

Progressie clubrecords indoor

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

mpm (mini)

hoog

| | | | |
|------------|------|------------|-----------------|
| 2013-03-09 | 0.85 | Heerenveen | Amarins de Jong |
| 2019-03-16 | 0.85 | Heerenveen | Fenna vd Meer |

hurkhoog

| | | | |
|------------|------|------------|---------------|
| 2017-11-25 | 0.65 | Heerenveen | Fenna Bodewes |
| 2018-02-03 | 0.75 | Drachten | Fenna vd Meer |
| 2019-02-02 | 0.85 | Drachten | Fenna vd Meer |

balstoten

| | | | |
|------------|------|------------|----------------|
| 2012-03-03 | 3.94 | Steenwijk | Jildou Binnema |
| 2018-02-03 | 4.00 | Drachten | Rosanna Everts |
| 2019-02-02 | 4.10 | Drachten | Fenna vd Meer |
| 2019-03-16 | 4.18 | Heerenveen | Fenna vd Meer |

mpC

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| | | | |
|------------|------|------------|-------------------|
| 1994-12-18 | 6.6 | Franeker | Marrit Nederhoed |
| 2016-03-19 | 6.77 | Heerenveen | Elisabeth de Haan |

600

| | | | |
|------------|---------|-----------|---------------|
| 1989-01-22 | 2:27.1 | Franeker | Ilna Landman |
| 2016-03-06 | 2:24.50 | Apeldoorn | Meike Huistra |

hoog

| | | | |
|------------|------|------------|------------------|
| 1991-03-19 | 1.00 | Heerenveen | Liselotte de Wit |
| 2011-10-29 | 1.00 | Emmeloord | Anke Binnema |
| 2016-03-06 | 1.10 | Apeldoorn | Meike Huistra |

ver

| | | | |
|------------|------|-----------|------------------|
| 1994-03-05 | 2.97 | Steenwijk | Marrit Nederhoed |
| 2013-01-26 | 3.03 | Utrecht | Jildou Binnema |
| 2016-03-06 | 3.11 | Apeldoorn | Meike Huistra |

mpB

600

| | | | |
|------------|---------|-----------|-----------------|
| 2000-12-17 | 2:20.0 | Franeker | Marijke Portema |
| 2018-03-11 | 2:15.24 | Apeldoorn | Norah Pont |

hoog

| | | | |
|------------|------|------------|-------------------|
| 1985-03-16 | 1.10 | Heerenveen | Mariska vd Goot |
| 1988-03-27 | 1.10 | Heerenveen | Eva van Dijk |
| 1991-03-17 | 1.10 | Heerenveen | Patricia de Wilde |
| 1995-02-04 | 1.10 | Emmeloord | Marrit Nederhoed |
| 2011-10-29 | 1.10 | Emmeloord | Nynke Bockhooven |
| 2012-02-04 | 1.15 | Drachten | Anke Binnema |
| 2016-03-19 | 1.15 | Heerenveen | Elisabeth de Haan |

balstoten

| | | | |
|------------|------|----------|---------------|
| 2017-02-04 | 4.90 | Drachten | Lisa Bodewes |
| 2018-02-03 | 5.30 | Drachten | Aafje Boorsma |

mpA**40**

| | | | |
|------------|-----|------------|------------------|
| 1986 | 6.5 | | Linda Lai |
| 1995-03-18 | 6.5 | Heerenveen | Kristel Bottinga |
| 1995-11-12 | 6.4 | Zaandam | Marrit Nederhoed |
| 1996-12-15 | 6.2 | Franeker | Marrit Nederhoed |
| 2013-02-02 | 6.2 | Drachten | Rikst Slot |

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| | | | |
|------------|------|------------|-------------------|
| 1989-01-07 | 9.4 | Eelde | Suzanne Landman |
| 1996-01-06 | 9.0 | Eelde | Marrit Nederhoed |
| 2012-12-15 | 9.14 | Utrecht | Rikst Slot |
| 2013-01-26 | 8.87 | Utrecht | Rikst Slot |
| 2017-11-25 | 8.4 | Heerenveen | Elisabeth de Haan |

600

| | | | |
|------------|---------|-----------|------------------|
| 1989-01-22 | 2:07.4 | Franeker | Suzanne Landman |
| 2018-03-11 | 2:05.48 | Apeldoorn | Sanne Pultrum |
| 2019-03-03 | 2:00.30 | Apeldoorn | Ellemeike Visser |

ver

| | | | |
|------------|------|-----------|------------------|
| 1983-02-26 | 3.97 | | Froukje Wolters |
| 1997-01-04 | 3.99 | Eelde | Marrit Nederhoed |
| 2001-01-20 | 4.00 | Zuidbroek | Manon Vermeulen |
| 2013-02-23 | 4.17 | Amsterdam | Rikst Slot |

mD**50**

| | | | |
|------------|------|------------|---------------------|
| 1991-01-20 | 7.2 | Zwolle | Fernanda Groenendal |
| 1999-01-23 | 7.42 | Zuidbroek | Marrit Nederhoed |
| 2019-03-16 | 7.37 | Heerenveen | Elisabeth de Haan |

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| | | | |
|------------|------|-----------|---------------------|
| 1991 | 8.69 | | Fernanda Groenendal |
| 1996-03-10 | 8.60 | Den Haag | Kristel Bottinga |
| 2014-12-19 | 8.59 | Utrecht | Rikst Slot |
| 2015-01-17 | 8.46 | Apeldoorn | Rikst Slot |
| 2019-01-19 | 8.42 | Apeldoorn | Elisabeth de Haan |

50h

| | | | |
|------------|------|---------|----------------|
| 1989-02-25 | 9.0 | Utrecht | Linda Lai |
| 2013-12-20 | 9.24 | Utrecht | Terri Talan |
| 2014-12-19 | 8.77 | Utrecht | Rikst Slot |
| 2015-12-18 | 8.77 | Utrecht | Sabrina Cruden |

60h

| | | | |
|------------|-------|-----------|-------------------|
| 1989 | 11.8 | | Linda Lai |
| 1995-10-29 | 10.5 | Enschede | Patricia de Wilde |
| 2013-11-23 | 10.66 | Amsterdam | Terri Talan |
| 2014-01-04 | 10.48 | Utrecht | Terri Talan |
| 2014-12-07 | 10.28 | Amsterdam | Rikst Slot |
| 2015-01-17 | 10.10 | Apeldoorn | Rikst Slot |
| 2015-01-17 | 10.08 | Apeldoorn | Rikst Slot |
| 2015-01-17 | 9.96 | Apeldoorn | Rikst Slot |
| 2015-11-21 | 9.90 | Amsterdam | Sabrina Cruden |

1000

| | | | |
|------------|---------|------------|----------------|
| 1991-12-14 | 3:39.9 | Leeuwarden | Simone Falkena |
| 2001-01-20 | 3:34.63 | Zuidbroek | Franne Anema |
| 2002-01-19 | 3:22.04 | Zuidbroek | Franne Anema |
| 2009-02-15 | 3:21.23 | Apeldoorn | Aafke Soet |

mC**50**

| | | | |
|------------|------|------------|------------------|
| 1997-01-25 | 7.43 | Zwolle | Claire Knight |
| 1997-12-14 | 7.29 | Franeker | Kristel Bottinga |
| 1999-01-23 | 7.08 | Zuidbroek | Kristel Bottinga |
| 2009-03-21 | 7.02 | Heerenveen | Aafje Seinstra |

50h

| | | | |
|------------|------|---------|-------------|
| 1989-02-25 | 9.0 | Utrecht | Linda Lai |
| 2013-12-20 | 9.24 | Utrecht | Terri Talan |

60h

| | | | |
|------------|-------|----------------|------------------|
| 1982 | 10.5 | | Erica Vermaning |
| 1997-01-05 | 10.35 | Eelde | Lidia de Jong |
| 1997-01-25 | 10.25 | Zwolle | Lidia de Jong |
| 1998-01-10 | 10.24 | Eelde | Liselotte de Wit |
| 1999-01-10 | 9.6 | Dortmund (Dui) | Kristel Bottinga |
| 1999-01-17 | 9.66 | Den Haag | Kristel Bottinga |
| 1999-01-23 | 9.32 | Zuidbroek | Kristel Bottinga |
| 1999-02-20 | 9.27 | Den Haag | Kristel Bottinga |
| 2016-12-27 | 9.19 | Apeldoorn | Rikst Slot |
| 2017-01-15 | 9.14 | Apeldoorn | Rikst Slot |
| 2017-01-22 | 9.04 | Apeldoorn | Rikst Slot |

kogel

| | | | |
|------------|-------|------------|------------------|
| 1987-11-14 | 11.34 | Heerde | Froukje Wolters |
| 2016-01-16 | 11.40 | Gent (Bel) | Anne-Karlijn Mos |

mB**200**

| | | | |
|------------|-------|-----------|-----------------|
| 1989-03-11 | 25.91 | Den Haag | Fiona van Es |
| 2013-02-24 | 25.88 | Apeldoorn | Vera van Aurich |
| 2013-02-24 | 25.82 | Apeldoorn | Vera van Aurich |

800

| | | | |
|------------|---------|----------------|----------------|
| 1988-02-28 | 2:27.9 | Dortmund (Dui) | Mirjam Pool |
| 2009-01-18 | 2:21.31 | Groningen | Anniek de Jong |
| 2010-02-28 | 2:19.21 | Apeldoorn | Anniek de Jong |

1500

| | | | | |
|------------|---------|-----------|----------------|------|
| 1996-02-18 | 5:21.85 | Den Haag | Simone Falkena | |
| 2010-02-27 | 4:58.03 | Apeldoorn | Minke vd Meer | (mC) |

kogel

| | | | |
|------------|-------|------------|---------------------|
| 1989 | 11.45 | | Saskia Hoekstra |
| 2000-12-17 | 11.94 | Franeker | Charlotte Klijnstra |
| 2001-03-17 | 12.42 | Heerenveen | Charlotte Klijnstra |
| 2017-01-28 | 13.38 | Apeldoorn | Anne-Karlijn Mos |

mA**200**

| | | | |
|------------|-------|----------|--------------|
| 1990-02-18 | 25.78 | Den Haag | Fiona van Es |
|------------|-------|----------|--------------|

| | | | |
|------------|-------|----------------|-----------------|
| 2016-01-03 | 25.74 | Dortmund (Dui) | Vera van Aurich |
| 2016-02-06 | 25.54 | Apeldoorn | Vera van Aurich |
| 2016-02-21 | 25.27 | Apeldoorn | Vera van Aurich |

V

200

| | | | | |
|------------|-------|----------------|-----------------|------|
| 1990-02-18 | 25.78 | Den Haag | Fiona van Es | (mA) |
| 2016-01-03 | 25.74 | Dortmund (Dui) | Vera van Aurich | (mA) |
| 2016-02-06 | 25.54 | Apeldoorn | Vera van Aurich | (mA) |
| 2016-02-21 | 25.27 | Apeldoorn | Vera van Aurich | (mA) |

400

| | | | | |
|------------|---------|-----------|------------------|--------|
| 1989 | 1:02.91 | | Jitske Schuurman | (mB) |
| 2001-01-21 | 1:01.53 | Zuidbroek | Linda Swart | (mB) |
| 2003-01-25 | 1:00.64 | Zuidbroek | Linda Swart | (mA) |
| 2004-01-25 | 59.56 | Zuidbroek | Linda Swart | (mA) |
| 2004-01-25 | 59.28 | Zuidbroek | Linda Swart | (mA) |
| 2010-02-13 | 59.00 | Apeldoorn | Marian Zandberg | (Vneo) |
| 2010-02-13 | 58.88 | Apeldoorn | Marian Zandberg | (Vneo) |
| 2012-02-25 | 58.41 | Apeldoorn | Marian Zandberg | (Vneo) |
| 2013-02-16 | 57.77 | Apeldoorn | Marian Zandberg | |

V35

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| | | | | |
|------------|------|------------|------------------|-------|
| 1997-03-01 | 9.61 | Steenwijk | Marja de Wit | (V50) |
| 2011-03-18 | 9.54 | Gent (Bel) | Jolanda Smedinga | (V45) |
| 2015-02-14 | 9.01 | Apeldoorn | Simone Falkena | |
| 2016-01-16 | 9.00 | Gent (Bel) | Simone Falkena | |

200

| | | | | |
|------------|-------|----------------|------------------|-------|
| 2011-02-27 | 33.64 | Apeldoorn | Jolanda Smedinga | (V45) |
| 2011-03-16 | 32.36 | Gent (Bel) | Jolanda Smedinga | (V45) |
| 2016-01-03 | 29.51 | Dortmund (Dui) | Simone Falkena | |
| 2016-01-16 | 29.18 | Gent (Bel) | Simone Falkena | |
| 2016-02-06 | 28.87 | Apeldoorn | Simone Falkena | |

400

| | | | | |
|------------|---------|------------|------------------|-------|
| 2013-02-09 | 1:19.06 | Apeldoorn | Jolanda Smedinga | (V45) |
| 2014-12-28 | 1:05.63 | Gent (Bel) | Simone Falkena | |
| 2015-02-14 | 1:04.33 | Apeldoorn | Simone Falkena | |

800

| | | | | |
|------------|---------|------------|------------------|-------|
| 2011-03-17 | 2:51.34 | Gent (Bel) | Jolanda Smedinga | (V45) |
| 2012-03-04 | 2:51.15 | Apeldoorn | Jolanda Smedinga | (V45) |

ver

| | | | | |
|------------|------|-----------|---------------|-------|
| 1997-03-01 | 3.47 | Steenwijk | Jenny de Jong | (V40) |
| 1998-03-07 | 3.47 | Steenwijk | Marja de Wit | (V50) |
| 2019-03-09 | 3.66 | Steenwijk | Linda vd Berg | (V40) |

kogel

| | | | | |
|------------|------|------------|----------------|-------|
| 1989-03-19 | 8.26 | Heerenveen | Akkie Marinus | (V40) |
| 2019-03-09 | 8.65 | Steenwijk | Laura vd Akker | (V40) |
| 2019-03-16 | 8.87 | Heerenveen | Laura vd Akker | (V40) |

V40

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| | | | | |
|------------|------|------------|------------------|-------|
| 1997-03-01 | 9.61 | Steenwijk | Marja de Wit | (V50) |
| 2011-03-18 | 9.54 | Gent (Bel) | Jolanda Smedinga | (V45) |
| 2019-03-16 | 9.53 | Heerenveen | Linda vd Berg | |

200

| | | | | |
|------------|-------|------------|------------------|-------|
| 2011-02-27 | 33.64 | Apeldoorn | Jolanda Smedinga | (V45) |
| 2011-03-16 | 32.36 | Gent (Bel) | Jolanda Smedinga | (V45) |

800

| | | | | |
|------------|---------|------------|------------------|-------|
| 2011-03-17 | 2:51.34 | Gent (Bel) | Jolanda Smedinga | (V45) |
| 2012-03-04 | 2:51.15 | Apeldoorn | Jolanda Smedinga | (V45) |

hoog

| | | | | |
|------------|------|------------|---------------|--|
| 1989-03-19 | 1.20 | Heerenveen | Marja de Wit | |
| 1997-03-15 | 1.20 | Heerenveen | Jenny de Jong | |
| 2019-03-16 | 1.25 | Heerenveen | Linda vd Berg | |

ver

| | | | | |
|------------|------|-----------|---------------|-------|
| 1997-03-01 | 3.47 | Steenwijk | Jenny de Jong | |
| 1998-03-07 | 3.47 | Steenwijk | Marja de Wit | (V50) |
| 2019-03-09 | 3.66 | Steenwijk | Linda vd Berg | |

kogel

| | | | | |
|------------|------|------------|----------------|--|
| 1989-03-19 | 8.26 | Heerenveen | Akkie Marinus | |
| 2019-03-09 | 8.65 | Steenwijk | Laura vd Akker | |
| 2019-03-16 | 8.87 | Heerenveen | Laura vd Akker | |

V45

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| | | | | |
|------------|------|------------|------------------|-------|
| 1997-03-01 | 9.61 | Steenwijk | Marja de Wit | (V50) |
| 2011-03-18 | 9.54 | Gent (Bel) | Jolanda Smedinga | |

200

| | | | | |
|------------|-------|------------|------------------|--|
| 2011-02-27 | 33.64 | Apeldoorn | Jolanda Smedinga | |
| 2011-03-16 | 32.36 | Gent (Bel) | Jolanda Smedinga | |

800

| | | | | |
|------------|---------|------------|------------------|--|
| 2011-03-17 | 2:51.34 | Gent (Bel) | Jolanda Smedinga | |
| 2012-03-04 | 2:51.15 | Apeldoorn | Jolanda Smedinga | |

hoog

| | | | | |
|------------|------|------------|------------------|-------|
| 1993-03-15 | 1.15 | Steenwijk | Marja de Wit | (V50) |
| 1997-03-15 | 1.15 | Steenwijk | Coby de Boer | (V50) |
| 2012-03-17 | 1.15 | Heerenveen | Jolanda Smedinga | |

V60

hoog

| | | | | |
|------------|------|------------|--------------|--|
| 2006-03-18 | 0.95 | Heerenveen | Marja de Wit | |
| 2008-03-15 | 0.95 | Heerenveen | Marja de Wit | |

jpm (mini)

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|------------|------|------------|------------------|--|
| 2013-03-09 | 7.50 | Heerenveen | Finn Oosterhagen | |
| 2018-02-03 | 7.1 | Drachten | Yoah Kirindongo | |

hoog

| | | | | |
|------------|------|------------|------------|--|
| 2016-03-19 | 0.80 | Heerenveen | Cas Jonker | |
|------------|------|------------|------------|--|

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|------------|------|------------|-----------------|
| 2016-12-28 | 0.80 | Dronten | Liam de Lang |
| 2018-03-17 | 0.80 | Heerenveen | Tieme Bouma |
| 2018-03-17 | 0.80 | Heerenveen | Yoah Kirindongo |

hurkhoog

| | | | |
|------------|------|------------|-----------------|
| 2017-02-04 | 0.70 | Drachten | Hidde Bakker |
| 2017-11-25 | 0.75 | Heerenveen | Yoah Kirindongo |
| 2017-11-25 | 0.75 | Heerenveen | Fedde Visser |

balstoten

| | | | |
|------------|------|------------|-----------------|
| 2017-03-11 | 4.08 | Steenwijk | Liam de Lang |
| 2017-11-25 | 4.60 | Heerenveen | Yoah Kirindongo |
| 2018-02-03 | 4.80 | Drachten | Yoah Kirindongo |

jpC

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| | | | |
|------------|------|------------|--------------------|
| 1985-03-16 | 7.2 | Heerenveen | Roelof Jan Marinus |
| 2000-12-17 | 7.42 | Franeker | Rienk Kan |
| 2018-02-03 | 7.1 | Drachten | Liam de Lang |

hoog

| | | | |
|------------|------|------------|-----------------|
| 1993-03-20 | 1.00 | Heerenveen | Ruben Stelma |
| 1993-03-20 | 1.00 | Heerenveen | Joris de Wit |
| 1996-03-16 | 1.00 | Heerenveen | Selwyn Smits |
| 1999-03-20 | 1.00 | Heerenveen | Erik Sjoerd Kan |
| 2016-03-19 | 1.00 | Heerenveen | Thijs Wiersma |
| 2018-03-11 | 1.00 | Apeldoorn | Liam de Lang |
| 2018-03-17 | 1.05 | Heerenveen | Liam de Lang |

hurkhoog

| | | | |
|------------|------|------------|------------------|
| 2014-02-01 | 0.80 | Drachten | Finn Oosterhagen |
| 2017-11-25 | 0.80 | Heerenveen | Sjoerd vd Meer |
| 2017-11-25 | 0.80 | Heerenveen | Liam de Lang |
| 2018-02-03 | 0.85 | Drachten | Liam de Lang |
| 2018-02-03 | 0.85 | Drachten | Sjoerd vd Meer |

balstoten

| | | | |
|------------|------|------------|--------------|
| 2017-03-18 | 5.61 | Heerenveen | Cas Jonker |
| 2018-03-17 | 6.20 | Heerde | Liam de Lang |

jpB

600

| | | | |
|------------|---------|-----------|----------------|
| 1989-01-22 | 2:15.6 | Franeker | Kerst Oenema |
| 2016-03-08 | 2:11.43 | Apeldoorn | Mart Bijker |
| 2017-03-12 | 2:10.09 | Apeldoorn | Thygo de Vries |

hurkhoog

| | | | |
|------------|------|----------|----------------|
| 2015-02-07 | 0.95 | Drachten | Morris Hulsman |
| 2017-02-04 | 0.95 | Drachten | Thygo de Vries |
| 2019-02-02 | 1.05 | Drachten | Liam de Lang |

balstoten

| | | | |
|------------|------|----------|----------------|
| 2017-02-04 | 6.70 | Drachten | Thygo de Vries |
| 2019-02-02 | 7.30 | Drachten | Liam de Lang |

jpA

hoog

| | | | |
|------------|------|------------|------------|
| 1990-11-04 | 1.35 | Heerenveen | René Agema |
|------------|------|------------|------------|

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|------------|------|------------|-----------------|
| 1994-03-19 | 1.35 | Heerenveen | Eldert Wijkstra |
| 1996-03-16 | 1.35 | Heerenveen | Joris de Wit |
| 2001-12-16 | 1.35 | Franeker | Joram Smits |
| 2018-02-03 | 1.35 | Drachten | Ilya Nauta |

600

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|------------|--------|-------------|---------------|
| 1991-01-26 | 2:00.8 | Franeker | Kerst Oenema |
| 2010-11-13 | 1:58.6 | Stadskanaal | Luuk Wiebenga |
| 2018-01-14 | 1:55.9 | Stadskanaal | Ilya Nauta |

jD

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| | | | |
|------------|------|------------|-----------------|
| 1995-03-12 | 8.40 | Den Haag | Eldert Wijkstra |
| 1996-03-10 | 8.35 | Den Haag | Eldert Wijkstra |
| 2010-03-20 | 8.25 | Heerenveen | Rody de Wolff |
| 2010-10-31 | 7.8 | Enschede | Rody de Wolff |

hoog

| | | | |
|------------|------|-----------|-----------------|
| 1996-03-02 | 1.60 | Steenwijk | Eldert Wijkstra |
| 2010-10-31 | 1.65 | Enschede | Rody de Wolff |

kogel

| | | | |
|------------|-------|------------|-------------------|
| 1988-03-05 | 11.64 | Steenwijk | Fokke Jan Bergsma |
| 2010-01-17 | 12.39 | Groningen | Rody de Wolff |
| 2010-03-20 | 13.86 | Heerenveen | Rody de Wolff |
| 2010-10-31 | 14.44 | Enschede | Rody de Wolff |

jC

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| | | | |
|------------|------|-------------|-------------------|
| 2000-03-04 | 5.93 | Steenwijk | Bram Klijnstra |
| 2001-03-03 | 5.85 | Steenwijk | Sjoerd den Daas |
| 2002-12-22 | 5.78 | Franeker | Reinier Bouma |
| 2004-11-13 | 5.58 | Stadskanaal | Jan Arjen Elzinga |
| 2012-02-04 | 5.3 | Drachten | Rody de Wolff |

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| | | | |
|------------|------|------------|-----------------|
| 1994-01-22 | 6.6 | Zwolle | Auke Siûk Nutma |
| 1995-03-04 | 6.5 | Steenwijk | Auke Siûk Nutma |
| 2013-12-20 | 6.74 | Utrecht | Lars van Hoeven |
| 2019-03-16 | 6.74 | Heerenveen | Hugo Stegeman |

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| | | | |
|------------|------|----------------|-----------------|
| 1994-01-09 | 7.97 | Eelde | Martin Bakker |
| 1994-03-05 | 7.7 | Tuk | Auke Siûk Nutma |
| 1995-01-08 | 7.83 | Eelde | Auke Siûk Nutma |
| 1998-02-01 | 7.82 | Dortmund (Dui) | Eldert Wijkstra |
| 2001-01-21 | 7.73 | Zuidbroek | Bram Klijnstra |
| 2012-03-17 | 7.71 | Heerenveen | Rody de Wolff |
| 2013-12-28 | 7.60 | Gent (Bel) | Lars van Hoeven |
| 2014-01-19 | 7.57 | Apeldoorn | Lars van Hoeven |

400

| | | | |
|------------|-------|----------------|-----------------|
| 2014-01-12 | 53.63 | Dortmund (Dui) | Lars van Hoeven |
| 2014-02-08 | 52.94 | Apeldoorn | Lars van Hoeven |
| 2014-02-08 | 51.74 | Apeldoorn | Lars van Hoeven |
| 2014-02-09 | 51.06 | Apeldoorn | Lars van Hoeven |

50h

| | | | |
|------------|------|----------|----------------|
| 1989-01-22 | 8.9 | Franeker | Paul Aldershof |
| 2013-12-20 | 8.61 | Utrecht | Gerwin de Haan |

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|------------|---------|-----------|------------------|------|
| 1988-01-09 | 3:08.0 | Eelde | Folkert Hiddinga | |
| 2004-01-24 | 3:05.37 | Zuidbroek | Mart Sijtsema | (jD) |
| 2018-01-07 | 3:04.51 | Apeldoorn | Rutger Berends | |

jB**50**

| | | | | |
|------------|------|-------------|-----------------|--|
| 1991-03-02 | 6.4 | Steenwijk | Danny de Vries | |
| 1996-03-02 | 6.3 | Steenwijk | Auke Siûk Nutma | |
| 2006-11-11 | 6.49 | Stadskanaal | Bas Winkels | |
| 2008-03-15 | 6.44 | Heerenveen | Bas Winkels | |
| 2013-03-09 | 6.42 | Heerenveen | Rody de Wolff | |

200

| | | | | |
|------------|-------|-----------|---------------------|--|
| 1989-02-04 | 24.83 | Den Haag | Marc van Lonkhuyzen | |
| 2015-01-25 | 23.25 | Apeldoorn | Lars van Hoeven | |
| 2015-03-01 | 23.19 | Apeldoorn | Lars van Hoeven | |
| 2015-03-01 | 23.14 | Apeldoorn | Lars van Hoeven | |

400

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|------------|-------|------------|---------------------|------|
| 1989-02-04 | 52.84 | Den Haag | Marc van Lonkhuyzen | |
| 2014-02-08 | 51.74 | Apeldoorn | Lars van Hoeven | (jC) |
| 2014-02-09 | 51.06 | Apeldoorn | Lars van Hoeven | (jC) |
| 2014-12-28 | 50.93 | Gent (Bel) | Lars van Hoeven | |
| 2015-01-25 | 50.62 | Apeldoorn | Lars van Hoeven | |
| 2015-03-01 | 50.05 | Apeldoorn | Lars van Hoeven | |

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|------------|---------|-----------------|-----------------|--|
| 1989-01-07 | 2:06.8 | Eelde | Erik Zwanenburg | |
| 2007-01-21 | 2:05.13 | Dortmund (Dui) | Mart Sijtsema | |
| 2008-02-09 | 2:03.86 | Bielefeld (Dui) | Mart Sijtsema | |
| 2016-01-16 | 2:02.64 | Gent (Bel) | Lars van Hoeven | |

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|------------|---------|------------|---------------|--|
| 1973-01-21 | 4:49.1 | Groningen | Henk vd Werf | |
| 2007-02-17 | 4:15.13 | Gent (Bel) | Mart Sijtsema | |
| 2008-02-16 | 4:15.11 | Gent (Bel) | Mart Sijtsema | |

50h

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|------------|------|---------|----------------|--|
| 2014-12-19 | 8.03 | Utrecht | Gerwin de Haan | |
| 2015-12-18 | 7.95 | Utrecht | Gerwin de Haan | |

hoog

| | | | | |
|------------|------|-----------|--------------------|------|
| 1982 | 1.80 | | Dicky Hospes | |
| 1989 | 1.80 | | Dirk Kruisheer | |
| 1989 | 1.80 | | Hoite Kolhoff | |
| 1995-01-21 | 1.85 | Zwolle | Jan Haye Klijnstra | (jC) |
| 1995-02-18 | 1.87 | Den Haag | Jan Haye Klijnstra | (jC) |
| 2013-12-27 | 1.90 | Dronten | Rody de Wolff | |
| 2014-02-16 | 2.02 | Apeldoorn | Rody de Wolff | |

hss

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|------------|-------|------------|-----------------|------|
| 2013-12-20 | 10.42 | Utrecht | Gerwin de Haan | (jC) |
| 2018-12-15 | 12.09 | Zoetermeer | Rutger Hoekstra | |
| 2019-02-10 | 12.09 | Apeldoorn | Rutger Hoekstra | |

polshoog

| | | | | |
|------------|------|-----------|-----------------|--|
| 1981 | 2.60 | | Dicky Hospes | |
| 1997-01-25 | 2.80 | Zwolle | Hugo Kerkhof | |
| 2000-01-21 | 2.80 | Zuidbroek | Eldert Wijkstra | |
| 2013-02-09 | 3.20 | Apeldoorn | Rody de Wolff | |
| 2014-01-25 | 3.70 | Apeldoorn | Rody de Wolff | |

2014-02-15 3.90 Apeldoorn Rody de Wolff

7-kamp

1982 3032 Dicky Hospes
1997-01-26 4326 Zwolle Hugo Kerkhof
(7.75 – 5.92 – 12.83 – 2.80 / 8.67 – 1.80 – 2:55.42)
2000-01-22 4437 Zuidbroek Eldert Wijkstra
(7.35 – 6.72 – 12.64 – 2.80 / 8.76 – 1.86 – 3:18.55)
2013-02-10 4590 Apeldoorn Rody de Wolff
(7.65 – 6.04 – 14.96 – 3.20 / 8.68 – 1.83 – 2:59.84)
2014-02-16 5164 Apeldoorn Rody de Wolff
(7.52 – 6.54 – 15.18 – 3.90 / 8.45 – 2.02 – 2:59.84)

jA

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1989-02-04 24.83 Den Haag Marc van Lonkhuyzen (jB)
2004-01-25 23.93 Zuidbroek Tom Kraaij
2004-02-15 23.82 Dortmund (Dui) Tom Kraaij
2005-02-13 23.76 Dortmund (Dui) Tom Kraaij
2015-01-25 23.25 Apeldoorn Lars van Hoeven (jB)
2015-03-01 23.19 Apeldoorn Lars van Hoeven (jB)
2015-03-01 23.14 Apeldoorn Lars van Hoeven (jB)
2017-12-03 23.10 Apeldoorn Lars van Hoeven

400

1989-02-04 52.84 Den Haag Marc van Lonkhuyzen (jB)
2014-02-08 51.74 Apeldoorn Lars van Hoeven (jC)
2014-02-09 51.06 Apeldoorn Lars van Hoeven (jC)
2014-12-28 50.93 Gent (Bel) Lars van Hoeven (jB)
2015-01-25 50.62 Apeldoorn Lars van Hoeven (jB)
2015-03-01 50.05 Apeldoorn Lars van Hoeven (jB)
2017-01-28 49.90 Apeldoorn Lars van Hoeven
2017-12-26 49.79 Gent (Bel) Lars van Hoeven
2018-01-27 49.08 Apeldoorn Lars van Hoeven

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1989-01-07 2:06.8 Eelde Erik Zwanenburg (jB)
2007-01-21 2:05.13 Dortmund (Dui) Mart Sijtsema (jB)
2008-02-09 2:03.86 Bielefeld (Dui) Mart Sijtsema (jB)
2016-01-16 2:02.64 Gent (Bel) Lars van Hoeven (jB)
2017-01-15 1:59.15 Apeldoorn Lars van Hoeven
2017-01-28 1:56.53 Apeldoorn Lars van Hoeven
2017-02-19 1:55.02 Apeldoorn Lars van Hoeven
2018-01-27 1:53.66 Apeldoorn Lars van Hoeven
2018-02-11 1:51.90 Apeldoorn Lars van Hoeven

1000

1981-02-10 2:52.7 Zwolle Jaap Klaverboer
2018-02-04 2:52.19 Apeldoorn Gerwin de Haan

1500

1975-03-01 4:18.1 Groningen Johnnie Theunissen
2007-02-17 4:15.13 Gent (Bel) Mart Sijtsema (jB)
2008-02-16 4:15.11 Gent (Bel) Mart Sijtsema (jB)

3000

1975 9:22.6 Groningen Johnnie Theunissen
2009-02-08 8:51.31 Apeldoorn Mart Sijtsema

hss

2010-01-17 10.89 Groningen Peter Peereboom
2012-02-11 13.53 Apeldoorn Rienk Kan

hoog

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|------------|------|------------|---------------|------|
| 1991-03-17 | 1.95 | Heerenveen | Hoite Kolhoff | |
| 2014-02-16 | 2.02 | Apeldoorn | Rody de Wolff | (jB) |

polshoog

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|------------|------|-----------|-----------------|------|
| 1981-02-10 | 3.10 | Zwolle | Jaap Klaverboer | |
| 2013-02-09 | 3.20 | Apeldoorn | Rody de Wolff | (jB) |
| 2014-01-25 | 3.70 | Apeldoorn | Rody de Wolff | (jB) |
| 2014-02-15 | 3.90 | Apeldoorn | Rody de Wolff | (jB) |
| 2016-12-27 | 3.90 | Apeldoorn | Gerwin de Haan | |
| 2017-02-05 | 3.96 | Apeldoorn | Gerwin de Haan | |
| 2017-02-19 | 4.10 | Apeldoorn | Gerwin de Haan | |
| 2018-01-27 | 4.20 | Apeldoorn | Gerwin de Haan | |

7-kamp

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|--|------|-----------|----------------|--|
| 2017-02-05 | 4636 | Apeldoorn | Gerwin de Haan | |
| (7.62 – 6.16 – 12.95 – 1.79 / 8.92 – 3.96 – 2:57.68) | | | | |
| 2018-02-04 | 4691 | Apeldoorn | Gerwin de Haan | |
| (7.67 – 6.07 – 12.40 – 1.82 / 8.92 – 4.11 – 2:52.19) | | | | |

M neo

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|------------|-------|-----------|-----------------|------|
| 2015-03-01 | 23.14 | Apeldoorn | Lars van Hoeven | (jB) |
| 2017-12-03 | 23.10 | Apeldoorn | Lars van Hoeven | (jA) |

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|------------|-------|------------|-----------------|------|
| 2017-01-28 | 49.90 | Apeldoorn | Lars van Hoeven | (jA) |
| 2017-12-26 | 49.79 | Gent (Bel) | Lars van Hoeven | (jA) |
| 2018-01-27 | 49.08 | Apeldoorn | Lars van Hoeven | (jA) |

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|------------|---------|-----------|-----------------|------|
| 2017-02-19 | 1:55.02 | Apeldoorn | Lars van Hoeven | (jA) |
| 2018-01-27 | 1:53.66 | Apeldoorn | Lars van Hoeven | (jA) |
| 2018-02-11 | 1:51.90 | Apeldoorn | Lars van Hoeven | (jA) |
| 2019-01-26 | 1:51.46 | Apeldoorn | Lars van Hoeven | |

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|------------|---------|-----------|-----------------|------|
| 1981-02-10 | 2:52.7 | Zwolle | Jaap Klaverboer | (jA) |
| 2018-02-04 | 2:52.19 | Apeldoorn | Gerwin de Haan | (jA) |

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|------------|------|-----------|---------------|--|
| 1986-02-09 | 7.02 | Zuidlaren | Paul Dijkstra | |
| 2019-01-26 | 7.01 | Apeldoorn | Jeroen Piek | |

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|------------|-------|------------|------------------|------|
| 1984-02-04 | 22.9 | Zuidlaren | Arjen Achterkamp | |
| 2015-03-01 | 23.14 | Apeldoorn | Lars van Hoeven | (jB) |
| 2016-01-16 | 23.09 | Gent (Bel) | Kevin Damstra | |
| 2016-02-28 | 23.09 | Apeldoorn | Kevin Damstra | |
| 2016-12-18 | 22.52 | Gent (Bel) | Kevin Damstra | |

400

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|------------|-------|-----------|------------------|------|
| 1984-02-04 | 49.12 | Zuidlaren | Arjen Achterkamp | |
| 2018-01-27 | 49.08 | Apeldoorn | Lars van Hoeven | (jA) |

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|------------|---------|-----------|-----------------|--|
| 1980-02-16 | 1:59.7 | Rotterdam | Tjeerd Koopmans | |
| 2014-03-01 | 1:59.74 | Apeldoorn | Hilbert de Haan | |

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|------------|---------|-----------|-----------------|--------|
| 2017-01-15 | 1:59.15 | Apeldoorn | Lars van Hoeven | (jA) |
| 2017-01-28 | 1:56.53 | Apeldoorn | Lars van Hoeven | (jA) |
| 2017-02-19 | 1:55.02 | Apeldoorn | Lars van Hoeven | (jA) |
| 2018-01-27 | 1:53.66 | Apeldoorn | Lars van Hoeven | (jA) |
| 2018-02-11 | 1:51.90 | Apeldoorn | Lars van Hoeven | (jA) |
| 2019-01-26 | 1:51.46 | Apeldoorn | Lars van Hoeven | (Mneo) |

1500

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|------------|---------|-----------|--------------|--------|
| 1974-03-02 | 4:02.0 | Groningen | Auke Postma | |
| 2016-01-30 | 3:57.93 | Apeldoorn | Bram Kielman | (Mneo) |

60h

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|------------|------|----------------|---------------|--------|
| 1985-01-20 | 8.8 | Zwolle | Jeroen Moser | |
| 2007-01-21 | 8.38 | Dortmund (Dui) | Reinier Bouma | (jA) |
| 2007-02-17 | 8.31 | Gent (Bel) | Reinier Bouma | (jA) |
| 2007-02-17 | 8.28 | Gent (Bel) | Reinier Bouma | (jA) |
| 2008-01-27 | 8.25 | Groningen | Reinier Bouma | (Mneo) |
| 2008-01-27 | 8.23 | Groningen | Reinier Bouma | (Mneo) |
| 2008-02-16 | 8.21 | Gent (Bel) | Reinier Bouma | (Mneo) |
| 2011-01-15 | 8.13 | Zoetermeer | Reinier Bouma | |
| 2011-01-29 | 8.13 | Apeldoorn | Reinier Bouma | |
| 2011-02-13 | 8.02 | Apeldoorn | Reinier Bouma | |

hoog

| | | | | |
|------------|------|-----------|--------------------|------|
| 1992-01-19 | 2.00 | Zwolle | Hoite Kolhoff | |
| 2004-01-25 | 2.00 | Zuidbroek | Jan Haye Klijnstra | |
| 2014-02-16 | 2.02 | Apeldoorn | Rody de Wolff | (jB) |

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|------------|-------|------------|------------|--------|
| 1963-01-26 | 13.32 | Leeuwarden | Henk Evers | |
| 2012-02-11 | 13.53 | Apeldoorn | Rienk Kan | (jA) |
| 2014-03-01 | 13.92 | Apeldoorn | Rienk Kan | (Mneo) |
| 2015-02-21 | 14.00 | Apeldoorn | Rienk Kan | (Mneo) |

polshoog

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|------------|------|-----------|-----------------|--------|
| 1986-01-26 | 4.00 | Zwolle | Jaap Klaverboer | |
| 2014-03-01 | 4.30 | Apeldoorn | Dennis Veenker | (Mneo) |

M35

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|------------|------|------------|------------------|-------|
| 2002-03-02 | 7.86 | Steenwijk | Wieger Klijnstra | (M50) |
| 2010-03-20 | 7.46 | Heerenveen | Jan Jelle Koerts | (M40) |

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|------------|------|------------|------------------|-------|
| 2001-01-21 | 9.21 | Zuidbroek | Wieger Klijnstra | (M50) |
| 2010-03-20 | 8.67 | Heerenveen | Jan Jelle Koerts | (M40) |

1500

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|------------|---------|------------|-----------------|-------|
| 1985-03-16 | 5:54.6 | Heerenveen | Jaap Scholten | (M40) |
| 2013-02-09 | 4:42.18 | Apeldoorn | Ronnie Jeeninga | |

kogel

| | | | | |
|------------|-------|------------|---------------|-------|
| 1989-03-19 | 11.14 | Heerenveen | Siert Wolters | (M40) |
| 2018-02-04 | 14.72 | Apeldoorn | Hans Lolkema | (M45) |

M40

50

| | | | | |
|------------|------|------------|------------------|-------|
| 2002-03-02 | 7.86 | Steenwijk | Wieger Klijnstra | (M50) |
| 2010-03-20 | 7.46 | Heerenveen | Jan Jelle Koerts | |

60

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|------------|------|------------|------------------|-------|
| 2001-01-21 | 9.21 | Zuidbroek | Wieger Klijnstra | (M50) |
| 2010-03-20 | 8.67 | Heerenveen | Jan Jelle Koerts | |

kogel

| | | | | |
|------------|-------|------------|---------------|-------|
| 1989-03-19 | 11.14 | Heerenveen | Siert Wolters | (M45) |
| 2018-02-04 | 14.72 | Apeldoorn | Hans Lolkema | |

M45**kogel**

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|------------|-------|------------|---------------|
| 1994-03-19 | 10.51 | Heerenveen | Siert Wolters |
| 2018-02-04 | 14.72 | Apeldoorn | Hans Lolkema |

M60**60**

| | | | |
|------------|------|------------|------------------|
| 2009-03-21 | 9.99 | Heerenveen | Wieger Klijnstra |
| 2010-03-20 | 9.95 | Heerenveen | Wieger Klijnstra |

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| | | | |
|------------|-------|-----------|------------------|
| 2009-01-18 | 33.60 | Groningen | Wieger Klijnstra |
| 2010-01-17 | 33.12 | Groningen | Wieger Klijnstra |

M65**50**

| | | | |
|------------|------|------------|------------------|
| 2014-03-15 | 8.92 | Heerenveen | Wieger Klijnstra |
| 2015-03-07 | 8.87 | Steenwijk | Wieger Klijnstra |