

## Progressie clubrecords baan outdoor

Hieronder de geschiedenis van de outdoor clubrecords: minstens 1 verbetering (dus geen "nieuwe" nummers) en laatste verbetering / evenaring na 1 januari 2008.

### mpm

#### 600

|            |        |            |               |
|------------|--------|------------|---------------|
| 2014-10-04 | 2:22.4 | Heerenveen | Norah Keijzer |
| 2019-10-05 | 2:20.4 | Heerenveen | Fenna vd Meer |

#### duur 4'

|            |     |            |                    |
|------------|-----|------------|--------------------|
| 2016-07-02 | 875 | Drachten   | Loïs Richardson    |
| 2016-07-02 | 875 | Drachten   | Merle Sterkenburgh |
| 2018-05-26 | 875 | Sneek      | Fenna vd Meer      |
| 2018-07-07 | 875 | Steenwijk  | Fenna vd Meer      |
| 2019-04-20 | 925 | Drachten   | Fenna vd Meer      |
| 2019-06-29 | 925 | Leeuwarden | Fenna vd Meer      |

#### 40h

|            |     |            |               |
|------------|-----|------------|---------------|
| 2014-04-12 | 8.2 | Drachten   | Norah Keijzer |
| 2019-06-29 | 8.0 | Leeuwarden | Fenna vd Meer |

#### hoog

|            |      |           |                |
|------------|------|-----------|----------------|
| 2012-06-09 | 0.90 | Steenwijk | Jildou Binnema |
| 2019-05-25 | 0.95 | Steenwijk | Fenna vd Meer  |

#### balstoten

|            |      |            |               |
|------------|------|------------|---------------|
| 2015-10-03 | 4.30 | Heerenveen | Meike Huistra |
| 2019-09-14 | 4.80 | Sneek      | Fenna vd Meer |

#### slingeren

|            |       |            |                    |
|------------|-------|------------|--------------------|
| 2016-07-02 | 9.50  | Drachten   | Merle Sterkenburgh |
| 2018-07-07 | 10.00 | Steenwijk  | Fenna Bodewes      |
| 2019-04-20 | 11.50 | Drachten   | Fenna vd Meer      |
| 2019-06-29 | 12.50 | Leeuwarden | Fenna vd Meer      |

#### vortex

|            |       |            |                      |
|------------|-------|------------|----------------------|
| 2015-10-03 | 13.22 | Heerenveen | Annemijn Schoonhoven |
| 2019-09-14 | 14.50 | Sneek      | Fenna vd Meer        |

### mpC

#### duur 4'

|            |      |            |                 |
|------------|------|------------|-----------------|
| 2015-06-06 | 950  | Sneek      | Marianne Diallo |
| 2016-07-02 | 950  | Drachten   | Iris Linnebank  |
| 2016-07-02 | 950  | Drachten   | Meike Huistra   |
| 2019-06-29 | 950  | Leeuwarden | Jodie Vianen    |
| 2020-09-12 | 1000 | Heerenveen | Fenna vd Meer   |

#### 40h

|            |     |           |                   |
|------------|-----|-----------|-------------------|
| 2013-06-15 | 8.2 | Steenwijk | Ruth Zijlstra     |
| 2013-06-15 | 8.2 | Steenwijk | Isis vd Velden    |
| 2014-04-12 | 8.2 | Drachten  | Norah Keijzer     |
| 2015-06-27 | 7.2 | Steenwijk | Elisabeth de Haan |

#### hoog

|            |      |          |            |
|------------|------|----------|------------|
| 1998-05-16 | 0.95 | Drachten | Geke Suik  |
| 1998-05-16 | 0.95 | Drachten | Janou Spee |

|            |      |            |               |
|------------|------|------------|---------------|
| 1999-05-11 | 1.00 | Grou       | Janou Spee    |
| 1999-05-15 | 1.05 | Drachten   | Janou Spee    |
| 2011-05-24 | 1.05 | Grou       | Anke Binnema  |
| 2016-09-17 | 1.10 | Heerenveen | Meike Huistra |

### hurkhoog

|            |      |            |                   |
|------------|------|------------|-------------------|
| 2014-06-14 | 0.85 | Steenwijk  | Kyla Koops        |
| 2014-09-13 | 0.90 | Leeuwarden | Kyla Koops        |
| 2015-06-27 | 0.90 | Steenwijk  | Elisabeth de Haan |
| 2015-09-19 | 1.00 | Heerenveen | Elisabeth de Haan |

### ver

|            |      |            |                     |
|------------|------|------------|---------------------|
| 1993       | 3.33 |            | Charlotte Klijnstra |
| 1994-07-09 | 3.45 | Sneek      | Marrit Nederhoed    |
| 1994-10-01 | 3.50 | Assen      | Marrit Nederhoed    |
| 2016-10-01 | 3.50 | Heerenveen | Meike Huistra       |

### balstoten

|            |      |            |                   |
|------------|------|------------|-------------------|
| 2015-09-19 | 5.30 | Heerenveen | Elisabeth de Haan |
| 2016-09-17 | 5.90 | Heerenveen | Meike Huistra     |

### balwerpen

|            |       |            |                     |
|------------|-------|------------|---------------------|
| 1992       | 15.24 |            | Wendy Jongedijk     |
| 1995-09-16 | 18.28 | Heerenveen | Henriette Klijnstra |
| 2006-06-10 | 18.91 | Grou       | Esther Zandberg     |
| 2007-08-25 | 19.07 | Leeuwarden | Manon van Aurich    |
| 2011-06-07 | 20.50 | Heerenveen | Anke Binnema        |
| 2013-10-05 | 20.66 | Heerenveen | Jildou Binnema      |

### slingeren

|            |       |           |                |
|------------|-------|-----------|----------------|
| 2013-06-15 | 13.50 | Steenwijk | Jildou Binnema |
| 2013-06-15 | 13.50 | Steenwijk | Isis vd Velden |
| 2016-07-02 | 13.50 | Drachten  | Lisa Bodewes   |
| 2016-07-02 | 13.50 | Drachten  | Meike Huistra  |

### vortex

|            |       |            |                   |
|------------|-------|------------|-------------------|
| 2013-06-15 | 16.50 | Steenwijk  | Jildou Binnema    |
| 2015-06-27 | 17.50 | Steenwijk  | Elisabeth de Haan |
| 2016-10-01 | 18.15 | Heerenveen | Meike Huistra     |

## mpB

### duur 4'

|            |      |           |                   |       |
|------------|------|-----------|-------------------|-------|
| 2015-06-06 | 950  | Sneek     | Marianne Diallo   | (mpC) |
| 2016-07-02 | 975  | Drachten  | Sanne Pultrum     |       |
| 2017-07-08 | 1050 | Drachten  | Ellemeike Visser  |       |
| 2018-05-26 | 1050 | Sneek     | Norah Pont        |       |
| 2018-07-07 | 1050 | Steenwijk | Claudette Ritsema |       |

### 40h

|            |     |          |                   |
|------------|-----|----------|-------------------|
| 2014-04-12 | 7.5 | Drachten | Isis vd Velden    |
| 2016-07-02 | 7.3 | Drachten | Elisabeth de Haan |

### hoog

|            |      |             |                  |
|------------|------|-------------|------------------|
| 1992-06-30 | 1.15 | Heerenveen  | Liselotte de Wit |
| 2012-05-12 | 1.20 | Hoogeveen   | Anke Binnema     |
| 2012-06-16 | 1.20 | Stadskanaal | Anke Binnema     |
| 2017-09-09 | 1.20 | Sneek       | Meike Huistra    |

### hurkhoog

|            |      |            |                   |
|------------|------|------------|-------------------|
| 2014-09-14 | 1.10 | Sneek      | Maaïke Kramer     |
| 2015-09-19 | 1.10 | Heerenveen | Kyla Koops        |
| 2016-05-28 | 1.10 | Leeuwarden | Elisabeth de Haan |

|            |      |            |               |
|------------|------|------------|---------------|
| 2016-05-28 | 1.10 | Leeuwarden | Fleur Brouwer |
|------------|------|------------|---------------|

### **balstoten**

|            |      |            |                   |
|------------|------|------------|-------------------|
| 2015-09-19 | 6.50 | Heerenveen | Femke Slagman     |
| 2016-09-17 | 6.70 | Heerenveen | Elisabeth de Haan |
| 2017-09-16 | 6.70 | Heerenveen | Meike Huistra     |

### **vortex**

|            |       |            |                |
|------------|-------|------------|----------------|
| 2014-04-12 | 17.00 | Drachten   | Jildou Binnema |
| 2015-06-06 | 20.50 | Sneek      | Femke Slagman  |
| 2015-09-19 | 25.00 | Heerenveen | Femke Slagman  |

## **mpA**

### **60**

|            |      |            |                   |
|------------|------|------------|-------------------|
| 1989       | 8.8  |            | Suzanne Landman   |
| 1995-05-30 | 8.7  | Leeuwarden | Kristel Bottinga  |
| 1997-06-21 | 8.7  | Heerenveen | Marrit Nederhoed  |
| 2013-09-01 | 8.90 | Emmeloord  | Rikst Slot        |
| 2018-05-26 | 8.5  | Sneek      | Elisabeth de Haan |
| 2018-10-06 | 8.66 | Heerenveen | Elisabeth de Haan |

### **1000**

|            |        |            |                  |
|------------|--------|------------|------------------|
| 1990       | 3:33.1 |            | Simone Falkena   |
| 1997-06-10 | 3:32.0 | Heerenveen | Marrit Nederhoed |
| 2008-09-06 | 3:26.1 | Heerenveen | Aafke Soet       |

### **duur 6'**

|            |      |            |                   |
|------------|------|------------|-------------------|
| 2014-06-28 | 1500 | Sneek      | Brecht Frensel    |
| 2018-04-21 | 1500 | Drachten   | Sanne Pultrum     |
| 2018-07-07 | 1500 | Steenwijk  | Ellemeike Visser  |
| 2019-04-20 | 1525 | Drachten   | Ellemeike Visser  |
| 2020-09-12 | 1600 | Heerenveen | Claudette Ritsema |

### **hoog**

|            |      |            |                   |
|------------|------|------------|-------------------|
| 1986       | 1.30 |            | Marieke Heinkens  |
| 1990       | 1.30 |            | Nadine de Vries   |
| 1990       | 1.30 |            | Aliza Zwier       |
| 1994-05-31 | 1.35 | Heerenveen | Liselotte de Wit  |
| 1997-07-12 | 1.40 | Beek       | Esther Swart      |
| 2018-07-14 | 1.40 | Heerenveen | Elisabeth de Haan |

### **ver**

|            |      |            |                   |
|------------|------|------------|-------------------|
| 1990       | 4.35 |            | Nadine de Vries   |
| 2001-10-06 | 4.54 | Heerenveen | Manon Vermeulen   |
| 2018-09-15 | 4.55 | Heerenveen | Elisabeth de Haan |
| 2018-10-06 | 4.61 | Heerenveen | Elisabeth de Haan |

### **polsver**

|            |      |            |                     |
|------------|------|------------|---------------------|
| 2013-04-13 | 4.40 | Drachten   | Rikst Slot          |
| 2016-07-02 | 4.40 | Drachten   | Jildou Binnema      |
| 2018-04-21 | 4.40 | Drachten   | Janne Rikst Boorsma |
| 2019-04-20 | 4.40 | Drachten   | Lisa Bodewes        |
| 2019-06-29 | 5.00 | Leeuwarden | Britt Huisman       |

### **vortex**

|            |       |            |                |
|------------|-------|------------|----------------|
| 2013-08-31 | 26.57 | Emmeloord  | Anke Binnema   |
| 2014-09-13 | 28.50 | Leeuwarden | Anke Binnema   |
| 2016-06-18 | 29.41 | Heerenveen | Jildou Binnema |
| 2017-05-20 | 29.50 | Steenwijk  | Femke Slagman  |

## **mD**

## 150

|            |       |           |             |
|------------|-------|-----------|-------------|
| 1997-04-19 | 21.1  | Hoogeveen | Linda Swart |
| 2015-07-10 | 20.51 | Steenwijk | Rikst Slot  |

## 1000

|            |         |             |                 |
|------------|---------|-------------|-----------------|
| 1991       | 3:26.8  |             | Simone Falkena  |
| 2001-05-19 | 3:23.3  | Stadskanaal | Franne Anema    |
| 2005-06-18 | 3:22.46 | Emmeloord   | Marijke Portema |
| 2008-05-03 | 3:16.60 | Groningen   | Minke vd Meer   |
| 2008-09-07 | 3:09.71 | Amsterdam   | Minke vd Meer   |

## 60h

|            |       |             |                   |
|------------|-------|-------------|-------------------|
| 1989       | 10.4  |             | Marieke Heinkens  |
| 1995-06-10 | 10.10 | Groningen   | Patricia de Wilde |
| 2014-09-20 | 9.72  | Tilburg     | Terri Talan       |
| 2015-08-29 | 9.72  | Stadskanaal | Rikst Slot        |

## hoog

|            |      |            |                  |
|------------|------|------------|------------------|
| 1989-05-20 | 1.55 | Drachten   | Marieke Heinkens |
| 1996-06-01 | 1.55 | Hoogeveen  | Liselotte de Wit |
| 1999-06-19 | 1.55 | Emmeloord  | Esther Swart     |
| 2003-06-14 | 1.55 | Heerenveen | Manon Vermeulen  |
| 2003-06-21 | 1.57 | Grou       | Manon Vermeulen  |
| 2021-10-09 | 1.61 | Best       | Meike Huistra    |

## polshoog

|            |      |            |             |
|------------|------|------------|-------------|
| 2013-06-12 | 1.90 | Sneek      | Terri Talan |
| 2014-04-12 | 2.00 | Heerenveen | Terri Talan |
| 2015-04-11 | 2.30 | Heerenveen | Rikst Slot  |

## ver

|            |      |             |                   |
|------------|------|-------------|-------------------|
| 1992-10-03 | 4.86 | Leeuwarden  | Nadine de Vries   |
| 2019-06-22 | 4.88 | Stadskanaal | Elisabeth de Haan |
| 2020-07-25 | 4.94 | Heerenveen  | Elisabeth de Haan |
| 2021-05-23 | 4.95 | Heerenveen  | Meike Huistra     |
| 2021-08-28 | 4.97 | Papendrecht | Meike Huistra     |

## kogel

|            |       |            |                  |
|------------|-------|------------|------------------|
| 1989-10-06 | 13.08 | Heerenveen | Marieke Heinkens |
| 2021-05-23 | 13.10 | Heerenveen | Meike Huistra    |
| 2021-09-12 | 13.32 | Zoetermeer | Meike Huistra    |

## speer

|            |       |           |                 |
|------------|-------|-----------|-----------------|
| 1992-09-26 | 33.10 | Zierikzee | Nadine de Vries |
| 2018-09-02 | 33.30 | Amsterdam | Jildou Binnema  |
| 2021-07-03 | 33.40 | Assen     | Meike Huistra   |

## 6-kamp

|   |      |             |                  |
|---|------|-------------|------------------|
| 1989-09-09                                      | 3006 | Emmen       | Marieke Heinkens |
| (10.6 – 1.45 – 24.64 / 4.09 – 12.52 – 1:58.4)   |      |             |                  |
| 2013-09-01                                      | 3120 | Emmeloord   | Renske Zwolle    |
| (10.54 – 1.50 – 26.00 / 4.61 – 10.46 – 1:58.45) |      |             |                  |
| 2015-08-30                                      | 3235 | Stadskanaal | Rikst Slot       |
| (9.72 – 1.30 – 30.06 / 4.61 – 10.44 – 1:50.32)  |      |             |                  |
| 2021-05-23                                      | 3362 | Heerenveen  | Meike Huistra    |
| (10.27 – 1.45 – 30.84 / 4.95 – 13.10 – 1:59.74) |      |             |                  |
| 2021-09-12                                      | 3618 | Zoetermeer  | Meike Huistra    |
| (10.10 – 1.55 – 32.61 / 4.88 – 13.32 – 1:49.27) |      |             |                  |

## mC

### 800

|            |         |       |                  |
|------------|---------|-------|------------------|
| 1989       | 2:29.6  |       | Leonie van Wolde |
| 2006-05-14 | 2:27.20 | Emmen | Marijke Portema  |

|            |         |           |                |
|------------|---------|-----------|----------------|
| 2008-04-22 | 2:23.95 | Kampen    | Anniek de Jong |
| 2008-05-23 | 2:22.31 | Hoogeveen | Anniek de Jong |
| 2010-05-07 | 2:22.15 | Utrecht   | Minke vd Meer  |
| 2010-06-04 | 2:20.1  | Rijssen   | Minke vd Meer  |

### 1000

|            |         |           |                  |
|------------|---------|-----------|------------------|
| 1987-05-23 | 3:10.6  | Drachten  | Jitske Schuurman |
| 1989-05-20 | 3:08.1  | Drachten  | Leonie van Wolde |
| 2008-05-03 | 3:06.49 | Groningen | Anniek de Jong   |
| 2008-08-23 | 3:05.20 | Amsterdam | Anniek de Jong   |
| 2010-05-29 | 3:01.98 | Assen     | Minke vd Meer    |
| 2010-05-29 | 2:59.14 | Utrecht   | Minke vd Meer    |

### 1500

|            |         |            |                |
|------------|---------|------------|----------------|
| 2004-06-18 | 5:08.09 | Apeldoorn  | Franne Anema   |
| 2008-06-14 | 5:02.20 | Heerenveen | Anniek de Jong |
| 2009-05-02 | 4:58.5  | Utrecht    | Minke vd Meer  |
| 2009-05-27 | 4:54.52 | Heerde     | Minke vd Meer  |
| 2009-06-27 | 4:54.52 | Emmeloord  | Minke vd Meer  |
| 2009-09-19 | 4:54.33 | Heerenveen | Minke vd Meer  |
| 2010-04-17 | 4:50.9  | Heerenveen | Minke vd Meer  |
| 2010-06-27 | 4:49.13 | Zwolle     | Minke vd Meer  |

### hss

|            |       |            |              |
|------------|-------|------------|--------------|
| 2021-04-11 | 9.74  | Heerenveen | Nynke Rijpma |
| 2021-08-29 | 10.35 | Amsterdam  | Nynke Rijpma |

### polshoog

|            |      |            |               |      |
|------------|------|------------|---------------|------|
| 2011-05-28 | 2.00 | Heerenveen | Tessa Miedema |      |
| 2014-04-12 | 2.00 | Heerenveen | Terri Talan   | (mD) |
| 2015-04-11 | 2.30 | Heerenveen | Rikst Slot    | (mD) |

### ver

|            |      |           |               |
|------------|------|-----------|---------------|
| 1988       | 5.09 |           | Mirjam Pool   |
| 1996-06-01 | 5.12 | Hoogeveen | Lidia de Jong |
| 1997-09-21 | 5.26 | Haarlem   | Lidia de Jong |
| 2003-06-07 | 5.32 | Emmen     | Annika Tolsma |
| 2017-08-26 | 5.45 | Amsterdam | Rikst Slot    |

### kogel

|            |       |           |                     |
|------------|-------|-----------|---------------------|
| 1964       | 12.04 |           | Rommy Bos           |
| 2000-08-27 | 12.25 | Amsterdam | Charlotte Klijnstra |
| 2016-06-25 | 12.43 | Emmen     | Anne-Karlijn Mos    |
| 2016-08-27 | 12.66 | Amsterdam | Anne-Karlijn Mos    |

### speer

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 1993-05-22 | 32.16 |            | Nadine de Vries |
| 2005-06-25 | 33.37 | Heerenveen | Nienke Roosjen  |
| 2020-08-01 | 34.93 | Amstelveen | Jildou Binnema  |
| 2020-09-26 | 35.60 | Heerenveen | Jildou Binnema  |

### kogelslingeren

|            |       |           |               |      |
|------------|-------|-----------|---------------|------|
| 2009-05-29 | 16.99 | Groningen | Dagmar Oenema | (mD) |
| 2016-09-03 | 21.96 | Kerkrade  | Kahlan Veen   |      |

### 7-kamp

|   |      |            |                  |
|---|------|------------|------------------|
| 1988  | 3827 |            | Mirjam Pool      |
| 1997-09-21  | 4048 | Haarlem    | Lidia de Jong    |
| 1999-07-11  | 4098 | Assen      | Kristel Bottinga |
| (12.08 – 1.60 – 9.01 – 18.6 / 4.94 – 17.14 – 1:44.54)   |      |            |                  |
| 2017-09-24  | 4149 | Zoetermeer | Rikst Slot       |
| (12.64 – 1.50 – 10.99 – 19.69 / 5.37 – 30.36 – 1:54.56) |      |            |                  |

### mB

**200**

|            |       |            |                 |  |
|------------|-------|------------|-----------------|--|
| 1989-04-23 | 25.5  | Zwolle     | Fiona van Es    |  |
| 2013-06-16 | 25.55 | Harderwijk | Vera van Aurich |  |

**300**

|            |       |                |                     |      |
|------------|-------|----------------|---------------------|------|
| 1973-08-15 | 43.8  | Drachten       | Marga Wiegman       |      |
| 2000-04-28 | 43.17 | Heerenveen     | Linda Swart         | (mC) |
| 2008-04-05 | 42.99 | Steenwijk      | Marrit van Gelderen |      |
| 2012-09-08 | 41.92 | Gladbeck (Dui) | Vera van Aurich     | (mC) |

**800**

|            |         |            |                |  |
|------------|---------|------------|----------------|--|
| 1975-06-14 | 2:20.8  | Heerenveen | Anke Scholten  |  |
| 2009-04-19 | 2:19.81 | Assen      | Anniek de Jong |  |
| 2009-04-19 | 2:18.89 | Emmeloord  | Anniek de Jong |  |
| 2011-06-11 | 2:18.67 | Leiden     | Minke vd Meer  |  |
| 2011-06-24 | 2:18.62 | Groningen  | Minke vd Meer  |  |

**1000**

|            |         |           |                  |      |
|------------|---------|-----------|------------------|------|
| 1987-05-23 | 3:10.6  | Drachten  | Jitske Schuurman | (mC) |
| 1989-05-20 | 3:08.1  | Drachten  | Leonie van Wolde | (mC) |
| 2008-05-03 | 3:06.49 | Groningen | Anniek de Jong   | (mC) |
| 2008-08-23 | 3:05.20 | Amsterdam | Anniek de Jong   | (mC) |
| 2010-05-29 | 3:01.98 | Assen     | Minke vd Meer    | (mC) |
| 2010-05-29 | 2:59.14 | Utrecht   | Minke vd Meer    | (mC) |

**1500**

|            |         |                |                 |      |
|------------|---------|----------------|-----------------|------|
| 1981       | 5:50.1  |                | Annemiek Kamper |      |
| 1996-05-08 | 5:20.2  | Heerenveen     | Simone Falkena  |      |
| 2004-06-18 | 5:08.09 | Apeldoorn      | Franne Anema    | (mC) |
| 2008-06-14 | 5:02.20 | Heerenveen     | Anniek de Jong  | (mC) |
| 2009-05-02 | 4:58.5  | Utrecht        | Minke vd Meer   | (mC) |
| 2009-05-27 | 4:54.52 | Heerde         | Minke vd Meer   | (mC) |
| 2009-06-27 | 4:54.52 | Emmeloord      | Minke vd Meer   | (mC) |
| 2009-09-19 | 4:54.33 | Heerenveen     | Minke vd Meer   | (mC) |
| 2010-04-17 | 4:50.9  | Heerenveen     | Minke vd Meer   | (mC) |
| 2010-06-27 | 4:49.13 | Zwolle         | Minke vd Meer   | (mC) |
| 2011-04-09 | 4:47.3  | Heerenveen     | Minke vd Meer   |      |
| 2013-07-06 | 4:44.40 | Oordegem (Bel) | Tessa de Boer   |      |

**mijl**

|            |        |           |               |      |
|------------|--------|-----------|---------------|------|
| 2008-07-18 | 5:37.7 | Steenwijk | Minke vd Meer | (mD) |
| 2010-07-16 | 5:26.2 | Steenwijk | Minke vd Meer | (mC) |

**3000**

|            |          |            |                |      |
|------------|----------|------------|----------------|------|
| 2005-05-15 | 11:27.17 | Amsterdam  | Franne Anema   |      |
| 2009-07-02 | 11:14.20 | Dronten    | Denise Sinnema | (mC) |
| 2011-05-08 | 11:10.89 | Assen      | Minke vd Meer  |      |
| 2011-07-15 | 10:52.71 | Utrecht    | Tessa de Boer  | (mC) |
| 2012-05-04 | 10:45.46 | Utrecht    | Tessa de Boer  |      |
| 2012-05-20 | 10:42.51 | Harderwijk | Tessa de Boer  |      |
| 2012-06-01 | 10:21.82 | Breda      | Tessa de Boer  |      |

**2000st**

|            |         |           |               |  |
|------------|---------|-----------|---------------|--|
| 2012-06-03 | 7:28.01 | Breda     | Tessa de Boer |  |
| 2013-06-30 | 7:15.68 | Eindhoven | Tessa de Boer |  |

**3000st**

|            |          |                |               |  |
|------------|----------|----------------|---------------|--|
| 2012-07-13 | 11:42.86 | Utrecht        | Tessa de Boer |  |
| 2013-06-01 | 11:13.83 | Oordegem (Bel) | Tessa de Boer |  |

**hss**

|            |       |             |                     |  |
|------------|-------|-------------|---------------------|--|
| 1997-05-28 | 9.21  | Heerenveen  | Simone Falkena      |  |
| 1997-06-22 | 10.38 | Stadskanaal | Annette Witteveen   |  |
| 2008-05-04 | 10.86 | Assen       | Marrit van Gelderen |  |
| 2008-06-29 | 10.88 | Apeldoorn   | Marrit van Gelderen |  |

## polshoog

|            |      |           |              |
|------------|------|-----------|--------------|
| 2011-05-25 | 2.30 | Heerde    | Ineke Visser |
| 2011-06-05 | 2.50 | Krommenie | Ineke Visser |
| 2011-06-15 | 2.50 | Sneek     | Ineke Visser |

## kogel

|            |       |            |                     |
|------------|-------|------------|---------------------|
| 1960       | 12.28 |            | Cobi van Renssen    |
| 1999-06-12 | 12.93 | Zevenaar   | Martine Metsemakers |
| 2017-05-20 | 13.48 | Heerenveen | Anne-Karlijn Mos    |
| 2017-06-17 | 13.92 | Emmeloord  | Anne-Karlijn Mos    |

## kogelslingeren

|            |       |            |               |      |
|------------|-------|------------|---------------|------|
| 2009-05-29 | 16.99 | Groningen  | Dagmar Oenema | (mD) |
| 2012-04-13 | 21.96 | Den Helder | Dagmar Oenema |      |
| 2012-04-29 | 24.64 | Amersfoort | Dagmar Oenema |      |
| 2013-04-12 | 26.94 | Groningen  | Dagmar Oenema |      |
| 2013-04-12 | 28.43 | Groningen  | Dagmar Oenema |      |
| 2013-04-18 | 28.54 | Zwolle     | Dagmar Oenema |      |
| 2013-05-30 | 28.63 | Zwolle     | Dagmar Oenema |      |
| 2013-06-21 | 28.65 | Zwolle     | Dagmar Oenema |      |
| 2013-06-30 | 29.73 | Eindhoven  | Dagmar Oenema |      |
| 2013-07-07 | 35.31 | Amersfoort | Dagmar Oenema |      |

## speer

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 1981       | 36.22 | Heerenveen | Wieke de Jong   |
| 2008-06-29 | 37.29 | Apeldoorn  | Veerle de Vries |

## mA

### 200

|            |       |            |                 |      |
|------------|-------|------------|-----------------|------|
| 1990-07-01 | 25.72 | Leiden     | Fiona van Es    |      |
| 2013-06-16 | 25.55 | Harderwijk | Vera van Aurich | (mB) |

### 300

|            |       |            |                  |      |
|------------|-------|------------|------------------|------|
| 1973-08-15 | 43.8  | Drachten   | Marga Wiegman    | (mB) |
| 1998-05-08 | 46.79 | Hengelo    | Maaïke van Wijck |      |
| 2000-04-28 | 43.17 | Heerenveen | Linda Swart      | (mC) |
| 2008-04-05 | 41.50 | Steenwijk  | Marian Zandberg  |      |

### 400

|            |       |           |                 |  |
|------------|-------|-----------|-----------------|--|
| 1975-06-28 | 58.5  |           | Marga Wiegman   |  |
| 1975-06-28 | 58.5  |           | Anke Scholten   |  |
| 1990-08-08 | 58.5  |           | Fiona van Es    |  |
| 2004-06-18 | 58.52 | Apeldoorn | Linda Swart     |  |
| 2009-06-13 | 58.40 | Utrecht   | Marian Zandberg |  |
| 2009-07-12 | 58.40 | Eindhoven | Marian Zandberg |  |

### 1000

|            |         |           |                  |      |
|------------|---------|-----------|------------------|------|
| 1987-05-23 | 3:10.6  | Drachten  | Jitske Schuurman | (mC) |
| 1989-05-20 | 3:08.1  | Drachten  | Leonie van Wolde | (mC) |
| 2008-05-03 | 3:06.49 | Groningen | Anniek de Jong   | (mC) |
| 2008-08-23 | 3:05.20 | Amsterdam | Anniek de Jong   | (mC) |
| 2010-05-29 | 3:01.98 | Assen     | Minke vd Meer    | (mC) |
| 2010-05-29 | 2:59.14 | Utrecht   | Minke vd Meer    | (mC) |

## mijl

|            |        |           |               |      |
|------------|--------|-----------|---------------|------|
| 2008-07-18 | 5:37.7 | Steenwijk | Minke vd Meer | (mD) |
| 2010-07-16 | 5:26.2 | Steenwijk | Minke vd Meer | (mC) |

## 400h

|            |         |           |                |      |
|------------|---------|-----------|----------------|------|
| 2005-07-03 | 1:17.06 | Krommenie | Marieke vd Zee | (mC) |
| 2006-04-08 | 1:12.53 | Steenwijk | Marieke vd Zee | (mB) |
| 2006-06-09 | 1:09.43 | Utrecht   | Marieke vd Zee | (mB) |

|            |         |           |                |      |
|------------|---------|-----------|----------------|------|
| 2006-07-02 | 1:08.95 | Krommenie | Marieke vd Zee | (mB) |
| 2007-06-08 | 1:07.96 | Utrecht   | Marieke vd Zee | (mB) |
| 2009-06-19 | 1:07.49 | Groningen | Marieke vd Zee |      |
| 2009-06-26 | 1:05.35 | Emmeloord | Marieke vd Zee |      |
| 2009-08-01 | 1:05.32 | Amsterdam | Marieke vd Zee |      |

### 2000st

|            |         |           |               |      |
|------------|---------|-----------|---------------|------|
| 2012-06-03 | 7:28.01 | Breda     | Tessa de Boer | (mB) |
| 2013-06-30 | 7:15.68 | Eindhoven | Tessa de Boer | (mB) |

### hss

|            |       |             |                     |      |
|------------|-------|-------------|---------------------|------|
| 1997-05-28 | 9.21  | Heerenveen  | Simone Falkena      | (mB) |
| 1997-06-22 | 10.38 | Stadskanaal | Annette Witteveen   | (mB) |
| 2008-05-04 | 10.86 | Assen       | Marrit van Gelderen | (mB) |
| 2008-06-29 | 10.88 | Apeldoorn   | Marrit van Gelderen | (mB) |

### polshoog

|            |      |            |              |      |
|------------|------|------------|--------------|------|
| 2011-05-25 | 2.30 | Heerde     | Ineke Visser | (mB) |
| 2011-06-05 | 2.50 | Krommenie  | Ineke Visser | (mB) |
| 2011-06-15 | 2.50 | Sneek      | Ineke Visser | (mB) |
| 2012-05-20 | 2.50 | Harderwijk | Ineke Visser |      |
| 2012-06-08 | 2.70 | Apeldoorn  | Ineke Visser |      |
| 2012-06-27 | 2.71 | Sneek      | Ineke Visser |      |
| 2012-07-13 | 2.80 | Utrecht    | Ineke Visser |      |
| 2012-08-17 | 2.85 | Lisse      | Ineke Visser |      |

### kogelslingeren

|            |       |            |                 |      |
|------------|-------|------------|-----------------|------|
| 2010-06-06 | 19.00 | Drachten   | Veerle de Vries |      |
| 2012-09-23 | 20.21 | Tilburg    | Dagmar Oenema   | (mB) |
| 2013-06-16 | 24.90 | Harderwijk | Dagmar Oenema   | (mB) |
| 2013-09-15 | 28.14 | Zwolle     | Dagmar Oenema   | (mB) |
| 2014-01-11 | 28.69 | Apeldoorn  | Dagmar Oenema   |      |
| 2014-04-11 | 29.30 | Groningen  | Dagmar Oenema   |      |

### speer

|            |       |            |                 |  |
|------------|-------|------------|-----------------|--|
| 1981       | 36.22 |            | Wieke de Jong   |  |
| 2000-05-21 | 36.77 | Leeuwarden | Saskia Brouwer  |  |
| 2000-06-24 | 38.69 | Hengelo    | Brechje Kaastra |  |
| 2010-04-27 | 39.62 | Nijmegen   | Veerle de Vries |  |
| 2010-06-25 | 40.29 | Zwolle     | Veerle de Vries |  |

## V

### 300

|            |       |            |                     |        |
|------------|-------|------------|---------------------|--------|
| 1973-08-15 | 43.8  | Drachten   | Marga Wiegman       | (mB)   |
| 1998-05-08 | 46.79 | Hengelo    | Maaïke van Wijck    | (mA)   |
| 2000-04-28 | 43.17 | Heerenveen | Linda Swart         | (mC)   |
| 2008-04-05 | 41.50 | Steenwijk  | Marian Zandberg     | (mA)   |
| 2013-07-28 | 40.74 | Amsterdam  | Marrit van Gelderen | (Vneo) |

### 400

|            |       |           |                 |        |
|------------|-------|-----------|-----------------|--------|
| 1978-08-01 | 57.7  | Groningen | Marga Wiegman   | (Vneo) |
| 2011-06-26 | 57.33 | Drachten  | Marian Zandberg | (Vneo) |
| 2013-05-19 | 57.16 | Hoorn     | Marian Zandberg |        |
| 2013-06-02 | 56.98 | Drachten  | Marian Zandberg |        |

### 2000

|            |         |             |                 |      |
|------------|---------|-------------|-----------------|------|
| 2010-09-04 | 6:43.07 | Lemgo (Dui) | Minke vd Meer   | (mC) |
| 2011-04-27 | 6:08.06 | Leiden      | Andrea Deelstra |      |

### 5000

|            |          |           |                 |       |
|------------|----------|-----------|-----------------|-------|
| 1982-04-24 | 17:14.0  | Nijmegen  | Marga Wiegman   |       |
| 1994-06-25 | 16:55.20 | Amsterdam | Hennie Zantinga | (V40) |



|            |          |                |                 |        |
|------------|----------|----------------|-----------------|--------|
| 2005-07-09 | 16:49.24 | Amsterdam      | Andrea Deelstra | (Vneo) |
| 2007-09-07 | 16:29.98 | Utrecht        | Andrea Deelstra | (Vneo) |
| 2010-05-19 | 16:24.08 | Koblenz (Dui)  | Andrea Deelstra |        |
| 2010-07-03 | 16:21.52 | Oordegem (Bel) | Andrea Deelstra |        |
| 2011-07-31 | 16:18.03 | Amsterdam      | Andrea Deelstra |        |
| 2016-05-27 | 16:16.61 | Wageningen     | Andrea Deelstra |        |
| 2017-09-01 | 16:06.88 | Utrecht        | Andrea Deelstra |        |

### 10000

|            |          |                  |                 |        |
|------------|----------|------------------|-----------------|--------|
| 1994-07-15 | 36:21.77 | Assen            | Hennie Zantinga | (V40)  |
| 2005-06-17 | 36:05.04 | Utrecht          | Andrea Deelstra | (Vneo) |
| 2012-05-19 | 35:26.38 | Kopenhagen (Den) | Andrea Deelstra |        |
| 2013-06-08 | 34:55.32 | Pravets (Bul)    | Andrea Deelstra |        |
| 2020-09-19 | 34:33.99 | Leiden           | Andrea Deelstra | (V35)  |

### 400h

|            |         |           |                |        |
|------------|---------|-----------|----------------|--------|
| 1981       | 1:08.6  |           | Sonja Petter   |        |
| 2007-06-08 | 1:07.96 | Utrecht   | Marieke vd Zee | (mB)   |
| 2009-06-19 | 1:07.49 | Groningen | Marieke vd Zee | (mA)   |
| 2009-06-26 | 1:05.35 | Emmeloord | Marieke vd Zee | (mA)   |
| 2009-08-01 | 1:05.32 | Amsterdam | Marieke vd Zee | (mA)   |
| 2010-05-22 | 1:04.82 | Hoorn     | Marieke vd Zee | (Vneo) |
| 2010-06-12 | 1:04.27 | Leiden    | Marieke vd Zee | (Vneo) |
| 2010-07-09 | 1:04.18 | Alkmaar   | Marieke vd Zee | (Vneo) |
| 2010-07-17 | 1:03.32 | Amsterdam | Marieke vd Zee | (Vneo) |
| 2010-07-18 | 1:02.90 | Amsterdam | Marieke vd Zee | (Vneo) |

### hss

|            |       |             |                     |      |
|------------|-------|-------------|---------------------|------|
| 1997-05-28 | 9.21  | Heerenveen  | Simone Falkena      | (mB) |
| 1997-06-22 | 10.38 | Stadskanaal | Annette Witteveen   | (mB) |
| 2008-05-04 | 10.86 | Assen       | Marrit van Gelderen | (mB) |
| 2008-06-29 | 10.88 | Apeldoorn   | Marrit van Gelderen | (mB) |

### polshoog

|            |      |            |              |      |
|------------|------|------------|--------------|------|
| 2011-05-25 | 2.30 | Heerde     | Ineke Visser | (mB) |
| 2011-06-05 | 2.50 | Krommenie  | Ineke Visser | (mB) |
| 2011-06-15 | 2.50 | Sneek      | Ineke Visser | (mB) |
| 2012-05-20 | 2.50 | Harderwijk | Ineke Visser | (mA) |
| 2012-06-08 | 2.70 | Apeldoorn  | Ineke Visser | (mA) |
| 2012-06-24 | 2.71 | Sneek      | Ineke Visser | (mA) |
| 2012-07-13 | 2.80 | Utrecht    | Ineke Visser | (mA) |
| 2012-08-17 | 2.85 | Lisse      | Ineke Visser | (mA) |

### kogelslingeren

|            |       |            |                     |        |
|------------|-------|------------|---------------------|--------|
| 2010-06-06 | 19.00 | Drachten   | Veerle de Vries     | (mA)   |
| 2011-06-26 | 19.52 | Drachten   | Veerle de Vries     | (Vneo) |
| 2012-09-23 | 20.21 | Tilburg    | Dagmar Oenema       | (mB)   |
| 2013-06-16 | 24.90 | Harderwijk | Dagmar Oenema       | (mB)   |
| 2013-09-15 | 28.14 | Zwolle     | Dagmar Oenema       | (mB)   |
| 2014-01-11 | 28.69 | Apeldoorn  | Dagmar Oenema       | (mA)   |
| 2014-04-11 | 29.30 | Groningen  | Dagmar Oenema       | (mA)   |
| 2016-05-14 | 33.49 | Heerenveen | Marrit van Gelderen |        |

### speer

|            |       |           |                 |      |
|------------|-------|-----------|-----------------|------|
| 1978-05-21 | 40.16 | Drachten  | Bontje Zwier    |      |
| 2010-06-25 | 40.29 | Zwolle    | Veerle de Vries | (mA) |
| 2015-06-14 | 41.05 | Groningen | Veerle de Vries |      |

### 4x100

|            |       |            |               |      |
|------------|-------|------------|---------------|------|
| 1978       | 51.2  |            | AV Heerenveen |      |
| 1999-09-12 | 50.88 | Amstelveen | AV Heerenveen | (mB) |
| 2004-05-23 | 50.64 | Enschede   | AV Heerenveen |      |
| 2007-09-29 | 50.56 | Amstelveen | AV Heerenveen | (mB) |
| 2009-05-17 | 50.47 | Almelo     | AV Heerenveen |      |

|            |       |           |               |        |
|------------|-------|-----------|---------------|--------|
| 2011-06-05 | 50.26 | Krommenie | AV Heerenveen | (Vneo) |
| 2013-06-02 | 49.30 | Drachten  | AV Heerenveen |        |

#### 4x400

|            |         |            |               |        |
|------------|---------|------------|---------------|--------|
| 1976-09-15 | 4:15.0  | Leeuwarden | AV Heerenveen |        |
| 2011-09-18 | 4:13.98 | Leiden     | AV Heerenveen | (Vneo) |
| 2012-09-23 | 4:13.57 | Tilburg    | AV Heerenveen |        |

#### Zweedse estafette (400-300-200-100)

|            |         |            |               |      |
|------------|---------|------------|---------------|------|
| 2002-05-12 | 2:29.9  | Epe        | AV Heerenveen |      |
| 2003-09-28 | 2:28.76 | Emmen      | AV Heerenveen |      |
| 2004-04-25 | 2:27.6  | Drachten   | AV Heerenveen |      |
| 2004-06-06 | 2:25.73 | Almelo     | AV Heerenveen |      |
| 2007-09-30 | 2:25.52 | Amstelveen | AV Heerenveen | (mB) |
| 2010-06-06 | 2:23.19 | Drachten   | AV Heerenveen |      |
| 2011-06-26 | 2:16.83 | Drachten   | AV Heerenveen |      |

#### V35

##### 100

|            |       |            |                |       |
|------------|-------|------------|----------------|-------|
| 1994-07-03 | 14.6  | Epe        | Marja de Wit   | (V45) |
| 2015-06-14 | 14.10 | Groningen  | Simone Falkena |       |
| 2016-04-09 | 13.81 | Heerenveen | Simone Falkena |       |

##### 150

|            |       |           |                  |       |
|------------|-------|-----------|------------------|-------|
| 2011-07-15 | 23.2  | Steenwijk | Jolanda Smedinga | (V45) |
| 2016-07-08 | 21.19 | Steenwijk | Simone Falkena   |       |

##### 200

|            |       |            |                  |       |
|------------|-------|------------|------------------|-------|
| 1994-06-22 | 33.1  | Heerenveen | Marja de Wit     | (V45) |
| 2010-06-13 | 32.07 | Oosterhout | Jolanda Smedinga | (V40) |
| 2015-05-23 | 28.92 | Emmeloord  | Simone Falkena   |       |
| 2015-06-14 | 28.85 | Groningen  | Simone Falkena   |       |
| 2016-06-26 | 28.76 | Harderwijk | Simone Falkena   |       |
| 2021-10-02 | 28.32 | Heerenveen | Linda vd Berg    | (V40) |

##### 300

|            |       |            |                     |       |
|------------|-------|------------|---------------------|-------|
| 2011-07-15 | 51.4  | Steenwijk  | Jolanda Smedinga    | (V45) |
| 2018-07-13 | 50.03 | Steenwijk  | Betty Bijker-Bangma | (V55) |
| 2020-07-04 | 48.5  | Heerenveen | Linda vd Berg       | (V40) |
| 2021-07-09 | 47.20 | Steenwijk  | Linda vd Berg       | (V40) |

##### 400

|            |         |            |                  |       |
|------------|---------|------------|------------------|-------|
| 2004-07-02 | 1:31.20 | Heerenveen | Marja de Wit     | (V55) |
| 2010-06-12 | 1:13.26 | Oosterhout | Jolanda Smedinga | (V40) |
| 2011-06-24 | 1:11.87 | Groningen  | Jolanda Smedinga | (V45) |
| 2015-04-19 | 1:06.12 | Drachten   | Simone Falkena   |       |
| 2015-06-07 | 1:05.23 | Harderwijk | Simone Falkena   |       |

##### 10000

|            |          |        |                 |       |
|------------|----------|--------|-----------------|-------|
| 1994-07-15 | 36:21.77 | Assen  | Hennie Zantinga | (V40) |
| 2020-09-19 | 34:33.99 | Leiden | Andrea Deelstra |       |

#### ver

|            |      |            |               |       |
|------------|------|------------|---------------|-------|
| 1984       | 3.90 |            | Marja de Wit  |       |
| 1994-07-03 | 3.98 | Epe        | Marja de Wit  | (V45) |
| 1997-05-25 | 4.11 | Nijmegen   | Jenny de Jong | (V40) |
| 1997-10-04 | 4.13 | Heerenveen | Jenny de Jong | (V40) |
| 1999-10-09 | 4.17 | Heerenveen | Marga Wiegman | (V40) |
| 2019-06-08 | 4.20 | Groningen  | Linda vd Berg | (V40) |
| 2019-10-05 | 4.32 | Heerenveen | Linda vd Berg | (V40) |
| 2020-09-04 | 4.49 | Leeuwarden | Linda vd Berg | (V40) |
| 2020-09-26 | 4.52 | Heerenveen | Linda vd Berg | (V40) |

|            |      |           |               |       |
|------------|------|-----------|---------------|-------|
| 2021-07-04 | 4.61 | Dongen    | Linda vd Berg | (V40) |
| 2021-08-28 | 4.65 | Hoogeveen | Linda vd Berg | (V40) |
| 2021-09-08 | 4.66 | Hengelo   | Linda vd Berg | (V40) |
| 2021-09-19 | 4.69 | Hengelo   | Linda vd Berg | (V40) |

### discus

|            |       |            |                   |       |
|------------|-------|------------|-------------------|-------|
| 1994-05-08 | 19.26 | Almere     | Akkie Marinus     | (V45) |
| 1994-05-18 | 21.34 | Heerenveen | Akkie Marinus     | (V45) |
| 1994-06-22 | 21.82 | Heerenveen | Akkie Marinus     | (V45) |
| 1997-05-14 | 22.26 | Heerenveen | Cobi de Boer      | (V50) |
| 1997-07-02 | 23.06 | Sneek      | Cobi de Boer      | (V50) |
| 2010-10-02 | 24.80 | Heerenveen | Monique vd Hoogen | (V40) |
| 2012-09-01 | 33.37 | Soest      | Laura vd Akker    |       |
| 2012-10-06 | 36.64 | Heerenveen | Laura vd Akker    |       |
| 2013-05-22 | 36.77 | Sneek      | Laura vd Akker    |       |
| 2013-05-31 | 36.98 | Steenwijk  | Laura vd Akker    |       |
| 2013-07-19 | 37.13 | Steenwijk  | Laura vd Akker    |       |

### kogel

|            |       |            |                 |  |
|------------|-------|------------|-----------------|--|
| 1983-10-08 | 9.45  | Heerenveen | Trijntje Jansma |  |
| 2012-09-01 | 10.08 | Soest      | Laura vd Akker  |  |

### Zweedse estafette (400-300-200-100)

|            |         |           |               |  |
|------------|---------|-----------|---------------|--|
| 2018-06-16 | 3:01.00 | Apeldoorn | AV Heerenveen |  |
| 2019-05-12 | 2:57.14 | Apeldoorn | AV Heerenveen |  |

## V40

### 100

|            |       |             |               |       |
|------------|-------|-------------|---------------|-------|
| 1990       | 15.6  |             | Marja de Wit  |       |
| 1994-06-22 | 15.1  | Heerenveen  | Marja de Wit  | (V45) |
| 1994-07-03 | 14.6  | Epe         | Marja de Wit  | (V45) |
| 2019-03-30 | 14.64 | Steenwijk   | Linda vd Berg |       |
| 2020-07-25 | 14.41 | Heerenveen  | Linda vd Berg |       |
| 2020-08-22 | 14.25 | Grootebroek | Linda vd Berg |       |
| 2021-07-09 | 14.08 | Steenwijk   | Linda vd Berg |       |

### 150

|            |       |             |                     |       |
|------------|-------|-------------|---------------------|-------|
| 2011-07-15 | 23.2  | Steenwijk   | Jolanda Smedinga    | (V45) |
| 2018-07-13 | 23.18 | Steenwijk   | Betty Bijker-Bangma | (V55) |
| 2020-07-04 | 21.8  | Heerenveen  | Linda vd Berg       |       |
| 2020-09-19 | 21.83 | Grootebroek | Linda vd Berg       |       |
| 2021-07-09 | 21.34 | Steenwijk   | Linda vd Berg       |       |

### 200

|            |       |               |                  |       |
|------------|-------|---------------|------------------|-------|
| 1994-06-22 | 33.1  | Heerenveen    | Marja de Wit     | (V45) |
| 2010-06-13 | 32.07 | Oosterhout    | Jolanda Smedinga |       |
| 2019-05-12 | 31.31 | Apeldoorn     | Linda vd Berg    |       |
| 2019-07-06 | 30.29 | Stadskanaal   | Linda vd Berg    |       |
| 2020-07-25 | 30.06 | Heerenveen    | Linda vd Berg    |       |
| 2020-08-22 | 29.57 | Grootebroek   | Linda vd Berg    |       |
| 2021-08-13 | 29.07 | Heerhugowaard | Linda vd Berg    |       |
| 2021-10-02 | 28.32 | Heerenveen    | Linda vd Berg    |       |

### 300

|            |       |            |                     |       |
|------------|-------|------------|---------------------|-------|
| 2011-07-15 | 51.4  | Steenwijk  | Jolanda Smedinga    | (V45) |
| 2018-07-13 | 50.03 | Steenwijk  | Betty Bijker-Bangma | (V55) |
| 2020-07-04 | 48.5  | Heerenveen | Linda vd Berg       |       |
| 2021-07-09 | 47.20 | Steenwijk  | Linda vd Berg       |       |

### 400

|            |         |            |                  |       |
|------------|---------|------------|------------------|-------|
| 2004-07-02 | 1:31.20 | Heerenveen | Marja de Wit     | (V55) |
| 2010-06-12 | 1:13.26 | Oosterhout | Jolanda Smedinga |       |
| 2011-06-24 | 1:11.87 | Groningen  | Jolanda Smedinga | (V45) |

|            |         |           |                     |       |
|------------|---------|-----------|---------------------|-------|
| 2018-04-29 | 1:11.38 | Sneek     | Betty Bijker-Bangma | (V55) |
| 2021-07-04 | 1:07.53 | Dongen    | Linda vd Berg       |       |
| 2021-08-28 | 1:07.42 | Hoogeveen | Linda vd Berg       |       |
| 2021-09-18 | 1:05.57 | Hengelo   | Linda vd Berg       |       |

### 1000

|            |         |         |                     |       |
|------------|---------|---------|---------------------|-------|
| 2010-04-14 | 3:56.54 | Dronten | Jolanda Smedinga    |       |
| 2010-06-02 | 3:54.52 | Heerde  | Jolanda Smedinga    |       |
| 2021-07-01 | 3:29.84 | Hengelo | Betty Bijker-Bangma | (V55) |

### hoog

|            |      |             |               |       |
|------------|------|-------------|---------------|-------|
| 1994-06-22 | 1.10 | Heerenveen  | Marja de Wit  | (V45) |
| 1995-10-07 | 1.15 | Heerenveen  | Bontje Zwier  | (V45) |
| 1996-10-05 | 1.20 | Heerenveen  | Bontje Zwier  | (V45) |
| 1997-05-04 | 1.20 | Epe         | Cobi de Boer  | (V50) |
| 2018-10-06 | 1.25 | Heerenveen  | Linda vd Berg |       |
| 2019-03-30 | 1.25 | Steenwijk   | Linda vd Berg |       |
| 2019-05-12 | 1.25 | Apeldoorn   | Linda vd Berg |       |
| 2019-07-06 | 1.30 | Stadskanaal | Linda vd Berg |       |
| 2020-10-09 | 1.30 | Drachten    | Linda vd Berg |       |
| 2021-10-08 | 1.36 | Best        | Linda vd Berg |       |

### ver

|            |      |            |               |       |
|------------|------|------------|---------------|-------|
| 1994-06-22 | 3.89 | Heerenveen | Marja de Wit  | (V45) |
| 1994-07-03 | 3.98 | Epe        | Marja de Wit  | (V45) |
| 1997-05-25 | 4.11 | Nijmegen   | Jenny de Jong |       |
| 1997-10-04 | 4.13 | Heerenveen | Jenny de Jong |       |
| 1999-10-09 | 4.17 | Heerenveen | Marga Wiegman |       |
| 2019-06-08 | 4.20 | Groningen  | Linda vd Berg |       |
| 2019-10-05 | 4.32 | Heerenveen | Linda vd Berg |       |
| 2020-09-04 | 4.49 | Leeuwarden | Linda vd Berg |       |
| 2020-09-26 | 4.52 | Heerenveen | Linda vd Berg |       |
| 2021-07-04 | 4.61 | Dongen     | Linda vd Berg |       |
| 2021-08-28 | 4.65 | Hoogeveen  | Linda vd Berg |       |
| 2021-09-08 | 4.66 | Hengelo    | Linda vd Berg |       |
| 2021-09-19 | 4.69 | Hengelo    | Linda vd Berg |       |

### discus

|            |       |            |                   |       |
|------------|-------|------------|-------------------|-------|
| 1994-05-08 | 19.26 | Almere     | Akkie Marinus     | (V45) |
| 1994-05-18 | 21.34 | Heerenveen | Akkie Marinus     | (V45) |
| 1994-06-22 | 21.82 | Heerenveen | Akkie Marinus     | (V45) |
| 1997-05-14 | 22.26 | Heerenveen | Cobi de Boer      | (V50) |
| 1997-07-02 | 23.06 | Sneek      | Cobi de Boer      | (V50) |
| 2010-10-02 | 24.80 | Heerenveen | Monique vd Hoogen |       |
| 2018-10-06 | 32.63 | Heerenveen | Laura vd Akker    |       |
| 2019-04-07 | 33.34 | Amersfoort | Laura vd Akker    |       |
| 2019-05-08 | 34.41 | Kampen     | Laura vd Akker    |       |

### kogel

|            |      |            |                |       |
|------------|------|------------|----------------|-------|
| 1995-06-11 | 8.19 | Hengelo    | Akkie Marinus  | (V50) |
| 2018-10-06 | 8.99 | Heerenveen | Laura vd Akker |       |
| 2019-04-07 | 9.42 | Amersfoort | Laura vd Akker |       |
| 2019-10-05 | 9.43 | Heerenveen | Laura vd Akker |       |

### speer

|            |       |            |                |       |
|------------|-------|------------|----------------|-------|
| 1994-05-18 | 22.34 | Heerenveen | Akkie Marinus  | (V45) |
| 1995-10-07 | 24.88 | Heerenveen | Bontje Zwier   | (V45) |
| 2018-10-06 | 25.88 | Heerenveen | Laura vd Akker |       |
| 2019-05-12 | 26.18 | Apeldoorn  | Laura vd Akker |       |
| 2019-06-08 | 26.48 | Groningen  | Laura vd Akker |       |
| 2021-10-02 | 28.36 | Heerenveen | Linda vd Berg  |       |

### werp 3-kamp

|            |      |            |                |  |
|------------|------|------------|----------------|--|
| 2018-10-06 | 1845 | Heerenveen | Laura vd Akker |  |
|------------|------|------------|----------------|--|

(32.63 – 8.99 – 25.88)

|                                      |      |            |                |
|--------------------------------------|------|------------|----------------|
| 2019-10-05<br>(33.79 – 9.43 – 25.43) | 1897 | Heerenveen | Laura vd Akker |
| 2021-10-10<br>(34.01 – 8.93 – 27.59) | 1908 | Steenwijk  | Laura vd Akker |

### 7-kamp

|  |      |             |               |
|--|------|-------------|---------------|
| 2019-07-07<br>(15.40 – 1.30 – 6.73 – 30.29 / 4.08 – 15.94 – 2:44.09) | 3285 | Stadskanaal | Linda vd Berg |
| 2021-10-09<br>(17.33 – 1.36 – 8.98 – 29.06 / 4.55 – 27.14 – 2:36.09) | 3886 | Best        | Linda vd Berg |

## V45

### 150

|            |       |           |                     |       |
|------------|-------|-----------|---------------------|-------|
| 2011-07-15 | 23.2  | Steenwijk | Jolanda Smedinga    |       |
| 2018-07-13 | 23.18 | Steenwijk | Betty Bijker-Bangma | (V55) |

### 200

|            |       |            |                  |  |
|------------|-------|------------|------------------|--|
| 1994-06-22 | 33.1  | Heerenveen | Marja de Wit     |  |
| 2010-09-18 | 32.26 | Leeuwarden | Jolanda Smedinga |  |

### 300

|            |       |           |                     |       |
|------------|-------|-----------|---------------------|-------|
| 2011-07-15 | 51.4  | Steenwijk | Jolanda Smedinga    |       |
| 2018-07-13 | 50.03 | Steenwijk | Betty Bijker-Bangma | (V55) |

### 400

|            |         |            |                     |       |
|------------|---------|------------|---------------------|-------|
| 2004-07-02 | 1:31.20 | Heerenveen | Marja de Wit        | (V55) |
| 2010-08-21 | 1:14.87 | Harderwijk | Jolanda Smedinga    |       |
| 2011-05-28 | 1:13.58 | Heerenveen | Jolanda Smedinga    |       |
| 2011-06-24 | 1:11.87 | Groningen  | Jolanda Smedinga    |       |
| 2018-04-29 | 1:11.38 | Sneek      | Betty Bijker-Bangma | (V55) |

### 5000

|            |          |            |                     |       |
|------------|----------|------------|---------------------|-------|
| 2020-09-26 | 22:30.0  | Heerenveen | Jikke vd Berg       | (V50) |
| 2021-10-02 | 21:25.11 | Heerenveen | Betty Bijker-Bangma | (V55) |

### hoog

|            |      |            |                  |       |
|------------|------|------------|------------------|-------|
| 1994-06-22 | 1.10 | Heerenveen | Marja de Wit     |       |
| 1995-10-07 | 1.15 | Heerenveen | Bontje Zwier     |       |
| 1996-10-05 | 1.20 | Heerenveen | Bontje Zwier     |       |
| 1997-05-04 | 1.20 | Epe        | Cobi de Boer     | (V50) |
| 2018-10-06 | 1.20 | Heerenveen | Siska Folkertsma | (V55) |

## V50

### 200

|            |       |            |                     |       |
|------------|-------|------------|---------------------|-------|
| 1997-09-05 | 34.7  | Heerenveen | Marja de Wit        |       |
| 2018-05-13 | 32.59 | Emmen      | Betty Bijker-Bangma | (V55) |

### 300

|            |         |           |                     |       |
|------------|---------|-----------|---------------------|-------|
| 2018-04-07 | 1:02.28 | Steenwijk | Jolanda Smedinga    |       |
| 2018-07-13 | 50.03   | Steenwijk | Betty Bijker-Bangma | (V55) |

### 400

|            |         |            |                     |       |
|------------|---------|------------|---------------------|-------|
| 2004-07-02 | 1:31.20 | Heerenveen | Marja de Wit        | (V55) |
| 2018-04-29 | 1:11.38 | Sneek      | Betty Bijker-Bangma | (V55) |

### 800

|            |         |               |                     |       |
|------------|---------|---------------|---------------------|-------|
| 1995-10-07 | 3:57.9  | Heerenveen    | Marja de Wit        |       |
| 2004-05-16 | 3:43.74 | Steenwijk     | Marja de Wit        | (V55) |
| 2004-06-27 | 3:30.04 | Heerhugowaard | Marja de Wit        | (V55) |
| 2014-10-04 | 3:25.6  | Heerenveen    | Siska Folkertsma    |       |
| 2017-10-07 | 2:48.9  | Heerenveen    | Betty Bijker-Bangma |       |

|            |         |               |                     |       |
|------------|---------|---------------|---------------------|-------|
| 2018-06-10 | 2:39.65 | Apeldoorn     | Betty Bijker-Bangma | (V55) |
| 2021-08-13 | 2:39.23 | Heerhugowaard | Betty Bijker-Bangma | (V55) |

### 3000

|            |          |            |                     |       |
|------------|----------|------------|---------------------|-------|
| 2004-05-16 | 15:36.7  | Steenwijk  | Lies de Vries       |       |
| 2014-10-04 | 14:21.9  | Heerenveen | Marja vd Werf-Zoer  |       |
| 2018-10-06 | 13:08.51 | Heerenveen | Betty Bijker-Bangma | (V55) |

### 5000

|            |          |            |                     |       |
|------------|----------|------------|---------------------|-------|
| 2020-09-26 | 22:30.0  | Heerenveen | Jikke vd Berg       |       |
| 2021-10-02 | 21:25.11 | Heerenveen | Betty Bijker-Bangma | (V55) |

### hoog

|            |      |            |                  |       |
|------------|------|------------|------------------|-------|
| 1997-05-04 | 1.20 | Epe        | Cobi de Boer     |       |
| 2018-10-06 | 1.20 | Heerenveen | Siska Folkertsma | (V55) |

## V55

### 200

|            |       |        |                     |  |
|------------|-------|--------|---------------------|--|
| 2004-06-04 | 35.05 | Kampen | Marja de Wit        |  |
| 2018-05-13 | 32.59 | Emmen  | Betty Bijker-Bangma |  |

### 400

|            |         |            |                     |  |
|------------|---------|------------|---------------------|--|
| 2004-07-02 | 1:31.20 | Heerenveen | Marja de Wit        |  |
| 2018-04-29 | 1:11.38 | Sneek      | Betty Bijker-Bangma |  |

### 800

|            |         |               |                     |  |
|------------|---------|---------------|---------------------|--|
| 2002-10-12 | 4:29.0  | Heerenveen    | Marja de Wit        |  |
| 2003-10-04 | 4:03.9  | Heerenveen    | Marja de Wit        |  |
| 2004-05-16 | 3:43.74 | Steenwijk     | Marja de Wit        |  |
| 2004-06-27 | 3:30.04 | Heerhugowaard | Marja de Wit        |  |
| 2018-06-10 | 2:39.65 | Apeldoorn     | Betty Bijker-Bangma |  |
| 2021-08-13 | 2:39.23 | Heerhugowaard | Betty Bijker-Bangma |  |

### 3000

|            |          |            |                     |       |
|------------|----------|------------|---------------------|-------|
| 2012-10-06 | 20:18.8  | Heerenveen | Althea Browne       |       |
| 2013-10-05 | 19:48.8  | Heerenveen | Althea Browne       | (V60) |
| 2014-10-04 | 15:03.9  | Heerenveen | Inge Helder         |       |
| 2018-10-06 | 13:08.51 | Heerenveen | Betty Bijker-Bangma |       |

### 5000

|            |          |            |                     |  |
|------------|----------|------------|---------------------|--|
| 2020-09-26 | 26:12.0  | Heerenveen | Marja vd Werf-Zoer  |  |
| 2021-10-02 | 21:25.11 | Heerenveen | Betty Bijker-Bangma |  |

### discus

|            |       |            |                  |  |
|------------|-------|------------|------------------|--|
| 2001-08-31 | 19.80 | Heerenveen | Cobi de Boer     |  |
| 2004-04-03 | 19.81 | Steenwijk  | Cobi de Boer     |  |
| 2018-10-06 | 21.72 | Heerenveen | Siska Folkertsma |  |

### speer

|            |       |            |                  |  |
|------------|-------|------------|------------------|--|
| 2003-10-04 | 16.26 | Heerenveen | Cobi de Boer     |  |
| 2004-09-17 | 16.46 | Heerenveen | Cobi de Boer     |  |
| 2004-10-02 | 18.56 | Heerenveen | Cobi de Boer     |  |
| 2018-10-06 | 18.58 | Heerenveen | Siska Folkertsma |  |

## V60

### 100

|            |       |           |               |  |
|------------|-------|-----------|---------------|--|
| 2018-05-13 | 21.45 | Emmen     | Althea Browne |  |
| 2018-06-10 | 20.83 | Apeldoorn | Althea Browne |  |

### 200

|            |       |           |               |
|------------|-------|-----------|---------------|
| 2018-05-13 | 47.50 | Emmen     | Althea Browne |
| 2018-06-10 | 46.28 | Apeldoorn | Althea Browne |

### discus

|            |       |            |               |
|------------|-------|------------|---------------|
| 2005-10-01 | 11.48 | Heerenveen | Akkie Marinus |
| 2006-04-08 | 17.39 | Steenwijk  | Cobi de Boer  |
| 2006-06-28 | 17.57 | Sneek      | Cobi de Boer  |
| 2008-10-04 | 18.11 | Heerenveen | Cobi de Boer  |

### jpm

#### 40

|            |      |             |                       |
|------------|------|-------------|-----------------------|
| 2014-10-04 | 7.8  | Heerenveen  | Pelle vd Woude        |
| 2016-07-02 | 7.8  | Drachten    | Cas Jonker            |
| 2017-06-24 | 7.96 | Stadskanaal | Liam de Lang          |
| 2017-09-09 | 7.80 | Sneek       | Liam de Lang          |
| 2018-04-21 | 7.4  | Drachten    | Yoah Kirindongo       |
| 2019-04-20 | 7.4  | Drachten    | Jonne Pieter Hijlkema |

#### 600

|            |         |            |                  |
|------------|---------|------------|------------------|
| 2013-10-05 | 2:36.1  | Drachten   | Finn Oosterhagen |
| 2017-10-07 | 2:32.6  | Heerenveen | Sjoerd vd Meer   |
| 2021-10-02 | 2:27.07 | Heerenveen | Jurre Buitendijk |

### hoog

|            |      |            |              |
|------------|------|------------|--------------|
| 2016-09-17 | 0.85 | Heerenveen | Cas Jonker   |
| 2017-05-20 | 0.90 | Steenwijk  | Liam de Lang |
| 2017-09-16 | 0.90 | Heerenveen | Liam de Lang |

### balstoten

|            |      |            |                 |
|------------|------|------------|-----------------|
| 2016-09-17 | 4.50 | Heerenveen | Cas Jonker      |
| 2017-09-16 | 4.60 | Heerenveen | Liam de Lang    |
| 2018-05-26 | 4.60 | Sneek      | Yoah Kirindongo |
| 2018-09-15 | 5.20 | Heerenveen | Yoah Kirindongo |

### balwerpen

|            |       |             |                  |
|------------|-------|-------------|------------------|
| 2013-10-05 | 17.18 | Heerenveen  | Finn Oosterhagen |
| 2017-06-24 | 19.75 | Stadskanaal | Liam de Lang     |

### slingeren

|            |       |            |                       |
|------------|-------|------------|-----------------------|
| 2016-07-02 | 12.00 | Drachten   | Cas Jonker            |
| 2019-06-29 | 13.50 | Leeuwarden | Jonne Pieter Hijlkema |

### vortex

|            |       |          |                  |
|------------|-------|----------|------------------|
| 2013-09-14 | 18.50 | Sneek    | Finn Oosterhagen |
| 2017-07-08 | 18.50 | Drachten | Liam de Lang     |

### jpC

#### 4x40

|            |       |            |               |
|------------|-------|------------|---------------|
| 1994-10-01 | 34.4  | Assen      | AV Heerenveen |
| 1995-09-16 | 32.3  | Heerenveen | AV Heerenveen |
| 1998-09-19 | 29.5  | Drachten   | AV Heerenveen |
| 2015-06-13 | 29.45 | Heerenveen | AV Heerenveen |

#### 40h

|            |     |          |                  |
|------------|-----|----------|------------------|
| 2014-04-12 | 8.1 | Drachten | Finn Oosterhagen |
| 2014-06-28 | 8.0 | Sneek    | Jens Linnebank   |
| 2014-06-28 | 8.0 | Sneek    | Finn Oosterhagen |
| 2018-04-21 | 7.7 | Drachten | Liam de Lang     |

### hurkhoog

|            |      |            |                  |
|------------|------|------------|------------------|
| 2014-04-12 | 0.80 | Drachten   | Finn Oosterhagen |
| 2014-06-14 | 0.90 | Steenwijk  | Jens Linnebank   |
| 2014-09-13 | 0.90 | Leeuwarden | Finn Oosterhagen |
| 2015-06-06 | 0.95 | Sneek      | Mart Bijker      |
| 2015-09-19 | 1.00 | Heerenveen | Pelle vd Woude   |

### **balstoten**

|            |      |            |                 |
|------------|------|------------|-----------------|
| 2014-09-13 | 5.20 | Leeuwarden | Jens Linnebank  |
| 2017-09-16 | 5.80 | Heerenveen | Ties ter Schure |
| 2018-09-15 | 6.50 | Heerenveen | Sjoerd vd Meer  |

### **slingeren**

|            |       |           |                  |
|------------|-------|-----------|------------------|
| 2014-06-28 | 14.00 | Sneek     | Finn Oosterhagen |
| 2017-07-08 | 15.00 | Drachten  | Cas Jonker       |
| 2018-07-07 | 16.00 | Steenwijk | Liam de Lang     |

### **vortex**

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2014-06-14 | 18.50 | Steenwijk  | Finn Oosterhagen |
| 2014-06-28 | 18.50 | Sneek      | Finn Oosterhagen |
| 2014-09-13 | 21.00 | Leeuwarden | Finn Oosterhagen |
| 2018-04-21 | 21.00 | Drachten   | Liam de Lang     |
| 2018-05-26 | 21.50 | Sneek      | Liam de Lang     |
| 2018-07-07 | 23.50 | Steenwijk  | Liam de Lang     |
| 2018-10-06 | 23.78 | Heerenveen | Liam de Lang     |
| 2019-09-14 | 24.50 | Sneek      | Folkert Krol     |

## **jpB**

### **40h**

|            |     |            |                |
|------------|-----|------------|----------------|
| 2014-06-28 | 7.7 | Sneek      | Allart Frensel |
| 2016-07-02 | 7.7 | Drachten   | Mart Bijker    |
| 2018-07-07 | 7.5 | Steenwijk  | Cas Jonker     |
| 2019-04-20 | 7.5 | Drachten   | Liam de Lang   |
| 2019-06-29 | 7.4 | Leeuwarden | Stijn Wiersum  |

### **hoog**

|            |      |             |              |
|------------|------|-------------|--------------|
| 2000-07-01 | 1.20 | Stadskanaal | Joram Smits  |
| 2019-05-18 | 1.20 | Stadskanaal | Liam de Lang |
| 2019-05-25 | 1.20 | Steenwijk   | Liam de Lang |
| 2019-09-14 | 1.25 | Sneek       | Liam de Lang |

### **hurkhoog**

|            |      |            |                |
|------------|------|------------|----------------|
| 2013-09-14 | 1.15 | Sneek      | Rutger Berends |
| 2015-09-19 | 1.15 | Heerenveen | Jens Linnebank |

### **balstoten**

|            |      |            |                |
|------------|------|------------|----------------|
| 2015-09-19 | 7.20 | Heerenveen | Jan Elsinga    |
| 2019-05-25 | 7.20 | Steenwijk  | Liam de Lang   |
| 2019-05-25 | 7.20 | Steenwijk  | Sjoerd vd Meer |
| 2019-09-14 | 7.50 | Sneek      | Liam de Lang   |

### **slingeren**

|            |       |           |                |
|------------|-------|-----------|----------------|
| 2015-06-27 | 15.00 | Steenwijk | Morris Hulsman |
| 2016-04-16 | 17.50 | Sneek     | Mart Bijker    |
| 2019-04-20 | 18.00 | Drachten  | Liam de Lang   |

### **vortex**

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 2014-09-13 | 24.00 | Leeuwarden | Natan Bikker    |
| 2015-10-03 | 25.38 | Heerenveen | Thom vd Mark    |
| 2016-10-01 | 27.18 | Heerenveen | Douwe Wesseling |
| 2019-05-25 | 28.00 | Steenwijk  | Liam de Lang    |
| 2019-09-14 | 29.50 | Sneek      | Liam de Lang    |

## **4x40**



|            |       |            |               |
|------------|-------|------------|---------------|
| 1995-09-16 | 29.0  | Heerenveen | AV Heerenveen |
| 1996-09-14 | 28.11 | Assen      | AV Heerenveen |
| 2000-07-08 | 27.5  | Heerenveen | AV Heerenveen |
| 2002-09-07 | 27.3  | Drachten   | AV Heerenveen |
| 2008-09-06 | 26.5  | Heerenveen | AV Heerenveen |

## jpA

### 600

|            |         |            |                    |
|------------|---------|------------|--------------------|
| 2019-04-07 | 1:59.27 | Assen      | Thygo de Vries     |
| 2021-10-02 | 1:53.87 | Heerenveen | Thijmen Groenendal |

### duur 6'

|            |      |            |                    |
|------------|------|------------|--------------------|
| 2014-04-12 | 1600 | Drachten   | René Schultinga    |
| 2014-06-28 | 1600 | Sneek      | René Schultinga    |
| 2018-04-21 | 1600 | Drachten   | Mart Bijker        |
| 2018-07-07 | 1600 | Steenwijk  | Ilya Nauta         |
| 2021-05-06 | 1600 | Heerenveen | Thijmen Groenendal |
| 2021-06-05 | 1625 | Heerenveen | Thijmen Groenendal |
| 2021-06-26 | 1675 | Leeuwarden | Thijmen Groenendal |

### 60h

|            |      |            |                 |
|------------|------|------------|-----------------|
| 2014-04-12 | 11.0 | Drachten   | René Schultinga |
| 2014-06-28 | 10.0 | Sneek      | René Schultinga |
| 2015-04-11 | 9.5  | Leeuwarden | Rutger Berends  |

### polsver

|            |      |            |                 |
|------------|------|------------|-----------------|
| 2014-04-12 | 4.15 | Drachten   | René Schultinga |
| 2016-07-02 | 4.40 | Drachten   | Morris Hulsman  |
| 2017-04-08 | 4.80 | Leeuwarden | Morris Hulsman  |

### slingeren

|            |       |            |               |
|------------|-------|------------|---------------|
| 2015-09-19 | 20.50 | Heerenveen | Hugo Stegeman |
| 2016-09-17 | 21.00 | Heerenveen | Natan Bikker  |
| 2021-06-05 | 25.00 | Heerenveen | Liam de Lang  |

### vortex

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 2014-04-12 | 25.00 | Drachten   | Lucas Peereboom |
| 2014-06-14 | 26.00 | Steenwijk  | Barth Wijkstra  |
| 2014-06-28 | 26.50 | Sneek      | Lucas Peereboom |
| 2014-09-13 | 28.50 | Leeuwarden | Johan de Vries  |
| 2014-09-13 | 28.50 | Leeuwarden | Lucas Peereboom |
| 2015-04-11 | 30.00 | Leeuwarden | Natan Bikker    |
| 2015-06-06 | 32.00 | Sneek      | Natan Bikker    |
| 2015-06-27 | 32.00 | Steenwijk  | Natan Bikker    |
| 2015-09-19 | 33.50 | Heerenveen | Natan Bikker    |
| 2016-05-29 | 36.50 | Leeuwarden | Natan Bikker    |
| 2016-07-02 | 37.00 | Drachten   | Natan Bikker    |
| 2016-09-17 | 38.00 | Heerenveen | Natan Bikker    |

## jd

### 150

|            |       |           |                 |
|------------|-------|-----------|-----------------|
| 2011-07-15 | 20.64 | Steenwijk | Lars van Hoeven |
| 2012-06-08 | 20.27 | Hoogeveen | Lars van Hoeven |

### 1000

|            |         |            |                  |
|------------|---------|------------|------------------|
| 1988-06-25 | 3:00.3  | Groningen  | Folkert Hiddinga |
| 2010-05-24 | 2:59.35 | Amstelveen | Rody de Wolff    |

### 1000st

|            |        |           |                |
|------------|--------|-----------|----------------|
| 1987-06-20 | 3:48.7 | Hilversum | Paul Aldershof |
|------------|--------|-----------|----------------|

|   |         |             |                    |
|---|---------|-------------|--------------------|
| 2012-09-02  | 3:26.76 | Amsterdam   | Chris Wever        |
| <b>hoog</b>   |         |             |                    |
| 1993-07-10  | 1.70    | Hoogeveen   | Jan Haye Klijnstra |
| 2010-09-19  | 1.72    | Gemert      | Rody de Wolff      |
| <b>polshoog</b>   |         |             |                    |
| 2012-05-12  | 2.30    | Heerenveen  | Gerwin de Haan     |
| 2021-09-12  | 2.40    | Amsterdam   | Sverre Nota        |
| <b>discus</b>   |         |             |                    |
| 1987-09-20  | 32.68   | Amsterdam   | Paul Aldershof     |
| 2006-04-22  | 35.21   | Emmen       | Ewoud vd Wal       |
| 2006-06-24  | 36.24   | Leeuwarden  | Ewoud vd Wal       |
| 2006-09-09  | 36.47   | Etten-Leur  | Ewoud vd Wal       |
| 2006-10-15  | 39.44   | Steenwijk   | Ewoud vd Wal       |
| 2010-04-17  | 42.03   | Heerenveen  | Rody de Wolff      |
| 2010-05-25  | 42.49   | Sneek       | Rody de Wolff      |
| 2010-10-02  | 43.71   | Heerenveen  | Rody de Wolff      |
| <b>kogel</b>  |         |             |                    |
| 1987-09-06  | 12.00   | Wolvega     | Paul Aldershof     |
| 2006-09-03  | 12.32   | Amsterdam   | Ewoud vd Wal       |
| 2010-04-17  | 13.45   | Heerenveen  | Rody de Wolff      |
| 2010-05-24  | 14.19   | Amstelveen  | Rody de Wolff      |
| 2010-06-13  | 14.62   | Gemert      | Rody de Wolff      |
| 2010-08-22  | 14.86   | Alkmaar     | Rody de Wolff      |
| 2010-08-27  | 15.13   | Apeldoorn   | Rody de Wolff      |
| 2010-09-19  | 15.69   | Gemert      | Rody de Wolff      |
| <b>speer</b>  |         |             |                    |
| 1987  | 38.36   |             | Paul Aldershof     |
| 1996-10-05  | 39.12   | Heerenveen  | Eldert Wijkstra    |
| 2010-06-12  | 40.91   | Gemert      | Rody de Wolff      |
| 2010-06-29  | 41.12   | Leeuwarden  | Rody de Wolff      |
| 2010-08-15  | 42.24   | Nieuwegein  | Rody de Wolff      |
| 2010-08-27  | 47.66   | Apeldoorn   | Rody de Wolff      |
| <b>7-kamp</b>   |         |             |                    |
| 1993-09-25  | 4167    | Zwolle      | Auke Siük Nutma    |
| (10.2 – 5.41 – 30.26 / 12.1 – 1.50 – 9.36 – 3:30.5)     |         |             |                    |
| 2010-05-24  | 4621    | Amstelveen  | Rody de Wolff      |
| (10.66 – 5.05 – 37.10 / 13.02 – 1.62 – 14.19 – 2:59.35) |         |             |                    |
| 2010-06-13  | 4713    | Gemert      | Rody de Wolff      |
| (10.45 – 5.10 – 40.91 / 12.75 – 1.60 – 14.62 – 3:03.84) |         |             |                    |
| 2010-09-19  | 4940    | Gemert      | Rody de Wolff      |
| (10.36 – 5.06 – 43.83 / 12.39 – 1.72 – 15.69 – 3:03.36) |         |             |                    |
| <b>jC</b>   |         |             |                    |
| <b>100</b>  |         |             |                    |
| 1995-08-26  | 11.98   | Amsterdam   | Auke Siük Nutma    |
| 1998-05-23  | 11.91   | Rotterdam   | Eldert Wijkstra    |
| 1998-09-19  | 11.85   | Enschede    | Eldert Wijkstra    |
| 2001-08-25  | 11.82   | Amsterdam   | Bram Klijnstra     |
| 2014-04-05  | 11.74   | Steenwijk   | Lars van Hoeven    |
| 2014-06-20  | 11.71   | Utrecht     | Lars van Hoeven    |
| <b>150</b>  |         |             |                    |
| 2004-06-27  | 18.24   | Assen       | David van Winsum   |
| 2014-08-08  | 17.57   | Utrecht     | Lars van Hoeven    |
| <b>200</b>  |         |             |                    |
| 2001-07-01  | 24.07   | Stadskanaal | Bram Klijnstra     |

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 2014-05-17 | 23.38 | Heerenveen | Lars van Hoeven |
| 2014-06-20 | 23.11 | Utrecht    | Lars van Hoeven |

### 400

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2003-09-05 | 57.89 | Heerenveen | David van Winsum |
| 2004-07-02 | 57.12 | Heerenveen | David van Winsum |
| 2013-07-12 | 56.11 | Rotterdam  | Lars van Hoeven  |
| 2013-09-07 | 54.41 | Zwolle     | Lars van Hoeven  |
| 2014-04-12 | 51.67 | Heerenveen | Lars van Hoeven  |
| 2014-06-19 | 50.51 | Zwolle     | Lars van Hoeven  |
| 2014-07-05 | 50.47 | Amsterdam  | Lars van Hoeven  |
| 2014-07-06 | 49.85 | Amsterdam  | Lars van Hoeven  |

### 800

|            |         |            |                 |
|------------|---------|------------|-----------------|
| 1988-09-15 | 2:07.0  | Drachten   | Erik Zwanenburg |
| 2006-09-09 | 2:06.59 | Etten-Leur | Mart Sijtsma    |
| 2013-07-05 | 2:05.30 | Utrecht    | Lars van Hoeven |
| 2014-05-09 | 2:03.93 | Utrecht    | Lars van Hoeven |
| 2014-05-24 | 2:01.13 | Assen      | Lars van Hoeven |
| 2014-06-07 | 1:59.58 | Groningen  | Lars van Hoeven |

### hoog

|            |      |             |                    |
|------------|------|-------------|--------------------|
| 1981       | 1.80 |             | Dicky Hospes       |
| 1995-05-13 | 1.80 | Heerenveen  | Jan Haye Klijnstra |
| 1995-06-13 | 1.85 | Heerenveen  | Jan Haye Klijnstra |
| 1997-09-27 | 1.85 | Leeuwarden  | Eldert Wijkstra    |
| 2012-05-18 | 1.85 | Emmeloord   | Rody de Wolff      |
| 2012-07-07 | 1.85 | Stadskanaal | Rody de Wolff      |
| 2012-08-17 | 1.85 | Heiloo      | Rody de Wolff      |

### hss

|            |       |           |                   |
|------------|-------|-----------|-------------------|
| 2006-05-14 | 10.27 | Emmen     | Jeroen Vollebregt |
| 2013-09-15 | 10.52 | Hoogeveen | Gerwin de Haan    |
| 2018-08-03 | 11.75 | Utrecht   | Rutger Hoekstra   |
| 2018-08-25 | 12.10 | Amsterdam | Rutger Hoekstra   |

### polshoog

|            |      |           |                |
|------------|------|-----------|----------------|
| 1989-07-15 | 2.50 | Krommenie | Paul Aldershof |
| 2011-06-15 | 2.80 | Sneek     | Rody de Wolff  |
| 2011-06-24 | 2.80 | Groningen | Rody de Wolff  |

### discus

|            |       |            |                |
|------------|-------|------------|----------------|
| 1989-08-27 | 52.44 | Amsterdam  | Paul Aldershof |
| 2011-05-07 | 53.14 | Edam       | Rody de Wolff  |
| 2011-09-09 | 54.40 | Leeuwarden | Rody de Wolff  |
| 2012-04-14 | 56.58 | Heerenveen | Rody de Wolff  |

### kogelslingeren

|            |       |           |                |
|------------|-------|-----------|----------------|
| 2018-06-09 | 25.49 | Groningen | Johan de Vries |
| 2018-07-05 | 28.61 | Zwolle    | Johan de Vries |
| 2018-08-25 | 28.99 | Amsterdam | Johan de Vries |

### speer

|            |       |            |                |
|------------|-------|------------|----------------|
| 1989-09-23 | 45.70 | Leeuwarden | Paul Aldershof |
| 2011-05-25 | 48.02 | Sneek      | Rody de Wolff  |
| 2011-06-07 | 48.19 | Heerenveen | Rody de Wolff  |
| 2011-08-27 | 48.37 | Amsterdam  | Rody de Wolff  |
| 2012-05-18 | 49.71 | Emmeloord  | Rody de Wolff  |
| 2012-08-25 | 51.66 | Amsterdam  | Rody de Wolff  |

### 4x100

|            |       |            |               |
|------------|-------|------------|---------------|
| 1985-09-07 | 48.9  | Drachten   | AV Heerenveen |
| 2001-06-16 | 48.81 | Heerenveen | AV Heerenveen |
| 2004-06-19 | 48.47 | Emmen      | AV Heerenveen |
| 2011-04-16 | 47.55 | Drachten   | AV Heerenveen |

2011-09-10 47.42 Best AV Heerenveen

### 8-kamp

1989-07-09 5298 Beverwijk Paul Aldershof  
(11.9 – 5.30 – 14.21 – 1.50 / 17.0 – 40.99 – 44.05 – 3:17.5)  
1995-05-21 5325 Assen Auke Siûk Nutma  
1995-10-01 5349 Weert Auke Siûk Nutma  
(12.17 – 6.17 – 10.37 – 1.60 / 14.73 – 34.38 – 36.20 – 3:13.58)  
1998-06-24 5466 Rotterdam Eldert Wijkstra  
1998-09-20 5755 Enschede Eldert Wijkstra  
(11.85 – 6.21 – 13.52 – 1.85 / 15.26 – 39.02 – 41.25 – 3:22.82)  
2011-05-29 5927 Gemert Rody de Wolff  
(12.27 – 5.82 – 14.09 – 1.70 / 14.75 – 50.45 – 43.11 – 2:58.57)  
2011-09-18 5972 Weert Rody de Wolff  
(12.14 – 5.68 – 13.56 – 1.70 / 14.75 – 54.09 – 44.55 – 2:57.30)  
2012-05-18 6372 Emmeloord Rody de Wolff  
(11.90 – 6.17 – 15.93 – 1.85 / 15.33 – 54.96 – 49.71 – 2:52.19)

### jB

#### 100

1987 11.77 Henk Heidema  
1996-04-21 11.57 Emmeloord Auke Siûk Nutma  
1996-06-15 11.53 Emmen Auke Siûk Nutma  
2000-06-04 11.44 Vught Eldert Wijkstra  
2000-06-25 11.33 Hengelo Eldert Wijkstra  
2008-04-25 11.33 Alkmaar Bas Winkels

#### 150

1997-09-03 18.36 Assen Gerwin vd Berg (jC)  
1998-05-13 18.26 Heerenveen Gerwin vd Berg  
2000-09-17 17.47 Delft Eldert Wijkstra  
2008-08-15 16.99 Assen Bas Winkels

#### 200

1986 23.9 Henk Heidema  
1996-05-01 23.69 Heerenveen Auke Siûk Nutma  
2007-06-30 23.55 Heerenveen Jeroen Piek  
2008-04-25 23.51 Alkmaar Bas Winkels  
2008-06-14 23.44 Heerenveen Bas Winkels  
2008-08-30 23.44 Zwolle Bas Winkels  
2008-09-14 23.27 Steenwijk Bas Winkels  
2014-06-20 23.11 Utrecht Lars van Hoeven (jC)  
2016-07-09 22.99 Emmeloord Lars van Hoeven

#### 300

2000-04-28 38.19 Heerenveen Eldert Wijkstra  
2006-07-14 37.5 Steenwijk Nico Rusticus  
2013-04-27 37.25 Amersfoort Rody de Wolff  
2014-04-05 37.08 Steenwijk Lars van Hoeven (jC)  
2014-08-08 36.42 Utrecht Lars van Hoeven (jC)  
2014-08-30 36.28 Amsterdam Lars van Hoeven (jC)  
2015-07-10 36.07 Steenwijk Lars van Hoeven  
2016-05-07 35.88 Lisse Lars van Hoeven

#### 400

1989-07-02 52.58 Bergen op Zoom Marc van Lonkhuyzen  
2013-05-19 52.15 Apeldoorn Rody de Wolff  
2014-04-12 51.67 Heerenveen Lars van Hoeven (jC)  
2014-06-19 50.51 Zwolle Lars van Hoeven (jC)  
2014-07-05 50.47 Amsterdam Lars van Hoeven (jC)  
2014-07-06 49.85 Amsterdam Lars van Hoeven (jC)

#### 800

|            |         |                |                 |
|------------|---------|----------------|-----------------|
| 1974-05-16 | 2:01.6  | Drachten       | Dirk Jansen     |
| 2008-06-20 | 2:01.48 | Groningen      | Mart Sijtsema   |
| 2013-07-06 | 1:59.14 | Oordegem (Bel) | Bram Kielman    |
| 2016-06-11 | 1:57.53 | Groningen      | Lars van Hoeven |
| 2016-07-15 | 1:56.19 | Utrecht        | Lars van Hoeven |
| 2016-07-30 | 1:56.03 | Leuven (Bel)   | Lars van Hoeven |

### 1500

|            |         |           |               |
|------------|---------|-----------|---------------|
| 1966-07-03 | 4:18.9  | Groningen | Auke Postma   |
| 2007-05-09 | 4:12.82 | Heerde    | Mart Sijtsema |
| 2007-07-13 | 4:11.22 | Apeldoorn | Mart Sijtsema |
| 2008-05-07 | 4:11.05 | Heerde    | Mart Sijtsema |
| 2008-05-10 | 4:08.93 | Hoorn     | Mart Sijtsema |
| 2013-05-24 | 4:08.30 | Utrecht   | Bram Kielman  |
| 2013-06-30 | 4:08.10 | Eindhoven | Bram Kielman  |

### mijl

|            |        |           |                |
|------------|--------|-----------|----------------|
| 1999-05-27 | 4:48.5 | Zwolle    | Anton Costeris |
| 2013-07-19 | 4:37.5 | Steenwijk | Bram Kielman   |

### 3000

|            |         |          |                |
|------------|---------|----------|----------------|
| 1980       | 9:28.1  |          | Ype Soet       |
| 1999-06-11 | 9:27.67 | Zevenaar | Anton Costeris |
| 2008-05-16 | 9:16.30 | Gouda    | Mart Sijtsema  |

### 5000

|            |          |            |               |      |
|------------|----------|------------|---------------|------|
| 2005-01-10 | 19:04.0  | Heerenveen | Mart Sijtsema | (jC) |
| 2012-04-22 | 17:27.87 | Ede        | Jordi Stam    |      |

### 2000st

|            |         |                 |                     |      |
|------------|---------|-----------------|---------------------|------|
| 2010-06-11 | 7:47.51 | Hoogeveen       | Jari van Ravenstein | (jC) |
| 2011-05-12 | 7:34.30 | Alphen a/d Rijn | Jari van Ravenstein |      |
| 2011-06-03 | 7:26.76 | Hoogeveen       | Jari van Ravenstein |      |
| 2015-05-14 | 7:05.72 | Amsterdam       | Jeroen van Dijk     |      |
| 2015-05-21 | 6:58.07 | Barendrecht     | Jeroen van Dijk     |      |
| 2015-06-28 | 6:47.37 | Breda           | Jeroen van Dijk     |      |

### hoog

|            |      |             |                 |
|------------|------|-------------|-----------------|
| 1987-10-03 | 1.90 | Heerenveen  | Ard Remmerde    |
| 2000-06-24 | 1.90 | Hengelo     | Eldert Wijkstra |
| 2013-04-21 | 1.90 | Grootebroek | Rody de Wolff   |
| 2013-05-03 | 1.90 | Utrecht     | Rody de Wolff   |
| 2013-06-07 | 1.90 | Groningen   | Rody de Wolff   |
| 2013-09-15 | 1.91 | Hoogeveen   | Rody de Wolff   |
| 2013-10-05 | 1.95 | Heerenveen  | Rody de Wolff   |

### hss

|            |       |            |                  |
|------------|-------|------------|------------------|
| 1980       | 11.70 |            | Albertus de Jong |
| 1997-05-28 | 12.00 | Heerenveen | Hugo Kerkhof     |
| 2017-06-18 | 12.12 | Harderwijk | Marvens Bruinsma |

### ver

|            |      |             |                 |      |
|------------|------|-------------|-----------------|------|
| 1987       | 6.46 |             | Henk Heidema    |      |
| 1995-08-27 | 6.49 | Amsterdam   | Auke Siük Nutma | (jC) |
| 1999-08-01 | 6.79 | Krommenie   | Eldert Wijkstra |      |
| 2000-07-02 | 6.87 | Stadskanaal | Eldert Wijkstra |      |
| 2014-07-04 | 6.89 | Amsterdam   | Rody de Wolff   |      |

### polshoog

|            |      |           |                |
|------------|------|-----------|----------------|
| 1965-08-28 | 3.20 | Groningen | Eef ter Heide  |
| 1982       | 3.20 | Groningen | Dicky Hospes   |
| 2013-06-12 | 3.50 | Sneek     | Rody de Wolff  |
| 2014-08-30 | 3.60 | Dronten   | Rody de Wolff  |
| 2014-09-12 | 3.75 | Enschede  | Rody de Wolff  |
| 2016-06-11 | 3.76 | Groningen | Gerwin de Haan |

|            |      |                      |                |
|------------|------|----------------------|----------------|
| 2016-06-26 | 3.80 | Harderwijk           | Gerwin de Haan |
| 2016-09-18 | 3.80 | Hengelo              | Gerwin de Haan |
| 2019-04-07 | 3.90 | Niort (Fra)          | Lennert Naeff  |
| 2019-04-13 | 3.92 | Poitiers (Fra)       | Lennert Naeff  |
| 2019-06-15 | 4.00 | Mont-de-Marsan (Fra) | Lennert Naeff  |
| 2019-06-29 | 4.15 | Alphen a/d Rijn      | Lennert Naeff  |

### discus

|            |       |           |                |
|------------|-------|-----------|----------------|
| 1991-05-31 | 51.24 | Steenwijk | Paul Aldershof |
| 2013-05-31 | 53.20 | Steenwijk | Rody de Wolff  |
| 2014-07-06 | 54.27 | Amsterdam | Rody de Wolff  |

### speer

|            |       |            |                     |
|------------|-------|------------|---------------------|
| 1975       | 51.82 |            | Jaap Heida          |
| 2014-08-15 | 52.93 | Heiloo     | Rody de Wolff       |
| 2016-07-02 | 53.72 | Breda      | Gerwin de Haan      |
| 2021-09-05 | 53.75 | Assendelft | Tjalle-Durk vd Eems |

## jA

### 150

|            |       |            |                 |      |
|------------|-------|------------|-----------------|------|
| 1997-09-03 | 18.36 | Assen      | Gerwin vd Berg  | (jC) |
| 1998-05-13 | 18.26 | Heerenveen | Gerwin vd Berg  | (jB) |
| 1999-05-12 | 17.54 | Heerenveen | Gerrie Wijkstra |      |
| 2000-09-17 | 17.47 | Delft      | Eldert Wijkstra | (jB) |
| 2008-08-15 | 16.99 | Assen      | Bas Winkels     | (jB) |

### 200

|            |       |              |                 |
|------------|-------|--------------|-----------------|
| 1960-05-17 | 23.3  |              | Sjoerd de Vries |
| 1999-06-13 | 23.50 | Zevenaar     | Gerrie Wijkstra |
| 2001-05-20 | 23.20 | Bremen (Dui) | Eldert Wijkstra |
| 2001-06-24 | 23.07 | Uden         | Eldert Wijkstra |
| 2005-07-09 | 22.96 | Heerenveen   | Tom Kraaij      |
| 2008-06-01 | 22.88 | Groningen    | Jeroen Piek     |
| 2017-05-28 | 22.66 | Drachten     | Lars van Hoeven |

### 300

|            |       |            |                 |      |
|------------|-------|------------|-----------------|------|
| 2000-04-28 | 38.19 | Heerenveen | Eldert Wijkstra | (jB) |
| 2006-07-14 | 37.5  | Steenwijk  | Nico Rusticus   | (jB) |
| 2008-04-05 | 36.59 | Steenwijk  | Jeroen Piek     |      |
| 2014-08-08 | 36.42 | Utrecht    | Lars van Hoeven | (jC) |
| 2014-08-30 | 36.28 | Amsterdam  | Lars van Hoeven | (jC) |
| 2015-07-10 | 36.07 | Steenwijk  | Lars van Hoeven | (jB) |
| 2016-05-07 | 35.88 | Lisse      | Lars van Hoeven | (jB) |

### 400

|            |       |              |                     |      |
|------------|-------|--------------|---------------------|------|
| 1989-07-02 | 52.58 |              | Marc van Lonkhuyzen |      |
| 2004-04-25 | 52.38 | Drachten     | Tom Kraaij          |      |
| 2004-06-20 | 51.67 | Drachten     | Tom Kraaij          |      |
| 2004-06-26 | 50.94 | Sittard      | Tom Kraaij          |      |
| 2014-06-19 | 50.51 | Zwolle       | Lars van Hoeven     | (jC) |
| 2014-07-05 | 50.47 | Amsterdam    | Lars van Hoeven     | (jC) |
| 2014-07-06 | 49.85 | Amsterdam    | Lars van Hoeven     | (jC) |
| 2017-05-28 | 49.39 | Drachten     | Lars van Hoeven     |      |
| 2017-07-06 | 48.89 | Wageningen   | Lars van Hoeven     |      |
| 2018-07-28 | 48.30 | Ninove (Bel) | Lars van Hoeven     |      |

### 600

|            |         |                   |                 |
|------------|---------|-------------------|-----------------|
| 2017-04-08 | 1:22.20 | Heerenveen        | Lars van Hoeven |
| 2018-05-13 | 1:18.72 | Pliezhausen (Dui) | Lars van Hoeven |

### 800

|      |        |           |             |
|------|--------|-----------|-------------|
| 1964 | 1:59.8 | Groningen | Piet vd Zee |
|------|--------|-----------|-------------|

|            |         |                |                 |      |
|------------|---------|----------------|-----------------|------|
| 2013-07-06 | 1:59.14 | Oordegem (Bel) | Bram Kielman    | (jB) |
| 2015-06-07 | 1:57.19 | Harderwijk     | Bram Kielman    |      |
| 2016-07-15 | 1:56.19 | Utrecht        | Lars van Hoeven | (jB) |
| 2016-07-30 | 1:56.03 | Leuven (Bel)   | Lars van Hoeven | (jB) |
| 2017-05-25 | 1:53.94 | Vught          | Lars van Hoeven |      |
| 2017-06-17 | 1:53.62 | Leiden         | Lars van Hoeven |      |
| 2018-05-26 | 1:51.05 | Oordegem (Bel) | Lars van Hoeven |      |
| 2018-06-02 | 1:50.22 | Oordegem (Bel) | Lars van Hoeven |      |
| 2018-06-08 | 1:50.18 | Nijmegen       | Lars van Hoeven |      |

### 1000

|            |         |          |                    |  |
|------------|---------|----------|--------------------|--|
| 1975-09-17 | 2:40.3  | Drachten | Johnnie Theunissen |  |
| 2009-07-11 | 2:34.90 | Utrecht  | Mart Sijtsema      |  |
| 2017-05-13 | 2:31.78 | Lisse    | Lars van Hoeven    |  |

### 1500

|            |         |           |                 |  |
|------------|---------|-----------|-----------------|--|
| 1968       | 4:03.0  | Groningen | Auke Postma     |  |
| 2009-06-13 | 3:59.76 | Utrecht   | Mart Sijtsema   |  |
| 2018-08-03 | 3:55.47 | Utrecht   | Lars van Hoeven |  |

### mijl

|            |         |           |                |      |
|------------|---------|-----------|----------------|------|
| 1999-05-27 | 4:48.5  | Zwolle    | Anton Costeris | (jB) |
| 2013-07-19 | 4:37.5  | Steenwijk | Bram Kielman   | (jB) |
| 2015-07-10 | 4:25.12 | Steenwijk | Bram Kielman   |      |

### 3000

|            |         |          |                    |  |
|------------|---------|----------|--------------------|--|
| 1975-07-16 | 8:41.2  | Papendal | Johnnie Theunissen |  |
| 2015-05-29 | 8:39.10 | Utrecht  | Bram Kielman       |  |

### 5000

|            |          |                 |               |  |
|------------|----------|-----------------|---------------|--|
| 1991-06-30 | 15:45.85 | Alphen a/d Rijn | Rudi vd Lelie |  |
| 2014-08-29 | 15:30.38 | Utrecht         | Bram Kielman  |  |
| 2015-04-25 | 15:21.08 | Hoogeveen       | Bram Kielman  |  |
| 2015-06-26 | 15:20.69 | Breda           | Bram Kielman  |  |

### 3000st

|            |          |           |               |  |
|------------|----------|-----------|---------------|--|
| 2001-06-24 | 10:31.44 | Uden      | Jan Jouke Vos |  |
| 2008-05-31 | 10:26.43 | Groningen | Elmar Ruiter  |  |

### hss

|            |       |              |            |  |
|------------|-------|--------------|------------|--|
| 1958       | 13.18 | Bremen (Dui) | Henk Evers |  |
| 2012-04-22 | 13.21 | Ede          | Rienk Kan  |  |
| 2012-06-03 | 13.32 | Breda        | Rienk Kan  |  |

### polshoog

|            |      |             |                 |      |
|------------|------|-------------|-----------------|------|
| 1981-07-05 | 3.60 | Veldhoven   | Jaap Klaverboer |      |
| 2014-08-30 | 3.60 | Dronten     | Rody de Wolff   | (jB) |
| 2014-09-12 | 3.75 | Enschede    | Rody de Wolff   | (jB) |
| 2016-06-11 | 3.76 | Groningen   | Gerwin de Haan  | (jB) |
| 2016-06-26 | 3.80 | Harderwijk  | Gerwin de Haan  | (jB) |
| 2016-09-18 | 3.80 | Hengelo     | Gerwin de Haan  | (jB) |
| 2017-04-30 | 4.00 | Hoorn       | Gerwin de Haan  |      |
| 2017-06-18 | 4.10 | Harderwijk  | Gerwin de Haan  |      |
| 2017-07-02 | 4.20 | Vught       | Gerwin de Haan  |      |
| 2017-07-09 | 4.20 | Stadskanaal | Gerwin de Haan  |      |

### speer

|            |       |           |                 |  |
|------------|-------|-----------|-----------------|--|
| 1989-06-18 | 54.10 | Drachten  | Hendrik Jan Hof |  |
| 2018-06-15 | 54.20 | Emmeloord | Gerwin de Haan  |  |

### 10-kamp

|  |      |           |                 |  |
|--|------|-----------|-----------------|--|
| 1981-07-05   | 6018 | Veldhoven | Jaap Klaverboer |  |
| (11.96 – 6.26 – ? – 1.91 – ? / 15.82 – ? – 3.60 – ? – ?)                       |      |           |                 |  |
| 2017-05-14   | 6238 | Emmeloord | Gerwin de Haan  |  |
| (11.88 – 6.04 – 12.71 – 1.79 – 54.14 / 16.47 – 38.74 – 3.90 – 50.21 – 4:59.35) |      |           |                 |  |

2017-07-09 6470 Stadskanaal Gerwin de Haan  
(11.75 – 6.04 – 12.51 – 1.82 – 52.88 / 15.81– 39.20 – 4.20 – 49.17 – 5:00.90)

## M neo

### 200

|            |       |          |                 |      |
|------------|-------|----------|-----------------|------|
| 2006-06-05 | 22.80 | Lisse    | Tom Kraaij      |      |
| 2017-05-28 | 22.66 | Drachten | Lars van Hoeven | (jA) |

### 400

|            |       |                |                 |      |
|------------|-------|----------------|-----------------|------|
| 2014-07-06 | 49.85 | Amsterdam      | Lars van Hoeven | (jC) |
| 2017-05-28 | 49.39 | Drachten       | Lars van Hoeven | (jA) |
| 2017-07-06 | 48.89 | Wageningen     | Lars van Hoeven | (jA) |
| 2018-07-28 | 48.30 | Ninove (Bel)   | Lars van Hoeven | (jA) |
| 2021-07-10 | 48.26 | Epe            | Lars van Hoeven |      |
| 2021-07-21 | 48.21 | Ertvelde (Bel) | Lars van Hoeven |      |

### 600

|            |         |                   |                 |      |
|------------|---------|-------------------|-----------------|------|
| 2017-04-08 | 1:22.20 | Heerenveen        | Lars van Hoeven | (jA) |
| 2018-05-13 | 1:18.72 | Pliezhausen (Dui) | Lars van Hoeven | (jA) |

### 800

|            |         |                |                 |      |
|------------|---------|----------------|-----------------|------|
| 2016-07-30 | 1:56.03 | Leuven (Bel)   | Lars van Hoeven | (jB) |
| 2017-05-25 | 1:53.94 | Vught          | Lars van Hoeven | (jA) |
| 2017-06-17 | 1:53.62 | Leiden         | Lars van Hoeven | (jA) |
| 2018-05-26 | 1:51.05 | Oordegem (Bel) | Lars van Hoeven | (jA) |
| 2018-06-02 | 1:50.22 | Oordegem (Bel) | Lars van Hoeven | (jA) |
| 2018-06-08 | 1:50.18 | Nijmegen       | Lars van Hoeven | (jA) |
| 2021-07-03 | 1:49.39 | Heusden (Bel)  | Lars van Hoeven |      |

### 1000

|            |         |         |                 |      |
|------------|---------|---------|-----------------|------|
| 2009-07-11 | 2:34.90 | Utrecht | Mart Sijtsema   | (jA) |
| 2017-05-13 | 2:31.78 | Lisse   | Lars van Hoeven | (jA) |
| 2020-09-12 | 2:26.97 | Tilburg | Lars van Hoeven |      |

### 1500

|            |         |           |                 |        |
|------------|---------|-----------|-----------------|--------|
| 2016-06-16 | 3:55.67 | Amsterdam | Bram Kielman    | (Mneo) |
| 2018-08-03 | 3:55.47 | Utrecht   | Lars van Hoeven | (jA)   |

### 3000

|            |         |         |              |      |
|------------|---------|---------|--------------|------|
| 2015-05-29 | 8:39.10 | Utrecht | Bram Kielman | (jA) |
| 2017-05-12 | 8:37.01 | Utrecht | Bram Kielman |      |

### speer

|            |       |           |                 |      |
|------------|-------|-----------|-----------------|------|
| 1989-06-18 | 54.10 | Drachten  | Hendrik Jan Hof | (jA) |
| 2018-06-15 | 54.20 | Emmeloord | Gerwin de Haan  | (jA) |

## M

### 150

|            |       |            |                 |      |
|------------|-------|------------|-----------------|------|
| 1997-09-03 | 18.36 | Assen      | Gerwin vd Berg  | (jC) |
| 1998-05-13 | 18.26 | Heerenveen | Gerwin vd Berg  | (jB) |
| 1999-05-12 | 17.54 | Heerenveen | Gerrie Wijkstra | (jA) |
| 2000-09-17 | 17.47 | Delft      | Eldert Wijkstra | (jB) |
| 2008-08-15 | 16.99 | Assen      | Bas Winkels     | (jB) |
| 2015-07-10 | 16.88 | Steenwijk  | Kevin Damstra   |      |
| 2016-07-08 | 16.84 | Steenwijk  | Jeroen Piek     |      |
| 2019-08-09 | 16.80 | Utrecht    | Jeroen Piek     |      |

### 300

|            |       |            |                 |        |
|------------|-------|------------|-----------------|--------|
| 2000-04-28 | 37.80 | Heerenveen | Gerrie Wijkstra | (Mneo) |
| 2006-07-14 | 37.5  | Steenwijk  | Nico Rusticus   | (jB)   |



|                 |          |                      |                  |        |
|-----------------|----------|----------------------|------------------|--------|
| 2008-04-05      | 36.59    | Steenwijk            | Jeroen Piek      | (jA)   |
| 2014-07-18      | 35.2     | Steenwijk            | Kevin Damstra    |        |
| <b>400</b>      |          |                      |                  |        |
| 1984-06         | 48.48    | Papendal             | Arjen Achterkamp |        |
| 2018-07-28      | 48.30    | Ninove (Bel)         | Lars van Hoeven  | (jA)   |
| 2021-07-10      | 48.26    | Epe                  | Lars van Hoeven  | (Mneo) |
| 2021-07-21      | 48.21    | Ertvelde (Bel)       | Lars van Hoeven  | (Mneo) |
| <b>600</b>      |          |                      |                  |        |
| 2017-04-08      | 1:22.20  | Heerenveen           | Lars van Hoeven  | (jA)   |
| 2018-05-13      | 1:18.72  | Pliezhausen (Dui)    | Lars van Hoeven  | (jA)   |
| <b>800</b>      |          |                      |                  |        |
| 1979-09-08      | 1:53.2   | Roosendaal           | Tjeerd Koopmans  |        |
| 2018-05-26      | 1:51.05  | Oordegem (Bel)       | Lars van Hoeven  | (jA)   |
| 2018-06-02      | 1:50.22  | Oordegem (Bel)       | Lars van Hoeven  | (jA)   |
| 2018-06-08      | 1:50.18  | Nijmegen             | Lars van Hoeven  | (jA)   |
| 2021-07-03      | 1:49.39  | Heusden (Bel)        | Lars van Hoeven  | (Mneo) |
| <b>1000</b>     |          |                      |                  |        |
| 1979            | 2:31.2   | Recklinghausen (Dui) | Tjeerd Koopmans  |        |
| 2020-09-12      | 2:26.97  | Tilburg              | Lars van Hoeven  | (Mneo) |
| <b>1500</b>     |          |                      |                  |        |
| 1973-09-02      | 3:55.6   | Amsterdam            | Piet de Vries    |        |
| 2016-06-16      | 3:55.67  | Amsterdam            | Bram Kielman     | (Mneo) |
| 2018-08-03      | 3:55.47  | Utrecht              | Lars van Hoeven  | (jA)   |
| <b>25000</b>    |          |                      |                  |        |
| 2018-02-17      | 2:47:20  | Steenwijk            | Wietze Jonker    | (M65)  |
| 2021-07-10      | 1:51:48  | Heerenveen           | Bob vd Weg       | (M50)  |
| <b>100000</b>   |          |                      |                  |        |
| 2018-02-17      | 10:28:54 | Steenwijk            | Arie vd Steen    | (M50)  |
| 2019-02-23      | 9:45:15  | Steenwijk            | Arie vd Steen    | (M50)  |
| <b>110h</b>     |          |                      |                  |        |
| 1986-05-31      | 15.1     | Drachten             | Jeroen Moser     |        |
| 2007-06-09      | 15.07    | Leiden               | Reinier Bouma    | (jA)   |
| 2008-05-11      | 14.57    | Groningen            | Reinier Bouma    | (Mneo) |
| 2009-05-21      | 14.49    | Nijmegen             | Reinier Bouma    | (Mneo) |
| 2011-06-02      | 14.37    | Groningen            | Reinier Bouma    |        |
| 2011-06-11      | 14.31    | Leiden               | Reinier Bouma    |        |
| <b>300h</b>     |          |                      |                  |        |
| 2009-03-28      | 41.2     | Apeldoorn            | Sybout Wijma     | (Mneo) |
| 2010-03-27      | 40.3     | Apeldoorn            | Sybout Wijma     |        |
| 2011-05-01      | 40.21    | Epe                  | Sybout Wijma     |        |
| 2011-05-01      | 40.13    | Epe                  | Sybout Wijma     |        |
| 2012-04-29      | 39.67    | Epe                  | Sybout Wijma     |        |
| <b>400h</b>     |          |                      |                  |        |
| 1989-05-27      | 56.9     | Hoogeveen            | Sjaak Stuiver    |        |
| 2007-06-08      | 56.91    | Utrecht              | Sybout Wijma     | (Mneo) |
| 2007-06-30      | 56.86    | Amsterdam            | Sybout Wijma     | (Mneo) |
| 2008-05-07      | 56.20    | Heerde               | Sybout Wijma     | (Mneo) |
| 2008-05-30      | 55.02    | Utrecht              | Sybout Wijma     | (Mneo) |
| <b>polshoog</b> |          |                      |                  |        |
| 1986-10-04      | 4.30     | Heerenveen           | Jaap Klaverboer  |        |
| 2013-04-13      | 4.30     | Heerenveen           | Dennis Veenker   | (Mneo) |
| 2013-05-29      | 4.45     | Harderwijk           | Dennis Veenker   | (Mneo) |
| 2013-06-07      | 4.60     | Groningen            | Dennis Veenker   | (Mneo) |
| 2013-07-05      | 4.60     | Utrecht              | Dennis Veenker   | (Mneo) |

## 4x400

|            |         |            |               |
|------------|---------|------------|---------------|
| 1969       | 3:28.8  | Heerenveen | AV Heerenveen |
| 2016-06-26 | 3:27.16 | Harderwijk | AV Heerenveen |

## Zweedse estafette (400-300-200-100)

|            |         |          |               |
|------------|---------|----------|---------------|
| 1968       | 2:08.7  | Almere   | AV Heerenveen |
| 2011-05-08 | 2:05.78 | Ede      | AV Heerenveen |
| 2011-06-26 | 2:02.98 | Emmen    | AV Heerenveen |
| 2015-04-19 | 2:01.25 | Drachten | AV Heerenveen |
| 2016-09-18 | 2:00.90 | Hengelo  | AV Heerenveen |

## M35

### 150

|            |       |            |                  |       |
|------------|-------|------------|------------------|-------|
| 1999-05-12 | 22.10 | Heerenveen | Wieger Klijnstra | (M50) |
| 2003-07-18 | 20.9  | Steenwijk  | Harm Zijlstra    | (M40) |
| 2019-07-05 | 20.44 | Steenwijk  | Eddy Elsinga     | (M50) |

### 300

|            |       |           |               |       |
|------------|-------|-----------|---------------|-------|
| 2003-07-18 | 43.6  | Steenwijk | Harm Zijlstra | (M40) |
| 2019-07-05 | 42.91 | Steenwijk | Eddy Elsinga  | (M50) |

### 25000

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 2018-02-17 | 2:47:20 | Steenwijk  | Wietze Jonker | (M65) |
| 2021-07-10 | 1:51:48 | Heerenveen | Bob vd Weg    | (M50) |

### 100000

|            |          |           |               |       |
|------------|----------|-----------|---------------|-------|
| 2018-02-17 | 10:28:54 | Steenwijk | Arie vd Steen | (M50) |
| 2019-02-23 | 9:45:15  | Steenwijk | Arie vd Steen | (M50) |

## kogel

|            |       |            |               |       |
|------------|-------|------------|---------------|-------|
| 1989       | 11.30 |            | Siert Wolters | (M40) |
| 1999-05-09 | 12.57 | Emmeloord  | Wim de Wolff  | (M40) |
| 2017-05-20 | 15.59 | Heerenveen | Hans Lolkema  | (M45) |

## kogelsl.

|            |       |           |               |       |
|------------|-------|-----------|---------------|-------|
| 1991-05-24 | 29.84 | Drachten  | Siert Wolters | (M40) |
| 2018-06-10 | 33.44 | Apeldoorn | Hans Lolkema  | (M45) |

## M40

### 150

|            |       |            |                  |       |
|------------|-------|------------|------------------|-------|
| 1999-05-12 | 22.10 | Heerenveen | Wieger Klijnstra | (M50) |
| 2003-07-18 | 20.9  | Steenwijk  | Harm Zijlstra    |       |
| 2019-07-05 | 20.44 | Steenwijk  | Eddy Elsinga     | (M50) |

### 200

|            |       |            |              |       |
|------------|-------|------------|--------------|-------|
| 1990-08-08 | 27.9  | Hoorn      | Feico Jansma | (M45) |
| 2011-07-02 | 26.63 | Leeuwarden | Eddy Elsinga |       |

### 300

|            |       |           |               |       |
|------------|-------|-----------|---------------|-------|
| 2003-07-18 | 43.6  | Steenwijk | Harm Zijlstra |       |
| 2019-07-05 | 42.91 | Steenwijk | Eddy Elsinga  | (M50) |

### 400

|            |       |            |              |  |
|------------|-------|------------|--------------|--|
| 1982       | 59.1  | Groningen  | Feico Jansma |  |
| 2010-05-22 | 55.83 | Heerenveen | Eddy Elsinga |  |

### 800

|            |         |           |               |  |
|------------|---------|-----------|---------------|--|
| 1991       | 2:20.64 |           | Joop Liemburg |  |
| 1992       | 2:12.9  |           | Bonne Altena  |  |
| 1993-06-06 | 2:12.2  | Amsterdam | Auke Postma   |  |

|                 |          |            |                  |       |
|-----------------|----------|------------|------------------|-------|
| 2003-08-22      | 2:10.9   | Leeuwarden | Harm Zijlstra    |       |
| 2010-04-28      | 2:08.97  | Epe        | Eddy Elsinga     |       |
| 2011-05-06      | 2:08.43  | Utrecht    | Eddy Elsinga     |       |
| <b>25000</b>    |          |            |                  |       |
| 2018-02-17      | 2:47:20  | Steenwijk  | Wietze Jonker    | (M65) |
| 2021-07-10      | 1:51:48  | Heerenveen | Bob vd Weg       | (M50) |
| <b>100000</b>   |          |            |                  |       |
| 2018-02-17      | 10:28:54 | Steenwijk  | Arie vd Steen    | (M50) |
| 2019-02-23      | 9:45:15  | Steenwijk  | Arie vd Steen    | (M50) |
| <b>kogel</b>    |          |            |                  |       |
| 1989            | 11.30    |            | Siert Wolters    |       |
| 1999-05-09      | 12.57    | Emmeloord  | Wim de Wolff     |       |
| 2017-05-20      | 15.59    | Heerenveen | Hans Lolkema     | (M45) |
| <b>kogelsl.</b> |          |            |                  |       |
| 1991-05-24      | 29.84    | Drachten   | Siert Wolters    |       |
| 2018-06-10      | 33.44    | Apeldoorn  | Hans Lolkema     | (M45) |
| <b>M45</b>      |          |            |                  |       |
| <b>150</b>      |          |            |                  |       |
| 1999-05-12      | 22.10    | Heerenveen | Wieger Klijnstra | (M50) |
| 2019-07-05      | 20.44    | Steenwijk  | Eddy Elsinga     | (M50) |
| <b>200</b>      |          |            |                  |       |
| 1990-08-08      | 27.9     | Hoorn      | Feico Jansma     |       |
| 2017-05-27      | 27.90    | Hengelo    | Eddy Elsinga     |       |
| <b>300</b>      |          |            |                  |       |
| 2006-07-14      | 53.3     | Steenwijk  | Wieger Klijnstra | (M55) |
| 2007-04-07      | 52.73    | Steenwijk  | Wieger Klijnstra | (M55) |
| 2019-07-05      | 42.91    | Steenwijk  | Eddy Elsinga     | (M50) |
| <b>800</b>      |          |            |                  |       |
| 1988-06-05      | 2:24.6   | Beverwijk  | Feico Jansma     |       |
| 2016-06-11      | 2:15.35  | Groningen  | Eddy Elsinga     |       |
| 2016-10-01      | 2:15.0   | Heerenveen | Eddy Elsinga     |       |
| <b>1000</b>     |          |            |                  |       |
| 2001-10-06      | 3:23.9   | Heerenveen | Cor Wijnja       |       |
| 2007-10-06      | 3:16.9   | Heerenveen | Harm Zijlstra    |       |
| 2017-04-19      | 3:01.89  | Zwolle     | Eddy Elsinga     |       |
| <b>3000</b>     |          |            |                  |       |
| 1992-05-06      | 10:51.7  | Heerenveen | George vd Veen   | (M50) |
| 1993-05-12      | 10:27.1  | Heerenveen | Joop Liemburg    |       |
| 2018-10-06      | 10:24.06 | Heerenveen | Saher Yousef     | (M50) |
| <b>5000</b>     |          |            |                  |       |
| 1984-09-04      | 18:00.0  | Heerenveen | Wiebe Kruithof   | (M50) |
| 2007-04-07      | 17:55.24 | Steenwijk  | Harm Zijlstra    |       |
| 2007-04-28      | 17:39.87 | Leeuwarden | Harm Zijlstra    |       |
| 2018-06-10      | 17:27.00 | Apeldoorn  | Saher Yousef     | (M50) |
| <b>25000</b>    |          |            |                  |       |
| 2018-02-17      | 2:47:20  | Steenwijk  | Wietze Jonker    | (M65) |
| 2021-07-10      | 1:51:48  | Heerenveen | Bob vd Weg       | (M50) |
| <b>100000</b>   |          |            |                  |       |
| 2018-02-17      | 10:28:54 | Steenwijk  | Arie vd Steen    | (M50) |
| 2019-02-23      | 9:45:15  | Steenwijk  | Arie vd Steen    | (M50) |

**discus**

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 1991-04-01 | 35.70 | Sneek      | Sjoerd Dijkstra |
| 2018-05-13 | 36.46 | Emmen      | Hans Lolkema    |
| 2018-10-06 | 39.27 | Heerenveen | Hans Lolkema    |

**kogel**

|            |       |            |               |
|------------|-------|------------|---------------|
| 1993-07-04 | 11.06 | Assen      | Siert Wolters |
| 2017-05-20 | 15.59 | Heerenveen | Hans Lolkema  |

**kogelsl.**

|            |       |            |               |
|------------|-------|------------|---------------|
| 1993       | 29.18 |            | Siert Wolters |
| 1997-05-14 | 29.36 | Heerenveen | Siert Wolters |
| 2018-06-10 | 33.44 | Apeldoorn  | Hans Lolkema  |

**M50****150**

|            |       |            |                  |
|------------|-------|------------|------------------|
| 1999-05-12 | 22.10 | Heerenveen | Wieger Klijnstra |
| 2019-07-05 | 20.44 | Steenwijk  | Eddy Elsinga     |

**300**

|            |       |           |                  |       |
|------------|-------|-----------|------------------|-------|
| 2006-07-14 | 53.3  | Steenwijk | Wieger Klijnstra | (M55) |
| 2007-04-07 | 52.73 | Steenwijk | Wieger Klijnstra | (M55) |
| 2019-07-05 | 42.91 | Steenwijk | Eddy Elsinga     |       |

**400**

|            |         |            |                    |       |
|------------|---------|------------|--------------------|-------|
| 2002-06-07 | 1:09.98 | Heerenveen | Jacques van Helden | (M55) |
| 2005-06-26 | 1:06.77 | Utrecht    | Herman Oldenhof    |       |
| 2019-07-12 | 1:01.42 | Heiloo     | Eddy Elsinga       |       |

**800**

|            |        |            |                |
|------------|--------|------------|----------------|
| 1993-05-02 | 2:38.5 | Aalsmeer   | George vd Veen |
| 2019-10-05 | 2:27.9 | Heerenveen | Eddy Elsinga   |

**1500**

|            |         |            |               |
|------------|---------|------------|---------------|
| 1989-05-21 | 5:19.9  | Arnhem     | Joop Hamstra  |
| 2016-04-09 | 5:14.61 | Heerenveen | Harm Zijlstra |

**3000**

|            |          |            |                |
|------------|----------|------------|----------------|
| 1992-05-06 | 10:51.7  | Heerenveen | George vd Veen |
| 2018-10-06 | 10:24.06 | Heerenveen | Saher Yousef   |

**5000**

|            |          |            |                |
|------------|----------|------------|----------------|
| 1984-09-04 | 18:00.0  | Heerenveen | Wiebe Kruithof |
| 2018-06-10 | 17:27.00 | Apeldoorn  | Saher Yousef   |

**25000**

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 2018-02-17 | 2:47:20 | Steenwijk  | Wietze Jonker | (M65) |
| 2021-07-10 | 1:51:48 | Heerenveen | Bob vd Weg    |       |

**100000**

|            |          |           |               |
|------------|----------|-----------|---------------|
| 2018-02-17 | 10:28:54 | Steenwijk | Arie vd Steen |
| 2019-02-23 | 9:45:15  | Steenwijk | Arie vd Steen |

**M55****1500**

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 1994-10-08 | 6:39.0  | Heerenveen | Henk Evers    |       |
| 2000-10-07 | 6:22.2  | Heerenveen | Joop Hamstra  | (M60) |
| 2019-04-07 | 5:29.88 | Amersfoort | Harm Zijlstra |       |

**3000**

|            |          |            |                    |
|------------|----------|------------|--------------------|
| 1996-05-08 | 13:33.5  | Heerenveen | Henk Elsinga       |
| 2001-07-04 | 11:37.8  | Sneek      | Jacques van Helden |
| 2017-05-20 | 11:37.15 | Heerenveen | Harm Zijlstra      |
| 2018-10-06 | 10:42.22 | Heerenveen | Henri Veldman      |

### 5000

|            |          |            |                    |
|------------|----------|------------|--------------------|
| 1993-07-02 | 19:36.0  |            | Tjeerd vd Iest     |
| 1999-09-17 | 19:23.7  | Heerenveen | Jacques van Helden |
| 2020-09-04 | 18:00.20 | Leeuwarden | Henri Veldman      |
| 2020-09-26 | 17:48.0  | Heerenveen | Henri Veldman      |

### 25000

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 2018-02-17 | 2:47:20 | Steenwijk  | Wietze Jonker | (M65) |
| 2021-07-10 | 2:22:51 | Heerenveen | Roelof Kedde  | (M65) |

### hoog

|            |      |            |                  |       |
|------------|------|------------|------------------|-------|
| 2003-10-04 | 1.10 | Heerenveen | Wieger Klijnstra |       |
| 2017-10-07 | 1.10 | Heerenveen | Jacob Visser     | (M70) |
| 2018-10-06 | 1.20 | Heerenveen | Rudy Hartog      | (M65) |

### speer

|            |       |            |                 |
|------------|-------|------------|-----------------|
| 2004-05-14 | 18.37 | Leeuwarden | Siert Wolters   |
| 2004-10-02 | 18.39 | Heerenveen | Siert Wolters   |
| 2005-10-01 | 19.32 | Heerenveen | Siert Wolters   |
| 2005-10-16 | 19.35 | Steenwijk  | Siert Wolters   |
| 2008-10-04 | 22.39 | Heerenveen | Klaas Peereboom |

### M60

#### 100

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2000-10-07 | 17.2  | Heerenveen | Joop Hamstra     |
| 2005-07-09 | 15.50 | Heerenveen | Feico Jansma     |
| 2008-10-04 | 15.2  | Heerenveen | Wieger Klijnstra |

#### 150

|            |       |           |                  |       |
|------------|-------|-----------|------------------|-------|
| 2017-07-07 | 25.39 | Steenwijk | Wieger Klijnstra | (M65) |
| 2019-07-05 | 25.36 | Steenwijk | Wieger Klijnstra | (M70) |

#### 300

|            |         |           |                  |       |
|------------|---------|-----------|------------------|-------|
| 2018-04-07 | 1:05.08 | Steenwijk | Wieger Klijnstra | (M65) |
| 2018-07-13 | 1:02.13 | Steenwijk | Wieger Klijnstra | (M65) |

#### 800

|            |        |            |                  |
|------------|--------|------------|------------------|
| 2008-10-04 | 3:44.4 | Heerenveen | Wieger Klijnstra |
| 2011-10-01 | 2:42.8 | Heerenveen | Jan vd Heide     |

#### 3000

|            |         |            |                |       |
|------------|---------|------------|----------------|-------|
| 2012-10-06 | 16:08.1 | Heerenveen | Johan Knoester | (M65) |
| 2013-10-05 | 12:14.3 | Heerenveen | Jan vd Heide   |       |

### 25000

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 2018-02-17 | 2:47:20 | Steenwijk  | Wietze Jonker | (M65) |
| 2021-07-10 | 2:22:51 | Heerenveen | Roelof Kedde  | (M65) |

### hoog

|            |      |            |                  |       |
|------------|------|------------|------------------|-------|
| 2008-10-04 | 1.05 | Heerenveen | Wieger Klijnstra |       |
| 2017-10-07 | 1.10 | Heerenveen | Jacob Visser     | (M70) |
| 2018-10-06 | 1.20 | Heerenveen | Rudy Hartog      | (M65) |

### ver

|            |      |            |              |
|------------|------|------------|--------------|
| 2000-10-07 | 3.27 | Heerenveen | Joop Hamstra |
| 2011-10-01 | 3.57 | Heerenveen | Jan vd Heide |

### discus

|            |       |           |               |
|------------|-------|-----------|---------------|
| 2002-04-06 | 36.84 | Steenwijk | Feico Jansma  |
| 2006-05-07 | 37.83 | Almelo    | Feico Jansma  |
| 2006-06-02 | 37.98 | Steenwijk | Feico Jansma  |
| 2009-07-17 | 38.35 | Steenwijk | Siert Wolters |

## M65

### 100

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2016-04-02 | 16.81 | Steenwijk  | Wieger Klijnstra |
| 2016-04-09 | 16.24 | Heerenveen | Wieger Klijnstra |
| 2020-07-25 | 15.92 | Heerenveen | Rudy Hartog      |

### 150

|            |       |           |                  |       |
|------------|-------|-----------|------------------|-------|
| 2017-07-07 | 25.39 | Steenwijk | Wieger Klijnstra |       |
| 2019-07-05 | 25.36 | Steenwijk | Wieger Klijnstra | (M70) |

### 200

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2015-10-03 | 35.0  | Heerenveen | Wieger Klijnstra |
| 2017-10-07 | 34.4  | Heerenveen | Jan vd Heide     |
| 2018-10-06 | 33.51 | Heerenveen | Rudy Hartog      |
| 2020-07-25 | 32.70 | Heerenveen | Rudy Hartog      |

### 300

|            |         |           |                  |
|------------|---------|-----------|------------------|
| 2018-04-07 | 1:05.08 | Steenwijk | Wieger Klijnstra |
| 2018-07-13 | 1:02.13 | Steenwijk | Wieger Klijnstra |

### 800

|            |         |            |                |       |
|------------|---------|------------|----------------|-------|
| 2014-10-04 | 3:51.3  | Heerenveen | Johan Knoester |       |
| 2017-05-20 | 3:08.68 | Heerenveen | Jacob Visser   | (M70) |
| 2020-09-26 | 3:07.0  | Heerenveen | Jacob Visser   | (M75) |

### 3000

|            |          |            |                |       |
|------------|----------|------------|----------------|-------|
| 2012-10-06 | 16:08.1  | Heerenveen | Johan Knoester |       |
| 2017-05-20 | 14:00.11 | Heerenveen | Jacob Visser   | (M70) |

### 5000

|            |          |            |              |
|------------|----------|------------|--------------|
| 2001-08-31 | 27:35.4  | Heerenveen | Rens Muller  |
| 2011-05-28 | 22:14.09 | Heerenveen | Jacob Visser |

### 25000

|            |         |            |               |
|------------|---------|------------|---------------|
| 2018-02-17 | 2:47:20 | Steenwijk  | Wietze Jonker |
| 2021-07-10 | 2:22:51 | Heerenveen | Roelof Kedde  |

### hoog

|            |      |            |                  |       |
|------------|------|------------|------------------|-------|
| 2015-10-03 | 1.00 | Heerenveen | Wieger Klijnstra |       |
| 2017-10-07 | 1.10 | Heerenveen | Jacob Visser     | (M70) |
| 2018-10-06 | 1.20 | Heerenveen | Rudy Hartog      |       |

### ver

|            |      |            |                  |
|------------|------|------------|------------------|
| 2015-10-03 | 2.21 | Heerenveen | Wieger Klijnstra |
| 2017-10-07 | 3.32 | Heerenveen | Jan vd Heide     |

## M70

### 100

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2017-04-08 | 18.49 | Heerenveen | Jacob Visser     |
| 2019-04-07 | 16.75 | Amersfoort | Wieger Klijnstra |

### 200

|            |       |            |                  |
|------------|-------|------------|------------------|
| 2017-05-20 | 37.29 | Heerenveen | Jacob Visser     |
| 2017-10-07 | 36.2  | Heerenveen | Jacob Visser     |
| 2019-04-07 | 36.37 | Amersfoort | Wieger Klijnstra |

|                        |         |            |                  |       |
|------------------------|---------|------------|------------------|-------|
| 2019-07-13             | 35.56   | Rotterdam  | Wieger Klijnstra |       |
| <b>800</b>             |         |            |                  |       |
| 2017-05-20             | 3:08.68 | Heerenveen | Jacob Visser     |       |
| 2020-09-26             | 3:07.0  | Heerenveen | Jacob Visser     | (M75) |
| <b>ver</b>             |         |            |                  |       |
| 2017-10-07             | 2.64    | Heerenveen | Jacob Visser     |       |
| 2018-10-06             | 2.66    | Heerenveen | Johan Knoester   |       |
| 2020-09-26             | 2.76    | Heerenveen | Johan Knoester   | (M75) |
| <b>kogel</b>           |         |            |                  |       |
| 2017-06-17             | 7.26    | Emmeloord  | Feico Jansma     | (M75) |
| 2017-07-07             | 7.89    | Steenwijk  | Feico Jansma     | (M75) |
| 2018-04-07             | 8.13    | Steenwijk  | Hans Hes         |       |
| <b>speer</b>           |         |            |                  |       |
| 2017-10-07             | 16.18   | Heerenveen | Johan Knoester   |       |
| 2018-05-13             | 17.60   | Emmen      | Feico Jansma     | (M75) |
| 2018-10-06             | 18.81   | Heerenveen | Johan Knoester   |       |
| <b>werp 3-kamp</b>     |         |            |                  |       |
| 2018-10-06             | 706     | Heerenveen | Hans Hes         | (M75) |
| (19.43 – 8.10 – 13.45) |         |            |                  |       |
| 2019-10-05             | 779     | Heerenveen | Feico Jansma     | (M75) |
| (22.69 – 6.71 – 16.80) |         |            |                  |       |

## M75

### kogel

|            |      |            |              |  |
|------------|------|------------|--------------|--|
| 2017-06-17 | 7.26 | Emmeloord  | Feico Jansma |  |
| 2017-07-07 | 7.89 | Steenwijk  | Feico Jansma |  |
| 2018-07-13 | 7.98 | Steenwijk  | Hans Hes     |  |
| 2018-10-06 | 8.10 | Heerenveen | Hans Hes     |  |

### werp 3-kamp

|                        |     |            |              |  |
|------------------------|-----|------------|--------------|--|
| 2018-10-06             | 848 | Heerenveen | Hans Hes     |  |
| (19.43 – 8.10 – 13.45) |     |            |              |  |
| 2019-10-05             | 927 | Heerenveen | Feico Jansma |  |
| (22.69 – 6.71 – 16.80) |     |            |              |  |