

Clubrecords AV Heerenveen wegathletiek

V U20

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|------------|-----------------|-------|---------|------------|------------|
| 5 km | Denise Sinnema | (U16) | 18:46 | Leeuwarden | 2009-06-07 |
| 10 km | Minke vd Meer | (U18) | 43:57 | Oenkerk | 2012-05-19 |
| 10 EM | Minke vd Meer | (U18) | 1:25:07 | Oudemirdum | 2012-11-10 |
| ½ marathon | Veerle de Vries | | 2:17:48 | Ameland | 2008-12-13 |

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|------------|-----------------|-------|----------|----------------|------------|
| 5 km | Andrea Deelstra | | 16:58t | Zaandam | 2017-09-17 |
| 10 km | Andrea Deelstra | | 33:59 | Appingedam | 2016-06-25 |
| 15 km | Andrea Deelstra | (V35) | 52:03t | Valencia (Spa) | 2020-12-06 |
| 10 EM | Andrea Deelstra | | 56:18 | Zaandam | 2012-09-23 |
| 20 km | Andrea Deelstra | | 1:09:42t | Berlijn (Dui) | 2015-09-27 |
| ½ marathon | Andrea Deelstra | (V35) | 1:13:08t | Valencia (Spa) | 2020-12-06 |
| 25 km | Andrea Deelstra | (V35) | 1:26:39t | Valencia (Spa) | 2020-12-06 |
| 30 km | Andrea Deelstra | | 1:44:11t | Valencia (Spa) | 2020-12-06 |
| marathon | Andrea Deelstra | | 2:26:46 | Berlijn (Dui) | 2015-09-27 |
| 50 km | Bea vd Mei | (V50) | 5:28:39 | Nieuwehorne | 2016-12-24 |
| uurloop | Hennie Zantinga | (V40) | 16424 | Drachten | 1996-03-30 |

V35

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|------------|-----------------|-------|----------|-------------------|------------|
| 5 km | Andrea Deelstra | | 17:14t | Loipersdorf (Dui) | 2021-05-23 |
| 10 km | Andrea Deelstra | | 34:24t | Loipersdorf (Dui) | 2021-05-23 |
| 15 km | Andrea Deelstra | | 52:03t | Valencia (Spa) | 2020-12-06 |
| 10 EM | Hennie Zantinga | (V40) | 59:23 | Heerenveen | 1994-06-04 |
| 20 km | Andrea Deelstra | | 1:11:59t | Sapporo (Jap) | 2021-08-07 |
| ½ marathon | Andrea Deelstra | | 1:13:08t | Valencia (Spa) | 2020-12-06 |
| 25 km | Andrea Deelstra | | 1:26:39t | Valencia (Spa) | 2020-12-06 |
| 30 km | Andrea Deelstra | | 1:44:11t | Valencia (Spa) | 2020-12-06 |
| marathon | Andrea Deelstra | | 2:28:23 | Valencia (Spa) | 2020-12-06 |
| 50 km | Bea vd Mei | (V50) | 5:28:39 | Nieuwehorne | 2016-12-24 |
| uurloop | Hennie Zantinga | (V40) | 16424 | Drachten | 1996-03-30 |

V40

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|------------|--------------------------|-------|----------|-----------------|------------|
| 5 km | Bettie Agricola | (V45) | 20:34 | Hollandscheveld | 2016-08-20 |
| 10 km | Hennie Zantinga | | 36:10 | Velsen | 1996-03-24 |
| 15 km | Hennie Zantinga | | 57:20 | Heerenveen | 1996-02-03 |
| 10 EM | Hennie Zantinga | | 59:23 | Heerenveen | 1994-06-04 |
| 20 km | Ellie Kooistra-Wesseling | (V45) | 1:25:28 | Sneek | 1993-08-28 |
| ½ marathon | Bea vd Mei | | 1:35:24 | Dokkum | 2006-04-29 |
| 25 km | Bettie Agricola | (V45) | 2:04:21t | Eindhoven | 2016-10-09 |
| 30 km | Bea vd Mei | | 2:24:15 | Sneek | 2006-03-26 |
| marathon | Ellie Kooistra-Wesseling | (V45) | 3:10:51 | Eindhoven | 1993-10-10 |
| 50 km | Bea vd Mei | (V50) | 5:28:39 | Nieuwehorne | 2016-12-24 |
| uurloop | Hennie Zantinga | | 16424 | Drachten | 1996-03-30 |

V45

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|------------|--------------------------|-------|----------|-----------------|------------|
| 5 km | Bettie Agricola | | 20:34 | Hollandscheveld | 2016-08-20 |
| 10 km | Bettie Agricola | | 42:47 | Zuidwolde | 2013-10-06 |
| 15 km | Bettie Agricola | | 1:05:49 | Heerenveen | 2014-02-01 |
| 10 EM | Hennie Zantinga | | 1:10:36 | Langezwaag | 1998-02-21 |
| 20 km | Ellie Kooistra-Wesseling | | 1:25:28 | Sneek | 1993-08-28 |
| ½ marathon | Bettie Agricola | | 1:36:03 | Appelscha | 2015-09-05 |
| 25 km | Bettie Agricola | | 2:04:21t | Eindhoven | 2016-10-09 |
| 30 km | Jikke vd Berg | | 2:26:16 | Leeuwarden | 2017-03-05 |
| marathon | Ellie Kooistra-Wesseling | | 3:10:51 | Eindhoven | 1993-10-10 |
| 50 km | Bea vd Mei | (V50) | 5:28:39 | Nieuwehorne | 2016-12-24 |
| uurloop | Hennie Zantinga | | 15373 | Drachten | 1997-04-05 |

V50

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|------------|----------------|-------|---------|--------------|------------|
| 5 km | Jikke vd Berg | | 22:18 | Makkum | 2020-01-18 |
| 10 km | Jikke vd Berg | | 45:16 | Gorredijk | 2019-12-31 |
| 15 km | Gerrie vd Meer | | 1:10:19 | Heerenveen | 2007-02-10 |
| 10 EM | Gerrie vd Meer | | 1:15:18 | Langezwaag | 2007-02-24 |
| 20 km | Minke Oord | (V55) | 1:44:28 | Sneek | 2012-08-25 |
| ½ marathon | Bea vd Mei | | 1:45:49 | Schoorl | 2017-02-12 |
| 25 km | Bea vd Mei | | 2:15:57 | Steenwijk | 2017-04-08 |
| 30 km | Bea vd Mei | | 2:45:46 | Diever | 2016-07-16 |
| marathon | Bea vd Mei | | 3:51:11 | Terschelling | 2016-11-06 |
| 50 km | Bea vd Mei | | 5:28:39 | Nieuwehorne | 2016-12-24 |
| uurloop | Minke Oord | | 12207 | Winschoten | 2008-11-08 |

V55

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|------------|----------------|-------|---------|--------------|------------|
| 5 km | Gerrie vd Meer | (V60) | 26:32 | Heerenveen | 2019-09-14 |
| 10 km | Sippie Roukema | | 49:29 | Groningen | 2012-06-10 |
| 15 km | Gerrie vd Meer | (V65) | 1:18:08 | Heerenveen | 2023-02-04 |
| 10 EM | Sippie Roukema | | 1:26:39 | Langezwaag | 2012-02-18 |
| 20 km | Minke Oord | | 1:44:28 | Sneek | 2012-08-25 |
| ½ marathon | Pieta Slot | | 1:50:54 | Terschelling | 2009-11-08 |
| 25 km | Toos de Vries | | 2:26:56 | Steenwijk | 2017-04-08 |
| 30 km | Marjo Doeven | | 2:51:14 | Schoorl | 2014-02-09 |
| marathon | Marjo Doeven | | 4:31:45 | Rome (Ita) | 2014-03-23 |
| uurloop | Minke Oord | | 10453 | Leeuwarden | 2012-12-02 |

V60

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|------------|--------------------|-------|---------|--------------|------------|
| 5 km | Gerrie vd Meer | | 26:32 | Heerenveen | 2019-09-14 |
| 10 km | Gerrie vd Meer | | 49:38 | Gorredijk | 2016-12-31 |
| 15 km | Gerrie vd Meer | (V65) | 1:18:08 | Heerenveen | 2023-02-04 |
| 10 EM | Joke de Jong-Heida | (V65) | 1:27:23 | Heerenveen | 2012-05-05 |
| ½ marathon | Joke de Jong-Heida | (V65) | 1:55:04 | Terschelling | 2012-11-04 |
| 25 km | Joke de Jong-Heida | (V70) | 2:44:39 | Lemelerveld | 2014-02-15 |
| 30 km | Gré vd Bergs | | 3:10:53 | Sneek | 2004-03-28 |
| marathon | Gré vd Bergs | | 4:43:17 | Rotterdam | 2005-04-10 |

V65

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|------------|--------------------|-------|---------|----------------|------------|
| 5 km | Stien Spruyt | | 33:26 | St. Nicolaasga | 2009-06-17 |
| 10 km | Gerrie vd Meer | | 51:17 | Heerenveen | 2023-03-18 |
| 15 km | Gerrie vd Meer | | 1:18:08 | Heerenveen | 2023-02-04 |
| 10 EM | Joke de Jong-Heida | | 1:27:23 | Heerenveen | 2012-05-05 |
| ½ marathon | Joke de Jong-Heida | | 1:55:04 | Terschelling | 2012-11-04 |
| 25 km | Joke de Jong-Heida | (V70) | 2:44:39 | Lemelerveld | 2014-02-15 |
| marathon | Gré vd Bergs | | 4:49:46 | Raerd | 2008-06-14 |

V70

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|------------|--------------------|--|---------|-------------|------------|
| 10 km | Joke de Jong-Heida | | 55:50 | Gorredijk | 2014-12-31 |
| 15 km | Joke de Jong-Heida | | 1:25:21 | Heerenveen | 2014-02-01 |
| 10 EM | Joke de Jong-Heida | | 1:46:59 | Oude Willem | 2017-07-29 |
| ½ marathon | Joke de Jong-Heida | | 2:05:25 | Egmond | 2014-01-12 |
| 25 km | Joke de Jong-Heida | | 2:44:39 | Lemelerveld | 2014-02-15 |
| marathon | Joke de Jong-Heida | | 4:54:26 | Raerd | 2016-06-04 |

V75

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|-------|--------------------|--|---------|-----------|------------|
| 10 km | Joke de Jong-Heida | | 58:33 | Gorredijk | 2018-12-31 |
| 15 km | Joke de Jong-Heida | | 1:40:34 | Appelscha | 2019-01-12 |

M U20

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|---------|-----------------|--|-------|------------|------------|
| 5 km | Mart Sijtsema | | 15:59 | Hardenberg | 2009-04-17 |
| 10 km | Bram Kielman | | 33:42 | Drachten | 2014-03-01 |
| uurloop | Patrick Sinnema | | 15214 | Leeuwarden | 2012-12-02 |

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|------------|----------------------|-------|---------|------------|------------|
| 5 km | Oukubay Huruy | | 15:24 | Grou | 2020-03-08 |
| 10 km | Rudi vd Lelie | | 30:51 | Oldemarkt | 1998-05-23 |
| 15 km | Rudi vd Lelie | | 46:53 | Workum | 1995-10-28 |
| 10 EM | Rudi vd Lelie | | 50:59 | Heerenveen | 1995-06-03 |
| 20 km | Auke Postma | (M35) | 1:04:43 | Dwingeloo | 1987-05-02 |
| ½ marathon | Willem Faber | | 1:07:50 | Leek | 1998-03-21 |
| 25 km | Cees Clement | | 1:23:12 | Baarn | 1967 |
| 30 km | Saher Yousef | | 1:43:19 | Sneek | 2000-03-26 |
| marathon | Konstantin Poltavets | (M35) | 2:29:46 | Almere | 1998-05-03 |
| 50 km | Bob vd Weg | (M45) | 3:44:18 | Gieten | 2014-05-17 |
| 100 km | Arie vd Steen | (M50) | 9:53:56 | Winschoten | 2018-09-08 |
| uurloop | Rudi vd Lelie | | 18585 | Leeuwarden | 1995-10-15 |
| 6-uurloop | Bob vd Weg | (M50) | 70694 | Hoogeveen | 2019-08-03 |
| 12-uurloop | Arie vd Steen | (M55) | 112048 | Deventer | 2019-07-14 |
| Ekiden | AV Heerenveen | | 2:38:24 | Zwolle | 2009-03-29 |

M35

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|------------|----------------------|-------|---------|------------|------------|
| 5 km | Jurriaan de Rouw | (M40) | 17:04 | Drachten | 2016-10-02 |
| 10 km | Willem Faber | | 31:11 | Oldemarkt | 2000-06-03 |
| 15 km | Saher Yousef | | 50:06 | Heerenveen | 2003-02-07 |
| 10 EM | Auke Postma | (M40) | 52:07 | Franeker | 1991-12-07 |
| 20 km | Auke Postma | | 1:04:43 | Dwingeloo | 1987-05-02 |
| ½ marathon | Auke Postma | | 1:08:26 | | 1987 |
| 25 km | Alex Bergsma | | 1:32:55 | Apeldoorn | 2015-02-01 |
| 30 km | Saher Yousef | | 1:43:47 | Sneek | 2003-03-28 |
| marathon | Konstantin Poltavets | | 2:29:46 | Almere | 1998-05-03 |
| 50 km | Bob vd Weg | (M45) | 3:44:18 | Gieten | 2014-05-17 |
| 100 km | Arie vd Steen | (M50) | 9:53:56 | Winschoten | 2018-09-08 |
| uurloop | Willem Faber | | 18454 | Drachten | 2000-04-08 |
| 6-uurloop | Bob vd Weg | (M50) | 70694 | Hoogeveen | 2019-08-03 |
| 12-uurloop | Arie vd Steen | (M55) | 112048 | Deventer | 2019-07-14 |
| Ekiden | AV Heerenveen | (M45) | 3:07:48 | Zwolle | 2009-03-29 |

M40

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|------------|------------------|-------|----------|------------|------------|
| 5 km | Jurriaan de Rouw | | 17:04 | Drachten | 2016-10-02 |
| 10 km | Willem Faber | | 32:34 | Emmeloord | 2006-04-29 |
| 15 km | Willem Faber | | 50:28 | Heerenveen | 2006-02-04 |
| 10 EM | Auke Postma | | 52:07 | Franeker | 1991-12-07 |
| 20 km | Saher Yousef | | 1:07:24 | Sneek | 2007-08-25 |
| ½ marathon | Saher Yousef | | 1:10:31 | Drachten | 2007-10-06 |
| 25 km | Henri Veldman | (M55) | 1:36:57t | Amsterdam | 2018-10-21 |
| 30 km | Tsjomme Ozinga | (M45) | 1:49:05 | Heerenveen | 2023-03-18 |
| marathon | Saher Yousef | | 2:34:06 | Raerd | 2008-06-14 |
| 50 km | Bob vd Weg | (M45) | 3:44:18 | Gieten | 2014-05-17 |
| 100 km | Arie vd Steen | (M50) | 9:53:56 | Winschoten | 2018-09-08 |
| uurloop | Wiebe Kruithof | (M45) | 17409 | Leeuwarden | 1978-10-08 |
| 6-uurloop | Bob vd Weg | (M50) | 70694 | Hoogeveen | 2019-08-03 |
| 12-uurloop | Arie vd Steen | (M55) | 112048 | Deventer | 2019-07-14 |
| Ekiden | AV Heerenveen | (M45) | 3:07:48 | Zwolle | 2009-03-29 |

M45

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|------------|----------------------|-------|----------|------------|------------|
| 5 km | Henri Veldman | (M55) | 17:18 | Makkum | 2020-01-18 |
| 10 km | Willem Faber | | 33:03 | Oldemarkt | 2010-05-15 |
| 15 km | Willem Faber | | 53:32 | Heerenveen | 2010-02-06 |
| 10 EM | Willem Faber | | 55:55 | Heerenveen | 2012-05-05 |
| 20 km | Konstantin Poltavets | | 1:13:08 | Sneek | 2008-08-30 |
| ½ marathon | Willem Faber | | 1:15:47 | Sneek | 2011-07-02 |
| 25 km | Henri Veldman | (M55) | 1:36:57t | Amsterdam | 2018-10-21 |
| 30 km | Tsjomme Ozinga | | 1:49:05 | Heerenveen | 2023-03-18 |
| marathon | Henri Veldman | | 2:42:26 | Rotterdam | 2010-04-11 |
| 50 km | Bob vd Weg | | 3:44:18 | Gieten | 2014-05-17 |
| 100 km | Arie vd Steen | (M50) | 9:53:56 | Winschoten | 2018-09-08 |
| uurloop | Wiebe Kruithof | | 17409 | Leeuwarden | 1978-10-08 |
| 6-uurloop | Bob vd Weg | (M50) | 70694 | Hoogeveen | 2019-08-03 |

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|------------|----------------------|-------|---------|----------|------------|
| 12-uurloop | Arie vd Steen | (M55) | 112048 | Deventer | 2019-07-14 |
| | Ekiden AV Heerenveen | | 3:07:48 | Zwolle | 2009-03-29 |

M50

| | | | | | |
|------------|----------------|-------|----------|------------|------------|
| 5 km | Henri Veldman | (M55) | 17:18 | Makkum | 2020-01-18 |
| 10 km | Henri Veldman | (M55) | 35:24 | Zuidwolde | 2019-10-06 |
| 15 km | Willem Faber | | 54:00 | Wildervank | 2016-02-07 |
| 10 EM | Willem Faber | | 58:51 | Heerenveen | 2017-05-06 |
| 20 km | Henri Veldman | (M55) | 1:15:57t | Almere | 2018-09-30 |
| ½ marathon | Saher Yousef | | 1:17:41 | Leeuwarden | 2018-03-31 |
| 25 km | Henri Veldman | (M55) | 1:36:57t | Amsterdam | 2018-10-21 |
| 30 km | Henri Veldman | | 1:54:41 | Almere | 2018-09-30 |
| marathon | Henri Veldman | (M55) | 2:42:51 | Amsterdam | 2018-10-21 |
| 50 km | Henri Veldman | (M55) | 4:00:06 | Nijverdal | 2018-03-10 |
| 100 km | Arie vd Steen | | 9:53:56 | Winschoten | 2018-09-08 |
| uurloop | George vd Veen | (M55) | 14994 | Leeuwarden | 1993-10-23 |
| 6-uurloop | Bob vd Weg | | 70694 | Hoogeveen | 2019-08-03 |
| 12-uurloop | Arie vd Steen | (M55) | 112048 | Deventer | 2019-07-14 |

M55

| | | | | | |
|------------|----------------|-------|----------|------------|------------|
| 5 km | Henri Veldman | | 17:18 | Makkum | 2020-01-18 |
| 10 km | Henri Veldman | | 35:24 | Zuidwolde | 2019-10-06 |
| 15 km | Henri Veldman | | 55:04 | Nijmegen | 2019-11-17 |
| 10 EM | Henri Veldman | | 59:20 | Zaandam | 2019-09-21 |
| 20 km | Henri Veldman | | 1:15:57t | Almere | 2018-09-30 |
| ½ marathon | Henri Veldman | | 1:18:32 | Dronten | 2019-12-15 |
| 25 km | Henri Veldman | | 1:36:57t | Amsterdam | 2018-10-21 |
| 30 km | Henri Veldman | | 1:54:41 | Almere | 2018-09-30 |
| marathon | Henri Veldman | | 2:42:51 | Amsterdam | 2018-10-21 |
| 50 km | Henri Veldman | | 4:00:06 | Nijverdal | 2018-03-10 |
| 100 km | Jacob Visser | (M60) | 10:34:45 | Winschoten | 2007-09-08 |
| uurloop | George vd Veen | | 14994 | Leeuwarden | 1993-10-23 |
| 6-uurloop | Jacob Visser | (M60) | 62732 | Almere | 2005-10-09 |
| 12-uurloop | Arie vd Steen | | 112048 | Deventer | 2019-07-14 |

M60

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|------------|-----------------------|--|----------|------------|------------|
| 5 km | Henri Veldman | | 19:44t | Amsterdam | 2022-10-16 |
| 10 km | Henri Veldman | | 37:42 | Ruinerwold | 2022-09-03 |
| 15 km | Henri Veldman | | 58:22t | Almere | 2022-09-25 |
| 10 EM | Henri Veldman | | 1:04:19 | Langezwaag | 2023-02-25 |
| 20 km | Henri Veldman | | 1:19:01t | Amsterdam | 2022-10-16 |
| ½ marathon | Henri Veldman | | 1:23:22t | Amsterdam | 2022-10-16 |
| 25 km | Henri Veldman | | 1:38:58t | Amsterdam | 2022-10-16 |
| 30 km | Henri Veldman | | 1:56:11 | Almere | 2022-09-25 |
| marathon | Henri Veldman | | 2:49.24 | Amsterdam | 2022-10-16 |
| 50 km | Jacob Visser | | 4:40:25 | Winschoten | 2009-09-12 |
| 100 km | Jacob Visser | | 10:34:45 | Winschoten | 2007-09-08 |
| uurloop | Johan van Noordenburg | | 13776 | Bolsward | 2011-06-08 |
| 6-uurloop | Jacob Visser | | 62732 | Almere | 2005-10-09 |

M65

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|------------|-----------------------|--|---------|--------------------|------------|
| 5 km | Fedde Mast | | 21:45 | Heerenveen | 2007-06-20 |
| 10 km | Fedde Mast | | 43:02 | Oldeberkoop | 2005-06-08 |
| 15 km | Johan van Noordenburg | | 1:10:31 | Jubbega | 2016-10-15 |
| 10 EM | Johan van Noordenburg | | 1:17:00 | Damwoude | 2016-08-27 |
| 20 km | Johan van Noordenburg | | 1:41:27 | Oude Willem | 2017-07-29 |
| ½ marathon | Johan van Noordenburg | | 1:40:13 | Opende | 2016-07-02 |
| 25 km | Jacob Visser | | 1:58:40 | Leeuwarden | 2009-10-03 |
| 30 km | Jacob Visser | | 2:28:41 | St. Jacobiparochie | 2010-05-08 |
| marathon | Jacob Visser | | 3:43:19 | Zwolle | 2009-11-28 |
| 50 km | Jacob Visser | | 4:40:38 | Assen | 2011-08-20 |
| uurloop | Fedde Mast | | 12249 | Leeuwarden | 2006-10-22 |

M70

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|------------|-----------------------|-------|---------|-------------|------------|
| 5 km | Jacob Visser | | 23:09 | Langweer | 2017-04-22 |
| 10 km | Jacob Visser | | 49:13 | Wijnjewoude | 2018-05-30 |
| 15 km | Johan van Noordenburg | | 1:16:05 | Heerenveen | 2023-02-04 |
| 10 EM | Jacob Visser | | 1:22:49 | Heerenveen | 2017-05-06 |
| 20 km | Jacob Visser | | 1:47:50 | Sneek | 2017-08-26 |
| ½ marathon | Johan van Noordenburg | | 1:48:33 | Amersfoort | 2021-10-17 |
| 25 km | Jacob Visser | | 2:57:04 | Texel | 2015-02-14 |
| 30 km | Jacob Visser | | 2:57:34 | Diever | 2016-07-16 |
| marathon | Jacob Visser | (M75) | 4:19:23 | Texel | 2023-02-04 |
| 50 km | Jacob Visser | | 5:56:31 | Nieuwehorne | 2016-12-24 |

M75

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|------------|--------------|--|----------|-------------|------------|
| 5 km | Jacob Visser | | 25:00 | Langezwaag | 2020-02-29 |
| 10 km | Jacob Visser | | 50:10 | Gorredijk | 2019-12-31 |
| 15 km | Geert Kraak | | 1:26:44t | Wijnjewoude | 2010-05-19 |
| 10 EM | Geert Kraak | | 1:29:42 | Wijnjewoude | 2009-05-27 |
| 20 km | Geert Kraak | | 1:55:23 | Sneek | 2009-08-29 |
| ½ marathon | Jacob Visser | | 1:57:56 | Balk | 2019-12-21 |
| marathon | Jacob Visser | | 4:19:23 | Texel | 2023-02-04 |

M80

| | | | | | |
|-------|-------------|--|---------|------------|------------|
| 10 km | Geert Kraak | | 1:02:25 | Langweer | 2015-04-16 |
| 15 km | Geert Kraak | | 1:31:35 | Heerenveen | 2015-02-07 |
| 10 EM | Geert Kraak | | 1:36:19 | Heerenveen | 2014-05-03 |

t = tussentijd langere afstand