

## Clubrecords AV Heerenveen indoor

### V U8

|           |                    |      |            |            |
|-----------|--------------------|------|------------|------------|
| 40        | Amarins de Jong    | 7.74 | Heerenveen | 2013-03-09 |
| 40h       | Fenne Wijngaarden  | 9.7  | Leeuwarden | 2022-12-10 |
| hoog      | Fenna vd Meer      | 0.85 | Heerenveen | 2019-03-16 |
|           | Amarins de Jong    |      | Heerenveen | 2013-03-09 |
| hurkhoog  | Fenne Wijngaarden  | 0.85 | Leeuwarden | 2022-12-10 |
|           | Fenna vd Meer      |      | Drachten   | 2019-02-02 |
| ver       | Merle Sterkenburgh | 2.32 | Steenwijk  | 2016-03-12 |
| balstoten | Fenne Wijngaarden  | 4.60 | Leeuwarden | 2022-12-10 |
| kogel     | Jildou Binnema     | 3.86 | Emmeloord  | 2011-10-29 |

### V U9

|           |                   |         |            |            |
|-----------|-------------------|---------|------------|------------|
| 40        | Marrit Nederhoed  | 6.8     | Heerenveen | 1994-03-19 |
| 600       | Meike Huistra     | 2:24.50 | Apeldoorn  | 2016-03-06 |
| 1000      | Trienke Kramer    | 4:45.3  | Eelde      | 1994-01-08 |
| 40h       | Fenne Wijngaarden | 8.8     | Leeuwarden | 2023-12-09 |
| hoog      | Meike Huistra     | 1.10    | Apeldoorn  | 2016-03-06 |
| hurkhoog  | Fenne Wijngaarden | 0.85    | Drachten   | 2024-02-03 |
|           |                   |         | Leeuwarden | 2023-12-09 |
|           | Lois Richardson   |         | Drachten   | 2017-02-04 |
| ver       | Meike Huistra     | 3.11    | Apeldoorn  | 2016-03-06 |
| balstoten | Fenne Wijngaarden | 6.20    | Drachten   | 2024-02-03 |
| kogel     | Maaïke Kramer     | 6.15    | Heerenveen | 1999-03-20 |
|           | Rianne Hospes     |         | Heerenveen | 1994-03-19 |

### V U10

|           |                   |         |            |            |
|-----------|-------------------|---------|------------|------------|
| 40        | Elisabeth de Haan | 6.77    | Heerenveen | 2016-03-19 |
| 600       | Norah Pont        | 2:15.24 | Apeldoorn  | 2018-03-11 |
| 1000      | Anniek de Jong    | 3:54.71 | Zuidbroek  | 2002-01-19 |
| 40h       | Lois Richardson   | 7.8     | Heerenveen | 2017-11-25 |
| hoog      | Elisabeth de Haan | 1.15    | Heerenveen | 2016-03-19 |
| hurkhoog  | Ruth Zijlstra     | 1.00    | Drachten   | 2014-02-01 |
|           | Anke Binnema      |         | Drachten   | 2012-02-04 |
| ver       | Marrit Nederhoed  | 3.46    | Eelde      | 1995-01-07 |
| balstoten | Fylèn Kirindongo  | 5.70    | Leeuwarden | 2022-12-10 |
| kogel     | Rianne Hospes     | 6.14    | Heerenveen | 1995-03-18 |

### V U12

|       |                   |         |            |            |
|-------|-------------------|---------|------------|------------|
| 40    | Sophia Boomsma    | 5.4     | Leeuwarden | 2023-12-09 |
| 50    | Nadine de Vries   | 7.8     | Utrecht    | 1989-11-25 |
| 60    | Elisabeth de Haan | 8.4     | Heerenveen | 2017-11-25 |
| 600   | Ellemeike Visser  | 2:00.30 | Apeldoorn  | 2019-03-03 |
| 1000  | Suzanne Landman   | 3:44.2  | Eelde      | 1989-01-07 |
| 60h   | Elisabeth de Haan | 10.3    | Heerenveen | 2017-11-25 |
| hoog  | Manon Vermeulen   | 1.40    | Franeker   | 2000-12-17 |
| ver   | Rikst Slot        | 4.17    | Amsterdam  | 2013-02-23 |
| kogel | Marloes Woudstra  | 7.95    | Heerenveen | 1992-03-22 |

## V U14

|       |                   |       |         |            |            |
|-------|-------------------|-------|---------|------------|------------|
| 40    | Sophia Boomsma    | (U12) | 5.4     | Leeuwarden | 2023-12-09 |
| 50    | Elisabeth de Haan |       | 7.37    | Heerenveen | 2019-03-16 |
| 60    | Elisabeth de Haan |       | 8.23    | Apeldoorn  | 2020-01-25 |
| 600   | Marrit Nederhoed  |       | 1:52.7  | Den Haag   | 1998-03-08 |
| 1000  | Aafke Soet        |       | 3:21.23 | Apeldoorn  | 2009-02-15 |
| 50h   | Sabrina Cruden    |       | 8.54    | Utrecht    | 2014-12-18 |
| 60h   | Norah Pont        |       | 9.55    | Apeldoorn  | 2022-03-20 |
| hoog  | Patricia de Wilde |       | 1.55    | Zwolle     | 1995-01-21 |
| ver   | Elisabeth de Haan |       | 4.90    | Apeldoorn  | 2020-01-25 |
| kogel | Marieke Heinkens  |       | 11.92   | Heerenveen | 1989-03-19 |

## V U16

|          |                  |       |         |                |            |
|----------|------------------|-------|---------|----------------|------------|
| 40       | Sophia Boomsma   | (U12) | 5.4     | Leeuwarden     | 2023-12-09 |
| 50       | Aafje Seinstra   |       | 7.02    | Heerenveen     | 2009-03-21 |
| 60       | Kristel Bottinga |       | 7.8     | Dortmund (Dui) | 1999-03-14 |
| 300      | Britt Huisman    |       | 43.54   | Apeldoorn      | 2023-01-22 |
| 400      | Britt Huisman    |       | 1:00.26 | Apeldoorn      | 2023-01-28 |
| 600      | Jitske Schuurman |       | 1:41.1  | Den Haag       | 1988-02-13 |
| 1000     | Simone Falkena   |       | 3:10.85 | Den Haag       | 1994-02-20 |
| 50h      | Meike Huistra    |       | 8.22    | Assendelft     | 2022-01-29 |
| 60h      | Rikst Slot       |       | 9.04    | Apeldoorn      | 2017-01-22 |
| hoog     | Meike Huistra    |       | 1.70    | Apeldoorn      | 2023-02-12 |
| polshoog | Rikst Slot       |       | 2.24    | Utrecht        | 2015-12-18 |
| ver      | Meike Huistra    |       | 5.23    | Apeldoorn      | 2023-01-22 |
| kogel    | Marit Versfeld   |       | 11.54   | Apeldoorn      | 2023-02-11 |
|          |                  |       |         | Apeldoorn      | 2023-01-28 |

## V U18

|          |                                        |       |          |                |            |
|----------|----------------------------------------|-------|----------|----------------|------------|
| 40       | Fiona van Es                           |       | 5.4      | Heerenveen     | 1989-03-19 |
| 50       | Kristel Bottinga                       |       | 6.80     | Zuidbroek      | 2001-01-21 |
| 60       | Kristel Bottinga                       |       | 7.83     | Dortmund (Dui) | 1999-12-19 |
| 200      | Vera van Aurich                        |       | 25.82    | Apeldoorn      | 2013-02-24 |
| 400      | Britt Huisman                          |       | 56.50    | Apeldoorn      | 2025-02-16 |
| 800      | Anniek de Jong                         |       | 2:19.21  | Apeldoorn      | 2010-02-28 |
| 1000     | Simone Falkena                         | (U16) | 3:10.85  | Den Haag       | 1994-02-20 |
| 1500     | Minke vd Meer                          | (U16) | 4:58.03  | Apeldoorn      | 2010-02-28 |
| 3000     | Franne Anema                           |       | 11:24.99 | Gent (Bel)     | 2006-02-18 |
| 50h      | Fiona van Es                           |       | 7.7      | Utrecht        | 1989-02-25 |
| 60h      | Meike Huistra                          |       | 8.56     | Apeldoorn      | 2025-02-16 |
|          |                                        |       |          | Apeldoorn      | 2025-02-02 |
| hoog     | Meike Huistra                          | (U16) | 1.70     | Apeldoorn      | 2023-02-12 |
| hss      | Nynke Rijpma                           |       | 10.67    | Assendelft     | 2022-11-27 |
| polshoog | Rikst Slot                             | (U16) | 2.24     | Utrecht        | 2015-12-18 |
| ver      | Meike Huistra                          |       | 5.82     | Apeldoorn      | 2025-02-09 |
| kogel    | Anne-Karlijn Mos                       |       | 13.38    | Apeldoorn      | 2017-01-28 |
| 5-kamp   | Meike Huistra                          |       | 4027     | Apeldoorn      | 2025-02-0  |
|          | (8.67 – 5.82 – 13.14 – 1.66 – 2:28.11) |       |          |                |            |

## V U20

|     |                  |       |        |                |            |
|-----|------------------|-------|--------|----------------|------------|
| 40  | Fiona van Es     | (U18) | 5.4    | Heerenveen     | 1989-03-19 |
| 50  | Kristel Bottinga | (U18) | 6.80   | Zuidbroek      | 2001-01-21 |
| 60  | Kristel Bottinga | (U18) | 7.83   | Dortmund (Dui) | 1999-12-19 |
| 200 | Vera van Aurich  |       | 25.27  | Apeldoorn      | 2016-02-21 |
| 400 | Britt Huisman    | (U18) | 56.50  | Apeldoorn      | 2025-02-16 |
| 800 | Ronny Hoekstra   |       | 2:14.9 | Zwolle         | 1980-02-02 |

|          |                                       |       |          |                  |            |
|----------|---------------------------------------|-------|----------|------------------|------------|
| 1000     | Simone Falkena                        | (U16) | 3:10.85  | Den Haag         | 1994-02-20 |
| 1500     | Ronny Hoekstra                        |       | 4:42.6   | Zwolle           | 1980-02-03 |
| 3000     | Franne Anema                          | (U18) | 11:24.99 | Gent (Bel)       | 2006-02-18 |
| 50h      | Joke de Jong                          |       | 8.0      | Groningen        | 1978-01-21 |
| 60h      | Kristel Bottinga                      |       | 9.14     | Düsseldorf (Dui) | 2001-02-03 |
| hoog     | Joke de Jong                          |       | 1.76     | Zwolle           | 1978-02-04 |
| hss      | Nynke Rijpma                          |       | 10.99    | Assendelft       | 2024-12-22 |
| polshoog | Rikst Slot                            | (U16) | 2.24     | Utrecht          | 2015-12-18 |
| ver      | Meike Huistra                         | (U18) | 5.82     | Apeldoorn        | 2025-02-09 |
| kogel    | Martine Metsemakers                   |       | 12.21    | Gent (Bel)       | 2000-02-12 |
| 5-kamp   | Sabrina Cruden                        |       | 3190     | Apeldoorn        | 2022-02-13 |
|          | (9.40 – 5.19 – 9.40 – 1.63 – 2:47.56) |       |          |                  |            |

## V U23

|          |                                        |       |          |                |            |
|----------|----------------------------------------|-------|----------|----------------|------------|
| 40       | Fiona van Es                           | (U18) | 5.4      | Heerenveen     | 1989-03-19 |
| 50       | Kristel Bottinga                       | (U18) | 6.80     | Zuidbroek      | 2001-01-21 |
| 60       | Kristel Bottinga                       | (U18) | 7.83     | Dortmund (Dui) | 1999-12-19 |
| 200      | Vera van Aurich                        | (U20) | 25.27    | Apeldoorn      | 2016-02-21 |
| 400      | Britt Huisman                          | (U18) | 56.50    | Apeldoorn      | 2025-02-16 |
| 800      | Marga Wiegman                          |       | 2:12.8   | Dortmund (Dui) | 1977-03-06 |
| 1000     | Simone Falkena                         | (U16) | 3:10.85  | Den Haag       | 1994-02-20 |
| 1500     | Marga Wiegman                          |       | 4:28.5   | Rotterdam      | 1979-02-10 |
| 3000     | Franne Anema                           | (U18) | 11:24.99 | Gent (Bel)     | 2006-02-18 |
| 50h      | Joke de Jong                           | (U20) | 8.0      | Groningen      | 1978-01-21 |
| 60h      | Sabrina Cruden                         |       | 9.03     | Gent (Bel)     | 2025-01-18 |
|          |                                        |       |          | Dortmund (Dui) | 2025-01-04 |
|          |                                        |       |          | Apeldoorn      | 2023-02-19 |
| hoog     | Joke de Jong                           |       | 1.78     | Zwolle         | 1980-02-03 |
| hss      | Nynke Rijpma                           | (U20) | 10.99    | Assendelft     | 2024-12-22 |
| polshoog | Rikst Slot                             | (U16) | 2.24     | Utrecht        | 2015-12-18 |
| ver      | Meike Huistra                          | (U18) | 5.82     | Apeldoorn      | 2025-02-09 |
| kogel    | Joyce van Welie                        |       | 12.35    | Apeldoorn      | 2024-01-27 |
| 5-kamp   | Sabrina Cruden                         |       | 3711     | Apeldoorn      | 2025-02-09 |
|          | (9.05 – 5.64 – 11.57 – 1.63 – 2:32.14) |       |          |                |            |

## V

|          |                                        |       |          |                |            |
|----------|----------------------------------------|-------|----------|----------------|------------|
| 40       | Fiona van Es                           | (U18) | 5.4      | Heerenveen     | 1989-03-19 |
| 50       | Kristel Bottinga                       | (U18) | 6.80     | Zuidbroek      | 2001-01-21 |
| 60       | Kristel Bottinga                       | (U18) | 7.83     | Dortmund (Dui) | 1999-12-19 |
| 200      | Vera van Aurich                        | (U20) | 25.27    | Apeldoorn      | 2016-02-21 |
| 400      | Britt Huisman                          | (U18) | 56.50    | Apeldoorn      | 2025-02-16 |
| 800      | Marga Wiegman                          | (U23) | 2:12.8   | Dortmund (Dui) | 1977-03-06 |
| 1000     | Simone Falkena                         | (U16) | 3:10.85  | Den Haag       | 1994-02-20 |
| 1500     | Marga Wiegman                          | (U23) | 4:28.5   | Rotterdam      | 1979-02-10 |
| 3000     | Franne Anema                           | (U18) | 11:24.99 | Gent (Bel)     | 2006-02-18 |
| 50h      | Joke de Jong                           | (U20) | 8.0      | Groningen      | 1978-01-21 |
| 60h      | Sabrina Cruden                         | (U23) | 9.03     | Gent (Bel)     | 2025-01-18 |
|          |                                        |       |          | Dortmund (Dui) | 2025-01-04 |
|          |                                        |       |          | Apeldoorn      | 2023-02-19 |
| hoog     | Joke de Jong                           | (U23) | 1.78     | Zwolle         | 1980-02-03 |
| hss      | Nynke Rijpma                           | (U20) | 10.99    | Assendelft     | 2024-12-22 |
| polshoog | Rikst Slot                             | (U16) | 2.24     | Utrecht        | 2015-12-18 |
| ver      | Meike Huistra                          | (U18) | 5.82     | Apeldoorn      | 2025-02-09 |
| kogel    | Joyce van Welie                        |       | 12.35    | Apeldoorn      | 2024-01-27 |
| 5-kamp   | Sabrina Cruden                         | (U23) | 3711     | Apeldoorn      | 2025-02-09 |
|          | (9.05 – 5.64 – 11.57 – 1.63 – 2:32.14) |       |          |                |            |

### V35

|       |                        |       |         |            |            |
|-------|------------------------|-------|---------|------------|------------|
| 40    | Linda vd Berg          | (V40) | 6.43    | Steenwijk  | 2020-03-07 |
| 50    | Linda vd Berg          | (V40) | 7.73    | Utrecht    | 2019-12-21 |
| 60    | Linda vd Berg          | (V40) | 8.79    | Assendelft | 2022-01-29 |
| 200   | Simone Falkena         |       | 28.87   | Apeldoorn  | 2016-02-06 |
| 400   | Simone Falkena         |       | 1:04.33 | Apeldoorn  | 2015-02-14 |
| 800   | Betty Bijker-Bangma    | (V55) | 2:41.39 | Apeldoorn  | 2022-12-18 |
| hoog  | Suzanne Looper-Hartwig |       | 1.35    | Steenwijk  | 2020-03-07 |
|       | Bontje Zwier           |       |         | Heerenveen | 1985-03-16 |
| ver   | Linda vd Berg          | (V45) | 4.57    | Utrecht    | 2023-01-07 |
| kogel | Linda cd Berg          | (V45) | 9.71    | Steenwijk  | 2023-03-12 |

### V40

|       |                     |       |         |             |            |
|-------|---------------------|-------|---------|-------------|------------|
| 40    | Linda vd berg       |       | 6.43    | Steenwijk   | 2020-03-07 |
| 50    | Linda vd Berg       |       | 7.73    | Utrecht     | 2019-12-21 |
| 60    | Linda vd Berg       |       | 8.79    | Assendelft  | 2022-01-29 |
| 200   | Linda vd Berg       | (V45) | 29.32   | Apeldoorn   | 2023-02-05 |
| 400   | Linda vd Berg       | (V45) | 1:06.14 | Apeldoorn   | 2023-02-04 |
| 800   | Betty Bijker-Bangma | (V55) | 2:41.39 | Apeldoorn   | 2022-12-18 |
| 50h   | Linda vd Berg       |       | 9.36    | Assendelft  | 2022-01-29 |
| 60h   | Linda vd Berg       | (V45) | 10.54   | Apeldoorn   | 2025-02-09 |
| hoog  | Linda vd Berg       | (V45) | 1.30    | Steenwijk   | 2023-03-12 |
|       |                     |       |         | Stadskanaal | 2020-01-12 |
| ver   | Linda vd Berg       | (V45) | 4.57    | Utrecht     | 2023-01-07 |
| kogel | Linda vd Berg       | (V45) | 9.71    | Steenwijk   | 2023-03-12 |

### V45

|       |                     |       |         |            |            |
|-------|---------------------|-------|---------|------------|------------|
| 40    | Marja de Wit        | (V50) | 6.5     | Heerenveen | 1999-03-20 |
| 50    | Marja de Wit        | (V50) | 7.7     | Steenwijk  | 1996-03-02 |
| 60    | Linda vd Berg       |       | 9.06    | Utrecht    | 2023-01-07 |
| 200   | Linda vd Berg       |       | 29.32   | Apeldoorn  | 2023-02-05 |
| 400   | Linda vd Berg       |       | 1:06.14 | Apeldoorn  | 2023-02-04 |
| 800   | Betty Bijker-Bangma | (V55) | 2:41.39 | Apeldoorn  | 2022-12-18 |
| 60h   | Linda vd Berg       |       | 10.54   | Apeldoorn  | 2025-02-09 |
| hoog  | Linda vd Berg       |       | 1.30    | Steenwijk  | 2025-01-12 |
| ver   | Linda vd Berg       |       | 4.57    | Utrecht    | 2023-01-07 |
| kogel | Linda cd Berg       |       | 9.71    | Steenwijk  | 2023-03-12 |

### V50

|       |                     |       |         |            |            |
|-------|---------------------|-------|---------|------------|------------|
| 40    | Marja de Wit        |       | 6.5     | Heerenveen | 1999-03-20 |
| 50    | Marja de Wit        |       | 7.7     | Steenwijk  | 1996-03-02 |
| 60    | Marja de Wit        |       | 9.61    | Steenwijk  | 1997-03-01 |
| 200   | Betty Bijker-Bangma | (V60) | 31.72   | Apeldoorn  | 2020-02-22 |
| 400   | Betty Bijker-Bangma | (V60) | 1:11.23 | Apeldoorn  | 2025-02-02 |
| 800   | Betty Bijker-Bangma | (V55) | 2:41.39 | Apeldoorn  | 2024-02-04 |
| hoog  | Cobi de Boer        |       | 1.15    | Heerenveen | 1997-03-15 |
|       | Marja de Wit        |       |         | Heerenveen | 1997-03-15 |
| ver   | Marja de Wit        |       | 3.47    | Steenwijk  | 1998-03-07 |
| kogel | Cobi de Boer        |       | 10.00   | Heerenveen | 1997-03-15 |

### V55

|     |                     |       |       |            |            |
|-----|---------------------|-------|-------|------------|------------|
| 40  | Marja de Wit        |       | 6.8   | Heerenveen | 2003-03-15 |
| 50  | Marja de Wit        | (V60) | 9.26  | Heerenveen | 2008-03-15 |
| 60  | Jolanda Smedinga    |       | 10.08 | Apeldoorn  | 2022-02-12 |
| 200 | Betty Bijker-Bangma | (V60) | 31.72 | Apeldoorn  | 2024-02-04 |

|       |                     |       |         |            |            |
|-------|---------------------|-------|---------|------------|------------|
| 400   | Betty Bijker-Bangma | (V60) | 1:11.23 | Apeldoorn  | 2025-02-02 |
| 800   | Betty Bijker-Bangma |       | 2:41.39 | Apeldoorn  | 2022-12-18 |
| hoog  | Cobi de Boer        |       | 1.05    | Heerenveen | 2004-03-20 |
|       | Marja de Wit        |       |         | Heerenveen | 2003-03-15 |
| kogel | Cobi de Boer        |       | 7.96    | Franeker   | 2001-12-16 |

## V60

|       |                     |  |         |            |            |
|-------|---------------------|--|---------|------------|------------|
| 40    | Marja de Wit        |  | 7.1     | Heerenveen | 2006-03-18 |
| 50    | Marja de Wit        |  | 9.26    | Heerenveen | 2008-03-15 |
| 60    | Marja de Wit        |  | 10.86   | Heerenveen | 2008-03-15 |
| 200   | Betty Bijker-Bangma |  | 31.72   | Apeldoorn  | 2024-02-04 |
| 400   | Betty Bijker-Bangma |  | 1:11.23 | Apeldoorn  | 2025-02-02 |
| 800   | Betty Bijker-Bangma |  | 2:42.09 | Apeldoorn  | 2024-12-15 |
| hoog  | Marja de Wit        |  | 0.95    | Heerenveen | 2008-03-15 |
|       | Marja de Wit        |  |         | Heerenveen | 2006-03-18 |
| kogel | Cobi de Boer        |  | 7.22    | Heerenveen | 2006-03-18 |

## V65

|       |              |  |      |            |            |
|-------|--------------|--|------|------------|------------|
| kogel | Cobi de Boer |  | 6.80 | Heerenveen | 2011-03-19 |
|-------|--------------|--|------|------------|------------|

## M U8

|           |                  |  |      |            |            |
|-----------|------------------|--|------|------------|------------|
| 40        | Yoah Kirindongo  |  | 7.1  | Drachten   | 2018-02-03 |
| 40h       | Yoah Kirindongo  |  | 8.3  | Heerenveen | 2017-11-25 |
| hoog      | Tieme Bouma      |  | 0.80 | Heerenveen | 2018-03-17 |
|           | Yoah Kirindongo  |  |      | Heerenveen | 2018-03-17 |
|           | Liam de Lang     |  |      | Dronten    | 2016-12-28 |
|           | Cas Jonker       |  |      | Heerenveen | 2016-03-19 |
| hurkhoog  | Yoah Kirindongo  |  | 0.75 | Heerenveen | 2017-11-25 |
|           | Fedde Visser     |  |      | Heerenveen | 2017-11-25 |
| ver       | Liam de Lang     |  | 2.29 | Steenwijk  | 2017-03-11 |
| balstoten | Yoah Kirindongo  |  | 4.80 | Drachten   | 2018-02-03 |
| kogel     | Finn Oosterhagen |  | 4.08 | Heerenveen | 2013-03-09 |

## M U9

|           |                  |  |        |            |            |
|-----------|------------------|--|--------|------------|------------|
| 40        | Liam de Lang     |  | 7.1    | Drachten   | 2018-02-03 |
| 600       | Jelger Kan       |  | 2:17.9 | Zuidbroek  | 2003-01-25 |
| 1000      | Pascal Siemonsma |  | 4:30.9 | Leeuwarden | 1991-12-14 |
| 40h       | Ruben Eerdmans   |  | 7.7    | Leeuwarden | 2022-12-10 |
| hoog      | Liam de Lang     |  | 1.05   | Heerenveen | 2018-03-17 |
| hurkhoog  | Ruben Eerdmans   |  | 0.90   | Leeuwarden | 2022-12-10 |
| ver       | Joris de Wit     |  | 3.27   | Eelde      | 1993-03-20 |
| balstoten | Liam de Lang     |  | 6.20   | Heerenveen | 2018-03-17 |
| kogel     | Selwyn Smits     |  | 7.87   | Heerenveen | 1996-03-16 |

## M U10

|          |                    |  |         |            |            |
|----------|--------------------|--|---------|------------|------------|
| 40       | Arjen van Gelderen |  | 6.78    | Zuidbroek  | 2003-01-25 |
| 600      | Thygo de Vries     |  | 2:10.09 | Apeldoorn  | 2017-03-12 |
| 1000     | Mart Sijtsma       |  | 3:45.90 | Zuidbroek  | 2000-01-21 |
| 40h      | Timotej Zoetendal  |  | 8.0     | Heerenveen | 2017-11-25 |
| hoog     | Bas Bluemink       |  | 1.20    | Heerenveen | 2003-03-15 |
| hurkhoog | Liam de Lang       |  | 1.05    | Drachten   | 2019-02-02 |

|           |                  |      |            |            |
|-----------|------------------|------|------------|------------|
| ver       | Joram Smits      | 3.77 | Zuidbroek  | 2000-01-21 |
| balstoten | Liam de Lang     | 7.30 | Drachten   | 2019-02-02 |
| kogel     | Jasper vd Hoogen | 7.23 | Emmeloord  | 2007-01-20 |
|           | Joram Smits      |      | Heerenveen | 2000-03-18 |

## M U12

|       |                    |         |             |            |
|-------|--------------------|---------|-------------|------------|
| 40    | Arjen van Gelderen | 6.34    | Franeke     | 2004-11-28 |
| 50    | Eldert Wijkstra    | 7.4     | Utrecht     | 1994-02-26 |
| 60    | Joram Smits        | 8.95    | Steenwijk   | 2002-01-19 |
| 600   | Ilya Nauta         | 1:55.9  | Stadskanaal | 2018-01-14 |
| 1000  | Mart Sijtsma       | 3:21.08 | Zuidbroek   | 2002-01-19 |
| 60h   | Ilya Nauta         | 10.2    | Heerenveen  | 2017-11-25 |
| hoog  | Ilya Nauta         | 1.35    | Drachten    | 2018-02-03 |
|       | Joram Smits        |         | Franeke     | 2001-12-16 |
|       | Joris de Wit       |         | Heerenveen  | 1996-03-16 |
|       | Eldert Wijkstra    |         | Heerenveen  | 1994-03-19 |
|       | René Agema         |         | Heerenveen  | 1990-11-04 |
| ver   | Eldert Wijkstra    | 4.85    | Utrecht     | 1994-02-26 |
| kogel | Paul Aldershof     | 9.59    | Heerenveen  | 1985-03-16 |

## M U14

|       |                    |         |            |            |
|-------|--------------------|---------|------------|------------|
| 40    | Auke Siûk Nutma    | 5.6     | Heerenveen | 1993-03-20 |
| 50    | Auke Siûk Nutma    | 6.9     | Franeke    | 1993-02-07 |
| 60    | Rody de Wolff      | 7.8     | Enschede   | 2010-10-31 |
| 600   | Thijmen Groenendal | 1:41.13 | Apeldoorn  | 2023-01-21 |
| 1000  | Mart Sijtsma       | 3:05.37 | Zuidbroek  | 2004-01-24 |
| 50h   | Hugo Kerkhof       | 9.1     | Utrecht    | 1993-01-02 |
| 60h   | Reinier Bouma      | 10.23   | Zuidbroek  | 2001-01-20 |
| hoog  | Rody de Wolff      | 1.65    | Enschede   | 2010-10-31 |
| ver   | Eldert Wijkstra    | 4.99    | Den Haag   | 1996-03-10 |
| kogel | Rody de Wolff      | 14.44   | Enschede   | 2010-10-31 |

## M U16

|          |                    |         |            |            |
|----------|--------------------|---------|------------|------------|
| 40       | Rody de Wolff      | 5.3     | Drachten   | 2012-02-04 |
| 50       | Hugo Stegeman      | 6.74    | Heerenveen | 2019-03-16 |
|          | Lars van Hoeven    | 6.74    | Utrecht    | 2013-12-20 |
|          | Auke Siûk Nutma    | 6.5     | Steenwijk  | 1995-03-04 |
| 60       | Lars van Hoeven    | 7.57    | Apeldoorn  | 2014-01-19 |
| 300      | Lars van Hoeven    | 37.56   | Gent (Bel) | 2013-12-27 |
| 400      | Lars van Hoeven    | 51.06   | Apeldoorn  | 2014-02-09 |
| 800      | Folkert Hiddinga   | 2:15.2  | Eelde      | 1990-01-07 |
| 1000     | Rutger Berends     | 3:04.51 | Apeldoorn  | 2018-01-07 |
| 1500     | Erik Zwanenburg    | 5:09.7  | Franeke    | 1987-01-03 |
| 50h      | Gerwin de Haan     | 8.61    | Utrecht    | 2013-12-20 |
| 60h      | Auke Siûk Nutma    | 8.53    | Den Haag   | 1995-02-18 |
| hoog     | Jan Haye Klijnstra | 1.87    | Den Haag   | 1995-02-18 |
| hss      | Ziggy Veldman      | 10.92   | Utrecht    | 2019-12-21 |
| polshoog | Sander de Haan     | 2.75    | Apeldoorn  | 2022-03-27 |
| ver      | Auke Siûk Nutma    | 6.39    | Eelde      | 1995-01-08 |
| kogel    | Paul Aldershof     | 15.64   | Heerenveen | 1989-03-19 |

## M U18

|    |                |      |            |            |
|----|----------------|------|------------|------------|
| 40 | Henk Heidema   | 5.1  | Heerenveen | 1987-03-21 |
| 50 | Rody de Wolff  | 6.42 | Heerenveen | 2013-03-09 |
| 60 | Jeroen Persson | 7.21 | Lund (Zwe) | 2022-01-16 |

|          |                                                      |         |             |            |
|----------|------------------------------------------------------|---------|-------------|------------|
| 200      | Bram Persson                                         | 22.32   | Apeldoorn   | 2024-02-11 |
| 400      | Jeroen Persson                                       | 49.59   | Växjö (Zwe) | 2022-01-23 |
| 800      | Lars van Hoeven                                      | 2:02.64 | Gent (Bel)  | 2016-01-16 |
| 1000     | Hugo Kerkhof                                         | 2:55.42 | Zwolle      | 1997-01-26 |
| 1500     | Mart Sijtsma                                         | 4:15.11 | Gent (Bel)  | 2008-02-16 |
| 3000     | Teun Klos                                            | 11:01.3 | Leeuwarden  | 1988-12-18 |
| 50h      | Gerwin de Haan                                       | 7.95    | Utrecht     | 2015-12-18 |
| 60h      | Reinier Bouma                                        | 8.32    | Gent (Bel)  | 2004-02-21 |
| hoog     | Rody de Wolff                                        | 2.02    | Apeldoorn   | 2014-02-16 |
| hss      | Rutger Hoekstra                                      | 12.09   | Apeldoorn   | 2019-02-10 |
|          |                                                      |         | Zoetermeer  | 2018-12-15 |
| polshoog | Rody de Wolff                                        | 3.90    | Apeldoorn   | 2014-02-15 |
| ver      | Eldert Wijkstra                                      | 7.07    | Chemnitz    | 2000-03-04 |
| kogel    | Paul Aldershof                                       | 17.85   | Enschede    | 1991-10-27 |
| 7-kamp   | Rody de Wolff                                        | 5164    | Apeldoorn   | 2014-02-16 |
|          | (7.52 – 6.54 – 15.18 – 3.90 / 8.45 – 2.02 – 2:59.84) |         |             |            |

## M U20

|          |                                                      |       |           |                |            |
|----------|------------------------------------------------------|-------|-----------|----------------|------------|
| 40       | Henk Heidema                                         | (U18) | 5.1       | Heerenveen     | 1987-03-21 |
| 50       | Sem van Rooijen                                      |       | 6.26      | Assendelft     | 2022-01-29 |
| 60       | Bram Persson                                         |       | 6.90      | Malmö (Zwe)    | 2025-01-05 |
| 200      | Jeroen Persson                                       |       | 21.67     | Apeldoorn      | 2024-02-11 |
| 400      | Jeroen Persson                                       |       | 48.83     | Växjö (Zwe)    | 2023-01-21 |
| 800      | Lars van Hoeven                                      |       | 1:51.90   | Apeldoorn      | 2018-02-11 |
| 1000     | Gerwin de Haan                                       |       | 2:52.19   | Apeldoorn      | 2018-02-04 |
| 1500     | Mart Sijtsema                                        | (U18) | 4:15.11   | Gent (Bel)     | 2008-02-16 |
| 3000     | Mart Sijtsema                                        |       | 8:51.31   | Apeldoorn      | 2009-02-08 |
| 60h      | Reinier Bouma                                        |       | 8.06      | Groningen      | 2007-01-28 |
| hoog     | Lennert Naeff                                        | (U18) | 2.02      | Bordeaux (Fra) | 2020-02-09 |
|          | Rody de Wolff                                        |       | Apeldoorn | 2014-02-16     |            |
| hss      | Ziggy Veldman                                        |       | 13.67     | Apeldoorn      | 2024-02-11 |
| polshoog | Gerwin de Haan                                       |       | 4.20      | Apeldoorn      | 2018-01-27 |
| ver      | Eldert Wijkstra                                      | (U18) | 7.07      | Chemnitz       | 2000-03-04 |
|          |                                                      |       |           |                |            |
| kogel    | Paul Aldershof                                       |       | 17.28     | Heerenveen     | 1993-03-20 |
| 7-kamp   | Gerwin de Haan                                       |       | 4691      | Apeldoorn      | 2018-02-04 |
|          | (7.67 – 6.07 – 12.40 – 1.82 / 8.92 – 4.11 – 2:52.19) |       |           |                |            |

## M U23

|          |                                                      |       |         |                    |            |
|----------|------------------------------------------------------|-------|---------|--------------------|------------|
| 40       | Henk Heidema                                         | (U18) | 5.1     | Heerenveen         | 1987-03-21 |
| 50       | Sem van Rooijen                                      | (U20) | 6.26    | Assendelft         | 2022-01-29 |
| 60       | Bram Persson                                         | (U20) | 6.90    | Malmö (Zwe)        | 2025-01-05 |
| 200      | Jeroen Persson                                       | (U20) | 21.67   | Apeldoorn          | 2024-02-11 |
| 400      | Jeroen Persson                                       |       | 48.67   | Göteborg (Zwe)     | 2025-02-01 |
| 800      | Lars van Hoeven                                      |       | 1:51.46 | Apeldoorn          | 2019-01-26 |
| 1000     | Gerwin de Haan                                       | (U20) | 2:52.19 | Apeldoorn          | 2018-02-04 |
| 1500     | Bram Kielman                                         |       | 3:57.93 | Apeldoorn          | 2016-01-30 |
| 3000     | Bram Kielman                                         |       | 8:43.92 | Apeldoorn          | 2016-02-06 |
| 50h      | Dennis Veenker                                       |       | 7.70    | Utrecht            | 2014-12-19 |
| 60h      | Reinier Bouma                                        |       | 8.21    | Gent (Bel)         | 2008-02-16 |
| hoog     | Lennert Naeff                                        |       | 2.05    | Bordeaux (Fra)     | 2024-06-06 |
|          |                                                      |       |         | Mouilleron(Fra)    | 2023-12-10 |
| hss      | Rienk Kan                                            |       | 14.00   | Apeldoorn          | 2015-02-21 |
| polshoog | Gerwin de Haan                                       |       | 4.55    | Indianapolis (USA) | 2020-02-29 |
| ver      | Eldert Wijkstra                                      | (U18) | 7.07    | Chemnitz (Dui)     | 2000-03-04 |
| kogel    | Paul Aldershof                                       |       | 16.28   | Den Haag           | 1994-02-20 |
| 7-kamp   | Gerwin de Haan                                       |       | 4442    | Whitewater (USA)   | 2020-02-01 |
|          | (7.69 – 6.26 – 11.21 – 1.82 / 9.58 – 4.15 – 3:00.48) |       |         |                    |            |

## M

|                                                      |                  |       |         |                    |            |
|------------------------------------------------------|------------------|-------|---------|--------------------|------------|
| 40                                                   | Paul Dijkstra    |       | 4.8     | Heerenveen         | 1985-03-16 |
| 50                                                   | Paul Dijkstra    |       | 6.06    | Zwolle             | 1985-01-19 |
| 60                                                   | Bram Persson     | (U20) | 6.90    | Malmö (Zwe)        | 2025-01-05 |
| 200                                                  | Jeroen Persson   | (U20) | 21.67   | Apeldoorn          | 2024-02-11 |
| 300                                                  | Kevin Damstra    |       | 36.96   | Gent (Bel)         | 2016-01-02 |
| 400                                                  | Lars van Hoeven  |       | 48.39   | Apeldoorn          | 2023-02-12 |
| 800                                                  | Lars van Hoeven  |       | 1:44.58 | Apeldoorn          | 2025-02-16 |
| 1000                                                 | Jaap Klaverboer  |       | 2:49.5  | Zwolle             | 1982-01-31 |
| 1500                                                 | Bram Kielman     | (U23) | 3:57.93 | Apeldoorn          | 2016-01-30 |
| 3000                                                 | Chris Semplonius |       | 8:32.0  | Zwolle             | 1972       |
| 50h                                                  | Jeroen Moser     |       | 7.1     | Zwolle             | 1985-01-20 |
| 60h                                                  | Reinier Bouma    |       | 8.02    | Apeldoorn          | 2011-02-13 |
| hoog                                                 | Lennert Naeff    |       | 2.12    | Nantes (Fra)       | 2025-02-09 |
| hss                                                  | Rienk Kan        | (U23) | 14.00   | Apeldoorn          | 2015-02-21 |
| polshoog                                             | Gerwin de Haan   | (U23) | 4.55    | Indianapolis (USA) | 2020-02-29 |
| ver                                                  | Eldert Wijkstra  | (U18) | 7.07    | Chemnitz           | 2000-03-04 |
| kogel                                                | Paul Aldershof   | (U23) | 16.28   | Den Haag           | 1994-02-20 |
| 7-kamp                                               | Gerwin de Haan   | (U23) | 4442    | Whitewater (USA)   | 2020-02-01 |
| (7.69 – 6.26 – 11.21 – 1.82 / 9.58 – 4.15 – 3:00.48) |                  |       |         |                    |            |

## M35

|       |                  |       |         |            |            |
|-------|------------------|-------|---------|------------|------------|
| 40    | Jaap Scholten    | (M40) | 5.9     | Heerenveen | 1987-03-21 |
| 50    | Jan Jelle Koerts | (M40) | 7.46    | Heerenveen | 2010-03-20 |
| 60    | Jan Jelle Koerts | (M40) | 8.67    | Heerenveen | 2010-03-20 |
| 200   | Wieger Klijnstra | (M50) | 30.12   | Zuidbroek  | 2001-01-21 |
| 1500  | Ronnie Jeeninga  |       | 4:42.18 | Apeldoorn  | 2013-02-09 |
| hoog  | Jaap Scholten    | (M40) | 1.40    | Heerenveen | 1985-03-16 |
| ver   | Wieger Klijnstra | (M50) | 3.38    | Steenwijk  | 2001-03-03 |
| kogel | Hans Lolkema     | (M45) | 14.72   | Apeldoorn  | 2018-02-04 |

## M40

|       |                  |       |        |            |            |
|-------|------------------|-------|--------|------------|------------|
| 40    | Jaap Scholten    |       | 5.9    | Heerenveen | 1987-03-21 |
| 50    | Jan Jelle Koerts | (M40) | 7.46   | Heerenveen | 2010-03-20 |
| 60    | Jan Jelle Koerts | (M40) | 8.67   | Heerenveen | 2010-03-20 |
| 200   | Wieger Klijnstra | (M50) | 30.12  | Zuidbroek  | 2001-01-21 |
| 1500  | Jaap Scholten    |       | 5:54.6 | Heerenveen | 1985-03-16 |
| hoog  | Jaap Scholten    |       | 1.40   | Heerenveen | 1985-03-16 |
| ver   | Wieger Klijnstra | (M50) | 3.38   | Steenwijk  | 2001-03-03 |
| kogel | Hans Lolkema     | (M45) | 14.72  | Apeldoorn  | 2018-02-04 |

## M45

|       |                  |       |       |            |            |
|-------|------------------|-------|-------|------------|------------|
| 40    | Menno Kraaij     |       | 6.1   | Heerenveen | 2004-03-20 |
| 50    | Wieger Klijnstra | (M50) | 7.86  | Steenwijk  | 2002-03-02 |
| 60    | Wieger Klijnstra | (M50) | 9.21  | Zuidbroek  | 2001-01-21 |
| 200   | Wieger Klijnstra | (M50) | 30.12 | Zuidbroek  | 2001-01-21 |
| hoog  | Herman Oldenhof  |       | 1.30  | Heerenveen | 2004-03-20 |
| ver   | Wieger Klijnstra | (M50) | 3.38  | Steenwijk  | 2001-03-03 |
| kogel | Hans Lolkema     |       | 14.72 | Apeldoorn  | 2018-02-04 |

## M50

|    |                  |  |      |           |            |
|----|------------------|--|------|-----------|------------|
| 40 | Wieger Klijnstra |  | 6.44 | Steenwijk | 2001-03-03 |
| 50 | Wieger Klijnstra |  | 7.86 | Steenwijk | 2002-03-02 |
| 60 | Wieger Klijnstra |  | 9.21 | Zuidbroek | 2001-01-21 |



|       |                  |  |       |            |            |
|-------|------------------|--|-------|------------|------------|
| 200   | Wieger Klijnstra |  | 30.12 | Zuidbroek  | 2001-01-21 |
| hoog  | Klaas Peereboom  |  | 1.20  | Heerenveen | 2006-03-18 |
|       | Wieger Klijnstra |  |       | Heerenveen | 2001-03-17 |
| ver   | Wieger Klijnstra |  | 3.38  | Steenwijk  | 2001-03-03 |
| kogel | Siert Wolters    |  | 9.79  | Heerenveen | 2000-03-18 |

## M55

|       |                  |       |       |            |            |
|-------|------------------|-------|-------|------------|------------|
| 40    | Wieger Klijnstra |       | 6.5   | Heerenveen | 2004-03-20 |
| 50    | Wieger Klijnstra | (M60) | 8.38  | Steenwijk  | 2009-03-07 |
| 60    | Wieger Klijnstra | (M60) | 9.95  | Heerenveen | 2010-03-20 |
| 200   | Wieger Klijnstra |       | 30.72 | Zuidbroek  | 2004-01-25 |
| hoog  | Wieger Klijnstra |       | 1.15  | Heerenveen | 2004-03-20 |
| ver   | Wieger Klijnstra | (M65) | 2.27  | Steenwijk  | 2016-03-12 |
| kogel | Siert Wolters    |       | 9.33  | Heerenveen | 2004-03-20 |

## M60

|       |                  |       |       |            |            |
|-------|------------------|-------|-------|------------|------------|
| 40    | Feico Jansma     |       | 6.7   | Heerenveen | 2005-03-19 |
| 50    | Wieger Klijnstra |       | 8.38  | Steenwijk  | 2009-03-07 |
| 60    | Wieger Klijnstra |       | 9.95  | Heerenveen | 2010-03-20 |
| 200   | Wieger Klijnstra |       | 33.12 | Groningen  | 2010-01-17 |
| hoog  | Feico Jansma     |       | 1.10  | Heerenveen | 2005-03-19 |
| ver   | Wieger Klijnstra | (M65) | 2.27  | Steenwijk  | 2016-03-12 |
| kogel | Feico Jansma     |       | 8.89  | Heerenveen | 2005-03-19 |

## M65

|     |                  |  |       |            |            |
|-----|------------------|--|-------|------------|------------|
| 40  | Wieger Klijnstra |  | 7.27  | Steenwijk  | 2015-03-07 |
| 50  | Wieger Klijnstra |  | 8.87  | Steenwijk  | 2015-03-07 |
| 60  | Wieger Klijnstra |  | 10.29 | Heerenveen | 2014-03-15 |
| ver | Wieger Klijnstra |  | 2.27  | Steenwijk  | 2016-03-12 |

## M70

|    |                  |  |       |            |            |
|----|------------------|--|-------|------------|------------|
| 40 | Wieger Klijnstra |  | 7.73  | Steenwijk  | 2020-03-07 |
| 50 | Wieger Klijnstra |  | 9.19  | Heerenveen | 2019-03-16 |
| 60 | Wieger Klijnstra |  | 10.89 | Heerenveen | 2019-03-16 |