

Hieronder een samenvatting van het lopende baanseizoen.

In principe verwerk ik de uitslagen van alle baanwedstrijden in het noorden plus de meeste wedstrijden in de rest van het land (NK's, competities, avondwedstrijden Utrecht enz.) om te doorzoeken op onze prestaties. Heb je een wedstrijd meegedaan (met een pr of beste jaarprestatie) die ik niet heb verwerkt (zie de lijst hieronder), dan hoor ik dat graag: <mailto:HarmZijlstra@outlook.com>. Dat geldt uiteraard ook voor typefouten e.d.

Verwerkte uitslagen:

2026-03-28 Assen
2026-03-28 Steenwijk
2026-04-04 Groningen
2026-04-11 Leeuwarden
2026-04-11 Stadskanaal
2026-04-14 Hoogeveen
2026-04-17 Steenwijk
2026-04-18 Apeldoorn
2026-04-19 Drachten
2026-04-22 Dronten
2026-04-22 Hengelo
2026-04-24 Amsterdam
2026-04-24 Deventer
2026-04-24 Enschede
2026-04-26 Assendelft
2026-04-26 Poitiers (Fra)
2026-05-02 Hengelo
2026-05-03 Assen
2026-05-09 Heerenveen
2026-05-09 Lisse
2026-05-09 Steenwijk
2026-05-10 Bussum
2026-05-10 Heerenveen
2026-05-14 Vught
2026-05-16 Harderwijk
2026-05-17 Lelystad
2026-05-17 Montpellier (Fra)
2026-05-17 Saintes (Fra)
2026-05-17 Soest
2026-05-23 Brussel (Bel)
2026-05-23 Groningen
2026-05-23 Thouars (Fra)
2026-05-24 Brussel (Bel)
2026-05-25 Tilburg
2026-05-30 Drachten
2026-05-30 Göteborg (Zwe)
2026-05-31 Almelo
2026-05-31 Göteborg (Zwe)
2026-06-05 Ede
2026-06-05 Leeuwarden
2026-06-06 Assen
2026-06-06 Vught
2026-06-07 Assen
2026-06-07 Vught
2026-06-10 Dronten
2026-06-13 Groningen
2026-06-13 Leiden
2026-06-13 Oud Beijerland
2026-06-14 Amsterdam
2026-06-14 Apeldoorn

Blauw = toegevoegd bij de laatste update (ma 15 juni 2026)

Nieuwe clubrecords

| | | | | | | | |
|-------|---|----------------|------------|-----------------|---------|----------------|------------|
| M U16 | Nigel Christian Punch <i>Lars van Hoeven</i> | 11.71 | 2014-06-20 | 100 | 11.70 | Steenwijk | 2026-03-28 |
| | | | | Utrecht | | | |
| M U12 | Quin Kok <i>Folkert Krol</i> | 9.1 | 2022-09-10 | 60h | 9.1 | Leeuwarden | 2026-04-11 |
| | | | | Heerenveen | | | |
| V U9 | Stella Brouwer <i>Meike Huistra</i> | 13.50 | 2016-07-02 | slingeren | 16.00 | Leeuwarden | 2026-04-11 |
| | | | | Drachten | | | |
| M U16 | Nigel Christian Punch <i>Reinier Bouma</i> | 13.94 | 2003-09-06 | 100h | 13.81 | Stadskanaal | 2026-04-11 |
| | | | | Emmen | | | |
| M U18 | AV Heerenveen <i>Nieuw record</i> | | | 4x400 | 3:52.93 | Drachten | 2026-04-19 |
| V U20 | Meike Huistra <i>Meike Huistra</i> | 25.38 | 2025-05-31 | 200 | 25.23 | Heerenveen | 2026-05-09 |
| | | | | Heerenveen | | | |
| V U23 | Meike Huistra <i>Meike Huistra</i> | (U20) 25.38 | 2025-05-31 | 200 | 25.23 | Heerenveen | 2026-05-09 |
| | | | | Heerenveen | | | |
| V | Meike Huistra <i>Geke Dijkstra</i> | (U20) 25.0 | 1965-06-13 | 200 | 25.23 | Heerenveen | 2026-05-09 |
| | | | | Enschede | | | |
| V U20 | Meike Huistra <i>Martine Metsemakers</i> | 11.44 | 2000-05-07 | kogel | 11.79 | Heerenveen | 2026-05-09 |
| | | | | Assen | | | |
| V | Sabrina Cruden <i>Sabrina Cruden</i> | 11.86 | 2025-05-31 | kogel | 11.89 | Heerenveen | 2026-05-09 |
| | | | | Heerenveen | | | |
| V60 | Jolanda Smedinga <i>Nieuw record</i> | | | ver | 2.81 | Bussum | 2026-05-10 |
| V U20 | Meike Huistra <i>Fiona van Es</i> | 14.6 | 1990-06-24 | 100h | 14.33 | Vught | 2026-05-14 |
| | | | | Drachten | | | |
| M U12 | Ties Wierda <i>Ties Wierda</i> | 41.00 | 2025-09-20 | vortex | 43.93 | Soest | 2026-05-17 |
| | | | | Drachten | | | |
| M U12 | Ties Wierda <i>Ties Wierda</i> | 43.93 | 2025-05-17 | vortex | 44.35 | Soest | 2026-05-17 |
| | | | | Soest | | | |
| V U20 | Meike Huistra <i>Meike Huistra</i> | 11.79 | 2026-05-09 | kogel | 11.83 | Groningen | 2026-05-23 |
| | | | | Heerenveen | | | |
| M | Lennert Naeff <i>Lennert Naeff</i> | 2.09 | 2023-07-22 | hoog | 2.10 | Thouars (Fra) | 2026-05-23 |
| | | | | Bondoufle (Fra) | | | |
| M U8 | Dex Kruit <i>Dorian de Raat</i> | 0.95 | 2024-09-21 | hoog | 0.95 | Drachten | 2026-05-30 |
| | | | | Heerenveen | | | |
| M U8 | Dex Kruit <i>Yoah Kirindongo</i> | 5.20 | 2018-09-15 | balstoten | 5.30 | Drachten | 2026-05-30 |
| | | | | Heerenveen | | | |
| V U9 | Stella Brouwer <i>Meike Huistra</i> | 18.15 | 2016-10-01 | vortex | 19.00 | Drachten | 2026-05-30 |
| | | | | Heerenveen | | | |
| M U10 | Daan Looper <i>Liam de Lang</i> | 29.50 | 2019-09-14 | vortex | 31.50 | Drachten | 2026-05-30 |
| | | | | Sneek | | | |
| M U20 | Bram Persson <i>Bram Persson</i> | 10.73 | 2025-05-31 | 100 | 10.61 | Göteborg (Zwe) | 2026-05-30 |
| | | | | Göteborg (Zwe) | | | |
| M U23 | Bram Persson <i>Bram Persson</i> | (U20) 10.73 | 2025-05-31 | 100 | 10.61 | Göteborg (Zwe) | 2026-05-30 |
| | | | | Göteborg (Zwe) | | | |
| M | Bram Persson <i>Bram Persson</i> | (U20) 10.73 | 2025-05-31 | 100 | 10.61 | Göteborg (Zwe) | 2026-05-30 |
| | | | | Göteborg (Zwe) | | | |
| V U20 | Meike Huistra <i>Meike Huistra</i> | 25.23 | 2026-05-09 | 200 | 25.21 | Assen | 2026-06-06 |
| | | | | Heerenveen | | | |
| V U23 | Meike Huistra <i>Meike Huistra</i> | (U20) 25.23 | 2026-05-09 | 200 | 25.21 | Assen | 2026-06-06 |
| | | | | Heerenveen | | | |
| V | Meike Huistra <i>Meike Huistra</i> | (U20) 25.23 | 2026-05-09 | 200 | 25.21 | Assen | 2026-06-06 |
| | | | | Heerenveen | | | |
| V U20 | Meike Huistra <i>Meike Huistra</i> | 14.33 | 2026-05-14 | 100h | 14.31 | Assen | 2026-06-06 |
| | | | | Vught | | | |
| V U23 | Meike Huistra <i>Sabrina Cruden</i> | (U20) 14.32 | 2025-08-03 | 100h | 14.31 | Assen | 2026-06-06 |
| | | | | Hengelo | | | |
| V | Meike Huistra <i>Sabrina Cruden</i> | (U20) 14.32 | 2025-08-03 | 100h | 14.31 | Assen | 2026-06-06 |
| | | | | Hengelo | | | |
| V U20 | Meike Huistra <i>Meike Huistra</i> | 11.83 | 2026-05-23 | kogel | 11.98 | Assen | 2026-06-06 |
| | | | | Groningen | | | |
| V U23 | Meike Huistra <i>Sabrina Cruden</i> | (U20) 11.86 | 2025-05-31 | kogel | 11.98 | Assen | 2026-06-06 |
| | | | | Heerenveen | | | |

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|-------|--|----------------|---------------------------------------|-------------|------------|
| V | Meike Huistra <i>Sabrina Cruden</i> | (U20) 11.89 | kogel 2026-05-09 <i>Heerenveen</i> | 11.98 Assen | 2026-06-06 |
| V U20 | Meike Huistra <i>Sabrina Cruden</i> | 4581 | 7-kamp 2022-06-05 <i>Emmeloord</i> | 5462 Assen | 2026-06-07 |
| V U23 | Meike Huistra <i>Sabrina Cruden</i> | (U20) 5105 | 7-kamp 2024-06-30 <i>Hengelo</i> | 5462 Assen | 2026-06-07 |
| V | Meike Huistra <i>Sabrina Cruden</i> | (U20) 5105 | 7-kamp 2024-06-30 <i>Hengelo</i> | 5462 Assen | 2026-06-07 |

Mutaties aller-tijden ranglijsten

| | | | | | | | |
|----|----------------------|-------|---|--------|---------|----------------|------------|
| 18 | Liam de Lang | (U18) | M | hss | 12.03 | Enschede | 2026-04-24 |
| 14 | Marit Versfeld | (U20) | V | 100h | 17.67 | Assen | 2026-05-03 |
| 5 | Jonathan Elzer | (U23) | M | 100 | 11.12 | Heerenveen | 2026-05-09 |
| 10 | Ziggy Veldman | (U23) | M | 100 | 11.21 | Heerenveen | 2026-05-09 |
| 1 | Meike Huistra | (U20) | V | 200 | 25.23 | Heerenveen | 2026-05-09 |
| 14 | Jonathan Elzer | (U23) | M | 200 | 22.93 | Heerenveen | 2026-05-09 |
| 13 | Marit Versfeld | (U20) | V | 100h | 17.48 | Heerenveen | 2026-05-09 |
| 2 | Sabrina Cruden | | V | kogel | 11.89 | Heerenveen | 2026-05-09 |
| 3 | Meike Huistra | (U20) | V | kogel | 11.79 | Heerenveen | 2026-05-09 |
| 15 | Marit Versfeld | (U20) | V | kogel | 10.30 | Heerenveen | 2026-05-09 |
| 2 | Meike Huistra | (U20) | V | 100h | 14.33 | Vught | 2026-05-14 |
| 2 | Meike Huistra | (U20) | V | kogel | 11.83 | Groningen | 2026-05-23 |
| 1 | Lennert Naeff | | M | hoog | 2.10 | Thouars (Fra) | 2026-05-23 |
| 5 | Jonathan Elzer | (U23) | M | 100 | 11.11 | Tilburg | 2026-05-25 |
| 5 | Meike Huistra | (U20) | V | speer | 38.68 | Tilburg | 2026-05-25 |
| 1 | Bram Persson | (U20) | M | 100 | 10.61 | Göteborg (Zwe) | 2026-05-30 |
| 6 | Floris van Hardeveld | (U20) | M | 200 | 22.39 | Almelo | 2026-05-31 |
| 1 | Meike Huistra | (U20) | V | 200 | 25.21 | Assen | 2026-06-06 |
| 1 | Meike Huistra | (U20) | V | 100h | 14.31 | Assen | 2026-06-06 |
| 12 | Marit Versfeld | (U20) | V | 100h | 17.39 | Assen | 2026-06-06 |
| 3 | Meike Huistra | (U20) | V | hoog | 1.70 | Assen | 2026-06-06 |
| 1 | Meike Huistra | (U20) | V | kogel | 11.98 | Assen | 2026-06-06 |
| 21 | Meike Huistra | (U20) | V | 800 | 2:25.74 | Assen | 2026-06-07 |
| 1 | Meike Huistra | (U20) | V | 7-kamp | 5462 | Assen | 2026-06-07 |
| 2 | Ziggy Veldman | (U23) | M | ver | 7.20 | Leiden | 2026-06-13 |
| 12 | Liam de Lang | (U18) | M | hss | 12.51 | Amsterdam | 2026-06-14 |

Ranglijsten

40

| | | | |
|-----|------------------|-------|------------|
| 6.9 | Stijn de Meer | M U10 | 2026-03-28 |
| 7.0 | Levy de Lang | M U10 | 2026-03-28 |
| 7.3 | Stella Brouwer | V U9 | 2026-04-11 |
| 7.6 | Julian Klunder | M U10 | 2026-03-28 |
| 7.6 | Dex Kruit | M U8 | 2026-04-11 |
| 7.7 | Jeen Streekstra | M U10 | 2026-03-28 |
| 7.8 | Sam Deenen | M U9 | 2026-04-11 |
| 8.0 | Lieuwe Vianen | M U9 | 2026-04-11 |
| 8.2 | Noa van Anrooij | V U9 | 2026-04-11 |
| 8.4 | Coen Claes | M U10 | 2026-04-11 |
| 8.6 | Eden de Jong | M U9 | 2026-04-11 |
| 8.6 | Dinand Wedman | M U8 | 2026-04-11 |
| 8.7 | Elin van Anrooij | V U7 | 2026-04-11 |
| 8.7 | Mitt Ferwerda | M U7 | 2026-04-11 |

60

| | | | |
|-------|-------------------|-------|------------|
| 9.05 | Hester Bos | V | 2026-05-02 |
| 9.06 | Sophia Boomsma | V U14 | 2026-03-28 |
| 9.40 | Zara Danes | V U14 | 2026-05-09 |
| 9.40 | Sanne Heerschop | V U14 | 2026-05-09 |
| 9.49 | Quin Kok | M U12 | 2026-04-26 |
| 9.4 | Ties Wierda | M U12 | 2026-05-30 |
| 9.5 | Jesse Poelstra | M U12 | 2026-03-28 |
| 9.5 | Hanna Rekelhof | V U12 | 2026-05-30 |
| 9.9 | Vesper Spijkman | V U12 | 2026-05-30 |
| 10.34 | Sarah Hartsema | V U14 | 2026-04-11 |
| 10.2 | Hedzer Kootstra | M U12 | 2026-05-30 |
| 10.2 | Jesper Kootstra | M U12 | 2026-05-30 |
| 10.52 | Leanne Haitsma | V U14 | 2026-03-28 |
| 10.5 | Julian Scholte | M U12 | 2026-05-30 |
| 10.5 | Benthe Tolsma | V U12 | 2026-05-30 |
| 10.6 | Roan Leenes | M U12 | 2026-05-30 |
| 10.7 | Hannah Ruizendaal | V U12 | 2026-05-30 |
| 11.0 | Vayen de Roo | V U12 | 2026-05-30 |
| 11.3 | Martin Bolt | M U12 | 2026-05-30 |
| 11.4 | Lieke Reijenga | V U12 | 2026-05-30 |
| 11.7 | Ylva Hooisma | V U12 | 2026-05-30 |
| 12.7 | Rosa Sanders | V U12 | 2026-05-30 |

80

| | | | |
|--------|-----------------|-------|------------|
| 10.88w | Ilse Huisman | V U16 | 2026-03-28 |
| 11.04 | Fardau Tuinier | V U16 | 2026-04-11 |
| 12.80 | Sofie Heerschop | V U16 | 2026-04-11 |
| 15.59 | Jenthe Lolkema | V U16 | 2026-04-14 |

100

| | | | |
|--------|-----------------------|-------|------------|
| 10.61w | Bram Persson | M U20 | 2026-05-30 |
| 11.11 | Jonathan Elzer | M U23 | 2026-05-25 |
| 11.21 | Ziggy Veldman | M U23 | 2026-05-09 |
| 11.23 | Floris van Hardeveld | M U20 | 2026-05-14 |
| 11.70w | Nigel Christian Punch | M U16 | 2026-03-28 |
| 12.35 | Liam de Lang | M U18 | 2026-05-09 |
| 12.44 | Folkert Krol | M U16 | 2026-04-11 |
| 12.81 | Jouke vd Werff | M U18 | 2026-05-09 |
| 13.15 | Nynke Rijpma | V U23 | 2026-05-09 |
| 13.48 | Ilse Huisman | V U16 | 2026-06-05 |
| 13.84 | Fardau Tuinier | V U16 | 2026-04-19 |
| 13.97 | Fenna vd Meer | V U16 | 2026-06-05 |
| 14.03 | Tim den Braven | M U18 | 2026-05-03 |
| 14.14 | Hester Bos | V | 2026-05-31 |

| | | | |
|--------|---------------------|-------|------------|
| 14.78 | Myrthe Kootstra | V U16 | 2026-06-05 |
| 14.96 | Aukje Kok-Oevering | V35 | 2026-06-14 |
| 15.10 | Julia Klinker | V U18 | 2026-06-05 |
| 15.30w | Fedde Visser | M U16 | 2026-04-14 |
| 15.42 | Lia Hoekstra | V U16 | 2026-06-05 |
| 15.48 | Kira Bouma | V U23 | 2026-05-31 |
| 15.66 | Betty Bijker-Bangma | V60 | 2026-06-10 |
| 15.99 | Jolanda Smedinga | V60 | 2026-06-06 |
| 17.12 | Laura vd Akker | V45 | 2026-05-10 |

150

| | | | |
|-------|-----------------------|-------|------------|
| 18.04 | Nigel Christian Punch | M U16 | 2026-05-09 |
| 18.37 | Folkert Krol | M U16 | 2026-05-09 |
| 20.21 | Ilse Huisman | V U16 | 2026-05-09 |
| 20.84 | Fardau Tuinier | V U16 | 2026-05-09 |
| 20.94 | Jasper Post | M U16 | 2026-05-09 |

200

| | | | |
|--------|-----------------------|-------|------------|
| 21.48 | Bram Persson | M U20 | 2026-05-31 |
| 22.39 | Floris van Hardeveld | M U20 | 2026-05-31 |
| 22.93 | Jonathan Elzer | M U23 | 2026-05-09 |
| 24.38 | Nigel Christian Punch | M U16 | 2026-06-05 |
| 25.04 | Folkert Krol | M U16 | 2026-05-03 |
| 25.21 | Meike Huistra | V U20 | 2026-06-06 |
| 26.12 | Jouke vd Werff | M U18 | 2026-06-05 |
| 26.21 | Sabrina Cruden | V | 2026-06-06 |
| 27.64 | Marit Versfeld | V U20 | 2026-06-06 |
| 27.74 | Ilse Huisman | V U16 | 2026-05-03 |
| 28.76 | Aafje Boorsma | V U18 | 2026-05-03 |
| 29.65 | Tim den Braven | M U18 | 2026-06-05 |
| 30.10 | Hester Bos | V | 2026-05-31 |
| 32.06 | Kira Bouma | V U23 | 2026-05-31 |
| 32.65 | Betty Bijker-Bangma | V60 | 2026-06-10 |
| 33.98w | Jolanda Smedinga | V60 | 2026-06-07 |

300

| | | | |
|-------|-----------------------|-------|------------|
| 39.54 | Nigel Christian Punch | M U16 | 2026-03-28 |
| 56.41 | Jolanda Smedinga | V60 | 2026-03-28 |

400

| | | | |
|---------|--------------------|-------|------------|
| 47.99 | Jeroen Persson | M U23 | 2026-05-23 |
| 55.34 | Ruben Visser | M U20 | 2026-05-31 |
| 58.38 | Jouke vd Werff | M U18 | 2026-05-31 |
| 1:00.11 | Thijmen Groenendal | M U18 | 2026-05-03 |
| 1:06.65 | Hester Bos | V | 2026-05-02 |
| 1:06.74 | Aafje Boorsma | V U18 | 2026-05-03 |
| 1:19.83 | Jolanda Smedinga | V60 | 2026-06-06 |

600

| | | | |
|---------|-----------------|-------|------------|
| 2:05.93 | Hanna Rekelhof | V U12 | 2026-05-10 |
| 2:08.75 | Nora Hoefman | V U14 | 2026-05-09 |
| 2:14.52 | Stijn de Meer | M U10 | 2026-05-10 |
| 2:18.93 | Liss Kuipers | V U12 | 2026-05-10 |
| 2:20.29 | Leanne Haitsma | V U14 | 2026-05-09 |
| 2:22.28 | Vesper Spijkman | V U12 | 2026-05-10 |
| 2:22.64 | Stella Brouwer | V U9 | 2026-05-10 |
| 2:23.39 | Sam Deenen | M U9 | 2026-05-10 |
| 2:38.48 | Melle Oenema | M U10 | 2026-05-10 |
| 2:39.0 | Yarah El Ghazi | V U9 | 2026-04-17 |
| 2:39.70 | Dex Kruit | M U8 | 2026-05-10 |

800

| | | | |
|---------|--------------------|-------|------------|
| 2:17.75 | Thijmen Groenendal | M U18 | 2026-04-19 |
| 2:20.16 | Folkert Krol | M U16 | 2026-04-11 |
| 2:25.74 | Meike Huistra | V U20 | 2026-06-07 |

| | | | | | |
|----------------|-----------------------|-------|------------|--|--|
| 2:27.96 | Ids Geertsma | M U16 | 2026-04-11 | | |
| 2:29.28 | Sabrina Cruden | V | 2026-06-07 | | |
| 2:34.82 | Marit Versfeld | V U20 | 2026-05-10 | | |
| 2:43.84 | Julia Klinker | V U18 | 2026-03-28 | | |
| 2:46.15 | Betty Bijker-Bangma | V60 | 2026-04-22 | | |
| 2:47.28 | Jodie Vianen | V U16 | 2026-04-11 | | |
| 2:56.41 | Fardau Tuinier | V U16 | 2026-04-11 | | |
| 3:07.50 | Lia Hoekstra | V U16 | 2026-04-11 | | |
| 3:12.00 | Jolanda Smedinga | V60 | 2026-06-07 | | |
| 1000 | | | | | |
| 3:28.91 | Timo Johannes | M U14 | 2026-04-11 | | |
| 3:45.0 | Ties Wierda | M U12 | 2026-04-17 | | |
| 3:45.08 | Maja Wijma | V U14 | 2026-04-11 | | |
| 3:46.64 | Hanna Rekelhof | V U12 | 2026-05-17 | | |
| 4:25.37 | Zara Danes | V U14 | 2026-04-11 | | |
| 4:31.0 | Vesper Spijkman | V U12 | 2026-04-17 | | |
| 4:38.0 | Daan Looper | M U10 | 2026-04-17 | | |
| 4:49.12 | Leanne Haitsma | V U14 | 2026-04-11 | | |
| 1500 | | | | | |
| 5:23.95 | Ids Geertsma | M U16 | 2026-05-09 | | |
| 5:27.92 | Luuk den Braven | M U16 | 2026-05-09 | | |
| 5:28.92 | Timo Johannes | M U14 | 2026-05-09 | | |
| 5:49.84 | Jodie Vianen | V U16 | 2026-05-09 | | |
| 5:52.31 | Julia Klinker | V U18 | 2026-05-03 | | |
| 6:37.74 | Lia Hoekstra | V U16 | 2026-05-09 | | |
| 3000 | | | | | |
| 12:44.88 | Julia Klinker | V U18 | 2026-04-19 | | |
| duur 4' | | | | | |
| 400 | Afke Siebenga | V U9 | 2026-05-30 | | |
| 675 | Eden de Jong | M U9 | 2026-04-11 | | |
| 700 | Elin van Anrooij | V U7 | 2026-04-11 | | |
| 700 | Dinand Wedman | M U8 | 2026-04-11 | | |
| 725 | Noa van Anrooij | V U9 | 2026-05-30 | | |
| 775 | Elvyra de Koning | V U10 | 2026-05-30 | | |
| 825 | Mitt Ferwerda | M U7 | 2026-04-11 | | |
| 825 | Julian Klunder | M U10 | 2026-05-30 | | |
| 850 | Jeen Streekstra | M U10 | 2026-04-11 | | |
| 850 | Dex Kruit | M U8 | 2026-05-30 | | |
| 900 | Coen Claes | M U10 | 2026-05-30 | | |
| 900 | Levy de Lang | M U10 | 2026-05-30 | | |
| 900 | Daan Looper | M U10 | 2026-05-30 | | |
| 925 | Stella Brouwer | V U9 | 2026-05-30 | | |
| 925 | Sam Deenen | M U9 | 2026-05-30 | | |
| 975 | Lieuwe Vianen | M U9 | 2026-04-11 | | |
| 1050 | Stijn de Meer | M U10 | 2026-04-11 | | |
| duur 6' | | | | | |
| 1160 | Ylva Hooisma | V U12 | 2026-05-30 | | |
| 1225 | Lieke Reijenga | V U12 | 2026-04-11 | | |
| 1225 | Hannah Ruizendaal | V U12 | 2026-05-30 | | |
| 1250 | Vesper Spijkman | V U12 | 2026-03-28 | | |
| 1250 | Vayen de Roo | V U12 | 2026-05-30 | | |
| 1300 | Rosa Sanders | V U12 | 2026-04-11 | | |
| 1300 | Roan Leenes | M U12 | 2026-05-30 | | |
| 1300 | Julian Scholte | M U12 | 2026-05-30 | | |
| 1325 | Quin Kok | M U12 | 2026-04-11 | | |
| 1350 | Jesse Poelstra | M U12 | 2026-03-28 | | |
| 1350 | Benthe Tolsma | V U12 | 2026-05-30 | | |
| 1400 | Hedzer Kootstra | M U12 | 2026-05-30 | | |
| 1425 | Martin Bolt | M U12 | 2026-05-30 | | |
| 1425 | Jesper Kootstra | M U12 | 2026-05-30 | | |
| 1525 | Hanna Rekelhof | V U12 | 2026-05-30 | | |
| 1525 | Ties Wierda | M U12 | 2026-05-30 | | |
| 40h | | | | | |
| 7.7 | Stella Brouwer | V U9 | 2026-04-11 | | |
| 8.1 | Levy de Lang | M U10 | 2026-04-11 | | |
| 8.1 | Stijn de Meer | M U10 | 2026-04-11 | | |
| 8.6 | Lieuwe Vianen | M U9 | 2026-04-11 | | |
| 9.0 | Coen Claes | M U10 | 2026-04-11 | | |
| 9.0 | Dex Kruit | M U8 | 2026-04-11 | | |
| 9.0 | Jeen Streekstra | M U10 | 2026-04-11 | | |
| 9.3 | Sam Deenen | M U9 | 2026-04-11 | | |
| 10.2 | Noa van Anrooij | V U9 | 2026-04-11 | | |
| 10.2 | Mitt Ferwerda | M U7 | 2026-04-11 | | |
| 10.3 | Julian Klunder | M U10 | 2026-04-11 | | |
| 11.1 | Eden de Jong | M U9 | 2026-04-11 | | |
| 11.2 | Elin van Anrooij | V U7 | 2026-04-11 | | |
| 11.6 | Dinand Wedman | M U8 | 2026-04-11 | | |
| 60h | | | | | |
| 9.1 | Quin Kok | M U12 | 2026-04-11 | | |
| 10.75 | Sophia Boomsma | V U14 | 2026-05-09 | | |
| 10.7 | Ties Wierda | M U12 | 2026-04-11 | | |
| 10.8 | Hanna Rekelhof | V U12 | 2026-04-11 | | |
| 11.0 | Roan Leenes | M U12 | 2026-04-11 | | |
| 11.0 | Julian Scholte | M U12 | 2026-04-11 | | |
| 11.1 | Vesper Spijkman | V U12 | 2026-04-11 | | |
| 11.9 | Jesper Kootstra | M U12 | 2026-04-11 | | |
| 12.7 | Hannah Ruizendaal | V U12 | 2026-04-11 | | |
| 12.8 | Lieke Reijenga | V U12 | 2026-04-11 | | |
| 13.50 | Jula van Aurich | V U14 | 2026-05-09 | | |
| 13.3 | Ylva Hooisma | V U12 | 2026-04-11 | | |
| 13.77 | Sarah Hartsema | V U14 | 2026-05-09 | | |
| 14.8 | Rosa Sanders | V U12 | 2026-04-11 | | |
| 80h | | | | | |
| 13.19w | Fenna vd Meer | V U16 | 2026-03-28 | | |
| 13.44 | Jodie Vianen | V U16 | 2026-05-09 | | |
| 13.66w | Fardau Tuinier | V U16 | 2026-03-28 | | |
| 17.24 | Timo Johannes | M U14 | 2026-04-11 | | |
| 100h | | | | | |
| 13.81 | Nigel Christian Punch | M U16 | 2026-04-11 | | |
| 14.31 | Meike Huistra | V U20 | 2026-06-06 | | |
| 14.65 | Sabrina Cruden | V | 2026-05-25 | | |
| 17.39 | Marit Versfeld | V U20 | 2026-06-06 | | |
| 18.48 | Luuk den Braven | M U16 | 2026-05-09 | | |
| 22.54 | Aron Hagg | M U16 | 2026-05-09 | | |
| 110h | | | | | |
| 15.42w | Nigel Christian Punch | M U16 | 2026-06-13 | | |
| 400h | | | | | |
| 1:05.75 | Norah Pont | V U18 | 2026-04-22 | | |
| 4x60 | | | | | |
| 38.32 | AV Heerenveen | V U14 | 2026-05-09 | | |
| 4x80 | | | | | |
| 43.45 | AV Heerenveen | V U16 | 2026-05-09 | | |
| 4x100 | | | | | |
| 52.27 | AV Heerenveen | M U16 | 2026-05-09 | | |
| 55.54 | AV Heerenveen | V U18 | 2026-04-14 | | |
| 4x400 | | | | | |
| 3:52.93 | AV Heerenveen | M U18 | 2026-04-19 | | |
| hoog | | | | | |
| 2.10 | Lennert Naeff | M | 2026-05-23 | | |
| 1.75 | Liam de Lang | M U18 | 2026-04-19 | | |

| | | | |
|------|------------------------|-------|------------|
| 1.70 | Meike Huistra | V U20 | 2026-06-06 |
| 1.62 | Sabrina Cruden | V | 2026-06-06 |
| 1.60 | Nigel Christian Punch | M U16 | 2026-04-19 |
| 1.55 | Fenna vd Meer | V U16 | 2026-05-09 |
| 1.50 | Jodie Vianen | V U16 | 2026-05-09 |
| 1.46 | Marit Versfeld | V U20 | 2026-06-06 |
| 1.40 | Luuk den Braven | M U16 | 2026-04-11 |
| 1.40 | Sophia Boomsma | V U14 | 2026-05-09 |
| 1.40 | Ids Geertsma | M U16 | 2026-05-09 |
| 1.35 | Fardau Tuinier | V U16 | 2026-04-19 |
| 1.30 | Suzanne Looper-Hartwig | V40 | 2026-06-14 |
| 1.25 | Quin Kok | M U12 | 2026-04-11 |
| 1.25 | Aron Hagg | M U16 | 2026-05-09 |
| 1.20 | Jesper Kootstra | M U12 | 2026-04-11 |
| 1.20 | Hannah Ruizendaal | V U12 | 2026-04-11 |
| 1.20 | Vesper Spijkman | V U12 | 2026-04-11 |
| 1.20 | Ties Wierda | M U12 | 2026-04-11 |
| 1.20 | Laura vd Akker | V45 | 2026-05-10 |
| 1.20 | Hedzer Kootstra | M U12 | 2026-05-17 |
| 1.15 | Jula van Aurich | V U14 | 2026-05-09 |
| 1.10 | Leanne Haitsma | V U14 | 2026-04-11 |
| 1.10 | Hanna Rekelhof | V U12 | 2026-04-11 |
| 1.10 | Julian Scholte | M U12 | 2026-04-11 |
| 1.10 | Levy de Lang | M U10 | 2026-05-30 |
| 1.05 | Ylva Hooisma | V U12 | 2026-04-11 |
| 1.05 | Roan Leenes | M U12 | 2026-04-11 |
| 1.00 | Lieke Reijenga | V U12 | 2026-04-11 |
| 0.95 | Stella Brouwer | V U9 | 2026-05-30 |
| 0.95 | Coen Claes | M U10 | 2026-05-30 |
| 0.95 | Dex Kruit | M U8 | 2026-05-30 |
| 0.95 | Daan Looper | M U10 | 2026-05-30 |
| 0.90 | Julian Klunder | M U10 | 2026-05-30 |
| 0.90 | Elvyra de Koning | V U10 | 2026-05-30 |
| 0.90 | Jeen Streekstra | M U10 | 2026-05-30 |
| 0.85 | Rosa Sanders | V U12 | 2026-04-11 |
| 0.85 | Afke Siebenga | V U9 | 2026-05-30 |
| 0.80 | Noa van Anrooij | V U9 | 2026-05-30 |
| 0.80 | Sam Deenen | M U9 | 2026-05-30 |
| 0.80 | Merel Toonstra | V U10 | 2026-05-30 |
| 0.70 | Mitt Ferwerda | M U7 | 2026-05-30 |
| 0.65 | Eden de Jong | M U9 | 2026-05-30 |

hurkhoog

| | | | |
|------|------------------|-------|------------|
| 0.85 | Stella Brouwer | V U9 | 2026-04-11 |
| 0.80 | Coen Claes | M U10 | 2026-04-11 |
| 0.80 | Sam Deenen | M U9 | 2026-04-11 |
| 0.80 | Levy de Lang | M U10 | 2026-04-11 |
| 0.80 | Lieuwe Vianen | M U9 | 2026-04-11 |
| 0.80 | Daan Looper | M U10 | 2026-04-17 |
| 0.75 | Julian Klunder | M U10 | 2026-04-11 |
| 0.75 | Dex Kruit | M U8 | 2026-04-11 |
| 0.75 | Jeen Streekstra | M U10 | 2026-04-11 |
| 0.75 | Yarah El Ghazi | V U9 | 2026-04-17 |
| 0.60 | Elin van Anrooij | V U7 | 2026-04-11 |
| 0.60 | Noa van Anrooij | V U9 | 2026-04-11 |
| 0.60 | Mitt Ferwerda | M U7 | 2026-04-11 |
| 0.60 | Eden de Jong | M U9 | 2026-04-11 |
| 0.55 | Dinand Wedman | M U8 | 2026-04-11 |

hss

| | | | |
|-------|---------------|-------|------------|
| 13.43 | Ziggy Veldman | M U23 | 2026-06-05 |
| 12.51 | Liam de Lang | M U18 | 2026-06-14 |
| 11.63 | Nynke Rijpma | V U23 | 2026-06-14 |

polsver

| | | | |
|------|-------------------|-------|------------|
| 4.40 | Ties Wierda | M U12 | 2026-04-11 |
| 4.20 | Quin Kok | M U12 | 2026-04-11 |
| 3.90 | Julian Scholte | M U12 | 2026-04-11 |
| 3.55 | Vesper Spijkman | V U12 | 2026-04-11 |
| 3.50 | Hannah Ruizendaal | V U12 | 2026-04-11 |
| 3.40 | Roan Leenes | M U12 | 2026-04-11 |
| 3.30 | Jesper Kootstra | M U12 | 2026-04-11 |
| 3.15 | Lieke Reijenga | V U12 | 2026-04-11 |
| 3.10 | Hanna Rekelhof | V U12 | 2026-04-11 |
| 2.75 | Ylva Hooisma | V U12 | 2026-04-11 |
| 2.65 | Rosa Sanders | V U12 | 2026-04-11 |

sss (stap-stap-sprong)

| | | | |
|------|-------------------|-------|------------|
| 7.60 | Hanna Rekelhof | V U12 | 2026-05-30 |
| 7.60 | Ties Wierda | M U12 | 2026-05-30 |
| 7.50 | Benthe Tolsma | V U12 | 2026-05-30 |
| 7.25 | Hedzer Kootstra | M U12 | 2026-05-30 |
| 7.10 | Quin Kok | M U12 | 2026-05-30 |
| 7.00 | Vesper Spijkman | V U12 | 2026-05-30 |
| 6.95 | Hannah Ruizendaal | V U12 | 2026-05-30 |
| 6.90 | Jesper Kootstra | M U12 | 2026-05-30 |
| 6.85 | Martin Bolt | M U12 | 2026-05-30 |
| 6.50 | Roan Leenes | M U12 | 2026-05-30 |
| 6.20 | Julian Scholte | M U12 | 2026-05-30 |
| 6.00 | Lieke Reijenga | V U12 | 2026-05-30 |
| 6.00 | Vayen de Roo | V U12 | 2026-05-30 |
| 5.90 | Rosa Sanders | V U12 | 2026-05-30 |
| 5.50 | Ylva Hooisma | V U12 | 2026-05-30 |

ver

| | | | |
|-------|-----------------------|-------|------------|
| 7.20w | Ziggy Veldman | M U23 | 2026-06-13 |
| 5.85 | Folkert Krol | M U16 | 2026-05-09 |
| 5.83 | Meike Huistra | V U20 | 2026-06-07 |
| 5.76 | Nigel Christian Punch | M U16 | 2026-05-23 |
| 5.63 | Sabrina Cruden | V | 2026-06-07 |
| 5.62 | Liam de Lang | M U18 | 2026-05-23 |
| 4.97w | Marit Versfeld | V U20 | 2026-05-10 |
| 4.87 | Fenna vd Meer | V U16 | 2026-06-05 |
| 4.84 | Ilse Huisman | V U16 | 2026-03-28 |
| 4.68 | Fardau Tuinier | V U16 | 2026-03-28 |
| 4.52w | Hester Bos | V | 2026-04-04 |
| 4.09 | Luuk den Braven | M U16 | 2026-05-09 |
| 4.07 | Myrthe Kootstra | V U16 | 2026-06-05 |
| 4.05 | Tim den Braven | M U18 | 2026-04-19 |
| 4.00 | Fedde Visser | M U16 | 2026-04-14 |
| 3.99w | Famke Salomons | V U16 | 2026-04-11 |
| 3.83 | Julia Klinker | V U18 | 2026-04-14 |
| 3.73w | Aron Hagg | M U16 | 2026-04-11 |
| 3.73 | Aukje Kok-Oevering | V35 | 2026-06-14 |
| 3.69 | Tess Brouwer | V U14 | 2026-05-09 |
| 3.65 | Ties Wierda | M U12 | 2026-05-30 |
| 3.62 | Quin Kok | M U12 | 2026-04-26 |
| 3.61 | Lia Hoekstra | V U16 | 2026-04-14 |
| 3.48w | Timo Johannes | M U14 | 2026-04-11 |
| 3.46 | Zara Danes | V U14 | 2026-03-28 |
| 3.43 | Hedzer Kootstra | M U12 | 2026-05-17 |
| 3.43 | Jesper Kootstra | M U12 | 2026-05-17 |
| 3.35 | Nora Hoefman | V U14 | 2026-05-09 |
| 3.32 | Vesper Spijkman | V U12 | 2026-04-17 |
| 3.30 | Sanne Heerschop | V U14 | 2026-04-11 |
| 3.30 | Hannah Ruizendaal | V U12 | 2026-05-30 |
| 3.25 | Hanna Rekelhof | V U12 | 2026-05-30 |
| 3.15 | Stella Brouwer | V U9 | 2026-05-30 |
| 3.10 | Leanne Haitsma | V U14 | 2026-03-28 |
| 3.10 | Julian Scholte | M U12 | 2026-05-30 |

vortex

| | | | |
|-------|-------------------|-------|------------|
| 44.35 | Ties Wierda | M U12 | 2026-05-17 |
| 35.00 | Julian Scholte | M U12 | 2026-05-30 |
| 31.50 | Daan Looper | M U10 | 2026-05-30 |
| 31.21 | Fenna vd Meer | V U16 | 2026-04-14 |
| 31.00 | Levy de Lang | M U10 | 2026-05-30 |
| 30.07 | Myrthe Kootstra | V U16 | 2026-06-05 |
| 30.00 | Jesper Kootstra | M U12 | 2026-05-30 |
| 29.50 | Quin Kok | M U12 | 2026-05-30 |
| 28.50 | Vesper Spijkman | V U12 | 2026-05-30 |
| 28.14 | Fedde Visser | M U16 | 2026-04-14 |
| 27.50 | Hedzer Kootstra | M U12 | 2026-05-30 |
| 25.50 | Hanna Rekelhof | V U12 | 2026-05-30 |
| 24.72 | Ilse Huisman | V U16 | 2026-04-14 |
| 23.49 | Lia Hoekstra | V U16 | 2026-04-14 |
| 22.53 | Julia Klinker | V U18 | 2026-06-05 |
| 21.50 | Jesse Poelstra | M U12 | 2026-03-28 |
| 19.50 | Jeen Streekstra | M U10 | 2026-05-30 |
| 19.00 | Stella Brouwer | V U9 | 2026-05-30 |
| 19.00 | Hannah Ruizendaal | V U12 | 2026-05-30 |
| 18.50 | Lieke Reijenga | V U12 | 2026-05-30 |
| 18.00 | Dex Kruit | M U8 | 2026-05-30 |
| 17.50 | Martin Bolt | M U12 | 2026-05-30 |
| 17.00 | Benthe Tolsma | V U12 | 2026-05-30 |
| 16.50 | Roan Leenes | M U12 | 2026-05-30 |
| 15.00 | Lieuwe Vianen | M U9 | 2026-04-11 |
| 14.50 | Coen Claes | M U10 | 2026-05-30 |
| 14.50 | Julian Klunder | M U10 | 2026-05-30 |
| 14.00 | Ylva Hooisma | V U12 | 2026-05-30 |
| 13.50 | Stijn de Meer | M U10 | 2026-03-28 |
| 13.50 | Eden de Jong | M U9 | 2026-04-11 |
| 13.00 | Merel Toonstra | V U10 | 2026-05-30 |
| 12.00 | Sam Deenen | M U9 | 2026-04-11 |
| 11.50 | Dinand Wedman | M U8 | 2026-04-11 |
| 11.50 | Elvyra de Koning | V U10 | 2026-05-30 |
| 11.00 | Jenthe Lolkema | V U16 | 2026-04-14 |
| 10.50 | Vayen de Roo | V U12 | 2026-05-30 |
| 10.00 | Rosa Sanders | V U12 | 2026-04-11 |
| 10.00 | Mitt Ferwerda | M U7 | 2026-05-30 |
| 10.00 | Afke Siebenga | V U9 | 2026-05-30 |
| 8.77 | Yarah El Ghazi | V U9 | 2026-04-17 |
| 7.50 | Elin van Anrooij | V U7 | 2026-05-30 |
| 7.00 | Noa van Anrooij | V U9 | 2026-05-30 |

7-kamp

| | | | |
|------|----------------|-------|------------|
| 5462 | Meike Huistra | V U20 | 2026-06-07 |
| 5027 | Sabrina Cruden | V | 2026-06-07 |
| 3945 | Marit Versfeld | V U20 | 2026-05-10 |

Jaarprestaties

Een persoonlijk record (pr) wordt gegeven bij de evenaring of verbetering van een bestaande beste prestatie (voor zover bekend). Indoorprestaties blijven hiervoor buiten beschouwing. De eerste keer meedoen op een nummer is altijd een pr. Als nieuw nummer geldt ook: hogere horden en zwaarder werpmateriaal. Masters beginnen iedere pentade (vijf jaar) bij het ingaan van de nieuwe categorie met een 'schone lijst'.

Voor de vergelijking van handtijden met elektronisch gemeten tijden zijn op de sprintnummers de gebruikelijke correcties gehanteerd (+0.24, 400 +0.14). Een elektronisch gemeten tijd van 12.24 is daarbij dus gelijkwaardig aan een handtijd van 12.0

categorie: V U7

Elin van Anrooij

| | | | | |
|-----------|------|----|------------|------------|
| 40 | 8.7 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 700 | pr | Leeuwarden | 2026-04-11 |
| 40h | 11.2 | pr | Leeuwarden | 2026-04-11 |
| hurkhoog | 0.60 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.30 | pr | Drachten | 2026-05-30 |
| slingeren | 9.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 6.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 7.50 | pr | Drachten | 2026-05-30 |

categorie: V U9

Noa van Anrooij

| | | | | |
|-----------|------|----|------------|------------|
| 40 | 8.2 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 700 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 725 | pr | Drachten | 2026-05-30 |
| 40h | 10.2 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.80 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.60 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.40 | pr | Drachten | 2026-05-30 |
| balstoten | 3.20 | pr | Drachten | 2026-05-30 |
| slingeren | 7.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 6.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 7.00 | pr | Drachten | 2026-05-30 |

Stella Brouwer

| | | | | |
|-----------|---------|----|------------|------------|
| 40 | 7.3 | | Leeuwarden | 2026-04-11 |
| 600 | 2:22.64 | pr | Heerenveen | 2026-05-10 |
| duur 4' | 900 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 925 | pr | Drachten | 2026-05-30 |
| 40h | 7.7 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.95 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.85 | pr | Leeuwarden | 2026-04-11 |
| ver | 3.15 | pr | Drachten | 2026-05-30 |
| balstoten | 5.50 | pr | Drachten | 2026-05-30 |
| slingeren | 16.00 | cr | Leeuwarden | 2026-04-11 |
| vortex | 15.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 19.00 | cr | Drachten | 2026-05-30 |

Yarah El Ghazi

| | | | | |
|-----------|--------|----|-----------|------------|
| 600 | 2:39.0 | pr | Steenwijk | 2026-04-17 |
| hurkhoog | 0.75 | pr | Steenwijk | 2026-04-17 |
| balstoten | 2.70 | pr | Steenwijk | 2026-04-17 |
| vortex | 8.77 | pr | Steenwijk | 2026-04-17 |

Afke Siebenga

| | | | | |
|---------|-----|----|----------|------------|
| duur 4' | 400 | pr | Drachten | 2026-05-30 |
|---------|-----|----|----------|------------|

| | | | | |
|-----------|-------|----|----------|------------|
| hoog | 0.85 | pr | Drachten | 2026-05-30 |
| ver | 2.40 | pr | Drachten | 2026-05-30 |
| balstoten | 3.50 | | Drachten | 2026-05-30 |
| vortex | 10.00 | pr | Drachten | 2026-05-30 |

categorie: V U10

Elvyra de Koning

| | | | | |
|-----------|-------|----|----------|------------|
| duur 4' | 775 | pr | Drachten | 2026-05-30 |
| hoog | 0.90 | pr | Drachten | 2026-05-30 |
| ver | 2.00 | pr | Drachten | 2026-05-30 |
| balstoten | 4.40 | pr | Drachten | 2026-05-30 |
| vortex | 11.50 | pr | Drachten | 2026-05-30 |

Merel Toonstra

| | | | | |
|-----------|-------|----|----------|------------|
| hoog | 0.80 | pr | Drachten | 2026-05-30 |
| balstoten | 4.90 | pr | Drachten | 2026-05-30 |
| vortex | 13.00 | pr | Drachten | 2026-05-30 |

categorie: V U12

Ylva Hooisma

| | | | | |
|-----------|-------|----|------------|------------|
| 60 | 11.7 | pr | Drachten | 2026-05-30 |
| duur 6' | 1100 | pr | Leeuwarden | 2026-04-11 |
| duur 6' | 1160 | pr | Drachten | 2026-05-30 |
| 60h | 13.3 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.05 | pr | Leeuwarden | 2026-04-11 |
| polsver | 2.75 | pr | Leeuwarden | 2026-04-11 |
| sss | 5.50 | pr | Drachten | 2026-05-30 |
| ver | 2.50 | pr | Drachten | 2026-05-30 |
| kogel 2 | 3.90 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 10.00 | pr | Drachten | 2026-05-30 |
| vortex | 12.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 14.00 | pr | Drachten | 2026-05-30 |

Liss Kuipers

| | | | | |
|-----|---------|----|------------|------------|
| 600 | 2:18.93 | pr | Heerenveen | 2026-05-10 |
|-----|---------|----|------------|------------|

Lieke Reijenga

| | | | | |
|-----------|-------|----|------------|------------|
| 60 | 11.4 | pr | Drachten | 2026-05-30 |
| duur 6' | 1225 | pr | Leeuwarden | 2026-04-11 |
| 60h | 12.8 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.00 | pr | Leeuwarden | 2026-04-11 |
| polsver | 3.15 | pr | Leeuwarden | 2026-04-11 |
| sss | 6.00 | pr | Drachten | 2026-05-30 |
| ver | 2.50 | | Drachten | 2026-05-30 |
| kogel 2 | 4.80 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 17.00 | pr | Drachten | 2026-05-30 |
| vortex | 18.50 | pr | Leeuwarden | 2026-04-11 |

| | | | | | | | | | |
|--------------------------|---------|----|------------|------------|---------------------------|---------|----|-------------|------------|
| vortex | 18.50 | pr | Drachten | 2026-05-30 | slingeren | 14.50 | pr | Drachten | 2026-05-30 |
| | | | | | vortex | 17.00 | pr | Drachten | 2026-05-30 |
| Hanna Rekelhof | | | | | categorie: V U14 | | | | |
| 60 | 10.01 | pr | Soest | 2026-05-17 | Danique van Amstel | | | | |
| 60 | 9.5 | pr | Drachten | 2026-05-30 | discus ¾ | 11.55 | pr | Stadskanaal | 2026-04-11 |
| 600 | 2:05.93 | pr | Heerenveen | 2026-05-10 | speer 400 | 10.00 | pr | Steenwijk | 2026-05-09 |
| 1000 | 3:46.64 | pr | Soest | 2026-05-17 | Jula van Aurich | | | | |
| duur 6' | 1475 | pr | Leeuwarden | 2026-04-11 | 60h 76,2 | 13.86 | pr | Stadskanaal | 2026-04-11 |
| duur 6' | 1525 | pr | Drachten | 2026-05-30 | 60h 76,2 | 13.50 | pr | Steenwijk | 2026-05-09 |
| 60h | 10.8 | pr | Leeuwarden | 2026-04-11 | hoog | 1.10 | pr | Stadskanaal | 2026-04-11 |
| hoog | 1.10 | pr | Leeuwarden | 2026-04-11 | hoog | 1.15 | pr | Steenwijk | 2026-05-09 |
| polsver | 3.10 | pr | Leeuwarden | 2026-04-11 | AV Heerenveen | | | | |
| sss | 7.60 | pr | Drachten | 2026-05-30 | 4x60 | 38.32 | | Steenwijk | 2026-05-09 |
| ver | 3.25 | pr | Drachten | 2026-05-30 | Sophia Boomsma | | | | |
| kogel 2 | 7.50 | pr | Leeuwarden | 2026-04-11 | 60 | 9.06 | pr | Steenwijk | 2026-03-28 |
| slingeren | 16.00 | pr | Drachten | 2026-05-30 | 60h 76,2 | 11.02 | pr | Steenwijk | 2026-03-28 |
| vortex | 25.50 | pr | Drachten | 2026-05-30 | 60h 76,2 | 10.75 | pr | Steenwijk | 2026-05-09 |
| Vayen de Roo | | | | | hoog | 1.40 | pr | Steenwijk | 2026-05-09 |
| 60 | 11.0 | pr | Drachten | 2026-05-30 | Tess Brouwer | | | | |
| duur 6' | 1250 | pr | Drachten | 2026-05-30 | ver | 3.68 | pr | Stadskanaal | 2026-04-11 |
| sss | 6.00 | pr | Drachten | 2026-05-30 | ver | 3.69 | pr | Steenwijk | 2026-05-09 |
| ver | 2.50 | | Drachten | 2026-05-30 | kogel 2 | 8.63 | pr | Stadskanaal | 2026-04-11 |
| slingeren | 11.00 | pr | Drachten | 2026-05-30 | kogel 2 | 8.76 | pr | Steenwijk | 2026-05-09 |
| vortex | 10.50 | pr | Drachten | 2026-05-30 | speer 400 | 18.20 | | Stadskanaal | 2026-04-11 |
| Hannah Ruizendaal | | | | | Zara Danes | | | | |
| 60 | 10.7 | pr | Drachten | 2026-05-30 | 60 | 9.49 | pr | Steenwijk | 2026-03-28 |
| duur 6' | 1225 | | Drachten | 2026-05-30 | 60 | 9.40 | pr | Stadskanaal | 2026-04-11 |
| 60h | 12.7 | | Leeuwarden | 2026-04-11 | 60 | 9.40 | pr | Steenwijk | 2026-05-09 |
| hoog | 1.20 | pr | Leeuwarden | 2026-04-11 | 1000 | 4:25.37 | pr | Stadskanaal | 2026-04-11 |
| polsver | 3.50 | pr | Leeuwarden | 2026-04-11 | ver | 3.46 | pr | Steenwijk | 2026-03-28 |
| sss | 6.95 | pr | Drachten | 2026-05-30 | kogel 2 | 6.03 | | Stadskanaal | 2026-04-11 |
| ver | 3.30 | pr | Drachten | 2026-05-30 | speer 400 | 7.07 | pr | Steenwijk | 2026-03-28 |
| kogel 2 | 5.60 | pr | Leeuwarden | 2026-04-11 | Leanne Haitzma | | | | |
| slingeren | 15.50 | pr | Drachten | 2026-05-30 | 60 | 10.52 | pr | Steenwijk | 2026-03-28 |
| vortex | 19.00 | | Drachten | 2026-05-30 | 600 | 2:20.29 | pr | Steenwijk | 2026-05-09 |
| Rosa Sanders | | | | | 1000 | 4:49.12 | pr | Stadskanaal | 2026-04-11 |
| 60 | 12.7 | pr | Drachten | 2026-05-30 | hoog | 1.10 | pr | Stadskanaal | 2026-04-11 |
| duur 6' | 1300 | pr | Leeuwarden | 2026-04-11 | ver | 3.10 | pr | Steenwijk | 2026-03-28 |
| 60h | 14.8 | pr | Leeuwarden | 2026-04-11 | speer 400 | 8.12 | pr | Steenwijk | 2026-03-28 |
| hoog | 0.85 | pr | Leeuwarden | 2026-04-11 | Sarah Hartsema | | | | |
| polsver | 2.65 | pr | Leeuwarden | 2026-04-11 | 60 | 10.34 | pr | Stadskanaal | 2026-04-11 |
| sss | 5.90 | pr | Drachten | 2026-05-30 | 60h 76,2 | 14.18 | pr | Stadskanaal | 2026-04-11 |
| ver | 2.35 | | Drachten | 2026-05-30 | 60h 76,2 | 13.77 | pr | Steenwijk | 2026-05-09 |
| kogel 2 | 3.30 | pr | Leeuwarden | 2026-04-11 | Sanne Heerschop | | | | |
| vortex | 10.00 | pr | Leeuwarden | 2026-04-11 | 60 | 9.40 | pr | Steenwijk | 2026-05-09 |
| Vesper Spijkman | | | | | ver | 3.30 | pr | Stadskanaal | 2026-04-11 |
| 60 | 9.9 | pr | Drachten | 2026-05-30 | discus ¾ | 13.46 | pr | Stadskanaal | 2026-04-11 |
| 600 | 2:22.28 | pr | Heerenveen | 2026-05-10 | speer 400 | 14.94 | pr | Stadskanaal | 2026-04-11 |
| 1000 | 4:31.0 | pr | Steenwijk | 2026-04-17 | Nora Hoefman | | | | |
| duur 6' | 1250 | pr | Assen | 2026-03-28 | 600 | 2:08.75 | pr | Steenwijk | 2026-05-09 |
| 60h | 11.1 | pr | Leeuwarden | 2026-04-11 | ver | 3.35 | | Steenwijk | 2026-05-09 |
| hoog | 1.20 | pr | Leeuwarden | 2026-04-11 | | | | | |
| polsver | 3.55 | | Leeuwarden | 2026-04-11 | | | | | |
| sss | 7.00 | pr | Drachten | 2026-05-30 | | | | | |
| ver | 3.32 | | Steenwijk | 2026-04-17 | | | | | |
| kogel 2 | 6.20 | pr | Leeuwarden | 2026-04-11 | | | | | |
| kogel 2 | 6.26 | pr | Steenwijk | 2026-04-17 | | | | | |
| slingeren | 18.50 | pr | Drachten | 2026-05-30 | | | | | |
| vortex | 25.36 | pr | Steenwijk | 2026-04-17 | | | | | |
| vortex | 28.50 | pr | Drachten | 2026-05-30 | | | | | |
| Benthe Tolsma | | | | | | | | | |
| 60 | 10.5 | pr | Drachten | 2026-05-30 | | | | | |
| duur 6' | 1350 | pr | Drachten | 2026-05-30 | | | | | |
| sss | 7.50 | pr | Drachten | 2026-05-30 | | | | | |
| ver | 3.00 | pr | Drachten | 2026-05-30 | | | | | |

Maja Wijma
1000 3:45.08 pr Stadskanaal 2026-04-11

categorie: **V U16**

AV Heerenveen
4x80 43.45 Steenwijk 2026-05-09

Sofie Heerschop
80 12.80 pr Stadskanaal 2026-04-11
discus 1 11.92 pr Stadskanaal 2026-04-11
discus 1 12.62 pr Steenwijk 2026-05-09
speer 500 13.34 pr Steenwijk 2026-05-09

Lia Hoekstra
100 16.07 pr Hoogeveen 2026-04-14
100 15.42 pr Ede 2026-06-05
800 3:07.50 pr Stadskanaal 2026-04-11
1500 6:37.74 Steenwijk 2026-05-09
ver 3.61 Hoogeveen 2026-04-14
kogel 3 5.77 Hoogeveen 2026-04-14
vortex 23.49 Hoogeveen 2026-04-14

Ilse Huisman
80 10.88w pr Steenwijk 2026-03-28
100 13.65 pr Hoogeveen 2026-04-14
100 13.48 pr Ede 2026-06-05
150 20.21 pr Steenwijk 2026-05-09
200 28.80 pr Drachten 2026-04-19
200 27.74 pr Assen 2026-05-03
ver 4.84 pr Steenwijk 2026-03-28
kogel 3 8.28 pr Hoogeveen 2026-04-14
kogel 3 8.46 pr Ede 2026-06-05
vortex 24.72 Hoogeveen 2026-04-14

Myrthe Kootstra
100 15.22 pr Hoogeveen 2026-04-14
100 14.78 pr Ede 2026-06-05
ver 4.07 Ede 2026-06-05
discus 1 27.79 pr Stadskanaal 2026-04-11
kogel 3 10.20 pr Stadskanaal 2026-04-11
vortex 30.07 Ede 2026-06-05

Jenthe Lolkema
80 15.59 pr Hoogeveen 2026-04-14
ver 2.45 pr Hoogeveen 2026-04-14
kogel 3 4.33 pr Hoogeveen 2026-04-14
vortex 11.00 Hoogeveen 2026-04-14

Fenna vd Meer
100 14.16 pr Hoogeveen 2026-04-14
100 13.97 pr Ede 2026-06-05
80h 76,2 13.19w pr Steenwijk 2026-03-28
hoog 1.50 pr Stadskanaal 2026-04-11
hoog 1.55 pr Steenwijk 2026-05-09
ver 4.87 pr Ede 2026-06-05
kogel 3 8.88 pr Hoogeveen 2026-04-14
vortex 31.21 Hoogeveen 2026-04-14

Famke Salomons
ver 3.99w pr Stadskanaal 2026-04-11
kogel 3 7.67 pr Stadskanaal 2026-04-11
speer 500 21.81 pr Steenwijk 2026-03-28
speer 500 22.35 pr Steenwijk 2026-05-09

Fardau Tuinier
80 11.04 pr Stadskanaal 2026-04-11
100 13.84 pr Drachten 2026-04-19
150 20.84 pr Steenwijk 2026-05-09
800 2:56.41 pr Stadskanaal 2026-04-11
80h 76,2 13.66w pr Steenwijk 2026-03-28
hoog 1.35 pr Drachten 2026-04-19
ver 4.68 pr Steenwijk 2026-03-28

Jodie Vianen
800 2:47.28 pr Stadskanaal 2026-04-11
1500 5:49.84 pr Steenwijk 2026-05-09
80h 76,2 13.74 pr Stadskanaal 2026-04-11
80h 76,2 13.44 pr Steenwijk 2026-05-09
hoog 1.45 pr Stadskanaal 2026-04-11
hoog 1.50 pr Steenwijk 2026-05-09

categorie: **V U18**

AV Heerenveen
4x100 55.54 Hoogeveen 2026-04-14

Aafje Boorsma
200 29.12 pr Drachten 2026-04-19
200 28.76 pr Assen 2026-05-03
400 1:06.74 Assen 2026-05-03

Julia Klinker
100 15.42 pr Hoogeveen 2026-04-14
100 15.10 pr Ede 2026-06-05
800 2:43.84 pr Steenwijk 2026-03-28
1500 5:52.31 Assen 2026-05-03
3000 12:44.88 pr Drachten 2026-04-19
ver 3.83 Hoogeveen 2026-04-14
kogel 3 7.58 pr Hoogeveen 2026-04-14
vortex 22.53 Ede 2026-06-05

Norah Pont
400h 76,2 1:05.75 Hengelo 2026-04-22

categorie: **V U20**

Meike Huistra
200 25.23 cr Heerenveen 2026-05-09
200 25.21 cr Assen 2026-06-06
800 2:25.74 pr Assen 2026-06-07
100h 83,8 14.33 cr Vught 2026-05-14
100h 83,8 14.31 cr Assen 2026-06-06
hoog 1.70 pr Assen 2026-06-06
ver 5.83 Assen 2026-06-07
kogel 4 11.79 cr Heerenveen 2026-05-09
kogel 4 11.83 cr Groningen 2026-05-23
kogel 4 11.98 cr Assen 2026-06-06
speer 600 38.68 pr Tilburg 2026-05-25
7-kamp 5462 cr Assen 2026-06-07

Marit Versfeld
200 27.64 Heerenveen 2026-06-06
800 2:34.82 Heerenveen 2026-05-10
100h 83,8 17.67 pr Assen 2026-05-03
100h 83,8 17.48 pr Heerenveen 2026-05-09
100h 83,8 17.39 pr Assen 2026-06-06
hoog 1.46 Assen 2026-06-06
ver 4.97w pr Heerenveen 2026-05-10
ver 4.95 Assen 2026-06-07
kogel 4 10.30 pr Heerenveen 2026-05-09

| | | | | |
|-----------|-------|----|------------|------------|
| speer 600 | 26.49 | pr | Drachten | 2026-04-19 |
| speer 600 | 28.42 | pr | Heerenveen | 2026-05-10 |
| speer 600 | 29.01 | pr | Assen | 2026-06-07 |
| 7-kamp | 3945 | pr | Heerenveen | 2026-05-10 |

categorie: **V U23**

Romée de Best

| | | | | |
|---------|-------|--|------------|------------|
| kogel 4 | 10.51 | | Heerenveen | 2026-05-09 |
|---------|-------|--|------------|------------|

Kira Bouma

| | | | | |
|-----|-------|----|--------|------------|
| 100 | 15.48 | pr | Almelo | 2026-05-31 |
| 200 | 32.06 | pr | Almelo | 2026-05-31 |

Nynke Rijpma

| | | | | |
|-----|-------|--|------------|------------|
| 100 | 13.15 | | Heerenveen | 2026-05-09 |
| hss | 11.63 | | Amsterdam | 2026-06-14 |

categorie: **V**

Hester Bos

| | | | | |
|-----|---------|----|-----------|------------|
| 60 | 9.05 | pr | Hengelo | 2026-05-02 |
| 100 | 14.14 | | Almelo | 2026-05-31 |
| 200 | 30.10 | | Almelo | 2026-05-31 |
| 400 | 1:06.65 | pr | Hengelo | 2026-05-02 |
| ver | 4.52w | | Groningen | 2026-04-04 |
| ver | 4.36 | | Groningen | 2026-04-04 |

Sabrina Cruden

| | | | | |
|-----------|---------|----|------------|------------|
| 200 | 26.21 | | Assen | 2026-06-06 |
| 800 | 2:29.28 | | Assen | 2026-06-07 |
| 100h 83,8 | 14.65 | | Tilburg | 2026-05-25 |
| hoog | 1.62 | | Assen | 2026-06-06 |
| ver | 5.63 | | Assen | 2026-06-07 |
| kogel 4 | 11.89 | cr | Heerenveen | 2026-05-09 |
| speer 600 | 36.86 | | Tilburg | 2026-05-25 |
| 7-kamp | 5027 | | Assen | 2026-06-07 |

categorie: **V35**

Aukje Kok-Oevering

| | | | | |
|---------|-------|----|-----------|------------|
| 100 | 14.96 | pr | Apeldoorn | 2026-06-14 |
| ver | 3.73 | pr | Apeldoorn | 2026-06-14 |
| kogel 4 | 6.31 | pr | Apeldoorn | 2026-06-14 |

categorie: **V40**

Suzanne Looper-Hartwig

| | | | | |
|---------|------|----|-----------|------------|
| hoog | 1.30 | pr | Apeldoorn | 2026-06-14 |
| kogel 4 | 9.18 | | Apeldoorn | 2026-06-14 |

categorie: **V45**

Laura vd Akker

| | | | | |
|-----------|-------|----|-----------|------------|
| 100 | 17.12 | pr | Bussum | 2026-05-10 |
| hoog | 1.20 | pr | Bussum | 2026-05-10 |
| discus 1 | 30.72 | | Dronten | 2026-06-10 |
| speer 600 | 23.65 | pr | Apeldoorn | 2026-06-14 |

categorie: **V60**

Betty Bijker-Bangma

| | | | | |
|-----|---------|--|---------|------------|
| 100 | 15.66 | | Dronten | 2026-06-10 |
| 200 | 32.65 | | Dronten | 2026-06-10 |
| 800 | 2:46.15 | | Dronten | 2026-04-22 |

Jolanda Smedinga

| | | | | |
|-----------|---------|----|------------|------------|
| 100 | 16.17w | pr | Steenwijk | 2026-03-28 |
| 100 | 16.12 | pr | Deventer | 2026-04-24 |
| 100 | 16.12 | pr | Bussum | 2026-05-10 |
| 100 | 16.12 | pr | Harderwijk | 2026-05-16 |
| 100 | 15.99 | pr | Vught | 2026-06-06 |
| 200 | 34.47 | pr | Apeldoorn | 2026-04-18 |
| 200 | 34.12 | pr | Harderwijk | 2026-05-16 |
| 200 | 33.98w | pr | Vught | 2026-06-07 |
| 300 | 56.41 | pr | Steenwijk | 2026-03-28 |
| 400 | 1:21.26 | pr | Deventer | 2026-04-24 |
| 400 | 1:20.75 | pr | Bussum | 2026-05-10 |
| 400 | 1:19.83 | pr | Vught | 2026-06-06 |
| 800 | 3:12.00 | pr | Vught | 2026-06-07 |
| ver | 2.81w | cr | Bussum | 2026-05-10 |
| speer 500 | 12.09 | pr | Apeldoorn | 2026-06-14 |

categorie: **M U7**

Mitt Ferwerda

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 8.7 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 825 | pr | Leeuwarden | 2026-04-11 |
| 40h | 10.2 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.70 | pr | Drachten | 2026-05-30 |
| ver | 2.20 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.60 | pr | Leeuwarden | 2026-04-11 |
| balstoten | 3.10 | pr | Drachten | 2026-05-30 |
| slingeren | 7.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 9.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 10.00 | pr | Drachten | 2026-05-30 |

categorie: **M U8**

Dex Kruit

| | | | | |
|-----------|---------|----|------------|------------|
| 40 | 7.6 | pr | Leeuwarden | 2026-04-11 |
| 600 | 2:39.70 | pr | Heerenveen | 2026-05-10 |
| duur 4' | 850 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 850 | pr | Drachten | 2026-05-30 |
| 40h | 9.0 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.95 | cr | Drachten | 2026-05-30 |
| hurkhoog | 0.75 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.10 | pr | Drachten | 2026-05-30 |
| balstoten | 5.30 | cr | Drachten | 2026-05-30 |
| slingeren | 10.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 15.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 18.00 | pr | Drachten | 2026-05-30 |

Dinand Wedman

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 8.6 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 700 | pr | Leeuwarden | 2026-04-11 |
| 40h | 11.6 | pr | Leeuwarden | 2026-04-11 |
| hurkhoog | 0.55 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 7.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 11.50 | pr | Leeuwarden | 2026-04-11 |

categorie: **M U9**

Sam Deenen

| | | | | |
|-----------|---------|----|------------|------------|
| 40 | 7.8 | pr | Leeuwarden | 2026-04-11 |
| 600 | 2:23.39 | pr | Heerenveen | 2026-05-10 |
| duur 4' | 900 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 925 | pr | Drachten | 2026-05-30 |
| 40h | 9.3 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.80 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.80 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.55 | pr | Drachten | 2026-05-30 |
| balstoten | 4.60 | pr | Drachten | 2026-05-30 |
| slingeren | 12.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 12.00 | pr | Leeuwarden | 2026-04-11 |

Eden de Jong

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 8.6 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 675 | pr | Leeuwarden | 2026-04-11 |
| 40h | 11.1 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.65 | pr | Drachten | 2026-05-30 |
| ver | 2.10 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.60 | pr | Leeuwarden | 2026-04-11 |
| balstoten | 4.10 | pr | Drachten | 2026-05-30 |
| slingeren | 10.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 13.50 | pr | Leeuwarden | 2026-04-11 |

Lieuwe Vianen

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 8.0 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 975 | pr | Leeuwarden | 2026-04-11 |
| 40h | 8.6 | pr | Leeuwarden | 2026-04-11 |
| hurkhoog | 0.80 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 12.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 15.00 | pr | Leeuwarden | 2026-04-11 |

categorie: **M U10**

Coen Claes

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 8.4 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 875 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 900 | pr | Drachten | 2026-05-30 |
| 40h | 9.0 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.95 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.80 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.75 | pr | Drachten | 2026-05-30 |
| balstoten | 5.40 | pr | Drachten | 2026-05-30 |
| slingeren | 11.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 14.50 | pr | Drachten | 2026-05-30 |

Julian Klunder

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 7.6 | pr | Assen | 2026-03-28 |
| duur 4' | 825 | pr | Drachten | 2026-05-30 |
| 40h | 10.3 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.90 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.75 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.50 | pr | Assen | 2026-03-28 |
| ver | 2.75 | pr | Drachten | 2026-05-30 |
| balstoten | 4.50 | pr | Assen | 2026-03-28 |
| balstoten | 5.90 | pr | Drachten | 2026-05-30 |
| slingeren | 15.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 12.50 | pr | Assen | 2026-03-28 |
| vortex | 13.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 14.50 | pr | Drachten | 2026-05-30 |

Levy de Lang

| | | | | |
|---------|-----|----|------------|------------|
| 40 | 7.0 | pr | Assen | 2026-03-28 |
| duur 4' | 875 | pr | Assen | 2026-03-28 |
| duur 4' | 900 | pr | Leeuwarden | 2026-04-11 |
| duur 4' | 900 | pr | Drachten | 2026-05-30 |

| | | | | |
|-----------|-------|----|------------|------------|
| 40h | 8.1 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.10 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.80 | pr | Leeuwarden | 2026-04-11 |
| ver | 3.05 | pr | Drachten | 2026-05-30 |
| balstoten | 4.50 | pr | Assen | 2026-03-28 |
| balstoten | 6.70 | pr | Drachten | 2026-05-30 |
| slingeren | 14.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 25.00 | pr | Assen | 2026-03-28 |
| vortex | 27.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 31.00 | pr | Drachten | 2026-05-30 |

Daan Looper

| | | | | |
|-----------|--------|----|-----------|------------|
| 1000 | 4:38.0 | pr | Steenwijk | 2026-04-17 |
| duur 4' | 900 | pr | Drachten | 2026-05-30 |
| hoog | 0.95 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.80 | pr | Steenwijk | 2026-04-17 |
| ver | 2.75 | pr | Drachten | 2026-05-30 |
| balstoten | 6.14 | pr | Steenwijk | 2026-04-17 |
| balstoten | 6.30 | pr | Drachten | 2026-05-30 |
| vortex | 27.30 | pr | Steenwijk | 2026-04-17 |
| vortex | 31.50 | cr | Drachten | 2026-05-30 |

Stijn de Meer

| | | | | |
|-----------|---------|----|------------|------------|
| 40 | 6.9 | pr | Assen | 2026-03-28 |
| 600 | 2:14.52 | pr | Heerenveen | 2026-05-10 |
| duur 4' | 1000 | pr | Assen | 2026-03-28 |
| duur 4' | 1050 | pr | Leeuwarden | 2026-04-11 |
| 40h | 8.1 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.80 | pr | Assen | 2026-03-28 |
| balstoten | 4.50 | pr | Assen | 2026-03-28 |
| vortex | 13.50 | pr | Assen | 2026-03-28 |

Melle Oenema

| | | | | |
|-----|---------|----|------------|------------|
| 600 | 2:38.48 | pr | Heerenveen | 2026-05-10 |
|-----|---------|----|------------|------------|

Jeen Streekstra

| | | | | |
|-----------|-------|----|------------|------------|
| 40 | 7.7 | pr | Assen | 2026-03-28 |
| duur 4' | 850 | pr | Leeuwarden | 2026-04-11 |
| 40h | 9.0 | pr | Leeuwarden | 2026-04-11 |
| hoog | 0.90 | pr | Drachten | 2026-05-30 |
| hurkhoog | 0.75 | pr | Leeuwarden | 2026-04-11 |
| ver | 2.80 | pr | Drachten | 2026-05-30 |
| balstoten | 4.50 | pr | Assen | 2026-03-28 |
| balstoten | 5.10 | pr | Drachten | 2026-05-30 |
| slingeren | 11.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 13.00 | pr | Assen | 2026-03-28 |
| vortex | 18.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 19.50 | pr | Drachten | 2026-05-30 |

categorie: **M U12**

Martin Bolt

| | | | | |
|-----------|-------|----|----------|------------|
| 60 | 11.3 | pr | Drachten | 2026-05-30 |
| duur 6' | 1425 | pr | Drachten | 2026-05-30 |
| sss | 6.85 | pr | Drachten | 2026-05-30 |
| ver | 2.70 | pr | Drachten | 2026-05-30 |
| slingeren | 13.50 | pr | Drachten | 2026-05-30 |
| vortex | 17.50 | pr | Drachten | 2026-05-30 |

Quin Kok

| | | | | |
|---------|------|----|------------|------------|
| 60 | 9.5 | pr | Assen | 2026-03-28 |
| 60 | 9.49 | pr | Assendelft | 2026-04-26 |
| duur 6' | 1250 | pr | Assen | 2026-03-28 |
| duur 6' | 1325 | pr | Leeuwarden | 2026-04-11 |
| 60h | 9.1 | cr | Leeuwarden | 2026-04-11 |
| hoog | 1.25 | pr | Leeuwarden | 2026-04-11 |
| polsver | 4.20 | pr | Leeuwarden | 2026-04-11 |
| sss | 7.10 | pr | Drachten | 2026-05-30 |
| ver | 3.62 | pr | Assendelft | 2026-04-26 |

| | | | | |
|-----------|-------|----|------------|------------|
| kogel 2 | 6.51 | pr | Assendelft | 2026-04-26 |
| slingeren | 17.00 | pr | Drachten | 2026-05-30 |
| vortex | 24.00 | pr | Leeuwarden | 2026-04-11 |
| vortex | 29.50 | pr | Drachten | 2026-05-30 |

Hedzer Kootstra

| | | | | |
|-----------|-------|----|----------|------------|
| 60 | 10.7 | pr | Assen | 2026-03-28 |
| 60 | 10.2 | pr | Drachten | 2026-05-30 |
| duur 6' | 1400 | pr | Drachten | 2026-05-30 |
| hoog | 1.20 | pr | Soest | 2026-05-17 |
| sss | 7.25 | pr | Drachten | 2026-05-30 |
| ver | 3.43 | pr | Soest | 2026-05-17 |
| kogel 2 | 6.98 | pr | Soest | 2026-05-17 |
| slingeren | 19.00 | pr | Drachten | 2026-05-30 |
| vortex | 27.50 | | Drachten | 2026-05-30 |

Jesper Kootstra

| | | | | |
|-----------|-------|----|------------|------------|
| 60 | 10.3 | pr | Assen | 2026-03-28 |
| 60 | 10.2 | pr | Drachten | 2026-05-30 |
| duur 6' | 1350 | pr | Assen | 2026-03-28 |
| duur 6' | 1375 | pr | Leeuwarden | 2026-04-11 |
| duur 6' | 1425 | pr | Drachten | 2026-05-30 |
| 60h | 11.9 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.20 | pr | Leeuwarden | 2026-04-11 |
| polsver | 3.30 | pr | Leeuwarden | 2026-04-11 |
| sss | 6.90 | pr | Drachten | 2026-05-30 |
| ver | 3.43 | pr | Soest | 2026-05-17 |
| kogel 2 | 6.00 | | Leeuwarden | 2026-04-11 |
| slingeren | 17.50 | pr | Drachten | 2026-05-30 |
| vortex | 22.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 24.69 | pr | Soest | 2026-05-17 |
| vortex | 30.00 | pr | Drachten | 2026-05-30 |

Roan Leenes

| | | | | |
|-----------|-------|----|------------|------------|
| 60 | 10.6 | pr | Drachten | 2026-05-30 |
| duur 6' | 800 | pr | Leeuwarden | 2026-04-11 |
| duur 6' | 1300 | pr | Drachten | 2026-05-30 |
| 60h | 11.0 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.05 | pr | Leeuwarden | 2026-04-11 |
| polsver | 3.40 | pr | Leeuwarden | 2026-04-11 |
| sss | 6.50 | pr | Drachten | 2026-05-30 |
| kogel 2 | 5.00 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 12.00 | | Drachten | 2026-05-30 |
| vortex | 14.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 16.50 | pr | Drachten | 2026-05-30 |

Jesse Poelstra

| | | | | |
|---------|-------|----|-------|------------|
| 60 | 9.5 | pr | Assen | 2026-03-28 |
| duur 6' | 1350 | pr | Assen | 2026-03-28 |
| ver | 2.95 | | Assen | 2026-03-28 |
| kogel 2 | 5.70 | pr | Assen | 2026-03-28 |
| vortex | 21.50 | pr | Assen | 2026-03-28 |

Julian Scholte

| | | | | |
|-----------|-------|----|------------|------------|
| 60 | 10.5 | pr | Drachten | 2026-05-30 |
| duur 6' | 1300 | pr | Leeuwarden | 2026-04-11 |
| duur 6' | 1300 | pr | Drachten | 2026-05-30 |
| 60h | 11.0 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.10 | pr | Leeuwarden | 2026-04-11 |
| polsver | 3.90 | pr | Leeuwarden | 2026-04-11 |
| sss | 6.20 | pr | Drachten | 2026-05-30 |
| ver | 3.10 | pr | Drachten | 2026-05-30 |
| kogel 2 | 6.40 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 15.00 | | Drachten | 2026-05-30 |
| vortex | 29.50 | pr | Leeuwarden | 2026-04-11 |
| vortex | 35.00 | pr | Drachten | 2026-05-30 |

Ties Wierda

| | | | | |
|---------|--------|----|------------|------------|
| 60 | 9.4 | pr | Drachten | 2026-05-30 |
| 1000 | 3:45.0 | pr | Steenwijk | 2026-04-17 |
| duur 6' | 1500 | pr | Leeuwarden | 2026-04-11 |

| | | | | |
|-----------|-------|----|------------|------------|
| duur 6' | 1525 | pr | Drachten | 2026-05-30 |
| 60h | 10.7 | pr | Leeuwarden | 2026-04-11 |
| hoog | 1.20 | | Leeuwarden | 2026-04-11 |
| polsver | 4.40 | pr | Leeuwarden | 2026-04-11 |
| sss | 7.60 | pr | Drachten | 2026-05-30 |
| ver | 3.65 | | Drachten | 2026-05-30 |
| kogel 2 | 7.70 | pr | Leeuwarden | 2026-04-11 |
| slingeren | 20.50 | pr | Drachten | 2026-05-30 |
| vortex | 43.93 | cr | Soest | 2026-05-17 |
| vortex | 44.35 | cr | Soest | 2026-05-17 |

categorie: **M U14**

Timo Johannes

| | | | | |
|----------|---------|----|-------------|------------|
| 100 | 3:28.91 | pr | Stadskanaal | 2026-04-11 |
| 1500 | 5:28.92 | pr | Steenwijk | 2026-05-09 |
| 80h 76,2 | 17.24 | pr | Stadskanaal | 2026-04-11 |
| ver | 3.48w | pr | Stadskanaal | 2026-04-11 |

categorie: **M U16**

AV Heerenveen

| | | | | |
|-------|-------|--|-----------|------------|
| 4x100 | 52.27 | | Steenwijk | 2026-05-09 |
|-------|-------|--|-----------|------------|

Luuk den Braven

| | | | | |
|-----------|---------|----|-------------|------------|
| 1500 | 5:27.92 | pr | Steenwijk | 2026-05-09 |
| 100h 83,8 | 20.83 | pr | Stadskanaal | 2026-04-11 |
| 100h 83,8 | 18.48 | pr | Steenwijk | 2026-05-09 |
| hoog | 1.40 | pr | Stadskanaal | 2026-04-11 |
| ver | 4.09 | | Steenwijk | 2026-05-09 |

Ids Geertsma

| | | | | |
|------|---------|----|-------------|------------|
| 800 | 2:27.96 | | Stadskanaal | 2026-04-11 |
| 1500 | 5:23.95 | pr | Steenwijk | 2026-05-09 |
| hoog | 1.40 | | Steenwijk | 2026-05-09 |

Aron Hagg

| | | | | |
|-----------|-------|----|-------------|------------|
| 100h 83,8 | 23.18 | pr | Stadskanaal | 2026-04-11 |
| 100h 83,8 | 22.54 | pr | Steenwijk | 2026-05-09 |
| hoog | 1.25 | pr | Steenwijk | 2026-05-09 |
| ver | 3.73w | | Stadskanaal | 2026-04-11 |

Thijs Hartsema

| | | | | |
|-----------|-------|----|-------------|------------|
| kogel 4 | 5.50 | pr | Stadskanaal | 2026-04-11 |
| kogel 4 | 5.60 | pr | Steenwijk | 2026-05-09 |
| speer 600 | 13.10 | pr | Stadskanaal | 2026-04-11 |
| speer 600 | 14.14 | pr | Steenwijk | 2026-05-09 |

Folkert Krol

| | | | | |
|-----|---------|----|-------------|------------|
| 100 | 12.44 | pr | Stadskanaal | 2026-04-11 |
| 150 | 18.37 | pr | Steenwijk | 2026-05-09 |
| 200 | 25.55 | pr | Drachten | 2026-04-19 |
| 200 | 25.04 | pr | Assen | 2026-05-03 |
| 800 | 2:20.16 | | Stadskanaal | 2026-04-11 |
| ver | 5.85 | pr | Stadskanaal | 2026-04-11 |
| ver | 5.85 | pr | Steenwijk | 2026-05-09 |

Jasper Post

| | | | | |
|-----------|-------|----|-----------|------------|
| 150 | 20.94 | pr | Steenwijk | 2026-05-09 |
| speer 600 | 22.08 | pr | Steenwijk | 2026-05-09 |

Nigel Christian Punch

| | | | | |
|-----|--------|----|-------------|------------|
| 100 | 11.70w | cr | Steenwijk | 2026-03-28 |
| 100 | 11.86 | | Stadskanaal | 2026-04-11 |
| 150 | 18.04 | pr | Steenwijk | 2026-05-09 |

| | | | | |
|-----------|--------|----|----------------|------------|
| 200 | 24.60 | pr | Drachten | 2026-04-19 |
| 200 | 24.38 | pr | Leeuwarden | 2026-06-05 |
| 300 | 39.54 | pr | Steenwijk | 2026-03-28 |
| 100h 83,8 | 13.81 | cr | Stadskanaal | 2026-04-11 |
| 110h 91,4 | 15.42w | pr | Oud Beijerland | 2026-06-13 |
| hoog | 1.60 | pr | Drachten | 2026-04-19 |
| ver | 5.76 | pr | Groningen | 2026-05-23 |
| discus 1 | 23.03 | pr | Stadskanaal | 2026-04-11 |
| kogel 4 | 9.58 | pr | Steenwijk | 2026-05-09 |

Fedde Visser

| | | | | |
|---------|--------|----|-----------|------------|
| 100 | 15.30w | pr | Hoogeveen | 2026-04-14 |
| ver | 4.00 | pr | Hoogeveen | 2026-04-14 |
| kogel 3 | 6.28 | | Hoogeveen | 2026-04-14 |
| vortex | 28.14 | | Hoogeveen | 2026-04-14 |

categorie: M U18

AV Heerenveen

| | | | | |
|-------|---------|----|----------|------------|
| 4x400 | 3:52.93 | cr | Drachten | 2026-04-19 |
|-------|---------|----|----------|------------|

Tim den Braven

| | | | | |
|-----|-------|----|------------|------------|
| 100 | 14.03 | | Assen | 2026-05-03 |
| 200 | 29.65 | pr | Leeuwarden | 2026-06-05 |
| ver | 4.05 | | Drachten | 2026-04-19 |

Thijmen Groenendal

| | | | | |
|-----|---------|----|----------|------------|
| 400 | 1:00.11 | pr | Assen | 2026-05-03 |
| 800 | 2:17.75 | pr | Drachten | 2026-04-19 |

Liam de Lang

| | | | | |
|------|-------|----|------------|------------|
| 100 | 12.35 | pr | Heerenveen | 2026-05-09 |
| hoog | 1.75 | pr | Drachten | 2026-04-19 |
| hss | 12.03 | pr | Enschede | 2026-04-24 |
| hss | 12.51 | pr | Amsterdam | 2026-06-14 |
| ver | 5.62 | | Groningen | 2026-05-23 |

Jouke vd Werff

| | | | | |
|-----|-------|----|------------|------------|
| 100 | 12.81 | pr | Heerenveen | 2026-05-09 |
| 200 | 26.20 | pr | Heerenveen | 2026-05-09 |
| 200 | 26.12 | pr | Leeuwarden | 2026-06-05 |
| 400 | 58.38 | pr | Almelo | 2026-05-31 |

categorie: M U20

Floris van Hardeveld

| | | | | |
|-----|-------|----|--------|------------|
| 100 | 11.23 | | Vught | 2026-05-14 |
| 200 | 22.39 | pr | Almelo | 2026-05-31 |

Bram Persson

| | | | | |
|-----|--------|----|----------------|------------|
| 100 | 10.72 | | Göteborg (Zwe) | 2026-05-30 |
| 100 | 10.61w | cr | Göteborg (Zwe) | 2026-05-30 |
| 200 | 21.48 | | Göteborg (Zwe) | 2026-05-31 |

Ruben Visser

| | | | | |
|-----|-------|----|--------|------------|
| 400 | 55.34 | pr | Almelo | 2026-05-31 |
|-----|-------|----|--------|------------|

categorie: M U23

Jonathan Elzer

| | | | | |
|-----|-------|----|------------|------------|
| 100 | 11.12 | pr | Heerenveen | 2026-05-09 |
| 100 | 11.11 | pr | Tilburg | 2026-05-25 |
| 200 | 22.93 | pr | Heerenveen | 2026-05-09 |

Jeroen Persson

| | | | | |
|-----|-------|--|---------------|------------|
| 400 | 47.99 | | Brussel (Bel) | 2026-05-23 |
|-----|-------|--|---------------|------------|

Ziggy Veldman

| | | | | |
|-----|-------|----|------------|------------|
| 100 | 11.21 | pr | Heerenveen | 2026-05-09 |
| hss | 13.43 | | Leeuwarden | 2026-06-05 |
| ver | 7.20w | pr | Leiden | 2026-06-13 |
| ver | 7.12 | | Amsterdam | 2026-06-14 |

categorie: M

Lennert Naeff

| | | | | |
|----------|-------|----|---------------|------------|
| hoog | 2.10 | cr | Thouars (Fra) | 2026-05-23 |
| discus 2 | 28.12 | | Saintes (Fra) | 2026-05-17 |

PR's

Hoogste aantal pr's (5 of meer)

| | |
|-----------------------|----|
| Jolanda Smedinga | 15 |
| Jesper Kootstra | 14 |
| Hanna Rekelhof | 13 |
| Quin Kok | 13 |
| Vesper Spijkman | 12 |
| Julian Klunder | 12 |
| Ylva Hooisma | 12 |
| Dex Kruit | 12 |
| Levy de Lang | 12 |
| Stella Brouwer | 11 |
| Jeen Streekstra | 11 |
| Nigel Christian Punch | 11 |
| Julian Scholte | 11 |
| Meike Huistra | 11 |
| Noa van Anrooij | 11 |
| Sam Deenen | 11 |
| Ties Wierda | 11 |
| Roan Leenes | 10 |
| Mitt Ferwerda | 10 |
| Lieke Reijenga | 10 |
| Coen Claes | 9 |
| Ilse Huisman | 9 |
| Marit Versfeld | 9 |
| Eden de Jong | 9 |
| Daan Looper | 8 |
| Hedzer Kootstra | 8 |
| Rosa Sanders | 8 |
| Elin van Anrooij | 8 |
| Stijn de Meer | 8 |
| Fardau Tuinier | 7 |
| Fenna vd Meer | 7 |
| Hannah Ruizendaal | 6 |
| Martin Bolt | 6 |
| Folkert Krol | 6 |
| Dinand Wedman | 6 |
| Benthe Tolsma | 6 |
| Leanne Haitsma | 6 |
| Zara Danes | 6 |
| Lieuwe Vianen | 6 |
| Jodie Vianen | 6 |
| Vayen de Roo | 5 |
| Elvyra de Koning | 5 |

Competitie

Resultaten in de clubcompetitie

V U14

| | | | | |
|----------|---|------|------------|-------------|
| poule 66 | 9 | 3791 | 2026-04-11 | Stadskanaal |
| poule 66 | 5 | 4411 | 2026-05-09 | Steenwijk |

V U16

| | | | | |
|----------|---|------|------------|-------------|
| poule 66 | 2 | 5751 | 2026-04-11 | Stadskanaal |
| poule 66 | 1 | 6011 | 2026-05-09 | Steenwijk |

V U20

| | | | | |
|----------|----|------|------------|----------|
| poule 37 | 12 | 3995 | 2026-04-19 | Drachten |
| poule 37 | 19 | 2195 | 2026-05-03 | Assen |

M U14

| | | | | |
|----------|---|------|------------|-------------|
| poule 66 | 8 | 1046 | 2026-04-11 | Stadskanaal |
|----------|---|------|------------|-------------|

M U16

| | | | | |
|----------|---|------|------------|-------------|
| poule 66 | 1 | 6570 | 2026-04-11 | Stadskanaal |
| poule 66 | 1 | 6749 | 2026-05-09 | Steenwijk |

M U20

| | | | | |
|----------|----|------|------------|----------|
| poule 37 | 17 | 3365 | 2026-04-19 | Drachten |
| poule 37 | 18 | 2720 | 2026-05-03 | Assen |

V masters

| | | | | |
|----------|----|------|------------|-----------|
| poule 23 | 16 | 2848 | 2026-05-10 | Bussum |
| poule 23 | 17 | 2773 | 2026-06-14 | Apeldoorn |

Senioren M/V

| | | | | |
|----------|----|------|------------|----------|
| poule 14 | 16 | 699 | 2026-05-17 | Lelystad |
| poule 14 | 14 | 3637 | 2026-05-31 | Almelo |