

top10 mpa

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 ~~~~~ mpa 60M o ~~~~~

| | | |
|-------------------|-----|------------|
| suzanne heijmans | 8,7 | 1988-11-11 |
| tessa albers | 9,0 | 1998-11-11 |
| boukje mannens | 9,2 | 1991-11-11 |
| esther brilman | 9,2 | 2007-07-07 |
| astrid heilker | 9,3 | 1998-11-11 |
| martine bouwman | 9,3 | 1999-11-11 |
| esther mocking | 9,4 | 1990-11-11 |
| ramona van baaren | 9,4 | 1989-11-11 |
| aniek de witt | 9,5 | 2011-10-08 |
| manon leerink | 9,5 | 1993-11-11 |
| julia wildenbeest | 9,5 | 2009-07-04 |
| iris van leuveren | 9,5 | 2017-03-25 |

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 ~~~~~ mpa 60M ET o ~~~~~

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|-------------------|------|------------|
| lotte van dongen | 9,20 | 2019-06-15 |
| dyone van aller | 9,29 | 2019-06-15 |
| aniek de witt | 9,51 | 2012-09-15 |
| jetske meijer | 9,54 | 2015-03-29 |
| lara siemons | 9,67 | 2012-06-16 |
| iris van leuveren | 9,74 | 2017-06-17 |
| esther brilman | 9,79 | 2007-05-19 |
| milana oortjes | 9,82 | 2019-06-15 |
| julia wildenbeest | 9,87 | 2009-06-06 |
| lara heinen | 9,92 | 2014-05-17 |

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 ~~~~~ mpa 600M o ~~~~~

| | | |
|-------------------|---------|------------|
| bente wagenveld | 1:57,38 | 2012-08-19 |
| brynn wagenveld | 2:05,55 | 2012-06-02 |
| tessa albers | 2:18,3 | 1997-11-11 |
| lisanne van manen | 2:21,6 | 1994-11-11 |
| marije van manen | 2:23,72 | 1996-11-11 |
| annelies kroon | 2:24,1 | 1994-11-11 |
| angela koudijs | 2:31,4 | 1997-11-11 |
| wendy hogeveen | 2:43,6 | 1993-11-11 |
| brenda koudijs | 2:43,6 | 1997-11-11 |
| lisette kamphorst | 2:44,4 | 1999-11-11 |

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 ~~~~~ mpa 1000M o ~~~~~

| | | |
|------------------|---------|------------|
| bente wagenveld | 3:22,54 | 2012-10-13 |
| esther brilman | 3:22,55 | 2007-07-01 |
| marijke brilman | 3:26,6 | 2005-09-17 |
| brynn wagenveld | 3:31,44 | 2012-09-15 |
| boukje mannens | 3:34,8 | 1991-11-11 |
| astrid heilker | 3:39,4 | 1998-11-11 |
| dyone van aller | 3:40,42 | 2019-06-15 |
| esther mocking | 3:43,2 | 1990-11-11 |
| tessa albers | 3:44,0 | 1998-11-11 |
| suzanne heijmans | 3:46,2 | 1988-11-11 |

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 ~~~~~ mpa hoog o ~~~~~

| | | |
|-------------------|------|------------|
| iris van leuveren | 1,30 | 2017-04-08 |
| jetske meijer | 1,30 | 2014-05-17 |
| esther brilman | 1,30 | 2007-04-07 |

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| | | |
|--------------------|------|------------|
| dyone van aller | 1,25 | 2019-03-30 |
| lara heinen | 1,25 | 2014-05-17 |
| lara siemons | 1,25 | 2012-04-25 |
| britt hoff | 1,25 | 2011-09-03 |
| marijke brilman | 1,20 | 2005-04-09 |
| inez van gijlswijk | 1,20 | 2006-09-02 |
| boukje mannens | 1,20 | 1991-11-11 |
| tessa albers | 1,20 | 1998-11-11 |

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|                   |      |            |
|-------------------|------|------------|
| esther brilman    | 4,26 | 2007-07-07 |
| tessa albers      | 4,13 | 1998-11-11 |
| lisanne van manen | 4,04 | 1994-11-11 |
| aniek de witt     | 3,99 | 2012-09-01 |
| jetske meijer     | 3,95 | 2015-06-13 |
| suzanne heijmans  | 3,95 | 1988-11-11 |
| astrid heilker    | 3,95 | 1988-11-11 |
| dyone van aller   | 3,90 | 2019-06-15 |
| lotte van dongen  | 3,90 | 2019-06-15 |
| julia wildenbeest | 3,88 | 2009-07-04 |

~~~~~ mpa kogel o ~~~~~

| | | |
|-------------------|------|------------|
| iris van leuveren | 8,00 | 2017-09-15 |
| martine bouwman | 7,67 | 1999-11-11 |
| marit van ginkel | 7,63 | 1998-11-11 |
| aniek de witt | 7,45 | 2012-09-01 |
| astrid heilker | 7,19 | 1998-11-11 |
| iris van leuveren | 7,16 | 2017-03-25 |
| esther brilman | 7,05 | 2007-05-19 |
| jetske meijer | 6,90 | 2015-05-23 |
| sterre blok | 6,80 | 2013-07-04 |
| tessa albers | 6,75 | 1998-11-11 |

~~~~~ mpa bal o ~~~~~

|                    |       |            |
|--------------------|-------|------------|
| brynn wagenveld    | 28,55 | 2012-09-01 |
| wendy hogeveen     | 26,24 | 1993-11-11 |
| wendy van meerveld | 26,24 | 1991-11-11 |
| annette polko      | 24,82 | 1990-11-11 |
| esther mocking     | 24,62 | 1990-11-11 |
| aniek de witt      | 24,42 | 2012-03-31 |
| astrid heilker     | 24,02 | 1988-11-11 |
| manon leerink      | 24,02 | 1983-11-11 |
| annelies kroon     | 24,00 | 1994-11-11 |
| melina hoff        | 23,85 | 2011-09-03 |

~~~~~ mpa fluitspeer o ~~~~~

| | | |
|-------------------|-------|------------|
| jetske meijer | 29,99 | 2015-06-07 |
| iris van leuveren | 25,87 | 2017-06-17 |
| evi de wit | 22,75 | 2018-05-01 |
| lara heinen | 21,69 | 2014-04-12 |
| amber schmidt | 20,86 | 2015-06-13 |
| idun wiggers | 20,56 | 2018-05-01 |
| dyone van aller | 20,51 | 2018-05-01 |
| milana oortjes | 18,29 | 2018-05-01 |
| caro adolfs | 16,95 | 2018-05-01 |

top10 mpa

| | | |
|---------------------------------|---------|------------|
| ella van asselt | 16,16 | 2019-06-15 |
| ~~~~~ | | |
| ~~~~~ mpa 4x 40m o ~~~~~ | | |
| ??? | 43,9 | 2003-04-05 |
| sterre,dorien,cerique,mir | 39,25 | 2013-06-15 |
| aniek+brynn+bente+lara | 38 | 2012-03-31 |
| ~~~~~ | | |
| ~~~~~ mpa 4x 60m o ~~~~~ | | |
| mpa-ploeg | 39,95 | 2018-06-02 |
| evi-lorena-milana-lotte | 39,06 | 2019-03-30 |
| dyone-milana-lotte-lorena | 38,07 | 2019-04-13 |
| ~~~~~ | | |
| ~~~~~ mpa 40M i ~~~~~ | | |
| marijke brilman | 7,2 | 2005-02-20 |
| ~~~~~ | | |
| ~~~~~ mpa 50M i ~~~~~ | | |
| tessa albers | 8,0 | 1998-11-11 |
| lisanne van manen | 8,0 | 1994-11-11 |
| martine bouwman | 8,1 | 1999-11-11 |
| suzanne heijmans | 8,2 | 1992-11-11 |
| marit van ginkel | 8,3 | 1998-11-11 |
| annelies kroon | 8,3 | 1993-11-11 |
| elise v.d. hoorn | 8,4 | 2002-11-23 |
| wendy hogeveen | 8,6 | 1993-11-11 |
| mara de visser | 8,9 | 1993-11-11 |
| ineke v.d. kaay | 8,9 | 1111-11-11 |
| ~~~~~ | | |
| ~~~~~ mpa 60M ET i ~~~~~ | | |
| aniek de witt | 9,55 | 2012-03-03 |
| lara heinen | 9,62 | 2014-11-08 |
| jetske meijer | 9,66 | 2015-01-31 |
| iris van leuveren | 9,81 | 2016-11-12 |
| lara van de vliert | 9,93 | 2016-11-12 |
| lara siemons | 9,97 | 2012-03-03 |
| bente wagenveld | 10,06 | 2012-01-28 |
| elise v.d. hoorn | 10,22 | 2004-02-07 |
| sterre blok | 10,22 | 2012-11-10 |
| milana oortjes | 10,24 | 2018-12-15 |
| ~~~~~ | | |
| ~~~~~ mpa 600M i ~~~~~ | | |
| bente wagenveld | 2:00,53 | 2012-03-03 |
| brynn wagenveld | 2:06,85 | 2012-03-03 |
| tessa albers | 2:08,4 | 1998-11-11 |
| jetske meijer | 2:11,12 | 2015-03-08 |
| aniek de witt | 2:13,52 | 2012-03-03 |
| annelies kroon | 2:22,8 | 1994-11-11 |
| marit van ginkel | 2:23,7 | 1997-11-11 |
| lara heinen | 2:26,59 | 2014-03-01 |
| lara siemons | 2:27,59 | 2012-03-03 |
| lisanne van manen | 2:27,9 | 1994-11-11 |
| ~~~~~ | | |
| ~~~~~ mpa 1000M i ~~~~~ | | |
| bente wagenveld | 3:33,61 | 2012-02-26 |
| brynn wagenveld | 3:54,50 | 2012-02-19 |
| ~~~~~ | | |

top10 mpa

~~~~~ mpa hoog i ~~~~~

|                    |      |            |
|--------------------|------|------------|
| jetske meijer      | 1,27 | 2015-01-31 |
| sterre blok        | 1,25 | 2013-03-13 |
| ivana snijder      | 1,24 | 2018-02-03 |
| iris van leuveren  | 1,23 | 2017-01-28 |
| esther brilman     | 1,20 | 2007-03-21 |
| anna wiersema      | 1,20 | 2010-03-23 |
| tessa albers       | 1,20 | 1998-11-11 |
| marijke brilman    | 1,20 | 2005-02-20 |
| milana oortjes     | 1,15 | 2018-11-10 |
| linn peters        | 1,15 | 2018-11-10 |
| fenna v.d. brom    | 1,15 | 2013-03-13 |
| marieke v.d. geest | 1,15 | 2010-03-23 |
| lara heinen        | 1,15 | 2014-02-01 |
| marit van ginkel   | 1,15 | 1998-11-11 |

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~~~~~ mpa ver i ~~~~~

|                   |      |            |
|-------------------|------|------------|
| lara heinen       | 4,05 | 2014-12-13 |
| jetske meijer     | 4,02 | 2015-03-08 |
| aniek de witt     | 3,96 | 2011-12-17 |
| martine bouwman   | 3,72 | 2000-11-11 |
| iris van leuveren | 3,65 | 2016-12-17 |
| bente wagenveld   | 3,59 | 2012-03-03 |
| tessa albers      | 3,41 | 1997-11-11 |
| brynn wagenveld   | 3,40 | 2012-03-03 |
| lois dam          | 3,40 | 2007-02-03 |
| elin wennekes     | 3,39 | 2019-12-14 |
| anna wiersema     | 3,39 | 2009-12-12 |

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~~~~~ mpa kogel i ~~~~~

|                      |      |            |
|----------------------|------|------------|
| martine bouwman      | 8,34 | 2000-11-11 |
| marit van ginkel     | 7,88 | 1998-11-11 |
| iris van leuveren    | 7,12 | 2016-11-12 |
| marijke brilman      | 6,79 | 2005-03-15 |
| aniek de witt        | 6,65 | 2012-03-20 |
| emma wolters         | 6,63 | 2007-03-21 |
| tessa albers         | 6,50 | 1998-11-11 |
| jetske meijer        | 6,47 | 2015-03-08 |
| marcella v.d. streek | 6,34 | 2005-03-15 |
| beau van essen       | 6,31 | 2004-03-30 |
| joëlle hoff          | 6,31 | 2010-12-18 |