

Uitslagen April 2018.

Klap tot klaploop te Stadskanaal op 2 april.

| | | | | |
|-------|------------|------------------|-------|-------|
| 10 km | Mannen 45+ | 2. Jan Venhuizen | 35.10 | 35.09 |
| | Mannen 60+ | 3. Auke Postma | 39.56 | 39.54 |

Paasloop te Bolsward op 2 april.

| | | | | |
|--------|---------------|---------------------|---------|---------|
| 1 km | Meisjes 10-12 | 1. Yara de Boer | 3.46 | 3.46 |
| | | 6. Dione van Gelder | 5.06 | 5.06 |
| 1,5 km | Meisjes 13-15 | 4. Lisca van Gelder | 6.44 | 6.44 |
| 4 EM | Mannen | 2. Martijn Toering | 24.32 | 24.30 |
| | | 8. Remy Borawitz | 27.28 | 27.27 |
| 10 EM | Mannen | 3. Willem de Boer | 57.34 | 57.32 |
| | | 7. Freek Jaarsma | 1.03.40 | 1.03.38 |

4 Mijl run te Hoogeveen op 3 april.

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| 4 EM | Mannen 40+ | 1. Jan Venhuizen | 22.30 | 22.30 |
|------|------------|------------------|-------|-------|

NK Veldloop Ambtenaren te Breda op 3 april.

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|------|------------|--------------------|-------|-------|
| 9 km | Mannen 35+ | 5. Johannes Postma | 37.57 | 37.57 |
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Trainingspakkenwedstrijd te Steenwijk op 7 april.

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|----------------|------------|--------------------------|----------|
| Jongens-A | 3000m | 1. Jan Oldhoff | 9.43.14 |
| Jongens-B | 3000m | 1. Jing Oldhoff | 10.31.99 |
| Jongens-C | 1000m | 1. Melle Ketellapper | 3.01.39 |
| Mannen sen. | 5000m | 3. Rob Vijver | 16.05.00 |
| | | 4. Gerrit Wolbers | 16.17.60 |
| Mannen Masters | 100m | 2. Fokke Draaijer | 14.17 |
| | | 3. Sjouke Nauta | 15.38 |
| | Discus | 2. Sjouke Nauta | 26.74 |
| | Kogel | 1. Fokke Draaijer | 8.65 |
| | Ver | 1. Sjouke Nauta | 4.19 |
| Meisjes-D | 60m serie | 2. Shanara van Zandvoort | 8.85 |
| | | 4. Jente Leeuwangh | 8.96 |
| | | 5. Maite Stienstra | 8.98 |
| | | 8. Mayke Ruige | 9.37 |
| | | 10. Yara de Boer | 9.54 |
| | 60m finale | 2. Jente Leeuwangh | 8.73 |
| | | 4. Shanara van Zandvoort | 9.01 |
| | | 5. Maite Stienstra | 9.07 |
| | 1000m | 3. Renske Drenten | 3.39.03 |
| | | 4. Jente Leeuwangh | 3.44.02 |
| | | 5. Yara de Boer | 3.46.62 |
| | | 8. Mayke Ruige | 4.02.91 |
| | Speer | 3. Renske Drenten | 20.12 |
| | | 4. Yara de Boer | 19.28 |
| | | 7. Jente Leeuwangh | 16.18 |
| | | 12. Mayke Ruige | 11.46 |
| | Discus | 8. Renske Drenten | 15.42 |
| | | 9. Shanara van Zandvoort | 13.68 |

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|--------------|-------------|---------------------------|----------|
| | Ver | 9. Jente Leeuwangh | 3.80 |
| | | 10. Shanara van Zandvoort | 3.79 |
| | | 13. Mayke Ruige | 3.65 |
| | | 14. Yara de Boer | 3.58 |
| | | 16. Renske Drenten | 3.44 |
| Meisjes-C | 80m serie | 2. Eline Ruige | 11.10 |
| | | 4. Merel de Vries | 11.23 |
| | | 6. Lianne Haasdijk | 11.76 |
| | | 7. Jannah Leeuwangh | 12.18 |
| | 80m finale | 2. Eline Ruige | 11.34 |
| | | 4. Merel de Vries | 11.51 |
| | | 6. Lianne Haasdijk | 12.30 |
| | 1000m | 2. Jannah Leeuwangh | 3.44.44 |
| | Kogel | 4. Lianne Haasdijk | 8.03 |
| Meisjes-B | Hoog | 1. Lianne Haasdijk | 1.50 |
| | 100m serie | 1. Ilse Steigenga | 13.03 |
| | | 8. Carmen de Wolff | 15.28 |
| | | 10. Hanne Wiersma | 15.63 |
| | 100m finale | 1. Ilse Steigenga | 13.02 |
| | 800m | 5. Eline Ruige | 2.44.71 |
| | | 6. Eva Hendriks | 2.44.94 |
| | Kogel | 8. Ilse Steigenga | 9.71 |
| | | 10. Carmen de Wolff | 8.56 |
| | Hoog | 6. Carmen de Wolff | 1.40 |
| | | 9. Hanne Wiersma | 1.20 |
| Vrouwen sen. | Ver | 1. Ilse Steigenga | 5.31 |
| | 5000m | 4. Immy Auck Kersbergen | 18.44.74 |

Halve marathon van Ommen op 7 april.

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|---------|------------|--------------|---------|---------|
| 21,1 km | Mannen 40+ | 1. Menno Mud | 1.19.28 | 1.19.27 |
|---------|------------|--------------|---------|---------|

Ronde van Súdwest Fryslan op 8 april.

| | | | | |
|---------|--------|------------------|---------|---------|
| 21,1 km | Mannen | 1. Rob Vijver | 1.1.58 | 1.12.58 |
| | | 4. Freek Jaarsma | 1.27.47 | 1.27.47 |

Marathon van Rotterdam op 8 april.

| | | | | |
|----------|--------------|------------------------|---------|---------|
| Marathon | Mannen sen. | 108. Dick Wobbes | 2.52.40 | 2.52.37 |
| | Mannen 45+ | 15. Harry Wiersma | 2.51.07 | 2.51.04 |
| | | 543. Catrinus Vroom | 3.49.27 | 3.49.27 |
| | Mannen 50+ | 81. Richard v.d. Wal | 3.17.58 | 3.17.45 |
| | | 155. Harrie Wetterhahn | 3.29.58 | 3.29.40 |
| | | 497. Aldert Cuperus | 4.04.24 | 4.04.18 |
| | Mannen 65+ | 4. Auke Postma | 3.24.27 | 3.24.26 |
| | Vrouwen sen. | 453. Ina v.d. Weide | 4.16.23 | 4.14.59 |
| | Vrouwen 40+ | 54. Linda Werner | 3.43.22 | 3.43.03 |
| | | 70. Janet Krooshof | 3.48.19 | 3.48.12 |
| | Vrouwen 45+ | 47. Marijke Westra | 3.42.14 | 3.41.19 |

Slach om é Mar te Burgum op 14 april.

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|-------|--------|--------------------|-------|
| 11 km | Mannen | 4. Rienk de Vries | 38.55 |
| | | 19. Sjoerd Holtrop | 55.53 |

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| 21,1 km | Mannen | 18. Catrinus Vroom | 1.44.14 | |
| | Vrouwen | 3. Inge van Schaick | 1.44.14 | |
| | | 10. Anke Peterson | 2.26.49 | |

Woldbergtrail te Steenwijk op 14 april.

| | | | | |
|-------|---------|------------------------|---------|---------|
| 5 km | Mannen | 37. Martijn Toering | 40.17 | 40.16 |
| 15 km | Vrouwen | 9. Grietje v.d. Schaaf | 1.21.19 | 1.21.16 |
| | | 54. Marianne Haijma | 1.38.55 | 1.38.38 |
| 25 km | Mannen | 29. André Jellema | 2.10.37 | 2.10.37 |

Skutsjerun te Langweer op 14 april.

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|---------|--------|---------------------|-------|-------|
| 6,78 km | Mannen | 29. Reinder Sinnema | 51.14 | 50.58 |
|---------|--------|---------------------|-------|-------|

1^e CD-competitiewedstrijd te Sneek op 14 april.

| | | | | |
|-----------------------|---------------------|---------------------------------------|--------------------------------------|---------------|
| Jongens-C | 100m | 5. Thian Tromp | 13.62 | 583 |
| | | 19. Joost van As | 16.69 | 252 |
| | | 2. Melle Ketellapper | 2.20.36 | 658 |
| | 800m | 8. Hidde van Gelder | 19.37 | 398 |
| | | 5. Joost/Hidde/Melle/Thijs | 55.62 | 521 |
| | 100m horden | 9. Thijs Morsink | 16.45 | 253 |
| | 4x100m | 4. Thian Tromp | 29.42 | 466 |
| | Speer | 5. Hidde van Gelder | 7.69 | 404 |
| | Discus | 5. Thian Tromp | 1.55 | 663 |
| | Kogel | 12. Joost van As | 1.30 | |
| | Hoog | 5. Melle Ketellapper | 4.43 | 504 |
| | Ver | 9. Thijs Morsink | 3.94 | |
| | | Puntentotaal | 6 ^e plaats v.d. 8 ploegen | |
| Jongens-D | 80m | 10. Max Tiemessen | 12.56 | 394 |
| | | 14. Quinten Geleynse | 12.92 | 349 |
| | | 23. Tobias Elzinga | 13.85 | |
| | 1000m | 17. Joeri Oosterhof | 3.52.75 | 351 |
| | | 22. Stijn van Deutekom | 4.10.60 | 266 |
| | | 26. Antar Bekkali | 4.27.18 | |
| | 80m horden | 9. Max Tiemessen | 17.06 | 256 |
| | | 15. Tobias Elzinga | 18.17 | 191 |
| | | 22. Daan Sikkema | 19.47 | |
| | 4x80m | 7. Quinten/Igor, Daan/Max | 48.44 | 428 |
| | Speer | 6. Stijn van Deutekom | 18.75 | 300 |
| | Kogel | 19. Karst Vader | 7.04 | |
| | | 9. Antar Bekkali | 5.48 | 273 |
| Hoog | 17. Karst Vader | 4.48 | | |
| | 4. Daan Sikkema | 1.30 | 462 | |
| Ver | 15. Igor de Haan | 0.95 | | |
| | 6. Quinten Geleynse | 3.61 | 340 | |
| | 15. Igor de Haan | 3.06 | | ----- 3610 |
| | Puntentotaal | 6 ^e plaats v.d. 12 ploegen | | |
| Meisjes-C (team 1) | 80m | 5. Wietske van der Weij | 11.47 | 544 |
| | | 6. Eline Ruige | 11.55 | 532 |

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|-----------------------|--------------|--|---------|-------|
| | | 9. Merel de Vries | 11.69 | |
| | 800m | 4. Eline Ruige | 2.39.96 | 469 |
| | | 9. Eva Hendriks | 2.43.56 | 439 |
| | 80m horden | 4. Sabrina Cruden | 12.84 | 605 |
| | | 6. Lianne Haasdijk | 14.36 | 455 |
| | | 7. Merel de Vries | 14.64 | |
| | 4x80m | 2. Lianne/Hester/Eline/Merel | 43.36 | 615 |
| | Discus | 5. Hester Hoekstra | 21.98 | 343 |
| | Kogel | 3. Sabrina Cruden | 10.29 | 536 |
| | | 10. Hester Hoekstra | 8.28 | |
| | Hoog | 5. Lianne Haasdijk | 1.45 | 582 |
| | | 12. Eva Hendriks | 1.25 | |
| | Ver | 2. Sabrina Cruden | 4.86 | 587 |
| | | 6. Wietske van der Weij | 4.26 | |
| | | | | ----- |
| | Puntentotaal | 2 ^e plaats v.d 10 ploegen | | 5707 |
| Meisjes-C (team 2) | 80m | 19. Jannah Leeuwangh | 12.24 | 435 |
| | | 22. Janna Spijksma | 13.12 | 326 |
| | | 24. Ilse Terpstra | 13.53 | |
| | 800m | 17. Janna Spijksma | 3.00.31 | 316 |
| | | 21. Kijra de Jong | 3.17.11 | 214 |
| | | 22. Anna Roos de Lange | 3.30.27 | |
| | 80m horden | 11. Josefiën Bies | 15.51 | 362 |
| | | 22. Daniëlle Denia Bambo | 18.18 | 191 |
| | | 23. Anna Roos de Lange | 20.15 | |
| | 4x80m | 9. Josefiën/Kijra/Janna/Ilse | 49.35 | 398 |
| | Discus | 12. Merel Wetterhahn | 14.29 | 192 |
| | | 15. Daniëlle Denia Bambo | 12.84 | |
| | Kogel | 13. Merel Wetterhahn | 7.28 | 382 |
| | | 18. Kijra de Jong | 4.84 | |
| | Hoog | 11. Jannah Leeuwangh | 1.30 | 462 |
| | | 15. Daniëlle Denia Bambo | 1.15 | |
| | Ver | 12. Jannah Leeuwangh | 3.74 | 366 |
| | | 17. Merel Wetterhahn | 2.88 | |
| | | | | ----- |
| | Puntentotaal | 10 ^e plaats v.d. 10 ploegen | | 3644 |
| Meisjes-D (team 1) | 60m | 4. Shanara van Zandvoort | 8.85 | 578 |
| | | 5. Jente Leeuwangh | 8.86 | 576 |
| | | 10. Maite Stienstra | 9.22 | |
| | 1000m | 3. Renske Drenten | 3.34.10 | 454 |
| | | 10. Bernice Frank | 3.55.97 | 335 |
| | 60m horden | 6. Jente Leeuwangh | 11.87 | 388 |
| | | 14. Yara de Boer | 12.68 | 312 |
| | 4x60m | 3. Bernice/Mayke/Maite/Shanara | 34.74 | 574 |
| | Speer | 5. Yara de Boer | 18.73 | 299 |
| | Discus | 9. Renske Drenten | 180 | |
| | | 12. Shanara van Zandvoort | 12.62 | |
| | Kogel | 8. Mayke Ruige | 7.41 | 389 |
| | | 12. Maite Stienstra | 6.55 | |
| | Hoog | 1. Yara de Boer | 1.45 | 582 |
| | | 9. Renske Drenten | 1.25 | |
| | Ver | 1. Jente Leeuwangh | 4.36 | 490 |
| | | 9. Mayke Ruige | 3.63 | |

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| | Puntentotaal | 4 ^e plaats v.d. 12 ploegen | ----- | 5157 |
| Meisjes-D | 60m | 14. Naomi Teppema | 9.53 | 454 |
| | | 27. Mila de Haan | 10.66 | 283 |
| | 1000m | 16. Tessa Celine de Roos | 4.05.88 | 287 |
| | | 19. Lisca van Gelder | 4.10.23 | 268 |
| | 60m horden | 20. Elza van der Meulen | 13.47 | 247 |
| | | Renée Schulein | DNS | |
| | 4x60m | 8. Lisca/Elza/Renée/Naomi | 36.78 | 480 |
| | Speer | 9. Sophie Kuiken | 12.74 | 170 |
| | | 17. Mila de Haan | 9.88 | |
| | Discus | 11. Sophie Kuiken | 12.91 | 160 |
| | | 12. Shanara van Zandvoort | 12.62 | |
| | Kogel | 11. Sophie Kuiken | 6.68 | 347 |
| | | 19. Mila de Haan | 5.31 | |
| | Hoog | 4. Naomi Teppema | 1.35 | 499 |
| 15. Lisca van Gelder | | 1.15 | | |
| Ver | 10. Elza van der Meulen | 3.56 | 330 | |
| | 21. Renée Schulein | 2.79 | | |
| | Puntentotaal | 9 ^e plaats v.d. 12 ploegen | ----- | 3525 |

1^e Competitiewedstrijd Junioren A te Groningen op 15 april.

| | | | | | |
|-----------------|-------------------|-------------------------------|--|-------|------|
| Jongens-A | 100m | 18. Ruben Korte | 12.63 | 458 | |
| | | 25. Harmen-Tjeerd Meijer | 13.45 | | |
| | 200m | 18. Leon van Lunzen | 26.31 | 452 | |
| | 800m | 18. Wouter-Geert Meijer | 2.36.53 | 264 | |
| | 1500m | 2. Janco Rijpstra | 4.21.06 | 652 | |
| | 400m hrdn | 10. Harmen-Tjeerd Meijer | 1.10.50 | 460 | |
| | 4x400m | 7. Ruben/Leon/Janco/Stefan | 3.54.77 | 474 | |
| | Speer | 16. Wouter-Geert Meijer | 28.48 | 303 | |
| | Discus | 20. Stefan Volbeda | 17.62 | 155 | |
| | Kogel | 21. Wouter-Geert Meijer | 6.95 | 217 | |
| | Hoog | 13. Ruben Korte | 1.60 | 492 | |
| | HSS | 13. Stefan Volbeda | 10.39 | 384 | |
| | | Puntentotaal | 13 ^e plaats van de 15 ploegen | ----- | 4311 |
| | Meisjes-A | 100m | 3. Ilse Steigenga | 13.14 | 651 |
| 7. Cicely Sille | | | 13.66 | | |
| 200m | | 3. Ilse Steigenga | 27.16 | 672 | |
| | | 10. Cicely Sille | 28.91 | | |
| 800m | | 6. Mare te Biesebeek | 2.32.90 | 641 | |
| | | 8. Marene Scholtens | 2.46.43 | | |
| 3000m | | 4. Rosa Los | 12.32.09 | 416 | |
| 400m hrdn | | 7. Rosa Los | 1.20.23 | 479 | |
| 4x400m | | 8. Jildou/Cicely/Hanne/Carmen | 5.01.99 | 395 | |
| Speer | | 10. Carmen de Wolff | 27.03 | 544 | |
| | | 20. Hanne Wiersma | 9.57 | | |
| Discus | | 18. Jildou Peeters | 15.43 | 196 | |
| Kogel | | 6. Carmen de Wolff | 8.30 | 469 | |
| | 19. Noa Faber | 5.75 | | | |
| Hoog | 4. Ilse Steigenga | 1.45 | 672 | | |

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| | | 12. Noa Faber | 1.25 | |
| HSS | | 11. Jildou Peeters | 8.49 | 455 |
| | | | | ----- |
| Puntentotaal | | 6 ^e plaats van de 12 ploegen | | 5590 |

Cascaderun te Hoogeveen op 15 april.

| | | | | |
|-------|-------------|----------------------|---------|---------|
| 5 EM | Mannen sen. | 6. Rob Vijver | 25.59 | 25.58 |
| 10 EM | Mannen sen. | 24. Sander van Hoorn | 1.08.16 | 1.08.12 |
| | Mannen 45+ | 1. Jan Venhuizen | 57.36 | 57.34 |

1^e Athletics Champs te Drachten op 21 april.

| PUPILLEN-A | Duur | 60mH | Kogel | Vortex | Hoog | Polsver | Punten |
|----------------------|------|------|-------|--------|------|---------|--------|
| Annewijn Jipping | 1100 | 12,4 | 5,10 | 18,00 | 0,95 | 3,20 | 268 |
| Christoph Gründemann | 1450 | 11,0 | 7,70 | 32,00 | 1,20 | 3,85 | 422 |
| Dione van Gelder | 1100 | 13,2 | 5,30 | 10,00 | 1,00 | 3,55 | 251 |
| Hessel Hunnink | 1275 | 13,1 | 4,30 | 15,00 | 0,95 | 3,35 | 227 |
| Ida Waanders | 1400 | 11,7 | 5,20 | 15,00 | 1,00 | 3,95 | 296 |
| Jort Jellema | 1175 | 11,9 | 6,00 | 18,00 | 1,10 | 3,45 | 285 |
| Loek Rikhof | 1400 | 11,5 | 5,90 | 13,00 | 1,10 | 3,65 | 303 |
| Marije de Jong | 1200 | 12,8 | 3,30 | 9,50 | 0,95 | 2,85 | 205 |
| Nick Jellema | 1400 | 12,0 | 6,00 | 18,50 | 1,15 | 4,00 | 335 |
| Sijbren van Gelder | 1475 | 11,0 | 5,90 | 21,50 | 1,30 | 3,20 | 360 |
| Yens van der Schaaf | 1200 | 14,3 | 4,10 | 11,50 | 0,90 | 3,10 | 179 |

| Pupillen mini/C/B | 40m | Duur | 40mH | Sling | Vortex | Hurk | Punten |
|----------------------|-----|------|------|-------|--------|------|--------|
| Chris de Haan | 7,7 | 775 | 10,6 | 8,00 | 9,00 | 0,60 | 220 |
| Delano van Zandvoort | 6,7 | 950 | 7,7 | 12,00 | 25,00 | 0,85 | 410 |
| Emke van der Schaaf | 8,8 | 775 | 10,6 | 9,00 | 6,50 | 0,65 | 226 |
| Fiene Rozema | 7,6 | 550 | 9,3 | 6,50 | 8,00 | 0,70 | 250 |
| Frank Hogeterp | 7,7 | 875 | 7,7 | 11,50 | 9,50 | 0,80 | 292 |
| Jayden van Zandvoort | 7,2 | 850 | 7,7 | 14,50 | 21,00 | 0,85 | 378 |
| Jelmer Teppema | 7,6 | 825 | 8,1 | 12,00 | 16,00 | 0,80 | 311 |
| Jesco van Gelder | 7,5 | 825 | 8,7 | 14,00 | 8,50 | 0,75 | 278 |
| Judith Dorgelo | 8,3 | 675 | 9,2 | 9,00 | 8,50 | 0,75 | 218 |
| Jurre Muller | 7,5 | 900 | 8,1 | 14,50 | 17,50 | 0,80 | 347 |
| Kasper Lubbers | 7,9 | 875 | 9,4 | 12,50 | 18,00 | 0,75 | 473 |
| Mads Jellema | 8,2 | 825 | 9,4 | 11,50 | 9,00 | 0,65 | 268 |
| Meike de Groot | 6,9 | 675 | 9,2 | 8,50 | 8,50 | 0,80 | 262 |
| Naomi Veenema | 7,7 | 750 | 8,0 | 11,00 | 15,50 | 0,90 | 333 |
| Naut Kuipers | 7,9 | 750 | 7,9 | 13,50 | 15,00 | 0,90 | 315 |
| Sofie Oosterveld | 7,7 | 775 | 10,1 | 7,50 | 6,00 | 0,70 | 261 |
| Syenna Veenema | 8,0 | 700 | 9,8 | 7,50 | 7,00 | 0,70 | 321 |

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| Tieme Muller | 7,8 | 775 | 9,1 | 8,00 | 9,50 | 0,60 | 326 |
|--------------|-----|-----|-----|------|------|------|-----|

Marathon Enschede op 22 april.

| | | | | | |
|------------|-------------|------|------------------|---------|---------|
| ½ marathon | Mannen 35+ | 241. | Chiel Aaij | 2.26.21 | 2.22.07 |
| | Mannen 40+ | 2. | Menno Mud | 1.16.27 | 1.16.24 |
| Marathon | Mannen 50+ | 362. | Niels Blaauw | 4.00.57 | 3.58.57 |
| | Vrouwen 40+ | 8. | Lieneke de Jong | 4.02.11 | 4.00.11 |
| | Vrouwen 55+ | 2. | Inge van Schaick | 3.41.10 | 3.41.05 |

Vuurtorenloop op Vlieland op 22 april.

| | | | | | |
|-------------|-------------|-----------------|-----------------|-------------------|---------|
| 10 Zeemijl | Mannen 40+ | 4. | Geart v.d. Zee | 1.25.51 | 1.25.51 |
| | | 9. | Riekus van Wijk | 1.31.27 | 1.31.22 |
| | Mannen 50+ | 41. | Sieds Brouwer | 2.00.09 | 2.00.04 |
| | | Mannen 60+ | 2. | Rienk de Vries | 1.28.22 |
| | 6. | | André v.d. Werf | 1.44.23 | 1.44.14 |
| 5 Zeemijl | Vrouwen 45+ | 17. | Linda Dekker | 2.00.18 | 2.00.11 |
| | | Vrouwen 55+ | 14. | Jeannet Huitema | 2.12.13 |
| | Mannen 40+ | | 1. | Jan Venhuizen | 34.30 |
| | | Mannen 50+ | 48. | Reinder Sinnema | 1.23.29 |
| | Vrouwen 35+ | | 19. | Margreet Dijkstra | 59.32 |
| | | | 20. | Jannie Idema | 59.48 |
| | Vrouwen 45+ | 11. | Petra Lok | 56.24 | 56.13 |
| | | 42. | Marjan Hoexum | 1.04.47 | 1.04.38 |
| Vrouwen 55+ | 4. | Ria v.d. Schoot | 57.38 | 57.32 | |
| | 9. | Wike Bruinsma | 59.34 | 59.24 | |
| | 28. | Carla Buurman | 1.09.15 | 1.09.05 | |

Muzelloop te Irnsum op 25 april.

| | | | | |
|-------|-------------|----|------------------|-------|
| 10 km | Mannen 40+ | 1. | Marcel Adema | 34.54 |
| | | 2. | Remon van Lunzen | 35.35 |
| 8 km | Mannen sen. | 3. | Remy Borowitz | 33.57 |
| 5 km | Mannen sen. | 3. | Sander van Hoorn | 19.40 |
| | Mannen 40+ | 1. | Marc van Gelder | 31.21 |
| | Mannen 50+ | 5. | Reinder Sinnema | 43.02 |

Oranjerun te Oldehove op 27 april.

| | | | | | |
|------|------------|----|---------------|-------|-------|
| 10EM | Mannen 50+ | 1. | Jan Venhuizen | 57.35 | 57.35 |
|------|------------|----|---------------|-------|-------|

Fit & Frij Rin te Heeg op 28 april.

| | | | | |
|-------|--------|-----|-------------------|---------|
| 4 EM | Mannen | 29. | Reinder Sinnema | 51.18 |
| 10 EM | Mannen | 2. | Erik Bouma | 59.19 |
| | | 14. | André Jellema | 1.17.13 |
| | | 15. | Harrie Wetterhahn | 1.17.14 |

4 Mijl van Diever op 29 april.

| | | | | |
|------|------------|----|---------------|-------|
| 4 EM | Mannen 40+ | 1. | Jan Venhuizen | 22.56 |
|------|------------|----|---------------|-------|

Meerkampen te Sneek op 28 en 29 april.

| | | | | | | | | |
|---------------------|---------|---------|---------|-------------------------|----------|-------|---------|--|
| Jongens-D1 | 80m | 1000m | 80mH | Kogel | Speer | Hoog | Ver | |
| | Punten | | | | | | | |
| 4. Daan Sikkema | 11.52 | 4.19.65 | 16.99 | 6.27 | 10.21 | 1.36 | 3.85 | |
| | 2348 | | | | | | | |
| 5. Quinten Geleynse | 12.48 | 4.07.78 | 17.00 | 5.59 | 16.56 | 1.21 | 3.75 | |
| | 2243 | | | | | | | |
| Mannen masters | 100m | Ver | Kogel | Hoog | 400m | 110mH | Discus | |
| | PolsH | Speer | 1500m | Punten | | | | |
| 2. Sjouke Nauta | 14.82 | 4.06 | 8.76 | 1.21 | 1.31.80 | 22.63 | 27.01 | |
| | 2.01 | 23.40 | 8.21.86 | 1953 | | | | |
| Meisjes-B | 100mH | Hoog | Kogel | 200m | Ver | Speer | 800m | |
| | Punten | | | | | | | |
| 9. Ilse Steigenga | 15.77 | 1.51 | 10.20 | 27.22 | 5.10 | 12.27 | 2.39.80 | |
| | 3921 | | | | | | | |
| 14. Carmen de Wolff | 19.68 | 1.41 | 9.60 | 31.75 | 3.62 | 29.12 | 2.54.45 | |
| | 2825 | | | | | | | |
| Meisjes-C2 | 150m | 600m | 80mH | Kogel | Speer | Hoog | Ver | |
| | Punten | | | | | | | |
| 3. Lianne Haasdijk | 21.72 | 1.51.86 | 13.79 | 8.10 | 19.68 | 1.45 | 4.22 | |
| | 3301 | | | | | | | |
| Meisjes-D1 | 600m | 60mH | Kogel | Speer | Hoog | Ver | Punten | |
| 2. Yara de Boer | 1.55.97 | 10.99 | 8.65 | 15.12 | 1.41 | 382 | 2565 | |
| 12. Mayke Ruige | 2.14.48 | 14.00 | 7.09 | 10.27 | 1.16 | 3.83 | 1712 | |
| Meisjes-D2 | 600m | 60mH | Kogel | Speer | Hoog | Ver | Punten | |
| 4. Jente Leeuwangh | 1.48.26 | 10.94 | 8.18 | 14.33 | 1.46 | 4.21 | 2746 | |
| 8. Renske Drenten | 1.57.91 | 14.50 | 7.64 | 21.43 | 1.46 | 3.67 | 2317 | |
| Meisjes-pup-A | 1000m | | | 5. Néya Schuhmacher | 4.01.35 | | | |
| Meisjes-C1 | 400m | | | 4. Eline Ruige | 1.05.66 | | | |
| Meisjes-B | 400m | | | 1. Marene Scholtens | 1.10.66 | | | |
| Vrouwen sen. | 400m | | | 1. Mare te Biesebeek | 1.07.89 | | | |
| Jongens-pup-B | 600m | | | 1. Delano van Zandvoort | 2.13.32 | | | |
| | | | | 2. Jayden van Zandvoort | 2.14.90 | | | |
| Jongens-A | 3000m | | | 1. Jan Oldhoff | 9.37.97 | | | |
| | | | | Jing Oldhoff | 10.30.82 | | | |