

## Progressie clubrecords weg

Geschiedenis van de clubrecords wegathletiek. Minstens 1 verbetering (dus geen nieuwe nummers) en laatste aanpassing na 1 januari 2008.

### mA

#### 10 km

|            |       |            |                 |      |
|------------|-------|------------|-----------------|------|
| 2006-12-16 | 57:55 | Ameland    | Veerle de Vries | (mB) |
| 2009-04-18 | 57:10 | Bolsward   | Veerle de Vries |      |
| 2010-04-30 | 55:22 | Emmeloord  | Veerle de Vries |      |
| 2012-03-04 | 44:17 | Leeuwarden | Ydwine vd Veen  |      |
| 2012-05-19 | 43:57 | Oenkerk    | Minke vd Meer   | (mB) |

### V

#### 10 km

|            |       |            |                 |       |
|------------|-------|------------|-----------------|-------|
| 1996-03-24 | 36:10 | Velsen     | Hennie Zantinga | (V40) |
| 2005-04-17 | 35:30 | Hilversum  | Andrea Deelstra |       |
| 2011-09-04 | 34:52 | Tilburg    | Andrea Deelstra |       |
| 2013-09-01 | 34:10 | Appingedam | Andrea Deelstra |       |
| 2014-05-25 | 34:02 | Den Haag   | Andrea Deelstra |       |
| 2016-06-25 | 33:59 | Appingedam | Andrea Deelstra |       |

#### 15 km

|            |        |                |                  |       |
|------------|--------|----------------|------------------|-------|
| 1985       | 59:54  |                | Sjoukje Dijkstra |       |
| 1996-02-03 | 57:20  | Heerenveen     | Hennie Zantinga  | (V40) |
| 2013-11-17 | 56:45  | Nijmegen       | Ydwine vd Veen   |       |
| 2014-11-15 | 55:53  | Nijmegen       | Ydwine vd Veen   |       |
| 2015-09-27 | 52:11t | Berlijn (Dui)  | Andrea Deelstra  |       |
| 2020-12-06 | 52:03t | Valencia (Spa) | Andrea Deelstra  | (V35) |

#### 10 EM

|            |       |            |                 |       |
|------------|-------|------------|-----------------|-------|
| 1994-06-04 | 59:23 | Heerenveen | Hennie Zantinga | (V40) |
| 2011-09-18 | 56:53 | Zaandam    | Andrea Deelstra |       |
| 2012-09-23 | 56:18 | Zaandam    | Andrea Deelstra |       |

#### 20 km

|            |          |               |                          |       |
|------------|----------|---------------|--------------------------|-------|
| 1975-08-17 | 1:28:51  | Sneek         | Gretha vd Akker          |       |
| 1993-08-28 | 1:25:28  | Sneek         | Ellie Kooistra-Wesseling | (V45) |
| 2015-09-27 | 1:09:42t | Berlijn (Dui) | Andrea Deelstra          |       |

#### ½ marathon

|            |          |                |                  |       |
|------------|----------|----------------|------------------|-------|
| 1986-10-04 | 1:21:35  | Zwolle         | Sjoukje Dijkstra |       |
| 2005-03-19 | 1:20:49  | Dokkum         | Andrea Deelstra  |       |
| 2011-01-09 | 1:16:47  | Egmond         | Andrea Deelstra  |       |
| 2012-01-08 | 1:13:37  | Egmond         | Andrea Deelstra  |       |
| 2015-09-27 | 1:13:23t | Berlijn (Dui)  | Andrea Deelstra  |       |
| 2020-12-06 | 1:13:08t | Valencia (Spa) | Andrea Deelstra  | (V35) |

#### 25 km

|            |          |                |                    |       |
|------------|----------|----------------|--------------------|-------|
| 2004-05-29 | 2:15:31t | Heerenveen     | Daniëlle vd Vijver |       |
| 2014-03-08 | 2:14:07  | Nijverdal      | Tineke vd Wal      |       |
| 2015-09-27 | 1:27:17t | Berlijn (Dui)  | Andrea Deelstra    |       |
| 2020-12-06 | 1:26:39t | Valencia (Spa) | Andrea Deelstra    | (V35) |

#### 30 km

|            |         |        |                |       |
|------------|---------|--------|----------------|-------|
| 2002-09-29 | 3:07:25 | Almere | Lies de Vries  | (V45) |
| 2004-03-28 | 2:27:03 | Sneek  | Gerrie vd Meer | (V45) |

|            |          |                |                 |       |
|------------|----------|----------------|-----------------|-------|
| 2004-03-28 | 2:23:30  | Sneek          | Bea vd Mei      | (V35) |
| 2010-03-07 | 2:23:30  | Leeuwarden     | Silvia Brouwer  |       |
| 2015-09-27 | 1:44:34t | Berlijn (Dui)  | Andrea Deelstra |       |
| 2020-12-06 | 1:44:11t | Valencia (Spa) | Andrea Deelstra | (V35) |

### marathon

|            |         |               |                          |       |
|------------|---------|---------------|--------------------------|-------|
| 1993-10-10 | 3:10:51 | Eindhoven     | Ellie Kooistra-Wesseling | (V45) |
| 2012-10-14 | 2:34:31 | Eindhoven     | Andrea Deelstra          |       |
| 2014-08-16 | 2:32:39 | Zürich (Zwi)  | Andrea Deelstra          |       |
| 2015-09-27 | 2:26:46 | Berlijn (Dui) | Andrea Deelstra          |       |

## V35

### 5 km

|            |        |                   |                 |  |
|------------|--------|-------------------|-----------------|--|
| 2020-12-06 | 17:26t | Valencia (Spa)    | Andrea Deelstra |  |
| 2021-05-23 | 17:14t | Loipersdorf (Dui) | Andrea Deelstra |  |

### 10 km

|            |        |                   |                 |       |
|------------|--------|-------------------|-----------------|-------|
| 1996-03-24 | 36:10  | Velsen            | Hennie Zantinga | (V40) |
| 2020-12-06 | 34:54t | Valencia (Spa)    | Andrea Deelstra |       |
| 2021-05-23 | 34:24t | Loipersdorf (Dui) | Andrea Deelstra |       |

### 15 km

|            |        |                |                 |       |
|------------|--------|----------------|-----------------|-------|
| 1996-02-03 | 57:20  | Heerenveen     | Hennie Zantinga | (V40) |
| 2020-12-06 | 52:03t | Valencia (Spa) | Andrea Deelstra |       |

### 20 km

|            |          |               |                          |       |
|------------|----------|---------------|--------------------------|-------|
| 1993-08-28 | 1:25:28  | Sneek         | Ellie Kooistra-Wesseling | (V45) |
| 2021-08-07 | 1:11:59t | Sapporo (Jap) | Andrea Deelstra          |       |

### ½ marathon

|            |          |                |                     |  |
|------------|----------|----------------|---------------------|--|
| 1994-01-09 | 1:58:00  | Egmond         | Gerrie vd Meer      |  |
| 1996-03-02 | 1:38:25  | Leeuwarden     | Rosemarie Siemonsma |  |
| 1997-03-01 | 1:37:49  | Leeuwarden     | Rosemarie Siemonsma |  |
| 1998-03-21 | 1:27:07  | Leek           | Saskia Meijer       |  |
| 2020-12-06 | 1:13:08t | Valencia (Spa) | Andrea Deelstra     |  |

### 25 km

|            |          |                |                 |       |
|------------|----------|----------------|-----------------|-------|
| 2014-02-15 | 2:22:20  | Lemelerveld    | Bea vd Mei      | (V45) |
| 2015-02-08 | 2:16:58  | Lemelerveld    | Bea vd Mei      | (V45) |
| 2015-10-09 | 2:04:21t | Eindhoven      | Bettie Agricola | (V45) |
| 2020-12-06 | 1:26:39t | Valencia (Spa) | Andrea Deelstra |       |

### 30 km

|            |          |                |                 |  |
|------------|----------|----------------|-----------------|--|
| 2004-03-28 | 2:23:30  | Sneek          | Bea vd Mei      |  |
| 2020-12-06 | 1:44:11t | Valencia (Spa) | Andrea Deelstra |  |

### marathon

|            |         |                |                          |       |
|------------|---------|----------------|--------------------------|-------|
| 1993-10-10 | 3:10:51 | Eindhoven      | Ellie Kooistra-Wesseling | (V45) |
| 2020-12-06 | 2:28:23 | Valencia (Spa) | Andrea Deelstra          |       |

## V40

### 25 km

|            |          |             |                 |       |
|------------|----------|-------------|-----------------|-------|
| 2014-02-15 | 2:22:20  | Lemelerveld | Bea vd Mei      | (V45) |
| 2015-02-08 | 2:16:58  | Lemelerveld | Bea vd Mei      | (V45) |
| 2015-10-09 | 2:04:21t | Eindhoven   | Bettie Agricola | (V45) |

## V45

### 10 km

|            |       |                 |                 |
|------------|-------|-----------------|-----------------|
| 2001-12-29 | 43:56 | Marrum          | Gerrie vd Meer  |
| 2013-08-24 | 42:50 | Hollandscheveld | Bettie Agricola |
| 2013-10-06 | 42:47 | Zuidwolde       | Bettie Agricola |

### 15 km

|            |         |            |                 |
|------------|---------|------------|-----------------|
| 2005-02-05 | 1:06:41 | Heerenveen | Gerrie vd Meer  |
| 2014-02-01 | 1:05:49 | Heerenveen | Bettie Agricola |

### 25 km

|            |          |             |                 |
|------------|----------|-------------|-----------------|
| 2014-02-15 | 2:22:20  | Lemelerveld | Bea vd Mei      |
| 2015-02-08 | 2:16:58  | Lemelerveld | Bea vd Mei      |
| 2015-10-09 | 2:04:21t | Eindhoven   | Bettie Agricola |

### ½ marathon

|            |         |            |                 |
|------------|---------|------------|-----------------|
| 2002-01-13 | 1:46:41 | Egmond     | Gerrie vd Meer  |
| 2005-02-26 | 1:39:10 | Langezwaag | Gerrie vd Meer  |
| 2006-03-18 | 1:37:46 | Dokkum     | Gerrie vd Meer  |
| 2013-10-13 | 1:36:21 | Eindhoven  | Bettie Agricola |
| 2015-09-05 | 1:36:03 | Appelscha  | Bettie Agricola |

### 30 km

|            |         |            |                |
|------------|---------|------------|----------------|
| 2002-09-29 | 3:07:25 | Almere     | Lies de Vries  |
| 2004-03-28 | 2:27:03 | Sneek      | Gerrie vd Meer |
| 2017-03-05 | 2:26:16 | Leeuwarden | Jikke vd Berg  |

## V50

### 10 km

|            |       |             |                |       |
|------------|-------|-------------|----------------|-------|
| 2001-12-29 | 52:11 | Marrum      | Gré vd Bergs   | (V55) |
| 2007-04-07 | 46:25 | Oude Willem | Gerrie vd Meer |       |
| 2018-12-31 | 46:04 | Gorredijk   | Bea vd Mei     |       |
| 2019-12-31 | 45:16 | Gorredijk   | Jikke vd Berg  |       |

### 20 km

|            |         |       |               |       |
|------------|---------|-------|---------------|-------|
| 2004-08-28 | 2:02:40 | Sneek | Lies de Vries |       |
| 2009-08-29 | 1:47:40 | Sneek | Minke Oord    |       |
| 2012-08-25 | 1:44:28 | Sneek | Minke Oord    | (V55) |

### ½ marathon

|            |         |              |              |       |
|------------|---------|--------------|--------------|-------|
| 2003-12-31 | 2:01:00 | Kampen       | Gré vd Bergs | (V60) |
| 2008-04-06 | 1:51:57 | Sneek        | Minke Oord   |       |
| 2008-06-01 | 1:48:08 | Monnickendam | Minke Oord   |       |
| 2017-02-12 | 1:45:49 | Schoorl      | Bea vd Mei   |       |

### 25 km

|            |         |             |                    |       |
|------------|---------|-------------|--------------------|-------|
| 2014-02-15 | 2:44:39 | Lemelerveld | Joke de Jong-Heida | (V70) |
| 2017-02-05 | 2:22:21 | Lemelerveld | Bea vd Mei         |       |
| 2017-04-08 | 2:15:57 | Steenwijk   | Bea vd Mei         |       |

### 30 km

|            |         |            |                        |
|------------|---------|------------|------------------------|
| 2004-03-28 | 3:07:49 | Sneek      | Lies de Vries          |
| 2009-03-01 | 3:01:20 | Leeuwarden | Wibby Sittrop-Akkerman |
| 2012-02-10 | 2:48:43 | Schoorl    | Marjo Doeve            |
| 2016-07-16 | 2:45:46 | Diever     | Bea vd Mei             |

### marathon

|            |         |              |               |
|------------|---------|--------------|---------------|
| 2004-06-12 | 4:39:53 | Oosterbierum | Lies de Vries |
| 2008-06-14 | 4:21:31 | Raerd        | Minke Oord    |
| 2012-06-16 | 4:17:15 | Oosterbierum | Marjo Doeve   |
| 2013-04-21 | 4:10:19 | Enschede     | Marjo Doeve   |
| 2016-11-06 | 3:51:11 | Terschelling | Bea vd Mei    |

## uurloop

|            |       |            |            |
|------------|-------|------------|------------|
| 2008-10-19 | 11634 | Leeuwarden | Minke Oord |
| 2008-11-08 | 12207 | Winschoten | Minke Oord |

## V55

### 10 km

|            |       |           |                |
|------------|-------|-----------|----------------|
| 2001-12-29 | 52:11 | Marrum    | Gré vd Bergs   |
| 2011-12-31 | 50:37 | Gorredijk | Sippie Roukema |
| 2012-12-31 | 49:29 | Groningen | Sippie Roukema |

### 15 km

|            |         |            |                |
|------------|---------|------------|----------------|
| 2000       | 1:22:15 |            | Gré vd Bergs   |
| 2012-02-04 | 1:18:17 | Heerenveen | Sippie Roukema |

### 10 EM

|            |         |            |                |
|------------|---------|------------|----------------|
| 2001-09-29 | 1:32:22 | Joure      | Gré vd Bergs   |
| 2012-02-18 | 1:26:39 | Langezwaag | Sippie Roukema |

### ½ marathon

|            |         |              |              |       |
|------------|---------|--------------|--------------|-------|
| 2003-12-31 | 2:01:00 | Kampen       | Gré vd Bergs | (V60) |
| 2009-11-08 | 1:50:54 | Terschelling | Pieta Sloot  |       |

### 25 km

|            |         |             |                    |       |
|------------|---------|-------------|--------------------|-------|
| 2014-02-15 | 2:44:39 | Lemelerveld | Joke de Jong-Heida | (V70) |
| 2017-04-08 | 2:26:56 | Steenwijk   | Toos de Vries      |       |

### 30 km

|            |         |         |              |       |
|------------|---------|---------|--------------|-------|
| 2004-03-28 | 3:10:53 | Sneek   | Gré vd Bergs | (V60) |
| 2012-05-19 | 3:10:13 | Oenkerk | Minke Oord   |       |
| 2014-02-09 | 2:51:14 | Schoorl | Marjo Doeven |       |

### marathon

|            |         |              |              |       |
|------------|---------|--------------|--------------|-------|
| 2005-04-10 | 4:43:17 | Rotterdam    | Gré vd Bergs | (V60) |
| 2012-06-16 | 4:42:01 | Oosterbierum | Minke Oord   |       |
| 2014-03-23 | 4:31:45 | Rome (Ita)   | Marjo Doeven |       |

## V60

### 10 km

|            |         |               |                    |       |
|------------|---------|---------------|--------------------|-------|
| 2003-05-04 | 1:00:05 | Almere        | Gré vd Bergs       |       |
| 2003-10-19 | 59:05   | Lelystad      | Gré vd Bergs       |       |
| 2011-12-31 | 53:08   | Gorredijk     | Joke de Jong-Heida | (V65) |
| 2012-10-13 | 52:33   | Harwich (GBr) | Joke de Jong-Heida | (V65) |
| 2016-12-31 | 49:38   | Gorredijk     | Gerrie vd Meer     |       |

### 15 km

|            |         |            |                    |       |
|------------|---------|------------|--------------------|-------|
| 2005-02-05 | 1:29:18 | Heerenveen | Gré vd Bergs       |       |
| 2007-02-10 | 1:27:15 | Heerenveen | Gré vd Bergs       |       |
| 2012-02-04 | 1:22:00 | Heerenveen | Joke de Jong-Heida | (V65) |
| 2022-02-05 | 1:20:23 | Heerenveen | Gerrie vd Meer     | (V65) |

### 10 EM

|            |         |                  |                    |       |
|------------|---------|------------------|--------------------|-------|
| 2003-05-07 | 1:37:58 | St. Annaparochie | Gré vd Bergs       |       |
| 2003-09-27 | 1:34:53 | Joure            | Gré vd Bergs       |       |
| 2012-05-05 | 1:27:23 | Heerenveen       | Joke de Jong-Heida | (V65) |

### ½ marathon

|            |         |              |                    |       |
|------------|---------|--------------|--------------------|-------|
| 2003-12-31 | 2:01:00 | Kampen       | Gré vd Bergs       |       |
| 2011-11-06 | 1:59:26 | Terschelling | Joke de Jong-Heida | (V65) |
| 2012-03-31 | 1:57:40 | Diever       | Joke de Jong-Heida | (V65) |
| 2012-04-11 | 1:55:04 | Terschelling | Joke de Jong-Heida | (V65) |

## V65

### 10 km

|            |       |               |                    |
|------------|-------|---------------|--------------------|
| 2011-12-31 | 53:08 | Gorredijk     | Joke de Jong-Heida |
| 2012-10-13 | 52:33 | Harwich (GBr) | Joke de Jong-Heida |

### 15 km

|            |         |            |                    |       |
|------------|---------|------------|--------------------|-------|
| 2012-02-04 | 1:22:00 | Heerenveen | Joke de Jong-Heida | (V65) |
| 2022-02-05 | 1:20:23 | Heerenveen | Gerrie vd Meer     | (V65) |

### 10 EM

|            |          |            |                    |
|------------|----------|------------|--------------------|
| 2008-05-10 | 1:53:00  | Heerenveen | Gré vd Bergs       |
| 2008-09-27 | 1:40:05t | Joure      | Gré vd Bergs       |
| 2012-05-05 | 1:27:23  | Heerenveen | Joke de Jong-Heida |

### ½ marathon

|            |         |              |                    |
|------------|---------|--------------|--------------------|
| 2008-05-25 | 2:17:33 | Leeuwarden   | Gré vd Bergs       |
| 2009-06-07 | 2:17:18 | Leeuwarden   | Gré vd Bergs       |
| 2011-11-06 | 1:59:26 | Terschelling | Joke de Jong-Heida |
| 2012-03-31 | 1:57:40 | Diever       | Joke de Jong-Heida |
| 2012-04-11 | 1:55:04 | Terschelling | Joke de Jong-Heida |

## V75

### 15 km

|            |         |           |                    |
|------------|---------|-----------|--------------------|
| 2018-11-17 | 1:46:50 | Havelte   | Joke de Jong-Heida |
| 2019-01-12 | 1:40:34 | Appelscha | Gré vd Bergs       |

## jA

### 10 km

|            |       |          |               |
|------------|-------|----------|---------------|
| 2009-02-28 | 35:13 | Drachten | Jasper Mulder |
| 2014-03-01 | 33:42 | Drachten | Bram Kielman  |

## M

### 50 km

|            |         |            |              |       |
|------------|---------|------------|--------------|-------|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser | (M60) |
| 2009-09-12 | 4:40:25 | Winschoten | Jacob Visser | (M60) |
| 2013-08-31 | 4:09:42 | Ter Apel   | Bob vd Weg   | (M40) |
| 2014-03-08 | 3:55:49 | Nijverdal  | Bob vd Weg   | (M45) |
| 2014-05-17 | 3:44:18 | Gieten     | Bob vd Weg   | (M45) |

### 100 km

|            |          |            |               |       |
|------------|----------|------------|---------------|-------|
| 1982       | 10:15:41 |            | Jacob Visser  | (M35) |
| 1995-09-16 | 9:56:03  | Winschoten | Jacob Visser  | (M50) |
| 2918-09-08 | 9:53:56  | Winschoten | Arie vd Steen | (M50) |

### 6-uurloop

|            |       |            |                 |       |
|------------|-------|------------|-----------------|-------|
| 2007-10-07 | 63333 | Amersfoort | Erik van Zessen | (M35) |
| 2019-08-03 | 70694 | Hoogeveen  | Bob vd Weg      | (M50) |

## M35

### 25 km

|            |         |                  |              |       |
|------------|---------|------------------|--------------|-------|
| 2005-05-05 | 1:37:45 | St. Annaparochie | Harry Wijnja | (M40) |
| 2015-02-01 | 1:32:55 | Apeldoorn        | Alex Bergsma |       |

### 50 km

|            |         |            |              |       |
|------------|---------|------------|--------------|-------|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser | (M60) |
| 2009-09-12 | 4:40:25 | Winschoten | Jacob Visser | (M60) |
| 2013-08-31 | 4:09:42 | Ter Apel   | Bob vd Weg   | (M40) |
| 2014-03-08 | 3:55:49 | Nijverdal  | Bob vd Weg   | (M45) |
| 2014-05-17 | 3:44:18 | Gieten     | Bob vd Weg   | (M45) |

### 100 km

|            |          |            |               |       |
|------------|----------|------------|---------------|-------|
| 1982       | 10:15:41 |            | Jacob Visser  |       |
| 1995-09-16 | 9:56:03  | Winschoten | Jacob Visser  | (M50) |
| 2918-09-08 | 9:53:56  | Winschoten | Arie vd Steen | (M50) |

### 6-uurloop

|            |       |            |                 |       |
|------------|-------|------------|-----------------|-------|
| 2007-10-07 | 63333 | Amersfoort | Erik van Zessen |       |
| 2019-08-03 | 70694 | Hoogeveen  | Bob vd Weg      | (M50) |

## M40

### 25 km

|            |          |                  |               |       |
|------------|----------|------------------|---------------|-------|
| 2005-05-05 | 1:37:45  | St. Annaparochie | Harry Wijnja  |       |
| 2018-10-21 | 1:36:57t | Amsterdam        | Henri Veldman | (M55) |

### marathon

|            |         |            |                      |  |
|------------|---------|------------|----------------------|--|
| 1989       | 2:47:15 |            | Joop Liemburg        |  |
| 1991-04-21 | 2:46:06 | Rotterdam  | Joop Liemburg        |  |
| 2004-09-12 | 2:41:29 | Meerssen   | Konstantin Poltavets |  |
| 2007-06-10 | 2:36:59 | Leeuwarden | Saher Yousef         |  |
| 2008-06-14 | 2:34:06 | Raerd      | Saher Yousef         |  |

### 50 km

|            |         |            |              |       |
|------------|---------|------------|--------------|-------|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser | (M60) |
| 2009-09-12 | 4:40:25 | Winschoten | Jacob Visser | (M60) |
| 2013-08-31 | 4:09:42 | Ter Apel   | Bob vd Weg   |       |
| 2014-03-08 | 3:55:49 | Nijverdal  | Bob vd Weg   | (M45) |
| 2014-05-17 | 3:44:18 | Gieten     | Bob vd Weg   | (M45) |

### 100 km

|            |          |            |               |       |
|------------|----------|------------|---------------|-------|
| 1994-09-10 | 10:42:32 | Winschoten | Wietse Jonker |       |
| 1995-09-16 | 9:56:03  | Winschoten | Jacob Visser  | (M50) |
| 2918-09-08 | 9:53:56  | Winschoten | Arie vd Steen | (M50) |

### 6-uurloop

|            |       |           |              |       |
|------------|-------|-----------|--------------|-------|
| 2005-10-09 | 62732 | Almere    | Jacob Visser | (M60) |
| 2019-08-03 | 70694 | Hoogeveen | Bob vd Weg   | (M50) |

## M45

### 10 km

|            |       |             |                      |       |
|------------|-------|-------------|----------------------|-------|
| 1998-09-26 | 42:13 | Joure       | Fedde Mast           | (M55) |
| 1999-05-15 | 40:46 | Oldemarkt   | Jacques van Helden   | (M50) |
| 2001-07-24 | 40:44 | Diever      | Cor Wijnja           |       |
| 2002-06-13 | 39:36 | Oldeberkoop | Cor Wijnja           |       |
| 2005-04-30 | 38:22 | Emmeloord   | Roel de Jong         |       |
| 2005-08-27 | 38:19 | Sneek       | Roel de Jong         |       |
| 2006-05-27 | 36:00 | Tjerkgaast  | Harry Wijnja         |       |
| 2006-09-30 | 35:20 | Joure       | Harry Wijnja         |       |
| 2008-05-03 | 35:19 | Oldemarkt   | Henri Veldman        |       |
| 2008-09-27 | 35:12 | Joure       | Konstantin Poltavets |       |
| 2009-05-23 | 34:35 | Oldemarkt   | Henri Veldman        |       |
| 2010-05-15 | 33:03 | Oldemarkt   | Willem Faber         |       |

### 15 km

|            |         |           |                |       |
|------------|---------|-----------|----------------|-------|
| 1992-08-15 | 1:00:15 | Steenwijk | George vd Veen | (M50) |
|------------|---------|-----------|----------------|-------|

|            |       |            |              |
|------------|-------|------------|--------------|
| 2005-11-20 | 57:18 | Nijmegen   | Roel de Jong |
| 2006-10-28 | 54:39 | Workum     | Harry Wijnja |
| 2010-02-06 | 53:32 | Heerenveen | Willem Faber |

### 10 EM

|            |         |             |                      |       |
|------------|---------|-------------|----------------------|-------|
| 1989       | 1:03:37 | Amsterdam   | Joop Hamstra         | (M50) |
| 2006-05-31 | 59:36   | Wijnjewoude | Harry Wijnja         |       |
| 2009-02-21 | 59:17   | Langezwaag  | Henri Veldman        |       |
| 2009-05-09 | 58:24   | Heerenveen  | Konstantin Poltavets |       |
| 2010-05-09 | 56:31   | Heerenveen  | Willem Faber         |       |
| 2012-05-02 | 55:55   | Heerenveen  | Willem Faber         |       |

### 20 km

|            |         |       |                      |       |
|------------|---------|-------|----------------------|-------|
| 1992-08-29 | 1:20:35 | Sneek | George vd Veen       | (M50) |
| 2006-08-26 | 1:14:40 | Sneek | Harry Wijnja         |       |
| 2008-08-30 | 1:13:08 | Sneek | Konstantin Poltavets |       |

### ½ marathon

|            |         |            |                      |       |
|------------|---------|------------|----------------------|-------|
| 1990-03-03 | 1:24:39 | Leeuwarden | Joop Hamstra         | (M50) |
| 1998-03-21 | 1:23:23 | Leek       | Jannes Dijkstra      |       |
| 2006-06-17 | 1:19:47 | Opeinde    | Harry Wijnja         |       |
| 2006-07-29 | 1:18:51 | Ulrum      | Harry Wijnja         |       |
| 2006-10-07 | 1:18:12 | Drachten   | Harry Wijnja         |       |
| 2008-10-04 | 1:18:11 | Drachten   | Henri Veldman        |       |
| 2008-03-21 | 1:17:58 | Dokkum     | Konstantin Poltavets |       |
| 2011-07-02 | 1:15:47 | Sneek      | Willem Faber         |       |

### 25 km

|            |          |            |                       |       |
|------------|----------|------------|-----------------------|-------|
| 2004-05-29 | 1:47:57t | Heerenveen | Johan van Noordenburg | (M50) |
| 2018-10-21 | 1:36:57t | Amsterdam  | Henri Veldman         | (M55) |

### 30 km

|            |         |         |                    |       |
|------------|---------|---------|--------------------|-------|
| 1997-03-23 | 2:12:58 | Sneek   | Jacques van Helden | (M50) |
| 1999-03-28 | 2:12:30 | Sneek   | Jacques van Helden | (M50) |
| 2000-03-26 | 2:11:12 | Sneek   | Jacques van Helden | (M55) |
| 2009-02-08 | 1:56:57 | Schoorl | Henri Veldman      |       |
| 2009-09-27 | 1:52:44 | Almere  | Henri Veldman      |       |

### marathon

|            |         |               |                      |       |
|------------|---------|---------------|----------------------|-------|
| 1990-09-30 | 3:06:25 | Berlijn (Dui) | Joop Hamstra         | (M50) |
| 2006-11-05 | 2:55:19 | Terschelling  | Harry Wijnja         |       |
| 2007-09-30 | 2:46:22 | Berlijn (Dui) | Henri Veldman        |       |
| 2009-06-07 | 2:45:42 | Leeuwarden    | Konstantin Poltavets |       |
| 2009-11-01 | 2:45:30 | New York City | Henri Veldman        |       |
| 2010-04-11 | 2:42:26 | Rotterdam     | Henri Veldman        |       |

### 50 km

|            |         |            |              |       |
|------------|---------|------------|--------------|-------|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser | (M60) |
| 2009-09-12 | 4:40:25 | Winschoten | Jacob Visser | (M60) |
| 2014-03-08 | 3:55:49 | Nijverdal  | Bob vd Weg   |       |
| 2014-05-17 | 3:44:18 | Gieten     | Bob vd Weg   |       |

### 100 km

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 1995-09-16 | 9:56:03 | Winschoten | Jacob Visser  | (M50) |
| 2018-09-08 | 9:53:56 | Winschoten | Arie vd Steen | (M50) |

### 6-uurloop

|            |       |           |              |       |
|------------|-------|-----------|--------------|-------|
| 2005-10-09 | 62732 | Almere    | Jacob Visser | (M60) |
| 2019-08-03 | 70694 | Hoogeveen | Bob vd Weg   | (M50) |

## M50

### 10 km

|            |       |       |            |       |
|------------|-------|-------|------------|-------|
| 1998-09-26 | 42:13 | Joure | Fedde Mast | (M55) |
|------------|-------|-------|------------|-------|

|            |       |           |                       |       |
|------------|-------|-----------|-----------------------|-------|
| 1999-05-15 | 40:46 | Oldemarkt | Jacques van Helden    |       |
| 2005-07-26 | 39:34 | Diever    | Johan van Noordenburg | (M55) |
| 2007-05-19 | 38:34 | Oldemarkt | Sietse vd Mei         |       |
| 2012-10-07 | 35:45 | Drachten  | Henri Veldman         |       |
| 2013-10-06 | 35:43 | Drachten  | Henri Veldman         |       |
| 2015-09-27 | 35:29 | Joure     | Willem Faber          |       |
| 2019-10-06 | 35:24 | Zuidwolde | Henri Veldman         | (M55) |

### 15 km

|            |         |            |                |  |
|------------|---------|------------|----------------|--|
| 1992-08-15 | 1:00:15 | Steenwijk  | George vd Veen |  |
| 2012-11-18 | 54:48   | Nijmegen   | Henri Veldman  |  |
| 2016-02-07 | 54:00   | Wildervank | Willem Faber   |  |

### 10 EM

|            |         |             |                      |  |
|------------|---------|-------------|----------------------|--|
| 1989       | 1:03:27 | Amsterdam   | Joop Hamstra         |  |
| 2013-05-15 | 1:00:40 | Wijnjewoude | Henri Veldman        |  |
| 2014-05-03 | 1:00:23 | Heerenveen  | Henri Veldman        |  |
| 2014-05-03 | 1:00:23 | Heerenveen  | Konstantin Poltavets |  |
| 2017-05-06 | 58:51   | Heerenveen  | Willem Faber         |  |

### 20 km

|            |          |        |                |       |
|------------|----------|--------|----------------|-------|
| 1992-08-29 | 1:20:35  | Sneek  | George vd Veen |       |
| 2017-07-15 | 1:17:41  | Diever | Henri Veldman  |       |
| 2018-09-30 | 1:15:57t | Almere | Henri Veldman  | (M55) |

### ½ marathon

|            |         |            |               |  |
|------------|---------|------------|---------------|--|
| 1990-03-03 | 1:24:39 | Leeuwarden | Joop Hamstra  |  |
| 2013-11-23 | 1:21:09 | Wommels    | Henri Veldman |  |
| 2016-04-02 | 1:18:00 | Leeuwarden | Willem Faber  |  |
| 2018-03-31 | 1:17:41 | Leeuwarden | Saher Yousef  |  |

### 25 km

|            |          |            |                       |       |
|------------|----------|------------|-----------------------|-------|
| 2004-05-29 | 1:47:57t | Heerenveen | Johan van Noordenburg |       |
| 2018-10-21 | 1:36:57t | Amsterdam  | Henri Veldman         | (M55) |

### 30 km

|            |         |            |                    |       |
|------------|---------|------------|--------------------|-------|
| 1997-03-23 | 2:12:58 | Sneek      | Jacques van Helden |       |
| 1999-03-28 | 2:12:30 | Sneek      | Jacques van Helden |       |
| 2000-03-26 | 2:11:12 | Sneek      | Jacques van Helden | (M55) |
| 2017-03-05 | 1:57:07 | Leeuwarden | Henri Veldman      |       |
| 2018-09-30 | 1:54:41 | Almere     | Henri Veldman      | (M55) |

### marathon

|            |         |               |                      |       |
|------------|---------|---------------|----------------------|-------|
| 1990-09-30 | 3:06:25 | Berlijn (Dui) | Joop Hamstra         |       |
| 2012-06-16 | 3:01:56 | Oosterbierum  | Harry Wijnja         |       |
| 2013-04-14 | 2:56:57 | Rotterdam     | Konstantin Poltavets |       |
| 2017-05-14 | 2:55:05 | Visé (Bel)    | Henri Veldman        |       |
| 2018-10-21 | 2:42:51 | Amsterdam     | Henri Veldman        | (M55) |

### 50 km

|            |         |            |               |       |
|------------|---------|------------|---------------|-------|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser  | (M60) |
| 2009-09-12 | 4:40:25 | Winschoten | Jacob Visser  | (M60) |
| 2018-03-10 | 4:00:06 | Nijverdal  | Henri Veldman | (M55) |

### 100 km

|            |         |            |               |  |
|------------|---------|------------|---------------|--|
| 1995-09-16 | 9:56:03 | Winschoten | Jacob Visser  |  |
| 2018-09-08 | 9:53:56 | Winschoten | Arie vd Steen |  |

### 6-uurloop

|            |       |           |              |       |
|------------|-------|-----------|--------------|-------|
| 2005-10-09 | 62732 | Almere    | Jacob Visser | (M60) |
| 2019-08-03 | 70694 | Hoogeveen | Bob vd Weg   |       |

## M55

**10 km**

|            |       |                |                       |
|------------|-------|----------------|-----------------------|
| 1998-09-26 | 42:13 | Joure          | Fedde Mast            |
| 1999-09-25 | 41:10 | Joure          | Jacques van Helden    |
| 2005-07-26 | 39:34 | Diever         | Johan van Noordenburg |
| 2017-10-01 | 38:41 | Drachten       | Henri Veldman         |
| 2017-12-31 | 37:40 | Gorredijk      | Henri Veldman         |
| 2018-09-15 | 36:29 | Oosterhesselen | Henri Veldman         |
| 2019-07-10 | 36:04 | Oudehaske      | Henri Veldman         |
| 2019-10-06 | 35:24 | Zuidwolde      | Henri Veldman         |

**15 km**

|            |         |            |                    |
|------------|---------|------------|--------------------|
| 1995-10-28 | 1:02:36 | Workum     | George vd Veen     |
| 1999-10-16 | 1:02:05 | Workum     | Jacques van Helden |
| 2018-02-03 | 57:24   | Heerenveen | Henri Veldman      |
| 2019-11-17 | 55:04   | Nijmegen   | Henri Veldman      |

**10 EM**

|            |         |             |                |
|------------|---------|-------------|----------------|
| 1992-06-02 | 1:06:10 | Oosterwolde | Tjeerd vd Iest |
| 2018-05-30 | 1:02:27 | Dalfsen     | Henri Veldman  |
| 2019-05-29 | 1:00:16 | Dalfsen     | Henri Veldman  |
| 2019-09-21 | 59:20   | Zaandam     | Henri Veldman  |

**20 km**

|            |          |        |                             |
|------------|----------|--------|-----------------------------|
| 1992-08-29 | 1:25:54  | Sneek  | Tjeerd vd Iest              |
| 2006-08-26 | 1:24:55  | Sneek  | Johan van Noordenburg       |
| 2010-08-28 | 1:24:48  | Sneek  | Johan van Noordenburg (M60) |
| 2018-09-30 | 1:15:57t | Almere | Henri Veldman               |

**½ marathon**

|            |         |            |                       |
|------------|---------|------------|-----------------------|
| 1995-03-04 | 1:31:57 | Leeuwarden | George vd Veen        |
| 1999-10-02 | 1:27:59 | Drachten   | Jacques van Helden    |
| 2006-10-14 | 1:27:42 | Meppel     | Johan van Noordenburg |
| 2018-06-23 | 1:20:45 | Sneek      | Henri Veldman         |
| 2018-09-08 | 1:19:24 | Emmeloord  | Henri Veldman         |
| 2019-12-15 | 1:18:32 | Dronten    | Henri Veldman         |

**25 km**

|            |          |            |                      |
|------------|----------|------------|----------------------|
| 2004-05-29 | 2:15:22t | Heerenveen | Yntze vd Bergs (M60) |
| 2009-10-03 | 1:58:40  | Leeuwarden | Jacob Visser (M65)   |
| 2018-10-21 | 1:36:57t | Amsterdam  | Henri Veldman        |

**30 km**

|            |         |        |                    |
|------------|---------|--------|--------------------|
| 2000-03-26 | 2:11:12 | Sneek  | Jacques van Helden |
| 2018-09-30 | 1:54:41 | Almere | Henri Veldman      |

**marathon**

|            |         |               |                    |
|------------|---------|---------------|--------------------|
| 1999-11-07 | 3:21:34 | New York City | Jacques van Helden |
| 2001-04-22 | 3:18:17 | Rotterdam     | Jacques van Helden |
| 2018-10-21 | 2:42:51 | Amsterdam     | Henri Veldman      |

**50 km**

|            |         |            |                    |
|------------|---------|------------|--------------------|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser (M60) |
| 2009-09-12 | 4:40:25 | Winschoten | Jacob Visser (M60) |
| 2018-03-10 | 4:00:06 | Nijverdal  | Henri Veldman      |

**M60****5 km**

|            |        |           |               |
|------------|--------|-----------|---------------|
| 2016-06-22 | 21:18  | Lemmer    | Sietse vd Mei |
| 2022-10-16 | 19:44t | Amsterdam | Henri Veldman |

**10 km**

|            |       |             |            |
|------------|-------|-------------|------------|
| 2001-06-14 | 43:06 | Oldeberkoop | Fedde Mast |
|------------|-------|-------------|------------|

|            |        |             |                       |       |
|------------|--------|-------------|-----------------------|-------|
| 2005-06-08 | 41:52t | Oldeberkoop | Fedde Mast            | (M65) |
| 2011-05-11 | 41:20  | Wijtgaard   | Johan van Noordenburg |       |
| 2011-05-25 | 40:28  | Wijnjewoude | Johan van Noordenburg |       |
| 2022-09-03 | 37:42  | Ruinerwold  | Henri Veldman         |       |

### 15 km

|            |         |            |                       |  |
|------------|---------|------------|-----------------------|--|
| 1999-05-24 | 1:25:27 | Nijmegen   | Henk Elsinga          |  |
| 2000-10-07 | 1:08:56 | Workum     | Fedde Mast            |  |
| 2001-06-30 | 1:07:20 | Steenwijk  | Fedde Mast            |  |
| 2010-02-06 | 1:05:11 | Heerenveen | Johan van Noordenburg |  |
| 2017-02-04 | 1:03:52 | Heerenveen | Arend Jacobi          |  |
| 2022-10-16 | 59:10t  | Amsterdam  | Henri Veldman         |  |

### 10 EM

|            |          |            |                       |  |
|------------|----------|------------|-----------------------|--|
| 1991-06-01 | 1:21:58  | Heerenveen | Louis van Doetselaar  |  |
| 1999-05-29 | 1:21:15  | Heerenveen | George vd Veen        |  |
| 2000-05-27 | 1:18:32  | Heerenveen | Tjeerd vd Iest        |  |
| 2003-06-07 | 1:18:06  | Heerenveen | Fedde Mast            |  |
| 2004-12-04 | 1:14:20  | Franeker   | Fedde Mast            |  |
| 2008-02-23 | 1:14:09  | Langezwaag | Jacob Visser          |  |
| 2009-05-09 | 1:13:16  | Heerenveen | Jacob Visser          |  |
| 2009-09-26 | 1:09:14t | Joure      | Johan van Noordenburg |  |
| 2010-05-09 | 1:08:29  | Heerenveen | Johan van Noordenburg |  |
| 2012-05-29 | 1:08:29  | Joure      | Johan van Noordenburg |  |

### 20 km

|            |          |             |                       |       |
|------------|----------|-------------|-----------------------|-------|
| 2005-08-27 | 1:48:48  | Sneek       | Jouke Andringa        |       |
| 2007-08-25 | 1:46:04  | Sneek       | Fedde Mast            | (M65) |
| 2008-08-02 | 1:41:25t | Oude Willem | Jacob Visser          |       |
| 2009-08-29 | 1:25:26  | Sneek       | Johan van Noordenburg |       |
| 2010-08-28 | 1:24:48  | Sneek       | Johan van Noordenburg |       |
| 2022-10-16 | 1:19:01t | Amsterdam   | Henri Veldman         |       |

### ½ marathon

|            |          |            |                       |  |
|------------|----------|------------|-----------------------|--|
| 2000       | 1:38:33  |            | Fedde Mast            |  |
| 2001-10-21 | 1:35:20  | Amsterdam  | Fedde Mast            |  |
| 2010-10-02 | 1:34:23  | Kubaard    | Johan van Noordenburg |  |
| 2010-10-09 | 1:32:03  | Meppel     | Johan van Noordenburg |  |
| 2012-03-31 | 1:31:34  | Leeuwarden | Johan van Noordenburg |  |
| 2022-10-16 | 1:23:22t | Amsterdam  | Henri Veldman         |  |

### 25 km

|            |          |            |                |       |
|------------|----------|------------|----------------|-------|
| 2004-05-29 | 2:15:22t | Heerenveen | Yntze vd Bergs |       |
| 2009-10-03 | 1:58:49  | Leeuwarden | Jacob Visser   | (M65) |
| 2022-10-16 | 1:38:58t | Amsterdam  | Henri Veldman  |       |

### 30 km

|            |          |            |                       |  |
|------------|----------|------------|-----------------------|--|
| 2004-03-28 | 2:42:14  | Sneek      | Fedde Mast            |  |
| 2008-03-22 | 2:33:55  | Franeker   | Jacob Visser          |  |
| 2010-03-07 | 2:24:47  | Leeuwarden | Johan van Noordenburg |  |
| 2012-02-12 | 2:24:21  | Schoorl    | Johan van Noordenburg |  |
| 2012-03-04 | 2:20:19  | Leeuwarden | Johan van Noordenburg |  |
| 2022-10-16 | 1:59:05t | Amsterdam  | Henri Veldman         |  |

### marathon

|            |         |                  |                       |       |
|------------|---------|------------------|-----------------------|-------|
| 2000-07-08 | 4:28:18 | Sneek            | Hielke vd Meulen      |       |
| 2004-06-12 | 4:08:42 | Rauwerd          | Fedde Mast            | (M65) |
| 2005-04-10 | 4:08:03 | Rotterdam        | Fedde Mast            | (M65) |
| 2006-04-29 | 3:38:58 | St. Annaparochie | Jacob Visser          |       |
| 2009-11-08 | 3:33:11 | Terschelling     | Johan van Noordenburg |       |
| 2012-06-16 | 3:29:36 | Oosterbierum     | Johan van Noordenburg |       |
| 2022-10-16 | 2:49:24 | Amsterdam        | Henri Veldman         |       |

### 50 km

|            |         |            |              |  |
|------------|---------|------------|--------------|--|
| 2008-09-13 | 4:48:16 | Winschoten | Jacob Visser |  |
|------------|---------|------------|--------------|--|

|                |         |            |                       |
|----------------|---------|------------|-----------------------|
| 2009-09-12     | 4:40:25 | Winschoten | Jacob Visser          |
| <b>uurloop</b> |         |            |                       |
| 1991           | 12033   |            | Louis van Doetselaar  |
| 1999-04-03     | 13086   | Drachten   | George vd Veen        |
| 2003-10-26     | 13440   | Leeuwarden | Fedde Mast            |
| 2011-06-08     | 13776   | Bolsward   | Johan van Noordenburg |

## M65

### 15 km

|            |         |            |                       |
|------------|---------|------------|-----------------------|
| 2002-05-12 | 1:13:22 | Leeuwarden | Tjeerd vd Iest        |
| 2006-10-28 | 1:12:29 | Workum     | Fedde Mast            |
| 2010-02-06 | 1:12:28 | Heerenveen | Jacob Visser          |
| 2015-10-24 | 1:11:53 | Workum     | Johan van Noordenburg |
| 2016-01-30 | 1:11:00 | Havelte    | Johan van Noordenburg |
| 2016-10-15 | 1:10:31 | Jubbega    | Johan van Noordenburg |

### 10 EM

|            |         |            |                       |
|------------|---------|------------|-----------------------|
| 2002-06-01 | 1:20:42 | Heerenveen | Tjeerd vd Iest        |
| 2007-06-02 | 1:19:49 | Heerenveen | Fedde Mast            |
| 2010-04-24 | 1:17:44 | Franeker   | Jacob Visser          |
| 2016-08-27 | 1:17:00 | Damwoude   | Johan van Noordenburg |

### 20 km

|            |         |             |                       |
|------------|---------|-------------|-----------------------|
| 2007-08-25 | 1:46:04 | Sneek       | Fedde Mast            |
| 2015-08-22 | 1:45:26 | Oude Willem | Johan van Noordenburg |
| 2016-07-23 | 1:44:29 | Oude Willem | Johan van Noordenburg |
| 2017-07-29 | 1:41:27 | Oude Willem | Johan van Noordenburg |

### ½ marathon

|            |         |              |                       |
|------------|---------|--------------|-----------------------|
| 2003-06-28 | 2:00:49 | Opende       | Henk Elsinga          |
| 2005-03-19 | 1:41:48 | Dokkum       | Fedde Mast            |
| 2015-11-08 | 1:41:04 | Terschelling | Johan van Noordenburg |
| 2016-07-02 | 1:40:13 | Opende       | Johan van Noordenburg |

### 30 km

|            |         |                    |              |
|------------|---------|--------------------|--------------|
| 2010-03-06 | 3:08:08 | Paterswolde        | Jacob Visser |
| 2010-05-08 | 2:28:41 | St. Jacobiparochie | Jacob Visser |

### marathon

|            |         |              |              |
|------------|---------|--------------|--------------|
| 2005-04-10 | 4:08:03 | Rotterdam    | Fedde Mast   |
| 2009-10-23 | 4:00:32 | Spier        | Jacob Visser |
| 2009-11-08 | 3:55:44 | Athene (Gri) | Jacob Visser |
| 2009-11-28 | 3:43:19 | Zwolle       | Jacob Visser |

### 50 km

|            |         |            |              |
|------------|---------|------------|--------------|
| 2010-09-11 | 4:49:00 | Winschoten | Jacob Visser |
| 2011-08-20 | 4:40:38 | Assen      | Jacob Visser |

## M70

### 10 km

|            |         |             |              |       |
|------------|---------|-------------|--------------|-------|
| 2008-07-16 | 1:02:00 | Makkum      | Henk Elsinga | (M75) |
| 2011-12-31 | 57:08   | Gorredijk   | Geert Kraak  |       |
| 2015-04-18 | 55:01   | Langweer    | Jacob Visser |       |
| 2015-09-13 | 50:45   | Winschoten  | Jacob Visser |       |
| 2017-12-31 | 50:01   | Gorredijk   | Jacob Visser |       |
| 2018-05-30 | 49:13   | Wijnjewoude | Jacob Visser |       |

### 15 km

|            |         |            |             |
|------------|---------|------------|-------------|
| 2009-02-07 | 1:26:28 | Heerenveen | Geert Kraak |
|------------|---------|------------|-------------|

|            |         |             |                       |
|------------|---------|-------------|-----------------------|
| 2017-10-28 | 1:19:10 | Dwingeloo   | Jacob Visser          |
| 2020-07-25 | 1:18:21 | Oude Willem | Johan van Noordenburg |

### 10 EM

|            |         |            |              |
|------------|---------|------------|--------------|
| 2008-11-08 | 1:28:10 | Oudemirdum | Geert Kraak  |
| 2017-05-06 | 1:22:49 | Heerenveen | Jacob Visser |

### 20 km

|            |         |       |              |       |
|------------|---------|-------|--------------|-------|
| 2009-08-29 | 1:55:23 | Sneek | Geert Kraak  | (M75) |
| 2017-08-26 | 1:47:50 | Sneek | Jacob Visser |       |

### ½ marathon

|            |         |                |                       |       |
|------------|---------|----------------|-----------------------|-------|
| 2012-02-18 | 2:14:59 | Langezwaag     | Geert Kraak           | (M75) |
| 2012-03-25 | 2:07:00 | Sneek          | Geert Kraak           | (M75) |
| 2016-05-21 | 2:04:21 | Göteborg (Zwe) | Jacob Visser          |       |
| 2018-03-11 | 2:02:53 | Den Haag       | Gerrit Kramer         |       |
| 2018-03-24 | 1:54:02 | Leek           | Jacob Visser          |       |
| 2021-10-17 | 1:48:33 | Amersfoort     | Johan van Noordenburg |       |

### marathon

|            |         |                 |              |       |
|------------|---------|-----------------|--------------|-------|
| 2012-06-16 | 4:59:19 | Oosterbierum    | Geert Kraak  | (M75) |
| 2015-03-15 | 4:49:43 | Barcelona (Spa) | Jacob Visser |       |
| 2016-06-04 | 4:38:20 | Raerd           | Jacob Visser |       |
| 2017-02-11 | 4:28:17 | Drachten        | Jacob Visser |       |

### 50 km

|            |         |             |              |
|------------|---------|-------------|--------------|
| 2016-04-09 | 6:14:09 | Tuk         | Jacob Visser |
| 2016-12-24 | 5:56:31 | Nieuwehorne | Jacob Visser |

## M75

### 10 km

|            |       |           |              |
|------------|-------|-----------|--------------|
| 2011-12-31 | 57:08 | Gorredijk | Geert Kraak  |
| 2019-12-31 | 50:10 | Gorredijk | Jacob Visser |

### 15 km

|            |          |             |             |
|------------|----------|-------------|-------------|
| 2010-02-06 | 1:28:09  | Heerenveen  | Geert Kraak |
| 2010-05-19 | 1:26:44t | Wijnjewoude | Geert Kraak |

### ½ marathon

|            |         |            |              |
|------------|---------|------------|--------------|
| 2012-02-18 | 2:14:59 | Langezwaag | Geert Kraak  |
| 2012-03-25 | 2:07:00 | Sneek      | Geert Kraak  |
| 2019-12-21 | 1:57:56 | Balk       | Jacob Visser |

### marathon

|            |         |              |              |
|------------|---------|--------------|--------------|
| 2012-06-16 | 4:59:19 | Oosterbierum | Geert Kraak  |
| 2020-02-01 | 4:56:16 | Texel        | Jacob Visser |

## M80

### 10 km

|            |         |           |             |
|------------|---------|-----------|-------------|
| 2015-07-15 | 1:03:02 | Oudehaske | Geert Kraak |
| 2016-04-16 | 1:02:25 | Langweer  | Geert Kraak |