

DAMES VETERANEN**200 METER**

| | | |
|------|---------------|----|
| 27.1 | Ina Blauw | 83 |
| 28.4 | Anneke Visser | 81 |

400 METER

| | | |
|------|-----------|----|
| 56.0 | Ina Blauw | 83 |
|------|-----------|----|

800 METER

| | | |
|---------|---------------|----|
| 2.05.41 | Ina Blauw | 83 |
| 2.45.4 | Anneke Visser | 81 |

10 KM (weg)

| | | |
|---------|-------------------|----|
| 44.32 | Zwanet van Dijken | 85 |
| 47.53 | Janny Bosma | 93 |
| 48.14 | Astrid Chiffhun | 85 |
| 1.11.12 | Chritina Vos | 99 |

15 KM

| | | |
|---------|-----------------|----|
| 1.09.06 | Greet Luursema | 93 |
| 1.12.19 | Jannie Bosma | 93 |
| 1.12.23 | Astrid Chiffhun | 91 |

10 MIJL

| | | |
|---------|-------------|----|
| 1.13.04 | Ria Kok | 93 |
| 1.19.21 | Janny Bosma | 93 |

20 KM

| | | |
|---------|-------------------|----|
| 1.38.00 | Zwanet van Dijken | 84 |
| 1.41.40 | Astrid Chiffhun | 86 |

HALVE MARATHON

| | | |
|---------|-------------------|----|
| 1.33.15 | Zwanet van Dijken | 84 |
| 1.33.40 | Ria Kok | 93 |
| 1.35.32 | Grietje Feith | 94 |
| 1.36.57 | Astrid Chiffhun | 84 |
| 1.38.25 | Greet Luursema | 92 |
| 1.40.26 | Janny Bosma | 93 |
| 1.53.00 | Anneke Visser | 83 |
| 1.56.21 | Jane Brinker | 98 |

25 KM

| | | |
|---------|---------|----|
| 2.06.15 | Ria Kok | 98 |
|---------|---------|----|

MARATHON

| | | |
|---------|-----------------|----|
| 3.26.38 | Ria Kok | 95 |
| 3.30.27 | Astrid Chiffhun | 85 |

UURLOOP

| | | |
|--------|-----------------|----|
| 13.165 | Astrid Chiffhun | 85 |
|--------|-----------------|----|

100 METER HORDEN

| | | |
|------|---------------|----|
| 16.7 | Ina Blauw | 83 |
| 22.6 | Anneke Visser | 81 |

VERSPRINGEN

| | | |
|------|---------------|----|
| 5.17 | Ina Blauw | 83 |
| 4.53 | Anneke Visser | 81 |

HOOGSPRINGEN

| | | |
|------|-----------|----|
| 1.45 | Ina Blauw | 83 |
|------|-----------|----|

KOGELSTOTEN

| | | |
|-------|---------------|----|
| 10.32 | Gonny Mik | 00 |
| 10.30 | Ina Blauw | 83 |
| 8.56 | Anneke Visser | 81 |

DISKUSWERPEN

| | | |
|-------|---------------|----|
| 32.46 | Anneke Visser | 81 |
| 31.42 | Gonny Mik | 00 |

SPEERWERPEN

| | | |
|-------|---------------|----|
| 27.69 | Anneke Visser | 81 |
| 19.25 | Ina Blauw | 83 |

KOGELSLINGEREN

| | | |
|-------|-----------|----|
| 50.84 | Gonny Mik | 00 |
|-------|-----------|----|

ZEVENKAMP

| | | |
|------|---------------|----|
| 4152 | Ina Blauw | 83 |
| 3022 | Anneke Visser | 81 |

DAMES SENIOREN**50 METER E.T.**

| | | |
|------|----------------------|----|
| 6.79 | Marion Spikman | 93 |
| 6.84 | Nannet Karenbeld | 91 |
| 6.94 | Natascha Tebbe | 93 |
| 6.98 | Brigitte Boksteen | 92 |
| | Mireille Reigersberg | 93 |
| 7.09 | Sabine Diepeveen | 92 |
| 7.20 | Marion Spikman | 91 |
| 7.59 | Anita Wiersinga | 93 |
| 7.64 | Hendrike Schut | 93 |

60 METER E.T.

| | | |
|------|------------------|----|
| 7.67 | Nannet Karenbeld | 99 |
|------|------------------|----|

100 METER E.T.

| | | |
|-------|-----------------------|----|
| 11.27 | Jacqueline Poelman | 94 |
| 11.84 | Nannet Karenbeld | 98 |
| 12.40 | Linda Kruit | 98 |
| 12.46 | Marion Spikman | 93 |
| 12.54 | Brigitte Boksteen | 92 |
| 12.62 | Natascha Tebbe | 94 |
| 12.64 | Wendy Kraai | 97 |
| 12.80 | Sabine Diepeveen | 92 |
| 12.90 | Monique v.d. Krogt | 92 |
| 12.91 | Wendy koolhaas | 00 |
| 13.02 | Sabrina Kiefer | 98 |
| 13.06 | Jeanette Dijkstra | 90 |
| 13.15 | Aleid v.d. Mark | 78 |
| 13.30 | Annemarie v.Donselaar | 00 |
| 13.36 | Jeanet Tuentter | 95 |
| 13.48 | Ypie de Boer | 97 |
| 13.53 | Mireille Reigersberg | 93 |
| 13.61 | Marion Kanbier | 98 |
| 14.23 | Hendrike Schut | 95 |
| 14.27 | Annemarie Derksema | 90 |

100 METER

| | | |
|------|--------------------|----|
| 11.2 | Jacqueline Poelman | 93 |
| 11.6 | Nannet Karenbeld | 90 |
| 12.0 | Aleid v.d. Mark | 77 |
| 12.1 | Marion Spikman | 94 |
| 12.3 | Jeanette Dijkstra | 88 |
| 12.4 | Sabine Diepeveen | 90 |
| | Linda Kruit | 98 |
| 12.5 | Margriet Poesz | 77 |
| | Anita Willems | 90 |
| 12.6 | Krista Knollega | 81 |
| | Monique v.d. Krogt | 90 |
| | Natascha Tebbe | 93 |
| 12.7 | Margreet de Jong | 87 |
| 12.8 | Angelique Poelman | 94 |
| 12.9 | Reina Roona | 90 |

| | | | | | | | | |
|-----------------------|--------------------|-------|-------------------|--------------------|---------|-------------------|--------------------|----|
| Ellen de Bree | 90 | 58.32 | Linda Kruit | 99 | 2.52.39 | Haike Lemmink | 96 | |
| 13.0 | Karin Wouters | 86 | 58.63 | Jeanette Dijkstra | 87 | 3.15.7 | Silvia Benniks | 84 |
| | Wendy Kraai | 93 | 58.98 | Wendy Koolhaas | 00 | | | |
| 13.1 | Jacqueline Bleker | 86 | 59.43 | Brigitte Boksteen | 92 | 1500 METER | | |
| 150 METER | | | 1.00.43 | Joke Spikman | 95 | 4.25.76 | Joke Spikman | 94 |
| 18.07 | Nannet Karenbeld | 96 | 1.00.55 | Haike Lemmink | 96 | 4.27.62 | Anita Looper | 99 |
| 200 METER E.T. | | | 1.02.46 | Mariëtte Spoelder | 95 | 4.29.49 | Haike Lemmink | 95 |
| 23.17 | Jacqueline Poelman | 94 | 1.03.87 | Jeanet Tuentert | 95 | 4.36.0 | Ina Blauw | 80 |
| 23.81 | Nannet Karenbeld | 90 | 1.05.87 | Anita Willems | 91 | 4.54.87 | Mariëtte Spoelder | 95 |
| 25.45 | Aleid v.d. Mark | 77 | 1.05.95 | Marlous Mondt | 99 | 4.55.9 | Silvia Benniks | 85 |
| 25.60 | Linda Kruit | 98 | 400 METER | | 5.02.36 | Ria Olthof | 92 | |
| 25.63 | Wendy Kraai | 97 | 55.3 | Ina Blauw | 82 | 5.02.04 | Aletta Pomper | 94 |
| 25.65 | Marion Spikman | 93 | 55.8 | Reina Roona | 88 | 5.20.52 | Esther van Dijk | 94 |
| 25.89 | Jeanette Dijkstra | 87 | 56.4 | Nannet Karenbeld | 95 | 5.34.44 | Mijntje Perk | 98 |
| 26.03 | Monique v.d. Krogt | 92 | 57.1 | Monique v.d. Krogt | 90 | 5.42.79 | Anneke Starrenburg | 98 |
| 26.10 | Brigitte Boksteen | 92 | 57.3 | Jeanette Dijkstra | 87 | 5.46.95 | Mea Brugmans | 92 |
| 26.13 | Wendy Koolhaas | 00 | 59.0 | Marion Spikman | 92 | 5.47.3 | Thea Bjornstol | 79 |
| 27.86 | Astrid Dijkstra | 88 | 59.6 | Joke Spikman | 91 | 6.01.1 | Renee de Smet | 81 |
| 28.50 | Ypie de Boer | 97 | 59.7 | Linda Kruit | 98 | 1 MIJL | | |
| 29.03 | Hendrike Schut | 95 | 1.00.7 | Marja de Jager | 86 | 4.59.57 | Anita Looper | 98 |
| 200 METER | | | | Karin Bouwmeester | 91 | | | |
| 23.8 | Nannet Karenbeld | 90 | | Haike Lemmink | 95 | 3000 METER | | |
| 24.8 | Marion Spikman | 94 | 1.00.9 | Ria Olthof | 89 | 9.32.37 | Anita Looper | 00 |
| 25.1 | Jeanette Dijkstra | 87 | 1.01.8 | Astrid Dijkstra | 88 | 9.38.99 | Joke Spikman | 94 |
| 25.4 | Monique v.d. Krogt | 93 | 1.02.3 | Mariëtte Spoelder | 95 | 10.06.4 | Haike Lemmink | 94 |
| 25.6 | Ina Blauw | 81 | 1.02.6 | Anita Looper | 99 | 10.34.39 | Aletta Pomper | 93 |
| 25.9 | Aleid v.d. Mark | 77 | 1.04.1 | Janet Reijenga | 80 | 10.55.4 | Silvia Benniks | 86 |
| | Reina Roona | 88 | | Silvia Benniks | 84 | 11.09.53 | Mariëtte Spoelder | 95 |
| 27.1 | Anita Willems | 91 | 1.04.3 | Krista Knollema | 81 | 11.29.4 | Ria Olthof | 82 |
| 27.3 | Astrid Dijkstra | 88 | | Anita Wiersinga | 87 | 11.30.56 | Ria Deiman | 92 |
| 27.4 | Ellen de Bree | 90 | 1.04.0 | Marlous Mondt | 98 | 11.37.03 | Anneke Starrenburg | 98 |
| 27.7 | Jeanet Toenter | 95 | 800 METER | | 11.50.0 | Marja de Jager | 84 | |
| 27.8 | Krista Knollema | 81 | 2.04.00 | Ina Blauw | 81 | 11.52.32 | Esther van Dijk | 94 |
| | Ria Olthof | 88 | 2.07.98 | Maiken van Reeken | 99 | 12.14.9 | Marie José de Smet | 82 |
| | Marja de Jager | 88 | 2.08.24 | Joke Spikman | 94 | 12.23.8 | Nettie Bulthuis | 83 |
| | Joke Spikman | 90 | 2.09.55 | Haike Lemmink | 95 | 12.24.6 | Renee de Smet | 81 |
| 27.9 | Janet Reijenga | 81 | 2.10.12 | Nannet Karenbeld | 98 | 12.33.1 | Roelie Wijnalda | 87 |
| 28.4 | Anneke Visser | 81 | 2.13.34 | Anita Looper | 99 | 12.41.4 | Greetje Schlimbach | 90 |
| 28.5 | Liesbeth Huisman | 85 | 2.13.89 | Reina Roona | 88 | 12.45.76 | Nienke Blauw | 96 |
| 28.7 | Anita Jorritsma | 88 | 2.14.1 | Monique v.d. Krogt | 91 | 13.42.7 | Ellen van der Lei | 97 |
| 28.9 | Mariëtte Spoelder | 94 | 2.18.5 | Marja de Jager | 86 | 5000 METER | | |
| 300 METER | | | 2.20.82 | Jeanette Dijkstra | 94 | 16.42.30 | Anita Looper | 00 |
| 39.29 | Nannet Karenbeld | 96 | 2.21.19 | Mariëtte Spoelder | 95 | 17.29.89 | Haike Lemmink | 96 |
| 400 METER E.T. | | | 2.21.3 | Karin Bouwmeester | 91 | 18.51.7 | Silvia Benniks | 85 |
| 53.70 | Jacqueline Poelman | 95 | 2.24.5 | Ria Olthof | 82 | 4 MIJL | | |
| 53.86 | Nannet Karenbeld | 98 | 2.25.9 | Margriet Poiesz | 80 | 23.51.2 | Anita Looper | 98 |
| 56.28 | Monique v.d. Krogt | 92 | 2.26.36 | Sabrina Kiefer | 98 | | | |
| 56.51 | Reina Roona | 88 | 2.27.0 | Marije de Ruiter | 94 | | | |
| 57.63 | Marion Spikman | 93 | 2.28.0 | Silvia Benniks | 84 | | | |
| | | | 2.29.3 | Anita Willems | 90 | | | |
| | | | 2.32.4 | Linda Kruit | 98 | | | |
| | | | 2.33.60 | Alberta Pasma | 93 | | | |
| | | | 1000 METER | | | | | |

10 KM

| | | |
|---------|-------------------|----|
| 44.47.0 | Zwanet van Dijken | 85 |
| 44.50.5 | Ilse Weites | 91 |

10 KM (weg)

| | | |
|-------|-------------------|----|
| 37.39 | Joke Spikman | 93 |
| 38.27 | Haïke Lemmink | 96 |
| 39.01 | Angela Veeger | 89 |
| 40.55 | Silvia Benniks | 85 |
| 41.46 | Erna Homan | 92 |
| 41.48 | Greet Luursema | 85 |
| 42.00 | Ria Olthof | 92 |
| 42.27 | Ria Kok | 93 |
| 43.40 | Ria Deïman | 92 |
| 44.32 | Zwanet van Dijken | 84 |
| 44.50 | Ilse Weites | 91 |
| 46.59 | Janny Bosma | 92 |
| 47.23 | Geana Hazelbag | 92 |
| 47.53 | Janny Bosma | 93 |
| 47.46 | Sophia Bleeker | 92 |
| 48.14 | Astrid Chiffrun | 85 |

15 KM

| | | |
|---------|-----------------|----|
| 1.00.00 | Aletta Pomper | 93 |
| 1.04.10 | Ria Olthof | 93 |
| 1.10.09 | Geana Hazelbag | 93 |
| 1.12.23 | Astrid Chiffrun | 91 |
| 1.13.45 | Sophia Bleeker | 92 |

10 MIJL

| | | |
|---------|----------------------|----|
| 1.12.57 | Greet Luursema | 85 |
| 1.13.04 | Ria Kok | 93 |
| 1.14.49 | Ria Deïman | 93 |
| 1.19.15 | Willemien Bosch | 94 |
| 1.19.21 | Janny Bosma | 93 |
| 1.21.27 | Sophia Witkop-Koning | 94 |
| 1.21.41 | Geana Hazelbag | 93 |
| 1.22.31 | Natascha Graeper | 94 |
| 1.23.26 | M. Hagedoorn | 97 |

20 KM

| | | |
|---------|-------------------|----|
| 1.38.00 | Zwanet van Dijken | 84 |
| 1.41.40 | Astrid Chiffrun | 86 |

HALVE MARATHON

| | | |
|---------|-------------------|----|
| 1.20.05 | Angela Veeger | 88 |
| 1.23.54 | Aletta Pomper | 93 |
| 1.29.11 | Silvia Benniks | 87 |
| 1.31.59 | Erna Homan | 92 |
| 1.33.15 | Zwanet van Dijken | 84 |
| 1.33.40 | Ria Kok | 93 |
| 1.35.32 | Grietje Feith | 94 |
| 1.36.56 | Greet Luursema | 93 |

| | | |
|---------|--------------------|----|
| 1.36.57 | Astrid Chiffrun | 84 |
| 1.40.26 | Janny Bosma | 93 |
| 1.40.59 | Willemien Bosch | 95 |
| 1.43.01 | Ria Deïman | 92 |
| 1.45.55 | Geana Hazelbag | 92 |
| 1.57.54 | Merel Hennink | 99 |
| 2.01.16 | Greetje ten Brinke | 92 |

MARATHON

| | | |
|---------|-----------------|----|
| 2.51.53 | Angela Veeger | 88 |
| 3.25.20 | Erna Homan | 93 |
| 3.29.16 | Ria Kok | 93 |
| 3.30.27 | Astrid Chiffrun | 84 |
| 3.45.33 | Ria Deïman | 93 |

UURLOOP

| | | |
|--------|-----------------|----|
| 13.605 | Greet Luursema | 84 |
| 13.165 | Astrid Chiffrun | 85 |

100 METER HORDEN E.T.

| | | |
|-------|------------------------|----|
| 13.77 | Jacqueline Poelman | 91 |
| 14.18 | Nannet Karenbeld | 91 |
| 14.28 | Sabine Diepeveen | 92 |
| 14.49 | Natascha Tebbe | 94 |
| 14.53 | Krista Knollema | 81 |
| 15.91 | Marion Spikman | 96 |
| 16.06 | Annemarie v. Donselaar | 99 |
| 16.17 | Astrid Dijkstra | 88 |
| 16.21 | Wendy Koolhaas | 00 |
| 16.85 | Manon Post | 00 |
| 17.35 | Marion Kanbier | 98 |

100 METER HORDEN

| | | |
|------|----------------------|----|
| 13.9 | Jacqueline Poelman | 91 |
| 14.1 | Nannet Karenbeld | 90 |
| 14.5 | Krista Knollema | 81 |
| | Sabine Diepeveen | 90 |
| 15.2 | Natascha Tebbe | 95 |
| 15.4 | Wendy Kraai | 97 |
| 15.8 | Marjan Helmus | 81 |
| | Astrid Dijkstra | 89 |
| 16.0 | Marjolein Jongens | 94 |
| 16.2 | Annemarie Derksema | 89 |
| 16.3 | Ina Blauw | 78 |
| 16.5 | Marion Spikman | 89 |
| 16.6 | Anita Willems | 89 |
| 16.8 | Catharine van Dijk | 87 |
| | Hendrike Schut | 94 |
| 16.9 | Marion Kanbier | 98 |
| 17.2 | Margriet Poiesz | 79 |
| 18.1 | Tineke Depping | 79 |
| 18.2 | Mireille Reigersberg | 93 |
| | Esmeralda Smith | 94 |

400 METER HORDEN E.T.

| | | |
|---------|-----------------------|----|
| 59.57 | Nannet Karenbeld | 99 |
| 1.00.21 | Monique v.d Krogt | 92 |
| 1.01.46 | Jeanette Dijkstra | 88 |
| 1.03.24 | Marion Spikman | 96 |
| 1.09.94 | Linda Kruit | 97 |
| 1.11.87 | Annemarie v Donselaar | 99 |
| 1.12.21 | Sabrina Kiefer | 00 |

400 METER HORDEN

| | | |
|--------|--------------------|----|
| 1.00.2 | Monique v.d. Krogt | 93 |
| 1.02.0 | Ina Blauw | 82 |
| 1.02.4 | Jeanette Dijkstra | 88 |
| 1.04.3 | Krista Knollema | 81 |

VERSPRINGEN

| | | |
|------|----------------------|----|
| 5.96 | Nannet Karenbeld | 90 |
| 5.87 | Wendy Kraai | 99 |
| 5.74 | Natascha Tebbe | 93 |
| 5.70 | Sabine Diepeveen | 90 |
| 5.65 | Margriet Poiesz | 80 |
| 5.64 | Krista Knollema | 81 |
| 5.52 | Hendrike Schut | 94 |
| 5.51 | Mireille Reigersberg | 90 |
| 5.50 | Margreet de Jong | 87 |
| 5.48 | Marjan Helmus | 80 |
| 5.46 | Ina Blauw | 82 |
| | Sabrina Kiefer | 99 |
| 5.31 | Jacqueline Poelman | 91 |
| 5.26 | Petra van Gans | 91 |
| 5.20 | Tineke Depping | 78 |
| 5.13 | Anita Wiersinga | 88 |
| 4.98 | Aleid v.d. Mark | 79 |
| 4.92 | Marjon Kanbier | 99 |
| 4.91 | Wendy Koolhaas | 00 |
| 4.88 | Sandra Bakker | 95 |
| | Marjon Kanbier | 00 |

HOOGSPRINGEN

| | | |
|------|--------------------|----|
| 1.75 | Hendrike Schut | 94 |
| 1.70 | Sabine Diepeveen | 90 |
| | Marion Kanbier | 98 |
| 1.65 | Annemarie Derksema | 87 |
| 1.63 | Nannet Karenbeld | 90 |
| 1.60 | Liesbeth Mannes | 77 |
| | Marjolein Jongens | 95 |
| 157 | Wendy Koolhaas | 00 |
| 1.56 | Krista Knollema | 80 |
| 1.55 | Sandra Bruins | 77 |
| 1.51 | Ina Blauw | 82 |
| 1.50 | Hennie Woering | 79 |
| | Margriet Poiesz | 79 |
| | Karin de Jonge | 80 |
| | Ria Olthof | 80 |
| | Joke Luyten | 86 |

| | | |
|------|----------------------|----|
| | Mireille Reigersberg | 89 |
| | Marije de Ruiter | 93 |
| 1.46 | Wendy Kraai | 97 |

HINKSTAPSPRINGEN

| | | |
|-------|----------------------|----|
| 11.70 | Wendy Kraai | 98 |
| 10.99 | Mireille Reigersberg | 92 |
| 10.77 | Janice v.d. Griend | 92 |
| 10.32 | Natascha Tebbe | 93 |
| 10.16 | Angela van Goor | 00 |
| 9.60 | Sabrina Kiefer | 99 |

KOGELSTOTEN

| | | |
|-------|-------------------------|----|
| 14.37 | Ilona Rutjes | 99 |
| 13.34 | Wendy Koolhaas | 99 |
| 12.55 | Kitty v.d. Velde | 89 |
| 12.49 | Cindy Schuringa | 00 |
| 12.19 | Inge ten Vaarwerk | 95 |
| 11.94 | Nannet Karenbeld | 93 |
| 11.83 | Tineke Depping | 77 |
| 11.79 | Nicole Heupers | 94 |
| 11.60 | Annemieke Kroes | 89 |
| 11.34 | Sandra Hettinga | 97 |
| 11.28 | Annemarie van Donselaar | 00 |
| 11.16 | Janice v.d. Griend | 92 |
| 11.10 | Ina Blauw | 78 |
| 11.08 | Gonny Mik | 94 |
| 11.01 | Debby van der Schilt | 99 |
| 10.58 | Liesbeth Mannes | 79 |
| 10.36 | Mireille Reigersberg | 95 |
| 10.16 | Ellen van Rossum | 89 |
| 10.15 | Gerkina Doze | 89 |
| 10.07 | Tjitske Lambeck | 93 |

DISCUSWERPEN

| | | |
|-------|-------------------------|----|
| 56.12 | Ilona Rutjes | 99 |
| 43.07 | Debby van der Schilt | 00 |
| 41.62 | Wendy Koolhaas | 00 |
| 39.80 | Tjitske Lambeck | 93 |
| 38.23 | Cindy Schuringa | 00 |
| 36.70 | Gonny Mik | 95 |
| 36.48 | Tineke Depping | 77 |
| 35.04 | Nicole Heupers | 94 |
| 34.90 | Annemieke Kroes | 90 |
| 34.73 | Annemarie van Donselaar | 00 |
| 34.28 | Inge ten Vaarwerk | 95 |
| 33.54 | Sandra Hettinga | 97 |
| 32.80 | Ineke Sloots | 78 |
| 32.46 | Anneke Visser | 81 |
| 31.60 | Maaïke Hoekstra | 94 |
| 30.44 | Ina Blauw | 81 |
| 29.24 | Ellen van Rossum | 89 |
| 28.82 | Kitty v.d. Velde | 90 |
| 28.80 | Nannet Karenbeld | 92 |
| 28.14 | Gerkina Doze | 89 |

SPEERWERPEN Zw. punt 92 cm.

| | | |
|-------|------------------|----|
| 48.75 | Manon Post | 00 |
| 48.60 | Ilona Rutjes | 99 |
| 38.33 | Nannet Karenbeld | 00 |
| 29.98 | Marion Kanbier | 99 |
| 18.67 | Mariëlle Betten | 99 |

SPEERWERPEN Zw. punt 94 cm.

| | | |
|-------|----------------------|----|
| 43.26 | Janice v.d. Griend | 92 |
| 41.40 | Annemieke Kroes | 90 |
| 41.34 | Nannet Karenbeld | 91 |
| 40.61 | Sandra Hettinga | 98 |
| 38.72 | Maaïke Hoekstra | 89 |
| 35.84 | Catrien Stroink | 78 |
| 33.58 | Gerkina Doze | 89 |
| 33.56 | Helen Goudemond | 90 |
| 32.84 | Mireille Reigersberg | 95 |
| 31.98 | Hennie Woering | 79 |
| 31.08 | Tjitske Lambeck | 93 |
| 30.62 | Anita Willems | 90 |
| 29.94 | Marion Spikman | 89 |
| 29.90 | Marsha Westerhof | 95 |
| 29.74 | Gonny Mik | 91 |
| | Marjolein Jongens | 95 |
| 29.22 | Wendy Kraai | 93 |
| 28.78 | Mirjam de Waal | 90 |
| 28.44 | Ina Kuper | 81 |
| 28.32 | Inge ten Vaarwerk | 95 |

KOGELSLINGEREN

| | | |
|-------|----------------------|----|
| 60.55 | Wendy Koolhaas | 00 |
| 53.93 | Debby van der Schilt | 00 |
| 52.33 | Lianne Bousema | 00 |
| 49.55 | Gonny Mik | 99 |
| 44.38 | Inge ten Vaarwerk | 95 |
| 42.59 | Debby van der Schilt | 98 |
| 24.62 | Annemieke Kroes | 89 |

WERPDRIEKAMP

| | | |
|------|----------------------|----|
| 2081 | Annemieke Kroes | 89 |
| 1938 | Nannet Karenbeld | 92 |
| 1872 | Gonny Mik | 95 |
| 1868 | Sandra Hettinga | 97 |
| 1844 | Maaïke Hoekstra | 91 |
| 1832 | Inge ten Vaarwerk | 95 |
| 1591 | Maaïke Hoekstra | 95 |
| 1559 | Marion Spikman | 91 |
| 1501 | Mireille Reigersberg | 91 |

ZEVENKAMP

| | | |
|------|------------------|----|
| 5508 | Nannet Karenbeld | 91 |
| 4246 | Ina Blauw | 82 |
| 4235 | Wendy Kraai | 97 |
| 4012 | Marion Spikman | 89 |

| | | |
|------|----------------------|----|
| 3796 | Anita Willems | 90 |
| 3424 | Krista Knollema | 81 |
| 3343 | Annemieke Kroes | 89 |
| 3334 | Petra van Gans | 90 |
| 3332 | Gerkina Doze | 88 |
| 3291 | Mireille Reigersberg | 94 |
| 3138 | Gonny Mik | 91 |
| 3085 | Ria Olthof | 88 |
| 3085 | Tineke Depping | 81 |
| 3060 | Anneke Visser | 81 |
| 3022 | Silvia Benniks | 86 |
| 2970 | Anita Jorritsma | 87 |
| 2685 | Alberta Pasma | 91 |
| 2651 | Esmeralda Smith | 94 |
| 2598 | Mariëtte Spoelder | 94 |
| 2585 | Haïke Lemmink | 89 |

MEISJES JUNIOREN A**50 METER E.T.**

7.08 Angelique Poelman 92

100 METER E.T.

11.44 Jacqueline Poelman 92
 12.70 Margreet de Jong 86
 12.90 Sabrina Kiefer 98
 13.01 Angelique Poelman 94
 13.34 Marianne Hagenauw 99
 13.45 Marlous Mondt 98
 13.49 Annemarie v. Donselaar 99
 13.61 Marion Kanbier 98
 13.90 Leonie Westerhof 98
 14.31 Lotte de Vries 99
 14.34 Lienke Siegers 95

100 METER

11.5 Jacqueline Poelman 92
 12.7 Krista Knollema 80
 Margreet de Jong 87
 Wendy Kraai 91
 12.8 Jacqueline Bleker 85
 Angelique Poelman 92
 Sabrina Kiefer 96
 13.1 Ria Olthof 78
 13.2 Sandra Bruins 77
 13.3 Liesbeth Mannes 77
 Annemarie Oswald 88
 Marlous Mondt 96
 13.4 Anita Wiersinga 84
 Linda Kruit 96
 13.5 Joke Mannes 80
 Mireille Reigersberg 90
 13.6 Linda Beukers 82
 Antoinette Brummer 86
 Frederique Koops 86
 Ursela Drijver 87
 Anke Staal 91
 Rhoda Schuling 94

150 METER

20.52 Marlous Mondt 98

200 METER E.T.

23.28 Jacqueline Poelman 92
 27.13 Sabrina Kiefer 98
 27.27 Annemarie van Donselaar 99
 27.54 Marion Kanbier 98
 27.64 Angelique Poelman 92
 27.99 Marlous Mondt 98
 30.05 Lienke Siegers 95

200 METER

24.9 Jacqueline Poelman 90
 26.2 Margreet de Jong 86
 27.0 Ria Olthof 78
 27.3 Wendy Kraai 92
 27.4 Linda Kruit 96
 27.5 Sandra Bruins 77
 Krista Knollema 80
 Catharine van Dijk 86
 27.8 Linda Beukers 82
 27.9 Joke Mannes 80
 Marion Kanbier 98
 28.5 Jacqueline Bleker 84
 Anita Wiersinga 87
 28.8 Anita Jorritsma 79
 Alette Cyrus 90
 28.9 Annemarie Derksema 87
 29.0 Regina Bathoorn 84
 Gerda Brinks 87
 29.1 Maaïke Hoekstra 86
 29.2 Silvia Benniks 82

400 METER

59.2 Jacqueline Poelman 91
 59.7 Ria Olthof 78
 Linda Kruit 98
 1.00.7 Sabrina Kiefer 98
 1.02.4 Joke Mannes 78
 1.04.2 Silvia Benniks 83
 1.04.3 Anita Wiersinga 87
 Marije de Ruiter 92
 1.04.32 Anouschka Hof 96
 1.04.4 Marlous Mondt 98
 1.04.52 Annemarie v. Donselaar 99
 1.04.6 Sanne Buisman 95
 1.04.7 Lian Post 86
 1.04.8 Wendy Kraai 92
 Sandra Bakker 93
 1.05.6 Marga Strojenga 85
 1.06.0 Mea Brugmans 91
 Floor Abbink 93
 1.06.13 Mariëtte Spoelder 91
 1.07.0 Annemiek Lammers 77

800 METER

2.11.01 Majken van Reeken 99
 2.18.18 Jacqueline Poelman 91
 2.24.1 Ilse Weites 91
 2.24.5 Ria Olthof 78
 2.24.64 Karen Wezeman 99
 2.25.3 Hanneke van Dijk 84
 2.26.36 Sabrina Kiefer 98
 2.26.5 Silvia Benniks 83
 2.26.78 Dineke Stel 86
 2.30.5 Nettie Bulthuis 83
 2.31.4 Ineke Sloots 77

2.31.66 Hester Biesiot 96
 2.33.3 Alberta Pasma 86
 2.33.7 Mariëtte Spoelder 90
 2.33.8 Anita Wiersinga 84
 2.33.9 Annemiek Lammers 78
 Marije de Ruiter 90
 2.35.8 Coby Hut 86
 2.38.09 Annemarie van Donselaar 99
 2.40.16 Karin Hummel 98

1500 METER

4.50.90 Karen Wezeman 00
 5.15.1 Silvia Benniks 80
 5.16.9 Ria Olthof 81
 5.25.3 Dineke Stel 85
 5.34.44 Mijntje Perk 98
 5.41.3 Nettie Bulthuis 81

3000 METER

11.27.0 Silvia Benniks 83
 12.23.8 Nettie Bulthuis 83
 12.41.48 Mijntje Perk 98

10 KM (weg)

44.50 Ilse Weites 91

100 METER HORDEN E.T.

13.77 Jacqueline Poelman 91
 15.43 Krista Knollema 80
 15.92 Annemarie v. Donselaar 99
 16.56 Marjolein Jongens 94
 16.85 Manon Post 00
 17.04 Marion Kanbier 98
 17.68 Anouschka Hof 96

100 METER HORDEN

13.9 Jacqueline Poelman 91
 14.4 Krista Knollema 80
 15.4 Catharine van Dijk 86
 16.0 Marjolein Jongens 94
 16.1 Annemarie Derksema 86
 16.4 Angelique Poelman 92
 16.6 Ilse Weites 91
 17.5 Anouschka Hof 96
 17.9 Mireille Reigersberg 89
 18.1 Ciska Hoogerwerf 86
 18.4 Anita Jorritsma 79
 Silvia Benniks 82
 18.8 Marion Kanbier 98
 19.0 Ria Olthof 79
 Anita Wiersinga 88
 19.1 Esther Poelsma 89
 19.2 Alberta Pasma 88

400 METER HORDEN

| | | |
|---------|------------------------|----|
| 1.11.87 | Annemarie v. Donselaar | 99 |
| 1.12.2 | Krista Knollema | 80 |
| 1.14.79 | Hester Biesiot | 96 |
| 1.17.1 | Silvia Benniks | 82 |

VERSPRINGEN

| | | |
|------|-------------------------|----|
| 5.57 | Margreet de Jong | 87 |
| 5.52 | Wendy Kraai | 92 |
| 5.47 | Sabrina Kiefer | 98 |
| 5.46 | Krista Knollema | 80 |
| 5.45 | Jacqueline Poelman | 91 |
| 5.21 | Sandra Bakker | 91 |
| 5.20 | Mireille Reigersberg | 89 |
| 5.18 | Marianne Hagenauw | 99 |
| 5.17 | Marsha Westerhof | 95 |
| 5.13 | Anita Wiersinga | 88 |
| 5.05 | Liesbeth Mannes | 77 |
| 5.04 | Annemarie Oswald | 88 |
| 4.96 | Marlous Mondt | 98 |
| 4.92 | Catharine van Dijk | 86 |
| | Marion Kanbier | 99 |
| 4.86 | Leonie Westerhof | 97 |
| 4.82 | Annemarie van Donselaar | 99 |
| 4.80 | Greetje Akkerman | 77 |
| | Joke Mannes | 79 |
| 4.78 | Linda Beukers | 82 |

HOOGSPRINGEN

| | | |
|------|-------------------------|----|
| 1.70 | Marion Kanbier | 98 |
| 1.67 | Annemarie Derksema | 87 |
| 1.65 | Liesbeth Mannes | 77 |
| | Marjolein Jongens | 94 |
| | Ilona Rutjes | 97 |
| 1.61 | Jacqueline Poelman | 91 |
| 1.60 | Angelique Poelman | 94 |
| | Majken van Reeken | 99 |
| 1.56 | Krista Knollema | 80 |
| | Annemarie van Donselaar | 99 |
| 1.55 | Sandra Bruins | 77 |
| | Marije de Ruiter | 90 |
| 1.50 | Ria Olthof | 78 |
| | Karin de Jonge | 78 |
| | Silvia Benniks | 82 |
| | Monique Hoogerwerf | 83 |
| | Ciska Hoogerwerf | 83 |
| | Joke Luyten | 86 |
| | Mireille Reigersberg | 88 |
| | Esther Poelsma | 89 |
| | Aiske Jongen | 91 |
| | Anouschka Hof | 95 |
| | Leonie Westerhof | 98 |

HINKSTAPSPRINGEN

| | | |
|-------|----------------------|----|
| 11.04 | Sandra Bakker | 92 |
| 10.95 | Mireille Reigersberg | 90 |
| 10.71 | Marsha Westerhof | 96 |
| 10.39 | Marjolein Jongens | 94 |
| 10.32 | Sabrina Kiefer | 99 |
| 10.16 | Angela van Goor | 00 |
| 9.18 | Debby van der Schilt | 97 |

KOGELSTOTEN

| | | |
|-------|------------------------|----|
| 14.37 | Ilona Rutjes | 99 |
| 13.13 | Wendy Koolhaas | 99 |
| 11.93 | Annemarie v. Donselaar | 99 |
| 11.47 | Jacqueline Poelman | 92 |
| 11.01 | Debby van der Schilt | 99 |
| 10.84 | Angela van Goor | 98 |
| 10.58 | Marianne Hagenauw | 99 |
| 10.17 | Maaïke Hoekstra | 87 |
| 10.11 | Manon Post | 00 |
| 9.88 | Mireille Reigersberg | 89 |
| 9.84 | Greetje Akkerman | 79 |
| 9.76 | Liesbeth Mannes | 77 |
| 9.73 | Mirjam de Waal | 89 |
| 9.54 | Helen Goudemond | 90 |
| 9.50 | Angelique Poelman | 94 |
| 9.46 | Lianne Bousema | 99 |
| 8.88 | Alice Nieboer | 77 |
| 8.79 | Hilde Akkerman | 81 |
| 8.61 | Marion Kanbier | 99 |
| 8.32 | Krista Knollema | 80 |

DISCUSWERPEN

| | | |
|-------|------------------------|----|
| 56.12 | Ilona Rutjes | 99 |
| 43.07 | Debby van der Schilt | 00 |
| 42.73 | Wendy Koolhaas | 99 |
| 34.94 | Ineke Sloots | 77 |
| 34.33 | Annemarie v. Donselaar | 99 |
| 33.77 | Angela van Goor | 00 |
| 32.48 | Maaïke Hoekstra | 89 |
| 29.58 | Lianne Bousema | 96 |
| 29.43 | Marion Kanbier | 99 |
| 27.80 | Greetje Akkerman | 79 |
| 27.56 | Regina Bathoorn | 86 |
| 26.98 | Martine Wilderman | 95 |
| 26.26 | Wendy Kraai | 91 |
| 25.60 | Mireille Reigersberg | 90 |
| 25.14 | Hilde Akkerman | 81 |
| 24.90 | Anita Jorritsma | 79 |
| 24.46 | Mirjam de Waal | 89 |
| 24.40 | Helen Goudemond | 90 |
| 24.10 | Annemarie Derksema | 85 |
| 23.86 | Margriet Wieling | 90 |

SPEERWERPEN Zw. punt 94 cm.

| | | |
|-------|----------------------|----|
| 42.03 | Ilona Rutjes | 98 |
| 39.34 | Maaïke Hoekstra | 90 |
| 37.34 | Jacqueline Poelman | 91 |
| 34.66 | Marsha Westerhof | 96 |
| 34.10 | Helen Goudemond | 90 |
| 32.66 | Mireille Reigersberg | 89 |
| 31.26 | Margo v.d. Linden | 81 |
| 29.98 | Marion Kanbier | 98 |
| 28.95 | Debby van der Schilt | 98 |
| 28.64 | Mirjam de Waal | 89 |
| 27.76 | Martine Wildeman | 94 |
| 26.62 | Ciska Hoogerwerf | 86 |
| 26.50 | Ineke Sloots | 77 |
| 25.16 | Christa Nanninga | 92 |
| 25.10 | Hilde Akkerman | 82 |
| 24.94 | Lieke Jongen | 94 |
| 24.30 | Greetje Akkerman | 80 |
| 23.96 | Ciska Hoogerwerf | 90 |
| 23.70 | Marion van Rees | 85 |
| 23.64 | Annemarie Derksema | 85 |

SPEERWERPEN Zw. punt 92cm

| | | |
|-------|------------------------|----|
| 50.11 | Manon Post | 00 |
| 48.60 | Ilona Rutjes | 99 |
| 43.07 | Wendy Koolhaas | 99 |
| 34.71 | Debby van der Schilt | 99 |
| 34.60 | Annemarie v. Donselaar | 99 |
| 32.10 | Debby van der Schilt | 99 |
| 28.75 | Marion Kanbier | 99 |
| 28.37 | Majken van Reeken | 99 |

KOGELSLINGEREN

| | | |
|-------|----------------------|----|
| 56.88 | Wendy Koolhaas | 99 |
| 53.93 | Debby van der Schilt | 00 |
| 48.49 | Lianne Bousema | 99 |
| 42.15 | Ilona Rutjes | 99 |

WERPDRIEKAMP

| | | |
|------|----------------------|----|
| 2637 | Ilona Rutjes | 99 |
| 1911 | Debby van der Schilt | 99 |
| 1907 | Maaïke Hoekstra | 89 |
| 1610 | Helen Goudemond | 90 |
| 1565 | Mireille Reigersberg | 89 |
| 1510 | Marion Kanbier | 98 |

ZEVENKAMP

| | | |
|------|-------------------------|----|
| 5368 | Jacqueline Poelman | 91 |
| 4320 | Annemarie van Donselaar | 99 |
| 3877 | Marion Kanbier | 98 |
| 3585 | Annemarie Derksema | 87 |
| 3386 | Mireille Reigersberg | 89 |
| 3294 | Krista Knollema | 80 |
| 3138 | Margreet de Jong | 87 |

| | | |
|------|--------------------|----|
| 2994 | Silvia Benniks | 82 |
| 2954 | Anita Wiersinga | 88 |
| 2681 | Catharine van Dijk | 87 |
| 2678 | Alberta Pasma | 86 |
| 2647 | Ria Olthof | 81 |
| 2185 | Dineke Stel | 87 |
| 2177 | Ciska Hoogerwerf | 89 |
| 2102 | Nettie Bulthuis | 83 |
| 2075 | Mirjam de Waal | 88 |

MEISJES JUNIOREN B**50 METER E.T.**

| | | |
|------|-------------------|----|
| 7.08 | Angelique Poelman | 92 |
|------|-------------------|----|

100 METER E.T.

| | | |
|-------|----------------------|----|
| 11.91 | Jacqueline Poelman | 89 |
| 12.70 | Margreet de Jong | 86 |
| 13.04 | Sabrina Kiefer | 96 |
| 13.18 | Angelique Poelman | 92 |
| 13.22 | Marianne Hagenauw | 99 |
| 13.38 | Marlous Mondt | 97 |
| 13.40 | Marsha Westerhof | 96 |
| 13.56 | Majken van Reeken | 99 |
| 13.70 | Anouschka Hof | 95 |
| 13.86 | Leonie Westerhof | 98 |
| 13.91 | Sanne Buisman | 95 |
| 14.04 | Lotte de Vries | 99 |
| 14.10 | Sandra Bakker | 91 |
| 14.14 | Debby van der Schilt | 97 |
| 14.39 | Julienne Kerkhoffs | 95 |
| 14.69 | Marieke Schulten | 99 |
| 14.83 | Regina de Haan | 97 |

100 METER

| | | |
|------|--------------------|----|
| 11.9 | Jacqueline Poelman | 89 |
| 12.7 | Margreet de Jong | 85 |
| 12.8 | Jacqueline Bleker | 86 |
| | Angelique Poelman | 92 |
| 13.1 | Ria Olthof | 78 |
| 13.2 | Sandra Bruins | 77 |
| | Gerda Brinks | 87 |
| 13.4 | Anita Wiersinga | 84 |
| 13.5 | Joke Mannes | 79 |
| | Ursela Drijver | 87 |
| | Marsha Westerhof | 96 |
| 13.6 | Linda Beukers | 82 |
| | Frederique Koops | 86 |
| | Rhoda Schuling | 94 |
| | Anouschka Hof | 95 |
| | Marlous Mondt | 96 |
| 13.7 | Yvonne Holen | 82 |
| | Marga Strojenga | 83 |
| | Floor Abbink | 92 |
| | Erica Diepstra | 93 |

150 METER

| | | |
|-------|-------------------|----|
| 20.28 | Marianne Hagenauw | 99 |
| 20.52 | Marlous Mondt | 98 |

200 METER E.T.

| | | |
|-------|--------------------|----|
| 24.53 | Jacqueline Poelman | 90 |
| 26.70 | Sabrina Kiefer | 96 |

| | | |
|-------|----------------------|----|
| 27.03 | Marianne Hagenauw | 00 |
| 27.06 | Majken van Reeken | 99 |
| 27.64 | Angelique Poelman | 92 |
| 27.84 | Marlous Mondt | 96 |
| 28.11 | Anouschka Hof | 95 |
| 28.68 | Marsha Westerhof | 95 |
| 29.08 | Debby van der Schilt | 98 |
| 29.09 | Lotte de Vries | 99 |
| 29.56 | Marieke Schulten | 99 |
| 32.04 | Regina de Haan | 98 |

200 METER

| | | |
|------|----------------------|----|
| 24.7 | Jacqueline Poelman | 89 |
| 26.2 | Margreet de Jong | 86 |
| 27.0 | Ria Olthof | 78 |
| 27.5 | Sandra Bruins | 77 |
| | Catharine van Dijk | 86 |
| 27.8 | Linda Beukers | 82 |
| 28.0 | Joke Mannes | 78 |
| 28.2 | Sandra Bakker | 92 |
| 28.4 | Marsha Westerhof | 95 |
| | Marlous Mondt | 96 |
| 28.5 | Jacqueline Bleker | 84 |
| 28.9 | Maike Hoekstra | 87 |
| 28.6 | Angelique Poelman | 93 |
| 28.7 | Anouschka Hof | 95 |
| 29.0 | Regina Bathoorn | 84 |
| | Gerda Brinks | 87 |
| 29.2 | Silvia Benniks | 80 |
| | Anita Wiersinga | 85 |
| | Annemarie Derksema | 86 |
| | Mireille Reigersberg | 88 |

400 METER

| | | |
|---------|-----------------------|----|
| 57.72 | Majken van Reeken | 99 |
| 59.7 | Ria Olthof | 78 |
| 1.00.76 | Sabrina Kiefer | 97 |
| 1.02.2 | Joke Mannes | 78 |
| 1.04.23 | Sanne Buisman | 95 |
| 1.04.7 | Lian Post | 86 |
| 1.05.0 | Anita Wiersinga | 84 |
| 1.05.4 | Silvia Benniks | 81 |
| 1.06.0 | Mea Brugmans | 91 |
| 1.07.15 | Julienne Kerkhoffs | 95 |
| 1.07.4 | Marije de Ruiter | 90 |
| 1.08.1 | Hester Biesiot | 94 |
| 1.08.6 | Sietske Wildschut | 82 |
| 1.09.1 | Anke Wijnja | 89 |
| 1.09.8 | Annemarie Derksema | 85 |
| 1.09.9 | Carli Runneboom | 86 |
| | Mariëtte Spoelder | 86 |
| 1.11.3 | Masha v. Warmeskerken | 85 |
| 1.11.6 | Alberta Pasma | 85 |
| | Femke de Vries | 87 |

800 METER

| | | |
|---------|--------------------|----|
| 2.07.98 | Majken van Reeken | 99 |
| 2.22.24 | Ilse Weites | 91 |
| 2.24.5 | Ria Olthof | 78 |
| 2.24.64 | Karen Wezeman | 99 |
| 2.25.97 | Jacqueline Poelman | 90 |
| 2.26.78 | Dineke Stel | 86 |
| 2.29.9 | Hanneke van Dijk | 83 |
| 2.33.8 | Anita Wiersinga | 84 |
| 2.33.9 | Marije de Ruiters | 90 |
| 2.34.23 | Hester Biesiot | 95 |
| 2.35.8 | Coby Hut | 86 |
| 2.35.9 | Silvia Benniks | 81 |
| 2.36.8 | Alberta Pasma | 85 |
| 2.37.6 | Anouschka Hof | 95 |
| 2.38.1 | Gina Doedens | 93 |
| 2.38.8 | Femke de Vries | 88 |
| 2.39.6 | Nettie Bulthuis | 81 |
| 2.40.4 | Ursela Drijver | 87 |
| 2.41.39 | Mea Brugmans | 91 |
| 2.41.8 | Monique Hamming | 83 |

1000 METER

| | | |
|--------|----------------|----|
| 3.31.4 | Hester Biesiot | 94 |
|--------|----------------|----|

1500 METER

| | | |
|---------|-----------------|----|
| 4.39.93 | Karen Wezeman | 00 |
| 5.15.1 | Silvia Benniks | 80 |
| 5.25.3 | Dineke Stel | 85 |
| 5.33.6 | Nettie Bulthuis | 81 |
| 5.51.7 | Coby Hut | 87 |
| 6.05.4 | Femke de Vries | 87 |

10 KM (weg)

| | | |
|-------|-------------|----|
| 44.50 | Ilse Weites | 91 |
|-------|-------------|----|

100 METER HORDEN E.T.

| | | |
|-------|--------------------|----|
| 13.77 | Jacqueline Poelman | 90 |
| 15.00 | Sabrina Kiefer | 96 |
| 15.50 | Marianne Hagenauw | 00 |
| 15.51 | Catharine van Dijk | 86 |
| 15.67 | Angelique Poelman | 92 |
| 16.39 | Marsha Westerhof | 96 |
| 16.51 | Anouschka Hof | 95 |
| 17.16 | Annemarie Derksema | 86 |
| 17.17 | Ilse Weites | 92 |
| 17.93 | Marsha Westerhof | 95 |
| 18.63 | Regina de Haan | 98 |

100 METER HORDEN

| | | |
|------|--------------------|----|
| 13.5 | Jacqueline Poelman | 90 |
| 15.2 | Catharine van Dijk | 86 |
| 15.6 | Majken van Reeken | 99 |

| | | |
|------|----------------------|----|
| 16.0 | Annemarie Derksema | 86 |
| 16.4 | Angelique Poelman | 92 |
| 17.0 | Sandra Bakker | 92 |
| | Marsha Westerhof | 96 |
| 17.1 | Ciska Hoogerwerf | 86 |
| 17.2 | Silvia Benniks | 81 |
| | Mireille Reigersberg | 88 |
| 18.5 | Jacqueline Bleker | 85 |
| 18.6 | Maaïke Hoekstra | 86 |
| | Margreet de Jong | 86 |
| 18.9 | Carli Runneboom | 86 |
| | Mea Brugmans | 91 |
| | Hester Biesiot | 94 |
| 19.0 | Ria Olthof | 79 |
| 19.1 | Coby Hut | 86 |
| 19.3 | Alberta Pasma | 85 |

300 METER HORDEN

| | | |
|-------|-------------------|----|
| 45.89 | Sabrina Kiefer | 96 |
| 50.5 | Silvia Benniks | 80 |
| 52.0 | Jacqueline Bleker | 83 |
| 53.5 | Ciska Hoogerwerf | 86 |

VERSPRINGEN

| | | |
|------|----------------------|----|
| 5.68 | Anouschka Hof | 95 |
| 5.63 | Jacqueline Poelman | 90 |
| 5.49 | Margreet de Jong | 86 |
| 5.27 | Sandra Bakker | 91 |
| 5.24 | Marsha Westerhof | 96 |
| 5.18 | Marianne Hagenauw | 99 |
| 5.03 | Sabrina Kiefer | 96 |
| 4.94 | Majken van Reeken | 99 |
| 4.92 | Catharine van Dijk | 86 |
| 4.88 | Marlous Mondt | 97 |
| 4.82 | Mireille Reigersberg | 88 |
| 4.80 | Greetje Akkerman | 77 |
| | Joke Mannes | 79 |
| 4.78 | Linda Beukers | 82 |
| 4.77 | Gerda Brinks | 87 |
| 4.76 | Angelique Poelman | 92 |
| 4.70 | Silvia Benniks | 81 |
| | Anita Wiersinga | 85 |
| 4.67 | Maaïke Hoekstra | 87 |
| 4.66 | Anita Jorritsma | 77 |
| | Leonie Westerhof | 96 |

HOOGSPRINGEN

| | | |
|------|--------------------|----|
| 1.66 | Annemarie Derksema | 86 |
| 1.65 | Ilona Rutjes | 97 |
| 1.60 | Angelique Poelman | 92 |
| 1.56 | Marianne Hagenauw | 00 |
| 1.55 | Sandra Bruins | 77 |
| | Marije de Ruiters | 90 |
| | Majken van Reeken | 98 |
| | Leonie Westerhof | 98 |
| 1.54 | Jacqueline Poelman | 89 |

| | | |
|------|----------------------|----|
| 1.50 | Ria Olthof | 78 |
| | Karin de Jonge | 78 |
| | Monique Hoogerwerf | 83 |
| | Ciska Hoogerwerf | 85 |
| | Mireille Reigersberg | 88 |
| | Aiske Jongen | 91 |
| 1.45 | Silvia Benniks | 81 |
| | Anita Wiersinga | 85 |
| | Marsha Westerhof | 95 |
| | Anouschka Hof | 95 |
| 1.40 | Regina Bathoorn | 85 |
| | Margreet de Jong | 86 |
| | Anne Aukes | 90 |
| | Sandra Bakker | 91 |

HINKSTAPSPRINGEN

| | | |
|-------|----------------------|----|
| 11.04 | Sandra Bakker | 92 |
| 10.23 | Angela van Goor | 97 |
| 9.38 | Debby van der Schilt | 97 |

KOGELSTOTEN

| | | |
|-------|----------------------|----|
| 15.16 | Ilona Rutjes | 97 |
| 12.89 | Jacqueline Poelman | 90 |
| 11.95 | Debby van der Schilt | 98 |
| 11.72 | Angela van Goor | 98 |
| 11.54 | Maaïke Hoekstra | 87 |
| 10.93 | Marianne Hagenauw | 00 |
| 10.53 | Majken van Reeken | 99 |
| 10.28 | Lianne Bousema | 97 |
| 10.25 | Mireille Reigersberg | 88 |
| 10.15 | Greetje Akkerman | 78 |
| 9.98 | Hilde Akkerman | 80 |
| 9.97 | Margo v.d. Linden | 81 |
| 9.96 | Marsha Westerhof | 96 |
| 9.68 | Ankie Hoekstra | 77 |
| 9.46 | Anouschka Hof | 95 |
| 9.28 | Angelique Poelman | 93 |
| 8.91 | Catharine van Dijk | 85 |
| 8.82 | Anke Wijnja | 89 |
| 8.69 | Marije de Ruiters | 91 |
| 8.66 | Ciska Hoogerwerf | 87 |

DISCUSWERPEN

| | | |
|-------|----------------------|----|
| 43.39 | Ilona Rutjes | 97 |
| 38.83 | Debby van der Schilt | 98 |
| 33.24 | Maaïke Hoekstra | 87 |
| 31.19 | Angela van Goor | 98 |
| 29.28 | Lianne Bousema | 97 |
| 26.54 | Regina Bathoorn | 85 |
| 25.14 | Hilde Akkerman | 81 |
| 24.92 | Martine Wildeman | 94 |
| 24.10 | Annemarie Derksema | 85 |
| 23.86 | Margriet Wieling | 90 |
| 22.82 | Margo v.d. Linden | 81 |
| 22.80 | Alberta Pasma | 85 |
| 21.22 | Regina de Haan | 97 |

| | | |
|-------|--------------------|----|
| 21.04 | Suzanne Portier | 85 |
| 21.00 | Jacqueline Poelman | 89 |
| 20.36 | Gerda Brinks | 87 |
| 20.12 | Lian Post | 87 |
| 20.06 | Coby Hut | 86 |
| 19.88 | Karin de Jonge | 78 |
| 19.84 | Ria Olthof | 79 |

SPEERWERPEN Zw. punt 94 cm.

| | | |
|-------|----------------------|----|
| 42.46 | Ilona Rutjes | 97 |
| 37.12 | Maaïke Hoekstra | 87 |
| 34.11 | Debby van der Schilt | 98 |
| 31.25 | Margo v.d. Linden | 81 |
| 30.66 | Jacqueline Poelman | 90 |
| 29.44 | Marsha Westerhof | 95 |
| 27.76 | Martine Wildeman | 94 |
| 26.62 | Ciska Hoogerwerf | 86 |
| 26.18 | Martine Wildeman | 94 |
| 25.96 | Mireille Reigersberg | 88 |
| 25.16 | Christa Nanninga | 92 |
| 24.94 | Lieke Jongen | 94 |
| 23.64 | Annemarie Derksema | 85 |
| 23.58 | Angela van Goor | 96 |
| 23.00 | Gerda Brinks | 87 |
| 22.38 | Patricia Hoogerwerf | 91 |
| 22.18 | Esther Poelsma | 86 |
| 22.10 | Coby Hut | 86 |
| 22.02 | Esther Erenstein | 90 |
| | Sandra Bakker | 91 |

SPEERWERPEN Zw. punt 92 cm.

| | | |
|-------|-------------------|----|
| 33.00 | Majken van Reeken | 99 |
| 29.67 | Marianne Hagenauw | 00 |

KOGELSLINGEREN

| | | |
|-------|---------------------|----|
| 50.75 | Debby van de Schilt | 98 |
| 46.00 | Lianne Bousema | 97 |
| 41.20 | Ilona Rutjes | 97 |
| 31.28 | Anne Hidma | 99 |

WERPDRIEKAMP

| | | |
|------|----------------------|----|
| 2396 | Ilona Rutjes | 97 |
| 1930 | Maaïke Hoekstra | 87 |
| 1808 | Debby van der Schilt | 98 |
| 1530 | Margo v.d. Linden | 81 |
| 1520 | Angela van Goor | 96 |
| 1445 | Lianne Bousema | 97 |
| 1370 | Hilde Akkerman | 81 |

ZEVENKAMP

| | | |
|------|--------------------|----|
| 5202 | Jacqueline Poelman | 90 |
| 4670 | Majken van Reeken | 99 |
| 3587 | Annemarie Derksema | 86 |
| 3483 | Marsha Westerhof | 95 |

| | | |
|------|----------------------|----|
| 3459 | Mireille Reigersberg | 88 |
| 3393 | Anouschka Hof | 95 |
| 3378 | Sandra Bakker | 92 |
| 3200 | Catharine van Dijk | 85 |
| 3180 | Maaïke Hoekstra | 86 |
| 3071 | Anita Wiersinga | 85 |
| 2985 | Margreet de Jong | 86 |
| 2773 | Marije de Ruiters | 90 |
| 2615 | Mea Brugmans | 90 |
| 2554 | Ciska Hoogerwerf | 88 |
| 2515 | Fera Holt | 87 |
| 2493 | Esther Poelsma | 88 |
| 2475 | Carli Runneboom | 87 |
| 2470 | Coby Hut | 86 |
| 2364 | Esther Erenstein | 89 |
| 2345 | Jacqueline Bleker | 85 |
| 2327 | Hester Biesiot | 94 |

MEISJES JUNIOREN C**40 METER**

| | | |
|-----|------------------|----|
| 6.0 | Leonie Westerhof | 95 |
| 6.7 | Regina de Haan | 95 |

80 METER

| | | |
|-------|--------------------|----|
| 9.6 | Jacqueline Poelman | 88 |
| 10.4 | Rhoda Schuling | 93 |
| | Marianne Hagenauw | 97 |
| 10.5 | Ursela Drijver | 86 |
| | Angelique Poelman | 90 |
| | Sabrina Kiefer | 95 |
| | Leonie Westerhof | 96 |
| 10.6 | Ria Olthof | 77 |
| | Jacqueline Bleker | 83 |
| | Margreet de Jong | 84 |
| | Marlous Mondt | 95 |
| 10.67 | Majken van Reeken | 98 |
| 10.7 | Esmeralda Smith | 87 |
| 10.8 | Maaïke Hoekstra | 84 |
| | Gerda Brinks | 85 |
| 10.9 | Floor Abbink | 90 |
| | Sandra Bakker | 90 |
| | Marsha Westerhof | 94 |
| 11.0 | Aiske Jongen | 90 |
| | Loes Gooyaarts | 91 |
| | Anouschka Hof | 94 |
| | Cindy Jong-A-Pin | 97 |

100 METER

| | | |
|------|------------------------|----|
| 12.6 | Jacqueline Poelman | 87 |
| 13.7 | Jacqueline Bleker | 83 |
| 14.1 | Annemarie Derksema | 84 |
| 14.7 | Mascha v. Wermeskerken | 84 |

150 METER

| | | |
|------|--------------------|----|
| 18.0 | Jacqueline Poelman | 87 |
| 19.5 | Marianne Hagenauw | 97 |
| 19.7 | Angelique Poelman | 90 |
| 20.1 | Majken van Reeken | 98 |
| 20.2 | Sabrina Kiefer | 95 |
| 20.3 | Ursela Drijver | 86 |
| | Gerda Brinks | 86 |
| 20.6 | Leonie Westerhof | 96 |
| 20.9 | Ilse Weites | 89 |
| | Anouschka Hof | 94 |
| | Marlous Mondt | 95 |
| 21.0 | Sandra Bakker | 90 |
| 21.2 | Melissa Gorter | 92 |
| 21.3 | Loes Gooyaarts | 91 |
| | Leonoor van Eerden | 92 |
| 21.4 | Esmeralda Smith | 87 |
| | Melissa Gorter | 91 |

| | | | | | | | | |
|-------------------|--------------------|----|-------------------------|--------------------|----|---------------------|---------------------|----|
| 21.5 | Aiske Jongen | 89 | 12.7 | Angelique Poelman | 91 | Jacqueline Poelman | 87 | |
| | Nynke Aukema | 89 | 12.9 | Catharine van Dijk | 84 | Marije de Ruiter | 89 | |
| | Marsha Muller | 95 | | Ilse Weites | 90 | Anouschka Hof | 93 | |
| | | | | Anouschka Hof | 94 | Ilva Hettinga | 00 | |
| 400 METER | | | 13.1 | Marsha Westerhof | 94 | 1.50 | Ria Olthof | 77 |
| 59.24 | Majken van Reeken | 98 | 13.2 | Majken van Reeken | 98 | | Monique Hoogerwerf | 83 |
| | | | 13.3 | Ilona Rutjes | 95 | | Regina Bathoorn | 83 |
| | | | 13.4 | Margreet de Jong | 84 | | Annemarie Derksema | 84 |
| 600 METER | | | | Ciska Hoogerwerf | 85 | | Ciska Hoogerwerf | 85 |
| 1.36.05 | Majken van Reeken | 98 | | Anne Aukes | 89 | | Ilona Rutjes | 95 |
| 1.38.8 | Jacqueline Poelman | 88 | 13.5 | Ingrid Damkat | 84 | | Karen Wezeman | 98 |
| 1.41.7 | Reina Roona | 78 | | Melissa Gorter | 91 | 1.45 | Karin de Jonge | 77 |
| 1.43.0 | Ria Olthof | 77 | | Marsha Muller | 95 | | Esther Poelsma | 85 |
| 1.43.20 | Karen Wezeman | 98 | 13.6 | Caroline Tak | 87 | | Gerda Brinks | 86 |
| 1.44.1 | Anouschka Hof | 94 | | Marije de Ruiter | 89 | | Fera Holt | 86 |
| | Sabrina Kiefer | 95 | | Nynke Weites | 93 | | Anne Aukes | 88 |
| 1.45.0 | Marianne Hagenauw | 97 | 13.7 | Aiske Jongen | 90 | | Aiske Jongen | 90 |
| 1.45.4 | Marije de Ruiter | 89 | | | | | Melissa Gorter | 91 |
| 1.46.0 | Angelique Poelman | 90 | 300 METER HORDEN | | | | Leonoor van Eerden | 92 |
| 1.46.9 | Monique Hoogerwerf | 82 | 48.7 | Jacqueline Poelman | 87 | | Marscha Westerhof | 93 |
| | Coby Hut | 85 | 49.49 | Sabrina Kiefer | 95 | | Monica Raven | 94 |
| 1.47.8 | Joke Mannes | 77 | 49.6 | Angelique Poelman | 90 | | Angela van Goor | 96 |
| | Gerda Brinks | 85 | 51.22 | Majken van Reeken | 98 | | Marieke Schulten | 98 |
| 1.48.2 | Ilse Weites | 89 | 51.44 | Marsha Muller | 95 | | Kim Schokkenbroek | 99 |
| 1.48.3 | Martine Koning | 91 | 51.50 | Karen Wezeman | 98 | KOGELSTOTEN | | |
| 1.48.6 | Mirjam Seldentuis | 91 | 52.0 | Jacqueline Bleker | 83 | 11.19 | Marianne Hagenauw | 98 |
| 1.49.2 | Anita Wiersinga | 82 | 53.8 | Angela van Goor | 96 | 11.06 | Ilona Rutjes | 95 |
| 1.51.3 | Margreet de Jong | 83 | 56.4 | Ingrid Damkat | 84 | 10.88 | Jacqueline Poelman | 88 |
| 1.51.67 | Marsha Muller | 95 | | | | 10.79 | Angela van Goor | 96 |
| | | | VERSPRINGEN | | | | Baukje van der Star | 99 |
| 1000 METER | | | 5.54 | Jacqueline Poelman | 88 | 10.76 | Margo v.d. Linden | 79 |
| 3.00.11 | Majken van Reeken | 97 | 5.14 | Sabrina Kiefer | 95 | 10.62 | Maike Hoekstra | 85 |
| 3.07.35 | Karen Wezeman | 98 | 5.02 | Margreet de Jong | 84 | 10.40 | Aiske Jongen | 90 |
| 3.09.5 | Ilse Weites | 90 | | Marianne Hagenauw | 97 | 10.14 | Aafke Vogelenzang | 00 |
| 3.18.0 | Floor Abbink | 91 | 5.01 | Marsha Westerhof | 94 | 10.08 | Majken van Reeken | 98 |
| 3.19.9 | Gerda Brinks | 86 | | Leonie Westerhof | 96 | 9.77 | Lianne Bousema | 95 |
| 3.20.1 | Marije de Ruiter | 88 | 4.98 | Aiske Jongen | 90 | | Ilva Hettinga | 99 |
| 3.20.3 | Varda Riks | 93 | 4.93 | Sandra Bakker | 90 | 9.47 | Anne Hidma | 98 |
| 3.21.0 | Kim Schokkenbroek | 99 | 4.86 | Majken van Reeken | 97 | 9.39 | Hilde Akkerman | 79 |
| 3.24.0 | Martine Koning | 91 | 4.84 | Catharine van Dijk | 84 | 9.37 | Anne Aukes | 89 |
| 3.24.3 | Leonoor van Eerden | 92 | 4.75 | Anouschka Hof | 94 | 9.35 | Ciska Hoogerwerf | 85 |
| 3.25.3 | José Molenkamp | 86 | 4.72 | Maike Hoekstra | 84 | 9.28 | Angelique Poelman | 91 |
| 3.27.22 | Angela van Goor | 96 | | Melissa Gorter | 92 | 9.03 | Anouschka Hof | 94 |
| 3.29.3 | Mea Brugmans | 89 | 4.70 | Angelique Poelman | 91 | 8.95 | Lieke Jongen | 93 |
| 3.30.05 | Marsha Muller | 95 | 4.68 | Rhoda Schuling | 93 | 8.92 | Leonie Westerhof | 96 |
| 3.30.45 | Klaske Bosma | 00 | 4.65 | Gerda Brinks | 86 | | | |
| 3.30.6 | Femke de Vries | 86 | 4.64 | Ria Olthof | 77 | DISCUSWERPEN | | |
| 3.31.5 | Hester Biesiot | 93 | | Cindy Jong-A-Pin | 97 | 27.42 | Jacqueline Poelman | 88 |
| 3.31.9 | Marieke Schulten | 98 | 4.61 | Ursela Drijver | 86 | 26.82 | Angela van Goor | 96 |
| 3.33.0 | Karin Hummel | 94 | 4.57 | Ilse Weites | 89 | 26.64 | Anne Hidma | 99 |
| 3.34.5 | Mirjam Seldentuis | 91 | | | | 26.46 | Majken van Reeken | 97 |
| | | | HOOGSPRINGEN | | | 25.68 | Lianne Bousema | 95 |
| 11.7 | Jacqueline Poelman | 88 | 1.62 | Angelique Poelman | 91 | 25.26 | Maike Hoekstra | 85 |
| 12.4 | Sabrina Kiefer | 95 | 1.60 | Majken van Reeken | 97 | 24.66 | Ria Olthof | 77 |
| 12.5 | Marianne Hagenauw | 97 | | Marianne Hagenauw | 98 | 23.94 | Marianne Hagenauw | 97 |
| | | | 1.55 | Ingrid Seldentuis | 87 | 23.68 | Maartje Aukes | 90 |

| | | |
|-------|-------------------|----|
| 23.24 | Margo v.d. Linden | 80 |
| 23.20 | Ina Veenstra | 80 |
| 22.70 | Regina Bathoorn | 83 |
| | Leonie Westerhof | 96 |
| 22.44 | Ilona Rutjes | 95 |
| 22.14 | Jildou Scheffer | 85 |
| 22.02 | Margriet Wieling | 89 |
| 22.00 | Cindy Jong-A-Pin | 97 |
| 21.94 | Hilde Akkerman | 79 |
| | Aiske Jongen | 90 |
| 21.44 | Ciska Hoogerwerf | 85 |

SPEERWERPEN

| | | |
|-------|---------------------|----|
| 31.95 | Marianne Hagenauw | 98 |
| 31.84 | Maaïke Hoekstra | 85 |
| 30.22 | Margo v.d. Linden | 80 |
| 29.72 | Marsha Westerhof | 94 |
| 29.14 | Ilona Rutjes | 95 |
| 28.72 | Jacqueline Poelman | 88 |
| 28.18 | Majken van Reeken | 97 |
| 28.16 | Karen Wezeman | 97 |
| 27.92 | Angelique Poelman | 91 |
| 27.31 | Aafke Vogelenzang | 00 |
| 27.00 | Ilva Hettinga | 99 |
| 26.82 | Lieke Jongen | 93 |
| 27.08 | Angela van Goor | 96 |
| 26.14 | Gerda Brinks | 86 |
| 25.34 | Monica Raven | 94 |
| 24.64 | Patricia Hoogerwerf | 89 |
| 23.80 | Ciska Hoogerwerf | 85 |
| 23.78 | Suzanne Portier | 84 |
| 23.04 | Anne Aukes | 89 |
| 22.98 | Debbie v.d. Schilt | 96 |

KOGELSLINGEREN

| | | |
|-------|----------------|----|
| 33.56 | Lianne Bousema | 95 |
| 29.90 | Ilva Hettinga | 98 |
| 26.27 | Anne Hidma | 98 |

WERPDRIEKAMP

| | | |
|------|--------------------|----|
| 1411 | Jacqueline Poelman | 88 |
| 1401 | Marianne Hagenauw | 97 |
| 1381 | Maaïke Hoekstra | 85 |
| 1358 | Angela van Goor | 96 |
| 1325 | Ilona Rutjes | 95 |
| 1148 | Majken van Reeken | 97 |
| 1118 | Leonie Westerhof | 96 |

ZEVENKAMP

| | | |
|------|--------------------|----|
| 4511 | Jacqueline Poelman | 88 |
| 4198 | Marianne Hagenauw | 98 |
| 4058 | Majken van Reeken | 98 |
| 3801 | Angelique Poelman | 91 |
| 3672 | Anouschka Hof | 94 |
| 3536 | Marsha Westerhof | 94 |

| | | |
|------|------------------|----|
| 3376 | Ilona Rutjes | 95 |
| 3373 | Sabrina Kiefer | 95 |
| 3335 | Marije de Ruiter | 89 |
| 3304 | Aiske Jongen | 89 |
| 3285 | Ilse Weites | 89 |
| 3283 | Angela van Goor | 96 |
| 3212 | Gerda Brinks | 86 |
| | Sandra Bakker | 90 |
| 3145 | Karen Wezeman | 98 |
| 3066 | Melissa Gorter | 92 |
| 3011 | Ciska Hoogerwerf | 85 |
| 2963 | Anne Aukes | 89 |
| 2962 | Ursela Drijver | 86 |
| 2950 | Nynke Aukema | 89 |

MEISJES JUNIOREN D**40 METER**

| | | |
|-----|-------------------|----|
| 6.2 | Cindy Jong-a-Pin | 95 |
| 6.3 | Majken van Reeken | 95 |
| 6.8 | Marieke Schulten | 95 |

60 METER

| | | |
|------|---------------------|----|
| 8.20 | Marianne Hagenauw | 96 |
| 8.2 | Jacqueline Poelman | 85 |
| | Angelique Poelman | 89 |
| 8.30 | Ilva Hettinga | 98 |
| 8.35 | Cindy Jong-a-Pin | 96 |
| 8.4 | Ursela Drijver | 84 |
| | Mirjam Bruggeman | 90 |
| 8.5 | Loes Gooyaarts | 90 |
| | Majken van Reeken | 96 |
| 8.6 | Maaïke Hoekstra | 83 |
| | Floor Abbink | 89 |
| 8.7 | Samantha Doornbos | 85 |
| | Nynke Aukema | 87 |
| | Aiske Jongen | 88 |
| | Melissa Gorter | 90 |
| | Mirjam Seldentuis | 90 |
| | Rhoda Schuling | 91 |
| | Marsha Westerhof | 92 |
| | Inge Hagenauw | 97 |
| | Roxanne van der Wal | 00 |

150 METER

| | | |
|------|-------------------|----|
| 22.3 | Inge Hagenauw | 97 |
| 22.4 | Kim Schokkenbroek | 97 |

600 METER

| | | |
|--------|---------------------|----|
| 1.43.0 | Marianne Hagenauw | 96 |
| 1.44.7 | Majken van Reeken | 96 |
| 1.47.2 | Floor Abbink | 89 |
| 1.49.0 | Kim Schokkenbroek | 98 |
| 1.49.9 | Anita Wiersinga | 81 |
| 1.50.0 | Monique Hoogerwerf | 81 |
| 1.51.0 | Karen Wezeman | 96 |
| 1.51.8 | Varda Riks | 92 |
| 1.52.5 | Mirjam Seldentuis | 90 |
| 1.52.7 | Jacqueline Poelman | 85 |
| 1.53.6 | Suzanne Portier | 82 |
| 1.53.7 | Lian Post | 83 |
| 1.55.1 | Ciska Hoogerwerf | 82 |
| 1.55.2 | Cindy Jong-a-Pin | 95 |
| 1.55.6 | Hillegonda Doesburg | 78 |
| | Angelique Poelman | 88 |
| 1.55.7 | Maaïke Hoekstra | 83 |
| 1.55.8 | Aiske Jongen | 88 |
| 1.55.9 | Coby Hut | 83 |

1000 METER

| | | |
|---------|---------------------|----|
| 3.09.03 | Majken van Reeken | 96 |
| 3.17.9 | Karen Wezeman | 96 |
| 3.21.0 | Varda Riks | 91 |
| 3.21.40 | Kim Schokkenbroek | 98 |
| 3.23.3 | Marije de Ruiters | 86 |
| 3.26.4 | Mirjam Seldentuis | 89 |
| 3.29.3 | Nynke Aukema | 88 |
| 3.29.9 | Sara Schouten | 92 |
| 3.33.9 | Monica Raven | 92 |
| 3.35.09 | Marieke Schulten | 96 |
| 3.37.0 | Lieke Jongen | 90 |
| 3.41.13 | Nicole de Jong | 98 |
| 3.41.7 | Floor Abbink | 88 |
| 3.42.0 | Aiske Jongen | 88 |
| 3.43.0 | Angela van Goor | 93 |
| 3.44.8 | Jacqueline Marschal | 87 |
| 3.45.1 | Jacque van Dijken | 89 |
| 3.45.5 | Mea Brugmans | 86 |
| 3.46.6 | Wendy van der Aa | 00 |
| 3.46.7 | Karin Stok | 93 |

60 METER HORDEN

| | | |
|-------|--------------------|----|
| 9.97 | Marianne Hagenauw | 96 |
| 10.3 | Angelique Poelman | 89 |
| 10.58 | Annemarie Marrink | 97 |
| 10.7 | Mirjam Bruggeman | 91 |
| 10.8 | Jacqueline Poelman | 85 |
| 10.9 | Floor Abbink | 89 |
| 11.0 | Aiske Jongen | 88 |
| 11.2 | Ilva Hettinga | 98 |
| 11.3 | Melissa Gorter | 90 |
| 11.34 | Majken van Reeken | 96 |
| 11.4 | Ciska Hoogerwerf | 83 |
| | Ilona Rutjes | 93 |
| 11.5 | Ilse Weites | 87 |
| | Leonie Westerhof | 94 |
| | Cindy Jong-a-Pin | 95 |
| 11.6 | Julia Loonen | 84 |
| 11.7 | Nynke Weites | 91 |
| | Angela van Goor | 93 |
| 11.8 | Caroline Tak | 85 |
| | Anne Hidma | 96 |

VERSPRINGEN

| | | |
|------|--------------------|----|
| 5.00 | Marianne Hagenauw | 96 |
| 4.72 | Ilva Hettinga | 97 |
| 4.67 | Cindy Jong-a-Pin | 96 |
| 4.65 | Aiske Jongen | 88 |
| 4.63 | Jacqueline Poelman | 85 |
| 4.62 | Angelique Poelman | 89 |
| 4.58 | Majken van Reeken | 96 |
| 4.57 | Mirjam Bruggeman | 91 |
| 4.49 | Anouschka Hof | 92 |
| 4.42 | Inge Hagenauw | 97 |
| 4.40 | Ilva Hettinga | 97 |

| | | |
|------|-------------------|----|
| 4.38 | Leonie Westerhof | 94 |
| 4.34 | Maaïke Hoekstra | 81 |
| | Ilona Rutjes | 92 |
| 4.30 | Marsha Westerhof | 92 |
| 4.29 | Rhoda Schuling | 91 |
| | Dorien Bentem | 98 |
| 4.22 | Anita Wiersinga | 81 |
| 4.20 | Fiona Prinsen | 86 |
| 4.21 | Annemarie Marrink | 97 |

HOOGSPRINGEN

| | | |
|------|--------------------|----|
| 1.55 | Ilva Hettinga | 98 |
| 1.50 | Ilona Rutjes | 93 |
| | Marianne Hagenauw | 95 |
| 1.45 | Ciska Hoogerwerf | 83 |
| | Jacqueline Poelman | 85 |
| | Angelique Poelman | 89 |
| | Anouschka Hof | 92 |
| | Majken van Reeken | 96 |
| | Inge Hagenauw | 97 |
| | Kim Schokkenbroek | 98 |
| 1.40 | Ingrid Seldentuis | 85 |
| | Aiske Jongen | 88 |
| | Floor Abbink | 89 |
| | Leonoor van Eerden | 91 |
| | Monica Raven | 92 |
| | Angela van Goor | 93 |
| | Karen Wezeman | 96 |
| 1.37 | Ilse Weites | 87 |
| 1.35 | Monique Hoogerwerf | 81 |
| | Annemarie Derksema | 82 |
| | Caroline Tak | 85 |
| | Mirjam Seldentuis | 90 |
| | Lieke Jongen | 91 |
| | Annet Kooistra | 92 |
| | Judith Wijbenga | 94 |

KOGELSTOTEN

| | | |
|-------|-----------------------|----|
| 11.55 | Ilva Hettinga | 98 |
| 11.52 | Marianne Hagenauw | 96 |
| 11.18 | Baukje van der Star | 99 |
| 11.10 | Maaïke Hoekstra | 83 |
| 10.53 | Anne Hidma | 97 |
| 10.26 | Ilona Rutjes | 93 |
| 10.15 | Margo van der Linden | 78 |
| 10.12 | Majken van Reeken | 96 |
| 9.95 | Angelique Poelman | 89 |
| 9.96 | Jannicke IJdens | 00 |
| 9.81 | Mirjam Bruggeman | 91 |
| 9.69 | Ciska Hoogerwerf | 83 |
| 9.68 | Kim Schokkenbroek | 98 |
| 9.57 | Nynke Aukema | 88 |
| 9.51 | Lieke Jongen | 91 |
| 9.43 | Angela van Goor | 94 |
| 9.41 | Aiske Jongen | 88 |
| 9.35 | Michelle van der Laan | 00 |
| 9.14 | Floor Abbink | 89 |

| | | |
|------|---------------|----|
| 9.06 | Inge Hagenauw | 97 |
|------|---------------|----|

DISCUSWERPEN

| | | |
|-------|---------------------|----|
| 24.94 | Angela van Goor | 94 |
| 23.80 | Anne Hidma | 97 |
| 23.06 | Majken van Reeken | 96 |
| 21.74 | Baukje van der Star | 99 |
| 21.72 | Ilva Hettinga | 98 |
| 20.34 | Anouschka Hof | 92 |
| 20.26 | Berber Hidma | 00 |
| 19.72 | Floor Abbink | 89 |
| 19.62 | Anne Hidma | 96 |
| 19.58 | Cindy Jong-a-Pin | 95 |
| 19.52 | Sara Schouten | 93 |
| 18.78 | Maartje Aukes | 89 |
| 18.74 | Annet Kooistra | 92 |
| 18.06 | Anna voor de Wind | 99 |
| 17.98 | Mirjam Seldentuis | 90 |
| 17.78 | Wiesje Kuypers | 93 |
| 17.22 | Lianne Bousema | 92 |
| 16.82 | Maaïke Hoekstra | 83 |
| 16.64 | Martine Wildeman | 90 |
| 16.62 | Karin Stok | 93 |

SPEERWERPEN

| | | |
|-------|---------------------|----|
| 32.88 | Ilva Hettinga | 98 |
| 30.68 | Marianne Hagenauw | 96 |
| 30.24 | Majken van Reeken | 96 |
| 29.66 | Angelique Poelman | 89 |
| 29.62 | Ilona Rutjes | 93 |
| 24.86 | Lianne Bousema | 93 |
| 23.76 | Floor Abbink | 89 |
| 23.22 | Maaïke Hoekstra | 83 |
| 23.16 | Mirjam Bruggeman | 91 |
| 23.08 | Lieke Jongen | 91 |
| 22.02 | Baukje van der Star | 99 |
| 21.82 | Angela van Goor | 94 |
| 20.98 | Inge Hagenauw | 97 |
| 20.94 | Aiske Jongen | 88 |
| 20.74 | Linda Holt | 88 |
| 20.72 | Margriet Wieling | 86 |
| 20.70 | Kim Schokkenbroek | 97 |
| 20.00 | Melissa Gorter | 90 |
| 19.24 | Sandra Klamer | 85 |
| 18.83 | Anna voor de Wind | 99 |

WERPDRIEKAMP

| | | |
|------|---------------------|----|
| 1232 | Majken van Reeken | 96 |
| 1203 | Baukje van der Star | 99 |
| 1176 | Angela van Goor | 94 |
| 1079 | Floor Abbink | 89 |
| 1064 | Maaïke Hoekstra | 83 |

ZESKAMP

| | | |
|------|--------------------|----|
| 3297 | Marianne Hagenauw | 96 |
| 3167 | Ilva Hettinga | 98 |
| 2991 | Angelique Poelman | 89 |
| 2959 | Majken van Reeken | 96 |
| 2694 | Aiske Jongen | 88 |
| 2667 | Floor Abbink | 89 |
| 2655 | Anouschka Hof | 92 |
| 2625 | Mirjam Bruggeman | 91 |
| 2547 | Jacqueline Poelman | 85 |
| 2465 | Kim Schokkenbroek | 98 |
| 2463 | Nynke Aukema | 88 |
| 2414 | Angela van Goor | 94 |
| 2346 | Lieke Jongen | 90 |
| | Mirjam Seldentuis | 90 |
| 2343 | Marsha Westerhof | 92 |
| 2288 | Lianne Bousema | 92 |
| 2285 | Monica Raven | 92 |
| 2265 | Nynke Weites | 91 |
| 2226 | Maartje Aukes | 89 |
| 2224 | Melissa Gorter | 90 |

MEISJES PUPILLEN A**60 METER**

| | | |
|------|---------------------|----|
| 8.8 | Marianne Hagenauw | 94 |
| 9.0 | Mirjam Bruggeman | 89 |
| | Inge Hagenauw | 96 |
| | Ilva Hettinga | 96 |
| 9.04 | Roxanne van der Wal | 98 |
| 9.1 | Ilona Rutjes | 91 |
| | Jennifer Menke | 00 |
| 9.2 | Maaïke Hoekstra | 81 |
| | Angelique Poelman | 86 |
| | Judith Wijbenga | 93 |
| | Berber Hidma | 98 |
| 9.3 | Daniëlle Pors | 83 |
| | Leonie Albers | 91 |
| | Fraa Alkemade | 94 |
| | Majken van Reeken | 94 |
| 9.38 | Kim Schokkenbroek | 95 |
| 9.4 | Renate Bos | 80 |
| | Ilse Weites | 85 |
| | Dineke Pel | 91 |
| | Marianne Vos | 96 |
| | Anouk Linthorst | 98 |

1000 METER

| | | |
|---------|--------------------|----|
| 3.29.0 | Marianne Hagenauw | 94 |
| 3.33.4 | Kim Schokkenbroek | 96 |
| 3.36.0 | Majken van Reeken | 94 |
| 3.37.0 | Karen Wezeman | 94 |
| 3.43.9 | Marieke Schulten | 94 |
| 3.44.9 | Anita Wiersinga | 79 |
| 3.46.0 | Anouk Linthorst | 99 |
| 3.46.7 | Mirjam Seldentuis | 87 |
| 3.47.5 | Angelique Poelman | 86 |
| | Ilona Rutjes | 91 |
| 3.47.6 | Lieke Jongen | 89 |
| 3.47.8 | Anouschka Hof | 90 |
| | Judith Wijbenga | 93 |
| 3.47.9 | Fonny Wekema | 88 |
| 3.48.0 | Sandra Mersman | 79 |
| | Kersten van Reeken | 95 |
| 3.49.4 | Monica Raven | 90 |
| 3.49.7 | Linda Siersema | 79 |
| 3.49.92 | Lotte Jongsma | 99 |
| 3.50.2 | Floortje Abbink | 86 |

8 MINUTEN LOOP

| | | |
|------|-------------------|----|
| 2050 | Marianne Hagenauw | 94 |
| | Karen Wezeman | 94 |
| 2000 | Majken van Reeken | 94 |
| 1975 | Hannah Aukes | 91 |
| | Marieke Schulten | 94 |
| 1950 | Kim Schokkenbroek | 95 |
| 1900 | Fonny Wekema | 88 |

| | | |
|------|-----------------------|----|
| | Ilona Rutjes | 91 |
| | Angela van Goor | 92 |
| | Judith Wijbenga | 93 |
| | Michelle van der Laan | 97 |
| | Lotte Pigmans | 97 |
| 1875 | Mirjam Seldentuis | 87 |
| | Monica Raven | 90 |
| 1850 | Floortje Abbink | 86 |
| | Lieke Jongen | 89 |
| | Anouschka Hof | 90 |
| | Leonie Albers | 91 |
| 1825 | Davinia Lagenhorst | 91 |
| 1800 | Marloes Bijleveld | 92 |
| | Inge Hagenauw | 96 |
| | Ilva Hettinga | 96 |

VERSPRINGEN

| | | |
|------|---------------------|----|
| 4.50 | Ilva Hettinga | 96 |
| 4.45 | Marianne Hagenauw | 94 |
| 4.40 | Inge Hagenauw | 96 |
| 4.05 | Judith Wijbenga | 93 |
| 4.04 | Mirjam Bruggeman | 89 |
| 4.01 | Kim Schokkenbroek | 95 |
| | Anouk Linthorst | 99 |
| 3.95 | Ilona Rutjes | 91 |
| 3.94 | Lieke Jongen | 89 |
| | Lotte Pigmans | 97 |
| 3.90 | Christina Badibanga | 97 |
| 3.89 | Fraa Alkemade | 94 |
| 3.88 | Nynke Weites | 89 |
| | Roxanne van der Wal | 99 |
| 3.87 | Angela van Goor | 92 |
| 3.84 | José Molenkamp | 83 |
| | Jannicke IJdens | 99 |
| 3.83 | Angelique Poelman | 86 |
| 3.81 | Majken van Reeken | 94 |
| 3.80 | Maaïke Hoekstra | 81 |

HOOGSPRINGEN

| | | |
|------|--------------------|----|
| 1.40 | Marianne Hagenauw | 94 |
| 1.35 | Ilona Rutjes | 91 |
| | Inge Hagenauw | 96 |
| | Ilva Hettinga | 96 |
| | Kim Schokkenbroek | 96 |
| 1.32 | Angela van Goor | 92 |
| 1.30 | Leonie Albers | 90 |
| 1.25 | Angelique Poelman | 86 |
| | Annet Kooistra | 91 |
| | Majken van Reeken | 94 |
| | Lotte Pigmans | 97 |
| | Jannicke IJdens | 99 |
| 1.20 | Anouschka Hof | 90 |
| | Hannah Aukes | 91 |
| | Dineke Pel | 91 |
| | Karen Wezeman | 94 |
| | Evelien van Zuidam | 96 |
| | Margo Pigmans | 97 |

Berber Hidma 98

KOGELSTOTEN

8.57 Marianne Hagenauw 94
 8.39 Inge Hagenauw 96
 8.12 Ilva Hettinga 96
 8.10 Ilona Rutjes 91
 7.81 Mirjam Bruggeman 89
 7.59 Jannicke IJdens 99
 7.52 Maaïke Hoekstra 81
 7.50 Majken van Reeken 94
 7.41 Anne Hidma 95
 7.40 Berber Hidma 98
 7.37 Fonny Wekema 88
 7.28 Roxanne van der Wal 99
 7.21 Angela van Goor 92
 7.05 Lieke Jongen 89
 7.04 Lotte Pigmans 97
 7.02 Nynke Weites 89
 7.01 Kim Schokkenbroek 96
 7.00 Michelle van der Laan 98
 6.85 Anouk Linthorst 99
 6.75 Christina Badibanga 97

BALWERPEN

34.84 Ilona Rutjes 91
 33.45 Marianne Hagenauw 94
 33.00 Kim Schokkenbroek 96
 32.50 Maaïke Hoekstra 81
 30.00 Ilva Hettinga 96
 29.50 Marjan Greven 81
 29.14 Mirjam Bruggeman 89
 28.86 Angelique Poelman 86
 28.78 Jannicke IJdens 99
 28.60 Angela van Goor 92
 28.46 Annet Kooistra 91
 28.10 Marije Hagenauw 94
 28.00 Inge Hagenauw 96
 26.00 Evelien van Zuidam 96
 25.50 Suzan Weerman 89
 25.47 Barbara Aukes 89
 25.30 Roxanne van der Wal 99
 25.26 Anne Hidma 95
 25.14 Lotte Pigmans 97
 25.12 Marije Hagenauw 95

MEISJES PUPILLEN B**40 METER**

6.4 Angelique Poelman 85
 6.5 Chantal Philipsen 98
 6.6 Susan Lagarde 86
 Guusje Mulder 92
 Inge Hagenauw 94
 6.7 Leonie Albers 89
 Hannah Aukes 90
 Joke Smit 92
 Kim Schokkenbroek 94
 Roxanne van der Wal 97
 Valerie Philipsen 00
 6.8 Suzanne Portier 79
 Maaïke Hoekstra 80
 Majken van Reeken 92
 Marianne Vos 94
 Berber Hidma 96
 6.9 Anita Dijkstra 80
 José Molenkamp 82
 Caroline Tak 82
 Ilona Rutjes 89
 Kersten van Reeken 93
 Janneke v.d. Bergs 95
 Nicky van der Schilt 00

1000 METER

3.37.4 Hannah Aukes 90
 3.45.98 Anouk Linthorst 99
 3.54.6 Majken van Reeken 92
 3.54.7 Mirjam Seldentuis 86
 3.58.4 Annemarie Prins 00
 4.00.2 Monica Raven 88
 4.01.3 Floortje Abbink 85
 4.01.7 Valerie Philipsen 00
 4.01.8 Ilona Rutjes 89
 4.01.9 Michelle v.d. Laan 96
 4.02.7 Leonie Albers 89
 4.03.6 Angelique Poelman 85
 4.06.0 Nynke Weites 87
 4.07.8 Joke Smit 92
 4.08.0 Kersten van Reeken 93
 4.09.5 Fonny Wekema 86
 4.09.7 Marjan Greven 80
 4.10.3 Anouk Linthorst 97
 4.10.5 Joyce Ritsema 79
 Patricia Hoogerwerf 83
 Lieke Jongen 87

6 MINUTEN LOOP

1550 Hannah Aukes 90
 Majken van Reeken 92
 1425 Marieke Schulten 92
 1400 Kim Schokkenbroek 94

1375 Monica Raven 88
 Ilona Rutjes 89
 Kersten van Reeken 93
 Inge Hagenauw 94
 Anouk Linthorst 97
 1370 Mariëtte Westerhof 84
 1350 Elis Suichies 85
 Floortje Abbink 85
 Nynke Weites 87
 Joke Smit 92
 Michelle v.d. Laan 96
 1325 Nienke Blauw 85
 Angelique Poelman 85
 Lieke Jongen 87
 Berber Hidma 96

VERSPRINGEN

3.80 Inge Hagenauw 94
 3.75 Nynke Aukema 84
 3.72 Ilva Hettinga 94
 3.70 Joyce Ritsema 79
 Kim Schokkenbroek 94
 3.69 Angelique Poelman 85
 3.66 Maaïke Hoekstra 80
 3.65 Nynke Weites 87
 3.63 Majken van Reeken 92
 3.61 Suzanne Portier 79
 3.59 Marianne Vos 94
 3.55 Hannah Aukes 90
 3.53 Alien Vos 94
 3.50 Roxanne van der Wal 97
 3.49 Leonie Albers 89
 3.48 Evelien van Zuidam 95
 3.46 Guusje Mulder 92
 3.39 Gerda Brinks 81
 3.38 Ilona Rutjes 89
 3.37 Michelle v.d. Laan 96

HOOGSPRINGEN

1.15 Inge Hagenauw 94
 Kim Schokkenbroek 94
 1.10 Esther Poelsma 80
 Elis Suichies 85
 Lieke Jongen 87
 Hannah Aukes 90
 Angela van Goor 90
 Majken van Reeken 92
 1.05 Maaïke Hoekstra 80
 Angelique Poelman 85
 Barbara Aukes 88
 Ilona Rutjes 89
 Majken van Reeken 92
 Ilva Hettinga 94
 Evelien van Zuidam 95
 1.00 Diana Geuken 79
 Marjan Greven 80
 Sandra Klamer 82

| | |
|-------------------------|----|
| Linda Holt | 84 |
| Floortje Abbink | 85 |
| Leonie Albers | 89 |
| Ann Blokpoel | 91 |
| Guusje Mulder | 92 |
| Kersten van Reeken | 93 |
| Annemieke v.Plateringen | 95 |
| Berber Hidma | 96 |
| Roxanne van der Wal | 97 |
| Nicky van der Schilt | 00 |

KOGELSTOTEN

| | | |
|------|----------------------|----|
| 6.24 | Nicky van der Schilt | 00 |
| 6.15 | Maaïke Hoekstra | 80 |
| 6.00 | Angela van Goor | 90 |
| 5.95 | Inge Hagenauw | 94 |
| | Michelle v.d. Laan | 95 |
| 5.88 | Hannah Aukes | 90 |
| 5.82 | Angelique Poelman | 85 |
| 5.77 | Nynke Weites | 87 |
| 5.75 | Kim Schokkenbroek | 94 |
| 5.71 | Nynke Aukema | 84 |
| 5.65 | Ilona Rutjes | 89 |
| 5.62 | Berber Hidma | 96 |
| 5.57 | Ilva Hettinga | 94 |
| 5.54 | Majken van Reeken | 92 |
| 5.53 | Fonny Wekema | 86 |
| 5.48 | Jannicke Ydens | 97 |
| 5.47 | Leonie Albers | 89 |
| 5.42 | Alien Vos | 94 |
| 5.25 | Lieke Jongen | 87 |
| 5.20 | Lianne Holscher | 82 |

BALWERPEN

| | | |
|-------|----------------------|----|
| 27.48 | Kim Schokkenbroek | 94 |
| 25.42 | Alien Vos | 94 |
| 24.50 | Marjan Greven | 80 |
| 24.00 | Maaïke Hoekstra | 80 |
| | Angelique Poelman | 85 |
| 23.65 | Inge Hagenauw | 94 |
| 23.00 | Ilva Hettinga | 94 |
| 22.62 | Evelien van Zuidam | 95 |
| 22.60 | Hannah Aukes | 90 |
| 22.02 | Mirjam de Jonge | 95 |
| 22.00 | Ilona Rutjes | 89 |
| 21.00 | Sandra Klamer | 82 |
| | Annemareye Reijnders | 82 |
| 20.44 | Jannicke Ydens | 97 |
| 19.82 | Noortje Mijer | 95 |
| 19.80 | Rosita Willems | 90 |
| 19.74 | Nynke Weites | 87 |
| 19.60 | Barbara Aukes | 88 |
| 19.26 | Majken van Reeken | 92 |
| 19.00 | Wendy Gelling | 80 |
| | Caroline Tak | 82 |

MEISJES PUPILLEN C**40 METER**

| | | |
|-----|--------------------------|----|
| 6.7 | Inge Hagenauw | 93 |
| 7.0 | Roxanne v.d. Wal | 96 |
| 7.1 | José Molenkamp | 81 |
| | Nynke Weites | 86 |
| | Hannah Aukes | 89 |
| | Guusje Mulder | 91 |
| | Majken van Reeken | 91 |
| 7.2 | Maaïke Hoekstra | 79 |
| | Lianne Bousema | 88 |
| | Joke Smit | 91 |
| | Marianne Vos | 93 |
| | Evelien van Zuidam | 94 |
| | Nicky van der Schilt | 99 |
| | Valerie Philipsen | 99 |
| | Eline Hoekstra | 00 |
| 7.3 | Kersten van Reeken | 92 |
| | Berber Hidma | 95 |
| | Anouk Linthorst | 96 |
| 7.4 | Marjan Greven | 79 |
| | Caroline Tak | 81 |
| | Leonie Albers | 88 |
| | Anne Hidma | 92 |
| | Annemarie v. Plateringen | 94 |
| | Sabine Schokkenbroek | 95 |

600 METER

| | | |
|---------|----------------------|----|
| 2.17.0 | Valerie Philipsen | 99 |
| 2.21.82 | Eline Hoekstra | 00 |
| 2.22.2 | Nicky van der Schilt | 99 |
| 2.37.0 | Suzanne Williams | 00 |
| 2.57.4 | Natalia Westerman | 99 |

1000 METER

| | | |
|--------|-----------------------|----|
| 3.55.4 | Hannah Aukes | 89 |
| 4.07.0 | Majken van Reeken | 91 |
| 4.11.4 | Guusje Mulder | 91 |
| 4.11.5 | Michelle van der Laan | 95 |
| 4.14.3 | Anouk Linthorst | 96 |
| 4.15.5 | Inge Hagenauw | 93 |
| 4.15.6 | Evelien van Zuidam | 94 |
| 4.18.4 | Marjan Greven | 79 |
| 4.19.0 | José Molenkamp | 81 |
| 4.20.2 | Roxanne v.d. Wal | 96 |
| 4.22.8 | Marieke Schulten | 91 |
| 4.24.2 | Lotte de Vries | 91 |
| 4.25.3 | Kersten van Reeken | 92 |
| 4.26.0 | Joke Smit | 91 |
| 4.27.1 | Nynke Weites | 86 |
| 4.27.8 | Berber Hidma | 94 |
| 4.28.3 | Karin Salier | 89 |
| 4.30.0 | Rosita Willems | 89 |
| 4.30.9 | Sandra Klamer | 81 |

| | |
|--------------|----|
| Marianne Vos | 93 |
|--------------|----|

6 MINUTEN LOOP

| | | |
|------|------------------|----|
| 1225 | Laura Groenewold | 84 |
| 1150 | Floortje Abbink | 84 |
| 1105 | Claudia Willems | 84 |
| 1100 | Loes van Dooren | 84 |
| 1075 | Hilde v.d. Heide | 84 |

VERSPRINGEN

| | | |
|------|--------------------------|----|
| 3.67 | Guusje Mulder | 91 |
| 3.39 | Inge Hagenauw | 93 |
| 3.34 | Hannah Aukes | 89 |
| 3.32 | Majken van Reeken | 91 |
| 3.30 | Marjan Greven | 79 |
| 3.26 | Nynke Weites | 86 |
| 3.25 | Maaïke Hoekstra | 79 |
| | Evelien van Zuidam | 94 |
| 3.18 | Anouk Linthorst | 96 |
| 3.17 | Joke Smit | 91 |
| 3.13 | Lotte de Vries | 91 |
| 3.10 | Alien Vos | 93 |
| 3.09 | Roxanne v.d. Wal | 96 |
| 3.08 | Valerie Philipsen | 99 |
| 3.06 | Annemarie v. Plateringen | 94 |
| 3.05 | Marianne Vos | 93 |
| 3.02 | José Molenkamp | 81 |
| 3.00 | Kersten van Reeken | 92 |
| 2.99 | Judith de Wolf | 80 |
| 2.94 | Michelle van der Laan | 95 |

HOOGSPRINGEN

| | | |
|------|-------------------------|----|
| 1.05 | Majken van Reeken | 91 |
| | Inge Hagenauw | 93 |
| 0.95 | Barbara Aukes | 87 |
| | Leonie Albers | 88 |
| | Kersten van Reeken | 92 |
| | Michelle v. d. Laan | 95 |
| 0.90 | Lotte de Vries | 91 |
| | Berber Hidma | 95 |
| | Roxanne v.d. Wal | 96 |
| | Nicky van der Schilt | 99 |
| 0.85 | Kim Whittingham | 87 |
| | Rosita Willems | 89 |
| | Hannah Aukes | 89 |
| | Lisa von Hebel | 90 |
| | Guusje Mulder | 91 |
| | Joke Smit | 91 |
| | Marieke Hendriks | 92 |
| | Anne Hidma | 92 |
| | Nienke Karenbeld | 92 |
| | Charida Tetehuka | 92 |
| | Lotte Hidma | 93 |
| | Jitske Hendriks | 93 |
| | Annemieke v.Plateringen | 94 |
| | Baukje v.d. Star | 94 |

Evelien van Zuidam 94

KOGELSTOTEN (1 kg)

| | | |
|------|--------------------------|----|
| 6.43 | Majken van Reeken | 91 |
| 6.40 | Inge Hagenauw | 93 |
| 6.08 | Evelien van Zuidam | 94 |
| 6.01 | Alien Vos | 93 |
| 5.95 | Michelle v. d. Laan | 95 |
| 5.61 | Mirjam de Jonge | 94 |
| | Nicky van der Schilt | 99 |
| 5.59 | Annemarie v. Plateringen | 94 |
| | Baukje v.d. Star | 94 |
| 5.50 | Lotte Hidma | 93 |
| 5.19 | Eline Hoekstra | 00 |
| 5.16 | Berber Hidma | 95 |
| 5.00 | Jitske Hendriks | 93 |
| 4.85 | Marleen Luttje | 96 |
| 4.82 | Wietske van der Graaf | 00 |
| 4.76 | Sabine Schokkenbroek | 95 |
| 4.65 | Anouk Linthorst | 96 |
| 4.63 | Roxanne v.d. Wal | 96 |
| 4.50 | Robin Duits | 95 |
| 4.45 | Natalia Westermann | 99 |

BALWERPEN

| | | |
|-------|----------------------|----|
| 27.00 | Marjan Greven | 79 |
| 20.45 | Evelien van Zuidam | 94 |
| 20.02 | Inge Hagenauw | 93 |
| 18.93 | Sandra Klamer | 81 |
| 18.02 | Lianne Bousema | 88 |
| 18.00 | Nynke Weites | 87 |
| | Kim Whittingham | 87 |
| | Hannah Aukes | 90 |
| 17.55 | Mirjam de Jonge | 94 |
| 17.50 | Baukje v.d. Star | 94 |
| 17.05 | Guusje Mulder | 91 |
| 16.58 | Majken van Reeken | 91 |
| 16.50 | Kersten van Reeken | 92 |
| 16.18 | Nicky van der Schilt | 99 |
| 15.45 | Lisa von Hebel | 90 |
| 15.00 | Linda Holt | 83 |
| 14.35 | Barbara Aukes | 87 |
| 14.32 | Marleen Luttje | 96 |
| 14.30 | Alien Vos | 92 |
| 14.00 | Esther Louw | 79 |
| | Joke Smit | 91 |
| | Nienke Karenbeld | 92 |
| | Roxanne v.d. Wal | 96 |