elza van der Meulen | 0.95 | 4.80 | 2.65 | 13.50 | 208 | |
| Julia de Jager | 0.90 | 5.00 | 2.80 | 13.50 | 209 | |
| Mayke Ruige | 0.80 | 4.90 | 2.80 | 17.50 | 215 | |
| Pieke de Kluyver | 0.80 | 5.20 | 2.65 | 16.50 | 209 | |
| Shanara van Zandvoort | 0.90 | 5.10 | 2.85 | 12.00 | 206 | |
| Tessa de Roos | 1.00 | 4.60 | 2.45 | 12.00 | 197 | |
| <u>Pupillen-C</u> | Hoog | M-bal | Ver | Vortex | Punten | |
| Hessel Pijlman | 0.75 | 2.70 | 1.90 | 9.50 | 120 | |
| Joas Berdik | 0.75 | 2.60 | 1.70 | 5.50 | 94 | |
| Stijn Boringa | 0.80 | 3.10 | 2.40 | 6.50 | 135 | |
| Tom Rusman | 0.80 | 3.10 | 2.40 | 7.50 | 140 | |
| Annemijn Jipping | 0.85 | 3.30 | 2.25 | 11.00 | 188 | |
| Bettie Baukje de Vries | 0.70 | 2.70 | 2.35 | 6.00 | 132 | |
| Chloë Lemke | 0.85 | 3.60 | 2.70 | 11.00 | 214 | |
| Dione van Gelder | 0.80 | 3.80 | 2.60 | 8.50 | 191 | |
| Ilse Jorritsma | 0.80 | 3.60 | 2.15 | 6.50 | 157 | |

Dam tot Dam Loop te Zaandam op 20 september.

| | | | | | |
|-------|---------------|-------|----------------------|---------|---------|
| 10 EM | Vrouwen prom. | 25. | Immy Auck Kersbergen | 1.01.06 | 1.01.05 |
| | Mannen 45+ | 4. | Jan Venhuizen | 57.18 | 57.16 |
| | Mannen recr. | 861. | Edwin van der Wal | 1.17.28 | |
| | | 914. | Hans Groenewoud | 1.17.50 | |
| | | 3813. | Jefta Bogaard | 1.33.29 | |
| | Vrouwen recr. | 796. | Bettie Koops | 1.28.38 | |
| | | 1809. | Henny Zijlstra | 1.35.48 | |
| | | 2715. | Alie Numan | 1.41.41 | |

De 10 van Boksum op 20 september.

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|---------|-----|-----------------------|---------|--------|
| 10,4 km | 5. | Johannes van der Veen | 41.18 | M50.02 |
| | 7. | Wim Douma | 41.58 | MSE.03 |
| | 8. | Paul Geertsma | 42.55 | MSE.04 |
| | 27. | Bauke van der Loon | 49.30 | M50.08 |
| | 29. | Klaas Jan Huizing | 49.54 | M50.09 |
| | 36. | Inge van Schaick | 51.20 | V50.01 |
| | 37. | Sytze Wetting | 51.21 | M60.05 |
| | 67. | Anke Peterson | 1.00.05 | V65.01 |
| | 70. | Marc van Gelder | 1.00.05 | M40.12 |
| | 83. | Thea de Vries | 1.08.31 | V50.05 |
| 5.150m | 4. | Denis van Raalte | 22.18 | M40.02 |
| | 22. | Hannie Bouma | 29.31 | V55.01 |
| | 23. | Jenny Hofman | 29.38 | V50.01 |
| | 24. | Riekie v.d. Meulen | 29.48 | V65.01 |
| | 25. | Jelly Koopmans | 29.50 | V65.02 |

Sluitingswedstrijd/Clubkampioenschap te Leeuwarden op 26 september.

| Categorie | Alles | Club | Naam | 40m | 60m | 600m | 80m | 100m | 800m | 1000m | Kogel | M-bal | Ver | Punten |
|------------------|-------|------|---------------|-----|-----|------|-----|-------|---------|-------|-------|-------|------|--------|
| Jongens Junior B | | 1. | Koen Agtereek | | | | | 12,99 | 2.26.70 | | 8,58 | | 5,27 | 1553 |

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|--------------------|-----|----|---------------------|------|-------|---------|-------|-------|---------|---------|------|------|------|------|
| Jongens Junior B | | 2. | Ruben Korte | | | | | 12,75 | 2.32.67 | | 7,25 | | 4,55 | 1242 |
| Jongens Junior B | | 3. | Wouter-Geert Meijer | | | | | 13,58 | 2.39.34 | | 6,53 | | 4,16 | 866 |
| Jongens Junior B | | 4. | Jeppe Bandringa | | | | | 14,61 | 2.46.49 | | 6,17 | | 3,90 | 542 |
| Jongens Junior B | | 5. | Janco Rijpstra | | | | | DNS | 2.13.47 | | | | | 538 |
| Jongens Junior C | 2. | 1. | Timme Bontes | | | | | 13,88 | 2.35.41 | | 7,17 | | 4,22 | 1895 |
| Jongens Junior C | 4. | 2. | Thomas Rouichi | | | | | 13,91 | 2.34.53 | | 5,99 | | 4,41 | 1867 |
| Jongens Junior C | 5. | 3. | Justin Qiu | | | | | 13,97 | 2.36.92 | | 8,70 | | 3,62 | 1833 |
| Jongens Junior C | 6. | 4. | Sijmen Bruinsma | | | | | 13,98 | 2.34.60 | | 7,00 | | 3,65 | 1766 |
| Jongens Junior C | 8. | 5. | Joris Agtereek | | | | | 15,60 | 2.50.91 | | 6,04 | | 3,40 | 1343 |
| Jongens Junior D | 6. | 1. | Thijs Morssink | | | | 13.37 | | | 3.56.77 | 4,51 | | 3,42 | 1137 |
| Jongens Pupil A | 1. | 1. | Melle Ketellapper | | 9,66 | | | | | 3.35.84 | 6,62 | | 3,80 | 1997 |
| Jongens Pupil A | 3. | 2. | Sander Reinders | | 9,70 | | | | | 4.05.97 | 6,68 | | 3,33 | 1744 |
| Jongens Pupil A | 4. | 3. | Stijn van Deutekom | | 10,15 | | | | | 4.24.15 | 6,29 | | 3,26 | 1558 |
| Jongens Pupil A | 5. | 4. | Ward Wynia | | 10,68 | | | | | 4.37.99 | 6,38 | | 3,31 | 1446 |
| Jongens Pupil A | 6. | 5. | Jort Oosterveld | | 11,15 | | | | | 4.05.47 | 4,31 | | 3,08 | 1336 |
| Jongens Pupil A | 7. | 6. | Gydo Tiggelaar | | 11,07 | | | | | 4.11.27 | 3,87 | | 2,93 | 1256 |
| Jongens Pupil A | 8. | 7. | Onne Iping | | 11,66 | | | | | 4.38.35 | 4,66 | | 2,92 | 1135 |
| Jongens Pupil B | 4. | 1. | Daan Sikkema | 7,37 | | | | | | 4.37.35 | 4,33 | | 3,33 | 1411 |
| Jongens Pupil B | 6. | 2. | Quinten Geleynse | 7,47 | | | | | | 4.32.57 | 4,22 | | 3,30 | 1395 |
| Jongens Pupil B | 7. | 3. | Kamiel Groen | 7,50 | | | | | | 4.19.71 | 3,86 | | 3,13 | 1378 |
| Jongens Pupil B | 8. | 4. | Igor de Haan | 7,83 | | | | | | 4.10.28 | 3,86 | | 2,91 | 1313 |
| Jongens Pupil B | 10. | 5. | Arjun Bajnath | 7,83 | | | | | | 4.51.04 | 3,96 | | 2,83 | 1149 |
| Jongens Pupil B | 11. | 6. | Karst Vader | 8,03 | | | | | | 5.01.25 | 4,10 | | 2,52 | 1032 |
| Jongens Pupil C | 2. | 1. | Stein Boringa | 8,78 | | 2.37.87 | | | | | | 3,14 | 2,39 | 838 |
| Jongens Pupil C | 3. | 2. | Hessel Pijlman | 9,74 | | 3.01.55 | | | | | | 2,61 | 1,99 | 457 |
| Jongens Pupil C | 4. | 3. | Joas Berdik | 9,66 | | 3.06.26 | | | | | | 2,79 | 1,66 | 394 |
| Masters Mannen 35+ | | 1. | Maarten Hofstra | | | | | 14,09 | 2.25.25 | | 6,37 | | 4,34 | 1068 |
| Masters Mannen 35+ | | 2. | Fokke Draaijer | | | | | 13,58 | 2.58.94 | | 8,53 | | 4,26 | 989 |
| Masters Mannen 35+ | | 3. | Sjouke Nauta | | | | | 14,38 | 3.35.56 | | 8,26 | | 4,38 | 798 |

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|---------------------|-----|----|-----------------------|------|-------|---------|-------|-------|---------|---------|------|------|------|------|
| Masters Mannen 35+ | | 4. | Jaap Liefing | | | | | 14,76 | 3.23.82 | | 8,21 | | 3,56 | 514 |
| Masters Mannen 35+ | | 5. | Theo Borawitz | | | | | 16,28 | 2.43.84 | | 5,44 | | 3,57 | 326 |
| Masters Vrouwen 35+ | | 1. | Deborah Peter | | | | | 15,44 | 3.02.57 | | 6,71 | | 3,57 | 1423 |
| Meisjes Junior C | 2. | 1. | Jildou Peeters | | | | 12.03 | | 2.47.03 | | 6,10 | | 4,11 | 1627 |
| Meisjes Junior C | 3. | 2. | Annika Huizing | | | | 12.09 | | 2.46.96 | | 7,23 | | 3,61 | 1586 |
| Meisjes Junior C | 4. | 3. | Shanice Wortel | | | | 12.34 | | 2.47.62 | | 6,14 | | 3,60 | 1482 |
| Meisjes Junior D | 1. | 1. | Lisanne Haasdijk | | 9,34 | | | | | 3.48.57 | 7,42 | | 3,90 | 1646 |
| Meisjes Junior D | 4. | 2. | Danore Langius | | 9,62 | | | | | 4.21.06 | 5,83 | | 3,34 | 1242 |
| Meisjes Junior D | 5. | 3. | Noa Faber | | 10,12 | | | | | 5.00.93 | 7,60 | | 3,34 | 1126 |
| Meisjes Junior D | 6. | 4. | Sytske Gerritsma | | 10,13 | | | | | 4.13.15 | 4,69 | | 3,34 | 1119 |
| Meisjes Pupil A | 2. | 1. | Eline Ruige | | 9,66 | | | | | 3.50.82 | 6,30 | | 3,73 | 1881 |
| Meisjes Pupil A | 4. | 2. | Wietske van der Weij | | 9,50 | | | | | 4.03.28 | 5,79 | | 3,75 | 1819 |
| Meisjes Pupil A | 7. | 3. | Renske Drenten | | 10,49 | | | | | 3.51.20 | 5,42 | | 3,40 | 1632 |
| Meisjes Pupil A | 8. | 4. | Jente Leeuwangh | | 10,03 | | | | | 3.50.36 | 4,12 | | 3,39 | 1611 |
| Meisjes Pupil A | 14. | 5. | Jasmijn Langius | | 10,50 | | | | | 4.35.18 | 4,04 | | 3,10 | 1282 |
| Meisjes Pupil B | 2. | 1. | Mayke Ruige | 7,13 | | | | | | 4.37.59 | 5,01 | | 3,17 | 1476 |
| Meisjes Pupil B | 3. | 2. | Tessa Celine de Roos | 7,50 | | | | | | 4.30.93 | 4,48 | | 3,03 | 1360 |
| Meisjes Pupil B | 4. | 3. | Elza van der Meulen | 7,57 | | | | | | 4.24.62 | 3,88 | | 3,11 | 1342 |
| Meisjes Pupil B | 5. | 4. | Shanara van Zandvoort | 6,99 | | | | | | 5.12.42 | 4,26 | | 2,99 | 1305 |
| Meisjes Pupil B | 6. | 5. | Pieke de Kluyver | 7,50 | | | | | | 4.33.08 | 4,28 | | 2,84 | 1299 |
| Meisjes Pupil B | 7. | 6. | Julia de Jager | 7,65 | | | | | | 4.41.09 | 4,00 | | 2,87 | 1227 |
| Meisjes Pupil B | 8. | 7. | Beau Faber | 7,76 | | | | | | 5.48.28 | 4,21 | | 2,76 | 1011 |
| Meisjes Pupil C | 1. | 1. | Chloë Lemke | 7,83 | | 2.51.02 | | | | | | 4,15 | 2,73 | 1058 |
| Meisjes Pupil C | 2. | 2. | Ilse Jorritsma | 8,19 | | 3.03.18 | | | | | | 3,87 | 2,14 | 796 |
| Senioren mannen | | 1. | Wybren Nauta | | | | | 13,21 | 2.36.07 | | 9,19 | | 4,72 | 1326 |
| Senioren mannen | | 2. | Matthijs Plijnaar | | | | | 13,75 | 2.25.58 | | 7,01 | | 4,15 | 1027 |
| Senioren mannen | | 3. | Thijs Tijsma | | | | | 12,74 | DNS | | 6,73 | | 3,66 | 653 |
| Senioren vrouwen | | 1. | Vera Keidel | | | | | 16,59 | 2.41.06 | | 5,08 | | 3,28 | 1143 |
| Senioren vrouwen | | 2. | Francien Hoogland | | | | | 13,57 | DNS | | - | | - | 577 |

Loop in Sint-Anaaparochie op 26 september.

| | | | |
|--------|-------------------------|---------|--------|
| 10 EM | 16. Jan v.d. Werf | 1.21.28 | M40.07 |
| | 33. Anke Peterson | 1.37.57 | V65.01 |
| 11 km | 1. Anton Kingma | 43.07 | MSE.01 |
| | 28. Froukje van Althuis | 1.01.03 | V50.01 |
| | 43. Reinder Sinnema | 1.25.00 | M50.12 |
| 5,3 km | 3. Timo Schraa | 24.07 | MSE.02 |

Marathon van Berlijn op 27 september.

| | | | | |
|----------|-------------|--------------------|---------|---------|
| Marathon | Mannen 35+ | 29. Willem de Boer | 2.29.51 | 2.29.45 |
| | Vrouwen 40+ | 40. Linda Werner | 3.20.36 | 3.17.58 |

Texel Halve Mararthon op 27 september.

| | | | | |
|---------|--------------|---------------------------|---------|---------|
| 21,1 km | Mannen 45+ | 1. Jan Venhuizen | 1.15.43 | 1.15.36 |
| | | 52. André Jellema | 1.48.00 | 1.46.23 |
| | | 53. Harrie Wetterhahn | 1.48.00 | 1.46.23 |
| | | 136. Marc van Gelder | 2.09.37 | 2.06.47 |
| | Vrouwen sen. | 2. Immy Auck Kersbergen | 1.22.03 | 1.21.52 |
| 10 km | Mannen sen. | 4. Paul Geertsma | 34.25 | 34.17 |
| | | 91. Robert-Jan Heizenberg | 1.00.46 | 58.24 |
| | Mannen 55+ | 54. Arie Roest | 1.07.29 | 1.04.40 |
| | | 60. Reinder Sinnema | 1.15.38 | 1.12.50 |
| | Vrouwen 35+ | 94. Audrey van Gelder | 1.15.38 | 1.12.50 |
| | Vrouwen 45+ | 1. Bertha Bruggenkamp | 41.16 | 41.03 |

Posbankloop te Velp op 27 september.

| | | | | |
|-------|-------------|---------------------|---------|---------|
| 15 km | Mannen 55+ | 167. Herman Wassens | 1.36.54 | 1.31.39 |
| | Vrouwen 45+ | 99. Marjan Hoexum | 1.42.43 | 1.40.13 |

Singelloop te Utrecht op 27 september.

| | | | | |
|-------|-------------|----------------|-------|-------|
| 10 km | Mannen sen. | 22. Rob Vijver | 33.49 | 33.47 |
|-------|-------------|----------------|-------|-------|

Jouster Merke Loop te Joure op 27 september.

| | | | | |
|-------|---------|---------------------|---------|---------|
| 4 EM | Mannen | 13. Pascal Sinnema | 28.22 | 28.19 |
| 10 km | Mannen | 3. Freek Jaarsma | 38.04 | 38.03 |
| 10 EM | Vrouwen | 2. Simone van Dijk | 1.10.32 | 1.10.29 |
| | | 4. Inge van Schaick | 1.16.11 | 1.16.05 |
| | | 22. Tabitha Dijkman | 1.28.06 | 1.27.34 |
| | Mannen | 2. Marcel Adema | 59.14 | 59.13 |
| | | 7. Johannes Postma | 1.04.35 | 1.04.33 |
| | | 9. Henk van Eldik | 1.04.58 | 1.04.56 |
| | | 19. Egbert Allema | 1.10.34 | 1.10.29 |