

Uitslagen Maart 2017.

Rondje Goutum te Leeuwarden op 5 maart.

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|--------|---------|-------------------------------|-------|
| 1 km | Meisjes | 2. Néya Schuhmacher | |
| | | 4. Mayke Ruige | |
| | | 6. Silke de Bruin | |
| | | 8. Shanara van Zandvoort | |
| | | 10. Alanis Jorna | |
| | | 11. Dione van Gelder | |
| | | 12. Rhodee Steenwelle | |
| | | 13. Isa Bootsma | |
| | | 14. Hanna de Vries | |
| | | 19. Manon Weiland | |
| 1 km | Jongens | 1. Ids Waanders | |
| | | 2. Luc van der Wal | |
| | | 4. Jakob Zeijl | |
| | | 5. Quinten Geleynse | |
| | | 6. Koen Scherpenzeel | |
| | | 7. Stein Boringa | |
| | | 8. Merlijn Rosier | |
| | | 9. Jayden van Zandvoort | |
| | | 10. Yanco Zuidema | |
| | | 11. Jelmer Teppema | |
| | | 12. Hessel Pijlman | |
| | | 13. Delano van Zandvoort | |
| | | 14. Matthijs Galema | |
| | | 16. Yens Goffe van der Schaaf | |
| | | 17. Jesco van Gelder | |
| | | 18. Jort Jellema | |
| | | 19. Minne Wijbenga | |
| | | 22. David Andres Jaspers | |
| | | 24. Mads Jellema | |
| | | 25. Jasper van Lien | |
| 2,5 km | Jongens | 1. Glenn de Vries | 9:15 |
| | | 2. Melle Ketellapper | 9:27 |
| | | 5. Joeri Oosterhof | 11:01 |
| 2,5 km | Meisjes | 1. Renske Drenten | 10:21 |
| | | 2. Eline Ruige | 10:47 |
| | | 3. Esmay de Jonge | 11:12 |
| | | 4. Bernice Frank | 11:17 |
| | | 5. Lisca van Gelder | 12:45 |
| | | 6. Naomi Teppema | 12:50 |
| | | 8. Elza van der Meulen | 12:59 |
| | | 9. Tessa de Roos | 13:14 |
| | | 12. Sophie Kuiken | 15:04 |
| 4 EM | Mannen | 2. Steven Koffijberg | 24:06 |
| | | 5. Sander van Hoorn | 24:39 |
| | | 12. Remy Borawitz | 28:22 |
| | | 13. Harmen Dijkstra | 28:22 |
| | | 16. Ruben Korte | 28:57 |
| | | 21. Rudolf Kuipers | 31:58 |
| 4 EM | Vrouwen | 2. Rosa Los | 29:01 |
| | | 3. Rianne Nyenhuis | 29:34 |

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|-----------------------|---------|-----------------------------|---------|
| 10 km | Mannen | 15. Chiel Aaij | 47:16 |
| | | 19. Heino van der Meer | 47:42 |
| | | 31. Richard Spoelstra | 49:21 |
| | | 39. Bauke van der Loon | 51:09 |
| | | 41. Kees Oosterbaan | 51:40 |
| | | 43. Robin Telgenhof | 51:53 |
| | | 48. Piet Struiksma | 52:35 |
| | | 61. Jefta Bogaard | 56:00 |
| | | 73. Koos Pietersma | 59:37 |
| | | 74. Gerard hendriksma | 59:42 |
| | | 75. André Hartmann | 1:00:26 |
| 10 km | Vrouwen | 89. Reinder Sinnema | 1:12:45 |
| | | 11. Bettie Koops | 53:23 |
| | | 17. Saskia Scholtens | 56:31 |
| | | 29. Riek van der Meulen | 59:22 |
| | | 30. Jelly Koopmans | 59:37 |
| | | 42. Helga Boekhout | 1:03:51 |
| 10 EM | Mannen | 43. Yfke Poortman | 1:03:55 |
| | | 1. Willem de Boer | 55:15 |
| | | 3. Roelof de Roos | 1:03:14 |
| | | 7. Johannes van der Veen | 1:08:35 |
| | | 8. Henk van Eldik | 1:08:35 |
| | | 26. Hans Groenewoud | 1:15:26 |
| | | 27. Nico Hoekstra | 1:15:26 |
| | | 29. Aldert Cuperus | 1:15:40 |
| | | 31. Tjeerd-menno Douma | 1:17:06 |
| | | 51. Jasper de Noord | 1:23:15 |
| | | 55. Marco van der Wal | 1:23:28 |
| | | 57. Rikus van Wijk | 1:24:04 |
| | | 58. Jochum Prins | 1:24:10 |
| | | 59. Damiano Ramalli | 1:24:11 |
| | | 61. Johannes van der Schaaf | 1:24:59 |
| | | 65. Bouwe Hiddinga | 1:25:55 |
| | | 83. Wim Manshande | 1:34:44 |
| | | 84. Sieds Brouwer | 1:34:52 |
| | | 10 EM | Vrouwen |
| 4. Inge van Schaick | 1:15:10 | | |
| 6. Simone van Dijk | 1:18:08 | | |
| 13. Tjitske van Lien | 1:31:00 | | |
| 16. Anke Peterson | 1:33:47 | | |
| 18. Linda Dekker | 1:34:52 | | |
| 19. Margreet dijkstra | 1:35:10 | | |
| 21. Jannie Ydema | 1:36:30 | | |
| 23. Petra Lok | 1:37:45 | | |
| 28. Carla Buurman | 1:42:24 | | |
| 29. Marjan Hoexum | 1:42:24 | | |
| 30 km | Mannen | 34. Therese Wester | 1:44:16 |
| | | 39. Jeannet Huitema | 1:47:28 |
| | | 2. Jan Venhuizen | 1:54:25 |
| | | 4. Harry Wiersma | 1:57:44 |
| | | 5. Rémon van Lunzen | 1:58:30 |
| | | 6. Johannes Postma | 1:58:44 |
| | | 8. Douwe Nauta | 1:59:06 |
| 13. Egbert Allema | 2:06:40 | | |

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|-------|---------|----------------------------|---------|
| | | 14. Wim Douma | 2:07:31 |
| | | 17. Klaas van Heeringen | 2:12:03 |
| | | 25. Richard van der Wal | 2:17:48 |
| | | 28. Harrie Wetterhahn | 2:20:18 |
| | | 40. Rienk de Vries | 2:26:57 |
| | | 62. Catrinus Vroom | 2:38:15 |
| | | 66. André Jellema | 2:40:14 |
| | | 67. Dennis van Raalte | 2:41:26 |
| | | 81. Alfred Knobbe | 2:48:03 |
| 30 km | Vrouwen | 5. Anja van Zutphen | 2:37:41 |
| | | 21. Grietje van der Schaaf | 3:00:10 |
| | | 22. Marianne Haijma | 3:00:10 |

De 20 van Alphen te Alphen aan de Rijn op 5 maart.

20 km Mannen sen. 14. Rob Vijver 1.11.22 1.11.21

Indoor te Steenwijk op 11 maart.

| | | | | |
|--------------------------|------|------|--------|--------|
| Jongens minipupillen | 40m | ver | stoten | punten |
| 12. Mads Jellema | 9.09 | 1.81 | 2.55 | 422 |
| Jongens pupillen C | 40m | ver | stoten | punten |
| 1. Delano van Zandvoort | 7.57 | 2.86 | 4.39 | 1023 |
| 6. Jayden van Zandvoort | 7.90 | 2.41 | 4.18 | 858 |
| 14. Wessel Voerman | 8.66 | 2.00 | 3.15 | 574 |
| 16. Jesco van Gelder | 8.80 | 1.96 | 3.03 | 536 |
| Jongens pupillen B | 40m | ver | stoten | punten |
| 9. David Andres Jaspers | 7.57 | 3.00 | 4.93 | 1089 |
| Meisjes pupillen B | 40m | ver | stoten | punten |
| 7. Rhodee Steenwelle | 7.62 | 2.74 | 4.82 | 1020 |
| Jongens pupillen A1 | 40m | ver | kogel | punten |
| 9. Yanco Zuidema | 7.33 | 3.25 | 4.93 | 1186 |
| 18. Jort Jellema | 7.63 | 2.69 | 5.14 | 1030 |
| Meisjes pupillen A1 | 40m | ver | kogel | punten |
| 14. Dione van Gelder | 7.75 | 2.67 | 4.77 | 978 |
| Meisjes pupillen A2 | 40m | hoog | kogel | punten |
| 3. Shanara van Zandvoort | 6.73 | 1.15 | 6.56 | 1505 |
| 5. Tessa de Roos | 7.18 | 1.35 | 5.67 | 1496 |
| 14. Julia de Jager | 7.51 | 1.10 | 5.65 | 1246 |
| 17. Beau Faber | 7.46 | 1.05 | 5.19 | 1189 |
| 28. Annika Brummer | 7.90 | 0.90 | 4.71 | 965 |
| Jongens D1 | 40m | 50m | punten | |
| 4. Guido Tiggelaar | 6.84 | 8.43 | 898 | |
| Meisjes D1 | | | | |
| 7. Lisca van Gelder | 6.78 | 8.30 | 936 | |
| 13. Renske Drenten | 6.92 | 8.78 | 818 | |
| Meisjes D2 | | | | |
| 1. Eline Ruige | 6.41 | 7.66 | 1161 | |
| Meisjes B | | | | |
| 3. Melina Wapstra | 6.24 | 7.45 | 1092 | |
| 4. Jildou Peeters | 6.64 | 8.03 | 805 | |
| Jongens A | | | | |
| 5. Ruben Korte | 5.84 | 6.98 | 993 | |
| Vrouwen masters | | | | |
| 2. Debora Peter | 6.58 | 7.84 | 873 | |

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|-----------------|-------|----------------------|------|
| Jongens D1 | Ver | 5. Guido Tiggelaar | 3.24 |
| Meisjes D1 | Ver | 5. Renske drenten | 3.48 |
| | | 11. Lisca van Gelder | 2.90 |
| | Kogel | 5. Renske Drenten | 6.66 |
| Meisjes D2 | Kogel | 7. Eline Ruige | 8.10 |
| Meisjes C | Kogel | 10. Noa Faber | 5.20 |
| | Ver | 7. Noa Faber | 3.39 |
| Meisjes B | Kogel | 4. Melina Wapstra | 9.09 |
| | | 8. Jildou Peeters | 7.29 |
| | Ver | 1. Melina Wapstra | 4.48 |
| | | 4. Jildou Peeters | 4.09 |
| Jongens A | Hoog | 2. Ruben Korte | 1.60 |
| Vrouwen masters | Ver | 4. Debora Peter | 3.84 |

Veneboerloop te Drachten op 11 maart.

| | | | | |
|----------|-------------|---------------------|-------|-------|
| 10 km W. | Mannen sen. | 10. Erik Bouma | 34.40 | 34.38 |
| | Mannen 40+ | 3. Jan Venhuizen | 34.36 | 34.36 |
| | | 5. Menno Mud | 34.51 | 34.51 |
| 10 km R. | Mannen 50+ | 1. Ynze Stienstra | 39.01 | 39.00 |
| 5 km R. | Mannen | 3. Jelmer v.d. Veen | 16.53 | 16.52 |

De Halve Marathon van Haren op 11 maart.

| | | | | |
|---------|------------|--------------------|---------|---------|
| 21,1 km | Mannen 40+ | 15. Catrinus Vroom | 1.32.41 | 1.32.31 |
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Nationale Indoor Pupillen te Apeldoorn op 12 maart.

| | | | | | |
|---------------------|-------|---------|-------|------|--------|
| Jongens pupillen A2 | 60m | 600m | kogel | hoog | punten |
| 58. Quinten Geleyne | 10.01 | 2.30.65 | 5.96 | 1.10 | 1548 |
| Meisjes pupillen A2 | 60m | 600m | kogel | ver | punten |
| 51. Mayke Ruige | 9.85 | 2.30.30 | 5.57 | 3.71 | 1596 |

City Pier City te Den Haag op 12 maart.

| | | | | |
|---------|-------------|---------------------|---------|---------|
| 21,1 km | Mannen sen. | 75. Paul Geertsma | 1.18.58 | 1.18.57 |
| | Mannen 45+ | 6. Remon van Lunzen | 1.18.06 | 1.18.01 |

Merenloop te Grou op 12 maart.

| | | | |
|-------|-------------|----------------------|---------|
| 1 km | Meisjes | 1. Néya Schuhmacher | 4.30 |
| 5 km | Vrouwen | 1. Mare te Biesebeek | 19.35 |
| | | 2. Lianne Jager | 19.36 |
| | | 3. Rixt Sinnema | 21.30 |
| | | 23. Welmoed Mink | 26.27 |
| | Mannen | 6. Glenn de Vries | 19.23 |
| | | 8. Remy Borawitz | 19.33 |
| 10 km | Vrouwen | 39. Wieke de Haan | 56.54 |
| | | 54. Riek v.d. Meulen | 58.28 |
| | | 87. Marja Muller | 1.04.15 |
| | Mannen | 1. Gerrit Wolbers | 33.25 |
| | | 4. Egbert Allema | 37.18 |
| 14 km | Vrouwen 40+ | 24. Anke Peterson | 1.25.12 |
| | | 32. Jeannet Huitema | 1.33.16 |
| | Mannen sen. | 3. Harry Wiersma | 53.52 |

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| | 8. Sander van Hoorn | 59.58 |
| | 13. Jesper Keidel | 1.04.22 |
| | 47. Edwin Kalksma | 1.23.46 |
| Mannen 45+ | 9. Rienk de Vries | 1.02.18 |
| | 10. Auke Postma | 1.02.48 |
| | 84. Wim Manshande | 1.23.58 |

Indoor Heereveen op 18 maart.

| | | | | |
|--------------------------|-------|--------------------|------|--------|
| Jongens pupillen C | 40m | M-bal | hoog | punten |
| 2. Delano van Zandvoort | 7.60 | 5.37 | 0.85 | 1027 |
| 5. Jayden van Zandvoort | 7.76 | 4.88 | 0.85 | 965 |
| 10. Naut Kuipers | 8.47 | 4.66 | 0.90 | 870 |
| Jongens pupillen B | 40m | kogel | hoog | punten |
| 18. David Jaspers | 7.68 | 4.31 | 0.95 | 1013 |
| Meisjes pupillen A1 | 60m | kogel | hoog | punten |
| 17. Néya Schuhmacher | 10.70 | 4.65 | 1.00 | 1036 |
| Meisjes pupillen A2 | 60m | kogel | hoog | punten |
| 2. Shanara van Zandvoort | 9.51 | 6.51 | 1.15 | 1446 |
| 14. Tessa de Roos | 10.26 | 5.14 | 1.20 | 1279 |
| 22. Mayke Ruige | 9.93 | 5.61 | 0.95 | 1176 |
| 24. Julia de Jager | 10.57 | 4.87 | 1.10 | 1143 |
| Meisjes D1 | 50m | 60m | | punten |
| 2. Jente Leeuwangh | 7.69 | 9.13 | | 1084 |
| 21. Renske Drenten | 8.63 | 10.09 | | 739 |
| Meisjes D2 | | | | |
| 8. Eline Ruige | 7.75 | 9.11 | | 1075 |
| Meisjes B | | | | |
| 2. Cicely Sille | 7.23 | 8.40 | | 1283 |
| 3. Melina Wapstra | 7.47 | 8.88 | | 1087 |
| 6. Jildou Peeters | 7.95 | 9.46 | | 823 |
| Jongens A | | | | |
| 1. Ruben Korte | 6.85 | 7.99 | | 1043 |
| Vrouwen masters | | | | |
| 2. Debora Peter | 7.94 | 9.56 | | 803 |
| Mannen masters | | | | |
| 1. Sjouke Nauta | 8.28 | 9.56 | | 209 |
| 2. Jaap Liefing | 8.26 | 9.92 | | 138 |
| Meisjes D1 | Kogel | 8. Renske Drenten | | 7.08 |
| | | 9. Jente Leeuwangh | | 6.74 |
| | Hoog | 1. Jente Leeuwangh | | 1.40 |
| | | 2. Renske Drenten | | 1.30 |
| Meisjes D2 | Kogel | 16. Eline Ruige | | 7.64 |
| Meisjes C2 | Kogel | 19. Noa Faber | | 5.21 |
| Meisjes B | Kogel | 3. Melina Wapstra | | 9.05 |
| | | 5. Jildou Peeters | | 7.05 |
| Jongens A | Hoog | 1. Ruben Korte | | 1.60 |
| Mannen masters | Kogel | 1. Jaap Liefing | | 8.92 |
| | | 2. Sjouke Nauta | | 8.77 |
| | Hoog | 1. Jaap Liefing | | 1.35 |
| | | 2. Sjouke Nauta | | 1.25 |

Bonifatiusloop te Dokkum op 18 maart.

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|------|-------------|------------------|-------|-------|
| 5 km | Mannen sen. | 9. Harry Wiersma | 18.15 | 18.14 |
|------|-------------|------------------|-------|-------|

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|---------|---------|-----------------------|---------|---------|
| | | 10. Steven Koffijberg | 18.20 | 18.20 |
| | | 15. Auke Postma | 20.27 | 20.26 |
| | Meisjes | 1. Meike Regeling | 20.45 | 20.45 |
| 10 km | Mannen | 1. Paul Geertsma | 32.21 | 32.21 |
| | | 33. Johan Meinsma | 42.52 | 42.49 |
| | | 48. Jan van der Werf | 45.22 | 45.13 |
| | | 94. Sjoerd Holtrop | 48.14 | 48.00 |
| | | 239. Reinder Sinnema | 1.10.00 | 1.09.47 |
| 21,1 km | Mannen | 20. Johannes vd Veen | 1.31.47 | 1.31.45 |
| | | 39. André Jellema | 1.39.55 | 1.39.52 |
| | | 53. Niels Blaauw | 1.45.06 | 1.45.02 |
| | Vrouwen | 1. Inge van Schaick | 1.36.14 | 1.36.11 |
| | | 12. Anke Peterson | 2.07.37 | 2.07.27 |

Vuurtoretrail op Ameland op 18 maart.

| | | | | |
|-------|-------------|------------------------|---------|---------|
| 6 km | Mannen sen. | 1. Remy Borawitz | 29.44 | 29.44 |
| 12 km | Vrouwen 35+ | 5. Simone van Dijk | 1.04.55 | 1.04.51 |
| 18 km | Vrouwen 35+ | 1. Linda Werner | 1.36.32 | 1.36.27 |
| | | 66. Annechien vd Veen | 2.14.15 | 2.14.01 |
| | | 67. Annet Kienstra | 2.14.15 | 2.14.02 |
| | | 68. Bettie Koops | 2.14.15 | 2.14.03 |
| 35 km | Mannen sen. | 5. Willem Wijma | 2.44.07 | 2.44.00 |
| | | 6. Egbert Allema | 2.59.05 | 2.59.02 |
| | | 10. Timo Schraa | 3.14.29 | 3.14.25 |
| | Mannen 35+ | 1. Harry Wiersma | 2.29.07 | 2.29.07 |
| | | 2. Johannes Postma | 2.36.39 | 2.36.38 |
| | | 11. Jelle Coen Bijlsma | 2.59.05 | 2.59.02 |

Stevenloop (NK halve marathon) te Nijmegen op 18 maart.

| | | | | |
|---------|------------|----------------|---------|---------|
| 21,1 km | Mannen 35+ | 9. Douwe Nauta | 1.18.13 | 1.18.11 |
|---------|------------|----------------|---------|---------|

Drents-Friese woldmarathon te Diever op 25 maart.

| | | | | |
|-------|---------|---------------------|---------|--|
| 28 km | Vrouwen | 5. Inge van Schaick | 2.22.04 | |
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16^e Monnikenloop op Schiermonnikoog op 25 maart.

| | | | | |
|-------|-------------|------------------------|---------|---------|
| 10 EM | Mannen sen. | 13. Chiel Aaij | 1.14.26 | 1.14.23 |
| | | 58. Heino van der Meer | 1.32.11 | 1.31.51 |
| | Mannen 40+ | 2. Harrie Wetterhahn | 1.09.54 | 1.09.52 |
| | | 5. Denis van Raalte | 1.12.20 | 1.12.17 |
| | | 12. André Jellema | 1.16.18 | 1.16.15 |
| 10 km | Mannen 50+ | 43. Reinder Sinnema | 1.19.39 | 1.18.59 |
| | Vrouwen 35+ | 119. Audrey van Gelder | 1.19.19 | 1.18.41 |
| | Vrouwen 45+ | 56. Ilse Schumacher | 1.06.21 | 1.05.42 |
| 5 km | Mannen 50+ | 8. Wim Manshande | 30.32 | 30.22 |

Leekster Lenteloop op 25 maart.

| | | | | |
|---------|------------|---------------------|---------|---------|
| 670m | Meisjes7-9 | 3. Dione van Gelder | 2.39 | |
| 5 km | Vrouwen | 1. Loïs Oldhoff | 20.01 | 20.01 |
| 21,1 km | Mannen 60+ | 1. Rienk de Vries | 1.33.45 | 1.33.43 |

Halve marathon van Venlo op 26 maart.

| | | | | | |
|---------|-------------|-----|---------------|---------|---------|
| 21,1 km | Mannen sen. | 42. | Rob Vijver | 1.14.06 | 1.14.03 |
| | Mannen 45+ | 1. | Jan Venhuizen | 1.14.33 | 1.14.31 |