

Clubrecords AV Heerenveen wegatletiek

Bettie Agricola

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|-----|-------|------------|----------|-----------------|------------|
| V40 | (V45) | 5 km | 20:34 | Hollandscheveld | 2016-08-20 |
| V40 | (V45) | 25 km | 2:04:21t | Eindhoven | 2016-10-09 |
| V45 | | 5 km | 20:34 | Hollandscheveld | 2016-08-20 |
| V45 | | 10 km | 42:47 | Zuidwolde | 2013-10-06 |
| V45 | | 15 km | 1:05:49 | Heerenveen | 2014-02-01 |
| V45 | | ½ marathon | 1:36:03 | Appelscha | 2015-09-05 |
| V45 | | 25 km | 2:04:21t | Eindhoven | 2016-10-09 |

Gré vd Bergs

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|-----|--|----------|---------|-----------|------------|
| V60 | | 30 km | 3:10:53 | Sneek | 2004-03-28 |
| V60 | | marathon | 4:43:17 | Rotterdam | 2005-04-10 |
| V65 | | marathon | 4:49:46 | Raerd | 2008-06-14 |

Alex Bergsma

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|-----|--|-------|---------|-----------|------------|
| M35 | | 25 km | 1:32:55 | Apeldoorn | 2015-02-01 |
|-----|--|-------|---------|-----------|------------|

Jikke vd Berg

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|-----|--|-------|---------|------------|------------|
| V45 | | 30 km | 2:26:16 | Leeuwarden | 2017-03-05 |
| V50 | | 5 km | 22:18 | Makkum | 2020-01-18 |
| V50 | | 10 km | 45:16 | Gorredijk | 2019-12-31 |

Cees Clement

| | | | | | |
|---|--|-------|---------|-------|------|
| M | | 25 km | 1:23:12 | Baarn | 1967 |
|---|--|-------|---------|-------|------|

Andrea Deelstra

| | | | | | |
|-----|-------|------------|----------|-------------------|------------|
| V | | 5 km | 16:58t | Zaandam | 2017-09-17 |
| V | | 10 km | 33:59 | Appingedam | 2016-06-25 |
| V | (V35) | 15 km | 52:03t | Valencia (Spa) | 2020-12-06 |
| V | | 10 EM | 56:18 | Zaandam | 2012-09-23 |
| V | | 20 km | 1:09:42t | Berlijn (Dui) | 2015-09-27 |
| V | (V35) | ½ marathon | 1:13:08t | Valencia (Spa) | 2020-12-06 |
| V | (V35) | 25 km | 1:26:39t | Valencia (Spa) | 2020-12-06 |
| V | (V35) | 30 km | 1:44:11t | Valencia (Spa) | 2020-12-06 |
| V | | marathon | 2:26:46 | Berlijn (Dui) | 2015-09-27 |
| V35 | | 5 km | 17:14t | Loipersdorf (Dui) | 2021-05-23 |
| V35 | | 10 km | 34:24t | Loipersdorf (Dui) | 2021-05-23 |
| V35 | | 15 km | 52:03t | Valencia (Spa) | 2020-12-06 |
| V35 | | 20 km | 1:11:59t | Sapporo (Jap) | 2021-08-07 |
| V35 | | ½ marathon | 1:13:08t | Valencia (Spa) | 2020-12-06 |
| V35 | | 25 km | 1:26:39t | Valencia (Spa) | 2020-12-06 |
| V35 | | 30 km | 1:44:11t | Valencia (Spa) | 2020-12-06 |
| V35 | | marathon | 2:28:23 | Valencia (Spa) | 2020-12-06 |

Marjo Doeven

| | | | | | |
|-----|--|----------|---------|------------|------------|
| V55 | | 30 km | 2:51:14 | Schoorl | 2014-02-09 |
| V55 | | marathon | 4:31:45 | Rome (Ita) | 2014-03-23 |

Willem Faber

| | | | | | |
|-----|--|------------|---------|------------|------------|
| M | | ½ marathon | 1:07:50 | Leek | 1998-03-21 |
| M35 | | 10 km | 31:11 | Oldemarkt | 2000-06-03 |
| M35 | | uurloop | 18454 | Drachten | 2000-04-08 |
| M40 | | 10 km | 32:34 | Emmeloord | 2006-04-29 |
| M40 | | 15 km | 50:28 | Heerenveen | 2006-02-04 |
| M45 | | 10 km | 33:03 | Oldemarkt | 2010-05-15 |
| M45 | | 15 km | 53:32 | Heerenveen | 2010-02-06 |
| M45 | | 10 EM | 55:55 | Heerenveen | 2012-05-05 |

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|-----|--|------------|---------|------------|------------|
| M45 | | ½ marathon | 1:15:47 | Sneek | 2011-07-02 |
| M50 | | 10 km | 35:29 | Joure | 2015-09-27 |
| M50 | | 15 km | 54:00 | Wildervank | 2016-02-07 |
| M50 | | 10 EM | 58.51 | Heerenveen | 2017-05-06 |

Joke de Jong-Heida

| | | | | | |
|-----|-------|------------|---------|---------------|------------|
| V60 | (V65) | 10 EM | 1:27:23 | Heerenveen | 2012-05-05 |
| V60 | (V65) | ½ marathon | 1:55:04 | Terschelling | 2012-11-04 |
| V60 | (V70) | 25 km | 2:44:39 | Lemelerveld | 2014-02-15 |
| V65 | | 10 km | 52:33 | Harwich (GBr) | 2012-10-13 |
| V65 | | 10 EM | 1:27:23 | Heerenveen | 2012-05-05 |
| V65 | | ½ marathon | 1:55:04 | Terschelling | 2012-11-04 |
| V65 | (V70) | 25 km | 2:44:39 | Lemelerveld | 2014-02-15 |
| V70 | | 10 km | 55:50 | Gorredijk | 2014-12-31 |
| V70 | | 15 km | 1:25:21 | Heerenveen | 2014-02-01 |
| V70 | | 10 EM | 1:46:59 | Oude Willem | 2017-07-29 |
| V70 | | ½ marathon | 2:05:25 | Egmond | 2014-01-12 |
| V70 | | 25 km | 2:44:39 | Lemelerveld | 2014-02-15 |
| V70 | | marathon | 4:54:26 | Raerd | 2016-06-04 |
| V75 | | 10 km | 58:33 | Gorredijk | 2018-12-31 |
| V75 | | 15 km | 1:40:34 | Appelscha | 2019-01-12 |

Oukubay Huruy

| | | | | | |
|---|--|------|-------|------|------------|
| M | | 5 km | 15:24 | Grou | 2020-03-08 |
|---|--|------|-------|------|------------|

Bram Kielman

| | | | | | |
|----|--|-------|-------|----------|------------|
| jA | | 10 km | 33:42 | Drachten | 2014-03-01 |
|----|--|-------|-------|----------|------------|

Ellie Kooistra-Wesseling

| | | | | | |
|-----|-------|----------|---------|-----------|------------|
| V40 | (V45) | 20 km | 1:25:28 | Sneek | 1993-08-28 |
| V40 | (V45) | marathon | 3:10:51 | Eindhoven | 1993-10-10 |
| V45 | | 20 km | 1:25:28 | Sneek | 1993-08-28 |
| V45 | | marathon | 3:10:51 | Eindhoven | 1993-10-10 |

Geert Kraak

| | | | | | |
|-----|--|-------|----------|-------------|------------|
| M75 | | 15 km | 1:26:44t | Wijnjewoude | 2010-05-19 |
| M75 | | 10 EM | 1:29:42 | Wijnjewoude | 2009-05-27 |
| M75 | | 20 km | 1:55:23 | Sneek | 2009-08-29 |
| M80 | | 10 | 1:02:25 | Langweer | 2016-04-16 |
| M80 | | 15 | 1:31:35 | Heerenveen | 2015-02-07 |
| M80 | | 10 EM | 1:36:19 | Heerenveen | 2014-05-03 |

Wiebe Kruithof

| | | | | | |
|-----|-------|---------|-------|------------|------------|
| M40 | (M45) | uurloop | 17409 | Leeuwarden | 1978-10-08 |
| M45 | | uurloop | 17409 | Leeuwarden | 1978-10-08 |

Rudi vd Lelie

| | | | | | |
|---|--|---------|-------|------------|------------|
| M | | 10 km | 30:51 | Oldemarkt | 1998-05-23 |
| M | | 15 km | 46:53 | Workum | 1995-10-28 |
| M | | 10 EM | 50:59 | Heerenveen | 1995-06-03 |
| M | | uurloop | 18585 | Leeuwarden | 1995-10-15 |

Fedde Mast

| | | | | | |
|-----|--|---------|--------|-------------|------------|
| M65 | | 5 km | 21:45 | Heerenveen | 2007-06-20 |
| M65 | | 10 km | 41:52t | Oldeberkoop | 2005-06-08 |
| M65 | | uurloop | 12249 | Leeuwarden | 2006-10-22 |

Gerrie vd Meer

| | | | | | |
|-----|-------|-------|---------|------------|------------|
| V50 | | 15 km | 1:10:19 | Heerenveen | 2007-02-10 |
| V50 | | 10 EM | 1:15:18 | Langezwaag | 2007-02-24 |
| V55 | (V60) | 5 km | 26:32 | Heerenveen | 2019-09-14 |

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|-----|-------|-------|---------|------------|------------|
| V55 | (V65) | 15 km | 1:18:08 | Heerenveen | 2023-02-04 |
| V60 | | 5 km | 26:32 | Heerenveen | 2019-09-14 |
| V60 | | 10 km | 49:38 | Gorredijk | 2016-12-31 |
| V60 | (V65) | 15 km | 1:18:08 | Heerenveen | 2023-02-04 |
| V65 | | 15 km | 1:18:08 | Heerenveen | 2023-02-04 |

Minke vd Meer

| | | | | | |
|-------|-------|-------|---------|------------|------------|
| V U20 | (U18) | 10 km | 43:57 | Oenkerk | 2012-05-19 |
| V U20 | (U18) | 10 EM | 1:25:07 | Oudemirdum | 2012-11-10 |

Bea vd Mei

| | | | | | |
|-----|-------|------------|---------|--------------|------------|
| V | (V50) | 50 km | 5:28:39 | Nieuwehorne | 2016-12-24 |
| V35 | (V50) | 50 km | 5:28:39 | Nieuwehorne | 2016-12-24 |
| V40 | | ½ marathon | 1:35:24 | Norg | 2006-04-29 |
| V40 | | 30 km | 2:24:15 | Sneek | 2006-03-26 |
| V40 | (V50) | 50 km | 5:28:39 | Nieuwehorne | 2016-12-24 |
| V45 | (V50) | 50 km | 5:28:39 | Nieuwehorne | 2016-12-24 |
| V50 | | ½ marathon | 1:45:49 | Schoorl | 2017-02-12 |
| V50 | | 25 km | 2:15:57 | Steenwijk | 2017-04-08 |
| V50 | | 30 km | 2:45:46 | Diever | 2016-07-16 |
| V50 | | marathon | 3:51:11 | Terschelling | 2016-11-06 |
| V50 | | 50 km | 5:28:39 | Nieuwehorne | 2016-12-24 |

Johan van Noordenburg

| | | | | | |
|-----|--|------------|---------|-------------|------------|
| M60 | | uurloop | 13776 | Bolsward | 2011-06-08 |
| M65 | | 15 km | 1:10:31 | Jubbega | 2016-10-15 |
| M65 | | 10 EM | 1:17:00 | Damwoude | 2016-08-27 |
| M65 | | 20 km | 1:41:27 | Oude Willem | 2017-07-29 |
| M65 | | ½ marathon | 1:40:13 | Opende | 2016-07-02 |
| M70 | | 15 km | 1:16:05 | Heerenveen | 2023-02-04 |
| M70 | | ½ marathon | 1:48:33 | Amersfoort | 2021-10-17 |

Minke Oord

| | | | | | |
|-----|-------|---------|---------|------------|------------|
| V50 | (V55) | 20 km | 1:44:28 | Sneek | 2012-08-25 |
| V50 | | uurloop | 12207 | Winschoten | 2008-11-08 |
| V55 | | 20 km | 1:44:28 | Sneek | 2012-08-25 |
| V55 | | uurloop | 10453 | Leeuwarden | 2012-12-02 |

Konstantin Poltavets

| | | | | | |
|-----|-------|----------|---------|--------|------------|
| M | (M35) | marathon | 2:29:46 | Almere | 1998-05-03 |
| M35 | | marathon | 2:29:46 | Almere | 1998-05-03 |
| M40 | | 30 km | 1:50:25 | Sneek | 2005-03-27 |
| M45 | | 20 km | 1:13:08 | Sneek | 2008-08-30 |

Auke Postma

| | | | | | |
|-----|-------|------------|---------|-----------|------------|
| M | (M35) | 20 km | 1:04:43 | Dwingeloo | 1987-05-02 |
| M35 | (M40) | 10 EM | 52:07 | Franeker | 1991-12-07 |
| M35 | | 20 km | 1:04:43 | Dwingeloo | 1987-05-02 |
| M35 | | ½ marathon | 1:08:26 | | 1987 |
| M40 | | 10 EM | 52:07 | Franeker | 1991-12-07 |

Jurriaan de Rouw

| | | | | | |
|-----|-------|------|-------|----------|------------|
| M35 | (M40) | 5 km | 17:04 | Drachten | 2016-10-02 |
| M40 | | 5 km | 17:04 | Drachten | 2016-10-02 |

Sippie Roukema

| | | | | | |
|-----|--|-------|---------|------------|------------|
| V55 | | 10 km | 49:29 | Groningen | 2013-06-10 |
| V55 | | 10 EM | 1:26:39 | Langezwaag | 2012-02-18 |

Mart Sijtsema

| | | | | | |
|-------|--|------|-------|------------|------------|
| M U20 | | 5 km | 15:59 | Hardenberg | 2009-04-17 |
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Denise Sinnema

| | | | | | |
|-------|-------|------|-------|------------|------------|
| V U20 | (U18) | 5 km | 18:46 | Leeuwarden | 2009-06-07 |
|-------|-------|------|-------|------------|------------|

Patrick Sinnema

| | | | | | |
|-------|--|---------|-------|------------|------------|
| M U20 | | uurloop | 15214 | Leeuwarden | 2012-12-02 |
|-------|--|---------|-------|------------|------------|

Pieta Sloot

| | | | | | |
|-----|-------|------------|---------|--------------|------------|
| V55 | (V60) | ½ marathon | 1:50:54 | Terschelling | 2009-11-08 |
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Stien Spruyt

| | | | | | |
|-----|--|------|-------|----------------|------------|
| V65 | | 5 km | 33:26 | St. Nicolaasga | 2009-06-17 |
|-----|--|------|-------|----------------|------------|

Arie vd Steen

| | | | | | |
|-----|-------|------------|---------|------------|------------|
| M | (M50) | 100 km | 9:53:56 | Winschoten | 2018-09-08 |
| M | (M55) | 12-uurloop | 112048 | Deventer | 2019-07-14 |
| M35 | (M50) | 100 km | 9:53:56 | Winschoten | 2018-09-08 |
| M35 | (M55) | 12-uurloop | 112048 | Deventer | 2019-07-14 |
| M40 | (M50) | 100 km | 9:53:56 | Winschoten | 2018-09-08 |
| M40 | (M55) | 12-uurloop | 112048 | Deventer | 2019-07-14 |
| M45 | (M50) | 100 km | 9:53:56 | Winschoten | 2018-09-08 |
| M45 | (M55) | 12-uurloop | 112048 | Deventer | 2019-07-14 |
| M50 | | 100 km | 9:53:56 | Winschoten | 2018-09-08 |
| M50 | (M55) | 12-uurloop | 112048 | Deventer | 2019-07-14 |
| M55 | | 12-uurloop | 112048 | Deventer | 2019-07-14 |

George vd Veen

| | | | | | |
|-----|-------|---------|-------|------------|------------|
| M50 | (M55) | uurloop | 14994 | Leeuwarden | 1993-10-23 |
| M55 | | uurloop | 14994 | Leeuwarden | 1993-10-23 |

Henri Veldman

| | | | | | |
|-----|-------|------------|----------|------------|------------|
| M40 | (M55) | 25 km | 1:36:57t | Amsterdam | 2018-10-21 |
| M45 | (M55) | 5 km | 17:18 | Makkum | 2020-01-18 |
| M45 | (M55) | 25 km | 1:36:57t | Amsterdam | 2018-10-21 |
| M45 | | 30 km | 1:52:44 | Almere | 2009-09-27 |
| M45 | | marathon | 2:42:26 | Rotterdam | 2010-04-11 |
| M50 | (M55) | 5 km | 17:18 | Makkum | 2020-01-18 |
| M50 | (M55) | 10 km | 35:24 | Zuidwolde | 2019-10-06 |
| M50 | (M55) | 20 km | 1:15:57t | Almere | 2018-09-30 |
| M50 | (M55) | 25 km | 1:36:57t | Amsterdam | 2018-10-21 |
| M50 | (M55) | 30 km | 1:54:41 | Almere | 2018-09-30 |
| M50 | (M55) | 50 km | 4:00:06 | Nijverdal | 2018-03-10 |
| M50 | (M55) | marathon | 2:42:51 | Amsterdam | 2018-10-21 |
| M55 | | 5 km | 17:18 | Makkum | 2020-01-18 |
| M55 | | 10 km | 35:24 | Zuidwolde | 2019-10-06 |
| M55 | | 15 km | 55:04 | Nijmegen | 2019-11-17 |
| M55 | | 10 EM | 59:20 | Zaandam | 2019-09-21 |
| M55 | | 20 km | 1:15:57t | Almere | 2018-09-30 |
| M55 | | ½ marathon | 1:18:32 | Dronten | 2019-12-15 |
| M55 | | 25 km | 1:36:57t | Amsterdam | 2018-10-21 |
| M55 | | 30 km | 1:54:41 | Almere | 2018-09-30 |
| M55 | | marathon | 2:42:51 | Amsterdam | 2018-10-21 |
| M55 | | 50 km | 4:00:06 | Nijverdal | 2018-03-10 |
| M60 | | 5 km | 19:44t | Amsterdam | 2022-10-16 |
| M60 | | 10 km | 37:42 | Ruinerwold | 2022-09-03 |
| M60 | | 15 km | 58:22t | Almere | 2022-09-25 |
| M60 | | 10 EM | 1:04:19 | Langezwaag | 2023-02-25 |
| M60 | | 20 km | 1:19:01t | Amsterdam | 2022-10-16 |
| M60 | | ½ marathon | 1:23:22t | Amsterdam | 2022-10-16 |
| M60 | | 25 km | 1:38:58t | Amsterdam | 2022-10-16 |
| M60 | | 30 km | 1:56:11 | Almere | 2022-09-25 |
| M60 | | marathon | 2:49:24 | Amsterdam | 2022-10-16 |

Jacob Visser

| | | | | | |
|-----|-------|------------|----------|--------------------|------------|
| M55 | (M60) | 100 km | 10:34:45 | Winschoten | 2007-09-08 |
| M55 | (M60) | 6-uurloop | 62732 | Almere | 2005-10-09 |
| M60 | | 50 km | 4:40:25 | Winschoten | 2009-09-12 |
| M60 | | 100 km | 10:34:45 | Winschoten | 2007-09-08 |
| M60 | | 6-uurloop | 62732 | Almere | 2005-10-09 |
| M65 | | 25 km | 1:58:40 | Leeuwarden | 2009-10-03 |
| M65 | | 30 km | 2:28:41 | St. Jacobiparochie | 2010-05-08 |
| M65 | | marathon | 3:43:19 | Zwolle | 2009-11-28 |
| M65 | | 50 km | 4:40:38 | Assen | 2011-08-20 |
| M70 | | 5 km | 23:09 | Langweer | 2017-04-22 |
| M70 | | 10 km | 49:13 | Wijnjewoude | 2018-05-30 |
| M70 | | 10 EM | 1:22:49 | Heerenveen | 2017-05-06 |
| M70 | | 20 km | 1:47:50 | Sneek | 2017-08-26 |
| M70 | | 25 km | 2:57:04 | Texel | 2015-02-14 |
| M70 | (M75) | marathon | 4:19:23 | Texel | 2023-02-04 |
| M70 | | 30 km | 2:57:34 | Diever | 2016-07-16 |
| M70 | | 50 km | 5:56:31 | Nieuwehorne | 2016-12-24 |
| M75 | | 5 km | 25:00 | Langezwaag | 2020-02-29 |
| M75 | | 10 km | 50:10 | Gorredijk | 2019-12-31 |
| M75 | | ½ marathon | 1:57:56 | Balk | 2019-12-21 |
| M75 | | marathon | 4:19:23 | Texel | 2023-02-04 |

Toos de Vries

| | | | | | |
|-----|--|-------|---------|-----------|------------|
| V55 | | 25 km | 2:26:56 | Steenwijk | 2017-04-08 |
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Veerle de Vries

| | | | | | |
|-------|--|------------|---------|---------|------------|
| V U20 | | ½ marathon | 2:17:48 | Ameland | 2008-12-13 |
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Bob vd Weg

| | | | | | |
|-----|-------|-----------|---------|-----------|------------|
| M | (M45) | 50 km | 3:44:18 | Gieten | 2014-05-17 |
| M | (M50) | 6-uurloop | 70694 | Hoogeveen | 2019-08-03 |
| M35 | (M45) | 50 km | 3:44:18 | Gieten | 2014-05-17 |
| M35 | (M50) | 6-uurloop | 70694 | Hoogeveen | 2019-08-03 |
| M40 | (M45) | 50 km | 3:44:18 | Gieten | 2014-05-17 |
| M40 | (M50) | 6-uurloop | 70694 | Hoogeveen | 2019-08-03 |
| M45 | | 50 km | 3:44:18 | Gieten | 2014-05-17 |
| M45 | (M50) | 6-uurloop | 70694 | Hoogeveen | 2019-08-03 |
| M50 | (M50) | 6-uurloop | 70694 | Hoogeveen | 2019-08-03 |

Saher Yousef

| | | | | | |
|-----|--|------------|---------|------------|------------|
| M | | 30 km | 1:43:19 | Sneek | 2000-03-26 |
| M35 | | 15 km | 50:06 | Heerenveen | 2003-02-07 |
| M35 | | 30 km | 1:43:47 | Sneek | 2003-03-28 |
| M40 | | 20 km | 1:07:24 | Sneek | 2007-08-25 |
| M40 | | ½ marathon | 1:10:31 | Drachten | 2007-10-06 |
| M40 | | marathon | 2:34:06 | Raerd | 2008-06-14 |
| M50 | | ½ marathon | 1:17:41 | Leeuwarden | 2018-03-31 |

Hennie Zantinga

| | | | | | |
|-----|-------|---------|---------|------------|------------|
| V | (V40) | uurloop | 16424 | Drachten | 1996-03-30 |
| V35 | (V40) | 10 EM | 59:23 | Heerenveen | 1994-06-04 |
| V35 | (V40) | uurloop | 16424 | Drachten | 1996-03-30 |
| V40 | | 10 km | 36:10 | Velsen | 1996-03-24 |
| V40 | | 15 km | 57:20 | Heerenveen | 1996-02-03 |
| V40 | | 10 EM | 59:23 | Heerenveen | 1994-06-04 |
| V40 | | uurloop | 16424 | Drachten | 1996-03-30 |
| V45 | | 10 EM | 1:10:36 | Langezwaag | 1998-02-21 |
| V45 | | uurloop | 15373 | Drachten | 1997-04-05 |