

Uitslagen Fortis NSK Baanathletiek

15 & 16 mei, GSAV Vitalis, Groningen

Mannen Senioren

100m series

27 deelnemer(s)

| | | | |
|-----|-------------------------------|---|--------------------|
| 38 | Jager, Henk | 28-01-1983 GSAV Vitalis | 11.16 sec ptn +1.3 |
| 153 | Vorst, Micha van de | 12-01-1982 AV Attila | 11.30 sec ptn +1.3 |
| 83 | Oude Alink, Martin | 08-11-1985 MPM | 11.35 sec ptn +1.5 |
| 73 | Klaassen, Arno | 16-11-1979 AV Attila | 11.41 sec ptn +0.4 |
| 13 | Vroone, Bas | 24-03-1984 PAC | 11.50 sec ptn +0.4 |
| 230 | Stieglis, Remy | 29-06-1985 Phanos | 11.54 sec ptn +0.3 |
| 185 | Vlek, Maurice | 26-10-1980 ESAV Asterix | 11.57 sec ptn +1.3 |
| 176 | Crombag, Erik | 29-10-1982 NSAV `t Haasje | 11.69 sec ptn +0.3 |
| 74 | Jubels, Bas | 23-06-1983 AV Phoenix | 11.74 sec ptn +0.4 |
| 143 | Cosman, Joost | 14-01-1982 AV 1923 | 11.77 sec ptn +1.5 |
| 99 | Verberne, Cyriel | 04-12-1984 AV Attila | 11.96 sec ptn +1.3 |
| 133 | Teunissen, Lennart | 19-06-1981 Altis | 11.96 sec ptn +0.4 |
| 64 | Hanswijk, Rik | 27-03-1984 Climax | 11.97 sec ptn +1.5 |
| 215 | Baars, Koen | 03-07-1985 KAV Holland | 12.06 sec ptn +0.3 |
| 53 | Zoomer, Maarten | 06-02-1987 Seven Hills Running Team | 12.13 sec ptn +0.3 |
| 201 | Baars, Bram | 21-02-1983 KAV Holland | 12.25 sec ptn +1.5 |
| 210 | Ruiter, Michael de | 27-02-1983 KAV Holland | 12.26 sec ptn +1.5 |
| 205 | Ruijten, Johan | 04-06-1982 Tartli $\frac{1}{2}$ tos | 12.28 sec ptn +0.4 |
| 93 | Gerwen, Thijs van | 08-03-1986 AV De Keien | 12.30 sec ptn +0.4 |
| 194 | Willemink, Reni $\frac{1}{2}$ | 21-03-1981 Kronos | 12.40 sec ptn +1.5 |
| 106 | Eisenmayer, Thomas | 16-04-1982 De Delters | 12.41 sec ptn +1.3 |
| 232 | Lieshout, Vincent van | 26-02-1982 KAV Holland | 12.56 sec ptn +1.3 |
| 76 | Bondt, Wilfred de | 31-07-1980 AV Phoenix | 13.12 sec ptn +0.4 |
| 126 | Waanders, Bernd | 14-04-1986 AV Goor | 13.21 sec ptn +1.3 |
| 197 | Fugers, Tom | 08-02-1984 Kronos | 13.42 sec ptn +0.3 |
| 89 | Huffmeijer, Jochem | 02-05-1983 WAV Tartli $\frac{1}{2}$ tos | 13.57 sec ptn +1.5 |
| 154 | Cadsand, Lennart van | 20-07-1985 AV Attila | DNS sec ptn +0.3 |

100m halve finale

16 deelnemer(s)

| | | | |
|-----|---------------------|-------------------------|--------------------|
| 73 | Klaassen, Arno | 16-11-1979 AV Attila | 11.22 sec ptn -1.0 |
| 153 | Vorst, Micha van de | 12-01-1982 AV Attila | 11.34 sec ptn -1.0 |
| 38 | Jager, Henk | 28-01-1983 GSAV Vitalis | 11.40 sec ptn -0.6 |
| 83 | Oude Alink, Martin | 08-11-1985 MPM | 11.50 sec ptn -0.6 |
| 13 | Vroone, Bas | 24-03-1984 PAC | 11.52 sec ptn -0.6 |

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|------------------------|-------------------------------------|--------------------|
| 230 Stieglis, Remy | 29-06-1985 Phanos | 11.54 sec ptn -1.0 |
| 185 Vlek, Maurice | 26-10-1980 ESAV Asterix | 11.63 sec ptn -0.6 |
| 176 Crombag, Erik | 29-10-1982 NSAV 't Haasje | 11.72 sec ptn -1.0 |
| 74 Jubels, Bas | 23-06-1983 AV Phoenix | 11.75 sec ptn -0.6 |
| 143 Cosman, Joost | 14-01-1982 AV 1923 | 11.83 sec ptn -1.0 |
| 215 Baars, Koen | 03-07-1985 KAV Holland | 12.03 sec ptn -1.0 |
| 64 Hanswijk, Rik | 27-03-1984 Climax | 12.07 sec ptn -0.6 |
| 99 Verberne, Cyriel | 04-12-1984 AV Attila | 12.11 sec ptn -0.6 |
| 201 Baars, Bram | 21-02-1983 KAV Holland | 12.29 sec ptn -1.0 |
| 53 Zoomer, Maarten | 06-02-1987 Seven Hills Running Team | 12.32 sec ptn -0.6 |
| 133 Teunissen, Lennart | 19-06-1981 Altis | DNS sec ptn -1.0 |

100m finale

8 deelnemer(s)

| | | |
|-------------------------|---------------------------|--------------------|
| 1 73 Klaassen, Arno | 16-11-1979 AV Attila | 11.14 sec ptn -0.5 |
| 2 38 Jager, Henk | 28-01-1983 GSAV Vitalis | 11.24 sec ptn -0.5 |
| 3 230 Stieglis, Remy | 29-06-1985 Phanos | 11.43 sec ptn -0.5 |
| 4 83 Oude Alink, Martin | 08-11-1985 MPM | 11.45 sec ptn -0.5 |
| 5 13 Vroone, Bas | 24-03-1984 PAC | 11.61 sec ptn -0.5 |
| 6 185 Vlek, Maurice | 26-10-1980 ESAV Asterix | 11.64 sec ptn -0.5 |
| 7 176 Crombag, Erik | 29-10-1982 NSAV 't Haasje | 11.65 sec ptn -0.5 |
| 153 Vorst, Micha van de | 12-01-1982 AV Attila | DNF sec ptn -0.5 |

200m series

29 deelnemer(s)

| | | | | |
|--------------------------|---------------------|-----------|-----|------|
| 175 Lodewijk, Thomas | AV Impala | 22.92 sec | ptn | -2.0 |
| 230 Stieglis, Remy | Phanos | 23.07 sec | ptn | -0.6 |
| 238 Bouwman, Joost | KAV Holland | 23.23 sec | ptn | -1.3 |
| 73 Klaassen, Arno | AV Attila | 23.26 sec | ptn | -0.3 |
| 271 Klaasen, Martijn | Phanos | 23.33 sec | ptn | -0.3 |
| 213 Deiman, Erik | AV Phoenix | 23.34 sec | ptn | -0.6 |
| 176 Crombag, Erik | NSAV 't Haasje | 23.36 sec | ptn | -0.3 |
| 154 Cadsand, Lennart van | AV Attila | 23.37 sec | ptn | -1.3 |
| 42 Smit, Arnout | AV Phoenix | 23.51 sec | ptn | -0.6 |
| 74 Jubels, Bas | AV Phoenix | 23.55 sec | ptn | -2.0 |
| 110 Hoving, Arnold van | Phanos | 23.55 sec | ptn | -0.3 |
| 240 Boedeltje, Freerk | NSAV 't Haasje | 23.89 sec | ptn | -2.0 |
| 78 Tijm, René | GSAV Vitalis | 23.90 sec | ptn | -0.6 |
| 143 Cosman, Joost | AV 1923 | 24.20 sec | ptn | -0.9 |
| 263 Faas, Remco-Pieter | AC TION | 24.21 sec | ptn | -1.3 |
| 133 Teunissen, Lennart | Altis | 24.25 sec | ptn | -0.9 |
| 234 Machielsen, Willem | AV Phoenix | 24.27 sec | ptn | -1.3 |
| 215 Baars, Koen | KAV Holland | 24.73 sec | ptn | -2.0 |
| 56 Visch, Wouter | Groningen Atletiek | 24.77 sec | ptn | -0.9 |
| 38 Jager, Henk | GSAV Vitalis | 24.89 sec | ptn | -0.9 |
| | Seven Hills Running | | | |
| 53 Zoomer, Maarten | Team | 24.96 sec | ptn | -0.6 |
| 126 Waanders, Bernd | AV Goor | 25.11 sec | ptn | -1.3 |

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|---------------------------|----------------|-----------|-----|------|
| 205 Ruijten, Johan | Tartlétos | 25.21 sec | ptn | -0.9 |
| 98 Geers, Frederik | Hellas Utrecht | 25.27 sec | ptn | -2.0 |
| 198 Veen, Lourens | Kronos | 25.36 sec | ptn | -0.3 |
| 211 Oldeman, Huub | GSAV Vitalis | 25.47 sec | ptn | -0.3 |
| 120 Hoebe, Pieter | AV Pijnenburg | 25.58 sec | ptn | -2.0 |
| 147 Bosselaar, Christiaan | KAV Holland | 25.69 sec | ptn | -0.9 |
| 201 Baars, Bram | KAV Holland | 25.95 sec | ptn | -1.3 |

200m halve finale

12 deelnemer(s)

| | | | | |
|--------------------------|---------------------------|-----------|-----|----------|
| 154 Cadsand, Lennart van | 20-07-1985 AV Attila | 22.96 sec | ptn | -0.2 |
| 73 Klaassen, Arno | 16-11-1979 AV Attila | 23.02 sec | ptn | -0.8 |
| 74 Jubels, Bas | 23-06-1983 AV Phoenix | 23.17 sec | ptn | -0.2 |
| 213 Deiman, Erik | 26-08-1981 AV Phoenix | 23.31 sec | ptn | -0.8 |
| 271 Klaassen, Martijn | 03-08-1984 Phanos | 23.51 sec | ptn | -0.8 |
| 230 Stieglis, Remy | 29-06-1985 Phanos | 23.54 sec | ptn | -0.8 |
| 176 Crombag, Erik | 29-10-1982 NSAV `t Haasje | 23.56 sec | ptn | -0.2 |
| 110 Hoving, Arnold van | 30-11-1980 Phanos | 23.67 sec | ptn | -0.2 |
| 42 Smit, Arnout | 20-05-1979 AV Phoenix | dns | sec | ptn -0.2 |
| 238 Bouwman, Joost | 16-09-1980 KAV Holland | dns | sec | ptn -0.8 |
| 143 Cosman, Joost | 14-01-1982 AV 1923 | dnf | sec | ptn -0.2 |
| 175 Lodewijk, Thomas | 02-05-1985 AV Impala | dns | sec | ptn -0.8 |

200m finale

6 deelnemer(s)

| | | | | |
|----------------------------|-----------------------|-----------|-----|------|
| 1 73 Klaassen, Arno | 16-11-1979 AV Attila | 22.90 sec | ptn | -0.9 |
| 2 154 Cadsand, Lennart van | 20-07-1985 AV Attila | 23.27 sec | ptn | -0.9 |
| 3 230 Stieglis, Remy | 29-06-1985 Phanos | 23.30 sec | ptn | -0.9 |
| 4 74 Jubels, Bas | 23-06-1983 AV Phoenix | 23.31 sec | ptn | -0.9 |
| 5 213 Deiman, Erik | 26-08-1981 AV Phoenix | 23.33 sec | ptn | -0.9 |
| 6 271 Klaassen, Martijn | 03-08-1984 Phanos | 23.34 sec | ptn | -0.9 |

400m series

22 deelnemer(s)

| | | | |
|-------------------------|-------------------------------|-----------|-----|
| 240 Boedeltje, Freerk | 15-06-1977 NSAV `t Haasje | 50.22 sec | ptn |
| 271 Klaassen, Martijn | 03-08-1984 Phanos | 50.62 sec | ptn |
| 238 Bouwman, Joost | 16-09-1980 KAV Holland | 50.68 sec | ptn |
| 47 Ommen, Tim van | 03-01-1986 Hellas Utrecht | 50.87 sec | ptn |
| 110 Hoving, Arnold van | 30-11-1980 Phanos | 51.21 sec | ptn |
| 44 Berg, Vincent van de | 17-03-1984 Climax | 51.84 sec | ptn |
| 125 Gorp, Peter van | 18-12-1978 AV Attila | 52.01 sec | ptn |
| 186 Moerman, Joeri | 05-07-1987 ESAV Asterix | 52.27 sec | ptn |
| 74 Jubels, Bas | 23-06-1983 AV Phoenix | 52.31 sec | ptn |
| 213 Deiman, Erik | 26-08-1981 AV Phoenix | 52.71 sec | ptn |
| 160 Troost, Brandan | 13-10-1984 AV Gouda | 53.38 sec | ptn |
| 64 Hanswijk, Rik | 27-03-1984 Climax | 53.55 sec | ptn |
| 56 Visch, Wouter | 17-04-1984 Groningen Atletiek | 53.92 sec | ptn |

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|---------------------|---------------------------|---------------|
| 204 Harder, Emiel | 29-08-1982 AV Impala | 53.92 sec ptn |
| 5 Wietzes, Martijn | 22-07-1983 GSAV Vitalis | 54.54 sec ptn |
| 163 Snijders, Freek | 18-04-1985 NSAV `t Haasje | 54.72 sec ptn |
| 126 Waanders, Bernd | 14-04-1986 AV Goor | 55.11 sec ptn |
| 155 Dijk, Joost van | 09-08-1984 NSAV `t Haasje | 55.19 sec ptn |
| 211 Oldeman, Huub | 31-05-1978 GSAV Vitalis | 56.63 sec ptn |
| 270 Ravesloot, Mark | 08-05-1982 Tartlij½tos | 57.23 sec ptn |
| 105 Pizzuti, Loreto | 05-01-1980 De Delters | 57.28 sec ptn |
| 273 Horn, Robert vd | 05-05-1977 GSAV Vitalis | 64.22 sec ptn |

400m finale

6 deelnemer(s)

| | | |
|--------------------------|---------------------------|---------------|
| 1 240 Boedeltje, Freerk | 15-06-1977 NSAV `t Haasje | 49.62 sec ptn |
| 2 238 Bouwman, Joost | 16-09-1980 KAV Holland | 50.51 sec ptn |
| 3 125 Gorp, Peter van | 18-12-1978 AV Attila | 50.56 sec ptn |
| 4 47 Ommen, Tim van | 03-01-1986 Hellas Utrecht | 51.22 sec ptn |
| 5 110 Hoving, Arnold van | 30-11-1980 Phanos | 51.96 sec ptn |
| 271 Klaassen, Martijn | 03-08-1984 Phanos | DNS sec ptn |

800m

23 deelnemer(s)

| | | |
|----------------------------|-------------------------------|-----------------|
| 1 182 Kayser, Jesse | 20-11-1982 AV Phoenix | 1.58.26 min ptn |
| 2 222 Groen, Vincent | 07-07-1984 AV Hera | 1.58.40 min ptn |
| 3 9 Kruchten, Michel van | 26-11-1984 Groningen Atletiek | 1.59.59 min ptn |
| 4 92 Hulleman, Michiel | 15-12-1981 Phanos | 2.00.58 min ptn |
| 5 217 Canters, Tom | 22-10-1985 Scopias | 2.00.74 min ptn |
| 6 111 Buuren, Coos van | 08-09-1985 AV Pijnenburg | 2.01.27 min ptn |
| 7 162 Planting, Robert | 27-03-1981 TSAV Parcival | 2.01.33 min ptn |
| 8 66 Meijer, Erwin | 13-05-1984 Climax | 2.01.93 min ptn |
| 9 34 Vlooswijk, Ard | 23-10-1979 GSAV Vitalis | 2.02.09 min ptn |
| 10 11 Bochove, Tim van | 01-10-1985 Sparks | 2.02.58 min ptn |
| 11 123 Lohuis, Jasper | 08-02-1981 AC TION | 2.02.93 min ptn |
| 12 204 Harder, Emiel | 29-08-1982 AV Impala | 2.03.65 min ptn |
| 13 246 Jaasma, Rene | 25-07-1984 AV Impala | 2.03.83 min ptn |
| 14 234 Machielsen, Willem | 08-05-1980 AV Phoenix | 2.04.49 min ptn |
| 15 84 Ommen, Maarten van | 07-07-1980 GSAV Vitalis | 2.05.66 min ptn |
| 16 179 Deurzen, Tom van | 25-01-1985 NSAV `t Haasje | 2.06.34 min ptn |
| 17 191 Krop, Sam | 01-02-1983 ESAV Asterix | 2.08.05 min ptn |
| 18 126 Waanders, Bernd | 14-04-1986 AV Goor | 2.08.88 min ptn |
| 19 163 Snijders, Freek | 18-04-1985 NSAV `t Haasje | 2.10.31 min ptn |
| 20 203 Harder, Vincent | 29-08-1982 AV Impala | 2.12.14 min ptn |
| 21 268 Zwartjes, Nick | 08-08-1982 GSAV Vitalis | 2.12.78 min ptn |
| 22 106 Eisenmayer, Thomas | 16-04-1982 De Delters | 2.14.04 min ptn |
| 107 Plicht, Nander van der | 02-05-1979 Atletico `73 | DNS min ptn |

1500m

22 deelnemer(s)

| | | | | | |
|----|-----|---------------------------|------------|--------------------------|-----------------|
| 1 | 81 | Tigchelaar, Joep | 09-02-1981 | Seven Hills Running Team | 4.00.06 min ptn |
| 2 | 182 | Kayser, Jesse | 20-11-1982 | AV Phoenix | 4.04.87 min ptn |
| 3 | 34 | Vlooswijk, Ard | 23-10-1979 | GSAV Vitalis | 4.07.71 min ptn |
| 4 | 14 | Costeris, Anton | 05-07-1982 | Athlon | 4.12.15 min ptn |
| 5 | 121 | Vooren, Alexander van der | 04-12-1985 | AV Atverni | 4.12.31 min ptn |
| 6 | 50 | Zwama, Paul | 23-04-1987 | Groningen Atletiek | 4.12.41 min ptn |
| 7 | 66 | Meijer, Erwin | 13-05-1984 | Climax | 4.12.77 min ptn |
| 8 | 147 | Bosselaar, Christiaan | 31-05-1982 | KAV Holland | 4.16.45 min ptn |
| 9 | 200 | Rooijen, Tariq van | 03-03-1980 | AV Pallas `67 Wageningen | 4.16.73 min ptn |
| 10 | 29 | Kampen, Joris | 01-10-1980 | Groningen Atletiek | 4.17.19 min ptn |
| 11 | 112 | Caspel, Wouter van | 22-05-1985 | CAV Energie | 4.18.01 min ptn |
| 12 | 84 | Ommen, Maarten van | 07-07-1980 | GSAV Vitalis | 4.23.92 min ptn |
| 13 | 28 | Lommen, Dave | 11-02-1977 | AV 1923 | 4.26.19 min ptn |
| 14 | 179 | Deurzen, Tom van | 25-01-1985 | NSAV `t Haasje | 4.30.10 min ptn |
| 15 | 127 | Borst, Jurjen | 12-03-1981 | - | 4.32.34 min ptn |
| 16 | 234 | Machielsen, Willem | 08-05-1980 | AV Phoenix | 4.33.26 min ptn |
| 17 | 178 | Kallenberg, Michiel | 18-04-1983 | NSAV `t Haasje | 4.34.49 min ptn |
| 18 | 122 | Nimeijer, Nico | 04-06-1984 | GSAV Vitalis | 4.40.71 min ptn |
| 19 | 203 | Harder, Vincent | 29-08-1982 | AV Impala | 4.46.84 min ptn |
| 20 | 195 | Krediet, Harmen | 23-05-1984 | Kronos | 5.07.98 min ptn |
| | 19 | Feuth, Thijs | 08-10-1981 | Phanos | DNS min ptn |
| | 130 | Vermeij, Pieter | 19-05-1981 | De Delters | DNS min ptn |

5000m

24 deelnemer(s)

| | | | | | |
|----|-----|---------------------------|------------|------------------------------|------------------|
| 1 | 81 | Tigchelaar, Joep | 09-02-1981 | Seven Hills Running Team | 14.56.66 min ptn |
| 2 | 121 | Vooren, Alexander van der | 04-12-1985 | AV Atverni | 15.51.20 min ptn |
| 3 | 14 | Costeris, Anton | 05-07-1982 | Athlon | 15.59.84 min ptn |
| 4 | 79 | Muller, Imo | 25-09-1980 | Kronos | 16.09.98 min ptn |
| 5 | 65 | Franke, Gerben | 25-04-1980 | LAAC Twente | 16.14.65 min ptn |
| 6 | 33 | Gurp, Bart van | 03-07-1984 | AVON | 16.23.74 min ptn |
| 7 | 105 | Pizzuti, Loreto | 05-01-1980 | De Delters | 16.25.32 min ptn |
| 8 | 224 | Meulen, Teun van der | 13-09-1981 | Sparta | 16.37.72 min ptn |
| 9 | 146 | Roos, Jan | 05-01-1986 | AAV `36 | 16.49.83 min ptn |
| 10 | 127 | Borst, Jurjen | 12-03-1981 | - | 16.59.06 min ptn |
| 11 | 130 | Vermeij, Pieter | 19-05-1981 | De Delters | 17.00.30 min ptn |
| 12 | 219 | Fraters, Dennis | 07-10-1983 | Scopias | 17.10.79 min ptn |
| 13 | 231 | Roeleveld, Johannes | 18-01-1982 | WAV Tartli $\frac{1}{2}$ tos | 17.11.17 min ptn |
| 14 | 177 | Quist, Pim | 31-03-1979 | NSAV `t Haasje | 17.19.05 min ptn |
| 15 | 178 | Kallenberg, Michiel | 18-04-1983 | NSAV `t Haasje | 17.19.07 min ptn |
| 16 | 129 | Snuverink, Michiel | 15-02-1982 | AC TION | 17.20.09 min ptn |
| 17 | 60 | Eeden, Barry van | 25-01-1982 | AV NSL | 17.45.96 min ptn |
| 18 | 122 | Nimeijer, Nico | 04-06-1984 | GSAV Vitalis | 17.48.95 min ptn |

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|--------|---------------------|------------|---------------|----------|---------|
| 19 237 | Kuijvenhoven, Emile | 12-10-1980 | Phanos | 17.50.20 | min ptn |
| 20 262 | Janssen, Siebrand | 31-07-1980 | GSAV Vitalis | 17.58.18 | min ptn |
| 21 85 | Gils, Harald van | 20-08-1977 | - | 18.02.04 | min ptn |
| 22 135 | Groot, Frank de | 20-07-1983 | AV De Delters | 18.47.69 | min ptn |
| 23 198 | Veen, Lourens | 18-11-1982 | Kronos | 20.19.89 | min ptn |
| 19 | Feuth, Thijs | 08-10-1981 | Phanos | DNF | min ptn |

110mh **5 deelnemer(s)**

| | | | | | |
|-------|-------------------|------------|--------------|-------|--------------|
| 1 269 | Moreels, Ernst | 27-03-1985 | AV Atverni | 15.17 | sec ptn +1.0 |
| 2 42 | Smit, Arnout | 20-05-1979 | AV Phoenix | 15.40 | sec ptn +1.0 |
| 3 21 | Bolks, Paul | 17-03-1985 | Climax | 16.09 | sec ptn +1.0 |
| 4 139 | Versluijs, Jurgen | 13-01-1984 | Climax | 16.72 | sec ptn +1.0 |
| 5 12 | Uittenhout, Siem | 26-02-1985 | GSAV Vitalis | 16.96 | sec ptn +1.0 |

400mh series **14 deelnemer(s)**

| | | | | | |
|-----|-----------------------|------------|--------------------------|-------|---------|
| 47 | Ommen, Tim van | 03-01-1986 | Hellas Utrecht | 56.97 | sec ptn |
| 83 | Oude Alink, Martin | 08-11-1985 | MPM | 58.23 | sec ptn |
| 218 | Ros, Niels | 10-07-1986 | Rotterdam Atletiek | 58.26 | sec ptn |
| 165 | Herpel, Richard | 05-02-1981 | AV PEC 1910 | 58.56 | sec ptn |
| 200 | Rooijen, Tariq van | 03-03-1980 | AV Pallas `67 Wageningen | 59.11 | sec ptn |
| 265 | Chapelle, Stijn | 13-05-1980 | AV 1923 | 60.32 | sec ptn |
| 94 | Berg, Pieter Bas v.d. | 18-09-1983 | AV Olympus `70 | 60.94 | sec ptn |
| 150 | Broek, Maarten | 15-06-1981 | GAC Hilversum | 61.17 | sec ptn |
| 12 | Uittenhout, Siem | 26-02-1985 | GSAV Vitalis | 61.33 | sec ptn |
| 41 | Wijma, Sybout | 26-03-1987 | AV `55 | 61.55 | sec ptn |
| 161 | Ommen, Niels van | 16-03-1986 | AV Spirit Oud-Beijerland | 62.56 | sec ptn |
| 251 | Daalhuisen, Bart | 30-03-1985 | AV Hollandia | 62.94 | sec ptn |
| 120 | Hoebe, Pieter | 31-07-1984 | AV Pijnenburg | 66.06 | sec ptn |
| 253 | Rutgers, Robert | 30-11-1980 | Atletics | dnf | sec ptn |

400mh finale **6 deelnemer(s)**

| | | | | | |
|-------|--------------------|------------|--------------------------|-------|---------|
| 1 83 | Oude Alink, Martin | 08-11-1985 | MPM | 54.57 | sec ptn |
| 2 47 | Ommen, Tim van | 03-01-1986 | Hellas Utrecht | 54.81 | sec ptn |
| 3 218 | Ros, Niels | 10-07-1986 | Rotterdam Atletiek | 58.70 | sec ptn |
| 4 165 | Herpel, Richard | 05-02-1981 | AV PEC 1910 | 59.69 | sec ptn |
| 5 200 | Rooijen, Tariq van | 03-03-1980 | AV Pallas `67 Wageningen | 62.40 | sec ptn |
| 265 | Chapelle, Stijn | 13-05-1980 | AV 1923 | DNS | sec ptn |

3000m steeple **9 deelnemer(s)**

| | | | | | |
|-------|-------------------|------------|--------------------|----------|---------|
| 1 59 | Molenhuis, Olfert | 28-09-1983 | Groningen Atletiek | 9.21.63 | min ptn |
| 2 35 | Heer, Dirk de | 08-04-1981 | Groningen Atletiek | 9.34.88 | min ptn |
| 3 101 | Vos, Jan Jouke | 18-08-1982 | Athlon | 10.15.07 | min ptn |
| 4 246 | Jaasma, Rene | 25-07-1984 | AV Impala | 10.28.75 | min ptn |
| 5 191 | Krop, Sam | 01-02-1983 | ESAV Asterix | 10.36.99 | min ptn |
| 6 229 | Hallmann, Rink | 28-09-1980 | Kronos | 10.38.89 | min ptn |

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| 7 | 177 | Quist, Pim | 31-03-1979 | NSAV 't Haasje | 10.43.32 min | ptn |
| 8 | 130 | Vermeij, Pieter | 19-05-1981 | De Delters | 10.45.55 min | ptn |
| 9 | 54 | Heijerman, Hendrik-Jan | 24-11-1982 | GSAV Vitalis | 10.53.27 min | ptn |

4x100m 5 deelnemer(s)

| | | | | | |
|---|--|-------------|-------|-----|-----|
| 1 | | AV Impala | 45.9 | sec | ptn |
| 2 | | Climax | 46.00 | sec | ptn |
| 3 | | Vitalis | 46.02 | sec | ptn |
| | | Phanos | DNF | sec | ptn |
| | | KAV Holland | DNS | sec | ptn |

4x400m 4 deelnemer(s)

| | | | | |
|---|--|----------------|-------------|-----|
| 1 | | Climax | 3.36.63 min | ptn |
| 2 | | AV Phoenix | 3.40.48 min | ptn |
| 3 | | Vitalis | 3.49.48 min | ptn |
| 4 | | NSAV 't Haasje | 4.02.51 min | ptn |

ver 13 deelnemer(s)

| | | | | | | |
|----|-----|-----------------------|------------|--------------------------|--------|-------|
| 1 | 42 | Smit, Arnout | 20-05-1979 | AV Phoenix | 6.64 m | ptn |
| 2 | 21 | Bolks, Paul | 17-03-1985 | Climax | 6.64 m | ptn |
| 3 | 133 | Teunissen, Lennart | 19-06-1981 | Altis | 6.51 m | ptn |
| 4 | 143 | Cosman, Joost | 14-01-1982 | AV 1923 | 6.38 m | ptn |
| 5 | 176 | Crombag, Erik | 29-10-1982 | NSAV 't Haasje | 6.31 m | ptn |
| 6 | 190 | Martina, Jerson | 27-09-1984 | ESAV Asterix | 6.23 m | ptn |
| 7 | 5 | Wietzes, Martijn | 22-07-1983 | GSAV Vitalis | 5.97 m | ptn |
| 8 | 114 | Jong, Walter de | 06-06-1977 | AV Hollandia | 5.84 m | ptn |
| 9 | 109 | Bouwman, Maarten | 01-05-1984 | Phanos | 5.79 m | ptn |
| 10 | 161 | Ommen, Niels van | 16-03-1986 | AV Spirit Oud-Beijerland | 5.73 m | ptn |
| 11 | 94 | Berg, Pieter Bas v.d. | 18-09-1983 | AV Olympus '70 | 5.71 m | ptn |
| 12 | 93 | Gerwen, Thijs van | 08-03-1986 | AV De Keien | 5.39 m | ptn |
| | | 197 Fugers, Tom | 08-02-1984 | Kronos | | m ptn |

hoog 9 deelnemer(s)

| | | | | | | |
|---|-----|---------------------|------------|--------------------|--------|-------|
| 1 | 30 | Klijnstra, Jan Haye | 16-01-1980 | Groningen Atletiek | 1.95 m | ptn |
| 2 | 104 | Klinkers, Tieme | 09-04-1986 | AV De Sprinter | 1.95 m | ptn |
| 3 | 123 | Lohuis, Jasper | 08-02-1981 | AC TION | 1.80 m | ptn |
| 4 | 139 | Versluijs, Jurgen | 13-01-1984 | Climax | 1.80 m | ptn |
| 5 | 243 | Dokter, Frank | 28-10-1981 | AV '34 Apeldoorn | 1.80 m | ptn |
| 6 | 229 | Hallmann, Rink | 28-09-1980 | Kronos | 1.75 m | ptn |
| 7 | 64 | Hanswijk, Rik | 27-03-1984 | Climax | 1.65 m | ptn |
| | 2 | Rijke, Reinier | 01-02-1978 | GSAV Vitalis | DNS | m ptn |
| | 78 | Tijm, Rene | 19-01-1985 | GSAV Vitalis | DNS | m ptn |

hss 9 deelnemer(s)

| | | | | | | |
|---|-----|--------------------|------------|--------|---------|-----|
| 1 | 133 | Teunissen, Lennart | 19-06-1981 | Altis | 14.32 m | ptn |
| 2 | 109 | Bouwman, Maarten | 01-05-1984 | Phanos | 13.98 m | ptn |

| | | | | | |
|---|-----|----------------------|------------|------------------|-------------|
| 3 | 143 | Cosman, Joost | 14-01-1982 | AV 1923 | 13.46 m ptn |
| 4 | 160 | Troost, Brandan | 13-10-1984 | AV Gouda | 13.28 m ptn |
| 5 | 42 | Smit, Arnout | 20-05-1979 | AV Phoenix | 13.08 m ptn |
| 6 | 154 | Cadsand, Lennart van | 20-07-1985 | AV Attila | 12.45 m ptn |
| 7 | 93 | Gerwen, Thijs van | 08-03-1986 | AV De Keien | 12.44 m ptn |
| 8 | 114 | Jong, Walter de | 06-06-1977 | AV Hollandia | 11.45 m ptn |
| | 12 | Uittenhout, Siem | 26-02-1985 | GSAV Vitalis DNS | m ptn |

kogel **12 deelnemer(s)**

| | | | | | |
|----|-----|------------------------|------------|------------------------------|-------------|
| 1 | 168 | Nusselder, Christian | 17-02-1977 | Atletico `73 | 14.45 m ptn |
| 2 | 209 | Brown, Matt | 10-11-1980 | - | 13.93 m ptn |
| 3 | 99 | Verberne, Cyriel | 04-12-1984 | AV Attila | 12.05 m ptn |
| 4 | 255 | Vermeer, Ruud | 20-02-1981 | AV PEC 1910 | 11.91 m ptn |
| 5 | 16 | Derksen, Roderik | 19-04-1982 | AC Tion | 11.65 m ptn |
| 6 | 232 | Lieshout, Vincent van | 26-02-1982 | KAV Holland | 11.25 m ptn |
| 7 | 210 | Ruiter, Michael de | 27-02-1983 | KAV Holland | 10.04 m ptn |
| 8 | 3 | Slotboom, Daan | 03-06-1981 | GSAV Vitalis | 9.89 m ptn |
| 9 | 89 | Huffmeijer, Jochem | 02-05-1983 | WAV Tartli $\frac{1}{2}$ tos | 8.77 m ptn |
| 10 | 216 | Bedem, Joep van den | 12-06-1982 | AV Attila | 8.73 m ptn |
| 11 | 201 | Baars, Bram | 21-02-1983 | KAV Holland | 8.42 m ptn |
| 12 | 107 | Plicht, Nander van der | 02-05-1979 | Atletico `73 | 7.26 m ptn |

discus **9 deelnemer(s)**

| | | | | | |
|---|-----|-----------------------|------------|------------------------------|-------------|
| 1 | 209 | Brown, Matt | 10-11-1980 | - | 52.67 m ptn |
| 2 | 255 | Vermeer, Ruud | 20-02-1981 | AV PEC 1910 | 34.41 m ptn |
| 3 | 232 | Lieshout, Vincent van | 26-02-1982 | KAV Holland | 34.31 m ptn |
| 4 | 99 | Verberne, Cyriel | 04-12-1984 | AV Attila | 32.42 m ptn |
| 5 | 16 | Derksen, Roderik | 19-04-1982 | AC Tion | 30.15 m ptn |
| 6 | 210 | Ruiter, Michael de | 27-02-1983 | KAV Holland | 27.58 m ptn |
| 7 | 256 | Muller, Tijmen | 29-08-1981 | AV PEC 1910 | 26.93 m ptn |
| 8 | 3 | Slotboom, Daan | 03-06-1981 | GSAV Vitalis | 21.85 m ptn |
| 9 | 89 | Huffmeijer, Jochem | 02-05-1983 | WAV Tartli $\frac{1}{2}$ tos | 19.27 m ptn |

speer **9 deelnemer(s)**

| | | | | | |
|---|-----|---------------------|------------|--------------|-------------|
| 1 | 140 | Versluijs, Leon | 04-04-1986 | Climax | 50.89 m ptn |
| 2 | 71 | Veen, Bart van | 23-04-1982 | AV Attila | 47.80 m ptn |
| 3 | 3 | Slotboom, Daan | 03-06-1981 | GSAV Vitalis | 47.07 m ptn |
| 4 | 139 | Versluijs, Jurgen | 13-01-1984 | Climax | 45.73 m ptn |
| 5 | 255 | Vermeer, Ruud | 20-02-1981 | AV PEC 1910 | 44.63 m ptn |
| 6 | 216 | Bedem, Joep van den | 12-06-1982 | AV Attila | 41.93 m ptn |
| 7 | 210 | Ruiter, Michael de | 27-02-1983 | KAV Holland | 40.10 m ptn |
| 8 | 256 | Muller, Tijmen | 29-08-1981 | AV PEC 1910 | 39.98 m ptn |
| 9 | 215 | Baars, Koen | 03-07-1985 | KAV Holland | 37.58 m ptn |

kogelsl **5 deelnemer(s)**

| | | | |
|---|---------------------------|-------------------------------|-------------|
| 1 | 151 Onos, Vincent | 08-04-1986 SAV | 48.77 m ptn |
| 2 | 227 Schilt, Denis van der | 29-12-1987 Groningen Atletiek | 44.57 m ptn |
| 3 | 152 Onos, Gertjan | 25-03-1982 SAV | 40.08 m ptn |
| 4 | 2 Rijke, Reinier | 01-02-1978 GSAV Vitalis | 20.49 m ptn |
| 5 | 3 Slotboom, Daan | 03-06-1981 GSAV Vitalis | 17.31 m ptn |

Vrouwen Senioren

100m series

19 deelnemer(s)

| | | | | |
|-----|--------------------------------------|------------|--------------------------|--------------------|
| 55 | Willemse, Loes | 30-12-1982 | Prins Hendrik | 12.75 sec ptn -0.3 |
| 40 | Zoomer, Yvette | 01-03-1983 | Seven Hills Running Team | 12.94 sec ptn -0.3 |
| 49 | Loendersloot, Femke van | 30-09-1982 | AV Wijchen | 12.97 sec ptn -0.8 |
| 169 | Haperen, Yvonne van | 03-01-1979 | NSAV `t Haasje | 13.05 sec ptn -0.8 |
| 167 | Ommen, Ellen van | 30-08-1981 | NSAV `t Haasje | 13.11 sec ptn -0.0 |
| 158 | Revet, Mirjam | 09-04-1986 | AV Gouda | 13.26 sec ptn -0.8 |
| 113 | Hessels, Viola | 06-06-1981 | AV Hollandia | 13.59 sec ptn -0.3 |
| 145 | Heidester, Stefanie | 08-05-1980 | GSAV Vitalis | 13.63 sec ptn -0.3 |
| 67 | Voort-van der Kleij, Elsbeth van der | 10-02-1983 | AV Phoenix | 13.77 sec ptn -0.0 |
| 171 | Salden, Marielle | 17-02-1982 | NSAV `t Haasje | 13.82 sec ptn -0.0 |
| 116 | Robijns, Harmke | 22-11-1985 | AV Impala | 14.00 sec ptn -0.8 |
| 166 | Greef, Marieke de | 12-03-1986 | NSAV `t Haasje | 14.03 sec ptn -0.0 |
| 267 | Huijs, Annika | 18-06-1980 | - | 14.11 sec ptn -0.3 |
| 244 | Egberts, Lindy | 06-09-1980 | AV 1923 | 14.20 sec ptn -0.8 |
| 52 | Schmitz du Moulin, Chloïe½ | 05-05-1980 | AV De Delvers | 14.36 sec ptn -0.0 |
| 170 | Kuppens, Dieuwertje | 27-07-1984 | NSAV `t Haasje | 14.51 sec ptn -0.3 |
| 254 | Baas, Charlotte | 04-11-1985 | GSAV Vitalis | 15.02 sec ptn -0.8 |
| 261 | Louisa-de waard, Marjolein | 26-07-1979 | Climax | 15.05 sec ptn -0.0 |
| 164 | Kooij, Marike van der | 09-07-1977 | NSAV `t Haasje | 16.08 sec ptn -0.0 |

100m halve finale**16 deelnemer(s)**

| | | | | |
|-----|--------------------------------------|------------|--------------------------|--------------------|
| 55 | Willemse, Loes | 30-12-1982 | Prins Hendrik | 12.58 sec ptn +0.6 |
| 40 | Zoomer, Yvette | 01-03-1983 | Seven Hills Running Team | 12.69 sec ptn +1.0 |
| 49 | Loendersloot, Femke van | 30-09-1982 | AV Wijchen | 12.88 sec ptn +0.6 |
| 167 | Ommen, Ellen van | 30-08-1981 | NSAV `t Haasje | 12.97 sec ptn +0.6 |
| 169 | Haperen, Yvonne van | 03-01-1979 | NSAV `t Haasje | 13.06 sec ptn +1.0 |
| 158 | Revet, Mirjam | 09-04-1986 | AV Gouda | 13.28 sec ptn +1.0 |
| 113 | Hessels, Viola | 06-06-1981 | AV Hollandia | 13.51 sec ptn +0.6 |
| 145 | Heidester, Stefanie | 08-05-1980 | GSAV Vitalis | 13.67 sec ptn +1.0 |
| 171 | Salden, Marielle | 17-02-1982 | NSAV `t Haasje | 13.71 sec ptn +1.0 |
| 67 | Voort-van der Kleij, Elsbeth van der | 10-02-1983 | AV Phoenix | 13.95 sec ptn +0.6 |
| 116 | Robijns, Harmke | 22-11-1985 | AV Impala | 14.00 sec ptn +0.6 |
| 166 | Greef, Marieke de | 12-03-1986 | NSAV `t Haasje | 14.11 sec ptn +1.0 |
| 170 | Kuppens, Dieuwertje | 27-07-1984 | NSAV `t Haasje | 14.61 sec ptn +1.0 |
| 52 | Schmitz du Moulin, Chloï½ | 05-05-1980 | AV De Delters | DNS sec ptn +0.6 |
| 267 | Huijs, Annika | 18-06-1980 | - | DNS sec ptn +0.6 |
| 244 | Egberts, Lindy | 06-09-1980 | AV 1923 | DNS sec ptn +1.0 |

100m finale**8 deelnemer(s)**

| | | | | |
|---|----------------------------|------------|--------------------------|--------------------|
| 1 | 40 Zoomer, Yvette | 01-03-1983 | Seven Hills Running Team | 12.59 sec ptn +0.2 |
| 2 | 49 Loendersloot, Femke van | 30-09-1982 | AV Wijchen | 12.97 sec ptn +0.2 |
| 3 | 167 Ommen, Ellen van | 30-08-1981 | NSAV `t Haasje | 13.00 sec ptn +0.2 |
| 4 | 169 Haperen, Yvonne van | 03-01-1979 | NSAV `t Haasje | 13.02 sec ptn +0.2 |
| 5 | 55 Willemse, Loes | 30-12-1982 | Prins Hendrik | 13.11 sec ptn +0.2 |
| 6 | 158 Revet, Mirjam | 09-04-1986 | AV Gouda | 13.34 sec ptn +0.2 |
| 7 | 113 Hessels, Viola | 06-06-1981 | AV Hollandia | 13.78 sec ptn +0.2 |
| 8 | 145 Heidester, Stefanie | 08-05-1980 | GSAV Vitalis | 13.80 sec ptn +0.2 |

200m series**15 deelnemer(s)**

| | | | | |
|-----|---------------|------------|--------------------|--------------------|
| 248 | Vedder, Anita | 20-08-1984 | Groningen Atletiek | 25.74 sec ptn -1.2 |
|-----|---------------|------------|--------------------|--------------------|

| | | | |
|-----|----------------------------|-------------------------------------|--------------------|
| 40 | Zoomer, Yvette | 01-03-1983 Seven Hills Running Team | 26.74 sec ptn -2.3 |
| 225 | Swart, Linda | 03-06-1985 Groningen Atletiek | 26.78 sec ptn -2.1 |
| 220 | Wezenberg, Daphne | 14-07-1982 AV PEC 1910 | 27.45 sec ptn -1.2 |
| 173 | Rennings, Marleen | 13-06-1980 NSAV `t Haasje | 27.91 sec ptn -2.3 |
| 172 | Hofenk, Dianne | 27-12-1983 NSAV `t Haasje | 28.11 sec ptn -1.2 |
| 174 | Broeders, Hilde | 03-02-1979 NSAV `t Haasje | 28.15 sec ptn -2.1 |
| 86 | Scheek, Marloes | 03-06-1981 AV Phoenix | 28.35 sec ptn -2.1 |
| 171 | Salden, Marielle | 17-02-1982 NSAV `t Haasje | 28.41 sec ptn -2.3 |
| 145 | Heidester, Stefanie | 08-05-1980 GSAV Vitalis | 28.51 sec ptn -2.3 |
| 166 | Greef, Marieke de | 12-03-1986 NSAV `t Haasje | 28.65 sec ptn -1.2 |
| 187 | Jansen, Fieke | 29-03-1983 Scopias | 29.02 sec ptn -2.3 |
| 244 | Egberts, Lindy | 06-09-1980 AV 1923 | 29.26 sec ptn -2.1 |
| 52 | Schmitz du Moulin, Chloï;½ | 05-05-1980 AV De Delters | 29.46 sec ptn -2.1 |
| 249 | Plaatzter, Mieke | 28-10-1982 WAV Tartli;½tos | 31.80 sec ptn -1.2 |

200m finale

6 deelnemer(s)

| | | | |
|---|-----------------------|-------------------------------------|--------------------|
| 1 | 248 Vedder, Anita | 20-08-1984 Groningen Atletiek | 25.89 sec ptn +0.3 |
| 2 | 40 Zoomer, Yvette | 01-03-1983 Seven Hills Running Team | 26.20 sec ptn +0.3 |
| 3 | 225 Swart, Linda | 03-06-1985 Groningen Atletiek | 26.35 sec ptn +0.3 |
| 4 | 220 Wezenberg, Daphne | 14-07-1982 AV PEC 1910 | 27.24 sec ptn +0.3 |
| 5 | 172 Hofenk, Dianne | 27-12-1983 NSAV `t Haasje | 28.35 sec ptn +0.3 |
| | 173 Rennings, Marleen | 13-06-1980 NSAV `t Haasje | DNS sec ptn +0.3 |

400m series

12 deelnemer(s)

| | | | |
|-----|----------------------------|-------------------------------|---------------|
| 226 | Popken, Henrieke | 31-12-1980 AV `34 Apeldoorn | 57.69 sec ptn |
| 220 | Wezenberg, Daphne | 14-07-1982 AV PEC 1910 | 60.80 sec ptn |
| 82 | Kruisheer, Lisa | 10-07-1981 AV Phoenix | 60.87 sec ptn |
| 103 | Voorthuijsen, Liesbeth | 13-10-1983 AV Phoenix | 61.07 sec ptn |
| 187 | Jansen, Fieke | 29-03-1983 Scopias | 62.05 sec ptn |
| 174 | Broeders, Hilde | 03-02-1979 NSAV `t Haasje | 62.41 sec ptn |
| 15 | Wubs, Christina | 22-01-1980 AC Tion | 62.52 sec ptn |
| 18 | Schra, Ilona | 06-03-1987 Groningen Atletiek | 64.24 sec ptn |
| 172 | Hofenk, Dianne | 27-12-1983 NSAV `t Haasje | 65.70 sec ptn |
| 52 | Schmitz du Moulin, Chloï;½ | 05-05-1980 AV De Delters | 66.57 sec ptn |
| 239 | Leeuwen, Natascha van | 26-05-1985 - | 67.27 sec ptn |
| 10 | Kloet, Jelly van der | 03-05-1981 GSAV Vitalis | 67.61 sec ptn |

400m finale

8 deelnemer(s)

| | | | |
|---|----------------------------|-----------------------------|---------------|
| 1 | 226 Popken, Henrieke | 31-12-1980 AV `34 Apeldoorn | 56.98 sec ptn |
| 2 | 82 Kruisheer, Lisa | 10-07-1981 AV Phoenix | 59.79 sec ptn |
| 3 | 220 Wezenberg, Daphne | 14-07-1982 AV PEC 1910 | 61.36 sec ptn |
| 4 | 103 Voorthuijsen, Liesbeth | 13-10-1983 AV Phoenix | 62.12 sec ptn |
| 5 | 187 Jansen, Fieke | 29-03-1983 Scopias | 62.24 sec ptn |
| 6 | 174 Broeders, Hilde | 03-02-1979 NSAV `t Haasje | 63.31 sec ptn |

800m (handtijd)**13 deelnemer(s)**

| | | | |
|----|-----------------------------|-------------------------------|----------------|
| 1 | 124 Dillen, Kim | 15-01-1983 GVAC | 2.20.2 min ptn |
| 2 | 103 Voorthuysen, Liesbeth | 13-10-1983 AV Phoenix | 2.22.2 min ptn |
| 3 | 108 Sikkema, Sandra | 12-08-1985 AV Impala | 2.23.4 min ptn |
| 4 | 51 Bouma, Stefanie | 31-08-1982 AV Impala | 2.23.7 min ptn |
| 5 | 118 Blitterswijk, Marka van | 05-04-1984 Hellas | 2.24.3 min ptn |
| 6 | 18 Schra, Ilona | 06-03-1987 Groningen Atletiek | 2.24.8 min ptn |
| 7 | 272 Gosens, Merel | 04-07-1982 Hellas Utrecht | 2.25.9 min ptn |
| 8 | 258 Kuiper, Ellen | 30-08-1982 AV `34 Maastricht | 2.30.4 min ptn |
| 9 | 23 Vlaar, Aletta | 21-12-1982 GSAV Vitalis | 2.33.8 min ptn |
| 10 | 172 Hofenk, Dianne | 27-12-1983 NSAV `t Haasje | 2.36.1 min ptn |
| 11 | 10 Kloet, Jelly van der | 03-05-1981 GSAV Vitalis | 2.42.4 min ptn |
| 12 | 75 Venderbos, Ilona | 23-03-1983 Phanos | 2.44.6 min ptn |
| 13 | 128 Meulen, Miriam van der | 01-02-1984 GSAV Vitalis | 2.52.3 min ptn |

1500m**9 deelnemer(s)**

| | | | |
|---|----------------------------|---|-----------------|
| 1 | 96 Hofstede, Helen | 31-12-1980 AV Atverni | 4.30.66 min ptn |
| 2 | 37 Deelstra, Andrea | 06-03-1985 Athlon | 4.35.87 min ptn |
| 3 | 144 Sticker, Isabel | 10-12-1985 AV De Liemers | 4.44.47 min ptn |
| 4 | 46 Loeffen, Manon | 19-07-1985 Seven Hills Running Team | 4.44.97 min ptn |
| 5 | 24 Hengel, Ilonka van den | 28-07-1987 AV Athlos | 5.03.96 min ptn |
| 6 | 250 Eppink, Mieke | 02-02-1980 WAV Tartli $\frac{1}{2}$ tos | 5.19.52 min ptn |
| 7 | 159 Portengen, Solange | 11-05-1986 AV Unitas | 5.21.12 min ptn |
| 8 | 202 Heerdink, Ruth | 14-02-1981 Tartli $\frac{1}{2}$ tos | 5.24.19 min ptn |
| 9 | 149 Honing, Hannie van der | 22-04-1981 WAV Tartli $\frac{1}{2}$ tos | 5.52.86 min ptn |

5000m**11 deelnemer(s)**

| | | | |
|----|------------------------------|------------------------------------|------------------|
| 1 | 266 Kaergaard Laursen, Laila | 21-12-1981 Universiteit Maastricht | 17.56.22 min ptn |
| 2 | 58 Vught, Saskia van | 13-12-1982 AV Fit | 18.08.17 min ptn |
| 3 | 51 Bouma, Stefanie | 31-08-1982 AV Impala | 18.42.33 min ptn |
| 4 | 20 Nijland, Rinske | 06-12-1981 Phanos | 19.47.03 min ptn |
| 5 | 23 Vlaar, Aletta | 21-12-1982 GSAV Vitalis | 21.01.89 min ptn |
| 6 | 1 Dijkstra, Marijke | 02-09-1984 GSAV Vitalis | 21.04.65 min ptn |
| 7 | 157 Oorsouw, Nikki van | 19-06-1987 Prins Hendrik | 21.21.37 min ptn |
| 8 | 61 Eerenstein, Anne-Marie | 11-12-1981 GSAV Vitalis | 22.51.62 min ptn |
| 9 | 63 Wilhelm, Aljona | 01-05-1983 GSAV Vitalis | 23.56.46 min ptn |
| 10 | 134 Docter, Marjet | 30-08-1983 GSAV Vitalis | 24.26.91 min ptn |
| 11 | 164 Kooij, Marike van der | 09-07-1977 NSAV `t Haasje | 24.58.48 min ptn |

100mh**8 deelnemer(s)**

| | | | |
|---|----------------------------|---------------------------|--------------------|
| 1 | 158 Revet, Mirjam | 09-04-1986 AV Gouda | 15.23 sec ptn +1.0 |
| 2 | 17 Verstegen, Sanne | 10-11-1985 Spark | 15.28 sec ptn +1.0 |
| 3 | 173 Rennings, Marleen | 13-06-1980 NSAV `t Haasje | 15.99 sec ptn +1.0 |
| 4 | 49 Loendersloot, Femke van | 30-09-1982 AV Wijchen | 16.62 sec ptn +1.0 |

| | | | | | |
|-------|---------------------|------------|-----------------|-----------|--------------|
| 5 82 | Kruisheer, Lisa | 10-07-1981 | AV Phoenix | 16.72 sec | ptn +1.0 |
| 6 86 | Scheek, Marloes | 03-06-1981 | AV Phoenix | 16.78 sec | ptn +1.0 |
| 7 156 | Mingelen, Willeke | 27-08-1986 | Leiden Atletiek | 17.11 sec | ptn +1.0 |
| 170 | Kuppens, Dieuwertje | 27-07-1984 | NSAV `t Haasje | DNF | sec ptn +1.0 |

400mh 4 deelnemer(s)

| | | | | | |
|-----|------------------|------------|---------------|-----------|-----|
| 17 | Verstegen, Sanne | 10-11-1985 | Spark | 62.52 sec | ptn |
| 82 | Kruisheer, Lisa | 10-07-1981 | AV Phoenix | 66.81 sec | ptn |
| 141 | Hulshof, Janet | 19-05-1981 | GAC Hilversum | 69.46 sec | ptn |
| 214 | Falkena, Simone | 17-07-1979 | AV `55 | 73.07 sec | ptn |

3000m steeple 4 deelnemer(s)

| | | | | | |
|--------|---------------------|------------|-----------------|----------|---------|
| BM 274 | Boonstra, Miranda | 29-08-1972 | Leiden Atletiek | 9.56.99 | min ptn |
| 1 36 | Verstraten, Jolanda | 23-06-1983 | Scopias | 10.31.94 | min ptn |
| 2 37 | Deelstra, Andrea | 06-03-1985 | Athlon | 10.44.18 | min ptn |
| 96 | Hofstede, Helen | 31-12-1980 | AV Atverni | dnf | min ptn |

4x100 5 deelnemer(s)

| | | | | |
|---|--------------|-------|-----|-----|
| 1 | Haasje 1 | 50.66 | min | ptn |
| 2 | AV Phoenix | 50.95 | min | ptn |
| 3 | Haasje 2 | 54.01 | min | ptn |
| 4 | Vitalis | 57.06 | min | ptn |
| | Mixploeg DSQ | | min | ptn |

hoog 6 deelnemer(s)

| | | | | | |
|-------|---------------------|------------|-----------------|------|-------|
| 1 228 | IJken, Nienke van | 16-05-1985 | Altis | 1.70 | m ptn |
| 2 156 | Mingelen, Willeke | 27-08-1986 | Leiden Atletiek | 1.55 | m ptn |
| 3 97 | Keizer, Jessica | 22-06-1985 | EAC De Sperwers | 1.55 | m ptn |
| 4 86 | Scheek, Marloes | 03-06-1981 | AV Phoenix | 1.50 | m ptn |
| 5 260 | Wit, Liselotte de | 16-03-1983 | GSAV Vitalis | 1.35 | m ptn |
| 145 | Heidester, Stefanie | 08-05-1980 | GSAV Vitalis | DNS | m ptn |

ver 11 deelnemer(s)

| | | | | | |
|--------|--------------------------------------|------------|-----------------|------|-------|
| 1 72 | Pol, Esther van den | 01-08-1982 | AV Phoenix | 5.70 | m ptn |
| 2 97 | Keizer, Jessica | 22-06-1985 | EAC De Sperwers | 5.39 | m ptn |
| 3 167 | Ommen, Ellen van | 30-08-1981 | NSAV `t Haasje | 5.26 | m ptn |
| 4 166 | Greef, Marieke de | 12-03-1986 | NSAV `t Haasje | 5.05 | m ptn |
| 5 148 | Timmer, Monique | 30-01-1982 | AV Phoenix | 4.98 | m ptn |
| 6 113 | Hessels, Viola | 06-06-1981 | AV Hollandia | 4.83 | m ptn |
| 7 145 | Heidester, Stefanie | 08-05-1980 | GSAV Vitalis | 4.82 | m ptn |
| 8 67 | Voort-van der Kleij, Elsbeth van der | 10-02-1983 | AV Phoenix | 4.63 | m ptn |
| 9 244 | Egberts, Lindy | 06-09-1980 | AV 1923 | 4.55 | m ptn |
| 10 136 | Kelder, Wendy op den | 13-09-1983 | AV Hollandia | 4.41 | m ptn |
| 11 254 | Baas, Charlotte | 04-11-1985 | GSAV Vitalis | 4.15 | m ptn |

polshoog 6 deelnemer(s)

| | | | | | |
|------|-----------------|------------|-------------|------|-------|
| 1 48 | Galiart, Rianna | 22-11-1985 | AV Lycurgus | 3.61 | m ptn |
|------|-----------------|------------|-------------|------|-------|

| | | | | | |
|---|-----|----------------------|------------|----------------|------------|
| 2 | 72 | Pol, Esther van den | 01-08-1982 | AV Phoenix | 3.20 m ptn |
| 3 | 148 | Timmer, Monique | 30-01-1982 | AV Phoenix | 3.00 m ptn |
| 4 | 113 | Hessels, Viola | 06-06-1981 | AV Hollandia | 2.60 m ptn |
| 5 | 136 | Kelder, Wendy op den | 13-09-1983 | AV Hollandia | 2.50 m ptn |
| 6 | 170 | Kuppens, Dieuwertje | 27-07-1984 | NSAV `t Haasje | 2.10 m ptn |

kogel **6 deelnemer(s)**

| | | | | | |
|---|-----|----------------------|------------|-----------------|-------------|
| 1 | 6 | Kneteman, Elise | 23-07-1980 | AV Lycurgus | 13.85 m ptn |
| 2 | 39 | Monsieurs, Marjolein | 08-11-1981 | AV Attila | 12.51 m ptn |
| 3 | 27 | Bruins, Lianne | 01-05-1985 | AV PEC 1910 | 12.42 m ptn |
| 4 | 95 | Lammers, Marieke | 15-06-1982 | EAC De Sperwers | 9.34 m ptn |
| 5 | 86 | Scheek, Marloes | 03-06-1981 | AV Phoenix | 9.16 m ptn |
| 6 | 174 | Broeders, Hilde | 03-02-1979 | NSAV `t Haasje | 8.86 m ptn |

discus **8 deelnemer(s)**

| | | | | | |
|---|-----|----------------------|------------|-----------------|-------------|
| 1 | 25 | Jansen, Monique | 03-10-1978 | AAC | 47.73 m ptn |
| 2 | 6 | Kneteman, Elise | 23-07-1980 | AV Lycurgus | 41.49 m ptn |
| 3 | 119 | Hendriks, Marika | 14-04-1980 | EAC De Sperwers | 38.07 m ptn |
| 4 | 39 | Monsieurs, Marjolein | 08-11-1981 | AV Attila | 37.30 m ptn |
| 5 | 27 | Bruins, Lianne | 01-05-1985 | AV PEC 1910 | 36.92 m ptn |
| 6 | 180 | Monnink, Anouk | 14-05-1986 | AAC `61 | 36.49 m ptn |
| 7 | 169 | Haperen, Yvonne van | 03-01-1979 | NSAV `t Haasje | 33.11 m ptn |
| 8 | 95 | Lammers, Marieke | 15-06-1982 | EAC De Sperwers | 21.29 m ptn |

speer **6 deelnemer(s)**

| | | | | |
|-----|----------------------|------------|--------------------|-------------|
| 100 | Cappendijk, Fieke | 05-03-1986 | AV De Keien | 37.88 m ptn |
| 223 | Assink, Nienke | 21-08-1978 | Groningen Atletiek | 36.28 m ptn |
| 119 | Hendriks, Marika | 14-04-1980 | EAC De Sperwers | 35.11 m ptn |
| 102 | Bokhorst, Elin van | 04-01-1986 | GAC Hilversum | 33.82 m ptn |
| 208 | Verstraten, Marlieke | 13-01-1987 | AV Venray Regio | 31.51 m ptn |
| 86 | Scheek, Marloes | 03-06-1981 | AV Phoenix | 30.46 m ptn |

kogelsl **4 deelnemer(s)**

| | | | | |
|-----|---------------------|------------|--------------------|-------------|
| 8 | Schettters, Maaike | 10-10-1983 | PSV Atletiek | 55.91 m ptn |
| 62 | Vogelzang, Aafke | 16-10-1985 | Groningen Atletiek | 54.53 m ptn |
| 183 | Bij, Tamara van der | 14-01-1984 | AAC | 52.74 m ptn |
| 184 | Veenhuizen, Yvonne | 28-02-1986 | AV `34 Apeldoorn | 46.07 m ptn |