

Mariska Kramer . . . Marathon athlete

Name : Mariska Kramer-Postma
Date of birth : 26 april 1974
Status: Married to Sjaco
City : Drachten, Netherlands
Club : SV Friesland
Trainer : Jelle Luinstra (AV Lionitas)
Manager: Charles Paanakker
Website : www.worldrunning-athletics.nl
www.mariskakramer.nl



Results 2012

Race	Dist	Place	Time	Date	Remarks
Carmel, In (USA)	21	1	1:16:53	21 apr	
Half marathon Leeuwarden	21	1	1:15:44	30 mar	
Circuitrun Zandvoort	12	5	43:51	23 mar	
CPC The Hague	21	5	1:15:37	11 mar	
International 10k Schoorl (nl)	10	14	35:22	14 feb	
Egmond half marathon	21	17	1:18:11	8 jan	

Best results 2011

Race	Dist	Place	Time	Date	Remarks
Philadelphia marathon (US)	42	1	2:35:46	20 nov	Persoonlijk record ☺
Terschelling marathon	42	1	2:54:08	6 nov	
Columbus ½ marathon (US)	21	1	1:13:52	16 oct	Personal best ☺
Tilburg Ladies run	10	4	34:29	4 sep	NC
Marathon Leiden	42	2	2:46:17	15 may	
City-Pier-City run The Hague	21	5	1:14:24	13 mar	
International 10k Schoorl (nl)	10	5	34:24	13 feb	Personal best ☺

☺ = Highlight

Facts:


Personal bests

10 k	34:24	2011	Schoorl NL
21.1 k	1:13:52	2011	Columbus, Oh USA
Marathon	2:35:46	2011	Philadelphia, Pa USA

Two time Ironman winner 2005, 2008 Nice (France), Louisville, Ky (USA)
Vice World Champion duathlon 2008 Geel (Belgium)

Mariska Kramer . . . Marathon athlete

Best results 2010

Race	Dist	Place	Time	Date	Remarks
Marathon Philadelphia (usa)	42	1	2:38:55	21 nov	
Columbus,Oh (USA)	21	2	1:14:42	6 sep	
Singelloop Breda NC	21	4	1:17:31	3 okt	2 nd Nat Champs 
Half marathon St Louis (USA)	21	1	1:17:23	11 apr	
Jacksonville marathon (USA)	42	6	2:44:29	21 feb	

Marathon victories

Philadelphia,pa	(USA)	2:35:46		2010 + 2011
Leeuwarden	(NL)	2:48:07		2010
Jacksonville,fl	(USA)	2:45:23		2008
Terschelling	(NL)	2:52:54	9 X	1997,98,99 – 2000,01,02 – 2004,05, 2011
Dayton,oh USAF	(USA)	2:57:15		2000

Overall resumé

Running

Philadelphia (usa) marathon '11 Winner in 2:35:46
Philadelphia (usa) marathon '10 Winner in 2:38:55
Columbus (usa) half marathon '11 1st in 1:13:52
Breda(nl) half marathon '10 2nd NC in
Jacksonville(usa) marathon '08 Winner in 2:45:23
Marathon Terschelling 9 time winner

Duathlon

WC Duathlon long distance 2nd Geel (B) 2008 😊 , 13th Richmond (USA) 2007,
9th Barcis (I) 2005, 7th Fredericia (Dk) 2004
Memorial Benny Vansteelant Winner 2008
Torhout (B)
Powerman Germany 2nd 2009
Powerman Luxemburg Winner 2009
Powerman Holland 3rd 2004, 4th 2005, 2nd 2006, 5th 2008
Powerman Geel (B) Winner 2006 + 2007
WC Powerman Zofingen 9th 2005
NC duathlon Tilburg National Champion 2009 😊

Triathlon

NC long distance Stein Winner + National Champion 2008 😊
winner 2001, 2nd + 2nd NC 2003 + 2004
Algau triathlon Immenstadt (D) Winner 2005, 3rd 2007
Triathlon Eupen (B) Winner 2003

IRONMAN

Ironman Louisville,Ky (USA) Winner 2008 😊 3rd 2007, 6th 2009
Ironman Nice, France Winner 2005 😊 2nd 2006
WK Ironman Hawaii 33rd 2004, 41st 2005, 55th 2006
Ironman Florida 7th 2003 (1st age grouper overall)