

Hieronder een samenvatting van het lopende indoorseizoen. Begin april verschijnt het volledige overzicht. Voor aanvullingen en correcties hou ik me alvast aanbevolen. [HarmZijlstra@outlook.com](mailto:HarmZijlstra@outlook.com).

Verwerkte uitslagen:

2025-11-15 Heerde  
2024-11-30 Franeker

Blauw = toegevoegd bij laatste  
update (zo 7 december 2025)

## Clubrecords

|       |                           |                 |      |         |            |
|-------|---------------------------|-----------------|------|---------|------------|
| V U8  | Stella Brouwer            | 40              | 7.43 | Franeke | 2025-11-30 |
|       | <i>Amarins de Jong</i>    | 7.74 2013-03-09 |      |         |            |
| M U10 | Quin Kok                  | 40              | 6.61 | Franeke | 2025-11-30 |
|       | <i>Arjen van Gelderen</i> | 6.78 2003-01-25 |      |         |            |
| V U8  | Stella Brouwer            | 40h             | 8.43 | Franeke | 2025-11-30 |
|       | <i>Fenne Wijngaarden</i>  | 9.7 2022-12-10  |      |         |            |
| V U9  | Roxy Salverda Kat         | 40h             | 8.46 | Franeke | 2025-11-30 |
|       | <i>Fenne Wijngaarden</i>  | 8.8 2023-12-09  |      |         |            |
| M U10 | Quin Kok                  | 40h             | 7.37 | Franeke | 2025-11-30 |
|       | <i>Timotej Zoetendal</i>  | 8.0 2017-11-25  |      |         |            |
| M U10 | Hedzer Kootstra           | hoog            | 1.20 | Franeke | 2025-11-30 |
|       | <i>Bas Bluemink</i>       | 1.20 2003-03-15 |      |         |            |
| M U10 | Jesper Kootstra           | hoog            | 1.20 | Franeke | 2025-11-30 |
|       | <i>Hedzer Kootstra</i>    | 1.20 2025-11-30 |      |         |            |
| V U9  | Roxy Salverda Kat         | hurkhoog        | 0.85 | Franeke | 2025-11-30 |
|       | <i>Fenne Wijngaarden</i>  | 0.85 2024-02-03 |      |         |            |
| M U9  | Dorian de Raat            | hurkhoog        | 0.95 | Franeke | 2025-11-30 |
|       | <i>Ruben Eerdmans</i>     | 0.90 2022-12-10 |      |         |            |
| V U8  | Stella Brouwer            | balstoten       | 4.73 | Franeke | 2025-11-30 |
|       | <i>Fenne Wijngaarden</i>  | 4.60 2022-12-10 |      |         |            |

# Ranglijsten

## 30

|      |                |       |            |
|------|----------------|-------|------------|
| 5.54 | Quin Kok       | M U10 | 2025-11-15 |
| 5.85 | Stella Brouwer | V U8  | 2025-11-15 |
| 6.29 | Merel Toonstra | V U9  | 2025-11-15 |
| 6.54 | Ylva Hooisma   | V U10 | 2025-11-15 |

## 40

|      |                   |       |            |
|------|-------------------|-------|------------|
| 6.61 | Quin Kok          | M U10 | 2025-11-30 |
| 6.80 | Jesse Poelstra    | M U10 | 2025-11-30 |
| 7.12 | Jesper Kootstra   | M U10 | 2025-11-30 |
| 7.22 | Hedzer Kootstra   | M U10 | 2025-11-30 |
| 7.38 | Dorian de Raat    | M U9  | 2025-11-30 |
| 7.43 | Stella Brouwer    | V U8  | 2025-11-30 |
| 7.47 | Benthe Tolsma     | V U10 | 2025-11-30 |
| 7.55 | Daan Looper       | M U9  | 2025-11-30 |
| 7.60 | Levy de Lang      | M U9  | 2025-11-30 |
| 7.63 | Roan Leenes       | M U10 | 2025-11-30 |
| 7.96 | Roxy Salverda Kat | V U9  | 2025-11-30 |
| 8.06 | Ylva Hooisma      | V U10 | 2025-11-30 |
| 8.09 | Amarins Holwerda  | V U10 | 2025-11-30 |
| 8.16 | Jeen Streekstra   | M U9  | 2025-11-30 |
| 8.19 | Merel Toonstra    | V U9  | 2025-11-30 |
| 8.32 | Stijn de Meer     | M U9  | 2025-11-30 |
| 8.56 | Yarah El Ghazi    | V U8  | 2025-11-30 |
| 8.62 | Julian Klunder    | M U9  | 2025-11-30 |
| 9.79 | Dinand Wedman     | M U8  | 2025-11-30 |

## 60

|       |                       |       |            |
|-------|-----------------------|-------|------------|
| 7.94  | Nigel Christian Punch | M U16 | 2025-11-30 |
| 10.13 | Hanna Rekelhof        | V U12 | 2025-11-30 |
| 10.55 | Robbin Dijkstra       | M U12 | 2025-11-30 |

## 40h

|       |                   |       |            |
|-------|-------------------|-------|------------|
| 7.37  | Quin Kok          | M U10 | 2025-11-30 |
| 7.51  | Jesse Poelstra    | M U10 | 2025-11-30 |
| 7.85  | Jesper Kootstra   | M U10 | 2025-11-30 |
| 8.01  | Dorian de Raat    | M U9  | 2025-11-30 |
| 8.02  | Levy de Lang      | M U9  | 2025-11-30 |
| 8.11  | Roan Leenes       | M U10 | 2025-11-30 |
| 8.14  | Hedzer Kootstra   | M U10 | 2025-11-30 |
| 8.35  | Benthe Tolsma     | V U10 | 2025-11-30 |
| 8.43  | Stella Brouwer    | V U8  | 2025-11-30 |
| 8.46  | Roxy Salverda Kat | V U9  | 2025-11-30 |
| 8.69  | Ylva Hooisma      | V U10 | 2025-11-30 |
| 8.73  | Stijn de Meer     | M U9  | 2025-11-30 |
| 8.73  | Merel Toonstra    | V U9  | 2025-11-30 |
| 8.90  | Jeen Streekstra   | M U9  | 2025-11-30 |
| 9.27  | Amarins Holwerda  | V U10 | 2025-11-30 |
| 9.50  | Daan Looper       | M U9  | 2025-11-30 |
| 9.75  | Julian Klunder    | M U9  | 2025-11-30 |
| 10.31 | Yarah El Ghazi    | V U8  | 2025-11-30 |
| 12.33 | Dinand Wedman     | M U8  | 2025-11-30 |

## 60h

|       |                       |       |            |
|-------|-----------------------|-------|------------|
| 9.05  | Nigel Christian Punch | M U16 | 2025-11-30 |
| 11.25 | Robbin Dijkstra       | M U12 | 2025-11-30 |
| 12.22 | Hanna Rekelhof        | V U12 | 2025-11-30 |

## hoog

|      |                       |       |            |
|------|-----------------------|-------|------------|
| 1.60 | Nigel Christian Punch | M U16 | 2025-11-30 |
| 1.51 | Fenna vd Meer         | V U14 | 2025-11-30 |
| 1.20 | Hedzer Kootstra       | M U10 | 2025-11-30 |
| 1.20 | Jesper Kootstra       | M U10 | 2025-11-30 |
| 1.15 | Robbin Dijkstra       | M U12 | 2025-11-30 |
| 1.10 | Quin Kok              | M U10 | 2025-11-30 |
| 1.05 | Benthe Tolsma         | V U10 | 2025-11-30 |
| 1.00 | Amarins Holwerda      | V U10 | 2025-11-30 |
| 0.90 | Ylva Hooisma          | V U10 | 2025-11-30 |
| 0.90 | Hanna Rekelhof        | V U12 | 2025-11-30 |
| 0.80 | Stella Brouwer        | V U8  | 2025-11-15 |
| 0.80 | Merel Toonstra        | V U9  | 2025-11-15 |
| 0.80 | Roan Leenes           | M U10 | 2025-11-30 |
| 0.80 | Jesse Poelstra        | M U10 | 2025-11-30 |

## hurkhoog

|      |                   |      |            |
|------|-------------------|------|------------|
| 0.95 | Dorian de Raat    | M U9 | 2025-11-30 |
| 0.90 | Stijn de Meer     | M U9 | 2025-11-30 |
| 0.85 | Levy de Lang      | M U9 | 2025-11-30 |
| 0.85 | Roxy Salverda Kat | V U9 | 2025-11-30 |
| 0.80 | Stella Brouwer    | V U8 | 2025-11-30 |
| 0.80 | Yarah El Ghazi    | V U8 | 2025-11-30 |
| 0.80 | Julian Klunder    | M U9 | 2025-11-30 |
| 0.75 | Daan Looper       | M U9 | 2025-11-30 |
| 0.75 | Jeen Streekstra   | M U9 | 2025-11-30 |
| 0.70 | Merel Toonstra    | V U9 | 2025-11-30 |
| 0.60 | Dinand Wedman     | M U8 | 2025-11-30 |

## balstoten

|      |                   |      |            |
|------|-------------------|------|------------|
| 5.70 | Dorian de Raat    | M U9 | 2025-11-30 |
| 5.55 | Levy de Lang      | M U9 | 2025-11-30 |
| 5.38 | Daan Looper       | M U9 | 2025-11-30 |
| 4.88 | Roxy Salverda Kat | V U9 | 2025-11-30 |
| 4.74 | Merel Toonstra    | V U9 | 2025-11-15 |
| 4.73 | Stella Brouwer    | V U8 | 2025-11-30 |
| 4.30 | Julian Klunder    | M U9 | 2025-11-30 |
| 4.09 | Stijn de Meer     | M U9 | 2025-11-30 |
| 3.82 | Jeen Streekstra   | M U9 | 2025-11-30 |
| 3.74 | Dinand Wedman     | M U8 | 2025-11-30 |
| 2.47 | Yarah El Ghazi    | V U8 | 2025-11-30 |

## kogel

|      |                       |       |            |
|------|-----------------------|-------|------------|
| 9.07 | Nigel Christian Punch | M U16 | 2025-11-30 |
| 7.29 | Hedzer Kootstra       | M U10 | 2025-11-30 |
| 6.85 | Jesper Kootstra       | M U10 | 2025-11-30 |
| 6.34 | Robbin Dijkstra       | M U12 | 2025-11-30 |
| 6.33 | Hanna Rekelhof        | V U12 | 2025-11-30 |
| 5.94 | Quin Kok              | M U10 | 2025-11-30 |
| 5.67 | Roan Leenes           | M U10 | 2025-11-30 |
| 5.52 | Jesse Poelstra        | M U10 | 2025-11-30 |
| 5.29 | Benthe Tolsma         | V U10 | 2025-11-30 |
| 4.77 | Amarins Holwerda      | V U10 | 2025-11-30 |
| 3.59 | Ylva Hooisma          | V U10 | 2025-11-30 |

# Jaarprestaties indoor

categorie: **V U8**

## Stella Brouwer

|           |      |            |            |
|-----------|------|------------|------------|
| 30        | 5.85 | Heerde     | 2025-11-15 |
| 40        | 7.43 | cr Franeke | 2025-11-30 |
| 40h       | 8.43 | cr Franeke | 2025-11-30 |
| hoog      | 0.80 | Heerde     | 2025-11-15 |
| hurkhoog  | 0.80 | Franeke    | 2025-11-30 |
| balstoten | 4.73 | cr Franeke | 2025-11-30 |

## Yarah El Ghazi

|           |       |         |            |
|-----------|-------|---------|------------|
| 40        | 8.56  | Franeke | 2025-11-30 |
| 40h       | 10.31 | Franeke | 2025-11-30 |
| hurkhoog  | 0.80  | Franeke | 2025-11-30 |
| balstoten | 2.47  | Franeke | 2025-11-30 |

categorie: **V U9**

## Roxy Salverda Kat

|           |      |            |            |
|-----------|------|------------|------------|
| 40        | 7.96 | Franeke    | 2025-11-30 |
| 40h       | 8.46 | cr Franeke | 2025-11-30 |
| hurkhoog  | 0.85 | cr Franeke | 2025-11-30 |
| balstoten | 4.88 | Franeke    | 2025-11-30 |

## Merel Toonstra

|           |      |         |            |
|-----------|------|---------|------------|
| 30        | 6.29 | Heerde  | 2025-11-15 |
| 40        | 8.19 | Franeke | 2025-11-30 |
| 40h       | 8.73 | Franeke | 2025-11-30 |
| hoog      | 0.80 | Heerde  | 2025-11-15 |
| hurkhoog  | 0.70 | Franeke | 2025-11-30 |
| balstoten | 4.74 | Heerde  | 2025-11-15 |

categorie: **V U10**

## Amarins Holwerda

|         |      |         |            |
|---------|------|---------|------------|
| 40      | 8.09 | Franeke | 2025-11-30 |
| 40h     | 9.27 | Franeke | 2025-11-30 |
| hoog    | 1.00 | Franeke | 2025-11-30 |
| kogel 2 | 4.77 | Franeke | 2025-11-30 |

## Ylva Hooisma

|         |      |         |            |
|---------|------|---------|------------|
| 30      | 6.54 | Heerde  | 2025-11-15 |
| 40      | 8.06 | Franeke | 2025-11-30 |
| 40h     | 8.69 | Franeke | 2025-11-30 |
| hoog    | 0.90 | Franeke | 2025-11-30 |
| kogel 2 | 3.59 | Franeke | 2025-11-30 |

## Benthe Tolsma

|         |      |         |            |
|---------|------|---------|------------|
| 40      | 7.47 | Franeke | 2025-11-30 |
| 40h     | 8.35 | Franeke | 2025-11-30 |
| hoog    | 1.05 | Franeke | 2025-11-30 |
| kogel 2 | 5.29 | Franeke | 2025-11-30 |

categorie: **V U12**

## Hanna Rekelhof

|         |       |         |            |
|---------|-------|---------|------------|
| 60      | 10.13 | Franeke | 2025-11-30 |
| 60h     | 12.22 | Franeke | 2025-11-30 |
| hoog    | 0.90  | Franeke | 2025-11-30 |
| kogel 2 | 6.33  | Franeke | 2025-11-30 |

categorie: **V U14**

## Fenna vd Meer

|      |      |         |            |
|------|------|---------|------------|
| hoog | 1.51 | Franeke | 2025-11-30 |
|------|------|---------|------------|

categorie: **M U8**

## Dinand Wedman

|           |       |         |            |
|-----------|-------|---------|------------|
| 40        | 9.79  | Franeke | 2025-11-30 |
| 40h       | 12.33 | Franeke | 2025-11-30 |
| hurkhoog  | 0.60  | Franeke | 2025-11-30 |
| balstoten | 3.74  | Franeke | 2025-11-30 |

categorie: **M U9**

## Julian Klunder

|           |      |         |            |
|-----------|------|---------|------------|
| 40        | 8.62 | Franeke | 2025-11-30 |
| 40h       | 9.75 | Franeke | 2025-11-30 |
| hurkhoog  | 0.80 | Franeke | 2025-11-30 |
| balstoten | 4.30 | Franeke | 2025-11-30 |

## Levy de Lang

|           |      |         |            |
|-----------|------|---------|------------|
| 40        | 7.60 | Franeke | 2025-11-30 |
| 40h       | 8.02 | Franeke | 2025-11-30 |
| hurkhoog  | 0.85 | Franeke | 2025-11-30 |
| balstoten | 5.55 | Franeke | 2025-11-30 |

## Daan Looper

|           |      |         |            |
|-----------|------|---------|------------|
| 40        | 7.55 | Franeke | 2025-11-30 |
| 40h       | 9.50 | Franeke | 2025-11-30 |
| hoog      | 0.75 | Franeke | 2025-11-30 |
| balstoten | 5.38 | Franeke | 2025-11-30 |

## Stijn de Meer

|           |      |         |            |
|-----------|------|---------|------------|
| 40        | 8.32 | Franeke | 2025-11-30 |
| 40h       | 8.73 | Franeke | 2025-11-30 |
| hurkhoog  | 0.90 | Franeke | 2025-11-30 |
| balstoten | 4.09 | Franeke | 2025-11-30 |

## Dorian de Raat

|           |      |            |            |
|-----------|------|------------|------------|
| 40        | 7.38 | Franeke    | 2025-11-30 |
| 40h       | 8.01 | Franeke    | 2025-11-30 |
| hurkhoog  | 0.95 | cr Franeke | 2025-11-30 |
| balstoten | 5.70 | Franeke    | 2025-11-30 |

**Jeen Streekstra**

|           |      |         |            |
|-----------|------|---------|------------|
| 40        | 8.16 | Franeke | 2025-11-30 |
| 40h       | 8.90 | Franeke | 2025-11-30 |
| hurkhoog  | 0.75 | Franeke | 2025-11-30 |
| balstoten | 3.82 | Franeke | 2025-11-30 |

categorie: **M U10****Quin Kok**

|         |      |            |            |
|---------|------|------------|------------|
| 30      | 5.54 | Heerde     | 2025-11-15 |
| 40      | 6.61 | cr Franeke | 2025-11-30 |
| 40h     | 7.37 | cr Franeke | 2025-11-30 |
| hoog    | 1.10 | Heerde     | 2025-11-30 |
| kogel 2 | 5.94 | Franeke    | 2025-11-30 |

**Hedzer Kootstra**

|         |      |            |            |
|---------|------|------------|------------|
| 40      | 7.22 | Franeke    | 2025-11-30 |
| 40h     | 8.14 | Franeke    | 2025-11-30 |
| hoog    | 1.20 | cr Franeke | 2025-11-30 |
| kogel 2 | 7.29 | Franeke    | 2025-11-30 |

**Jesper Kootstra**

|         |      |            |            |
|---------|------|------------|------------|
| 40      | 7.12 | Franeke    | 2025-11-30 |
| 40h     | 7.85 | Franeke    | 2025-11-30 |
| hoog    | 1.20 | cr Franeke | 2025-11-30 |
| kogel 2 | 6.85 | Franeke    | 2025-11-30 |

**Roan Leenes**

|         |      |         |            |
|---------|------|---------|------------|
| 40      | 7.63 | Franeke | 2025-11-30 |
| 40h     | 8.11 | Franeke | 2025-11-30 |
| hoog    | 0.80 | Franeke | 2025-11-30 |
| kogel 2 | 5.67 | Franeke | 2025-11-30 |

**Jesse Poelstra**

|         |      |         |            |
|---------|------|---------|------------|
| 40      | 6.80 | Franeke | 2025-11-30 |
| 40h     | 7.51 | Franeke | 2025-11-30 |
| hoog    | 0.80 | Franeke | 2025-11-30 |
| kogel 2 | 5.52 | Franeke | 2025-11-30 |

categorie: **M U12****Robbin Dijkstra**

|         |       |         |            |
|---------|-------|---------|------------|
| 60      | 10.55 | Franeke | 2025-11-30 |
| 60h     | 11.25 | Franeke | 2025-11-30 |
| hoog    | 1.15  | Franeke | 2025-11-30 |
| kogel 2 | 6.34  | Franeke | 2025-11-30 |

categorie: **M U16****Nigel Christian Punch**

|          |      |         |            |
|----------|------|---------|------------|
| 60       | 7.94 | Franeke | 2025-11-30 |
| 60h 83,8 | 9.05 | Franeke | 2025-11-30 |
| hoog     | 1.60 | Franeke | 2025-11-30 |
| kogel 4  | 9.07 | Franeke | 2025-11-30 |