

top10 mpd

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 ~~~~~ mpd 40M o ~~~~~

|                      |     |            |
|----------------------|-----|------------|
| jetske meijer        | 7,8 | 2011-06-25 |
| charlotte bruinekool | 7,9 | 2018-05-01 |
| elin batist          | 8,0 | 2018-05-01 |
| roos gideonse        | 8,0 | 2018-05-01 |
| aniek v.d. braak     | 8,0 | 2018-05-01 |
| tessa albers         | 8,2 | 1994-01-01 |
| lara heinen          | 8,4 | 2011-05-26 |
| brynn wagenveld      | 8,4 | 2008-05-29 |
| anna wiersema        | 8,4 | 2006-06-14 |
| iris van leuveren    | 8,4 | 2013-04-24 |

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 ~~~~~ mpd 40M ET o ~~~~~

|                     |      |            |
|---------------------|------|------------|
| aniek v.d. braak    | 7,45 | 2019-09-14 |
| jetske meijer       | 8,01 | 2011-05-21 |
| emelie van nifterik | 8,43 | 2019-05-11 |
| sarah hoogewoud     | 8,49 | 2018-07-07 |
| inge lozeman        | 8,51 | 2016-06-18 |
| alana dijkman       | 8,64 | 2017-06-17 |
| eden duine          | 8,79 | 2018-07-07 |
| willemijn sevinga   | 9,69 | 2017-06-17 |

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 ~~~~~ mpd 600M o ~~~~~

|                     |         |            |
|---------------------|---------|------------|
| tessa albers        | 2:28,20 | 1994-11-11 |
| brynn wagenveld     | 2:31,0  | 2008-09-30 |
| aniek v.d. braak    | 2:31,08 | 2019-06-15 |
| esther brilman      | 2:36,0  | 2003-05-01 |
| emelie van nifterik | 2:37,55 | 2019-06-15 |
| bente wagenveld     | 2:39,0  | 2008-09-30 |
| inge lozeman        | 2:42,70 | 2016-04-16 |
| alana dijkman       | 2:43,31 | 2017-06-17 |
| zorina kroon        | 2:43,60 | 1997-11-11 |
| jetske meijer       | 2:45,4  | 2011-10-05 |

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 ~~~~~ mpd hoog o ~~~~~

|                   |      |            |
|-------------------|------|------------|
| maartje iris      | 0,85 | 2011-05-26 |
| majke van vulpen  | 0,85 | 2000-11-11 |
| lara heinen       | 0,85 | 2011-05-26 |
| jetske meijer     | 0,85 | 2011-05-26 |
| iris van leuveren | 0,80 | 2013-07-02 |
| megan van essen   | 0,80 | 2010-05-26 |
| karlijn wolters   | 0,80 | 2007-07-11 |
| beau van essen    | 0,80 | 2000-11-11 |
| mara de visser    | 0,80 | 1996-11-11 |
| tessa albers      | 0,80 | 1994-11-11 |

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 ~~~~~ mpd ver o ~~~~~

|                  |      |            |
|------------------|------|------------|
| aniek v.d. braak | 2,97 | 2019-03-30 |
| jetske meijer    | 2,84 | 2011-05-28 |
| tessa albers     | 2,70 | 1994-11-11 |
| zorina kroon     | 2,70 | 1997-11-11 |
| majke van vulpen | 2,55 | 2000-11-11 |
| marit van ginkel | 2,52 | 1994-11-11 |
| aniek de witt    | 2,50 | 2008-06-25 |

## top10 mpd

|                 |      |            |
|-----------------|------|------------|
| anna wiersema   | 2,46 | 2006-06-27 |
| tama dijkhuizen | 2,45 | 1995-11-11 |
| mara de visser  | 2,43 | 1996-11-11 |

## ~~~~~ mpd kogel o ~~~~~

|                  |      |            |
|------------------|------|------------|
| majke van vulpen | 5,34 | 2000-11-11 |
| elma pekelaer    | 4,55 | 2004-06-24 |
| lara heinen      | 4,47 | 2011-10-06 |
| gorina kroon     | 4,33 | 1997-11-11 |
| lisa petersen    | 4,13 | 2003-05-01 |
| jetske meijer    | 3,95 | 2011-10-06 |
| ella morrison    | 3,90 | 2010-09-01 |
| sterre blok      | 3,84 | 2010-09-01 |
| megan van essen  | 3,78 | 2010-09-01 |
| esther brilman   | 3,66 | 2003-05-01 |

## ~~~~~ mpd bal o ~~~~~

|                   |       |            |
|-------------------|-------|------------|
| jetske meijer     | 16,18 | 2011-06-29 |
| bente wagenveld   | 11,40 | 2008-06-25 |
| aniek de wit      | 11,16 | 2008-06-25 |
| maaike meijer     | 10,76 | 2006-06-27 |
| megan van essen   | 10,70 | 2010-06-22 |
| kayley van belois | 10,54 | 2010-06-22 |
| eden duine        | 10,43 | 2018-09-01 |
| jorieke ganpat    | 10,29 | 2008-06-25 |
| maartje iris      | 10,18 | 2011-06-29 |
| anna wiersema     | 9,71  | 2006-06-27 |

## ~~~~~ mpd fluitspeer o ~~~~~

|                     |      |            |
|---------------------|------|------------|
| aniek v.d. braak    | 13,6 | 2019-06-15 |
| alana dijkman       | 10,9 | 2017-06-17 |
| emilie van nifterik | 8,80 | 2019-06-15 |
| dieke janssen       | 8,65 | 2019-04-13 |
| sarah hoogewoud     | 8,05 | 2018-07-07 |
| eden duine          | 8,00 | 2018-07-07 |
| inge lozeman        | 7,59 | 2016-04-02 |
| willemijn sevinga   | 6,79 | 2017-06-17 |

## ~~~~~ mpd 50M ET i ~~~~~

|                  |       |            |
|------------------|-------|------------|
| aniek v.d. braak | 9,41  | 2019-02-02 |
| jetske meijer    | 10,36 | 2011-01-29 |

## ~~~~~ mpd hoog i ~~~~~

|                   |      |            |
|-------------------|------|------------|
| iris van leuveren | 0,90 | 2013-03-13 |
| majke van vulpen  | 0,85 | 2000-11-11 |
| emma wolters      | 0,85 | 2003-01-01 |
| lisa petersen     | 0,80 | 2003-10-10 |
| megan van essen   | 0,80 | 2010-03-24 |
| no lle huijser    | 0,75 | 2013-03-13 |
| elma pekelaer     | 0,75 | 2004-03-23 |
| jetske meijer     | 0,75 | 2011-03-23 |
| heleen lugt       | 0,75 | 2000-11-11 |
| beau van essen    | 0,75 | 2000-11-11 |
| mara de visser    | 0,75 | 1111-11-11 |
| marianke ponsteen | 0,75 | 1111-11-11 |

top10 mpd

|                              |       |            |
|------------------------------|-------|------------|
| karlijn wolters              | 0,75  | 2007-03-21 |
| ~~~~~                        |       |            |
| ~~~~~ mpd ver i ~~~~~        |       |            |
| aniek v.d. braak             | 2,81  | 2019-02-02 |
| jetske meijer                | 2,59  | 2011-01-29 |
| ~~~~~                        |       |            |
| ~~~~~ mpd kogel i ~~~~~      |       |            |
| majke van vulpen             | 4,70  | 2000-11-11 |
| elma pekelaer                | 3,91  | 2004-03-23 |
| marleen rosema               | 3,79  | 2005-03-15 |
| esther brilman               | 3,35  | 2003-01-01 |
| lisa petersen                | 3,00  | 2003-01-01 |
| silke snijder                | 2,83  | 2005-03-15 |
| karlijn wolters              | 2,82  | 2007-03-21 |
| jetske meijer                | 2,80  | 2011-03-23 |
| beau van essen               | 2,46  | 2000-11-11 |
| emma wolters                 | 2,35  | 2003-01-01 |
| ~~~~~                        |       |            |
| ~~~~~ mpd foamspeer i ~~~~~  |       |            |
| iris van leuveren            | 6,51  | 2013-03-20 |
| megan van essen              | 6,45  | 2010-03-24 |
| jetske meijer                | 5,29  | 2011-01-29 |
| noëlle huijser               | 4,08  | 2013-03-20 |
| ~~~~~                        |       |            |
| ~~~~~ mpd fluitspeer i ~~~~~ |       |            |
| aniek v.d. braak             | 10,36 | 2019-02-02 |