

## Clubrecords AV Heerenveen outdoor

### 40

|       |                       |  |      |            |            |
|-------|-----------------------|--|------|------------|------------|
| V U8  | Stella Brouwer        |  | 7.42 | Heerenveen | 2025-09-13 |
| V U9  | Marrit Nederhoed      |  | 6.7  | Assen      | 1994-10-01 |
| V U10 | Marrit Nederhoed      |  | 6.4  | Heerenveen | 1995-09-16 |
| M U8  | Dorian de Raat        |  | 7.4  | Heerenveen | 2024-10-05 |
|       | Jonne Pieter Hijlkema |  |      | Drachten   | 2019-04-20 |
|       | Yoah Kirindongo       |  |      | Drachten   | 2018-04-21 |
| M U9  | Joram Smits           |  | 6.5  | Groningen  | 1999-09-18 |
| M U10 | Quin Kok              |  | 6.47 | Soest      | 2025-06-01 |

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|       |                   |  |      |             |            |
|-------|-------------------|--|------|-------------|------------|
| V U12 | Elisabeth de Haan |  | 8.66 | Heerenveen  | 2018-10-06 |
| V U14 | Annika Tolsma     |  | 8.34 | Amsterdam   | 2001-09-09 |
| M U12 | Joram Smits       |  | 8.4  | Heerenveen  | 2002-10-12 |
|       | Jasper de Wit     |  |      | Stadskanaal | 1983-09-03 |

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|       |                  |  |       |           |            |
|-------|------------------|--|-------|-----------|------------|
| V U16 | Kristel Bottinga |  | 10.21 | Emmeloord | 1999-06-19 |
| M U14 | Auke Siûk Nutma  |  | 10.0  | Hoogeveen | 1993-05-22 |

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|       |                       |       |       |                |            |
|-------|-----------------------|-------|-------|----------------|------------|
| V U18 | Kristel Bottinga      |       | 12.42 | Hengelo        | 2000-06-24 |
| V U20 | Kristel Bottinga      | (U18) | 12.42 | Hengelo        | 2000-06-24 |
| V U23 | Kristel Bottinga      | (U18) | 12.42 | Hengelo        | 2000-06-24 |
| V     | Geke Dijkstra         |       | 12.0  | Amsterdam      | 1965-08-07 |
| V35   | Melina Congiu         | (V40) | 13.75 | Vught          | 2022-09-18 |
| V40   | Melina Congiu         |       | 13.75 | Vught          | 2022-09-18 |
| V45   | Linda vd Berg         |       | 14.36 | Groningen      | 2023-06-03 |
| V50   | Marja de Wit          |       | 15.30 | Nijmegen       | 1997-05-25 |
| V55   | Betty Bijker-Bangma   | (V60) | 15.33 | Steenwijk      | 2024-03-30 |
| V60   | Betty Bijker-Bangma   |       | 15.33 | Steenwijk      | 2024-03-30 |
| V65   | Althea Browne         |       | 21.01 | Amersfoort     | 2019-04-07 |
| M U16 | Nigel Christian Punch |       | 11.70 | Steenwijk      | 2026-03-28 |
| M U18 | Bram Persson          |       | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| M U20 | Bram Persson          |       | 10.73 | Göteborg (Zwe) | 2025-05-31 |
| M U23 | Bram Persson          | (U20) | 10.73 | Göteborg (Zwe) | 2025-05-31 |
| M     | Bram Persson          | (U20) | 10.73 | Göteborg (Zwe) | 2025-05-31 |
| M35   | Henk Meyer            | (M40) | 11.8  | Zwolle         | 1980-08-15 |
| M40   | Henk Meyer            |       | 11.8  | Zwolle         | 1980-08-15 |
| M45   | Henk Evers            |       | 12.7  | Utrecht        | 1989-06-18 |
| M50   | Henk Evers            |       | 13.12 | Utrecht        | 1990-06-24 |
| M55   | Henk Evers            |       | 14.0  | Heerenveen     | 1994-10-08 |
| M60   | Wieger Klijnstra      |       | 15.2  | Heerenveen     | 2008-10-04 |
| M65   | Rudy Hartog           |       | 15.92 | Heerenveen     | 2020-07-25 |
| M70   | Wieger Klijnstra      |       | 16.75 | Amersfoort     | 2019-04-07 |
| M75   | Wieger Klijnstra      |       | 17.97 | Heerenveen     | 2024-05-25 |

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|       |                  |       |       |           |            |
|-------|------------------|-------|-------|-----------|------------|
| V U14 | Rikst Slot       |       | 20.51 | Steenwijk | 2015-07-10 |
| V U16 | Kristel Bottinga |       | 18.6  | Assen     | 1999-07-10 |
| V U18 | Kristel Bottinga | (U16) | 18.6  | Assen     | 1999-07-10 |
| V U20 | Kristel Bottinga | (U16) | 18.6  | Assen     | 1999-07-10 |
| V U23 | Kristel Bottinga | (U16) | 18.6  | Assen     | 1999-07-10 |
| V     | Kristel Bottinga | (U16) | 18.6  | Assen     | 1999-07-10 |
| V35   | Linda vd Berg    | (V45) | 21.09 | Steenwijk | 2022-06-24 |
| V40   | Linda vd Berg    | (V45) | 21.09 | Steenwijk | 2022-06-24 |

|       |                     |       |       |           |            |
|-------|---------------------|-------|-------|-----------|------------|
| V45   | Linda vd Berg       |       | 21.09 | Steenwijk | 2022-06-24 |
| V50   | Betty Bijker-Bangma | (V55) | 23.18 | Steenwijk | 2018-07-13 |
| V55   | Betty Bijker-Bangma |       | 23.18 | Steenwijk | 2018-07-13 |
| V60   | Betty Bijker-Bangma |       | 23.96 | Dronten   | 2025-04-16 |
| M U14 | Lars van Hoeven     |       | 20.27 | Hoogeveen | 2012-06-08 |
| M U16 | Lars van Hoeven     |       | 17.57 | Utrecht   | 2014-08-08 |
| M U18 | Bas Winkels         |       | 16.99 | Assen     | 2008-08-15 |
| M U20 | Bas Winkels         | (U18) | 16.99 | Assen     | 2008-08-15 |
| M U23 | Bas Winkels         | (U18) | 16.99 | Assen     | 2008-08-15 |
| M     | Jeroen Piek         |       | 16.80 | Utrecht   | 2019-08-09 |
| M35   | Eddy Elsinga        | (M50) | 20.44 | Steenwijk | 2019-07-05 |
| M40   | Eddy Elsinga        | (M50) | 20.44 | Steenwijk | 2019-07-05 |
| M45   | Eddy Elsinga        | (M50) | 20.44 | Steenwijk | 2019-07-05 |
| M50   | Eddy Elsinga        |       | 20.44 | Steenwijk | 2019-07-05 |
| M55   | Wieger Klijnstra    |       | 23.2  | Steenwijk | 2006-07-14 |
| M60   | Wieger Klijnstra    | (M70) | 25.36 | Steenwijk | 2019-07-05 |
| M65   | Wieger Klijnstra    | (M70) | 25.36 | Steenwijk | 2019-07-05 |
| M70   | Wieger Klijnstra    |       | 25.36 | Steenwijk | 2019-07-05 |

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|       |                     |       |       |                |            |
|-------|---------------------|-------|-------|----------------|------------|
| V U18 | Meike Huistra       |       | 25.38 | Heerenveen     | 2025-05-31 |
| V U20 | Meike Huistra       |       | 25.23 | Heerenveen     | 2026-05-09 |
| V U23 | Meike Huistra       | (U20) | 25.23 | Heerenveen     | 2026-05-09 |
| V     | Meike Huistra       | (U20) | 25.23 | Heerenveen     | 2026-05-09 |
| V35   | Linda vd Berg       | (V40) | 28.32 | Heerenveen     | 2021-10-02 |
| V40   | Linda vd Berg       |       | 28.32 | Heerenveen     | 2021-10-02 |
| V45   | Linda vd Berg       |       | 28.42 | Heerenveen     | 2023-05-06 |
| V50   | Betty Bijker-Bangma | (V55) | 31.24 | Heerenveen     | 2022-05-21 |
| V55   | Betty Bijker-Bangma |       | 31.24 | Heerenveen     | 2022-05-21 |
| V60   | Betty Bijker-Bangma |       | 31.84 | Hilversum      | 2024-05-26 |
| M U16 | Lars van Hoeven     |       | 23.11 | Utrecht        | 2014-06-20 |
| M U18 | Bram Persson        |       | 21.54 | Göteborg (Zwe) | 2024-07-07 |
| M U20 | Jeroen Persson      |       | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| M U23 | Jeroen Persson      | (U20) | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| M     | Jeroen Persson      | (U20) | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| M35   | Eddy Elsinga        |       | 25.8  | Heerenveen     | 2007-08-31 |
| M40   | Eddy Elsinga        |       | 26.63 | Leeuwarden     | 2011-07-02 |
| M45   | Eddy Elsinga        |       | 27.90 | Hengelo        | 2017-05-27 |
| M50   | Herman Oldenhof     |       | 29.22 | Heerenveen     | 2005-07-09 |
| M55   | Wieger Klijnstra    |       | 30.00 | Meppel         | 2004-09-18 |
| M60   | Wieger Klijnstra    |       | 31.82 | Heerenveen     | 2009-05-23 |
| M65   | Rudy Hartog         |       | 32.70 | Heerenveen     | 2020-07-25 |
| M70   | Jan vd Heide        |       | 35.14 | Ede            | 2022-06-19 |
| M75   | Wieger Klijnstra    |       | 39.80 | Heerenveen     | 2024-05-25 |

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|       |                     |       |       |            |            |
|-------|---------------------|-------|-------|------------|------------|
| V U16 | Britt Huisman       |       | 41.84 | Amsterdam  | 2023-09-03 |
| V U18 | Britt Huisman       |       | 40.43 | Apeldoorn  | 2025-07-11 |
| V U20 | Britt Huisman       | (U18) | 40.43 | Apeldoorn  | 2025-07-11 |
| V U23 | Britt Huisman       | (U18) | 40.43 | Apeldoorn  | 2025-07-11 |
| V     | Britt Huisman       | (U18) | 40.43 | Apeldoorn  | 2025-07-11 |
| V35   | Linda vd Berg       | (V40) | 47.20 | Steenwijk  | 2021-07-09 |
| V40   | Linda vd Berg       |       | 47.20 | Steenwijk  | 2021-07-09 |
| V45   | Linda vd Berg       |       | 47.32 | Steenwijk  | 2023-04-02 |
| V50   | Betty Bijker-Bangma | (V55) | 50.03 | Steenwijk  | 2018-07-13 |
| V55   | Betty Bijker-Bangma |       | 50.03 | Steenwijk  | 2018-07-13 |
| V60   | Betty Bijker-Bangma |       | 51.21 | Dronten    | 2025-04-16 |
| M U14 | Folkert Krol        |       | 42.3  | Heerenveen | 2024-10-05 |
| M U16 | Lars van Hoeven     |       | 36.28 | Amsterdam  | 2014-08-30 |
| M U18 | Lars van Hoeven     |       | 35.88 | Lisse      | 2016-05-07 |
| M U20 | Lars van Hoeven     | (U18) | 35.88 | Lisse      | 2016-05-07 |
| M U23 | Lars van Hoeven     | (U18) | 35.88 | Lisse      | 2016-05-07 |
| M     | Kevin Damstra       |       | 35.2  | Steenwijk  | 2014-07-18 |

|     |                  |       |         |           |            |
|-----|------------------|-------|---------|-----------|------------|
| M35 | Pieter Dogger    |       | 42.34   | Steenwijk | 2023-04-02 |
| M40 | Eddy Elsinga     | (M50) | 42.91   | Steenwijk | 2019-07-05 |
| M45 | Eddy Elsinga     | (M50) | 42.91   | Steenwijk | 2019-07-05 |
| M50 | Eddy Elsinga     |       | 42.91   | Steenwijk | 2019-07-05 |
| M55 | Wieger Klijnstra |       | 52.73   | Steenwijk | 2007-04-07 |
| M60 | Harm Zijlstra    |       | 54.59   | Steenwijk | 2022-06-24 |
| M65 | Wieger Klijnstra |       | 1:02.13 | Steenwijk | 2018-07-13 |
| M70 | Wieger Klijnstra |       | 1:05.55 | Steenwijk | 2019-07-05 |
| M75 | Wieger Klijnstra |       | 1:08.93 | Steenwijk | 2024-03-30 |

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|       |                     |       |         |                  |            |
|-------|---------------------|-------|---------|------------------|------------|
| V U16 | Britt Huisman       |       | 56.90   | Bergen op Zoom   | 2023-06-25 |
| V U18 | Britt Huisman       |       | 55.84   | Hilversum        | 2025-06-29 |
| V U20 | Britt Huisman       | (U18) | 55.84   | Hilversum        | 2025-06-29 |
| V U23 | Britt Huisman       | (U18) | 55.84   | Hilversum        | 2025-06-29 |
| V     | Britt Huisman       | (U18) | 55.84   | Hilversum        | 2025-06-29 |
| V35   | Linda vd Berg       | (V45) | 1:04.99 | Harderwijk       | 2023-07-01 |
| V40   | Linda vd Berg       | (V45) | 1:04.99 | Harderwijk       | 2023-07-01 |
| V45   | Linda vd Berg       |       | 1:04.99 | Harderwijk       | 2023-07-01 |
| V50   | Betty Bijker-Bangma | (V60) | 1:10.13 | Hilversum        | 2024-05-25 |
| V55   | Betty Bijker-Bangma | (V60) | 1:10.13 | Hilversum        | 2024-05-25 |
| V60   | Betty Bijker-Bangma |       | 1:10.13 | Hilversum        | 2024-05-25 |
| M U16 | Lars van Hoeven     |       | 49.85   | Amsterdam        | 2014-07-06 |
| M U18 | Jeroen Persson      |       | 48.50   | Sollentuna (Zwe) | 2022-08-27 |
| M U20 | Jeroen Persson      |       | 47.88   | Sollentuna (Zwe) | 2023-06-11 |
| M U23 | Jeroen Persson      |       | 47.87   | Ljungby (Zwe)    | 2025-08-16 |
| M     | Jeroen Persson      | (U23) | 47.87   | Ljungby (Zwe)    | 2025-08-16 |
| M35   | Eddy Elsinga        |       | 54.91   | Heerenveen       | 2007-06-30 |
| M40   | Eddy Elsinga        |       | 55.83   | Heerenveen       | 2010-05-22 |
| M45   | Feico Jansma        |       | 1:00.5  | Den Haag         | 1988-05-08 |
| M50   | Eddy Elsinga        |       | 1:01.42 | Heiloo           | 2019-07-12 |
| M55   | Jacques van Helden  |       | 1:09.98 | Heerenveen       | 2002-06-07 |
| M60   | Harm Zijlstra       |       | 1:17.66 | Emmen            | 2022-04-24 |
| M65   | Jacob Visser        | (M70) | 1:21.68 | Heerenveen       | 2017-04-08 |
| M70   | Jacob Visser        |       | 1:21.68 | Heerenveen       | 2017-04-08 |

## 600

|       |                    |       |         |                   |            |
|-------|--------------------|-------|---------|-------------------|------------|
| V U8  | Fenne Wijngaarden  |       | 2:19.0  | Heerenveen        | 2023-09-30 |
| V U9  | Anniek de Jong     |       | 2:13.4  | Heerenveen        | 2001-10-06 |
| V U10 | Claudette Ritsema  |       | 2:02.47 | Heerenveen        | 2018-07-14 |
| V U12 | Ellemeike Visser   |       | 1:55.40 | Assen             | 2019-04-07 |
| V U14 | Marijke Portema    |       | 1:46.15 | Heerenveen        | 2005-06-25 |
| V U16 | Anke Scholten      |       | 1:38.8  | Amsterdam         | 1973-09-02 |
| M U8  | Jurre Buitendijk   |       | 2:27.07 | Heerenveen        | 2021-10-02 |
| M U9  | Lammert Ekkers     |       | 2:05.0  | Leeuwarden        | 2007-09-22 |
| M U10 | Lammert Ekkers     | (U9)  | 2:05.0  | Leeuwarden        | 2007-09-22 |
| M U12 | Thijmen Groenendal |       | 1:53.87 | Heerenveen        | 2021-10-02 |
| M U14 | Folkert Krol       |       | 1:41.16 | Sneek             | 2024-05-18 |
| M U20 | Lars van Hoeven    |       | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| M U23 | Lars van Hoeven    | (U20) | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| M     | Lars van Hoeven    | (U20) | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |

## 800

|       |                     |       |         |               |            |
|-------|---------------------|-------|---------|---------------|------------|
| V U16 | Minke vd Meer       |       | 2:20.1  | Rijssen       | 2010-06-04 |
| V U18 | Minke vd Meer       |       | 2:18.62 | Groningen     | 2011-06-24 |
| V U20 | Ronny Hoekstra      |       | 2:12.8  | Aalsmeer      | 1979-05-03 |
| V U23 | Marga Wiegman       |       | 2:07.4  | Nijmegen      | 1978-07-09 |
| V     | Marga Wiegman       | (U23) | 2:07.4  | Nijmegen      | 1978-07-09 |
| V35   | Hennie Zantinga     | (V40) | 2:19.5  | Heerenveen    | 1994-05-18 |
| V40   | Hennie Zantinga     |       | 2:19.5  | Heerenveen    | 1994-05-18 |
| V45   | Hennie Zantinga     |       | 2:26.0  | Heerenveen    | 1997-05-14 |
| V50   | Betty Bijker-Bangma | (V55) | 2:39.23 | Heerhugowaard | 2021-08-13 |
| V55   | Betty Bijker-Bangma |       | 2:39.23 | Heerhugowaard | 2021-08-13 |

|       |                     |       |         |               |            |
|-------|---------------------|-------|---------|---------------|------------|
| V60   | Betty Bijker-Bangma |       | 2:42.00 | Apeldoorn     | 2023-04-21 |
| M U16 | Lars van Hoeven     |       | 1:59.58 | Groningen     | 2014-06-07 |
| M U18 | Lars van Hoeven     |       | 1:56.03 | Leuven (Bel)  | 2016-07-30 |
| M U20 | Lars van Hoeven     |       | 1:50.18 | Nijmegen      | 2018-06-08 |
| M U23 | Lars van Hoeven     |       | 1:49:39 | Heusden (Bel) | 2021-07-03 |
| M     | Lars van Hoeven     | (U23) | 1:49:39 | Heusden (Bel) | 2021-07-03 |
| M35   | Eddy Elsinga        |       | 2:03.48 | Heerenveen    | 2005-07-09 |
| M40   | Eddy Elsinga        |       | 2:08.43 | Utrecht       | 2011-05-06 |
| M45   | Eddy Elsinga        |       | 2:15.0  | Heerenveen    | 2016-10-01 |
| M50   | Michel Gerritsma    |       | 2:26.4  | Heerenveen    | 2025-10-04 |
| M55   | Jacques van Helden  |       | 2:40.98 | Steenwijk     | 2001-09-09 |
| M60   | Jan vd Heide        |       | 2:42.8  | Heerenveen    | 2011-10-01 |
| M65   | Jacob Visser        | (M75) | 3:07.0  | Heerenveen    | 2020-09-26 |
| M70   | Jacob Visser        | (M75) | 3:07.0  | Heerenveen    | 2020-09-26 |
| M75   | Jacob Visser        |       | 3:07.0  | Heerenveen    | 2020-09-26 |

## 1000

|       |                     |       |         |             |            |
|-------|---------------------|-------|---------|-------------|------------|
| V U9  | Henriette Klijnstra |       | 4:08.0  | Sneek       | 1995-06-27 |
|       | Ilona Landman       |       |         | Sneek       | 1989-07-01 |
| V U10 | Anniek de Jong      |       | 3:53.9  | Heerenveen  | 2002-06-25 |
| V U12 | Aafke Soet          |       | 3:26.1  | Heerenveen  | 2008-09-06 |
| V U14 | Minke vd Meer       |       | 3:09.71 | Amsterdam   | 2008-09-07 |
| V U16 | Minke vd Meer       |       | 2:59.14 | Utrecht     | 2010-07-30 |
| V U18 | Minke vd Meer       | (U16) | 2:59.14 | Utrecht     | 2010-07-30 |
| V U20 | Minke vd Meer       | (U16) | 2:59.14 | Utrecht     | 2010-07-30 |
| V U23 | Marga Wiegman       |       | 2:49.7  | Groningen   | 1978-09-20 |
| V     | Marga Wiegman       | (U23) | 2:49.7  | Groningen   | 1978-09-20 |
| V35   | Ria Soet            |       | 3:24.5  | Heerenveen  | 2001-10-06 |
| V40   | Betty Bijker-Bangma | (V55) | 3:29.84 | Hengelo     | 2021-07-01 |
| V45   | Betty Bijker-Bangma | (V55) | 3:29.84 | Hengelo     | 2021-07-01 |
| V50   | Betty Bijker-Bangma | (V55) | 3:29.84 | Hengelo     | 2021-07-01 |
| V55   | Betty Bijker-Bangma |       | 3:29.84 | Hengelo     | 2021-07-01 |
| M U9  | Selwyn Smits        |       | 3:55.6  | Heerenveen  | 1996-10-05 |
| M U10 | Anno Venema         |       | 3:22.2  | Groningen   | 1982-09-11 |
| M U12 | Mart Sijtsema       |       | 3:09.39 | Stadskanaal | 2002-06-29 |
| M U14 | Rody de Wolff       |       | 2:59.35 | Amstelveen  | 2010-05-24 |
| M U16 | Marc van Lonkhuyzen |       | 2:50.6  | Emmen       | 1987-07-05 |
| M U18 | Mart Sijtsema       |       | 2:45.0  | Heerenveen  | 2007-10-06 |
| M U20 | Lars van Hoeven     |       | 2:31.78 | Lisse       | 2017-05-13 |
| M U23 | Lars van Hoeven     |       | 2:26.97 | Tilburg     | 2020-09-12 |
| M     | Lars van Hoeven     | (U23) | 2:26.97 | Tilburg     | 2020-09-12 |
| M35   | Eddy Elsinga        |       | 2:44.00 | Epe         | 2007-04-11 |
| M40   | Harm Zijlstra       |       | 2:48.9  | Leiden      | 2004-07-21 |
| M45   | Eddy Elsinga        |       | 3:01.89 | Zwolle      | 2017-04-19 |
| M50   | Tjitte Jongsma      |       | 3:28.8  | Heerenveen  | 2001-10-06 |
| M55   | Fedde Mast          | (M60) | 3:30.0  | Heerenveen  | 2001-10-06 |
| M60   | Fedde Mast          |       | 3:30.0  | Heerenveen  | 2001-10-06 |

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|       |                     |       |         |                |            |
|-------|---------------------|-------|---------|----------------|------------|
| V U16 | Minke vd Meer       |       | 4:49.13 | Zwolle         | 2010-06-27 |
| V U18 | Tessa de Boer       |       | 4:44.40 | Oordegem (Bel) | 2013-07-06 |
| V U20 | Ronny Hoekstra      |       | 4:33.6  | Groningen      | 1979-05-06 |
| V U23 | Marga Wiegman       |       | 4:20.8  | Roosendaal     | 1979-09-08 |
| V     | Marga Wiegman       | (U23) | 4:20.8  | Roosendaal     | 1979-09-08 |
| V35   | Hennie Zantinga     | (V45) | 4:53.37 | Heerenveen     | 1997-05-28 |
| V40   | Hennie Zantinga     | (V45) | 4:53.37 | Heerenveen     | 1997-05-28 |
| V45   | Hennie Zantinga     |       | 4:53.37 | Heerenveen     | 1997-05-28 |
| V50   | Betty Bijker-Bangma | (V55) | 5:35.24 | Emmen          | 2018-05-13 |
| V55   | Betty Bijker-Bangma |       | 5:35.24 | Emmen          | 2018-05-13 |
| V60   | Betty Bijker-Bangma |       | 5:36.26 | Emmen          | 2023-04-30 |
| M U16 | Mart Sijtsema       |       | 4:20.50 | Amsterdam      | 2006-08-30 |
| M U18 | Bram Kielman        |       | 4:08.10 | Eindhoven      | 2013-06-30 |
| M U20 | Lars van Hoeven     |       | 3:55.47 | Utrecht        | 2018-08-03 |

|       |                 |       |         |            |            |
|-------|-----------------|-------|---------|------------|------------|
| M U23 | Lars van Hoeven | (U20) | 3:55.47 | Utrecht    | 2018-08-03 |
| M     | Lars van Hoeven | (U20) | 3:55.47 | Utrecht    | 2018-08-03 |
| M35   | Harm Zijlstra   | (M40) | 4:20.30 | Vught      | 2003-05-31 |
| M40   | Harm Zijlstra   |       | 4:20.30 | Vught      | 2003-05-31 |
| M45   | Harm Zijlstra   |       | 4:38.93 | Huizen     | 2007-06-24 |
| M50   | Harm Zijlstra   |       | 5:14.61 | Heerenveen | 2016-04-09 |
| M55   | Harm Zijlstra   |       | 5:29.88 | Amersfoort | 2019-04-07 |
| M60   | Harm Zijlstra   |       | 6:00.64 | Emmen      | 2022-04-24 |
| M65   | Jacob Visser    | (M70) | 6:31.87 | Heerenveen | 2017-04-08 |
| M70   | Jacob Visser    |       | 6:31.87 | Heerenveen | 2017-04-08 |

## mijl

|       |                     |       |         |            |            |
|-------|---------------------|-------|---------|------------|------------|
| V U18 | Minke vd Meer       | (U16) | 5:26.2  | Steenwijk  | 2010-07-16 |
| V U20 | Minke vd Meer       | (U16) | 5:26.2  | Steenwijk  | 2010-07-16 |
| V U23 | Marga Wiegman       |       | 4:46.5  | Sittard    | 1978-09-09 |
| V     | Marga Wiegman       | (U23) | 4:46.5  | Sittard    | 1978-09-09 |
| V35   | Betty Bijker-Bangma | (V55) | 6:13.93 | Steenwijk  | 2021-07-09 |
| V40   | Betty Bijker-Bangma | (V55) | 6:13.93 | Steenwijk  | 2021-07-09 |
| V45   | Betty Bijker-Bangma | (V55) | 6:13.93 | Steenwijk  | 2021-07-09 |
| V50   | Betty Bijker-Bangma | (V55) | 6:13.93 | Steenwijk  | 2021-07-09 |
| V55   | Betty Bijker-Bangma |       | 6:13.93 | Steenwijk  | 2021-07-09 |
| M U18 | Bram Kielman        |       | 4:37.5  | Steenwijk  | 2013-07-19 |
| M U20 | Bram Kielman        |       | 4:25.12 | Steenwijk  | 2015-07-10 |
| M U23 | Bram Kielman        | (U20) | 4:25.12 | Steenwijk  | 2015-07-10 |
| M     | Fons Siemonsma      |       | 4:20.8  | Heerenveen | 1979       |
| M35   | Harm Zijlstra       | (M40) | 4:51.3  | Steenwijk  | 2004-07-16 |
| M40   | Harm Zijlstra       |       | 4:51.3  | Steenwijk  | 2004-07-16 |
| M45   | Harm Zijlstra       |       | 5:02.3  | Steenwijk  | 2007-07-13 |
| M50   | Klaas Peereboom     |       | 7:13.6  | Steenwijk  | 2006-07-14 |

## 2000

|       |                 |       |         |             |            |
|-------|-----------------|-------|---------|-------------|------------|
| M     | Tjeerd vd Iest  |       | 5:52.3  | Apeldoorn   | 1964-08-12 |
| V U18 | Minke vd Meer   | (U16) | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| V U20 | Minke vd Meer   | (U16) | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| V U23 | Minke vd Meer   | (U16) | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| V     | Andrea Deelstra |       | 6:08.06 | Leiden      | 2011-04-27 |

## 3000

|       |                     |       |          |                |            |
|-------|---------------------|-------|----------|----------------|------------|
| V U18 | Tessa de Boer       |       | 10:21.82 | Breda          | 2012-06-01 |
| V U20 | Andrea Deelstra     |       | 10:12.47 | Leiden         | 2004-06-02 |
| V U23 | Andrea Deelstra     |       | 9:23.70  | Merksem (Bel)  | 2007-08-25 |
| V     | Marga Wiegman       |       | 9:19.0   | Sittard        | 1980-08-10 |
| V35   | Hennie Zantinga     | (V40) | 9:49.9   | Drachten       | 1994-07-10 |
| V40   | Hennie Zantinga     |       | 9:49.9   | Drachten       | 1994-07-10 |
| V45   | Hennie Zantinga     |       | 10:20.31 | Nijmegen       | 1997-05-25 |
| V50   | Betty Bijker-Bangma | (V55) | 12:46.50 | Ede            | 2022-06-19 |
| V55   | Betty Bijker-Bangma |       | 12:46.50 | Ede            | 2022-06-19 |
| V60   | Althea Browne       |       | 19:48.8  | Heerenveen     | 2013-10-05 |
| M U16 | Mart Sijtsema       |       | 9:50.14  | Gladbeck (Dui) | 2006-09-02 |
| M U18 | Mart Sijtsema       |       | 9:16.30  | Gouda          | 2008-05-16 |
| M U20 | Bram Kielman        |       | 8:39.10  | Utrecht        | 2015-05-29 |
| M U23 | Bram Kielman        |       | 8:37.01  | Utrecht        | 2017-05-12 |
| M     | Piet Deelstra       |       | 8:18.4   | Papendal       | 1975-07-16 |
| M35   | Willem Faber        |       | 9:00.10  | Heerenveen     | 2000-04-28 |
| M40   | Wiebe Kruithof      |       | 9:07.5   | Groningen      | 1972       |
| M45   | Saher Yousef        | (M50) | 10:24.06 | Heerenveen     | 2018-10-06 |
| M50   | Saher Yousef        |       | 10:24.06 | Heerenveen     | 2018-10-06 |
| M55   | Henri Veldman       |       | 10:42.22 | Heerenveen     | 2018-10-06 |
| M60   | Edwin van Dort      |       | 11:50.8  | Heerenveen     | 2025-10-04 |
| M65   | Jacob Visser        | (M70) | 14:00.11 | Heerenveen     | 2017-05-20 |
| M70   | Jacob Visser        |       | 14:00.11 | Heerenveen     | 2017-05-20 |

## 5000

|       |                     |       |          |            |            |
|-------|---------------------|-------|----------|------------|------------|
| V U18 | Kyra Brouwer        |       | 20:09.28 | Leeuwarden | 2020-09-04 |
| V U20 | Andrea Deelstra     |       | 17:41.52 | Utrecht    | 2004-05-14 |
| V U23 | Andrea Deelstra     |       | 16:29.98 | Utrecht    | 2007-09-07 |
| V     | Andrea Deelstra     |       | 16:06.88 | Utrecht    | 2017-09-01 |
| V35   | Hennie Zantinga     | (V40) | 16:55.20 | Amsterdam  | 1994-06-25 |
| V40   | Hennie Zantinga     |       | 16:55.20 | Amsterdam  | 1994-06-25 |
| V45   | Betty Bijker-Bangma | (V55) | 21:25.11 | Heerenveen | 2021-10-02 |
| V50   | Betty Bijker-Bangma | (V55) | 21:25.11 | Heerenveen | 2021-10-02 |
| V55   | Betty Bijker-Bangma |       | 21:25.11 | Heerenveen | 2021-10-02 |

|       |               |       |          |            |            |
|-------|---------------|-------|----------|------------|------------|
| M U18 | Jordi Stam    |       | 17:27.87 | Ede        | 2012-04-22 |
| M U20 | Bram Kielman  |       | 15:20.69 | Breda      | 2015-06-26 |
| M U23 | Rudi vd Lelie |       | 15:20.23 | Groningen  | 1994-05-21 |
| M     | Piet Deelstra |       | 14:12.4  | Papendal   | 1974-08-03 |
| M35   | Roel de Jong  |       | 15:10.3  | Emmen      | 1995-05-21 |
| M40   | Pieter Vos    |       | 15:26.80 | Drachten   | 1991-05-25 |
| M45   | Saher Yousef  | (M50) | 17:27.00 | Apeldoorn  | 2018-06-10 |
| M50   | Saher Yousef  |       | 17:27.00 | Apeldoorn  | 2018-06-10 |
| M55   | Henri Veldman |       | 17:48.0  | Heerenveen | 2020-09-26 |
| M60   | Fedde Mast    |       | 20:51.3  | Heerenveen | 2001-10-06 |
| M65   | Jacob Visser  |       | 22:14.09 | Heerenveen | 2011-05-28 |
| M70   | Jacob Visser  | (M75) | 24:11.0  | Heerenveen | 2020-09-26 |
| M75   | Jacob Visser  |       | 24:11.0  | Heerenveen | 2020-09-26 |

## 10000

|       |                    |       |          |            |            |
|-------|--------------------|-------|----------|------------|------------|
| V U23 | Andrea Deelstra    |       | 36:05.04 | Utrecht    | 2005-06-17 |
| V     | Andrea Deelstra    | (V35) | 34:33.99 | Leiden     | 2020-09-19 |
| V35   | Andrea Deelstra    |       | 34:33.99 | Leiden     | 2020-09-19 |
| V40   | Hennie Zantinga    |       | 36:21.77 | Assen      | 1994-07-15 |
| M U23 | Rudi vd Lelie      |       | 32:34.1  | Heerenveen | 1994-09-14 |
| M     | Rudi vd Lelie      |       | 30:02.06 | Heerenveen | 1997-05-28 |
| M35   | Roel de Jong       |       | 31:36.9  | Heerenveen | 1995-08-30 |
| M40   | Harm Zijlstra      |       | 34:45.9  | Steenwijk  | 2002-07-19 |
| M45   | Auke Postma        |       | 35:02.2  | Heerenveen | 1994-09-14 |
| M50   | Jacques van Helden |       | 40:16.46 | Heerenveen | 1997-05-28 |
| M55   | Jacques van Helden |       | 41:50.9  | Steenwijk  | 2001-07-20 |

## 20000

|   |             |  |           |           |            |
|---|-------------|--|-----------|-----------|------------|
| M | Auke Postma |  | 1:06:44.0 | Harlingen | 1981-04-11 |
|---|-------------|--|-----------|-----------|------------|

## 25000

|     |              |       |         |            |            |
|-----|--------------|-------|---------|------------|------------|
| M   | Bob vd Weg   | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| M35 | Bob vd Weg   | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| M40 | Bob vd Weg   | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| M45 | Bob vd Weg   | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| M50 | Bob vd Weg   |       | 1:51:48 | Heerenveen | 2021-07-10 |
| M55 | Roelof Kedde | (M65) | 2:22:51 | Heerenveen | 2021-07-10 |
| M60 | Roelof Kedde | (M65) | 2:22:51 | Heerenveen | 2021-07-10 |
| M65 | Roelof Kedde |       | 2:22:51 | Heerenveen | 2021-07-10 |
| M70 | Jacob Visser | (M75) | 2:41:12 | Heerenveen | 2021-07-10 |
| M75 | Jacob Visser |       | 2:41:12 | Heerenveen | 2021-07-10 |

## 50000

|     |            |       |         |            |            |
|-----|------------|-------|---------|------------|------------|
| M   | Bob vd Weg | (M45) | 3:54:49 | Steenwijk  | 2018-02-17 |
| M35 | Bob vd Weg | (M45) | 3:54:49 | Steenwijk  | 2018-02-17 |
| M40 | Bob vd Weg | (M45) | 3:54:49 | Steenwijk  | 2018-02-17 |
| M45 | Bob vd Weg |       | 3:54:49 | Steenwijk  | 2018-02-17 |
| M50 | Bob vd Weg |       | 4:04:36 | Heerenveen | 2023-02-18 |

## 100000

|     |               |       |         |           |            |
|-----|---------------|-------|---------|-----------|------------|
| M   | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |
| M35 | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |
| M40 | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |

|                  |                       |       |         |             |            |
|------------------|-----------------------|-------|---------|-------------|------------|
| M45              | Arie vd Steen         | (M50) | 9:45:15 | Steenwijk   | 2019-02-23 |
| M50              | Arie vd Steen         |       | 9:45:15 | Steenwijk   | 2019-02-23 |
| <b>duur 4'</b>   |                       |       |         |             |            |
| V U8             | Fenne Wijngaarden     |       | 950     | Sneek       | 2023-05-20 |
| V U9             | Fenna vd Meer         |       | 1000    | Heerenveen  | 2020-09-12 |
| V U10            | Claudette Ritsema     |       | 1050    | Steenwijk   | 2018-07-07 |
|                  | Norah Pont            |       |         | Sneek       | 2018-05-26 |
|                  | Ellemeike Visser      |       |         | Drachten    | 2017-07-08 |
| M U8             | Lieuwe Vianen         |       | 950     | Leeuwarden  | 2025-04-12 |
| M U9             | Mart Bijker           |       | 1225    | Sneek       | 2015-06-06 |
| M U10            | Mart Bijker           | (U9)  | 1225    | Sneek       | 2015-06-06 |
| <b>duur 6'</b>   |                       |       |         |             |            |
| V U12            | Claudette Ritsema     |       | 1600    | Heerenveen  | 2020-09-12 |
| M U12            | Thijmen Groenendal    |       | 1675    | Leeuwarden  | 2021-06-26 |
| <b>uurloop</b>   |                       |       |         |             |            |
| M                | Auke Postma           |       | 17966   | Harlingen   | 1981-04-11 |
| <b>6-uurloop</b> |                       |       |         |             |            |
| M                | Bob vd Weg            | (M50) | 56400   | Nijverdal   | 2023-03-25 |
| M35              | Bob vd Weg            | (M50) | 56400   | Nijverdal   | 2023-03-25 |
| M40              | Bob vd Weg            | (M50) | 56400   | Nijverdal   | 2023-03-25 |
| M45              | Bob vd Weg            | (M50) | 56400   | Nijverdal   | 2023-03-25 |
| M50              | Bob vd Weg            |       | 56400   | Nijverdal   | 2023-03-25 |
| M55              | Jacob Visser          | (M60) | 42195   | Heerde      | 2004-12-29 |
| M60              | Jacob Visser          |       | 42195   | Heerde      | 2004-12-29 |
| <b>40h</b>       |                       |       |         |             |            |
| V U8             | Stella Brouwer        |       | 8.0     | Heerenveen  | 2025-06-21 |
|                  | Fenna vd Meer         |       |         | Leeuwarden  | 2019-06-29 |
| V U9             | Elisabeth de Haan     |       | 7.2     | Steenwijk   | 2015-06-27 |
| V U10            | Elisabeth de Haan     |       | 7.3     | Drachten    | 2016-07-02 |
| M U8             | Ties Wierda           |       | 8.0     | Drachten    | 2022-06-25 |
| M U9             | Dorian de Raat        |       | 7.7     | Heerenveen  | 2025-06-21 |
|                  | Ruben Eerdmans        |       |         | Drachten    | 2023-06-24 |
|                  | Liam de Lang          |       |         | Drachten    | 2018-04-21 |
| M U10            | Quin Kok              |       | 6.9     | Heerenveen  | 2025-06-21 |
| <b>60h</b>       |                       |       |         |             |            |
| V U12            | Nynke Bockhooven      |       | 9.8     | Heerenveen  | 2013-06-01 |
| V U14            | Rikst Slot            |       | 9.72    | Stadskanaal | 2015-08-29 |
|                  | Terri Talan           |       |         | Tilburg     | 2014-09-20 |
| M U12            | Quin Kok              |       | 9.1     | Leeuwarden  | 2026-04-11 |
| <b>80h</b>       |                       |       |         |             |            |
| V U16            | Kristel Bottinga      |       | 11.60   | Stadskanaal | 1999-07-04 |
| V40              | Melina Congiu         |       | 13.22   | Best        | 2022-07-01 |
| V45              | Linda vd Berg         |       | 13.55   | Heerenveen  | 2023-05-06 |
| M U14            | Auke Siûk Nutma       |       | 12.1    | Amsterdam   | 1993-09-19 |
| <b>100h</b>      |                       |       |         |             |            |
| V U18            | Meike Huistra         |       | 14.18   | Heerenveen  | 2025-05-31 |
| V U20            | Meike Huistra         |       | 14.33   | Vught       | 2026-05-14 |
| V U23            | Sabrina Cruden        |       | 14.32   | Hengelo     | 2025-08-03 |
| V                | Sabrina Cruden        | (U23) | 14.32   | Hengelo     | 2025-08-03 |
| V35              | Melina Congiu         | (V40) | 17.84   | Groningen   | 2022-06-11 |
| M U16            | Nigel Christian Punch |       | 13.81   | Stadskanaal | 2026-04-11 |

**110h**

|       |               |       |          |            |
|-------|---------------|-------|----------|------------|
| M U18 | Reinier Bouma | 14.53 | Helmond  | 2005-06-26 |
| M U20 | Reinier Bouma | 14.15 | Utrecht  | 2007-07-08 |
| M U23 | Reinier Bouma | 14,49 | Nijmegen | 2009-05-21 |
| M     | Reinier Bouma | 14.31 | Leiden   | 2011-06-11 |

**200h**

|       |                 |       |           |            |
|-------|-----------------|-------|-----------|------------|
| M U20 | Lars van Hoeven | 27.82 | Assen     | 2017-09-02 |
| M U23 | Sybout Wijma    | 25.55 | Utrecht   | 2008-07-18 |
| M     | Henk Evers      | 24.9  | Groningen | 1962-10-07 |

**300h**

|       |                  |       |           |            |
|-------|------------------|-------|-----------|------------|
| V U16 | Norah Pont       | 45.62 | Apeldoorn | 2023-09-16 |
| M U16 | David van Winsum | 44.95 | Amsterdam | 2003-08-24 |
| M     | Sybout Wijma     | 39.67 | Epe       | 2012-04-29 |

**400h**

|       |                      |         |            |            |
|-------|----------------------|---------|------------|------------|
| V U18 | Norah Pont           | 1:05.39 | Den Haag   | 2025-07-12 |
| V U20 | Marieke vd Zee       | 1:05.32 | Amsterdam  | 2009-08-01 |
| V U23 | Marieke vd Zee       | 1:02.90 | Amsterdam  | 2010-07-18 |
| V     | Marieke vd Zee (U23) | 1:02.90 | Amsterdam  | 2010-07-18 |
| V35   | Simone Falkena       | 1:11.27 | Emmeloord  | 2015-05-03 |
| V40   | Linda vd Berg (V45)  | 1:14.81 | Heerenveen | 2022-05-21 |
| V45   | Linda vd Berg        | 1:14.81 | Heerenveen | 2022-05-21 |
| M U18 | Sybout Wijma         | 1:01.44 | Meppel     | 2004-09-18 |
| M U20 | Johnnie Theunissen   | 58.3    | Papendal   | 1975       |
| M U23 | Sybout Wijma         | 55.02   | Utrecht    | 2008-05-30 |
| M     | Sybout Wijma (U23)   | 55.02   | Utrecht    | 2008-05-30 |

**1000st**

|       |                     |         |           |            |
|-------|---------------------|---------|-----------|------------|
| V U14 | Féra Fieke de Vries | 4:07.97 | Amsterdam | 2017-09-03 |
| M U14 | Chris Wever         | 3:26.76 | Amsterdam | 2012-09-02 |

**1500st**

|       |                     |         |            |            |
|-------|---------------------|---------|------------|------------|
| V U16 | Féra Fieke de Vries | 6:17.39 | Amersfoort | 2019-04-22 |
| M U16 | Erik Zwanenburg     | 4:50.7  | Hoorn      | 1988-09-03 |

**2000st**

|       |                     |         |            |            |
|-------|---------------------|---------|------------|------------|
| V U18 | Tessa de Boer       | 7:15.68 | Eindhoven  | 2013-06-30 |
| V U20 | Tessa de Boer (U18) | 7:15.68 | Eindhoven  | 2013-06-30 |
| V U23 | Tessa de Boer (U18) | 7:15.68 | Eindhoven  | 2013-06-30 |
| V     | Andrea Deelstra     | 6:49.76 | Zele (Bel) | 2008-05-24 |
| M U18 | Jeroen van Dijk     | 6:47.37 | Breda      | 2015-06-28 |
| M U20 | Johnnie Theunissen  | 6:09.8  | Drachten   | 1975-08-20 |

**3000st**

|       |                       |          |                |            |
|-------|-----------------------|----------|----------------|------------|
| V U18 | Tessa de Boer         | 11:13.83 | Oordegem (Bel) | 2013-06-01 |
| V U20 | Andrea Deelstra       | 11:13.44 | Utrecht        | 2004-07-11 |
| V U23 | Andrea Deelstra       | 9:54.25  | Amsterdam      | 2006-07-09 |
| V     | Andrea Deelstra (U23) | 9:54.25  | Amsterdam      | 2006-07-09 |
| M U20 | Elmar Rüter           | 10:26.43 | Groningen      | 2008-05-31 |
| M U23 | Johnnie Theunissen    | 9:30.6   |                | 1978       |
| M     | Chris Semplonius      | 8:55.0   | Sittard        | 1977-07-19 |

**hoog**

|       |               |      |            |            |
|-------|---------------|------|------------|------------|
| V U8  | Fenna vd Meer | 0.95 | Steenwijk  | 2019-05-25 |
| V U9  | Meike Huistra | 1.10 | Heerenveen | 2016-09-17 |
| V U10 | Meike Huistra | 1.20 | Sneek      | 2017-09-09 |

|       |                        |      |                 |            |
|-------|------------------------|------|-----------------|------------|
|       | Anke Binnema           |      | Stadskanaal     | 2012-06-16 |
| V U12 | Elisabeth de Haan      | 1.40 | Hoogeveen       | 2012-05-12 |
|       | Esther Swart           |      | Heerenveen      | 2018-07-14 |
| V U14 | Meike Huistra          | 1.61 | Beek            | 1997-07-12 |
| V U16 | Meike Huistra          | 1.65 | Best            | 2021-10-09 |
|       |                        |      | Zoetermeer      | 2023-09-09 |
|       |                        |      | Almere          | 2023-04-16 |
|       |                        |      | Rotterdam       | 2022-09-17 |
|       | Joke de Jong           |      | Stadskanaal     | 1975       |
| V U18 | Joke de Jong           | 1.75 | Vught           | 1977-06-18 |
| V U20 | Joke de Jong (U18)     | 1.75 | Vught           | 1977-06-18 |
| V U23 | Joke de Jong           | 1.80 | Groningen       | 1980-04-27 |
| V     | Joke de Jong (U23)     | 1.80 | Groningen       | 1980-04-27 |
| V35   | Melina Congiu (V40)    | 1.47 | Harderwijk      | 2022-05-28 |
| V40   | Melina Congiu          | 1.47 | Harderwijk      | 2022-05-28 |
| V45   | Linda vd Berg          | 1.36 | Heerenveen      | 2023-05-06 |
| V50   | Siska Folkertsma (V55) | 1.20 | Heerenveen      | 2018-10-06 |
|       | Cobi de Boer           |      | Epe             | 1997-05-04 |
| V55   | Siska Folkertsma       | 1.20 | Heerenveen      | 2018-10-06 |
| M U8  | Dorian de Raat         | 0.95 | Heerenveen      | 2024-09-21 |
| M U9  | Joram Smits            | 1.15 | Leeuwarden      | 1999-06-08 |
| M U10 | Liam de Lang           | 1.24 | Sneek           | 2019-09-14 |
| M U12 | David van Winsum       | 1.41 | Heerenveen      | 2000-07-08 |
| M U14 | Rody de Wolff          | 1.72 | Gemert          | 2010-09-19 |
| M U16 | Rody de Wolff          | 1.85 | Heiloo          | 2012-08-17 |
|       | Rody de Wolff          |      | Stadskanaal     | 2012-07-07 |
|       | Rody de Wolff          |      | Emmeloord       | 2012-05-18 |
|       | Eldert Wijkstra        |      | Leeuwarden      | 1997-09-27 |
|       | Jan Haye Klijnstra     |      | Emmeloord       | 1995-06-13 |
| M U18 | Rody de Wolff          | 1.95 | Heerenveen      | 2013-10-05 |
| M U20 | Jan Haye Klijnstra     | 2.00 | Drachten        | 1999-06-30 |
| M U23 | Lennert Naeff          | 2.09 | Bondoufle (Fra) | 2023-07-22 |
| M     | Lennert Naeff (U23)    | 2.09 | Bondoufle (Fra) | 2023-07-22 |
| M35   | Krijn Kolhoff (M40)    | 1.65 | Krommenie       | 1984-07-16 |
| M40   | Krijn Kolhoff          | 1.65 | Krommenie       | 1984-06-17 |
| M45   | Krijn Kolhoff          | 1.55 | Den Haag        | 1988-05-08 |
| M50   | Appie de Vries         | 1.40 | Heerenveen      | 2003-10-04 |
| M55   | Rudy Hartog (M65)      | 1.20 | Heerenveen      | 2018-10-06 |
| M60   | Rudy Hartog (M65)      | 1.20 | Heerenveen      | 2018-10-06 |
| M65   | Rudy Hartog            | 1.20 | Heerenveen      | 2018-10-06 |
| M70   | Jacob Visser           | 1.10 | Heerenveen      | 2017-10-07 |

### hurkhoog

|       |                   |      |            |            |
|-------|-------------------|------|------------|------------|
| V U8  | Meike Huistra     | 0.95 | Heerenveen | 2015-09-19 |
| V U9  | Elisabeth de Haan | 1.00 | Heerenveen | 2015-09-19 |
| V U10 | Fleur Brouwer     | 1.10 | Leeuwarden | 2015-05-28 |
|       | Elisabeth de Haan |      | Leeuwarden | 2015-05-28 |
|       | Kyla Koops        |      | Heerenveen | 2015-09-19 |
|       | Maike Kramer      |      | Sneek      | 2013-09-14 |
| M U8  | Cas Jonker        | 0.85 | Leeuwarden | 2016-05-28 |
|       | Thijs Wiersma     |      | Heerenveen | 2015-09-19 |
| M U9  | Pelle vd Woude    | 1.00 | Heerenveen | 2015-09-19 |
| M U10 | Jens Linnebank    | 1.15 | Heerenveen | 2015-09-19 |
|       | Rutger Berends    |      | Sneek      | 2013-09-14 |

### hss

|       |                     |       |            |            |
|-------|---------------------|-------|------------|------------|
| V U16 | Nynke Rijpma        | 10.35 | Amsterdam  | 2021-08-29 |
| V U18 | Marrit van Gelderen | 10.88 | Apeldoorn  | 2008-06-29 |
| V U20 | Nynke Rijpma        | 11.65 | Utrecht    | 2024-06-16 |
| V U23 | Nynke Rijpma (U20)  | 11.65 | Utrecht    | 2024-06-16 |
| V     | Nynke Rijpma (U20)  | 11.65 | Utrecht    | 2024-06-16 |
| V35   | Marja de Wit (V55)  | 6.33  | Heerenveen | 2004-09-17 |
| V40   | Marja de Wit (V55)  | 6.33  | Heerenveen | 2004-09-17 |

|       |                 |       |       |                 |            |
|-------|-----------------|-------|-------|-----------------|------------|
| V45   | Marja de Wit    | (V55) | 6.33  | Heerenveen      | 2004-09-17 |
| V50   | Marja de Wit    | (V55) | 6.33  | Heerenveen      | 2004-09-17 |
| V55   | Marja de Wit    |       | 6.33  | Heerenveen      | 2004-09-17 |
| M U16 | Rutger Hoekstra |       | 12.10 | Amsterdam       | 2018-08-25 |
| M U18 | Ziggy Veldman   |       | 13.30 | Amsterdam       | 2022-06-19 |
| M U20 | Ziggy Veldman   |       | 13.34 | Harderwijk      | 2023-05-28 |
| M U23 | Ziggy Veldman   |       | 14.13 | Hengelo         | 2025-08-02 |
| M     | Henk Evers      |       | 15.64 | Innsbruck (Oos) | 1963-07-27 |
| M35   | Herman Oldenhof | (M50) | 8.93  | Heerenveen      | 2005-07-09 |
| M40   | Herman Oldenhof | (M50) | 8.93  | Heerenveen      | 2005-07-09 |
| M45   | Herman Oldenhof | (M50) | 8.93  | Heerenveen      | 2005-07-09 |
| M50   | Herman Oldenhof |       | 8.93  | Heerenveen      | 2005-07-09 |

### polshoog

|       |                  |       |      |                      |                          |
|-------|------------------|-------|------|----------------------|--------------------------|
| V U14 | Rikst Slot       |       | 2.30 | Heerenveen           | 2015-04-11               |
| V U16 | Rikst Slot       | (U14) | 2.30 | Heerenveen           | 2015-04-11               |
| V U18 | Alicia vd Tempel |       | 2.82 | Groningen            | 2022-09-04               |
| V U20 | Alicia vd Tempel |       | 2.87 | Bergen op Zoom       | 2023-06-24               |
| V U23 | Alicia vd Tempel | (U20) | 2.87 | Bergen op Zoom       | 2023-06-24               |
| V     | Alicia vd Tempel | (U20) | 2.87 | Bergen op Zoom       | 2023-06-24               |
| M U14 | Sverre Nota      |       | 2.40 | Amsterdam            | 2021-09-12               |
| M U16 | Sander de Haan   |       | 3.12 | Groningen            | 2022-09-04               |
| M U18 | Lennert Naeff    |       | 4.15 | Alphen a/d Rijn      | 2019-06-29               |
| M U20 | Gerwin de Haan   |       | 4.20 | Stadskanaal<br>Vught | 2017-07-09<br>2017-07-02 |
| M U23 | Dennis Veenker   |       | 4.60 | Utrecht<br>Groningen | 2013-07-05<br>2013-06-07 |
| M     | Dennis Veenker   | (U23) | 4.60 | Utrecht<br>Groningen | 2013-07-05<br>2013-06-07 |
| M35   | Jan Jelle Koerts | (M40) | 2.00 | Assen                | 2011-06-05               |
| M40   | Jan Jelle Koerts |       | 2.00 | Assen                | 2011-06-05               |

### polsver

|       |                |  |      |            |            |
|-------|----------------|--|------|------------|------------|
| V U12 | Britt Huisman  |  | 5.00 | Leeuwarden | 2019-06-29 |
| M U12 | Morris Hulsman |  | 4.80 | Leeuwarden | 2017-04-08 |

### ver

|       |                   |       |      |                     |                          |
|-------|-------------------|-------|------|---------------------|--------------------------|
| V U8  | Fenne Wijngaarden |       | 3.09 | Heerenveen          | 2023-09-30               |
| V U9  | Meike Huistra     |       | 3.50 | Heerenveen          | 2016-10-01               |
|       | Marrit Nederhoed  |       |      | Assen               | 1994-10-01               |
| V U10 | Nadine de Vries   |       | 3.85 | Heerenveen          | 1988-10-01               |
| V U12 | Elisabeth de Haan |       | 4.61 | Heerenveen          | 2018-10-06               |
| V U14 | Meike Huistra     |       | 4.97 | Papendrecht         | 2021-08-28               |
| V U16 | Meike Huistra     |       | 5.52 | Amsterdam           | 2023-09-02               |
| V U18 | Meike Huistra     |       | 6.03 | Hilversum           | 2025-06-28               |
| V U20 | Meike Huistra     | (U18) | 6.03 | Hilversum           | 2025-06-28               |
| V U23 | Meike Huistra     | (U18) | 6.03 | Hilversum           | 2025-06-28               |
| V     | Meike Huistra     | (U18) | 6.03 | Hilversum           | 2025-06-28               |
| V35   | Linda vd Berg     | (V45) | 4.71 | Heerenveen<br>Emmen | 2022-05-01<br>2022-04-24 |
| V40   | Linda vd Berg     | (V45) | 4.71 | Heerenveen<br>Emmen | 2022-05-01<br>2022-04-24 |
| V45   | Linda vd Berg     |       | 4.71 | Heerenveen<br>Emmen | 2022-05-01<br>2022-04-24 |
| V50   | Cobi de Boer      |       | 3.72 | Heerenveen          | 1997-10-04               |
| V55   | Marja de Wit      |       | 3.37 | Heerenveen          | 2004-07-02               |
| V60   | Jolanda Smedinga  |       | 2.81 | Bussum              | 2026-05-10               |
| M U8  | Cas Jonker        |       | 3.25 | Leeuwarden          | 2016-05-28               |
| M U9  | Joram Smits       |       | 3.95 | Hoorn               | 1999-09-12               |
| M U10 | Joram Smits       |       | 4.15 | Leeuwarden          | 2000-09-23               |
| M U12 | Eldert Wijkstra   |       | 4.86 | Heerenveen          | 1994-10-08               |
| M U14 | Auke Siük Nutma   |       | 5.70 | Assen               | 1993-09-11               |

|       |                 |       |      |                 |            |
|-------|-----------------|-------|------|-----------------|------------|
| M U16 | Auke Siûk Nutma |       | 6.49 | Amsterdam       | 1995-08-27 |
| M U18 | Rody de Wolff   |       | 6.89 | Amsterdam       | 2014-07-04 |
| M U20 | Eldert Wijkstra |       | 7.16 | Tilburg         | 2001-07-07 |
| M U23 | Eldert Wijkstra | (U20) | 7.16 | Tilburg         | 2001-07-07 |
| M     | Henk Evers      |       | 7.28 | Innsbruck (Oos) | 1963-07-27 |
| M35   | Henk Meyer      | (M40) | 6.26 | Heerenveen      | 1979       |
| M40   | Henk Meyer      |       | 6.26 | Heerenveen      | 1979       |
| M45   | Henk Evers      | (M50) | 5.64 | Heerhugowaard   | 1992-06-14 |
| M50   | Henk Evers      |       | 5.64 | Heerhugowaard   | 1992-05-06 |
| M55   | Henk Evers      |       | 5.08 | Heerenveen      | 1994-10-08 |
| M60   | Jan vd Heide    |       | 3.57 | Heerenveen      | 2011-10-01 |
| M65   | Jan vd Heide    |       | 3.32 | Heerenveen      | 2017-10-07 |
| M70   | Jan vd Heide    |       | 2.95 | Heerenveen      | 2025-10-04 |
| M75   | Johan Knoester  |       | 2.76 | Heerenveen      | 2020-09-26 |

## balstoten

|       |                   |  |      |            |            |
|-------|-------------------|--|------|------------|------------|
| V U8  | Fenna vd Meer     |  | 4.80 | Sneek      | 2019-09-14 |
| V U9  | Meike Huistra     |  | 5.90 | Heerenveen | 2016-09-17 |
| V U10 | Meike Huistra     |  | 6.70 | Heerenveen | 2017-09-16 |
|       | Elisabeth de Haan |  |      | Heerenveen | 2016-09-17 |
| M U8  | Yoah Kirindongo   |  | 5.20 | Heerenveen | 2018-09-15 |
| M U9  | Sjoerd vd Meer    |  | 6.50 | Heerenveen | 2018-09-15 |
| M U10 | Jesper Koostra    |  | 7.50 | Drachten   | 2025-09-20 |
|       | Hedzer Kootstra   |  |      | Drachten   | 2025-09-20 |
|       | Liam de Lang      |  |      | Sneek      | 2019-09-14 |

## balwerpen

|       |                    |  |       |             |            |
|-------|--------------------|--|-------|-------------|------------|
| V U8  | Maaïke Kramer      |  | 15.76 | Heerenveen  | 2011-06-25 |
| V U9  | Jildou Binnema     |  | 20.66 | Heerenveen  | 2013-10-05 |
| V U10 | Linda Schaap       |  | 24.00 | Heerenveen  | 1982-09-04 |
| V U12 | Manon Vermeulen    |  | 33.46 | Sneek       | 2001-06-26 |
| M U8  | Liam de Lang       |  | 19.75 | Stadskanaal | 2017-06-24 |
| M U9  | Arjen van Gelderen |  | 30.19 | Drachten    | 2002-09-07 |
| M U10 | Silke Breeuwer     |  | 37.66 | Drachten    | 2002-09-07 |
| M U12 | Harry de Groot     |  | 47.00 | Heerenveen  | 1982-09-04 |

## discus

|       |                      |       |       |            |            |
|-------|----------------------|-------|-------|------------|------------|
| V U14 | Manon Vermeulen      |       | 30.19 | Amsterdam  | 2003-09-14 |
| V U16 | Charlotte Klijnstra  |       | 33.44 | Leeuwarden | 2000-09-23 |
| V U18 | Bettina van Leuveren |       | 35.34 | Heiloo     | 1976       |
| V U20 | Bettina van Leuveren |       | 38.50 |            | 1978       |
| V U23 | Bettina van Leuveren | (U20) | 38.50 |            | 1978       |
| V     | Laura vd Akker       |       | 41.70 | Sneek      | 2003-07-02 |
| V35   | Laura vd Akker       |       | 37.13 | Steenwijk  | 2013-07-19 |
| V40   | Laura vd Akker       |       | 34.41 | Kampen     | 2019-05-08 |
| V45   | Laura vd Akker       |       | 31.92 | Steenwijk  | 2025-03-30 |
| V50   | Cobi de Boer         |       | 23.06 | Sneek      | 1997-07-02 |
| V55   | Siska Folkertsma     |       | 21.72 | Heerenveen | 2018-10-06 |
| V60   | Cobi de Boer         |       | 18.11 | Heerenveen | 2008-10-04 |
| V65   | Cobi de Boer         |       | 17.50 | Heerenveen | 2012-10-06 |
| M U14 | Rody de Wolff        |       | 43.71 | Heerenveen | 2010-10-02 |
| M U16 | Rody de Wolff        |       | 56.58 | Heerenveen | 2012-04-14 |
| M U18 | Rody de Wolff        |       | 54.27 | Amsterdam  | 2014-07-06 |
| M U20 | Paul Aldershof       |       | 49.28 | Leer (Dui) | 1993-09-11 |
| M U23 | Paul Aldershof       |       | 46.76 | Assen      | 1994.07.17 |
| M     | Wim de Wolff         |       | 51.54 | Sneek      | 1993-05-22 |
| M35   | Wim de Wolff         | (M40) | 47.61 | Emmeloord  | 1999-05-09 |
| M40   | Wim de Wolff         |       | 47.61 | Emmeloord  | 1999-05-09 |
| M45   | Hans Lolkema         |       | 39.27 | Heerenveen | 2018-10-06 |
| M50   | Siert Wolters        |       | 36.78 | Steenwijk  | 1999-06-23 |
| M55   | Siert Wolters        |       | 34.39 | Steenwijk  | 2004-06-04 |
| M60   | Siert Wolters        |       | 38.35 | Steenwijk  | 2009-07-17 |

|     |              |       |       |           |            |
|-----|--------------|-------|-------|-----------|------------|
| M65 | Feico Jansma |       | 37.43 | Steenwijk | 2007-04-07 |
| M70 | Feico Jansma | (M75) | 26.15 | Emmeloord | 2017-06-17 |
| M75 | Feico Jansma |       | 26.15 | Emmeloord | 2017-06-17 |

### gewichtwerpen

|     |               |  |      |         |            |
|-----|---------------|--|------|---------|------------|
| M60 | Siert Wolters |  | 9.66 | Zutphen | 2008-10-25 |
|-----|---------------|--|------|---------|------------|

### kogel

|       |                     |       |       |             |            |
|-------|---------------------|-------|-------|-------------|------------|
| V U9  | Rianne Hospes       |       | 7.49  | Heerenveen  | 1994-10-08 |
| V U10 | Sandra Stoelwinder  |       | 6.82  | Leeuwarden  | 1982-10-02 |
| V U12 | Charlotte Klijnstra |       | 8.56  | Heerenveen  | 1996-10-05 |
| V U14 | Meike Huistra       |       | 13.32 | Zoetermeer  | 2021-09-12 |
| V U16 | Anne-Karlijn Mos    |       | 12.66 | Amsterdam   | 2016-08-27 |
| V U18 | Anne-Karlijn Mos    |       | 13.92 | Emmeloord   | 2017-06-17 |
| V U20 | Meike Huistra       |       | 11.83 | Groningen   | 2026-05-23 |
| V U23 | Sabrina Cruden      |       | 11.86 | Heerenveen  | 2025-05-31 |
| V     | Sabrina Cruden      |       | 11.89 | Heerenveen  | 2026-05-09 |
| V35   | Linda vd Berg       | (V45) | 10.17 | Harderwijk  | 2025-05-17 |
| V40   | Linda vd Berg       | (V45) | 10.17 | Harderwijk  | 2025-05-17 |
| V45   | Linda vd Berg       |       | 10.17 | Harderwijk  | 2025-05-17 |
| V50   | Cobi de Boer        |       | 9.25  | Heerenveen  | 1997-05-14 |
| V55   | Akkie Marinus       |       | 8.05  | Heerenveen  | 2001-10-06 |
| V60   | Cobi de Boer        |       | 7.24  | Sneek       | 2006-06-28 |
| V65   | Althea Browne       |       | 5.88  | Amersfoort  | 2019-04-07 |
| M U9  | Joram Smits         |       | 8.54  | Heerenveen  | 1999-10-09 |
| M U10 | Selwyn Smits        |       | 7.79  | Heerenveen  | 1997-09-20 |
| M U12 | Paul Aldershof      |       | 11.10 | Stadskanaal | 1985-08-17 |
| M U14 | Rody de Wolff       |       | 15.69 | Gemert      | 2010-09-19 |
| M U16 | Paul Aldershof      |       | 15.95 | Amsterdam   | 1989-08-27 |
| M U18 | Paul Aldershof      |       | 17.41 | Krommenie   | 1991-07-21 |
| M U20 | Paul Aldershof      |       | 17.36 | Groningen   | 1993-06-27 |
| M U23 | Paul Aldershof      |       | 16.26 | Leiden      | 1994-06-25 |
| M     | Paul Aldershof      | (U23) | 16.26 | Leiden      | 1994-06-25 |
| M35   | Hans Lolkema        | (M45) | 15.59 | Heerenveen  | 2017-05-20 |
| M40   | Hans Lolkema        | (M45) | 15.59 | Heerenveen  | 2017-05-20 |
| M45   | Hans Lolkema        |       | 15.59 | Heerenveen  | 2017-05-20 |
| M50   | Henk Evers          |       | 10.99 | Heerenveen  | 1993-10-02 |
| M55   | Siert Wolters       |       | 9.60  | Assen       | 2004-05-29 |
| M60   | Feico Jansma        |       | 9.99  | Assen       | 2005-09-07 |
| M65   | Feico Jansma        |       | 9.56  | Steenwijk   | 2007-06-01 |
| M70   | Klaas Peereboom     |       | 8.48  | Steenwijk   | 2025-05-09 |
| M75   | Hans Hes            |       | 8.10  | Heerenveen  | 2018-10-06 |

### kogelslingeren

|       |                     |       |       |            |            |
|-------|---------------------|-------|-------|------------|------------|
| V U16 | Kahlan Veen         |       | 21.96 | Kerkrade   | 2016-09-03 |
| V U18 | Dagmar Oenema       |       | 35.31 | Amersfoort | 2013-07-07 |
| V U20 | Dagmar Oenema       |       | 29.30 | Groningen  | 2014-04-11 |
| V U23 | Dagmar Oenema       | (U20) | 29.30 | Groningen  | 2014-04-11 |
| V     | Marrit van Gelderen |       | 33.49 | Heerenveen | 2016-05-14 |
| V50   | Cobi de Boer        |       | 22.45 | Drachten   | 2000-05-31 |
| V55   | Siska Folkertsma    |       | 15.73 | Apeldoorn  | 2018-06-10 |
| M U16 | Johan de Vries      |       | 28.99 | Amsterdam  | 2018-08-25 |
| M U18 | Paul Aldershof      |       | 44.12 | Drachten   | 1991-05-24 |
| M U20 | Paul Aldershof      | (U18) | 36.70 | Roosendaal | 1991-09-01 |
| M U23 | David Jeroen Tempel |       | 24.75 | Ede        | 2012-04-22 |
| M     | Wim de Wolff        |       | 35.66 | Assen      | 1993-05-22 |
| M35   | Hans Lolkema        | (M45) | 33.44 | Apeldoorn  | 2018-06-10 |
| M40   | Hans Lolkema        | (M45) | 33.44 | Apeldoorn  | 2018-06-10 |
| M45   | Hans Lolkema        |       | 33.44 | Apeldoorn  | 2018-06-10 |
| M50   | Siert Wolters       |       | 30.60 | Zevenaar   | 1998-06-06 |
| M55   | Siert Wolters       |       | 27.69 | Groningen  | 2007-06-22 |
| M60   | Siert Wolters       |       | 29.34 | Groningen  | 2008-06-20 |
| M70   | Jan vd Heide        |       | 16.77 | Ede        | 2022-06-19 |

## slingeren

|       |                       |       |            |            |
|-------|-----------------------|-------|------------|------------|
| V U8  | Fenna vd Meer         | 12.50 | Leeuwarden | 2019-06-29 |
| V U9  | Stella Brouwer        | 16.00 | Leeuwarden | 2026-04-11 |
| V U10 | Isis vd Velden        | 17.50 | Sneek      | 2014-06-28 |
| V U12 | Rixt Slot             | 22.00 | Sneek      | 2013-09-14 |
| M U8  | Daan Looper           | 13.50 | Sneek      | 2024-06-29 |
|       | Jonne Pieter Hijlkema |       | Leeuwarden | 2019-06-29 |
| M U9  | Daan Looper           | 16.00 | Heerenveen | 2025-06-21 |
|       |                       |       | Leeuwarden | 2025-04-12 |
|       | Liam de Lang          |       | Steenwijk  | 2018-07-07 |
| M U10 | Liam de Lang          | 18.00 | Drachten   | 2019-04-20 |
| M U12 | Liam de Lang          | 25.00 | Heerenveen | 2021-06-05 |

## speer

|       |                     |             |                  |            |
|-------|---------------------|-------------|------------------|------------|
| V U14 | Meike Huistra       | 33.40       | Assen            | 2021-07-03 |
| V U16 | Jildou Binnema      | 35.60       | Heerenveen       | 2020-09-26 |
| V U18 | Meike Huistra       | 38.50       | Assen            | 2025-07-06 |
| V U20 | Veerle de Vries     | 40.29       | Zwolle           | 2010-06-25 |
| V U23 | Veerle de Vries     | (U20) 40.29 | Zwolle           | 2010-06-25 |
| V     | Veerle de Vries     | 41.05       | Groningen        | 2015-06-14 |
| V35   | Bontje Zwier        | 34.36       | Groningen        | 1986-05-25 |
| V40   | Linda vd Berg       | 28.36       | Heerenveen       | 2021-10-02 |
| V45   | Linda vd Berg       | 28.09       | Heerenveen       | 2023-05-07 |
| V50   | Cobi de Boer        | 23.62       | Heerenveen       | 1997-05-14 |
| V55   | Siska Folkertsma    | 18.58       | Heerenveen       | 2018-10-06 |
| V60   | Cobi de Boer        | 15.96       | Sneek            | 2006-06-28 |
| M U14 | Rody de Wolff       | 47.66       | Apeldoorn        | 2010-08-27 |
| M U16 | Rody de Wolff       | 51.66       | Amsterdam        | 2012-08-25 |
| M U18 | Tjalle-Durk vd Eems | 53.75       | Assendelft       | 2021-09-05 |
| M U20 | Tjalle-Durk vd Eems | 55.86       | Houston (USA)    | 2023-03-16 |
| M U23 | Tjalle-Durk vd Eems | (U20) 55.86 | Houston (USA)    | 2023-03-16 |
| M     | Gerwin de Haan      | 56.48       | San Marcos (USA) | 2023-05-05 |
| M35   | Feico Jansma        | (M45) 39.96 | Leiden           | 1990-09-15 |
| M40   | Feico Jansma        | (M45) 39.96 | Leiden           | 1990-09-15 |
| M45   | Feico Jansma        | 39.96       | Leiden           | 1990-09-15 |
| M50   | Feico Jansma        | 38.64       | Heerhugowaard    | 1992-06-14 |
| M55   | Klaas Peereboom     | 22.39       | Heerenveen       | 2008-10-04 |
| M60   | Feico Jansma        | 36.40       | Drachten         | 2006-09-09 |
| M65   | Feico Jansma        | 35.29       | Heerenveen       | 2007-06-30 |
| M70   | Jan vd Heide        | 23.32       | Heerenveen       | 2022-10-01 |
| M75   | Feico Jansma        | 17.60       | Emmen            | 2018-05-13 |

## vortex

|       |                  |       |            |            |
|-------|------------------|-------|------------|------------|
| V U8  | Stella Brouwer   | 15.50 | Drachten   | 2025-09-20 |
| V U9  | Meike Huistra    | 18.15 | Heerenveen | 2016-10-01 |
| V U10 | Femke Slagman    | 25.00 | Heerenveen | 2015-09-19 |
| V U12 | Femke Slagman    | 29.50 | Steenwijk  | 2017-05-20 |
| M U8  | Daan Looper      | 18.50 | Heerenveen | 2024-09-21 |
|       | Liam de Lang     |       | Drachten   | 2017-07-08 |
|       | Finn Oosterhagen |       | Sneek      | 2013-09-14 |
| M U9  | Ties Wierda      | 25.00 | Heerenveen | 2023-09-16 |
| M U10 | Liam de Lang     | 29.50 | Sneek      | 2019-09-14 |
| M U12 | Ties Wierda      | 44.35 | Soest      | 2026-05-17 |

## 4x40

|       |   |       |            |            |
|-------|---|-------|------------|------------|
| V U9  | Trienke Kramer<br>Rianne Hospes<br>Margriet Wijngaarden<br>Ingrid Sixma | 29.1  | Assen      | 1994-10-01 |
| V U10 | Freya Reitsma<br>Vera van Aurich<br>Elske Koelma                        | 27.42 | Heerenveen | 2006-09-09 |

|              |   |       |            |  |            |
|--------------|---|-------|------------|--|------------|
|              | Fleur Bleeker   |       |            |  |            |
| M U9         | Mart Bijker<br>Pelle vd Woude<br>Fleur Brouwer (V U9)<br>Meike Huistra (V U9)                   | 29.45 | Heerenveen |  | 2015-06-13 |
| M U10        | Lammert Ekkers<br>Joram Ganzevoort<br>Johan Jeeninga<br>Jovan Smilda                            | 26.5  | Heerenveen |  | 2008-09-06 |
| <b>4x60</b>  |   |       |            |  |            |
| V U12        | Marrit Nederhoed<br>Margriet Wijngaarden<br>Trienke Kramer<br>Judy Tuinstra                     | 35.6  | Heerenveen |  | 1997-09-20 |
| V U14        | Marrit Nederhoed<br>Esther Swart<br>Judy Tuinstra<br>Henriette Klijnstra                        | 31.3  | Drachten   |  | 1999-05-15 |
| M U12        | Maurits Klatte<br>Tom Kraaij<br>Ramon vd Weg<br>Sjoerd den Daas                                 | 35.6  | Heerenveen |  | 1997-09-20 |
| <b>4x80</b>  |   |       |            |  |            |
| V U16        | Nenna de Boer<br>Linda Swart<br>Judy Tuinstra<br>Marrit Nederhoed                               | 41.00 | Breda      |  | 2000-09-16 |
| M U14        | Erwin Swart<br>Jan Arjen Elzinga<br>Jeroen Piek<br>Joram Smits                                  | 42.3  | Groningen  |  | 2003-05-10 |
| <b>4x100</b> |   |       |            |  |            |
| V U18        | Marrit van Gelderen<br>Marieke vd Zee<br>Wisette Bollen<br>Marian Zandberg                      | 50.56 | Amstelveen |  | 2007-09-29 |
| V U20        | Meike Huistra (U18)<br>Marit Versfeld (U18)<br>Sanne Pultrum (U18)<br>Nynke Rijpma              | 50.25 | Amstelveen |  | 2024-09-28 |
| V U23        | Meike Huistra (U18)<br>Marit Versfeld (U18)<br>Sanne Pultrum (U18)<br>Nynke Rijpma (U20)        | 50.25 | Amstelveen |  | 2024-09-28 |
| V            | Marrit van Gelderen<br>Marian Zandberg<br>Vera van Aurich (U18)<br>Tessa Miedema (U18)          | 49.30 | Drachten   |  | 2013-06-02 |
| V35          | Betty Bijker-Bangma (V55)<br>Simone Falkena (V40)<br>Melina Congiu (V40)<br>Linda vd Berg (V45) | 56.90 | Emmen      |  | 2022-04-24 |
| V40          | Betty Bijker-Bangma (V55)<br>Simone Falkena<br>Melina Congiu<br>Linda vd Berg (V45)             | 56.90 | Emmen      |  | 2022-04-24 |
| M U16        | Henry Blume<br>Rody de Wolff<br>Jeroen vd Hoogen  | 47.42 | Best       |  | 2011-09-10 |

|       |  |                                  |       |              |            |
|-------|--|----------------------------------|-------|--------------|------------|
| M U18 | Bram Kokshoorn<br>Floris van Hardeveld<br>Sybren van Gelder<br>Sander de Haan<br>Max Kroon |                                  | 46.41 | Wageningen   | 2024-06-09 |
| M U20 | Max Kroon<br>Jilke Oswald<br>Ziggy Veldman<br>Tjalle-Durk vd Eems                          | (U18)                            | 45.32 | Assen        | 2023-06-11 |
| M U23 | Sander de Haan<br>Ziggy Veldman<br>Floris van Hardeveld<br>Jonathan Verweijen              | (U20)<br>(U18)<br>(U20)          | 43.85 | Almelo       | 2025-06-01 |
| M     | Johan de Jong<br>Jaap Klaverboer<br>Arjen Achterkamp<br>Paul Dijkstra                      |                                  | 43.55 | Bremen (Dui) | 1984-05    |
| M35   | Menno Kraaij<br>Herman Oldenhof<br>Wieger Klijnstra<br>Appie de Vries                      | (M45)<br>(M45)<br>(M55)<br>(M50) | 56.7  | Steenwijk    | 2004-05-16 |
| M40   | Menno Kraaij<br>Herman Oldenhof<br>Wieger Klijnstra<br>Appie de Vries                      | (M45)<br>(M45)<br>(M55)<br>(M50) | 56.7  | Steenwijk    | 2004-05-16 |
| M45   | Menno Kraaij<br>Herman Oldenhof<br>Wieger Klijnstra<br>Appie de Vries                      | (M55)<br>(M50)                   | 56.7  | Steenwijk    | 2004-05-16 |

#### 4x200

|       |  |                                  |         |            |            |
|-------|--|----------------------------------|---------|------------|------------|
| V U18 | Marrit van Gelderen<br>Marieke vd Zee<br>Wisette Bollen<br>Marian Zandberg |                                  | 1:46.93 | Amstelveen | 2007-09-30 |
| V U20 | Marrit van Gelderen<br>Marieke vd Zee<br>Wisette Bollen<br>Marian Zandberg | (U18)<br>(U18)<br>(U18)<br>(U18) | 1:46.93 | Amstelveen | 2007-09-30 |
| V U23 | Marrit van Gelderen<br>Marieke vd Zee<br>Wisette Bollen<br>Marian Zandberg | (U18)<br>(U18)<br>(U18)<br>(U18) | 1:46.93 | Amstelveen | 2007-09-30 |
| V     | Marrit van Gelderen<br>Marieke vd Zee<br>Wisette Bollen<br>Marian Zandberg | (U18)<br>(U18)<br>(U18)<br>(U18) | 1:46.93 | Amstelveen | 2007-09-30 |

#### 4x400

|       |  |                                  |         |            |            |
|-------|--|----------------------------------|---------|------------|------------|
| V U18 | Norah Pont<br>Marit Versfeld<br>Meike Huistra<br>Britt Huisman | (U16)                            | 4:06.87 | Amstelveen | 2024-09-28 |
| V U20 | Norah Pont<br>Marit Versfeld<br>Meike Huistra<br>Britt Huisman | (U16)<br>(U18)<br>(U18)<br>(U18) | 4:06.87 | Amstelveen | 2024-09-28 |
| V U23 | Norah Pont<br>Marit Versfeld<br>Meike Huistra<br>Britt Huisman | (U16)<br>(U18)<br>(U18)<br>(U18) | 4:06.87 | Amstelveen | 2024-09-28 |
| V     | Norah Pont<br>Marit Versfeld<br>Meike Huistra                  | (U16)<br>(U18)<br>(U18)          | 4:06.87 | Amstelveen | 2024-09-28 |

|       |                       |       |         |            |            |
|-------|-----------------------|-------|---------|------------|------------|
|       | Britt Huisman         | (U18) |         |            |            |
| M U18 | Liam de Lang          |       | 3:53.93 | Drachten   | 2026-04-19 |
|       | Folkert Krol          | (U16) |         |            |            |
|       | Thijmen Groenendal    |       |         |            |            |
| M U20 | Nigel Christian Punch | (U16) | 3:47.36 | Drachten   | 2023-04-23 |
|       | Quinten Geleynse      | (U18) |         |            |            |
|       | Jilke Oswald          |       |         |            |            |
|       | Ziggy Veldman         |       |         |            |            |
|       | Roy Veenstra          |       |         |            |            |
| M U23 | Quinten Geleynse      | (U18) | 3:47.36 | Drachten   | 2023-04-23 |
|       | Jilke Oswald          | (U20) |         |            |            |
|       | Ziggy Veldman         | (U20) |         |            |            |
|       | Roy Veenstra          | (U20) |         |            |            |
| M     | Kevin Damstra         |       | 3:27.16 | Harderwijk | 2016-06-26 |
|       | Gerwin de Haan        | (U18) |         |            |            |
|       | Lars van Hoeven       | (U18) |         |            |            |
|       | Peter Peereboom       |       |         |            |            |

#### 4x800

|       |                     |       |         |            |            |
|-------|---------------------|-------|---------|------------|------------|
| M U18 | Martijn de Vries    | (U16) | 9:15.68 | Amstelveen | 2010-09-26 |
|       | Jordi Stam          | (U16) |         |            |            |
|       | Jari van Ravenstein | (U16) |         |            |            |
|       | Bram Kielman        | (U16) |         |            |            |
| M U20 | Martijn de Vries    | (U16) | 9:15.68 | Amstelveen | 2010-09-26 |
|       | Jordi Stam          | (U16) |         |            |            |
|       | Jari van Ravenstein | (U16) |         |            |            |
|       | Bram Kielman        | (U16) |         |            |            |
| M U23 | Martijn de Vries    | (U16) | 9:15.68 | Amstelveen | 2010-09-26 |
|       | Jordi Stam          | (U16) |         |            |            |
|       | Jari van Ravenstein | (U16) |         |            |            |
|       | Bram Kielman        | (U16) |         |            |            |
| M     | Fons Siemonsma      |       | 8:00.9  | Leiden     | 1979-09-11 |
|       | Tjeerd Koopmans     |       |         |            |            |
|       | Auke Postma         |       |         |            |            |
|       | Jan vd Heide        |       |         |            |            |

#### 4x1500

|   |                |  |         |        |            |
|---|----------------|--|---------|--------|------------|
| M | Jan vd Heide   |  | 16:33.6 | Leiden | 1979-09-11 |
|   | Fons Siemonsma |  |         |        |            |
|   | Bart Jonker    |  |         |        |            |
|   | Auke Postma    |  |         |        |            |

#### Olympische estafette

|   |                 |  |        |           |            |
|---|-----------------|--|--------|-----------|------------|
| M | Sjoerd Dijkstra |  | 3:37.9 | Groningen | 1968-08-25 |
|   | Henk Evers      |  |        |           |            |
|   | Auke Postma     |  |        |           |            |
|   | Jan Marinus     |  |        |           |            |

#### Zweedse estafette

|       |                 |       |         |            |            |
|-------|-----------------|-------|---------|------------|------------|
| V U14 | Fenna vd Meer   |       | 2:49.44 | Amstelveen | 2024-09-29 |
|       | Lia Hoekstra    |       |         |            |            |
|       | Ilse Huisman    |       |         |            |            |
|       | Myrthe Kootstra |       |         |            |            |
| V U16 | Britt Huisman   |       | 2:22.74 | Amstelveen | 2023-09-24 |
|       | Marit Versfeld  |       |         |            |            |
|       | Meike Huistra   |       |         |            |            |
|       | Norah Pont      |       |         |            |            |
| V U18 | Britt Huisman   |       | 2:21.03 | Amstelveen | 2024-09-29 |
|       | Norah Pont      | (U16) |         |            |            |
|       | Meike Huistra   |       |         |            |            |
|       | Sanne Pultrum   |       |         |            |            |
| V U20 | Britt Huisman   | (U18) | 2:21.03 | Amstelveen | 2024-09-29 |
|       | Norah Pont      | (U16) |         |            |            |

|                    |   |  |                    |                       |                          |
|--------------------|---|--|--------------------|-----------------------|--------------------------|
| V U23              | Meike Huistra (U18)<br>Sanne Pultrum (U18)<br>Britt Huisman (U18)<br>Norah Pont (U16)<br>Meike Huistra (U18)<br>Sanne Pultrum (U18) |  | 2:21.03            | Amstelveen            | 2024-09-29               |
| V                  | Marian Zandberg<br>Marieke vd Zee<br>Marrit van Gelderen<br>Lidia de Jong   |  | 2:16.83            | Drachten              | 2011-06-26               |
| V35                | Linda vd Berg (V40)<br>Simone Falkena<br>Laura vd Akker (V40)<br>Talia Ruijg  |  | 2:57.14            | Apeldoorn             | 2019-05-12               |
| M U16              | Thijmen Groenendal<br>Folkert Krol (U 14)<br>Liam de Lang<br>Tim den Braven   |  | 2:31.13            | Amstelveen            | 2024-09-29               |
| M U18<br>Zwd. est. | AV Heerenveen<br>Roy Veenstra<br>Max Kroon (U18)<br>Jens Linnebank<br>Floris van Hardeveld (U18)                                    |  | 2:18.88<br>2:09.21 | Drachten<br>Hoogeveen | 2006-09-09<br>2024-04-28 |
| M U23              | Marvens Bruinsma (U18)<br>Sil de Jong (U18)<br>Bram Kielman (U20)   |  | 2:07.38            | Assen                 | 2018-04-22               |
| M                  | Kristian Mos<br>Kevin Damstra (U18)<br>Lars van Hoeven (U18)<br>Kristian Mos (U18)<br>Dennis Veenker                                |  | 2:00.90            | Hengelo               | 2016-09-18               |
| M35                | Sjoerd Dijkstra (M45)<br>Jaap Scholten (M40)<br>Krijn Kolhoff (M45)<br>Feico Jansma (M45)   |  | 2:26.8             | Den Haag              | 1988-05-08               |
| M40                | Sjoerd Dijkstra (M45)<br>Jaap Scholten (M45)<br>Krijn Kolhoff (M45)<br>Feico Jansma (M45)   |  | 2:26.8             | Den Haag              | 1988-05-08               |
| M45                | Menno Kraaij<br>Herman Oldenhof<br>Wieger Klijnstra (M55)<br>Appie de Vries (M50)   |  | 2:48.7             | Steenwijk             | 2004-05-16               |
| M50                | Klaas Peereboom<br>Herman Oldenhof<br>Appie de Vries<br>Feico Jansma (M60)  |  | 2:49.5             | Utrecht               | 2005-06-26               |

### Werp 3-kamp

(discus, kogel, speer)

|       |  |  |      |            |            |
|-------|--|--|------|------------|------------|
| V U14 | Jildou Binnema<br>(27.12 – 10.48 – 29.59)            |  | 1464 | Steenwijk  | 2018-10-14 |
| V U16 | Anne-Karlijn Mos<br>(24.11 – 11.37 – 28.38)          |  | 1665 | Steenwijk  | 2016-10-09 |
| V U18 | Brechje Kaastra<br>(26.96 – 10.95 – 29.30)           |  | 1718 | Steenwijk  | 1999-10-10 |
| V U20 | Charlotte Klijnstra<br>(30.26 – 10.08 – 18.63)       |  | 1514 | Steenwijk  | 2003-06-06 |
| V U23 | Charlotte Klijnstra (U20)<br>(30.26 – 10.08 – 18.63) |  | 1514 | Steenwijk  | 2003-06-06 |
| V     | Laura vd Akker<br>(40.11 – 10.18 – 29.73)            |  | 1933 | Steenwijk  | 2003-06-06 |
| V35   | Laura vd Akker<br>(36.64 – 9.83 – 28.17)             |  | 1853 | Heerenveen | 2012-10-06 |
| V40   | Laura vd Akker<br>(34.01 – 8.93 – 27.59)             |  | 1878 | Steenwijk  | 2021-10-10 |

|       |  |       |      |            |            |
|-------|--|-------|------|------------|------------|
| V45   | Laura vd Akker<br>(29.96 – 8.36 – 22.78)   |       | 1814 | Steenwijk  | 2024-10-13 |
| V50   | Siska Folkertsma<br>(21.72 – 7.55 – 18.58) | (V55) | 1466 | Heerenveen | 2018-10-06 |
| V55   | Siska Folkertsma<br>(21.72 – 7.55 – 18.58) |       | 1635 | Heerenveen | 2018-10-06 |
| V60   | Cobi de Boer<br>(17.57 – 7.24 – 15.96)     |       | 1581 | Sneek      | 2006-06-28 |
| M U14 | Rody de Wolff<br>(37.69 – 11.12 – 37.06)   |       | 1759 | Edam       | 2010-05-14 |
| M U16 | Rody de Wolff<br>(54.40 – 14.45 – 46.63)   |       | 2233 | Leeuwarden | 2011-09-09 |
| M U18 | Rody de Wolff<br>(53.20 – 14.08 – 46.04)   |       | 2240 | Steenwijk  | 2013-05-31 |
| M U20 | Gerwin de Haan<br>(38.43 – 11.80 – 46.92)  |       | 1770 | Assen      | 2018-03-21 |
| M U23 | Dennis Veenker<br>(27.50 – 11.28 – 43.90)  |       | 1515 | Sneek      | 2014-05-21 |
| M     | Hans Lolkema<br>(39.27 – 14.55 – 27.70)    | (M45) | 1772 | Heerenveen | 2018-10-06 |
| M35   | Hans Lolkema<br>(39.27 – 14.55 – 27.70)    | (M45) | 1784 | Heerenveen | 2018-10-06 |
| M40   | Hans Lolkema<br>(39.27 – 14.55 – 27.70)    | (M45) | 1892 | Heerenveen | 2018-10-06 |
| M45   | Hans Lolkema<br>(39.27 – 14.55 – 27.70)    |       | 2046 | Heerenveen | 2018-10-06 |
| M50   | Siert Wolters<br>(31.28 – 8.89 – 19.35)    | (M55) | 1203 | Steenwijk  | 2005-10-16 |
| M55   | Siert Wolters<br>(31.28 – 8.89 – 19.35)    |       | 1354 | Steenwijk  | 2005-10-16 |
| M60   | Feico Jansma<br>(37.98 – 9.30 – 33.98)     |       | 1762 | Steenwijk  | 2006-06-02 |
| M65   | Feico Jansma<br>(36.46 – 9.56 – 33.76)     |       | 1956 | Steenwijk  | 2007-06-01 |
| M70   | Feico Jansma<br>(22.69 – 6.71 – 16.80)     | (M75) | 1022 | Heerenveen | 2019-10-05 |
| M75   | Feico Jansma<br>(22.69 – 6.71 – 16.80)     |       | 1233 | Heerenveen | 2019-10-05 |

## 6-kamp

|       |  |  |      |            |            |
|-------|--|--|------|------------|------------|
| V U14 | Meike Huistra<br>(10.10 – 1.55 – 32.61 / 4.88 – 13.32 – 1:49.27) |  | 3618 | Zoetermeer | 2021-09-12 |
|-------|--|--|------|------------|------------|

## 7-kamp

|       |   |       |      |            |            |
|-------|---|-------|------|------------|------------|
| V U16 | Meike Huistra<br>(12.02 – 1.65 – 12.44 – 19.52 / 5.23 – 35.49 – 1:45.10)  |       | 4596 | Zoetermeer | 2023-09-10 |
| V U18 | Meike Huistra<br>(14.18 – 1.66 – 13.18 – 25.38 / 5.82 – 38.18 – 2:25.94)  |       | 5522 | Heerenveen | 2025-06-01 |
| V U20 | Sabrina Cruden<br>(15.50 – 1.62 – 9.66 – 27.63 / 5.37 – 38.46 – 2:39.63)  |       | 4581 | Emmeloord  | 2022-06-05 |
| V U23 | Sabrina Cruden<br>(14.44 – 1.63 – 11.15 – 26.58 / 5.73 – 34.94 – 2:27.37) |       | 5105 | Hengelo    | 2024-06-30 |
| V     | Sabrina Cruden<br>(14.44 – 1.63 – 11.15 – 26.58 / 5.73 – 34.94 – 2:27.37) | (U23) | 5105 | Hengelo    | 2024-06-30 |
| V35   | Melina Congiu<br>(17.84 – 1.42 – 7.72 – 29.45 / 4.64 – 21.83 – 2:46.39)   | (V40) | 3342 | Groningen  | 2022-06-12 |
| V40   | Linda vd Berg<br>(13.55 – 1.36 – 9.39 – 28.42 / 4.44 – 28.09 – 2:40.89)   | (V45) | 4230 | Heerenveen | 2023-05-07 |
| V45   | Linda vd Berg<br>(13.55 – 1.36 – 9.39 – 28.42 / 4.44 – 28.09 – 2:40.89)   |       | 4747 | Heerenveen | 2023-05-07 |
| M U14 | Rody de Wolff<br>(10.36 – 5.06 – 43.83 / 12.39 – 1.72 – 15.69 – 3:03.36)  |       | 4940 | Gemert     | 2010-09-19 |

## 8-kamp

|       |  |  |      |           |            |
|-------|--|--|------|-----------|------------|
| M U16 | Rody de Wolff<br>(11.90 – 6.17 – 15.93 – 1.85 / 15.33 – 54.96 – 49.71 – 2:52.19) |  | 6372 | Emmeloord | 2012-05-18 |
|-------|--|--|------|-----------|------------|

## 10-kamp

|       |               |  |      |           |            |
|-------|---------------|--|------|-----------|------------|
| M U18 | Rody de Wolff |  | 6513 | Apeldoorn | 2013-05-20 |
|-------|---------------|--|------|-----------|------------|

|       |  |                       |            |
|-------|--|-----------------------|------------|
| M U20 | (11.59 – 6.20 – 14.68 – 1.83 – 52.15 / 15.90 – 44.33 – 3.00 – 49.80 – 4:58.64)<br>Gerwin de Haan | 6470 Stadskanaal      | 2017-07-09 |
| M U23 | (11.75 – 6.04 – 12.51 – 1.82 – 52.88 / 15.81– 39.20 – 4.20 – 49.17 – 5:00.19)<br>Jaap Klaverboer | 6551 Lisse            | 1983-07-07 |
| M     | (11.39 – 6.55 – 11.77 – 1.92 – 50.90 / 16.75 – 33.70 – 3.80 – 40.78 – 4:27.12)<br>Gerwin de Haan | 6761 San Marcos (USA) | 2023-05-05 |
|       | (11.74 – 6.38 – 11.40 – 1.97 – 53.54 / 16.06 – 38.49 – 4.50 – 56.48 – 4:56.89)                   |                       |            |