

Een persoonlijk record (pr) wordt gegeven bij de evenaring of verbetering van een bestaande beste prestatie (voor zover bekend). Indoorprestaties blijven hiervoor buiten beschouwing. Meedoen aan een nieuw nummer is altijd een pr. Als nieuw nummer geldt ook: hogere horden en zwaarder werpmateriaal. Masters beginnen iedere vijf jaar bij de nieuwe categorie met een 'schone lijst'.

Voor de vergelijking van handtijden met elektronisch gemeten tijden zijn op de sprintnummers de gebruikelijke correcties toegepast (+0.24, 400 +0.14). Bijvoorbeeld: een elektronisch gemeten tijd van 12.24 is daarbij dus gelijkwaardig aan een handtijd van 12.0.

**Lijst met de huidige PR's. Voor masters alleen in de huidige categorie, voor de rest met de materialen van de huidige categorie en op de gangbare afstanden.**

**Bijgewerkt t/m 2023**

#### Hayat Askar

|          |       |       |            |             |
|----------|-------|-------|------------|-------------|
| 100      | 16.73 | V U20 | 2023-06-09 | Ede         |
| hoog     | 1.30  | V U16 | 2019-06-22 | Stadskanaal |
| ver      | 4.02  | V U16 | 2020-09-26 | Heerenveen  |
| discus 1 | 19.66 | V U16 | 2019-04-28 | Epe         |

#### Jula van Aurich

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 40        | 8.3    | V U9  | 2022-10-01 | Heerenveen |
| 40        | 7.06   | V U10 | 2023-07-12 | Heerenveen |
| 600       | 2:52.0 | V U9  | 2022-10-01 | Heerenveen |
| 600       | 2:26.4 | V U10 | 2023-09-30 | Heerenveen |
| hoog      | 0.90   | V U10 | 2023-09-16 | Heerenveen |
| ver       | 2.35   | V U9  | 2022-10-01 | Heerenveen |
| ver       | 2.85   | V U10 | 2023-09-30 | Heerenveen |
| balstoten | 5.50   | V U10 | 2023-09-16 | Heerenveen |
| vortex    | 16.00  | V U10 | 2023-09-16 | Heerenveen |

#### Kick Bakker

|        |      |      |            |            |
|--------|------|------|------------|------------|
| 40h    | 9.5  | M U9 | 2022-04-07 | Heerenveen |
| ver    | 2.35 | M U9 | 2022-04-07 | Heerenveen |
| vortex | 7.50 | M U9 | 2022-04-07 | Heerenveen |

#### Christiaan Balk

|           |      |      |            |            |
|-----------|------|------|------------|------------|
| 40        | 7.7  | M U9 | 2023-04-06 | Heerenveen |
| duur 4'   | 700  | M U8 | 2022-06-25 | Drachten   |
| 40h       | 9.4  | M U8 | 2022-06-25 | Drachten   |
| hoog      | 0.70 | M U8 | 2022-09-10 | Heerenveen |
| hurkhoog  | 0.70 | M U8 | 2022-06-25 | Drachten   |
| ver       | 2.20 | M U8 | 2022-09-10 | Heerenveen |
| balstoten | 3.60 | M U8 | 2022-09-10 | Heerenveen |
| slingeren | 8.00 | M U8 | 2022-06-25 | Drachten   |
| vortex    | 9.50 | M U8 | 2022-09-10 | Heerenveen |

#### Luuk Beenen

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 40        | 8.0    | M U10 | 2023-04-06 | Heerenveen |
| 600       | 2:46.0 | M U9  | 2022-10-01 | Heerenveen |
| hoog      | 0.75   | M U9  | 2022-09-10 | Heerenveen |
| ver       | 2.50   | M U10 | 2023-04-06 | Heerenveen |
| balstoten | 3.60   | M U9  | 2022-09-10 | Heerenveen |
| vortex    | 11.50  | M U9  | 2022-09-10 | Heerenveen |

#### Linda vd Berg

|           |         |     |            |            |
|-----------|---------|-----|------------|------------|
| 100       | 14.36   | V45 | 2023-06-03 | Groningen  |
| 150       | 21.09   | V45 | 2022-06-24 | Steenwijk  |
| 200       | 28.42   | V45 | 2023-05-06 | Heerenveen |
| 300       | 47.32   | V45 | 2023-04-02 | Steenwijk  |
| 400       | 1:04.99 | V45 | 2023-07-01 | Harderwijk |
| 800       | 2:39.11 | V45 | 2022-05-01 | Heerenveen |
| 80h 76,2  | 13.55   | V45 | 2023-05-06 | Heerenveen |
| 400h 76,2 | 1:14.81 | V45 | 2022-05-21 | Heerenveen |
| ver       | 4.71    | V45 | 2022-05-01 | Heerenveen |
| kogel 4   | 9.93    | V45 | 2023-04-02 | Steenwijk  |
| speer 600 | 28.09   | V45 | 2023-05-07 | Heerenveen |

7-kamp 4946 V45 2023-05-07 Heerenveen

#### Romée de Best

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 200       | 27.38   | V U20 | 2023-05-06 | Heerenveen |
| 800       | 2:46.03 | V U20 | 2023-05-07 | Heerenveen |
| 100h 83,8 | 16.21   | V U20 | 2023-05-06 | Heerenveen |
| ver       | 5.10    | V U20 | 2022-06-18 | Amsterdam  |
| kogel 4   | 10.12   | V U20 | 2023-05-06 | Heerenveen |
| speer 600 | 30.34   | V U20 | 2023-05-07 | Heerenveen |
| 7-kamp    | 3981    | V U20 | 2023-05-07 | Heerenveen |

#### Betty Bijker-Bangma

|               |         |     |            |            |
|---------------|---------|-----|------------|------------|
| 100           | 15.4    | V60 | 2023-09-30 | Heerenveen |
| 200           | 31.7    | V60 | 2023-09-30 | Heerenveen |
| 400           | 1:11.86 | V60 | 2023-05-13 | Harderwijk |
| 800           | 2:42.00 | V60 | 2023-04-21 | Apeldoorn  |
| 1500          | 5:36.26 | V60 | 2023-04-30 | Emmen      |
| sprint 2-kamp | 1550    | V60 | 2023-09-30 | Heerenveen |

#### Anke Binnema

|               |         |       |            |             |
|---------------|---------|-------|------------|-------------|
| 100           | 14.7    | V U20 | 2022-10-01 | Heerenveen  |
| 150           | 21.32   | V U16 | 2017-07-08 | Stadskanaal |
| 200           | 29.33w  | V U20 | 2021-10-02 | Heerenveen  |
| 300           | 49.51   | V U14 | 2016-04-09 | Heerenveen  |
| 400           | 1:13.86 | V U16 | 2018-04-02 | Amersfoort  |
| 800           | 3:02.39 | V U20 | 2021-10-10 | Best        |
| 100h 83,8     | 18.22   | V U20 | 2021-10-09 | Best        |
| 400h 76,2     | 1:14.12 | V U20 | 2021-05-01 | Heerenveen  |
| hoog          | 1.55    | V U16 | 2017-06-10 | Sneek       |
| hss           | 9.05    | V U20 | 2021-04-11 | Heerenveen  |
| polshoog      | 1.95    | V U16 | 2018-05-12 | Heerenveen  |
| ver           | 4.85    | V U18 | 2020-09-26 | Heerenveen  |
| discus 1      | 22.59   | V U16 | 2018-10-14 | Steenwijk   |
| kogel 4       | 9.15    | V U20 | 2022-05-21 | Heerenveen  |
| speer 600     | 28.19   | V U20 | 2022-04-10 | Drachten    |
| sprint 2-kamp | 849     | V U20 | 2022-10-01 | Heerenveen  |
| werp 3-kamp   | 1140    | V U23 | 2023-10-15 | Steenwijk   |
| 7-kamp        | 3074    | V U20 | 2021-10-10 | Best        |

#### Jildou Binnema

|             |       |       |            |             |
|-------------|-------|-------|------------|-------------|
| 100         | 15.88 | V U20 | 2023-06-09 | Ede         |
| 150         | 22.2  | V U16 | 2020-07-02 | Heerenveen  |
| hoog        | 1.45  | V U16 | 2019-10-05 | Heerenveen  |
| hss         | 9.43  | V U18 | 2021-04-11 | Heerenveen  |
| polshoog    | 1.95  | V U14 | 2018-05-12 | Heerenveen  |
| ver         | 4.55  | V U14 | 2018-07-07 | Stadskanaal |
| discus 1    | 30.26 | V U18 | 2022-06-24 | Steenwijk   |
| kogel 4     | 8.31  | V U20 | 2023-10-15 | Steenwijk   |
| speer 600   | 31.16 | V U20 | 2023-05-20 | Heerenveen  |
| werp 3-kamp | 961   | V U20 | 2023-10-15 | Steenwijk   |

#### Benthe de Boer

|           |      |      |            |            |
|-----------|------|------|------------|------------|
| 40h       | 10.8 | V U8 | 2022-04-07 | Heerenveen |
| hoog      | 0.80 | V U8 | 2022-09-10 | Heerenveen |
| ver       | 2.25 | V U8 | 2022-09-10 | Heerenveen |
| balstoten | 3.00 | V U8 | 2022-09-10 | Heerenveen |
| vortex    | 8.00 | V U8 | 2022-09-10 | Heerenveen |

#### Robert de Boer

kogel 7¼ 8.17 M45 2022-06-19 Ede

#### Yara de Boer

100h 76,2 18.62 V U18 2022-04-30 Heerenveen

#### Jouke Boersma

|           |       |      |            |            |
|-----------|-------|------|------------|------------|
| hoog      | 0.85  | M U9 | 2023-09-16 | Heerenveen |
| ver       | 2.30  | M U9 | 2023-09-16 | Heerenveen |
| balstoten | 2.60  | M U9 | 2023-09-16 | Heerenveen |
| vortex    | 10.50 | M U9 | 2023-09-16 | Heerenveen |

Sophia Boomsma

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 60        | 9.7    | V U12 | 2023-09-30 | Heerenveen |
| 600       | 2:12.0 | V U12 | 2023-09-30 | Heerenveen |
| 60h       | 10.8   | V U12 | 2023-09-16 | Heerenveen |
| hoog ver  | 0.95   | V U10 | 2022-09-10 | Heerenveen |
|           | 3.36   | V U9  | 2021-10-02 | Heerenveen |
| balstoten | 5.10   | V U10 | 2022-09-10 | Heerenveen |
| slingeren | 17.50  | V U12 | 2023-09-16 | Heerenveen |
| vortex    | 20.00  | V U12 | 2023-09-16 | Heerenveen |

Wiebren Boonstra

|         |       |       |            |            |
|---------|-------|-------|------------|------------|
| 100     | 15.81 | M U16 | 2023-06-17 | Heerenveen |
| 150     | 24.29 | M U16 | 2023-05-13 | Hoogeveen  |
| ver     | 2.97  | M U16 | 2023-05-13 | Hoogeveen  |
| kogel 4 | 6.66  | M U16 | 2023-06-17 | Heerenveen |

Aafje Boorsma

|          |         |       |            |            |
|----------|---------|-------|------------|------------|
| 150      | 22.94   | V U14 | 2021-10-02 | Heerenveen |
| 1500     | 6:09.23 | V U16 | 2023-05-13 | Hoogeveen  |
| hoog ver | 1.45    | V U16 | 2023-06-17 | Heerenveen |
|          | 3.60    | V U14 | 2021-04-17 | Heerenveen |

Hester Bos

|               |         |       |            |            |
|---------------|---------|-------|------------|------------|
| 100           | 13.67   | V U20 | 2022-06-11 | Assen      |
| 150           | 21.12   | V U20 | 2022-06-24 | Steenwijk  |
| 200           | 29.73   | V U23 | 2023-05-06 | Heerenveen |
| 300           | 52.52   | V U20 | 2022-06-24 | Steenwijk  |
| 800           | 3:02.73 | V U20 | 2022-05-01 | Heerenveen |
| 100h 83,8     | 18.23   | V U20 | 2022-07-02 | Best       |
| 400h 76,2     | 1:29.3  | V U20 | 2021-04-11 | Heerenveen |
| hoog hss ver  | 1.31    | V U20 | 2022-07-02 | Best       |
|               | 8.37    | V U20 | 2021-04-11 | Heerenveen |
|               | 4.47    | V U20 | 2021-05-01 | Heerenveen |
| discus 1      | 11.22   | V U16 | 2017-10-07 | Heerenveen |
| kogel 4       | 6.95    | V U23 | 2023-05-06 | Heerenveen |
| speer 600     | 22.67   | V U20 | 2022-07-03 | Best       |
| sprint 2-kamp | 847     | V U23 | 2023-09-30 | Heerenveen |
| 7-kamp        | 2570    | V U23 | 2023-05-07 | Heerenveen |

Mae Bosma

|         |       |       |            |            |
|---------|-------|-------|------------|------------|
| 80      | 12.07 | V U16 | 2022-06-11 | Heerenveen |
| kogel 3 | 6.85  | V U16 | 2022-06-11 | Heerenveen |

Julia Bouma

|                  |       |       |            |            |
|------------------|-------|-------|------------|------------|
| 60               | 10.4  | V U12 | 2023-04-06 | Heerenveen |
| duur 6'          | 1175  | V U12 | 2022-04-23 | Leeuwarden |
| 60h              | 11.9  | V U12 | 2022-05-21 | Steenwijk  |
| hoog polsver ver | 1.05  | V U12 | 2022-04-23 | Leeuwarden |
|                  | 2.95  | V U12 | 2022-06-25 | Drachten   |
|                  | 2.96  | V U10 | 2021-10-02 | Heerenveen |
| kogel 2          | 4.71  | V U12 | 2022-10-01 | Heerenveen |
| slingeren        | 12.00 | V U12 | 2022-05-21 | Steenwijk  |
| vortex           | 16.50 | V U12 | 2023-04-06 | Heerenveen |

Kyra Brouwer

|           |          |       |            |               |
|-----------|----------|-------|------------|---------------|
| 800       | 2:40.39  | V U18 | 2021-05-22 | Heerenveen    |
| 1500      | 5:26.82  | V U18 | 2021-05-22 | Heerenveen    |
| 3000      | 11:28.33 | V U18 | 2021-08-13 | Heerhugowaard |
| 5000      | 20:09.28 | V U18 | 2020-09-04 | Leeuwarden    |
| 400h 76,2 | 1:19.77  | V U18 | 2020-07-25 | Heerenveen    |
| hoog      | 1.30     | V U18 | 2021-04-11 | Heerenveen    |

Marije Brouwer

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| kogel 4   | 9.32  | V U20 | 2022-05-21 | Heerenveen |
| speer 600 | 28.88 | V U20 | 2022-06-17 | Amsterdam  |

Tess Brouwer

|     |        |       |            |            |
|-----|--------|-------|------------|------------|
| 60  | 10.3   | V U12 | 2023-09-30 | Heerenveen |
| 600 | 2:34.0 | V U12 | 2023-09-30 | Heerenveen |
| 60h | 12.3   | V U12 | 2023-09-16 | Heerenveen |

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| hoog ver  | 1.00  | V U12 | 2023-09-30 | Heerenveen |
|           | 3.20  | V U12 | 2023-09-16 | Heerenveen |
| kogel 2   | 4.57  | V U12 | 2023-09-30 | Heerenveen |
| slingeren | 14.50 | V U12 | 2023-09-16 | Heerenveen |
| vortex    | 14.00 | V U12 | 2023-09-16 | Heerenveen |

Jurre Buitendijk

|                   |        |       |            |            |
|-------------------|--------|-------|------------|------------|
| 40                | 7.5    | M U10 | 2023-09-30 | Heerenveen |
| 600               | 2:14.0 | M U10 | 2023-09-30 | Heerenveen |
| duur 4'           | 975    | M U10 | 2023-04-22 | Leeuwarden |
| 40h               | 8.7    | M U10 | 2023-04-22 | Leeuwarden |
| hoog hurkhoog ver | 0.85   | M U9  | 2022-09-10 | Heerenveen |
|                   | 0.80   | M U10 | 2023-04-22 | Leeuwarden |
|                   | 2.89   | M U10 | 2023-09-30 | Heerenveen |
| balstoten         | 4.10   | M U9  | 2022-09-10 | Heerenveen |
| slingeren         | 11.00  | M U10 | 2023-04-22 | Leeuwarden |
| vortex            | 15.00  | M U10 | 2023-04-22 | Leeuwarden |

Liam Buitendijk

|                  |        |       |            |            |
|------------------|--------|-------|------------|------------|
| 60               | 10.0   | M U12 | 2022-09-10 | Heerenveen |
| 600              | 2:09.8 | M U12 | 2023-09-30 | Heerenveen |
| duur 6'          | 1425   | M U12 | 2023-04-22 | Leeuwarden |
| 60h              | 11.6   | M U12 | 2023-04-22 | Leeuwarden |
| hoog polsver ver | 1.10   | M U12 | 2023-09-30 | Heerenveen |
|                  | 2.45   | M U12 | 2023-04-22 | Leeuwarden |
|                  | 3.10   | M U10 | 2021-10-02 | Heerenveen |
| kogel 2          | 5.72   | M U12 | 2023-09-30 | Heerenveen |
| slingeren        | 17.50  | M U12 | 2023-09-16 | Heerenveen |
| vortex           | 23.50  | M U12 | 2023-04-06 | Heerenveen |

Emma vd Burg

|      |      |       |            |            |
|------|------|-------|------------|------------|
| 60   | 10.4 | V U14 | 2023-09-30 | Heerenveen |
| hoog | 1.10 | V U14 | 2023-09-30 | Heerenveen |

Sabrina Cruden

|             |         |       |            |             |
|-------------|---------|-------|------------|-------------|
| 100         | 13.29   | V U23 | 2023-06-03 | Grootebroek |
| 200         | 26.45   | V U23 | 2023-05-06 | Heerenveen  |
| 400         | 1:08.26 | V U20 | 2022-05-15 | Zwolle      |
| 800         | 2:32.02 | V U23 | 2023-07-30 | Breda       |
| 100h 83,8   | 14.68   | V U23 | 2023-07-29 | Breda       |
| hoog ver    | 1.71    | V U23 | 2023-07-29 | Breda       |
|             | 5.72    | V U23 | 2023-05-29 | Tilburg     |
| kogel 4     | 11.48   | V U23 | 2023-05-06 | Heerenveen  |
| speer 600   | 38.46   | V U20 | 2022-06-05 | Emmeloord   |
| werp 3-kamp | 1119    | V U20 | 2021-08-27 | Heerenveen  |
| 7-kamp      | 4974    | V U23 | 2023-05-07 | Heerenveen  |
| 7-kamp      | 5010    | V U10 | 2023-07-30 | Breda       |

Marianne Diallo

|               |       |       |            |            |
|---------------|-------|-------|------------|------------|
| 100           | 13.57 | V U16 | 2022-06-10 | Ede        |
| 150           | 20.43 | V U16 | 2022-05-14 | Emmen      |
| 200           | 29.01 | V U16 | 2021-06-18 | Utrecht    |
| hoog ver      | 1.40  | V U16 | 2022-04-30 | Heerenveen |
|               | 4.82  | V U16 | 2022-05-21 | Heerenveen |
| discus 1      | 20.36 | V U16 | 2022-05-14 | Emmen      |
| kogel 3       | 9.19  | V U16 | 2022-06-10 | Ede        |
| speer 500     | 22.03 | V U16 | 2021-05-23 | Heerenveen |
| sprint 2-kamp | 1107  | V U16 | 2022-10-01 | Heerenveen |

Nora Diallo

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 600       | 2:40.0 | V U10 | 2022-10-01 | Heerenveen |
| hoog ver  | 0.90   | V U10 | 2022-09-10 | Heerenveen |
|           | 2.40   | V U10 | 2022-10-01 | Heerenveen |
| balstoten | 4.20   | V U10 | 2022-09-10 | Heerenveen |
| slingeren | 9.00   | V U10 | 2022-06-25 | Drachten   |
| vortex    | 12.00  | V U10 | 2022-10-01 | Heerenveen |

|                       |       |       |            |            |  |
|-----------------------|-------|-------|------------|------------|--|
| <b>Jelte Dijkstra</b> |       |       |            |            |  |
| 100                   | 15.59 | M U16 | 2023-06-17 | Heerenveen |  |
| ver                   | 3.37  | M U14 | 2022-05-21 | Heerenveen |  |
| discus 1              | 16.54 | M U16 | 2023-06-17 | Heerenveen |  |
| kogel 3               | 5.70  | M U14 | 2022-10-01 | Heerenveen |  |
| speer 400             | 14.75 | M U14 | 2022-05-21 | Heerenveen |  |

#### Wybren Dijkstra

|           |          |       |            |            |  |
|-----------|----------|-------|------------|------------|--|
| 100       | 17.33    | M U16 | 2021-05-01 | Heerenveen |  |
| 800       | 2:45.05  | M U18 | 2022-05-21 | Heerenveen |  |
| 3000      | 13:58.23 | M U18 | 2022-04-10 | Drachten   |  |
| hoog      | 1.15     | M U16 | 2021-05-01 | Heerenveen |  |
| ver       | 3.21     | M U16 | 2021-05-01 | Heerenveen |  |
| discus 1½ | 21.26    | M U18 | 2022-06-12 | Assen      |  |
| kogel 5   | 9.08     | M U18 | 2023-09-30 | Heerenveen |  |
| speer 700 | 31.38    | M U18 | 2023-09-30 | Heerenveen |  |

#### Pieter Dogger

|      |          |     |            |            |  |
|------|----------|-----|------------|------------|--|
| 200  | 26.85    | M35 | 2021-09-19 | Hengelo    |  |
| 300  | 42.34    | M35 | 2023-04-02 | Steenwijk  |  |
| 400  | 1:01.91  | M35 | 2022-04-24 | Emmen      |  |
| 800  | 2:24.0   | M35 | 2020-09-26 | Heerenveen |  |
| 5000 | 21:05.77 | M35 | 2022-06-19 | Ede        |  |

#### Jordi Dommerholt

|      |         |   |            |            |  |
|------|---------|---|------------|------------|--|
| 1500 | 4:18.78 | M | 2022-09-16 | Wageningen |  |
|------|---------|---|------------|------------|--|

#### Tjalle-Durk vd Eems

|           |         |       |            |                |  |
|-----------|---------|-------|------------|----------------|--|
| 100       | 11.75w  | M U18 | 2021-10-02 | Heerenveen     |  |
| 200       | 24.8    | M U18 | 2021-04-11 | Heerenveen     |  |
| 400       | 53.09   | M U18 | 2021-10-09 | Best           |  |
| 800       | 2:10.64 | M U20 | 2022-04-10 | Drachten       |  |
| 1500      | 4:30.66 | M U20 | 2022-05-01 | Heerenveen     |  |
| 110h 99,1 | 16.04   | M U20 | 2022-05-01 | Heerenveen     |  |
| hoog      | 1.88    | M U18 | 2021-09-04 | Assendelft     |  |
| polshoog  | 3.50    | M U20 | 2022-05-01 | Heerenveen     |  |
| ver       | 6.50    | M U20 | 2022-04-30 | Heerenveen     |  |
| discus 1¾ | 33.49   | M U20 | 2022-05-01 | Heerenveen     |  |
| kogel 6   | 12.03   | M U20 | 2022-04-30 | Heerenveen     |  |
| speer 800 | 56.04   | M U20 | 2023-06-23 | Bergen op Zoom |  |
| 10-kamp   | 6233    | M U20 | 2022-05-01 | Heerenveen     |  |

#### Ruben Eerdmans

|           |        |      |            |            |  |
|-----------|--------|------|------------|------------|--|
| 40        | 7.2    | M U9 | 2023-09-30 | Heerenveen |  |
| 600       | 3:00.0 | M U9 | 2023-09-30 | Heerenveen |  |
| duur 4'   | 725    | M U9 | 2023-05-20 | Sneek      |  |
| 40h       | 7.7    | M U9 | 2023-06-24 | Drachten   |  |
| hoog      | 0.95   | M U9 | 2023-09-16 | Heerenveen |  |
| hurkhoog  | 0.70   | M U9 | 2023-06-24 | Drachten   |  |
| ver       | 2.79   | M U9 | 2023-09-30 | Heerenveen |  |
| balstoten | 5.50   | M U9 | 2023-09-16 | Heerenveen |  |
| slingeren | 13.00  | M U9 | 2023-06-24 | Drachten   |  |
| vortex    | 14.00  | M U9 | 2023-06-24 | Drachten   |  |

#### Martien Ensing

|               |         |       |            |            |  |
|---------------|---------|-------|------------|------------|--|
| 100           | 14.61   | M U16 | 2023-05-06 | Heerenveen |  |
| 200           | 30.2    | M U16 | 2023-09-30 | Heerenveen |  |
| 1000          | 3:37.03 | M U16 | 2023-05-07 | Heerenveen |  |
| 100h 83,8     | 20.42w  | M U16 | 2023-05-07 | Heerenveen |  |
| ver           | 3.87    | M U16 | 2023-05-06 | Heerenveen |  |
| discus 1      | 20.59   | M U16 | 2023-10-15 | Steenwijk  |  |
| kogel 4       | 8.09    | M U16 | 2023-10-15 | Steenwijk  |  |
| speer 600     | 23.77   | M U16 | 2023-09-30 | Heerenveen |  |
| sprint 2-kamp | 317     | M U16 | 2023-09-30 | Heerenveen |  |
| werp 3-kamp   | 1067    | M U16 | 2023-10-15 | Steenwijk  |  |
| 8-kamp        | 2510    | M U16 | 2023-05-07 | Heerenveen |  |

#### Andres Faber

|      |          |   |            |            |  |
|------|----------|---|------------|------------|--|
| 800  | 2:36.29  | M | 2021-10-02 | Heerenveen |  |
| mijl | 5:58.99  | M | 2017-07-07 | Steenwijk  |  |
| 3000 | 11:58.94 | M | 2015-05-16 | Heerenveen |  |
| 5000 | 19:08.99 | M | 2022-08-05 | Utrecht    |  |

|     |      |   |            |            |  |
|-----|------|---|------------|------------|--|
| ver | 3.79 | M | 2020-09-26 | Heerenveen |  |
|-----|------|---|------------|------------|--|

#### Simone Falkena

|           |       |     |            |       |  |
|-----------|-------|-----|------------|-------|--|
| discus 1  | 25.90 | V40 | 2022-04-24 | Emmen |  |
| kogel 4   | 8.17  | V40 | 2022-04-24 | Emmen |  |
| speer 600 | 23.15 | V40 | 2022-06-19 | Ede   |  |

#### Sybre van Gelder

|             |         |       |            |            |  |
|-------------|---------|-------|------------|------------|--|
| 100         | 13.21   | M U18 | 2023-05-06 | Heerenveen |  |
| 400         | 1:03.27 | M U18 | 2023-05-06 | Heerenveen |  |
| 1500        | 5:47.81 | M U18 | 2023-05-07 | Heerenveen |  |
| 110h 91,4   | 18.49   | M U18 | 2023-05-07 | Heerenveen |  |
| polshoog    | 2.10    | M U18 | 2023-05-07 | Heerenveen |  |
| discus 1½   | 34.02   | M U18 | 2023-10-15 | Steenwijk  |  |
| kogel 5     | 11.99   | M U18 | 2023-10-15 | Steenwijk  |  |
| kogelsl. 5  | 20.95   | M U18 | 2023-06-11 | Assen      |  |
| speer 700   | 36.88   | M U18 | 2023-05-28 | Harderwijk |  |
| werp 3-kamp | 1523    | M U18 | 2023-10-15 | Steenwijk  |  |
| 10-kamp     | 3803    | M U18 | 2023-05-06 | Heerenveen |  |

#### Quinten Geleynse

|           |         |       |            |            |  |
|-----------|---------|-------|------------|------------|--|
| 100       | 12.56w  | M U18 | 2023-06-17 | Assendelft |  |
| 200       | 26.0    | M U18 | 2023-09-30 | Heerenveen |  |
| 400       | 58.71   | M U18 | 2023-06-17 | Assendelft |  |
| 800       | 2:24.54 | M U18 | 2023-04-23 | Drachten   |  |
| 1500      | 5:02.91 | M U18 | 2023-05-28 | Harderwijk |  |
| 110h 91,4 | 17.39   | M U18 | 2023-06-18 | Assendelft |  |
| polshoog  | 3.20    | M U18 | 2023-06-18 | Assendelft |  |
| ver       | 5.76w   | M U18 | 2023-05-20 | Heerenveen |  |
| discus 1½ | 35.14   | M U18 | 2023-06-18 | Assendelft |  |
| kogel 5   | 12.09   | M U18 | 2023-06-17 | Assendelft |  |
| speer 700 | 35.61   | M U18 | 2023-06-18 | Assendelft |  |
| 10-kamp   | 5110    | M U18 | 2023-06-18 | Assendelft |  |

#### Annamarijn van Ginneken

|           |         |       |            |            |  |
|-----------|---------|-------|------------|------------|--|
| 100       | 13.95   | V U18 | 2022-06-12 | Assen      |  |
| 400h 76,2 | 1:18.51 | V U18 | 2021-05-01 | Heerenveen |  |
| hoog      | 1.55    | V U18 | 2022-06-12 | Assen      |  |
| ver       | 4.07    | V U18 | 2021-10-02 | Heerenveen |  |

#### Thijmen Groenendal

|               |         |       |            |             |  |
|---------------|---------|-------|------------|-------------|--|
| 80            | 11.85w  | M U14 | 2023-04-16 | Almere      |  |
| 150           | 24.0    | M U14 | 2022-10-01 | Heerenveen  |  |
| 150           | 21.0    | M U14 | 2023-09-30 | Heerenveen  |  |
| 600           | 1:43.0  | M U14 | 2023-09-30 | Heerenveen  |  |
| 1000          | 3:11.30 | M U14 | 2023-09-16 | Spijkenisse |  |
| hoog          | 1.10    | M U12 | 2021-05-06 | Heerenveen  |  |
| ver           | 4.27    | M U14 | 2023-06-17 | Heerenveen  |  |
| kogel 3       | 6.30    | M U14 | 2023-04-20 | Hoogeveen   |  |
| speer 400     | 15.71   | M U14 | 2022-10-01 | Heerenveen  |  |
| sprint 2-kamp | 683     | M U14 | 2022-10-01 | Heerenveen  |  |

#### Doutzen Groenendijk

|      |      |       |            |            |  |
|------|------|-------|------------|------------|--|
| 60   | 10.4 | V U12 | 2021-06-05 | Heerenveen |  |
| hoog | 1.05 | V U12 | 2021-06-26 | Leeuwarden |  |
| ver  | 2.90 | V U12 | 2022-04-07 | Heerenveen |  |

#### Famke Groenendijk

|           |       |       |            |            |  |
|-----------|-------|-------|------------|------------|--|
| 60        | 10.51 | V U14 | 2022-05-21 | Heerenveen |  |
| 60h       | 12.3  | V U12 | 2021-06-05 | Heerenveen |  |
| hoog      | 1.10  | V U12 | 2021-05-06 | Heerenveen |  |
| ver       | 2.91  | V U12 | 2021-10-02 | Heerenveen |  |
| kogel 2   | 5.76  | V U14 | 2022-10-01 | Heerenveen |  |
| speer 400 | 13.40 | V U14 | 2022-10-01 | Heerenveen |  |

#### Eline de Haan

|     |        |       |            |            |  |
|-----|--------|-------|------------|------------|--|
| 100 | 15.16w | V     | 2022-04-02 | Steenwijk  |  |
| 300 | 51.4   | V     | 2022-04-02 | Steenwijk  |  |
| 800 | 3:06.0 | V U23 | 2020-09-26 | Heerenveen |  |

Gerwin de Haan

|            |         |       |            |                   |
|------------|---------|-------|------------|-------------------|
| 100        | 11.61w  | M U23 | 2021-04-02 | Bolivar (USA)     |
| 150        | 18.63   | M U18 | 2015-07-10 | Steenwijk         |
| 200        | 24.43   | M U20 | 2018-05-12 | Heerenveen        |
| 300        | 38.21   | M U20 | 2018-04-07 | Steenwijk         |
| 400        | 52.88   | M U20 | 2017-07-08 | Stadskanaal       |
| 800        | 2:22.4  | M U18 | 2015-10-03 | Heerenveen        |
| 1500       | 4:45.55 | M U20 | 2018-07-13 | Utrecht           |
| 110h 106,7 | 15.76   | M     | 2023-03-30 | Fresno (USA)      |
| hoog       | 1.97    | M     | 2023-05-04 | San Marcos (USA)  |
| hss        | 10.52   | M U16 | 2013-09-15 | Hoogeveen         |
| polshoog   | 4.50    | M     | 2023-05-05 | San Marcos (USA)  |
| ver        | 6.75w   | M U23 | 2021-03-07 | Hickory (USA)     |
| discus 2   | 41.30   | M U23 | 2021-04-17 | Bourbonnais (USA) |
| kogel 7¼   | 11.70   | M U23 | 2021-05-02 | Bolivar (USA)     |
| speer 800  | 56.48   | M     | 2023-05-05 | San Marcos (USA)  |
| 10-kamp    | 6761    | M     | 2023-05-05 | San Marcos (USA)  |

Sander de Haan

|               |         |       |            |                |
|---------------|---------|-------|------------|----------------|
| 100           | 11.7    | M U18 | 2023-09-30 | Heerenveen     |
| 150           | 18.93   | M U16 | 2022-05-14 | Emmen          |
| 200           | 24.4    | M U18 | 2023-09-30 | Heerenveen     |
| 400           | 1:00.94 | M U18 | 2023-05-06 | Heerenveen     |
| 800           | 2:54.2  | M U16 | 2021-03-20 | Heerenveen     |
| 1500          | 5:47.76 | M U18 | 2023-05-07 | Heerenveen     |
| 110h 91,4     | 18.61   | M U18 | 2023-05-07 | Heerenveen     |
| hoog          | 1.62    | M U18 | 2023-09-30 | Heerenveen     |
| polshoog      | 3.25    | M U18 | 2023-06-24 | Bergen op Zoom |
| ver           | 5.39    | M U18 | 2023-04-16 | Almere         |
| discus 1½     | 24.62   | M U18 | 2023-05-07 | Heerenveen     |
| kogel 5       | 9.42    | M U18 | 2023-06-11 | Assen          |
| speer 700     | 31.64   | M U18 | 2023-05-07 | Heerenveen     |
| sprint 2-kamp | 1181    | M U18 | 2023-09-30 | Heerenveen     |
| 10-kamp       | 4099    | M U18 | 2023-05-07 | Heerenveen     |

Lars Haanstra

|           |        |      |            |            |
|-----------|--------|------|------------|------------|
| 40        | 7.8    | M U9 | 2022-06-25 | Drachten   |
| 600       | 3:00.0 | M U9 | 2022-10-01 | Heerenveen |
| duur 4'   | 850    | M U9 | 2022-06-25 | Drachten   |
| 40h       | 9.1    | M U9 | 2022-06-25 | Drachten   |
| hoog      | 0.80   | M U9 | 2022-09-10 | Heerenveen |
| hurkhoog  | 0.75   | M U9 | 2022-06-25 | Drachten   |
| ver       | 2.50   | M U9 | 2022-09-10 | Heerenveen |
| balstoten | 4.50   | M U9 | 2022-09-10 | Heerenveen |
| slingeren | 10.50  | M U9 | 2022-06-25 | Drachten   |
| vortex    | 17.00  | M U9 | 2022-05-21 | Steenwijk  |

Aron Hagg

|         |        |       |            |            |
|---------|--------|-------|------------|------------|
| 60      | 10.7   | M U12 | 2023-09-30 | Heerenveen |
| 600     | 2:38.0 | M U12 | 2023-09-30 | Heerenveen |
| 60h     | 13.7   | M U12 | 2022-04-07 | Heerenveen |
| hoog    | 1.00   | M U12 | 2023-09-30 | Heerenveen |
| ver     | 2.55   | M U12 | 2022-04-07 | Heerenveen |
| kogel 2 | 4.76   | M U12 | 2023-09-30 | Heerenveen |
| vortex  | 9.50   | M U12 | 2023-04-06 | Heerenveen |

Leanne Haitisma

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 40        | 7.7    | V U10 | 2023-06-24 | Drachten   |
| 600       | 2:39.0 | V U10 | 2023-09-30 | Heerenveen |
| duur 4'   | 875    | V U9  | 2022-05-21 | Steenwijk  |
| 40h       | 8.3    | V U10 | 2023-06-24 | Drachten   |
| hoog      | 0.90   | V U10 | 2023-09-16 | Heerenveen |
| hurkhoog  | 0.70   | V U10 | 2023-06-24 | Drachten   |
| ver       | 2.85   | V U10 | 2023-05-20 | Sneek      |
| balstoten | 4.20   | V U10 | 2023-05-20 | Sneek      |
| slingeren | 10.00  | V U10 | 2023-06-24 | Drachten   |
| vortex    | 12.50  | V U10 | 2023-09-16 | Heerenveen |

Linde Hamer

|         |      |       |            |            |
|---------|------|-------|------------|------------|
| hoog    | 1.05 | V U12 | 2022-06-25 | Drachten   |
| ver     | 2.77 | V U10 | 2020-09-26 | Heerenveen |
| kogel 2 | 6.11 | V U14 | 2023-06-17 | Heerenveen |

Sarah Hartsema

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 40        | 7.2    | V U10 | 2023-06-24 | Drachten   |
| 600       | 2:47.0 | V U9  | 2022-10-01 | Heerenveen |
| 600       | 2:37.0 | V U10 | 2023-09-30 | Heerenveen |
| duur 4'   | 825    | V U9  | 2022-05-21 | Steenwijk  |
| 40h       | 7.5    | V U10 | 2023-06-24 | Drachten   |
| hoog      | 0.90   | V U10 | 2023-09-16 | Heerenveen |
| hurkhoog  | 0.75   | V U9  | 2022-06-25 | Drachten   |
| ver       | 3.00   | V U10 | 2023-05-20 | Sneek      |
| balstoten | 4.60   | V U10 | 2023-09-16 | Heerenveen |
| slingeren | 11.00  | V U10 | 2023-06-24 | Drachten   |
| vortex    | 15.00  | V U10 | 2023-05-20 | Sneek      |

Thijs Hartsema

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 60        | 10.7   | M U12 | 2023-05-20 | Sneek      |
| 600       | 2:28.0 | M U12 | 2023-09-30 | Heerenveen |
| duur 6'   | 1225   | M U12 | 2022-05-21 | Steenwijk  |
| 60h       | 12.4   | M U12 | 2023-09-16 | Heerenveen |
| hoog      | 1.05   | M U12 | 2023-09-30 | Heerenveen |
| polsver   | 3.70   | M U12 | 2023-06-24 | Drachten   |
| ver       | 3.75   | M U12 | 2023-09-16 | Heerenveen |
| kogel 2   | 6.94   | M U12 | 2023-09-30 | Heerenveen |
| slingeren | 17.50  | M U12 | 2023-09-16 | Heerenveen |
| vortex    | 23.00  | M U12 | 2023-06-24 | Drachten   |

Isa van Heeswijck

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| 60        | 10.5  | V U12 | 2023-05-20 | Sneek      |
| duur 6'   | 1200  | V U12 | 2023-05-20 | Sneek      |
| 60h       | 12.5  | V U12 | 2023-04-22 | Leeuwarden |
| hoog      | 0.95  | V U12 | 2023-04-22 | Leeuwarden |
| polsver   | 2.40  | V U12 | 2023-04-22 | Leeuwarden |
| ver       | 2.65  | V U10 | 2022-05-21 | Steenwijk  |
| balstoten | 4.80  | V U10 | 2022-05-21 | Steenwijk  |
| kogel 2   | 5.50  | V U12 | 2023-04-22 | Leeuwarden |
| slingeren | 12.50 | V U10 | 2022-04-23 | Leeuwarden |
| vortex    | 16.00 | V U12 | 2023-04-06 | Heerenveen |

Jan vd Heide

|               |       |     |            |            |
|---------------|-------|-----|------------|------------|
| 100           | 16.6  | M70 | 2022-10-01 | Heerenveen |
| 200           | 35.14 | M70 | 2022-06-19 | Ede        |
| kogel 4       | 6.74  | M70 | 2022-10-01 | Heerenveen |
| kogelsl.      | 16.77 | M70 | 2022-06-19 | Ede        |
| speer 500     | 23.32 | M70 | 2022-10-01 | Heerenveen |
| sprint 2-kamp | 734   | M70 | 2022-10-01 | Heerenveen |

Steijn Hendriksen

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 60        | 10.0    | M U12 | 2023-09-30 | Heerenveen |
| 600       | 2:10.1  | M U12 | 2023-09-30 | Heerenveen |
| 1000      | 3:55.45 | M U10 | 2022-09-03 | Groningen  |
| duur 6'   | 1450    | M U12 | 2023-04-22 | Leeuwarden |
| 60h       | 12.2    | M U12 | 2023-04-22 | Leeuwarden |
| hoog      | 1.15    | M U12 | 2023-09-30 | Heerenveen |
| polsver   | 2.45    | M U12 | 2023-04-22 | Leeuwarden |
| ver       | 2.30    | M U10 | 2022-09-10 | Heerenveen |
| balstoten | 4.50    | M U10 | 2022-09-10 | Heerenveen |
| kogel 2   | 5.00    | M U12 | 2023-04-22 | Leeuwarden |
| slingeren | 8.00    | M U10 | 2022-04-23 | Leeuwarden |
| vortex    | 15.00   | M U12 | 2023-04-22 | Leeuwarden |

Lia Hoekstra

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 60        | 10.5    | V U12 | 2022-10-01 | Heerenveen |
| 600       | 2:10.65 | V U14 | 2023-05-07 | Heerenveen |
| 60h 76,2  | 12.96w  | V U14 | 2023-05-06 | Heerenveen |
| hoog      | 1.00    | V U14 | 2023-05-06 | Heerenveen |
| ver       | 3.24    | V U14 | 2023-05-07 | Heerenveen |
| kogel 2   | 6.88    | V U14 | 2023-05-07 | Heerenveen |
| speer 400 | 9.52    | V U14 | 2023-05-06 | Heerenveen |
| 6-kamp    | 1559    | V U14 | 2023-05-06 | Heerenveen |

Rutger Hoekstra

|     |       |       |            |            |
|-----|-------|-------|------------|------------|
| 100 | 12.57 | M U16 | 2018-09-22 | Zoetermeer |
| 200 | 26.32 | M U16 | 2018-05-12 | Heerenveen |

|           |         |       |            |               |
|-----------|---------|-------|------------|---------------|
| 300       | 41.07   | M U18 | 2019-03-30 | Steenwijk     |
| 400       | 1:01.96 | M U16 | 2018-04-02 | Amersfoort    |
| 800       | 2:27.07 | M U16 | 2018-10-06 | Heerenveen    |
| hoog      | 1.90    | M U20 | 2022-03-05 | Clinton (USA) |
| hss       | 12.10   | M U16 | 2018-08-25 | Amsterdam     |
| polshoog  | 3.41    | M U18 | 2020-07-25 | Heerenveen    |
| ver       | 6.07    | M U20 | 2021-05-01 | Heerenveen    |
| speer 800 | 50.96   | M U20 | 2022-05-07 | Clinton (USA) |

#### Steijn Hoen

|        |       |       |            |            |
|--------|-------|-------|------------|------------|
| ver    | 2.20  | M U10 | 2022-04-07 | Heerenveen |
| vortex | 14.00 | M U10 | 2022-04-07 | Heerenveen |

#### Marrit Hofstra

|     |        |       |            |            |
|-----|--------|-------|------------|------------|
| 100 | 14.78  | V U20 | 2022-05-21 | Heerenveen |
| 200 | 31.59w | V U18 | 2021-10-02 | Heerenveen |
| ver | 4.36   | V U20 | 2022-10-01 | Heerenveen |

#### Jeroen vd Hoogen

|     |        |       |            |            |
|-----|--------|-------|------------|------------|
| 100 | 12.28  | M     | 2023-05-20 | Heerenveen |
| 300 | 42.50  | M U16 | 2010-04-03 | Steenwijk  |
| 800 | 2:20.3 | M U16 | 2010-10-02 | Heerenveen |
| ver | 5.77   | M U16 | 2011-04-02 | Steenwijk  |

#### Britt Huisman

|           |         |       |            |                |
|-----------|---------|-------|------------|----------------|
| 80        | 10.89   | V U16 | 2023-06-17 | Heerenveen     |
| 100       | 13.15   | V U16 | 2023-06-09 | Ede            |
| 150       | 19.84   | V U16 | 2023-04-16 | Almere         |
| 200       | 26.3    | V U16 | 2023-09-30 | Heerenveen     |
| 300       | 41.84   | V U16 | 2023-09-03 | Amsterdam      |
| 400       | 56.90   | V U16 | 2023-06-25 | Bergen op Zoom |
| 600       | 1:45.02 | V U16 | 2023-05-20 | Heerenveen     |
| 800       | 2:28.56 | V U16 | 2023-09-16 | Apeldoorn      |
| 80h 76,2  | 13.24   | V U16 | 2022-09-17 | Rotterdam      |
| 300h 76,2 | 49.41   | V U16 | 2022-06-11 | Heerenveen     |
| hoog      | 1.55    | V U16 | 2022-07-09 | Hoorn          |
| ver       | 4.78    | V U16 | 2023-06-09 | Ede            |
| kogel 3   | 8.51    | V U16 | 2023-04-20 | Hoogeveen      |

#### Ilse Huisman

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 60        | 9.4     | V U14 | 2023-09-30 | Heerenveen |
| 600       | 2:09.21 | V U14 | 2023-05-07 | Heerenveen |
| 60h 76,2  | 13.09w  | V U14 | 2023-05-06 | Heerenveen |
| hoog      | 1.25    | V U14 | 2023-05-06 | Heerenveen |
| ver       | 3.78    | V U14 | 2023-09-30 | Heerenveen |
| kogel 2   | 6.61    | V U14 | 2023-05-07 | Heerenveen |
| speer 400 | 10.55   | V U14 | 2023-05-06 | Heerenveen |
| 6-kamp    | 1761    | V U14 | 2023-05-07 | Heerenveen |

#### Julian Huisman

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| duur 6'   | 1300  | M U12 | 2023-05-20 | Sneek      |
| 60h       | 12.4  | M U12 | 2022-06-25 | Drachten   |
| hoog      | 1.00  | M U12 | 2023-06-24 | Drachten   |
| polsver   | 3.50  | M U12 | 2023-06-24 | Drachten   |
| ver       | 3.15  | M U12 | 2023-05-20 | Sneek      |
| kogel 2   | 5.00  | M U12 | 2022-06-25 | Drachten   |
| slingeren | 14.00 | M U12 | 2023-09-16 | Heerenveen |
| vortex    | 21.00 | M U12 | 2023-06-24 | Drachten   |

#### Melvin Huisman

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| 60        | 10.6  | M U12 | 2023-05-20 | Sneek      |
| duur 6'   | 1300  | M U12 | 2023-05-20 | Sneek      |
| 60h       | 13.4  | M U12 | 2023-09-16 | Heerenveen |
| ver       | 2.70  | M U12 | 2023-09-16 | Heerenveen |
| slingeren | 14.00 | M U12 | 2023-05-20 | Sneek      |
| vortex    | 18.00 | M U12 | 2023-05-20 | Sneek      |

#### Meike Huistra

|     |       |       |            |                |
|-----|-------|-------|------------|----------------|
| 80  | 10.8  | V U16 | 2022-10-01 | Heerenveen     |
| 100 | 12.93 | V U16 | 2023-06-23 | Bergen op Zoom |
| 150 | 19.52 | V U16 | 2023-09-09 | Zoetermeer     |

|             |         |       |            |            |
|-------------|---------|-------|------------|------------|
| 600         | 1:45.10 | V U16 | 2023-09-10 | Zoetermeer |
| 80h 76,2    | 11.79w  | V U16 | 2022-05-26 | Gorinchem  |
| 100h 76,2   | 15.61   | V U16 | 2023-06-11 | Assen      |
| hoog        | 1.65    | V U16 | 2023-09-09 | Zoetermeer |
| ver         | 5.52    | V U16 | 2023-09-02 | Amsterdam  |
| discus 1    | 25.59   | V U16 | 2022-06-24 | Steenwijk  |
| kogel 3     | 12.44   | V U16 | 2023-09-09 | Zoetermeer |
| speer 500   | 35.49   | V U16 | 2023-09-10 | Zoetermeer |
| werp 3-kamp | 1370    | V U16 | 2022-10-08 | Steenwijk  |
| 7-kamp      | 4596    | V U16 | 2023-09-10 | Zoetermeer |

#### Morris Hulsman

|         |       |       |            |            |
|---------|-------|-------|------------|------------|
| 100     | 13.5  | M U18 | 2022-10-01 | Heerenveen |
| 150     | 23.4  | M U16 | 2020-07-02 | Heerenveen |
| 200     | 35.91 | M U14 | 2019-05-11 | Heerenveen |
| hoog    | 1.50  | M U16 | 2021-10-02 | Heerenveen |
| ver     | 4.37  | M U16 | 2020-09-26 | Heerenveen |
| kogel 5 | 8.31  | M U18 | 2022-10-01 | Heerenveen |

#### Anne Hulzebos

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 60        | 10.98  | V U14 | 2022-05-21 | Heerenveen |
| 600       | 2:46.0 | V U12 | 2020-09-26 | Heerenveen |
| hoog      | 1.05   | V U14 | 2022-06-11 | Heerenveen |
| ver       | 2.95   | V U14 | 2022-05-21 | Heerenveen |
| kogel 2   | 6.46   | V U14 | 2022-10-01 | Heerenveen |
| speer 400 | 11.90  | V U14 | 2022-10-01 | Heerenveen |

#### Ronnie Jeeninga

|     |        |     |            |            |
|-----|--------|-----|------------|------------|
| 800 | 2:41.5 | M45 | 2022-10-01 | Heerenveen |
|-----|--------|-----|------------|------------|

#### Tim Jeeninga

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 150       | 27.0    | M U14 | 2020-07-02 | Heerenveen |
| 800       | 2:37.80 | M U16 | 2023-04-22 | Groningen  |
| 100h 83,8 | 22.03   | M U16 | 2023-05-13 | Hoogeveen  |
| hoog      | 1.30    | M U16 | 2023-04-22 | Groningen  |
| ver       | 2.97    | M U12 | 2018-07-14 | Heerenveen |
| discus 1  | 19.39   | M U16 | 2023-06-17 | Heerenveen |
| speer 600 | 22.99   | M U16 | 2022-10-01 | Heerenveen |

#### Jorrick de Jong

|      |      |       |            |            |
|------|------|-------|------------|------------|
| hoog | 1.10 | M U12 | 2022-10-01 | Heerenveen |
| ver  | 3.30 | M U12 | 2022-04-07 | Heerenveen |

#### Mia de Jong

|        |        |       |            |            |
|--------|--------|-------|------------|------------|
| 40     | 7.6    | V U10 | 2023-04-06 | Heerenveen |
| 600    | 2:53.0 | V U9  | 2022-10-01 | Heerenveen |
| ver    | 2.65   | V U10 | 2023-04-06 | Heerenveen |
| vortex | 10.00  | V U10 | 2023-04-06 | Heerenveen |

#### Cas Jonker

|         |         |       |            |            |
|---------|---------|-------|------------|------------|
| 600     | 1:52.68 | M U14 | 2022-05-14 | Emmen      |
| 800     | 2:34.82 | M U16 | 2023-06-17 | Heerenveen |
| 1000    | 3:25.78 | M U14 | 2022-06-11 | Heerenveen |
| hoog    | 0.85    | M U9  | 2017-05-20 | Steenwijk  |
| ver     | 4.10    | M U14 | 2022-05-14 | Emmen      |
| kogel 4 | 8.22    | M U16 | 2023-06-17 | Heerenveen |

#### Norah Keijzer

|          |         |       |            |                |
|----------|---------|-------|------------|----------------|
| 100      | 14.06w  | V U16 | 2022-06-10 | Ede            |
| 150      | 21.72   | V U16 | 2021-10-02 | Heerenveen     |
| 200      | 28.8    | V U18 | 2023-09-30 | Heerenveen     |
| 300      | 45.28   | V U16 | 2022-06-24 | Steenwijk      |
| 400      | 1:01.37 | V U18 | 2023-06-11 | Assen          |
| 600      | 1:46.27 | V U16 | 2022-07-09 | Hoorn          |
| 800      | 2:30.49 | V U18 | 2023-06-23 | Bergen op Zoom |
| 1500     | 5:33.28 | V U18 | 2023-05-28 | Harderwijk     |
| 80h 76,2 | 15.12   | V U16 | 2022-04-30 | Heerenveen     |
| hoog     | 1.25    | V U16 | 2021-10-02 | Heerenveen     |
| ver      | 4.13    | V U16 | 2021-07-03 | Assen          |
| discus 1 | 21.63   | V U16 | 2022-09-04 | Groningen      |
| kogel 3  | 9.85    | V U16 | 2022-06-10 | Ede            |

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| speer 500 | 27.10 | V U18 | 2023-05-28 | Harderwijk |
| 7-kamp    | 2986  | V U16 | 2022-05-01 | Heerenveen |

#### Joost Kemme

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| duur 6'   | 1250  | M U12 | 2023-04-22 | Leeuwarden |
| 60h       | 12.5  | M U12 | 2023-04-22 | Leeuwarden |
| hoog      | 0.85  | M U12 | 2023-06-24 | Drachten   |
| polsver   | 2.85  | M U12 | 2023-06-24 | Drachten   |
| ver       | 2.20  | M U10 | 2022-05-21 | Steenwijk  |
| balstoten | 4.60  | M U10 | 2022-05-21 | Steenwijk  |
| kogel 2   | 4.80  | M U12 | 2023-06-24 | Drachten   |
| slingeren | 11.00 | M U10 | 2022-04-23 | Leeuwarden |
| vortex    | 16.50 | M U12 | 2023-06-24 | Drachten   |

#### Fylèn Kirindongo

|           |        |      |            |            |
|-----------|--------|------|------------|------------|
| 40        | 7.3    | V U9 | 2022-04-23 | Leeuwarden |
| 600       | 3:22.0 | V U9 | 2022-10-01 | Heerenveen |
| duur 4'   | 750    | V U9 | 2022-05-21 | Steenwijk  |
| 40h       | 9.0    | V U9 | 2022-04-23 | Leeuwarden |
| hoog      | 0.85   | V U9 | 2022-09-10 | Heerenveen |
| hurkhoog  | 0.75   | V U9 | 2022-04-23 | Leeuwarden |
| ver       | 2.65   | V U8 | 2021-09-11 | Drachten   |
| balstoten | 4.50   | V U9 | 2022-05-21 | Steenwijk  |
| slingeren | 8.00   | V U9 | 2022-04-23 | Leeuwarden |
| vortex    | 14.00  | V U9 | 2022-10-01 | Heerenveen |

#### Wieger Klijnstra

|             |         |     |            |            |
|-------------|---------|-----|------------|------------|
| 100         | 16.75   | M70 | 2019-04-07 | Amersfoort |
| 150         | 25.36w  | M70 | 2019-07-05 | Steenwijk  |
| 200         | 35.56   | M70 | 2019-07-13 | Rotterdam  |
| 300         | 1:05.55 | M70 | 2019-07-05 | Steenwijk  |
| 800         | 4:17.13 | M70 | 2018-10-06 | Heerenveen |
| hoog        | 1.00    | M70 | 2018-10-06 | Heerenveen |
| ver         | 1.94    | M70 | 2018-10-06 | Heerenveen |
| discus 1    | 18.19   | M70 | 2019-10-05 | Heerenveen |
| kogel 4     | 6.17    | M70 | 2020-09-26 | Heerenveen |
| speer 500   | 13.61   | M70 | 2019-10-05 | Heerenveen |
| werp 3-kamp | 480     | M70 | 2019-10-05 | Heerenveen |

#### Remco Klinker

|     |        |     |            |            |
|-----|--------|-----|------------|------------|
| 800 | 2:40.6 | M35 | 2023-09-30 | Heerenveen |
|-----|--------|-----|------------|------------|

#### Femke Knijn

|      |         |       |            |            |
|------|---------|-------|------------|------------|
| 3000 | 11:21.6 | V U16 | 2021-04-11 | Heerenveen |
| hoog | 1.05    | V U12 | 2018-04-21 | Drachten   |
| ver  | 3.05    | V U14 | 2019-10-05 | Heerenveen |

#### Johan Knoester

|           |       |     |            |            |
|-----------|-------|-----|------------|------------|
| 100       | 19.1  | M75 | 2020-09-26 | Heerenveen |
| ver       | 2.76  | M75 | 2020-09-26 | Heerenveen |
| discus 1  | 18.91 | M75 | 2020-09-26 | Heerenveen |
| speer 500 | 16.37 | M75 | 2020-09-26 | Heerenveen |

#### Jan Jelle Koerts

|             |       |     |            |            |
|-------------|-------|-----|------------|------------|
| discus 1½   | 21.53 | M50 | 2020-09-26 | Heerenveen |
| kogel 6     | 8.09  | M50 | 2020-09-26 | Heerenveen |
| speer 700   | 23.80 | M50 | 2020-09-26 | Heerenveen |
| werp 3-kamp | 787   | M50 | 2021-08-27 | Heerenveen |

#### Quin Kok

|           |        |      |            |            |
|-----------|--------|------|------------|------------|
| 40        | 7.8    | M U8 | 2023-09-30 | Heerenveen |
| 600       | 3:01.0 | M U8 | 2023-09-30 | Heerenveen |
| duur 4'   | 750    | M U8 | 2023-06-24 | Drachten   |
| 40h       | 9.0    | M U8 | 2023-06-24 | Drachten   |
| hoog      | 0.75   | M U8 | 2023-05-20 | Sneek      |
| hurkhoog  | 0.70   | M U8 | 2023-06-24 | Drachten   |
| ver       | 2.71   | M U8 | 2023-09-30 | Heerenveen |
| balstoten | 4.50   | M U8 | 2023-09-16 | Heerenveen |
| slingeren | 8.00   | M U8 | 2023-04-22 | Leeuwarden |
| vortex    | 10.00  | M U8 | 2023-09-30 | Heerenveen |

#### Mirthe Koot

|        |       |       |            |            |
|--------|-------|-------|------------|------------|
| 60     | 12.9  | V U12 | 2023-04-06 | Heerenveen |
| ver    | 2.20  | V U10 | 2022-04-07 | Heerenveen |
| vortex | 11.50 | V U12 | 2023-04-06 | Heerenveen |

#### Anna Kootstra

|               |      |     |            |            |
|---------------|------|-----|------------|------------|
| 100           | 16.2 | V40 | 2023-09-30 | Heerenveen |
| 200           | 34.8 | V40 | 2023-09-30 | Heerenveen |
| sprint 2-kamp | 600  | V40 | 2023-09-30 | Heerenveen |

#### Hedzer Kootstra

|           |        |      |            |            |
|-----------|--------|------|------------|------------|
| 40        | 8.0    | M U8 | 2023-06-24 | Drachten   |
| 600       | 3:06.0 | M U8 | 2023-09-30 | Heerenveen |
| duur 4'   | 650    | M U8 | 2023-06-24 | Drachten   |
| 40h       | 10.0   | M U8 | 2023-06-24 | Drachten   |
| hoog      | 0.85   | M U8 | 2023-09-16 | Heerenveen |
| hurkhoog  | 0.55   | M U8 | 2023-06-24 | Drachten   |
| ver       | 2.42   | M U8 | 2023-09-30 | Heerenveen |
| balstoten | 3.80   | M U8 | 2023-09-16 | Heerenveen |
| slingeren | 10.50  | M U8 | 2023-06-24 | Drachten   |
| vortex    | 9.50   | M U8 | 2023-09-16 | Heerenveen |

#### Jesper Kootstra

|           |        |      |            |            |
|-----------|--------|------|------------|------------|
| 40        | 7.9    | M U8 | 2023-09-30 | Heerenveen |
| 600       | 3:12.0 | M U8 | 2023-09-30 | Heerenveen |
| duur 4'   | 700    | M U8 | 2023-06-24 | Drachten   |
| 40h       | 8.9    | M U8 | 2023-06-24 | Drachten   |
| hoog      | 0.85   | M U8 | 2023-09-16 | Heerenveen |
| hurkhoog  | 0.65   | M U8 | 2023-06-24 | Drachten   |
| ver       | 2.30   | M U8 | 2023-09-16 | Heerenveen |
| balstoten | 3.30   | M U8 | 2023-09-16 | Heerenveen |
| slingeren | 8.00   | M U8 | 2023-06-24 | Drachten   |
| vortex    | 12.00  | M U8 | 2023-09-16 | Heerenveen |

#### Myrthe Kootstra

|         |       |       |            |            |
|---------|-------|-------|------------|------------|
| 60      | 10.19 | V U14 | 2023-06-17 | Heerenveen |
| hoog    | 1.30  | V U14 | 2023-06-17 | Heerenveen |
| ver     | 3.60  | V U14 | 2023-09-30 | Heerenveen |
| kogel 2 | 7.47  | V U12 | 2022-10-01 | Heerenveen |

#### Maaïke Kramer

|          |       |       |            |            |
|----------|-------|-------|------------|------------|
| 200      | 34.89 | V U14 | 2017-05-20 | Heerenveen |
| hoog     | 1.15  | V U14 | 2016-10-01 | Heerenveen |
| polshoog | 2.50  | V U20 | 2022-06-23 | Hengelo    |
| ver      | 3.82w | V U16 | 2019-05-11 | Heerenveen |
| discus 1 | 19.47 | V U16 | 2019-04-28 | Epe        |

#### Folkert Krol

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 80        | 11.54   | M U14 | 2023-06-03 | Groningen  |
| 150       | 20.8    | M U14 | 2023-09-30 | Heerenveen |
| 600       | 1:48.0  | M U14 | 2023-09-30 | Heerenveen |
| 800       | 2:41.16 | M U14 | 2023-05-20 | Heerenveen |
| 1000      | 3:23.84 | M U14 | 2023-06-03 | Groningen  |
| 80h 76,2  | 15.77   | M U14 | 2023-05-13 | Hoogeveen  |
| hoog      | 1.30    | M U14 | 2023-05-07 | Heerenveen |
| ver       | 4.47    | M U14 | 2023-09-10 | Amsterdam  |
| kogel 3   | 5.75    | M U14 | 2023-05-07 | Heerenveen |
| speer 400 | 20.63   | M U14 | 2023-05-06 | Heerenveen |
| 7-kamp    | 2916    | M U14 | 2023-05-07 | Heerenveen |

#### Max Kroon

|               |       |       |            |            |
|---------------|-------|-------|------------|------------|
| 100           | 12.27 | M U18 | 2023-04-23 | Drachten   |
| 150           | 19.97 | M U16 | 2021-10-02 | Heerenveen |
| 200           | 25.25 | M U18 | 2023-04-23 | Drachten   |
| ver           | 5.53w | M U18 | 2023-05-20 | Heerenveen |
| sprint 2-kamp | 933   | M U16 | 2022-10-01 | Heerenveen |

**Levy de Lang**

|          |       |      |            |            |
|----------|-------|------|------------|------------|
| 40       | 8.8   | M U7 | 2023-09-30 | Heerenveen |
| hurkhoog | 0.55  | M U7 | 2023-09-30 | Heerenveen |
| ver      | 2.36  | M U7 | 2023-09-30 | Heerenveen |
| vortex   | 11.00 | M U7 | 2023-09-30 | Heerenveen |

**Liam de Lang**

|           |         |       |            |              |
|-----------|---------|-------|------------|--------------|
| 80        | 11.46   | M U14 | 2023-06-03 | Groningen    |
| 150       | 20.3    | M U14 | 2023-09-30 | Heerenveen   |
| 1000      | 4:07.90 | M U14 | 2022-05-01 | Heerenveen   |
| 80h 76,2  | 13.14   | M U14 | 2023-09-16 | Spijkennisse |
| hoog      | 1.60    | M U14 | 2023-09-10 | Amsterdam    |
| ver       | 4.61    | M U14 | 2023-09-30 | Heerenveen   |
| discus 1  | 20.32   | M U14 | 2022-04-02 | Steenwijk    |
| kogel 3   | 8.62    | M U14 | 2023-04-20 | Hoogeveen    |
| speer 400 | 32.08   | M U14 | 2023-09-30 | Heerenveen   |
| 7-kamp    | 2827    | M U14 | 2022-05-01 | Heerenveen   |

**Yara Lanza**

|          |       |       |            |            |
|----------|-------|-------|------------|------------|
| 60       | 9.6   | V U12 | 2022-09-10 | Heerenveen |
| 60h 76,2 | 13.53 | V U14 | 2023-04-22 | Groningen  |
| hoog     | 1.05  | V U14 | 2023-04-22 | Groningen  |
| ver      | 3.38  | V U14 | 2023-04-22 | Groningen  |

**Lasse Lenis**

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 40        | 6.6    | M U10 | 2023-06-24 | Drachten   |
| 600       | 2:44.0 | M U10 | 2023-09-30 | Heerenveen |
| duur 4'   | 750    | M U10 | 2023-06-24 | Drachten   |
| 40h       | 8.1    | M U10 | 2023-06-24 | Drachten   |
| hoog      | 0.95   | M U10 | 2023-09-16 | Heerenveen |
| hurkhoog  | 0.75   | M U10 | 2023-06-24 | Drachten   |
| ver       | 3.15   | M U10 | 2023-09-30 | Heerenveen |
| balstoten | 5.60   | M U10 | 2023-09-16 | Heerenveen |
| slingeren | 11.50  | M U10 | 2023-06-24 | Drachten   |
| vortex    | 15.50  | M U10 | 2023-09-30 | Heerenveen |

**Afke Ligthart**

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| kogel 4   | 8.02  | V U23 | 2022-10-01 | Heerenveen |
| speer 600 | 21.50 | V U23 | 2023-09-30 | Heerenveen |

**Mathijs vd Lindt**

|           |      |      |            |            |
|-----------|------|------|------------|------------|
| 40        | 9.4  | M U9 | 2022-04-23 | Leeuwarden |
| duur 4'   | 550  | M U9 | 2022-05-21 | Steenwijk  |
| 40h       | 12.2 | M U9 | 2022-04-23 | Leeuwarden |
| hoog      | 0.75 | M U9 | 2022-09-10 | Heerenveen |
| hurkhoog  | 0.55 | M U9 | 2022-04-23 | Leeuwarden |
| ver       | 1.70 | M U9 | 2022-09-10 | Heerenveen |
| balstoten | 3.10 | M U9 | 2022-05-21 | Steenwijk  |
| slingeren | 9.50 | M U9 | 2022-04-23 | Leeuwarden |
| vortex    | 8.00 | M U9 | 2022-05-21 | Steenwijk  |

**Florian Marks**

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| 40        | 7.5   | M U10 | 2023-06-24 | Drachten   |
| duur 4'   | 750   | M U10 | 2023-04-22 | Leeuwarden |
| 40h       | 8.8   | M U10 | 2023-06-24 | Drachten   |
| hoog      | 0.85  | M U10 | 2023-05-20 | Sneek      |
| hurkhoog  | 0.75  | M U10 | 2023-04-22 | Leeuwarden |
| ver       | 2.90  | M U10 | 2023-05-20 | Sneek      |
| balstoten | 5.30  | M U10 | 2023-05-20 | Sneek      |
| slingeren | 14.50 | M U9  | 2022-04-23 | Leeuwarden |
| vortex    | 19.50 | M U10 | 2023-05-20 | Sneek      |

**Fenna vd Meer**

|         |        |       |            |            |
|---------|--------|-------|------------|------------|
| 60      | 9.2    | V U12 | 2022-09-10 | Heerenveen |
| 600     | 2:12.0 | V U12 | 2023-09-30 | Heerenveen |
| duur 6' | 1375   | V U12 | 2022-04-23 | Leeuwarden |
| 60h     | 11.4   | V U12 | 2022-09-10 | Heerenveen |
| hoog    | 1.30   | V U12 | 2023-09-30 | Heerenveen |
| polsver | 4.20   | V U12 | 2022-06-25 | Drachten   |
| ver     | 3.35   | V U12 | 2023-04-06 | Heerenveen |

|           |       |       |            |            |
|-----------|-------|-------|------------|------------|
| kogel 2   | 6.81  | V U12 | 2023-09-30 | Heerenveen |
| slingeren | 14.00 | V U12 | 2022-09-10 | Heerenveen |
| vortex    | 20.00 | V U12 | 2023-04-06 | Heerenveen |

**Siem vd Meer**

|      |        |       |            |            |
|------|--------|-------|------------|------------|
| 600  | 2:21.2 | M U9  | 2019-10-05 | Heerenveen |
| hoog | 0.95   | M U12 | 2022-10-01 | Heerenveen |
| ver  | 2.89   | M U12 | 2021-10-02 | Heerenveen |

**Susan vd Meer**

|         |       |       |            |     |
|---------|-------|-------|------------|-----|
| 100     | 14.54 | V U18 | 2023-06-09 | Ede |
| ver     | 3.77  | V U18 | 2023-06-09 | Ede |
| kogel 3 | 6.54  | V U18 | 2023-06-09 | Ede |

**Aukje Anne Meeter**

|           |        |      |            |            |
|-----------|--------|------|------------|------------|
| 40        | 8.1    | V U8 | 2023-09-30 | Heerenveen |
| 600       | 3:13.0 | V U8 | 2023-09-30 | Heerenveen |
| duur 4'   | 775    | V U8 | 2023-06-24 | Drachten   |
| 40h       | 9.5    | V U8 | 2023-06-24 | Drachten   |
| hoog      | 0.75   | V U8 | 2023-05-20 | Sneek      |
| hurkhoog  | 0.70   | V U8 | 2023-04-22 | Leeuwarden |
| ver       | 2.47   | V U8 | 2023-09-30 | Heerenveen |
| balstoten | 3.50   | V U8 | 2023-05-20 | Sneek      |
| slingeren | 8.50   | V U8 | 2023-06-24 | Drachten   |
| vortex    | 10.00  | V U8 | 2023-05-20 | Sneek      |

**Mila Meibos**

|         |         |       |            |            |
|---------|---------|-------|------------|------------|
| 60      | 10.11   | V U14 | 2022-05-21 | Heerenveen |
| 600     | 2:15.85 | V U12 | 2021-10-02 | Heerenveen |
| hoog    | 1.20    | V U14 | 2022-05-21 | Heerenveen |
| ver     | 3.41    | V U12 | 2021-10-02 | Heerenveen |
| kogel 2 | 4.42    | V U12 | 2021-10-02 | Heerenveen |

**Nada Mohammad**

|         |        |       |            |            |
|---------|--------|-------|------------|------------|
| 60      | 9.6    | V U12 | 2023-09-30 | Heerenveen |
| 600     | 2:24.0 | V U12 | 2023-09-30 | Heerenveen |
| hoog    | 1.00   | V U12 | 2023-09-30 | Heerenveen |
| kogel 2 | 4.80   | V U12 | 2023-09-30 | Heerenveen |

**Lennert Naeff**

|           |         |       |            |                 |
|-----------|---------|-------|------------|-----------------|
| 100       | 12.15   | M U23 | 2023-04-02 | Niort (Fra)     |
| 200       | 32.02   | M U14 | 2014-05-17 | Heerenveen      |
| 300       | 50.23   | M U14 | 2015-04-11 | Heerenveen      |
| 400       | 1:00.29 | M U18 | 2019-05-11 | Cérizay (Fra)   |
| 800       | 3:00.05 | M U14 | 2014-04-21 | Dronten         |
| 1500      | 5:44.24 | M U18 | 2019-06-02 | Talence (Fra)   |
| hoog      | 2.09    | M U23 | 2023-07-22 | Bondoufle (Fra) |
| polshoog  | 4.15    | M U18 | 2019-06-29 | Alphen a/d Rijn |
| ver       | 6.16    | M U18 | 2019-06-01 | Talence (Fra)   |
| kogel 7¼  | 11.15   | M U23 | 2023-05-07 | Angoulême (Fra) |
| speer 800 | 43.99   | M U20 | 2020-08-14 | Cerizay (Fra)   |

**Iris Nanninga**

|         |      |       |            |          |
|---------|------|-------|------------|----------|
| 60      | 10.0 | V U12 | 2021-09-11 | Drachten |
| hoog    | 1.15 | V U12 | 2022-06-25 | Drachten |
| kogel 2 | 5.30 | V U12 | 2022-06-25 | Drachten |

**Sverre Nota**

|          |       |       |            |            |
|----------|-------|-------|------------|------------|
| 100      | 13.95 | M U16 | 2022-06-11 | Heerenveen |
| 150      | 20.55 | M U16 | 2023-05-13 | Hoogeveen  |
| hoog     | 1.60  | M U16 | 2023-05-13 | Hoogeveen  |
| polshoog | 2.62  | M U16 | 2022-05-01 | Heerenveen |
| ver      | 4.67  | M U16 | 2022-05-21 | Heerenveen |
| kogel 4  | 8.23  | M U16 | 2022-04-09 | Emmeloord  |

**Siebert Nutma**

|      |          |   |            |            |
|------|----------|---|------------|------------|
| 800  | 2:04.65  | M | 2023-05-20 | Heerenveen |
| 3000 | 9:39.16  | M | 2023-07-21 | Heiloo     |
| 5000 | 16:37.55 | M | 2023-07-14 | Amsterdam  |

|                          |               |         |       |            |                   |      |       |            |            |
|--------------------------|---------------|---------|-------|------------|-------------------|------|-------|------------|------------|
| <b>Marrit Oosterbaan</b> |               |         |       |            | ver               | 3.93 | V U14 | 2021-04-17 | Heerenveen |
|                          | discus 1      | 19.77   | V U23 | 2023-10-15 | Steenwijk         |      |       |            |            |
|                          | speer 600     | 36.61   | V U23 | 2023-06-03 | Groningen         |      |       |            |            |
|                          | werp 3-kamp   | 1429    | V U23 | 2023-10-15 | Steenwijk         |      |       |            |            |
| <b>Jilke Oswald</b>      |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 12.90   | M U18 | 2022-04-10 | Drachten          |      |       |            |            |
|                          | 200           | 24.77   | M U20 | 2023-05-20 | Heerenveen        |      |       |            |            |
|                          | 400           | 54.70   | M U20 | 2023-06-24 | Bergen op Zoom    |      |       |            |            |
|                          | 400h 83,8     | 1:05.92 | M U18 | 2022-06-17 | Amsterdam         |      |       |            |            |
|                          | ver           | 5.91    | M U20 | 2023-06-24 | Bergen op Zoom    |      |       |            |            |
|                          | kogel 5       | 9.98    | M U18 | 2022-10-01 | Heerenveen        |      |       |            |            |
|                          | speer 700     | 31.67   | M U18 | 2022-10-01 | Heerenveen        |      |       |            |            |
| <b>Klaas Peereboom</b>   |               |         |       |            |                   |      |       |            |            |
|                          | kogel 4       | 7.88    | M70   | 2023-09-30 | Heerenveen        |      |       |            |            |
| <b>Bram Persson</b>      |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 11.12   | M U18 | 2023-07-30 | Hässleholm (Zwe)  |      |       |            |            |
|                          | 200           | 22.33   | M U18 | 2023-08-13 | Helsingborg (Zwe) |      |       |            |            |
| <b>Jeroen Persson</b>    |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 11.16   | M U18 | 2022-08-13 | Mölndal (Zwe)     |      |       |            |            |
|                          | 200           | 21.59   | M U20 | 2023-07-02 | Göteborg (Zwe)    |      |       |            |            |
|                          | 400           | 47.88   | M U20 | 2023-06-11 | Sollentuna (Zwe)  |      |       |            |            |
| <b>Norah Pont</b>        |               |         |       |            |                   |      |       |            |            |
|                          | 80            | 11.07   | V U16 | 2023-07-08 | Breda             |      |       |            |            |
|                          | 100           | 13.64   | V U16 | 2023-07-21 | Heiloo            |      |       |            |            |
|                          | 150           | 20.05   | V U16 | 2023-09-16 | Apeldoorn         |      |       |            |            |
|                          | 200           | 28.11   | V U16 | 2023-07-21 | Heiloo            |      |       |            |            |
|                          | 300           | 45.06   | V U16 | 2023-08-20 | Lisse             |      |       |            |            |
|                          | 80h 76,2      | 12.21   | V U16 | 2023-09-03 | Amsterdam         |      |       |            |            |
|                          | 300h 76,2     | 45.62   | V U16 | 2023-09-16 | Apeldoorn         |      |       |            |            |
|                          | hoog          | 1.35    | V U14 | 2021-05-22 | Heerenveen        |      |       |            |            |
|                          | ver           | 3.45    | V U12 | 2019-05-25 | Steenwijk         |      |       |            |            |
|                          | kogel 2       | 6.30    | V U12 | 2019-04-20 | Drachten          |      |       |            |            |
| <b>Anita Postma</b>      |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 14.82   | V U18 | 2023-04-23 | Drachten          |      |       |            |            |
|                          | 150           | 23.0    | V U16 | 2022-10-01 | Heerenveen        |      |       |            |            |
|                          | 200           | 30.23w  | V U18 | 2023-04-23 | Drachten          |      |       |            |            |
|                          | hoog          | 1.40    | V U18 | 2023-06-11 | Assen             |      |       |            |            |
|                          | ver           | 4.08    | V U18 | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | sprint 2-kamp | 826     | V U16 | 2022-10-01 | Heerenveen        |      |       |            |            |
| <b>Sanne Pultrum</b>     |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 13.23w  | V U18 | 2023-04-23 | Drachten          |      |       |            |            |
|                          | 150           | 19.83   | V U16 | 2022-06-24 | Steenwijk         |      |       |            |            |
|                          | 200           | 27.85   | V U18 | 2023-05-20 | Heerenveen        |      |       |            |            |
|                          | 300           | 46.02   | V U16 | 2022-06-24 | Steenwijk         |      |       |            |            |
|                          | 400           | 1:14.16 | V U14 | 2019-05-05 | Sneek             |      |       |            |            |
|                          | 800           | 2:32.40 | V U16 | 2021-06-19 | Leeuwarden        |      |       |            |            |
|                          | 1500          | 6:01.52 | V U16 | 2021-07-03 | Assen             |      |       |            |            |
|                          | 300h 76,2     | 51.95   | V U16 | 2022-06-11 | Heerenveen        |      |       |            |            |
|                          | hoog          | 1.50    | V U16 | 2022-06-11 | Heerenveen        |      |       |            |            |
|                          | ver           | 4.50    | V U16 | 2021-10-10 | Best              |      |       |            |            |
|                          | kogel 3       | 8.66    | V U16 | 2022-06-10 | Ede               |      |       |            |            |
|                          | speer 500     | 19.31   | V U16 | 2022-05-01 | Heerenveen        |      |       |            |            |
|                          | sprint 2-kamp | 1068    | V U16 | 2022-10-01 | Heerenveen        |      |       |            |            |
| <b>Hanna Rekelhof</b>    |               |         |       |            |                   |      |       |            |            |
|                          | 40            | 7.9     | V U9  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | 600           | 2:34.0  | V U9  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | ver           | 2.32    | V U9  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | vortex        | 8.00    | V U9  | 2023-09-30 | Heerenveen        |      |       |            |            |
| <b>Loïs Richardson</b>   |               |         |       |            |                   |      |       |            |            |
|                          | 300h 76,2     | 1:01.52 | V U14 | 2022-05-21 | Heerenveen        |      |       |            |            |
|                          | hoog          | 1.15    | V U14 | 2022-10-01 | Heerenveen        |      |       |            |            |
| <b>Nynke Rijpma</b>      |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 13.37   | V U18 | 2023-06-11 | Assen             |      |       |            |            |
|                          | 150           | 20.22   | V U18 | 2022-08-05 | Utrecht           |      |       |            |            |
|                          | 200           | 27.22   | V U18 | 2023-06-25 | Bergen op Zoom    |      |       |            |            |
|                          | 300           | 44.46   | V U18 | 2023-05-13 | Lisse             |      |       |            |            |
|                          | 400           | 1:05.40 | V U18 | 2022-06-18 | Amsterdam         |      |       |            |            |
|                          | 400h 76,2     | 1:11.42 | V U18 | 2023-05-20 | Heerenveen        |      |       |            |            |
|                          | hoog          | 1.45    | V U16 | 2020-09-26 | Heerenveen        |      |       |            |            |
|                          | hss           | 10.78w  | V U18 | 2023-06-24 | Bergen op Zoom    |      |       |            |            |
|                          | ver           | 5.17    | V U16 | 2021-05-23 | Heerenveen        |      |       |            |            |
|                          | kogel 3       | 10.18   | V U18 | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | speer 500     | 23.82   | V U16 | 2021-05-23 | Heerenveen        |      |       |            |            |
| <b>Sem van Rooijen</b>   |               |         |       |            |                   |      |       |            |            |
|                          | 60            | 7.37w   | M U18 | 2020-08-23 | Alkmaar           |      |       |            |            |
|                          | 100           | 11.26   | M U20 | 2022-06-12 | Assen             |      |       |            |            |
|                          | 150           | 17.16w  | M U20 | 2021-07-09 | Steenwijk         |      |       |            |            |
|                          | 200           | 22.78   | M U20 | 2022-06-19 | Amsterdam         |      |       |            |            |
|                          | 400           | 55.10   | M U20 | 2021-05-01 | Heerenveen        |      |       |            |            |
|                          | 800           | 2:10.5  | M U20 | 2021-03-20 | Heerenveen        |      |       |            |            |
|                          | ver           | 5.56    | M U20 | 2021-03-20 | Heerenveen        |      |       |            |            |
| <b>Floris vd Schaaf</b>  |               |         |       |            |                   |      |       |            |            |
|                          | 40            | 10.3    | M U8  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | ver           | 1.99    | M U8  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | vortex        | 7.50    | M U8  | 2023-09-30 | Heerenveen        |      |       |            |            |
| <b>Milou Sieperda</b>    |               |         |       |            |                   |      |       |            |            |
|                          | 150           | 21.82   | V U16 | 2021-07-10 | Delft             |      |       |            |            |
|                          | 200           | 29.23   | V U18 | 2023-05-06 | Heerenveen        |      |       |            |            |
|                          | 100h 76,2     | 18.86   | V U18 | 2023-05-06 | Heerenveen        |      |       |            |            |
|                          | hoog          | 1.61    | V U16 | 2021-10-09 | Best              |      |       |            |            |
|                          | ver           | 5.06w   | V U16 | 2022-05-21 | Heerenveen        |      |       |            |            |
|                          | discus 1      | 31.10   | V U18 | 2023-06-03 | Groningen         |      |       |            |            |
|                          | kogel 3       | 11.00   | V U18 | 2023-06-11 | Heerenveen        |      |       |            |            |
|                          | speer 500     | 32.57   | V U16 | 2022-04-23 | Almere            |      |       |            |            |
|                          | werp 3-kamp   | 1414    | V U16 | 2022-10-08 | Steenwijk         |      |       |            |            |
|                          | 7-kamp        | 3015    | V U18 | 2023-05-07 | Heerenveen        |      |       |            |            |
| <b>Jolanda Smedinga</b>  |               |         |       |            |                   |      |       |            |            |
|                          | 100           | 16.04   | V55   | 2023-07-01 | Harderwijk        |      |       |            |            |
|                          | 150           | 24.70   | V55   | 2022-06-24 | Steenwijk         |      |       |            |            |
|                          | 200           | 33.88w  | V55   | 2023-07-02 | Harderwijk        |      |       |            |            |
|                          | 300           | 55.19   | V55   | 2022-06-24 | Steenwijk         |      |       |            |            |
|                          | 400           | 1:17.66 | V55   | 2023-05-13 | Harderwijk        |      |       |            |            |
|                          | 800           | 3:01.0  | V55   | 2020-09-16 | Dronen            |      |       |            |            |
|                          | speer 500     | 14.90   | V55   | 2022-10-01 | Heerenveen        |      |       |            |            |
|                          | sprint 2-kamp | 1032    | V55   | 2022-10-01 | Heerenveen        |      |       |            |            |
| <b>Vesper Spijkman</b>   |               |         |       |            |                   |      |       |            |            |
|                          | 40            | 8.0     | V U9  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | 600           | 2:35.0  | V U8  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | ver           | 2.85    | V U8  | 2023-09-30 | Heerenveen        |      |       |            |            |
|                          | vortex        | 9.00    | V U9  | 2023-04-06 | Heerenveen        |      |       |            |            |
| <b>Melvin vd Staaij</b>  |               |         |       |            |                   |      |       |            |            |
|                          | 60            | 11.0    | M U12 | 2022-09-10 | Heerenveen        |      |       |            |            |
|                          | duur 6'       | 1225    | M U12 | 2023-06-24 | Drachten          |      |       |            |            |
|                          | 60h           | 12.4    | M U12 | 2023-04-22 | Leeuwarden        |      |       |            |            |
|                          | hoog          | 1.05    | M U12 | 2023-06-24 | Drachten          |      |       |            |            |
|                          | polsver       | 4.35    | M U12 | 2023-06-24 | Drachten          |      |       |            |            |
|                          | ver           | 2.85    | M U12 | 2023-05-20 | Sneek             |      |       |            |            |
|                          | kogel 2       | 5.90    | M U12 | 2023-06-24 | Drachten          |      |       |            |            |
|                          | slingeren     | 11.50   | M U12 | 2023-05-20 | Sneek             |      |       |            |            |
|                          | vortex        | 15.50   | M U12 | 2023-06-24 | Drachten          |      |       |            |            |
| <b>Daan Stegeman</b>     |               |         |       |            |                   |      |       |            |            |
|                          | hoog          | 1.20    | M U14 | 2022-10-01 | Heerenveen        |      |       |            |            |
|                          | ver           | 3.29    | M U14 | 2021-10-02 | Heerenveen        |      |       |            |            |



**Hessel Teijema**

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 150       | 27.55   | M U14 | 2021-05-01 | Heerenveen |
| 600       | 2:23.0  | M U14 | 2022-10-01 | Heerenveen |
| 800       | 3:16.39 | M U16 | 2023-06-17 | Heerenveen |
| 1500      | 7:02.60 | M U16 | 2023-05-13 | Hoogeveen  |
| hoog      | 1.00    | M U12 | 2020-09-12 | Heerenveen |
| ver       | 3.49    | M U16 | 2023-06-17 | Heerenveen |
| speer 600 | 15.30   | M U16 | 2023-05-13 | Hoogeveen  |

**Alicia vd Tempel**

|          |        |       |            |                |
|----------|--------|-------|------------|----------------|
| 150      | 24.50w | V U14 | 2017-07-07 | Steenwijk      |
| 200      | 34.13  | V U14 | 2017-05-20 | Heerenveen     |
| 300      | 55.77  | V U14 | 2017-07-07 | Steenwijk      |
| hoog     | 1.30   | V U16 | 2019-04-28 | Epe            |
| polshoog | 2.87   | V U20 | 2023-06-24 | Bergen op Zoom |
| ver      | 3.44   | V U14 | 2017-05-20 | Heerenveen     |

**Indy Terzic**

|      |         |       |            |            |
|------|---------|-------|------------|------------|
| 60   | 9.97    | V U14 | 2022-05-21 | Heerenveen |
| 600  | 2:29.50 | V U12 | 2021-10-02 | Heerenveen |
| hoog | 1.00    | V U14 | 2022-05-21 | Heerenveen |
| ver  | 3.57    | V U14 | 2022-05-21 | Heerenveen |

**Roy Veenstra**

|               |          |       |            |            |
|---------------|----------|-------|------------|------------|
| 100           | 12.2     | M U20 | 2023-09-30 | Heerenveen |
| 200           | 24.5     | M U20 | 2023-09-30 | Heerenveen |
| 400           | 56.34    | M U20 | 2023-05-28 | Harderwijk |
| 800           | 2:21.07  | M U20 | 2023-04-02 | Steenwijk  |
| 1500          | 4:52.69  | M U20 | 2023-06-11 | Assen      |
| 3000          | 10:02.01 | M U20 | 2023-04-23 | Drachten   |
| 400h 91,4     | 1:02.85  | M U20 | 2023-04-29 | Emmeloord  |
| hoog          | 1.60     | M U20 | 2023-04-16 | Almere     |
| hss           | 11.48    | M U20 | 2023-05-28 | Harderwijk |
| ver           | 5.81w    | M U20 | 2023-05-20 | Heerenveen |
| speer 800     | 22.95    | M U20 | 2023-09-30 | Heerenveen |
| sprint 2-kamp | 1072     | M U20 | 2023-09-30 | Heerenveen |

**Jayden vd Velde**

|     |         |       |            |            |
|-----|---------|-------|------------|------------|
| 800 | 2:50.94 | M U14 | 2022-05-21 | Heerenveen |
|-----|---------|-------|------------|------------|

**Ziggy Veldman**

|           |        |       |            |                |
|-----------|--------|-------|------------|----------------|
| 100       | 11.39  | M U20 | 2023-04-16 | Almere         |
| 150       | 18.6   | M U16 | 2020-07-04 | Heerenveen     |
| 200       | 23.39  | M U20 | 2023-04-23 | Drachten       |
| 800       | 3:03.0 | M U16 | 2019-10-05 | Heerenveen     |
| 110h 99,1 | 15.95  | M U20 | 2023-06-11 | Assen          |
| hoog      | 1.70   | M U18 | 2022-10-01 | Heerenveen     |
| hss       | 13.34  | M U20 | 2023-05-28 | Harderwijk     |
| ver       | 6.93w  | M U20 | 2023-06-24 | Bergen op Zoom |

**Bert Velkers**

|           |        |     |            |            |
|-----------|--------|-----|------------|------------|
| 800       | 2:51.7 | M50 | 2022-10-01 | Heerenveen |
| discus 1½ | 19.51  | M50 | 2021-10-02 | Heerenveen |
| kogel 6   | 6.95   | M50 | 2021-10-02 | Heerenveen |
| speer 700 | 19.07  | M50 | 2021-10-02 | Heerenveen |

**Tom Velkers**

|      |        |       |            |            |
|------|--------|-------|------------|------------|
| 100  | 13.95w | M U16 | 2021-10-02 | Heerenveen |
| 150  | 23.4   | M U16 | 2020-07-02 | Heerenveen |
| hoog | 1.35   | M U16 | 2021-10-02 | Heerenveen |
| ver  | 4.70   | M U18 | 2022-10-01 | Heerenveen |

**Naomi Verkerk**

|     |       |   |            |         |
|-----|-------|---|------------|---------|
| 400 | 58.83 | V | 2023-06-10 | Utrecht |
|-----|-------|---|------------|---------|

**Marit Versfeld**

|     |         |       |            |            |
|-----|---------|-------|------------|------------|
| 80  | 11.01   | V U16 | 2022-04-09 | Emmeloord  |
| 100 | 13.76   | V U16 | 2023-04-20 | Hoogeveen  |
| 150 | 20.34   | V U16 | 2023-05-06 | Heerenveen |
| 300 | 43.49   | V U16 | 2023-04-02 | Steenwijk  |
| 400 | 1:04.48 | V U16 | 2023-06-14 | Kampen     |
| 600 | 1:44.61 | V U16 | 2023-05-07 | Heerenveen |

|             |         |       |            |            |
|-------------|---------|-------|------------|------------|
| 800         | 2:33.55 | V U16 | 2023-04-22 | Groningen  |
| 1500        | 5:25.91 | V U16 | 2022-05-15 | Zwolle     |
| 80h 76,2    | 13.03   | V U16 | 2023-06-14 | Kampen     |
| 300h 76,2   | 48.35   | V U16 | 2023-06-24 | Dronten    |
| 400h 76,2   | 1:10.44 | V U16 | 2023-04-23 | Drachten   |
| hoog        | 1.55    | V U16 | 2023-06-14 | Kampen     |
| discus 1    | 24.79   | V U16 | 2023-04-22 | Groningen  |
| kogel 3     | 12.42   | V U16 | 2023-09-02 | Amsterdam  |
| speer 500   | 33.68   | V U16 | 2023-09-10 | Zoetermeer |
| werp 3-kamp | 1419    | V U16 | 2023-10-15 | Steenwijk  |
| 7-kamp      | 4034    | V U16 | 2023-09-10 | Zoetermeer |

**Jodie Vianen**

|           |         |       |            |            |
|-----------|---------|-------|------------|------------|
| 60        | 9.3     | V U14 | 2023-09-30 | Heerenveen |
| 600       | 1:58.50 | V U14 | 2023-05-07 | Heerenveen |
| 60h 76,2  | 12.25   | V U14 | 2023-05-13 | Hoogeveen  |
| hoog      | 1.35    | V U14 | 2023-05-13 | Hoogeveen  |
| ver       | 3.68    | V U14 | 2023-04-22 | Groningen  |
| kogel 2   | 6.52    | V U14 | 2023-05-07 | Heerenveen |
| speer 400 | 16.06   | V U14 | 2023-05-06 | Heerenveen |
| 6-kamp    | 2134    | V U14 | 2023-05-07 | Heerenveen |

**Lieuwe Vianen**

|          |      |      |            |            |
|----------|------|------|------------|------------|
| 40       | 9.2  | M U7 | 2023-09-30 | Heerenveen |
| hurkhoog | 0.50 | M U7 | 2023-09-30 | Heerenveen |
| ver      | 1.95 | M U7 | 2023-09-30 | Heerenveen |
| vortex   | 8.00 | M U7 | 2023-09-30 | Heerenveen |

**Fedde Visser**

|           |        |       |            |             |
|-----------|--------|-------|------------|-------------|
| 80        | 12.56  | M U14 | 2023-06-17 | Heerenveen  |
| 150       | 22.9   | M U14 | 2023-09-30 | Heerenveen  |
| 600       | 2:17.0 | M U14 | 2023-09-30 | Heerenveen  |
| 80h 76,2  | 19.40  | M U14 | 2023-09-16 | Spijkenisse |
| ver       | 3.65   | M U14 | 2023-09-30 | Heerenveen  |
| speer 400 | 8.67   | M U14 | 2023-09-30 | Heerenveen  |

**Jacob Visser**

|       |         |     |            |            |
|-------|---------|-----|------------|------------|
| 100   | 17.9    | M75 | 2020-09-26 | Heerenveen |
| 800   | 3:07.0  | M75 | 2020-09-26 | Heerenveen |
| 5000  | 24:11.0 | M75 | 2020-09-26 | Heerenveen |
| 25000 | 2:41:12 | M75 | 2021-07-10 | Heerenveen |

**Ruben Visser**

|               |        |       |            |            |
|---------------|--------|-------|------------|------------|
| 100           | 15.9   | M U16 | 2022-10-01 | Heerenveen |
| 200           | 32.7   | M U16 | 2022-10-01 | Heerenveen |
| 800           | 2:41.1 | M U16 | 2023-09-30 | Heerenveen |
| hoog          | 1.15   | M U16 | 2022-06-11 | Heerenveen |
| ver           | 3.30   | M U12 | 2019-10-05 | Heerenveen |
| sprint 2-kamp | 50     | M U16 | 2022-10-01 | Heerenveen |

**Ferre de Vries**

|          |      |      |            |            |
|----------|------|------|------------|------------|
| 40       | 9.6  | M U7 | 2023-09-30 | Heerenveen |
| hurkhoog | 0.40 | M U7 | 2023-09-30 | Heerenveen |
| ver      | 2.11 | M U7 | 2023-09-30 | Heerenveen |
| vortex   | 7.00 | M U7 | 2023-09-30 | Heerenveen |

**Lara de Vries**

|           |        |       |            |            |
|-----------|--------|-------|------------|------------|
| 40        | 8.2    | V U10 | 2023-09-30 | Heerenveen |
| 600       | 2:50.0 | V U10 | 2023-09-30 | Heerenveen |
| duur 4'   | 750    | V U9  | 2022-05-21 | Steenwijk  |
| 40h       | 8.2    | V U10 | 2023-06-24 | Drachten   |
| hoog      | 0.90   | V U10 | 2023-09-16 | Heerenveen |
| hurkhoog  | 0.70   | V U9  | 2022-04-23 | Leeuwarden |
| ver       | 2.44   | V U10 | 2023-09-30 | Heerenveen |
| balstoten | 4.00   | V U9  | 2022-09-10 | Heerenveen |
| slingeren | 13.00  | V U10 | 2023-06-24 | Drachten   |
| vortex    | 10.50  | V U10 | 2023-09-30 | Heerenveen |

Saar de Vries

600 2:13.28 V U14 2023-05-20 Heerenveen

Olivier Walgemoed

100 12.9 M U18 2023-09-30 Heerenveen  
ver 4.91 M U18 2023-09-30 Heerenveen

Bob vd Weg

5000 19:23.0 M50 2020-09-26 Heerenveen  
25000 1:51:48 M50 2021-07-10 Heerenveen  
50000 4:04:36 M50 2023-02-18 Heerenveen  
6-uurloop 56400 M50 2023-03-25 Nijverdal

Jouke vd Werff

80 11.48 M U14 2023-05-20 Heerenveen  
600 2:17.0 M U12 2022-10-01 Heerenveen  
800 3:00.51 M U14 2023-05-20 Heerenveen  
hoog 1.00 M U12 2022-10-01 Heerenveen  
ver 3.70 M U14 2023-05-13 Hoogeveen  
speer 400 18.70 M U14 2023-06-17 Heerenveen

Marja vd Werf-Zoer

800 3:37.1 V55 2019-10-05 Heerenveen  
3000 14:32.0 V55 2019-10-05 Heerenveen  
5000 26:12.0 V55 2020-09-26 Heerenveen

Tom Westendorp

40 7.7 M U9 2022-06-25 Drachten  
duur 4' 875 M U9 2022-06-25 Drachten  
40h 8.0 M U10 2023-04-22 Leeuwarden  
hurkhoog 0.75 M U10 2023-04-22 Leeuwarden  
ver 2.85 M U10 2023-09-16 Heerenveen  
balstoten 5.30 M U10 2023-09-16 Heerenveen  
slingeren 13.00 M U9 2022-06-25 Drachten  
vortex 22.00 M U10 2023-09-16 Heerenveen

Romke Wielstra

100 13.1 M U20 2023-09-30 Heerenveen  
200 27.1 M U20 2023-09-30 Heerenveen  
800 2:14.02 M U20 2023-07-21 Heiloo  
sprint 2-kamp 710 M U20 2023-09-30 Heerenveen

Jimte Wierda

60 10.7 M U12 2023-09-30 Heerenveen  
600 2:23.6 M U12 2023-09-30 Heerenveen  
hoog 1.00 M U12 2023-09-30 Heerenveen  
balstoten 6.60 M U10 2022-09-10 Heerenveen  
kogel 2 6.04 M U12 2023-09-30 Heerenveen  
slingeren 16.50 M U10 2022-04-23 Leeuwarden  
vortex 19.50 M U10 2022-09-10 Heerenveen

Ties Wierda

40 7.3 M U9 2023-09-30 Heerenveen  
600 2:18.0 M U9 2023-09-30 Heerenveen  
duur 4' 850 M U8 2022-06-25 Drachten  
40h 8.0 M U8 2022-06-25 Drachten  
hoog 0.90 M U9 2023-09-16 Heerenveen  
hurkhoog 0.65 M U8 2022-06-25 Drachten  
ver 3.11 M U9 2023-09-30 Heerenveen  
balstoten 5.70 M U9 2023-09-16 Heerenveen  
slingeren 12.00 M U8 2022-06-25 Drachten  
vortex 25.00 M U9 2023-09-16 Heerenveen

Fenne Wijngaarden

40 7.5 V U8 2023-04-06 Heerenveen  
600 2:19.0 V U8 2023-09-30 Heerenveen  
duur 4' 950 V U8 2023-05-20 Sneek  
hoog 0.90 V U8 2023-09-16 Heerenveen  
ver 3.09 V U8 2023-09-30 Heerenveen  
balstoten 4.70 V U8 2023-09-16 Heerenveen  
vortex 14.00 V U8 2023-09-30 Heerenveen

Bjarne Wolters

40 7.1 M U10 2023-06-24 Drachten  
600 2:40.0 M U10 2023-09-30 Heerenveen  
duur 4' 775 M U10 2023-06-24 Drachten  
40h 8.8pr M U9 2022-06-25 Drachten  
hoog 0.90 M U10 2023-09-16 Heerenveen  
hurkhoog 0.80 M U10 2023-04-22 Leeuwarden  
ver 2.65 M U9 2022-09-10 Heerenveen  
balstoten 5.70 M U10 2023-09-16 Heerenveen  
slingeren 14.00 M U10 2023-06-24 Drachten  
vortex 15.00 M U10 2023-09-16 Heerenveen

Jente Wolters

100 14.0 V U18 2023-09-30 Heerenveen  
200 29.3 V U18 2023-09-30 Heerenveen  
800 2:30.36 V U16 2022-08-27 Amsterdam  
1500 5:24.64 V U16 2022-05-14 Emmen  
3000 12:14.80 V U16 2022-04-10 Drachten  
ver 3.73 V U16 2022-05-21 Heerenveen  
sprint 2-kamp 994 V U18 2023-09-30 Heerenveen

Sverre Wolters

80 13.1 M U14 2022-10-01 Heerenveen  
150 25.1 M U14 2022-10-01 Heerenveen  
600 2:14.63 M U12 2021-10-02 Heerenveen  
80h 76,2 17.75w M U14 2022-05-14 Emmen  
hoog 1.20 M U14 2022-05-14 Emmen  
ver 3.35 M U12 2021-06-05 Heerenveen  
discus 1 17.42 M U14 2023-09-16 Spijkenisse  
kogel 3 8.44 M U14 2023-09-30 Heerenveen  
speer 400 23.71 M U14 2023-04-22 Groningen  
sprint 2-kamp 536 M U14 2022-10-01 Heerenveen

Pelle vd Woude

100 12.8 M U18 2023-09-30 Heerenveen  
200 26.9 M U18 2023-09-30 Heerenveen  
hoog 1.55 M U18 2023-05-28 Harderwijk  
polshoog 2.90 M U18 2023-05-28 Harderwijk  
ver 5.15 M U18 2023-05-20 Heerenveen  
sprint 2-kamp 775 M U18 2023-09-30 Heerenveen

David Yousef

600 2:25.06 M U9 2021-10-02 Heerenveen  
hoog 0.85 M U10 2022-09-10 Heerenveen  
ver 2.95 M U10 2022-04-07 Heerenveen  
balstoten 5.20 M U10 2022-05-21 Steenwijk  
vortex 21.00 M U10 2022-09-10 Heerenveen

Harm Zijlstra

100 17.44w M60 2021-10-02 Heerenveen  
150 25.66 M60 2022-06-24 Steenwijk  
200 35.08w M60 2021-10-02 Heerenveen  
300 54.59 M60 2022-06-24 Steenwijk  
400 1:17.66 M60 2022-04-24 Emmen  
800 2:51.1 M60 2023-09-30 Heerenveen  
1500 6:00.64 M60 2022-04-24 Emmen  
5000 21:46.59 M60 2022-06-19 Ede  
sprint 2-kamp 319 M60 2022-10-01 Heerenveen

Timotej Zoetendal

150 25.35 M U14 2021-05-01 Heerenveen  
hoog 1.15 M U12 2020-06-30 Heerenveen  
ver 3.50 M U14 2021-04-17 Heerenveen  
sprint 2-kamp 32 M U14 2022-10-01 Heerenveen

Josli Zwikker

100 11.84 M U16 2022-08-28 Amsterdam  
150 17.58w M U16 2022-08-27 Amsterdam  
200 24.5 M U16 2022-10-01 Heerenveen  
ver 5.20 M U16 2022-06-11 Heerenveen  
sprint 2-kamp 1111 M U16 2022-10-01 Heerenveen