

Uitslagen November 2021.

Heidelooop te Heerenveen op 6 november.

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|------|---------|-------------------------|-------|-------|
| 8 km | Mannen | 15. Klaas van Heeringen | 32.20 | 32.13 |
| | | 20. Menno Mud | 32.41 | 32.34 |
| | | 47. Cor Wetting | 39.49 | 39.46 |
| | | 57. Jouke de Vries | 43.51 | 43.43 |
| 3 km | Vrouwen | 9. Wilna Stelpstra | 41.16 | 41.11 |
| | | 18. Erica Verdegaal | 46.28 | 46.23 |
| 3 km | Mannen | 7. Koen Scherpenzeel | 12.47 | 12.42 |
| | Vrouwen | 3. Mirthe Breuker | 14.04 | 14.02 |
| | | 5. Vera Bloembergen | 14.10 | 14.08 |
| | | 13. Mariette van Doorn | 19.23 | 19.14 |

Kleintje Berenloop op Terschelling op 6 november.

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|-------|---------------|------------------------|-------|-------|
| 5 km | Mannen 40+ | 4. Martijn Toering | 18.34 | 18.33 |
| | Vrouwen 60+ | 13. Ria van der Schoot | 30.07 | 30.04 |
| 10 km | Vrouwen 40+ | 1. Judith van der Meer | 41.33 | 41.33 |
| 1200m | Jongens 9-12 | 9. Ivo Snitker | 5.20 | 5.20 |
| | Jongens 13-15 | 5. Yens van der Schaaf | 5.24 | 5.24 |

Berenloop op Terschelling op 7 november.

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|---------------------|-------------|------------------------------|---------|---------|
| 21,1 km W. | Mannen sen. | 3. Jesse van Burg | 1.11.25 | 1.11.25 |
| | | 5. Erwin de Vries | 1.14.09 | 1.14.09 |
| | | 14. Joost Ijsselmuiden | 1.26.38 | 1.26.36 |
| | Mannen 40+ | 11. Catrinus Vroom | 1.31.33 | 1.31.32 |
| | | 19. Martijn Toering | 1.39.08 | 1.38.59 |
| | | 24. Jasper de Noord | 1.50.34 | 1.50.09 |
| | Mannen 50+ | 28. Rikus van Wijk | 2.14.43 | 2.02.44 |
| | | 29. Albert Cuperus | 4.43.13 | 1.42.57 |
| | | 56. Ronald Rauwerda | 2.23.23 | 2.14.31 |
| | Vrouwen 40+ | 2. Judith van der Meer | 1.29.24 | 1.29.22 |
| 3. Sanne Heidinga | | 1.31.34 | 1.31.32 | |
| 13. Lieneke de Jong | | 2.05.46 | 2.04.41 | |
| 21,1 km R | Vrouwen 50+ | 1. Bertha Bruggenkamp | 1.37.33 | 1.37.32 |
| | | 23. Carin Hoekstra | 2.23.22 | 2.14.34 |
| | Mannen 40+ | 212. Johannes van der Schaaf | 2.09.13 | 1.55.57 |
| | Mannen 50+ | 19. Gerrit Panhuis | 1.53.15 | 1.39.59 |
| | | 516. Anne Zijlstra | 2.23.22 | 2.14.32 |
| | Mannen 60+ | 11. Hans Groenewoud | 1.46.49 | 1.44.28 |
| | Vrouwen 40+ | 127. Petra Lok | 2.14.44 | 2.02.45 |
| | | 202. Jannie Idema | 2.22.45 | 2.10.47 |
| | Vrouwen 50+ | 40. Linda Dekker | 2.05.46 | |
| | | 206. Janet Bijl | 2.23.23 | 2.14.35 |
| 42,2 km W. | Mannen 40+ | 2. Willem de Boer | 2.44.41 | 2.44.20 |
| | Mannen 50+ | 3. Victor Plomp | 3.07.35 | 3.07.33 |
| | Vrouwen 40+ | 3. Anita Flapper | 3.11.29 | 3.11.26 |

Hellas Utrecht Herfstindoor op 13 november.

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| Jongens B | 60m series | 3. Quinten Geleynse | 8.50 |
| | 60m finale | 3. Quinten Geleynse | 8.48 |

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| 60mH | 1. Quinten Geleynse | 11.86 |
| Ver | 3. Quinten Geleynse | 4.98 |

Wielentrail op 14 november te Leeuwarden.

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|------------------------|---------|-------------------------|---------------------------|---------|---------|
| 1 km | Jongens | 1. Nigel Punch | 5.48 | 5.48 | |
| | | 2. Rutger Gildemacher | 5.56 | 5.55 | |
| | | 3. Jelte van der Knijff | 6.11 | 6.10 | |
| | | 4. Casper Beeksma | 6.16 | 6.16 | |
| | | 6. Amano van Beem | 6.19 | 6.19 | |
| | | 8. Edin Visser | 7.08 | 7.08 | |
| | | 9. Rik Spek | 7.13 | 7.13 | |
| | | 10. Ruben Noordhuizen | 7.16 | 7.14 | |
| | | 11. Teun Brouwer | 7.21 | 7.21 | |
| | | 14. Jelle van der Windt | 7.56 | 7.56 | |
| | | 16. Teun Baron | 8.37 | 8.36 | |
| | | 20. Ezra Haverkamp | 10.12 | 10.11 | |
| | | 21. Tobias van Rhee | 10.59 | 10.56 | |
| | | 22. Syl van Nek | 11.00 | 10.57 | |
| | | 23. Thomas Haringa | 11.37 | 11.36 | |
| | | Meisjes | 1. Mirthe Breuker | 5.35 | 5.33 |
| | | | 2. Vera Bloembergen | 6.36 | 6.34 |
| | | | 3. Hanna de Vries | 6.37 | 6.36 |
| | | | 5. Lynn Tuinstra | 7.23 | 7.22 |
| | | | 6. Gerbrich Gildemacher | 7.52 | 7.51 |
| | | | 9. Anna Dijkstra | 8.32 | 8.30 |
| | | | 12. Mila van Nek | 9.41 | 9.38 |
| | | | 13. Sophie Dijkstra | 10.40 | 10.37 |
| 6,8 km | Mannen | | 25. Cor Wetting | 38.10 | 38.08 |
| | | | 29. Jouke de Vries | 39.12 | 39.03 |
| | | 33. Ruben Korte | 39.42 | 39.37 | |
| | | 37. Tom Vellinga | 41.14 | 41.02 | |
| | | 43. Johan Huitema | 42.53 | 42.43 | |
| | | Vrouwen | 1. Wilma Stelstra | 37.50 | 37.42 |
| | | | 6. Jessa Pater | 39.58 | 38.52 |
| | | | 12. Erica Verdegaal | 41.34 | 41.30 |
| | | | 15. Annemarie Groenenberg | 42.13 | 42.02 |
| | | | 23. Margreet Dijkstra | 44.30 | 44.22 |
| 27. Mariëtte van Doorn | 45.10 | | 45.03 | | |
| 35. Anne Kwakkernaat | 47.38 | | 47.31 | | |
| 18.3 km | Mannen | 1. Douwe Nauta | 1.28.49 | 1.28.47 | |
| | | 3. Klaas van Heeringen | 1.29.16 | 1.29.10 | |
| | | 26. Roelof de Roos | 1.48.03 | 1.30.37 | |
| | | 27. Remco Schraa | 1.48.03 | 1.30.37 | |
| | | 28. Menno Mud | 1.48.03 | 1.30.46 | |
| | | 29. Marcel Adema | 1.48.03 | 1.30.38 | |
| | | 56. Edwin Kalksma | 2.33.10 | 2.32.52 | |
| | | Vrouwen | 7. Annechien van der Veen | 2.11.55 | 2.11.48 |

4° Perpernotenrun te Franeker op 28 november.

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| 10 km | Mannen 50+ | 3. Gerrit Panhuis | 45.56 |
| | Mannen 60+ | 1. Joop Lusthof | 43.02 |
| | | 8. Jouke de Vries | 58.06 |
| | Vrouwen 45+ | 3. Wilma Stelstra | 51.14 |

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| | | 4. Petra Lok | 52.53 |
| | Vrouwen 55+ | 2. Monique de Jong | 49.31 |
| | | 5. Tea Busstra | 58.25 |
| 16 km | Mannen sen. | 1. Erwin de Vries | 54.22 |
| | Vrouwen 45+ | 1. Anita Flapper | 1.03.38 |
| 21 km | Mannen 50+ | 11. Carlo Loos | 1.45.33 |
| | Vrouwen 45+ | 1. Judith van der Meer | 1.17.48 |