

## Clubrecords AV Heerenveen wegatletiek

### Bettie Agricola

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

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

M35		25 km	1:32:55	Apeldoorn	2015-02-01
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### Jikke vd Berg

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
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### 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

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

### Arend Jacobi

M60		15 km	1:03:52	Heerenveen	2017-02-04
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### 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
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### Bram Kielman

jA		10 km	33:42	Drachten	2014-03-01
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### 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
V60		5 km	26:32	Heerenveen	2019-09-14
V60		10 km	49:38	Gorredijk	2016-12-31
V60	(V65)	15 km	1:20:23	Heerenveen	2022-02-05
V65		15 km	1:20:23	Heerenveen	2022-02-05

### Minke vd Meer

mA	(mB)	10 km	43:57	Oenkerk	2012-05-19
mA	(mB)	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

### Sietse vd Mei

M60		5 km	21:18	Lemmer	2016-06-22
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### Johan van Noordenburg

M60		10 km	40:28	Wijnjewoude	2012-05-25
M60		10 EM	1:08:29	Heerenveen	2010-05-09
				Joure	2012-09-29
M60		20 km	1:24:48	Sneek	2010-08-28
M60		½ marathon	1:31:34	Leeuwarden	2012-03-31
M60		30 km	2:20:19	Leeuwarden	2012-03-04
M60		marathon	3:29:36	Oosterbierum	2012-06-16
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	1:18:21	Oude Willem	2020-07-25
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		15 km	1:18:17	Heerenveen	2012-02-04
V55		10 EM	1:26:39	Langezwaag	2012-02-18

## Mart Sijtsema

jA		5 km	15:59	Hardenberg	2009-04-17
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## Denise Sinnema

mA	(mC)	5 km	18:46	Leeuwarden	2009-06-07
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## Patrick Sinnema

jA		uurloop	15214	Leeuwarden	2012-12-02
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## 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
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## 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

### Jacob Visser

M55	(M60)	100 km	10:34:45	Winschoten	2007-09-08
M55	(M60)	6-uurloop	62732	Almere	2005-10-09
M60	(M65)	25 km	1:58:40	Leeuwarden	2009-10-03
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		marathon	4:28:17	Drachten	2017-02-11
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	4:56:16	Texel	2020-02-01

### Toos de Vries

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

mA		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