

Clubrecords AV Heerenveen outdoor

V U8

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|-----------|-------------------|--------|------------|------------|
| 40 | Meike Huistra | 7.48 | Heerenveen | 2015-06-13 |
| 600 | Fenne Wijngaarden | 2:19.0 | Heerenveen | 2023-09-30 |
| duur 4' | Fenne Wijngaarden | 950 | Sneek | 2023-05-20 |
| 40h | Fenna vd Meer | 8.0 | Leeuwarden | 2019-06-29 |
| hoog | Fenna vd Meer | 0.95 | Steenwijk | 2019-05-25 |
| hurkhoog | Meike Huistra | 0.95 | Heerenveen | 2015-09-19 |
| ver | Fenne Wijngaarden | 3.09 | Heerenveen | 2023-09-30 |
| balstoten | Fenna vd Meer | 4.80 | Sneek | 2019-09-14 |
| balwerpen | Maike Kramer | 15.76 | Heerenveen | 2011-06-25 |
| slingeren | Fenna vd Meer | 12.50 | Leeuwarden | 2019-06-29 |
| vortex | Fenna vd Meer | 14.50 | Sneek | 2019-09-14 |

V U9

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|-----------|----------------------|--------|------------|------------|
| 40 | Marrit Nederhoed | 6.7 | Assen | 1994-10-01 |
| 600 | Anniek de Jong | 2:13.4 | Heerenveen | 2001-10-06 |
| 1000 | Henriette Klijnstra | 4:08.0 | Sneek | 1995-06-27 |
| | Ilna Landman | | Sneek | 1989-07-01 |
| duur 4' | Fenna vd Meer | 1000 | Heerenveen | 2020-09-12 |
| 40h | Elisabeth de Haan | 7.2 | Steenwijk | 2015-06-27 |
| hoog | Meike Huistra | 1.10 | Heerenveen | 2016-09-17 |
| hurkhoog | Elisabeth de Haan | 1.00 | Heerenveen | 2015-09-19 |
| ver | Meike Huistra | 3.50 | Heerenveen | 2016-10-01 |
| | Marrit Nederhoed | | Assen | 1994-10-01 |
| balstoten | Meike Huistra | 5.90 | Heerenveen | 2016-09-17 |
| balwerpen | Jildou Binnema | 20.66 | Heerenveen | 2013-10-05 |
| kogel | Rianne Hospes | 7.49 | Heerenveen | 1994-10-08 |
| slingeren | Meike Huistra | 13.50 | Drachten | 2016-07-02 |
| | Lisa Bodewes | | Drachten | 2016-07-02 |
| | Jildou Binnema | | Steenwijk | 2013-06-15 |
| | Isis vd Velden | | Steenwijk | 2013-06-15 |
| vortex | Meike Huistra | 18.15 | Heerenveen | 2016-10-01 |
| 4x40 | Trienke Kramer | 29.1 | Assen | 1994-10-01 |
| | Rianne Hospes | | | |
| | Margriet Wijngaarden | | | |
| | Ingrid Sixma | | | |

V U10

| | | | | |
|----------|-------------------|---------|-------------|------------|
| 40 | Marrit Nederhoed | 6.4 | Heerenveen | 1995-09-16 |
| 600 | Claudette Ritsema | 2:02.47 | Heerenveen | 2018-07-14 |
| 1000 | Anniek de Jong | 3:53.9 | Heerenveen | 2002-06-25 |
| duur 4' | Claudette Ritsema | 1050 | Steenwijk | 2018-07-07 |
| | Norah Pont | | Sneek | 2018-05-26 |
| | Ellemeike Visser | | Drachten | 2017-07-08 |
| 40h | Elisabeth de Haan | 7.3 | Drachten | 2016-07-02 |
| hoog | Meike Huistra | 1.20 | Sneek | 2017-09-09 |
| | Anke Binnema | | Stadskanaal | 2012-06-16 |
| | | | Hoogeveen | 2012-05-12 |
| hurkhoog | Fleur Brouwer | 1.10 | Leeuwarden | 2015-05-28 |
| | Elisabeth de Haan | | Leeuwarden | 2015-05-28 |
| | Kyla Koops | | Heerenveen | 2015-09-19 |
| | Maike Kramer | | Sneek | 2013-09-14 |

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|-----------|--------------------------|-------|------------|------------|
| ver | Nadine de Vries | 3.85 | Heerenveen | 1988-10-01 |
| balstoten | Meike Huistra | 6.70 | Heerenveen | 2017-09-17 |
| | Elisabeth de Haan | | Heerenveen | 2016-09-17 |
| balwerpen | Linda Schaap | 24.00 | Heerenveen | 1982-09-04 |
| | kogel Sandra Stoelwinder | 6.82 | Leeuwarden | 1982-10-02 |
| slingeren | Isis vd Velden | 17.50 | Sneek | 2014-06-28 |
| vortex | Femke Slagman | 25.00 | Heerenveen | 2015-09-19 |
| 4x40 | Freya Reitsma | 27.42 | Heerenveen | 2006-09-09 |
| | Vera van Aurich | | | |
| | Elske Koelma | | | |
| | Fleur Bleeker | | | |

V U12

| | | | | |
|-----------|---------------------------|---------|------------|------------|
| 60 | Elisabeth de Haan | 8.66 | Heerenveen | 2018-10-06 |
| 600 | Ellemeike Visser | 1:55.40 | Assen | 2019-04-07 |
| 1000 | Aafke Soet | 3:26.1 | Heerenveen | 2008-09-06 |
| duur 6' | Claudette Ritsema | 1600 | Heerenveen | 2020-09-12 |
| 60h | Nynke Bockhooven | 9.8 | Heerenveen | 2013-06-01 |
| hoog | Elisabeth de Haan | 1.40 | Heerenveen | 2018-07-14 |
| | Esther Swart | | Beek | 1997-07-12 |
| polsver | Britt Huisman | 5.00 | Leeuwarden | 2019-06-29 |
| | ver Elisabeth de Haan | 4.61 | Heerenveen | 2018-10-06 |
| balwerpen | Manon Vermeulen | 33.46 | Sneek | 2001-06-26 |
| | kogel Charlotte Klijnstra | 8.56 | Heerenveen | 1996-10-05 |
| slingeren | Rikst Slot | 22.00 | Sneek | 2013-09-14 |
| vortex | Femke Slagman | 29.50 | Steenwijk | 2017-05-20 |
| 4x60 | Marrit Nederhoed | 35.6 | Heerenveen | 1997-09-20 |
| | Margriet Wijngaarden | | | |
| | Trienke Kramer | | | |
| | Judy Tuinstra | | | |

V U14

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|-------------|--|---------|-------------|------------|
| 60 | Annika Tolsma | 8.34 | Amsterdam | 2001-09-09 |
| 150 | Rikst Slot | 20.51 | Steenwijk | 2015-07-10 |
| 600 | Marijke Portema | 1:46.15 | Heerenveen | 2005-06-25 |
| 1000 | Minke vd Meer | 3:09.71 | Amsterdam | 2008-09-07 |
| 60h | Rikst Slot | 9.72 | Stadskanaal | 2015-08-29 |
| | Terri Talan | | Tilburg | 2014-09-20 |
| 1000st | Féra Fieke de Vries | 4:07.97 | Amsterdam | 2017-09-03 |
| hoog | Meike Huistra | 1.61 | Best | 2021-10-09 |
| polshoog | Rikst Slot | 2.30 | Heerenveen | 2015-04-11 |
| | ver Meike Huistra | 4.97 | Papendrecht | 2021-08-28 |
| discus | Manon Vermeulen | 30.19 | Amsterdam | 2003-09-14 |
| kogel | Meike Huistra | 13.32 | Zoetermeer | 2021-09-12 |
| speer | Meike Huistra | 33.40 | Assen | 2021-07-03 |
| 4x60 | Marrit Nederhoed | 31.3 | Drachten | 1999-05-15 |
| | Esther Swart | | | |
| | Judy Tuinstra | | | |
| | Henriette Klijnstra | | | |
| werp 3-kamp | Jildou Binnema (27.12 – 10.48 – 29.59) | 1464 | Steenwijk | 2018-10-14 |
| 6-kamp | Meike Huistra (10.10 – 1.55 – 32.61 / 4.88 – 13.32 – 1:49.27) | 3618 | Zoetermeer | 2021-09-12 |

V U16

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|----|------------------|-------|-----------|------------|
| 80 | Kristel Bottinga | 10.21 | Emmeloord | 1999-06-19 |
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|-------------|--|-------|---------|----------------|------------|
| 150 | Kristel Bottinga | | 18.6 | Assen | 1999-07-10 |
| 300 | Britt Huisman | | 41.84 | Amsterdam | 2023-09-03 |
| 400 | Britt Huisman | | 56.90 | Bergen op Zoom | 2023-06-25 |
| 600 | Anke Scholten | | 1:38.8 | Amsterdam | 1973-09-02 |
| 800 | Minke vd Meer | | 2:20.1 | Rijssen | 2010-06-04 |
| 1000 | Minke vd Meer | | 2:59.14 | Utrecht | 2010-07-30 |
| 1500 | Minke vd Meer | | 4:49.13 | Zwolle | 2010-06-27 |
| 80h | Kristel Bottinga | | 11.60 | Stadskanaal | 1999-07-04 |
| 300h | Norah Pont | | 45.62 | Apeldoorn | 2023-09-16 |
| 1500st | Féra Fieke de Vries | | 6:17.39 | Amersfoort | 2019-04-22 |
| hoog | Meike Huistra | | 1.65 | Zoetermeer | 2023-09-09 |
| | | | | Almere | 2023-04-16 |
| | | | | Rotterdam | 2022-09-17 |
| | Joke de Jong | | | Stadskanaal | 1975 |
| hss | Nynke Rijpma | | 10.35 | Amsterdam | 2021-08-29 |
| polshoog | Rikst Slot | (U14) | 2.30 | Heerenveen | 2015-04-11 |
| ver | Meike Huistra | | 5.52 | Amsterdam | 2023-09-02 |
| discus | Charlotte Klijnstra | | 33.44 | Leeuwarden | 2000-09-23 |
| kogel | Anne-Karlijn Mos | | 12.66 | Amsterdam | 2016-08-27 |
| kogelsl. | Kahlan Veen | | 21.96 | Kerkrade | 2016-09-03 |
| speer | Jildou Binnema | | 35.60 | Heerenveen | 2020-09-26 |
| 4x80 | Nenna de Boer | | 41.00 | Breda | 2000-09-16 |
| | Linda Swart | | | | |
| | Judy Tuinstra | | | | |
| | Marrit Nederhoed | | | | |
| Zwd. est. | Britt Huisman | | 2:22.74 | Amstelveen | 2023-09-24 |
| | Marit Versfeld | | | | |
| | Meike Huistra | | | | |
| | Norah Pont | | | | |
| werp 3-kamp | Anne-Karlijn Mos | | 1665 | Steenwijk | 2016-10-09 |
| | (24.11 – 11.37 – 28.38) | | | | |
| 7-kamp | Meike Huistra | | 4596 | Zoetermeer | 2023-09-10 |
| | (12.02 – 1.65 – 12.44 – 19.52 / 5.23 – 35.49– 1:45.10) | | | | |

V U18

| | | | | | |
|----------|----------------------|-------|----------|----------------|------------|
| 100 | Kristel Bottinga | | 12.42 | Hengelo | 2000-06-24 |
| 150 | Kristel Bottinga | (U16) | 18.6 | Assen | 1999-07-10 |
| 200 | Vera van Aurich | | 25.55 | Harderwijk | 2013-06-16 |
| 300 | Britt Huisman | | 40.87 | Amsterdam | 2024-05-11 |
| 400 | Britt Huisman | (U16) | 56.90 | Bergen op Zoom | 2023-06-25 |
| 800 | Minke vd Meer | | 2:18.62 | Groningen | 2011-06-24 |
| 1000 | Minke vd Meer | (U16) | 2:59.14 | Utrecht | 2010-07-30 |
| 1500 | Tessa de Boer | | 4:44.40 | Oordegem (Bel) | 2013-07-06 |
| mijl | Minke vd Meer | (U16) | 5:26.2 | Steenwijk | 2010-07-16 |
| 2000 | Minke vd Meer | (U16) | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| 3000 | Tessa de Boer | | 10:21.82 | Breda | 2012-06-01 |
| 5000 | Kyra Brouwer | | 20:09.28 | Leeuwarden | 2020-09-04 |
| 100h | Kristel Bottinga | | 14.35 | Zevenaar | 1999-06-13 |
| 400h | Marieke vd Zee | | 1:07.96 | Utrecht | 2007-06-08 |
| 2000st | Tessa de Boer | | 7:15.68 | Eindhoven | 2013-06-30 |
| 3000st | Tessa de Boer | | 11:13.83 | Oordegem (Bel) | 2013-06-01 |
| hoog | Joke de Jong | | 1.75 | Vught | 1977-06-18 |
| hss | Marrit van Gelderen | | 10.88 | Apeldoorn | 2008-06-29 |
| polshoog | Alicia vd Tempel | | 2.82 | Groningen | 2022-09-04 |
| ver | Meike Huistra | | 5.68 | Utrecht | 2024-06-15 |
| discus | Bettina van Leuveren | | 35.34 | Heiloo | 1976 |
| kogel | Anne-Karlijn Mos | | 13.92 | Emmeloord | 2017-06-17 |
| kogelsl. | Dagmar Oenema | | 35.31 | Amersfoort | 2013-07-07 |
| speer | Jildou Binnema | | 38.08 | Heerenveen | 2022-05-21 |
| 4x100 | Marrit van Gelderen | | 50.56 | Amstelveen | 2007-09-29 |

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|-------------|--|-------|---------|------------|------------|
| | Marieke vd Zee Wisette Bollen Marian Zandberg | | | | |
| 4x200 | Marrit van Gelderen | | 1:46.93 | Amstelveen | 2007-09-30 |
| | Marieke vd Zee Wisette Bollen Marian Zandberg | | | | |
| 4x400 | Norah Pont | (U16) | 4:09.47 | Drachten | 2024-04-14 |
| | Norah Keijzer Marit Versfeld Britt Huisman | | | | |
| Zwd. est. | Britt Huisman | (U16) | 2:22.74 | Amstelveen | 2023-09-24 |
| | Marit Versfeld | (U16) | | | |
| | Meike Huistra | (U16) | | | |
| | Norah Pont | (U16) | | | |
| werp 3-kamp | Brechje Kaastra (26.96 – 10.95 – 29.30) | | 1718 | Steenwijk | 1999-10-10 |
| 7-kamp | Meike Huistra (14.55 – 1.57 – 12.17 – 25.91 / 5.39 – 36.33 – 2:28.07) | | 5062 | Best | 2024-07-07 |

V U20

| | | | | | |
|-----------|----------------------|-------|----------|----------------|------------|
| 100 | Kristel Bottinga | (U18) | 12.42 | Hengelo | 2000-06-24 |
| 150 | Kristel Bottinga | (U16) | 18.6 | Assen | 1999-07-10 |
| 200 | Vera van Aurich | (U18) | 25.55 | Harderwijk | 2013-06-16 |
| 300 | Britt Huisman | (U18) | 40.87 | Amsterdam | 2024-05-11 |
| 400 | Britt Huisman | (U16) | 56.90 | Bergen op Zoom | 2023-06-25 |
| 800 | Ronny Hoekstra | | 2:12.8 | Aalsmeer | 1979-05-03 |
| 1000 | Minke vd Meer | (U16) | 2:59.14 | Utrecht | 2010-07-30 |
| 1500 | Ronny Hoekstra | | 4:33.6 | Groningen | 1979-05-06 |
| mijl | Minke vd Meer | (U16) | 5:26.2 | Steenwijk | 2010-07-16 |
| 2000 | Minke vd Meer | (U16) | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| 3000 | Andrea Deelstra | | 10:12.47 | Leiden | 2004-06-12 |
| 5000 | Andrea Deelstra | | 17:41.52 | Utrecht | 2004-05-14 |
| 100h | Fiona van Es | | 14.6 | Drachten | 1990-06-24 |
| 400h | Marieke vd Zee | | 1:05.32 | Amsterdam | 2009-08-01 |
| 2000st | Tessa de Boer | (U18) | 7:15.68 | Eindhoven | 2013-06-30 |
| 3000st | Andrea Deelstra | | 11:13.44 | Utrecht | 2004-07-11 |
| hoog | Joke de Jong | (U18) | 1.75 | Vught | 1977-06-18 |
| hss | Nynke Rijpma | | 11.65 | Utrecht | 2024-06-16 |
| polshoog | Alicia vd Tempel | | 2.87 | Bergen op Zoom | 2023-06-24 |
| ver | Brechje Kaastra | | 5.81 | Hengelo | 2000-06-24 |
| discus | Bettina van Leuveren | | 38.50 | | 1978 |
| kogel | Martine Metsemakers | | 11.44 | Assen | 2000-05-07 |
| kogelsl. | Dagmar Oenema | | 29.30 | Groningen | 2014-04-11 |
| speer | Veerle de Vries | | 40.29 | Zwolle | 2010-06-25 |
| 4x100 | Marrit van Gelderen | (U18) | 50.56 | Amstelveen | 2007-09-29 |
| | Marieke vd Zee | (U18) | | | |
| | Wisette Bollen | (U18) | | | |
| | Marian Zandberg | (U18) | | | |
| 4x200 | Marrit van Gelderen | (U18) | 1:46.93 | Amstelveen | 2007-09-30 |
| | Marieke vd Zee | (U18) | | | |
| | Wisette Bollen | (U18) | | | |
| | Marian Zandberg | (U18) | | | |
| 4x400 | Norah Pont | (U16) | 4:09.47 | Drachten | 2024-04-14 |
| | Norah Keijzer | (U18) | | | |
| | Marit Versfeld | (U18) | | | |
| | Britt Huisman | (U18) | | | |
| Zwd. est. | Norah Pont | (U16) | 2:21.94 | Hoogeveen | 2024-04-28 |
| | Britt Huisman | (U18) | | | |
| | Nynke Rijpma | | | | |
| | Sanne Pultrum | (U18) | | | |

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| werp 3-kamp | Charlotte Klijnstra (30.26 – 10.08 – 18.63) | | 1514 | Steenwijk | 2003-06-06 |
| 7-kamp | Sabrina Cruden (15.50 – 1.62 – 9.66 – 27.63 / 5.37 – 38.46 – 2:39.63) | | 4581 | Emmeloord | 2022-06-05 |

V U23

| | | | | | |
|-------------|--|----------------------------------|----------|----------------|------------|
| 100 | Kristel Bottinga | (U18) | 12.42 | Hengelo | 2000-06-24 |
| 150 | Kristel Bottinga | (U16) | 18.6 | Assen | 1999-07-10 |
| 200 | Marrit van Gelderen | | 25.54 | Harderwijk | 2013-06-16 |
| 300 | Marrit van Gelderen | | 40.74 | Amsterdam | 2013-07-28 |
| 400 | Britt Huisman | (U16) | 56.90 | Bergen op Zoom | 2023-06-25 |
| 800 | Marga Wiegman | | 2:07.4 | Nijmegen | 1978-07-09 |
| 1000 | Marga Wiegman | | 2:49.7 | Groningen | 1978-09-20 |
| 1500 | Marga Wiegman | | 4:20.8 | Roosendaal | 1979-09-08 |
| mijl | Marga Wiegman | | 4:46.5 | Sittard | 1978-09-09 |
| 2000 | Minke vd Meer | (U16) | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| 3000 | Andrea Deelstra | | 9:23.70 | Merksem (Bel) | 2007-08-25 |
| 5000 | Andrea Deelstra | | 16:29.98 | Utrecht | 2007-09-07 |
| 10000 | Andrea Deelstra | | 36:05.04 | Utrecht | 2005-06-17 |
| 100h | Sabrina Cruden | | 14.42 | Heerenveen | 2024-05-04 |
| 400h | Marieke vd Zee | | 1:02.90 | Amsterdam | 2010-07-18 |
| 2000st | Tessa de Boer | (U18) | 7:15.68 | Eindhoven | 2013-06-30 |
| 3000st | Andrea Deelstra | | 9:54.25 | Amsterdam | 2006-07-09 |
| hoog | Joke de Jong | | 1.80 | Groningen | 1980-04-27 |
| hss | Nynke Rijpma | (U20) | 11.65 | Utrecht | 2024-06-16 |
| polshoog | Alicia vd Tempel | (U20) | 2.87 | Bergen op Zoom | 2023-06-24 |
| ver | Brechje Kaastra | (U20) | 5.81 | Hengelo | 2000-06-24 |
| discus | Bettina van Leuveren | (U20) | 38.50 | | 1978 |
| kogel | Martine Metsemakers | (U20) | 11.44 | Assen | 2000-05-07 |
| kogelsl. | Dagmar Oenema | (U20) | 29.30 | Groningen | 2014-04-11 |
| speer | Veerle de Vries | (U20) | 40.29 | Zwolle | 2010-06-25 |
| 4x100 | Marrit van Gelderen Marian Zandberg Marieke vd Zee Aafje Seinstra | (U18) | 50.26 | Krommenie | 2011-06-05 |
| 4x200 | Marrit van Gelderen Marieke vd Zee Wisette Bollen Marian Zandberg | (U18) (U18) (U18) (U18) | 1:46.93 | Amstelveen | 2007-09-30 |
| 4x400 | Norah Pont Norah Keijzer Marit Versfeld Britt Huisman | (U16) (U18) (U18) (U18) | 4:09.47 | Drachten | 2024-04-14 |
| Zwd. est. | Norah Pont Britt Huisman Nynke Rijpma Sanne Pultrum | (U16) (U18) (U20) (U18) | 2:21.94 | Hoogeveen | 2024-04-28 |
| werp 3-kamp | Charlotte Klijnstra (30.26 – 10.08 – 18.63) | (U20) | 1514 | Steenwijk | 2003-06-06 |
| 7-kamp | Sabrina Cruden (14.44 – 1.63 – 11.15 – 26.58 / 5.73 – 34.94 – 2:27.37) | | 5105 | Hengelo | 2024-06-30 |

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|------|---------------------|-------|--------|----------------|------------|
| 100 | Geke Dijkstra | | 12.0 | Amsterdam | 1965-08-07 |
| 150 | Kristel Bottinga | (U16) | 18.6 | Assen | 1999-07-10 |
| 200 | Geke Dijkstra | | 25.0 | Enschede | 1965 |
| 300 | Marrit van Gelderen | (U23) | 40.74 | Amsterdam | 2013-07-28 |
| 400 | Britt Huisman | (U16) | 56.90 | Bergen op Zoom | 2023-06-25 |
| 800 | Marga Wiegman | (U23) | 2:07.4 | Nijmegen | 1978-07-09 |
| 1000 | Marga Wiegman | (U23) | 2:49.7 | Groningen | 1978-09-20 |
| 1500 | Marga Wiegman | (U23) | 4:20.8 | Roosendaal | 1979-09-08 |

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| mijl | Marga Wiegman | (U23) | 4:46.5 | Sittard | 1978-09-09 |
| 2000 | Andrea Deelstra | | 6:08.06 | Leiden | 2011-04-27 |
| 3000 | Marga Wiegman | | 9:19.0 | Sittard | 1980-08-10 |
| 5000 | Andrea Deelstra | | 16:06.88 | Utrecht | 2017-09-01 |
| 10000 | Andrea Deelstra | (V35) | 34:33.99 | Leiden | 2020-09-19 |
| 100h | Sabrina Cruden | (U23) | 14.42 | Heerenveen | 2024-05-04 |
| 400h | Marieke vd Zee | (U23) | 1:02.90 | Amsterdam | 2010-07-18 |
| 2000st | Andrea Deelstra | | 6:49.76 | Zelee (Bel) | 2008-05-24 |
| 3000st | Andrea Deelstra | (U23) | 9:54.25 | Amsterdam | 2006-07-09 |
| hoog | Joke de Jong | (U23) | 1.80 | Groningen | 1980-04-27 |
| hss | Nynke Rijpma | (U20) | 11.65 | Utrecht | 2024-06-16 |
| polshoog | Alicia vd Tempel | (U20) | 2.87 | Bergen op Zoom | 2023-06-24 |
| ver | Brechje Kaastra | (U20) | 5.81 | Hengelo | 2000-06-24 |
| discus | Laura vd Akker | | 41.70 | Sneek | 2003-07-02 |
| kogel | Zwaantje de Jong | | 11.83 | Drachten | 1957 |
| kogelsl. | Marrit van Gelderen | | 33.49 | Heerenveen | 2016-05-14 |
| speer | Veerle de Vries | | 41.05 | Groningen | 2015-06-14 |
| 4x100 | Marrit van Gelderen | | 49.30 | Drachten | 2013-06-02 |
| | Marian Zandberg | | | | |
| | Vera van Aurich | (U18) | | | |
| | Tessa Miedema | (U18) | | | |
| 4x200 | Marrit van Gelderen | (U18) | 1:46.93 | Amstelveen | 2007-09-30 |
| | Marieke vd Zee | (U18) | | | |
| | Wisette Bollen | (U18) | | | |
| | Marian Zandberg | (U18) | | | |
| 4x400 | Norah Pont | (U16) | 4:09.47 | Drachten | 2024-04-14 |
| | Norah Keijzer | (U18) | | | |
| | Marit Versfeld | (U18) | | | |
| | Britt Huisman | (U18) | | | |
| Zwd. est. | Marian Zandberg | | 2:16.83 | Drachten | 2011-06-26 |
| | Marieke vd Zee | | | | |
| | Marrit van Gelderen | | | | |
| | Lidia de Jong | | | | |
| werp 3-kamp | Laura vd Akker | | 1933 | Steenwijk | 2003-06-06 |
| | (40.11 – 10.18 – 29.73) | | | | |
| 7-kamp | Sabrina Cruden | (U23) | 5105 | Hengelo | 2024-06-30 |
| | (14.44 – 1.63 – 11.15 – 26.58 / 5.73 – 34.94 – 2:27.37) | | | | |

V35

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|--------|---------------------|-------|----------|------------|------------|
| 100 | Melina Congiu | (V40) | 13.75 | Vught | 2022-09-18 |
| 150 | Linda vd Berg | (V45) | 21.09 | Steenwijk | 2022-06-24 |
| 200 | Linda vd Berg | (V40) | 28.32 | Heerenveen | 2021-10-02 |
| 300 | Linda vd Berg | (V40) | 47.30 | Steenwijk | 2021-07-09 |
| 400 | Linda vd Berg | (V45) | 1:04.99 | Harderwijk | 2023-07-01 |
| 800 | Hennie Zantinga | (V40) | 2:19.5 | Heerenveen | 1994-05-18 |
| 1000 | Ria Soet | | 3:24.5 | Heerenveen | 2001-10-06 |
| 1500 | Hennie Zantinga | (V45) | 4:53.37 | Heerenveen | 1997-05-28 |
| mijl | Betty Bijker-Bangma | (V55) | 6:13.93 | Steenwijk | 2021-07-09 |
| 3000 | Hennie Zantinga | (V40) | 9:49.9 | Drachten | 1994-07-10 |
| 5000 | Hennie Zantinga | (V40) | 16:55.20 | Amsterdam | 1994-06-25 |
| 10000 | Andrea Deelstra | | 34:33.99 | Leiden | 2020-09-19 |
| 100h | Melina Congiu | (V40) | 17.84 | Groningen | 2022-06-11 |
| 400h | Simone Falkena | | 1:11.27 | Emmeloord | 2015-05-03 |
| hoog | Melina Congiu | (V40) | 1.47 | Harderwijk | 2022-05-28 |
| hss | Marja de Wit | (V55) | 6.33 | Heerenveen | 2004-09-17 |
| ver | Linda vd Berg | (V45) | 4.71 | Heerenveen | 2022-05-01 |
| | | | | Emmen | 2022-04-24 |
| discus | Laura vd Akker | | 37.13 | Steenwijk | 2013-07-19 |
| kogel | Laura vd Akker | | 10.08 | Soest | 2012-09-01 |
| speer | Bontje Zwier | | 34.36 | Groningen | 1986-05-25 |

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|-------------|---|---------|------------|------------|
| 4x100 | Betty Bijker-Bangma (V55) Simone Falkena (V40) Melina Congiu (V40) Linda vd Berg (V45) | 56.90 | Emmen | 2022-04-24 |
| Zwd. est. | Linda vd Berg (V40) Simone Falkena Laura vd Akker (V40) Talia Ruijg | 2:57.14 | Apeldoorn | 2019-05-12 |
| werp 3-kamp | Laura vd Akker (36.64 – 9.83 – 28.17) | 1897 | Heerenveen | 2012-10-06 |
| 7-kamp | Melina Congiu (V40) (17.84 – 1.42 – 7.72 – 29.45 / 4.64 – 21.83 – 2:46.39) | 3503 | Groningen | 2022-06-12 |

V40

| | | | | |
|-------------|---|----------|---------------------|--------------------------|
| 100 | Melina Congiu | 13.75 | Vught | 2022-09-18 |
| 150 | Linda vd Berg (V45) | 21.09 | Steenwijk | 2022-06-24 |
| 200 | Linda vd Berg | 28.32 | Heerenveen | 2021-10-02 |
| 300 | Linda vd Berg | 47.20 | Steenwijk | 2021-07-09 |
| 400 | Linda vd Berg (V45) | 1:04.99 | Harderwijk | 2023-07-01 |
| 800 | Hennie Zantinga | 2:19.5 | Heerenveen | 1994-05-18 |
| 1000 | Betty Bijker-Bangma (V55) | 3:29.84 | Hengelo | 2021-07-01 |
| 1500 | Hennie Zantinga (V45) | 4:53.37 | Heerenveen | 1997-05-28 |
| mijl | Betty Bijker-Bangma (V55) | 6:13.93 | Steenwijk | 2021-07-09 |
| 3000 | Hennie Zantinga | 9:49.9 | Drachten | 1994-07-10 |
| 5000 | Hennie Zantinga | 16:55.20 | Amsterdam | 1994-06-25 |
| 10000 | Hennie Zantinga | 36:21.77 | Assen | 1994-07-15 |
| 80h | Melina Congiu | 13.22 | Best | 2022-07-01 |
| 400h | Linda vd Berg (V45) | 1:14.81 | Heerenveen | 2022-05-21 |
| hoog | Melina Congiu | 1.47 | Harderwijk | 2022-05-28 |
| hss | Marja de Wit (V55) | 6.33 | Heerenveen | 2004-09-17 |
| ver | Linda vd Berg (V45) | 4.71 | Heerenveen Emmen | 2022-05-01 2022-04-24 |
| discus | Laura vd Akker | 34.41 | Kampen | 2019-05-08 |
| kogel | Linda vd Berg | 9.93 | Steenwijk | 2023-04-02 |
| speer | Linda vd Berg | 28.36 | Heerenveen | 2021-10-02 |
| 4x100 | Betty Bijker-Bangma (V55) Simone Falkena Melina Congiu Linda vd Berg (V45) | 56.90 | Emmen | 2022-04-24 |
| werp 3-kamp | Laura vd Akker (34.01 – 8.93 – 27.59) | 1908 | Steenwijk | 2021-10-10 |
| 7-kamp | Linda vd Berg (V45) (13.55 – 1.36 – 9.39 – 28.42 / 4.44 – 28.09 – 2:40.89) | 4344 | Heerenveen | 2023-05-07 |

V45

| | | | | |
|------|---------------------------|----------|------------|------------|
| 100 | Linda vd Berg | 14.36 | Groningen | 2023-06-03 |
| 150 | Linda vd Berg | 21.09 | Steenwijk | 2022-06-24 |
| 200 | Linda vd Berg | 28.42 | Heerenveen | 2023-05-06 |
| 300 | Linda vd Berg | 47.32 | Steenwijk | 2023-04-02 |
| 400 | Linda vd Berg | 1:04.99 | Harderwijk | 2023-07-01 |
| 800 | Hennie Zantinga | 2:26.0 | Heerenveen | 1997-05-14 |
| 1000 | Betty Bijker-Bangma (V55) | 3:29.84 | Hengelo | 2021-07-01 |
| 1500 | Hennie Zantinga | 4:53.37 | Heerenveen | 1997-05-28 |
| mijl | Betty Bijker-Bangma (V55) | 6:13.93 | Steenwijk | 2021-07-09 |
| 3000 | Hennie Zantinga | 10:20.31 | Nijmegen | 1997-05-25 |
| 5000 | Betty Bijker-Bangma (V55) | 21:25.11 | Heerenveen | 2021-10-02 |
| 80h | Linda vd Berg | 13.55 | Heerenveen | 2023-05-06 |
| 400h | Linda vd Berg | 1:14.81 | Heerenveen | 2022-05-21 |

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|-------------|---|-------|-------|---------------------|--------------------------|
| hoog | Linda vd Berg | | 1.36 | Heerenveen | 2023-05-06 |
| hss | Marja de Wit | (V55) | 6.33 | Heerenveen | 2004-09-17 |
| ver | Linda vd Berg | | 4.71 | Heerenveen Emmen | 2022-05-01 2022-04-24 |
| discus | Laura vd Akker | | 29.06 | Steenwijk | 2024-06-28 |
| kogel | Linda vd Berg | | 9.93 | Steenwijk | 2023-04-02 |
| speer | Linda vd Berg | | 28.09 | Heerenveen | 2023-05-07 |
| werp 3-kamp | Hilde Oenema (16.69 – 7.00 – 21.38) | | 1277 | Heerenveen | 2011-10-01 |
| 7-kamp | Linda vd Berg (13.55 – 1.36 – 9.39 – 28.42 / 4.44 – 28.09 – 2:40.89) | | 4747 | Heerenveen | 2023-05-07 |

V50

| | | | | | |
|-------------|--|-------|----------|-------------------|--------------------------|
| 100 | Marja de Wit | | 15.30 | Nijmegen | 1997-05-25 |
| 150 | Betty Bijker-Bangma | (V55) | 23.18 | Steenwijk | 2018-07-13 |
| 200 | Betty Bijker-Bangma | (V55) | 31.24 | Heerenveen | 2022-05-21 |
| 300 | Betty Bijker-Bangma | (V55) | 50.03 | Steenwijk | 2018-07-13 |
| 400 | Betty Bijker-Bangma | (V60) | 1:10.13 | Hilversum | 2024-05-25 |
| 800 | Betty Bijker-Bangma | (V55) | 2:39.23 | Heerhugowaard | 2021-08-13 |
| 1000 | Betty Bijker-Bangma | (V55) | 3:29.84 | Hengelo | 2021-07-01 |
| 1500 | Betty Bijker-Bangma | (V55) | 5:35.24 | Emmen | 2018-05-13 |
| mijl | Betty Bijker-Bangma | (V55) | 6:13.93 | Steenwijk | 2021-07-09 |
| 3000 | Betty Bijker-Bangma | (V55) | 12:46.50 | Ede | 2022-06-19 |
| 5000 | Betty Bijker-Bangma | (V55) | 21:25.11 | Heerenveen | 2021-10-02 |
| hoog | Siska Folkertsma Cobi de Boer | (V55) | 1.20 | Heerenveen Epe | 2018-10-06 1997-05-04 |
| hss | Marja de Wit | (V55) | 6.33 | Heerenveen | 2004-09-17 |
| ver | Cobi de Boer | | 3.72 | Heerenveen | 1997-10-04 |
| discus | Cobi de Boer | | 23.06 | Sneek | 1997-07-02 |
| kogel | Cobi de Boer | | 9.25 | Heerenveen | 1997-05-14 |
| kogelsl. | Cobi de Boer | | 22.45 | Drachten | 2000-05-31 |
| speer | Cobi de Boer | | 23.62 | Heerenveen | 1997-05-14 |
| werp 3-kamp | Siska Folkertsma (21.72 – 7.55 – 18.58) | (V55) | 1454 | Heerenveen | 2018-10-06 |

V55

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|-------------|--|-------|----------|---------------|------------|
| 100 | Betty Bijker-Bangma | (V60) | 15.33 | Steenwijk | 2024-03-30 |
| 150 | Betty Bijker-Bangma | | 23.18 | Steenwijk | 2018-07-13 |
| 200 | Betty Bijker-Bangma | | 31.24 | Heerenveen | 2022-05-21 |
| 300 | Betty Bijker-Bangma | | 50.03 | Steenwijk | 2018-07-13 |
| 400 | Betty Bijker-Bangma | (V60) | 1:10.13 | Hilversum | 2024-05-25 |
| 800 | Betty Bijker-Bangma | | 2:39.23 | Heerhugowaard | 2021-08-13 |
| 1000 | Betty Bijker-Bangma | | 3:29.84 | Hengelo | 2021-07-01 |
| 1500 | Betty Bijker-Bangma | | 5:35.24 | Emmen | 2018-05-13 |
| mijl | Betty Bijker-Bangma | | 6:13.93 | Steenwijk | 2021-07-09 |
| 3000 | Betty Bijker-Bangma | | 12:46.50 | Ede | 2022-06-19 |
| 5000 | Betty Bijker-Bangma | | 21:25.11 | Heerenveen | 2021-10-02 |
| hoog | Siska Folkertsma | | 1.20 | Heerenveen | 2018-10-06 |
| hss | Marja de Wit | | 6.33 | Heerenveen | 2004-09-17 |
| ver | Marja de Wit | | 3.37 | Heerenveen | 2004-07-02 |
| discus | Siska Folkertsma | | 21.72 | Heerenveen | 2018-10-06 |
| kogel | Akkie Marinus | | 8.05 | Heerenveen | 2001-10-06 |
| kogelsl. | Siska Folkertsma | | 15.73 | Apeldoorn | 2018-06-10 |
| speer | Siska Folkertsma | | 18.58 | Heerenveen | 2018-10-06 |
| werp 3-kamp | Siska Folkertsma (21.72 – 7.55 – 18.58) | | 1561 | Heerenveen | 2018-10-06 |

V60

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|-------------|--|---------|------------|------------|
| 100 | Betty Bijker-Bangma | 15.33 | Steenwijk | 2024-03-30 |
| 200 | Betty Bijker-Bangma | 31.84 | Hilversum | 2024-05-26 |
| 400 | Betty Bijker-Bangma | 1:10.13 | Hilversum | 2024-05-25 |
| 800 | Betty Bijker-Bangma | 2:42.00 | Apeldoorn | 2023-04-21 |
| 1500 | Betty Bijker-Bangma | 5:36.26 | Emmen | 2023-04-30 |
| 3000 | Althea Browne | 19:48.8 | Heerenveen | 2013-10-05 |
| discus | Cobi de Boer | 18.11 | Heerenveen | 2008-10-04 |
| kogel | Cobi de Boer | 7.24 | Sneek | 2006-06-28 |
| speer | Cobi de Boer | 15.96 | Sneek | 2006-06-28 |
| werp 3-kamp | Cobi de Boer (17.57 – 7.24 – 15.96) | 1453 | Sneek | 2006-06-28 |

V65

| | | | | |
|--------|---------------|-------|------------|------------|
| 100 | Althea Browne | 21.01 | Amersfoort | 2019-04-07 |
| discus | Cobi de Boer | 17.50 | Heerenveen | 2012-10-06 |
| kogel | Althea Browne | 5.88 | Amersfoort | 2019-04-07 |

M U8

| | | | | |
|-----------|-----------------------|---------|-------------|------------|
| 40 | Jonne Pieter Hijlkema | 7.4 | Drachten | 2019-04-20 |
| | Yoah Kirindongo | | Drachten | 2018-04-21 |
| 600 | Jurre Buitendijk | 2:27.07 | Heerenveen | 2021-10-02 |
| duur 4' | Cas Jonker | 925 | Drachten | 2016-07-02 |
| 40h | Ties Wierda | 8.0 | Drachten | 2022-06-25 |
| hoog | Liam de Lang | 0.90 | Heerenveen | 2017-09-16 |
| | | | Steenwijk | 2017-05-20 |
| hurkhoog | Cas Jonker | 0.85 | Leeuwarden | 2016-05-28 |
| | Thijs Wiersma | | Heerenveen | 2015-09-19 |
| ver | Cas Jonker | 3.25 | Leeuwarden | 2016-05-28 |
| balstoten | Yoah Kirindongo | 5.20 | Heerenveen | 2018-09-15 |
| balwerpen | Liam de Lang | 19.75 | Stadskanaal | 2017-06-24 |
| slingeren | Daan Looper | 13.50 | Sneek | 2024-06-29 |
| | Jonne Pieter Hijlkema | | Leeuwarden | 2019-06-29 |
| vortex | Liam de Lang | 18.50 | Drachten | 2017-07-08 |
| | Finn Oosterhagen | | Sneek | 2013-09-14 |

M U9

| | | | | |
|-----------|--------------------|--------|------------|------------|
| 40 | Joram Smits | 6.5 | Groningen | 1999-09-18 |
| 600 | Lammert Ekkers | 2:05.0 | Leeuwarden | 2007-09-22 |
| 1000 | Selwyn Smits | 3:55.6 | Heerenveen | 1996-10-05 |
| duur 4' | Mart Bijker | 1225 | Sneek | 2015-06-06 |
| 40h | Ruben Eerdmans | 7.7 | Drachten | 2023-06-24 |
| | Liam de Lang | | Drachten | 2018-04-21 |
| hoog | Joram Smits | 1.15 | Leeuwarden | 1999-06-08 |
| hurkhoog | Pelle vd Woude | 1.00 | Heerenveen | 2015-09-19 |
| ver | Joram Smits | 3.95 | Hoorn | 1999-09-12 |
| balstoten | Sjoerd vd Meer | 6.50 | Heerenveen | 2018-09-15 |
| balwerpen | Arjen van Gelderen | 30.19 | Drachten | 2002-09-07 |
| kogel | Joram Smits | 8.54 | Heerenveen | 1999-10-09 |
| slingeren | Liam de Lang | 16.00 | Steenwijk | 2018-07-07 |
| vortex | Ties Wierda | 25.00 | Heerenveen | 2023-09-16 |
| 4x40 | Mart Bijker | 29.45 | Heerenveen | 2015-06-13 |
| | Pelle vd Woude | | | |
| | Fleur Brouwer | | | (V U9) |
| | Meike Huistra | | | (V U9) |

M U10

| | | | | | |
|-----------|------------------|------|--------|-------------|------------|
| 40 | Joram Smits | | 6.3 | Stadskanaal | 2000-07-01 |
| 600 | Lammert Ekkers | (U9) | 2:05.0 | Leeuwarden | 2007-09-22 |
| 1000 | Anno Venema | | 3:22.2 | Groningen | 1982-09-11 |
| duur 4' | Mart Bijker | (U9) | 1225 | Sneek | 2015-06-06 |
| 40h | Stijn Wiersum | | 7.4 | Leeuwarden | 2019-06-29 |
| hoog | Liam de Lang | | 1.25 | Sneek | 2019-09-14 |
| hurkhoog | Jens Linnebank | | 1.15 | Heerenveen | 2015-09-19 |
| | Rutger Berends | | | Sneek | 2013-09-14 |
| ver | Joram Smits | | 4.15 | Leeuwarden | 2000-09-23 |
| balstoten | Liam de Lang | | 7.50 | Sneek | 2019-09-14 |
| balwerpen | Silke Breeuwer | | 37.66 | Drachten | 2002-09-07 |
| kogel | Selwyn Smits | | 7.79 | Heerenveen | 1997-09-20 |
| slingeren | Liam de Lang | | 18.00 | Drachten | 2019-04-20 |
| vortex | Liam de Lang | | 29.50 | Sneek | 2019-09-14 |
| 4x40 | Lammert Ekkers | | 26.5 | Heerenveen | 2008-09-08 |
| | Joram Ganzevoort | | | | |
| | Johan Jeeninga | | | | |
| | Jovan Smilda | | | | |

M U12

| | | | | | |
|-----------|--------------------|--|---------|-------------|------------|
| 60 | Joram Smits | | 8.4 | Heerenveen | 2002-10-12 |
| | Jasper de Wit | | | Stadskanaal | 1983-09-03 |
| 600 | Thijmen Groenendal | | 1:53.87 | Heerenveen | 2021-10-02 |
| 1000 | Mart Sijtsema | | 3:09.39 | Stadskanaal | 2002-06-29 |
| duur 6' | Thijmen Groenendal | | 1675 | Leeuwarden | 2021-06-26 |
| 60h | Folkert Krol | | 9.3 | Heerenveen | 2022-09-10 |
| hoog | David van Winsum | | 1.41 | Heerenveen | 2000-07-08 |
| polsver | Morris Hulsman | | 4.80 | Leeuwarden | 2017-04-08 |
| ver | Eldert Wijkstra | | 4.86 | Heerenveen | 1994-10-08 |
| balwerpen | Harry de Groot | | 47.00 | Heerenveen | 1982-09-04 |
| kogel | Paul Aldershof | | 11.10 | Stadskanaal | 1985-08-17 |
| slingeren | Liam de Lang | | 25.00 | Heerenveen | 2021-06-05 |
| vortex | Natan Bikker | | 38.00 | Heerenveen | 2016-09-17 |
| 4x60 | Maurits Klatte | | 35.6 | Heerenveen | 1997-09-20 |
| | Tom Kraaij | | | | |
| | Ramon vd Weg | | | | |
| | Sjoerd den Daas | | | | |

M U14

| | | | | | |
|----------|-------------------|--|---------|------------|------------|
| 80 | Auke Siûk Nutma | | 10.0 | Hoogeveen | 1993-05-22 |
| 150 | Lars van Hoeven | | 20.27 | Hoogeveen | 2012-06-08 |
| 600 | Folkert Krol | | 1:41.16 | Sneek | 2024-05-18 |
| 1000 | Rody de Wolff | | 2:59.35 | Amstelveen | 2010-05-24 |
| 80h | Auke Siûk Nutma | | 12.1 | Amsterdam | 1993-09-19 |
| 1000st | Chris Wever | | 3:26.76 | Amsterdam | 2012-09-02 |
| hoog | Rody de Wolff | | 1.72 | Gemert | 2010-09-19 |
| polshoog | Sverre Nota | | 2.40 | Amsterdam | 2021-09-12 |
| ver | Auke Siûk Nutma | | 5.70 | Assen | 1993-09-11 |
| discus | Rody de Wolff | | 43.71 | Heerenveen | 2010-10-02 |
| kogel | Rody de Wolff | | 15.69 | Gemert | 2010-09-19 |
| speer | Rody de Wolff | | 47.66 | Apeldoorn | 2010-08-27 |
| 4x80 | Erwin Swart | | 42.3 | Groningen | 2003-05-10 |
| | Jan Arjen Elzinga | | | | |

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|-------------|--|------|--------|------------|
| | Jeroen Piek Joram Smits | | | |
| werp 3-kamp | Rody de Wolff (37.69 – 11.12 – 37.06) | 1759 | Edam | 2010-05-14 |
| 7-kamp | Rody de Wolff (10.36 – 5.06 – 43.83 / 12.39 – 1.72 – 15.69 – 3:03.36) | 4940 | Gemert | 2010-09-19 |

M U16

| | | | | |
|-------------|--|---------|----------------|------------|
| 100 | Lars van Hoeven | 11.71 | Utrecht | 2014-06-20 |
| 150 | Lars van Hoeven | 17.57 | Utrecht | 2014-08-08 |
| 200 | Lars van Hoeven | 23.11 | Utrecht | 2014-06-20 |
| 300 | Lars van Hoeven | 36.28 | Amsterdam | 2014-08-30 |
| 400 | Lars van Hoeven | 49.85 | Amsterdam | 2014-07-06 |
| 800 | Lars van Hoeven | 1:59.58 | Groningen | 2014-06-07 |
| 1000 | Marc van Lonkhuyzen | 2:50.6 | Emmen | 1987-07-05 |
| 1500 | Mart Sijtsema | 4:20.50 | Amsterdam | 2006-08-30 |
| 3000 | Mart Sijtsema | 9:50.14 | Gladbeck (Dui) | 2006-09-02 |
| 100h | Reinier Bouma | 13.94 | Emmen | 2003-09-06 |
| 300h | David van Winsum | 44.95 | Amsterdam | 2003-08-24 |
| 1500st | Erik Zwanenburg | 4:50.7 | Hoorn | 1988-09-03 |
| hoog | Rody de Wolff | 1.85 | Heiloo | 2012-08-17 |
| | Rody de Wolff | | Stadskanaal | 2012-07-07 |
| | Rody de Wolff | | Emmeloord | 2012-05-18 |
| | Eldert Wijkstra | | Leeuwarden | 1997-09-27 |
| | Jan Haye Klijnstra | | Heerenveen | 1995-06-13 |
| hss | Rutger Hoekstra | 12.10 | Amsterdam | 2018-08-25 |
| polshoog | Sander de Haan | 3.12 | Groningen | 2022-09-04 |
| ver | Auke Siûk Nutma | 6.49 | Amsterdam | 1995-08-27 |
| discus | Rody de Wolff | 56.58 | Heerenveen | 2012-04-14 |
| kogel | Paul Aldershof | 15.95 | Amsterdam | 1989-08-27 |
| kogelsl. | Johan de Vries | 28.99 | Amsterdam | 2018-08-25 |
| speer | Rody de Wolff | 51.66 | Amsterdam | 2012-08-25 |
| 4x100 | Henry Blume Rody de Wolff Jeroen vd Hoogen Bram Kokshoorn | 47.42 | Best | 2011-09-10 |
| werp 3-kamp | Rody de Wolff (54.40 – 14.45 – 46.63) | 2233 | Leeuwarden | 2011-09-09 |
| 8-kamp | Rody de Wolff (11.90 – 6.17 – 15.93 – 1.85 / 15.33 – 54.96 – 49.71 – 2:52.19) | 6372 | Emmeloord | 2012-05-18 |

M U18

| | | | | |
|----------|-----------------|----------|------------------|------------|
| 100 | Bram Persson | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| 150 | Bas Winkels | 16.99 | Assen | 2008-08-15 |
| 200 | Bram Persson | 21.54 | Göteborg (Zwe) | 2024-07-07 |
| 300 | Lars van Hoeven | 35.88 | Lisse | 2016-05-07 |
| 400 | Jeroen Persson | 48.50 | Sollentuna (Zwe) | 2022-08-27 |
| 800 | Lars van Hoeven | 1:56.03 | Leuven (Bel) | 2016-07-30 |
| 1000 | Mart Sijtsema | 2:45.0 | Heerenveen | 2007-10-06 |
| 1500 | Bram Kielman | 4:08.10 | Eindhoven | 2013-06-30 |
| mijl | Bram Kielman | 4:37.5 | Steenwijk | 2013-07-19 |
| 3000 | Mart Sijtsema | 9:16.30 | Gouda | 2008-05-16 |
| 5000 | Jordi Stam | 17:27.87 | Ede | 2012-04-22 |
| 110h | Reinier Bouma | 14.53 | Helmond | 2005-06-26 |
| 400h | Sybout Wijma | 1:01.44 | Meppel | 2004-09-18 |
| 2000st | Jeroen van Dijk | 6:47.37 | Breda | 2015-06-28 |
| hoog | Rody de Wolff | 1.95 | Heerenveen | 2013-10-05 |
| hss | Ziggy Veldman | 13.30 | Amsterdam | 2022-06-19 |
| polshoog | Lennert Naeff | 4.15 | Alphen a/d Rijn | 2019-06-29 |

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|-------------|---|--|---------|------------|------------|
| ver | Rody de Wolff | | 6.89 | Amsterdam | 2014-07-04 |
| discus | Rody de Wolff | | 54.27 | Amsterdam | 2014-07-06 |
| kogel | Paul Aldershof | | 17.41 | Krommenie | 1991-07-21 |
| kogelsl. | Paul Aldershof | | 44.12 | Drachten | 1991-05-24 |
| speer | Tjalle-Durk vd Eems | | 53.75 | Assendelft | 2021-09-05 |
| 4x100 | Floris van Hardeveld Sybren van Gelder Sander de Haan Max Kroon | | 46.41 | Wageningen | 2024-06-09 |
| 4x800 | Martijn de Vries (U16) Jordi Stam (U16) Jari van Ravenstein (U16) Bram Kielman (U16) | | 9:15.68 | Amstelveen | 2010-09-26 |
| Zwd. est. | | | 2:18.88 | Drachten | 2006-09-09 |
| werp 3-kamp | Rody de Wolff (53.20 – 14.08 – 46.04) | | 2240 | Steenwijk | 2013-05-31 |
| 10-kamp | Rody de Wolff (11.59 – 6.20 – 14.68 – 1.83 – 52.15 / 15.90 – 44.33 – 3.00 – 49.80 – 4:58.64) | | 6513 | Apeldoorn | 2013-05-20 |

M U20

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|-----------|---|-------|----------|-------------------|------------|
| 100 | Bram Persson | (U18) | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| 150 | Bas Winkels | (U18) | 16.99 | Assen | 2008-08-15 |
| 200 | Jeroen Persson | | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| 300 | Lars van Hoeven | (U18) | 35.88 | Lisse | 2016-05-07 |
| 400 | Jeroen Persson | | 47.88 | Sollentuna (Zwe) | 2023-06-11 |
| 600 | Lars van Hoeven | | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| 800 | Lars van Hoeven | | 1:50.18 | Nijmegen | 2018-06-08 |
| 1000 | Lars van Hoeven | | 2:31.78 | Lisse | 2017-05-13 |
| 1500 | Lars van Hoeven | | 3:55.47 | Utrecht | 2018-08-03 |
| mijl | Bram Kielman | | 4:25.12 | Steenwijk | 2015-07-12 |
| 3000 | Bram Kielman | | 8:39.10 | Utrecht | 2015-05-29 |
| 5000 | Bram Kielman | | 15:20.69 | Breda | 2015-06-26 |
| 110h | Reinier Bouma | | 14.15 | Utrecht | 2007-07-08 |
| 200h | Lars van Hoeven | | 27.82 | Assen | 2017-09-02 |
| 400h | Johnnie Theunissen | | 58.3 | Papendal | 1975 |
| 2000st | Johnnie Theunissen | | 6:09.8 | Drachten | 1975-08-20 |
| 3000st | Elmar Ruiter | | 10:26.43 | Groningen | 2008-05-31 |
| hoog | Jan Haye Klijnstra | | 2.00 | Drachten | 1999-06-30 |
| hss | Ziggy Veldman | | 13.34 | Harderwijk | 2023-05-28 |
| polshoog | Gerwin de Haan | | 4.20 | Stadskanaal | 2017-07-09 |
| | | | | Vught | 2017-07-02 |
| ver | Eldert Wijkstra | | 7.16 | Tilburg | 2001-07-07 |
| discus | Paul Aldershof | | 49.28 | Leer (Dui) | 1993-09-11 |
| kogel | Paul Aldershof | | 17.36 | Groningen | 1993-06-27 |
| kogelsl. | Paul Aldershof | (U18) | 36.70 | Roosendaal | 1991-09-01 |
| speer | Tjalle-Durk vd Eems | | 55.86 | Houston (USA) | 2023-03-16 |
| 4x100 | Max Kroon (U18) Jilke Oswald Ziggy Veldman Tjalle-Durk vd Eems | | 45.32 | Assen | 2023-06-11 |
| 4x400 | Quinten Geleynse (U18) Jilke Oswald Ziggy Veldman Roy Veenstra | | 3:47.36 | Drachten | 2023-04-23 |
| 4x800 | Martijn de Vries (U16) Jordi Stam (U16) Jari van Ravenstein (U16) Bram Kielman (U16) | | 9:15.68 | Amstelveen | 2010-09-26 |
| Zwd. est. | Roy Veenstra (U18) Max Kroon Jens Linnebank | | 2:09.21 | Hoogeveen | 2024-04-28 |

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|-------------|---|-------|------|-------------|------------|
| | Floris van Hardeveld | (U18) | | | |
| werp 3-kamp | Gerwin de Haan (38.43 – 11.80 – 46.92) | | 1770 | Assen | 2018-03-21 |
| 10-kamp | Gerwin de Haan (11.75 – 6.04 – 12.51 – 1.82 – 52.88 / 15.81– 39.20 – 4.20 – 49.17 – 5:00.90) | | 6470 | Stadskanaal | 2017-07-09 |

M U23

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|-------------|---|-------|----------|-------------------|------------|
| 100 | Bram Persson | (U18) | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| 150 | Bas Winkels | (U18) | 16.99 | Assen | 2008-08-15 |
| 200 | Jeroen Persson | (U20) | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| 300 | Lars van Hoeven | (U18) | 35.88 | Lisse | 2016-05-07 |
| 400 | Jeroen Persson | (U20) | 47.88 | Sollentuna (Zwe) | 2023-06-11 |
| 600 | Lars van Hoeven | (U20) | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| 800 | Lars van Hoeven | | 1:49.39 | Heusden (Bel) | 2021-07-03 |
| 1000 | Lars van Hoeven | | 2:26.97 | Tilburg | 2020-09-12 |
| 1500 | Lars van Hoeven | (U20) | 3:55.47 | Utrecht | 2018-08-03 |
| mijl | Bram Kielman | (U20) | 4:25.12 | Steenwijk | 2015-07-10 |
| 3000 | Bram Kielman | | 8:37.01 | Utrecht | 2017-05-12 |
| 5000 | Rudi vd Lelie | | 15:20.23 | Groningen | 1994-05-21 |
| 10000 | Rudi vd Lelie | | 32:34.1 | Heerenveen | 1994-09-14 |
| 110h | Reinier Bouma | | 14.49 | Nijmegen | 2009-05-21 |
| 200h | Sybout Wijma | | 25.55 | Utrecht | 2008-07-18 |
| 400h | Sybout Wijma | | 55.02 | Utrecht | 2008-05-30 |
| 3000st | Johnnie Theunissen | | 9:30.6 | 1976 | |
| hoog | Lennert Naeff | | 2.09 | Bondoufle (Fra) | 2023-07-22 |
| hss | Rienk Kan | | 14.04 | Tilburg | 2015-05-25 |
| polshoog | Dennis Veenker | | 4.60 | Utrecht | 2013-07-05 |
| | Dennis Veenker | | | Groningen | 2013-06-07 |
| ver | Eldert Wijkstra | (U20) | 7.16 | Tilburg | 2001-07-07 |
| discus | Paul Aldershof | | 46.76 | Assen | 1994-07-17 |
| kogel | Paul Aldershof | | 16.26 | Leiden | 1994-06-25 |
| kogelsl. | David Jeroen Tempel | | 24.75 | Ede | 2012-04-22 |
| speer | Tjalle-Durk vd Eems | (U20) | 55.86 | Houston (USA) | 2023-03-16 |
| 4x100 | Max Kroon | (U18) | 45.32 | Assen | 2023-06-11 |
| | Jilke Oswald | (U20) | | | |
| | Ziggy Veldman | (U20) | | | |
| | Tjalle-Durk vd Eems | (U20) | | | |
| 4x400 | Quinten Geleynse | (U18) | 3:47.36 | Drachten | 2023-04-23 |
| | Jilke Oswald | (U20) | | | |
| | Ziggy Veldman | (U20) | | | |
| | Roy Veenstra | (U20) | | | |
| 4x800 | Martijn de Vries | (U16) | 9:15.68 | Amstelveen | 2010-09-26 |
| | Jordi Stam | (U16) | | | |
| | Jari van Ravenstein | (U16) | | | |
| | Bram Kielman | (U16) | | | |
| Zwd. est. | Marvens Bruinsma | (U18) | 2:07.38 | Assen | 2018-04-22 |
| | Sil de Jong | (U18) | | | |
| | Bram Kielman | | | | |
| | Kristian Mos | (U20) | | | |
| werp 3-kamp | Dennis Veenker (27.50 – 11.28 – 43.90) | | 1515 | Sneek | 2014-05-21 |
| 10-kamp | Jaap Klaverboer (11.39 – 6.55 – 11.77 – 1.92 – 50.90 / 16.75 – 33.70 – 3.80 – 40.78 – 4:27.12) | | 6551 | Lisse | 1983-07-07 |

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|-----|-----------------|-------|---------|-------------------|------------|
| 100 | Paul Dijkstra | | 10.81 | Amsterdam | 1987-05-29 |
| 150 | Jeroen Piek | | 16.80 | Utrecht | 2019-08-09 |
| 200 | Jeroen Persson | (U20) | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| 300 | Kevin Damstra | | 35.2 | Steenwijk | 2014-07-18 |
| 400 | Jeroen Persson | (U20) | 47.88 | Sollentuna (Zwe) | 2023-06-11 |
| 600 | Lars van Hoeven | (U20) | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |

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|-------------|--|----------------|-----------|------------------|------------|
| 800 | Lars van Hoeven | (U23) | 1:49.39 | Heusden (Bel) | 2021-07-03 |
| 1000 | Lars van Hoeven | (U23) | 2:26.97 | Tilburg | 2020-09-12 |
| 1500 | Lars van Hoeven | (U20) | 3:55.47 | Utrecht | 2018-08-03 |
| mijl | Fons Siemonsma | | 4:20.8 | Heerenveen | 1979 |
| 2000 | Tjeerd vd Iest | | 5:52.3 | Apeldoorn | 1964-08-12 |
| 3000 | Piet Deelstra | | 8:18.4 | Papendal | 1975-07-16 |
| 5000 | Piet Deelstra | | 14:12.4 | Papendal | 1974-08-03 |
| 10000 | Rudi vd Lelie | | 30:02.06 | Heerenveen | 1997-05-28 |
| 20000 | Auke Postma | | 1:06:44.0 | Harlingen | 1981-04-11 |
| 25000 | Bob vd Weg | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| 50000 | Bob vd Weg | (M45) | 3:54:49 | Steenwijk | 2018-02-17 |
| 100000 | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |
| uurloop | Auke Postma | | 17966 | Harlingen | 1981-04-11 |
| 6-uurloop | Bob vd Weg | (M50) | 56400 | Nijverdal | 2023-03-25 |
| 110h | Reinier Bouma | | 14.31 | Leiden | 2011-06-11 |
| 200h | Henk Evers | | 24.9 | Groningen | 1962-10-07 |
| 300h | Sybout Wijma | | 39.67 | Epe | 2012-04-29 |
| 400h | Sybout Wijma | (U23) | 55.02 | Utrecht | 2008-05-30 |
| 3000st | Chris Semplonius | | 8:55.0 | Sittard | 1977-07-19 |
| hoog | Lennert Naeff | (U23) | 2.09 | Bondoufle (Fra) | 2023-07-22 |
| hss | Henk Evers | | 15.64 | Innsbruck (Oos) | 1963-07-27 |
| polshoog | Dennis Veenker | (U23) | 4.60 | Utrecht | 2013-07-05 |
| | Dennis Veenker | (U23) | | Groningen | 2013-06-07 |
| ver | Henk Evers | | 7.28 | Innsbruck (Oos) | 1963-07-27 |
| discus | Wim de Wolff | | 51.54 | Sneek | 1993-05-22 |
| kogel | Paul Aldershof | (U23) | 16.26 | Leiden | 1994-06-25 |
| kogelsl. | Wim de Wolff | | 35.66 | Assen | 1993-05-22 |
| speer | Gerwin de Haan | | 56.48 | San Marcos (USA) | 2023-05-05 |
| 4x100 | Johan de Jong Jaap Klaverboer Arjen Achterkamp Paul Dijkstra | | 43.55 | Bremen (Dui) | 1984-05 |
| 4x400 | Kevin Damstra Gerwin de Haan Lars van Hoeven Peter Peereboom | (U18) (U18) | 3:27.16 | Harderwijk | 2016-06-26 |
| 4x800 | Fons Siemonsma Tjeerd Koopmans Auke Postma Jan vd Heide | | 8:00.9 | Leiden | 1979-09-11 |
| 4x1500 | Jan vd Heide Fons Siemonsma Bart Jonker Auke Postma | | 16:33.6 | Leiden | 1979-09-11 |
| Olym. est. | Sjoerd Dijkstra Henk Evers Auke Postma Jan Marinus | | 3:37.9 | Groningen | 1968-08-25 |
| Zwd. est. | Kevin Damstra Lars van Hoeven Kristian Mos Dennis Veenker | (U18) (U18) | 2:00.90 | Hengelo | 2016-09-18 |
| werp 3-kamp | Hans Lolkema (39.27 – 14.55 – 27.70) | (M45) | 1772 | Heerenveen | 2018-10-06 |
| 10-kamp | Gerwin de Haan (11.74 – 6.38 – 11.40 – 1.97 – 53.54 / 16.06 – 38.49 – 4.50 – 56.48 – 4:56.89) | | 6761 | San Marcos | 2023-05-05 |

M35

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|-----|---------------|-------|-------|------------|------------|
| 100 | Henk Meyer | (M40) | 11.8 | Zwolle | 1980-08-15 |
| 150 | Eddy Elsinga | (M50) | 20.44 | Steenwijk | 2019-07-05 |
| 200 | Eddy Elsinga | | 25.8 | Heerenveen | 2007-08-31 |
| 300 | Pieter Dogger | | 42.34 | Steenwijk | 2023-04-02 |

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|-------------|-------------------------|-------|---------|------------|------------|
| 400 | Eddy Elsinga | | 54.91 | Heerenveen | 2007-06-30 |
| 800 | Eddy Elsinga | | 2:03.48 | Heerenveen | 2005-07-09 |
| 1000 | Eddy Elsinga | | 2:44.00 | Epe | 2007-04-11 |
| 1500 | Harm Zijlstra | (M40) | 4:20.30 | Vught | 2003-05-31 |
| mijl | Harm Zijlstra | (M40) | 4:51.3 | Steenwijk | 2004-07-16 |
| 3000 | Willem Faber | | 9:00.10 | Heerenveen | 2000-04-28 |
| 5000 | Roel de Jong | | 15:10.3 | Emmen | 1995-05-21 |
| 10000 | Roel de Jong | | 31:36.9 | Heerenveen | 1995-08-30 |
| 25000 | Bob vd Weg | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| 50000 | Bob vd Weg | (M45) | 3:54:49 | Steenwijk | 2018-02-17 |
| 100000 | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |
| 6-uurloop | Bob vd Weg | (M50) | 56400 | Nijverdal | 2023-03-25 |
| hoog | Krijn Kolhoff | (M40) | 1.65 | Krommenie | 1984-07-16 |
| hss | Herman Oldenhof | (M50) | 8.93 | Heerenveen | 2005-07-09 |
| polshoog | Jan Jelle Koerts | (M40) | 2.00 | Assen | 2011-06-05 |
| ver | Henk Meyer | (M40) | 6.26 | Heerenveen | 1979 |
| discus | Wim de Wolff | (M40) | 47.61 | Emmeloord | 1999-05-09 |
| kogel | Hans Lolkema | (M45) | 15.59 | Heerenveen | 2017-05-20 |
| kogelsl. | Hans Lolkema | (M45) | 33.44 | Apeldoorn | 2018-06-10 |
| speer | Feico Jansma | (M45) | 39.96 | Leiden | 1990-09-15 |
| 4x100 | Menno Kraaij | (M45) | 56.7 | Steenwijk | 2004-05-16 |
| | Herman Oldenhof | (M45) | | | |
| | Wieger Klijnstra | (M55) | | | |
| Zwd. est. | Appie de Vries | (M50) | | | |
| | Sjoerd Dijkstra | (M45) | 2:26.8 | Den Haag | 1988-05-08 |
| | Jaap Scholten | (M40) | | | |
| | Krijn Kolhoff | (M45) | | | |
| | Feico Jansma | (M45) | | | |
| werp 3-kamp | Hans Lolkema | (M45) | 1772 | Heerenveen | 2018-10-06 |
| | (39.27 – 14.55 – 27.70) | | | | |

M40

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|-----------|------------------|-------|----------|------------|------------|
| 100 | Henk Meyer | | 11.8 | Zwolle | 1980-08-15 |
| 150 | Eddy Elsinga | (M50) | 20.44 | Steenwijk | 2019-07-05 |
| 200 | Eddy Elsinga | | 26.63 | Leeuwarden | 2011-07-02 |
| 300 | Eddy Elsinga | (M50) | 42.91 | Steenwijk | 2019-07-05 |
| 400 | Eddy Elsinga | | 55.83 | Heerenveen | 2010-05-22 |
| 800 | Eddy Elsinga | | 2:08.43 | Utrecht | 2011-05-06 |
| 1000 | Harm Zijlstra | | 2:48.9 | Leiden | 2004-07-21 |
| 1500 | Harm Zijlstra | | 4:20.30 | Vught | 2003-05-31 |
| mijl | Harm Zijlstra | | 4:51.3 | Steenwijk | 2004-07-16 |
| 3000 | Wiebe Kruithof | | 9:07.5 | Groningen | 1972 |
| 5000 | Pieter Vos | | 15:26.80 | Drachten | 1991-05-25 |
| 10000 | Harm Zijlstra | | 34:45.9 | Steenwijk | 2002-07-19 |
| 25000 | Bob vd Weg | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| 50000 | Bob vd Weg | (M45) | 3:54:49 | Steenwijk | 2018-02-17 |
| 100000 | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |
| 6-uurloop | Bob vd Weg | (M50) | 56400 | Nijverdal | 2023-03-25 |
| hoog | Krijn Kolhoff | | 1.65 | Krommenie | 1984-06-17 |
| hss | Herman Oldenhof | (M50) | 8.93 | Heerenveen | 2005-07-09 |
| polshoog | Jan Jelle Koerts | | 2.00 | Assen | 2011-06-05 |
| ver | Henk Meyer | | 6.26 | Heerenveen | 1979 |
| discus | Wim de Wolff | | 47.61 | Emmeloord | 1999-05-09 |
| kogel | Hans Lolkema | (M45) | 15.59 | Heerenveen | 2017-05-20 |
| kogelsl. | Hans Lolkema | (M45) | 33.44 | Apeldoorn | 2018-06-10 |
| speer | Feico Jansma | (M45) | 39.96 | Leiden | 1990-09-15 |
| 4x100 | Menno Kraaij | (M45) | 56.7 | Steenwijk | 2004-05-16 |
| | Herman Oldenhof | (M45) | | | |
| | Wieger Klijnstra | (M55) | | | |
| | Appie de Vries | (M50) | | | |

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|-------------|---|-------------------------|--------|------------|------------|
| Zwd. est. | Sjoerd Dijkstra Jaap Scholten Krijn Kolhoff Feico Jansma | (M45) (M45) (M45) | 2:26.8 | Den Haag | 1988-05-08 |
| werp 3-kamp | Hans Lolkema (39.27 – 14.55 – 27.70) | (M45) | 1939 | Heerenveen | 2018-10-06 |

M45

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|-------------|---|----------------|----------|---------------|------------|
| 100 | Henk Evers | | 12.7 | Utrecht | 1989-06-18 |
| 150 | Eddy Elsinga | (M50) | 20.44 | Steenwijk | 2019-07-05 |
| 200 | Eddy Elsinga | | 27.90 | Hengelo | 2017-05-27 |
| 300 | Eddy Elsinga | (M50) | 42.91 | Steenwijk | 2019-07-05 |
| 400 | Feico Jansma | | 1:00.5 | Den Haag | 1988-05-08 |
| 800 | Eddy Elsinga | | 2:15.0 | Heerenveen | 2016-10-01 |
| 1000 | Eddy Elsinga | | 3:01.89 | Zwolle | 2017-04-19 |
| 1500 | Harm Zijlstra | | 4:38.93 | Huizen | 2007-06-24 |
| | mijl Harm Zijlstra | | 5:02.3 | Steenwijk | 2007-07-13 |
| 3000 | Saher Yousef | (M50) | 10:24.06 | Heerenveen | 2018-10-06 |
| 5000 | Saher Yousef | (M50) | 17:27.00 | Apeldoorn | 2018-06-10 |
| 10000 | Auke Postma | | 35:02.2 | Heerenveen | 1994-09-14 |
| 25000 | Bob vd Weg | (M50) | 1:51:48 | Heerenveen | 2021-07-10 |
| 50000 | Bob vd Weg | | 3:54:49 | Steenwijk | 2018-02-17 |
| 100000 | Arie vd Steen | (M50) | 9:45:15 | Steenwijk | 2019-02-23 |
| 6-uurloop | Bob vd Weg | (M50) | 56400 | Nijverdal | 2023-03-25 |
| hoog | Krijn Kolhoff | | 1.55 | Den Haag | 1988-05-08 |
| hss | Herman Oldenhof | (M50) | 8.93 | Heerenveen | 2005-07-09 |
| ver | Henk Evers | (M50) | 5.64 | Heerhugowaard | 1992-06-14 |
| discus | Hans Lolkema | | 39.27 | Heerenveen | 2018-10-06 |
| kogel | Hans Lolkema | | 15.59 | Heerenveen | 2017-05-20 |
| kogelsl. | Hans Lolkema | | 33.44 | Apeldoorn | 2018-06-10 |
| speer | Feico Jansma | | 39.96 | Leiden | 1990-09-15 |
| 4x100 | Menno Kraaij Herman Oldenhof Wieger Klijnstra Appie de Vries | (M55) (M50) | 56.7 | Steenwijk | 2004-05-16 |
| Zwd. est. | Menno Kraaij Herman Oldenhof Wieger Klijnstra Appie de Vries | (M55) (M50) | 2:48.7 | Steenwijk | 2004-05-16 |
| werp 3-kamp | Hans Lolkema (39.27 – 14.55 – 27.70) | | 2074 | Heerenveen | 2018-10-06 |

M50

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|-----------|----------------------|--|----------|------------|------------|
| 100 | Henk Evers | | 13.12 | Utrecht | 1990-06-24 |
| 150 | Eddy Elsinga | | 20.44 | Steenwijk | 2019-07-05 |
| 200 | Herman Oldenhof | | 29.22 | Heerenveen | 2005-07-09 |
| 300 | Eddy Elsinga | | 42.91 | Steenwijk | 2019-07-05 |
| 400 | Eddy Elsinga | | 1:01.42 | Heiloo | 2019-07-12 |
| 800 | Eddy Elsinga | | 2:27.9 | Heerenveen | 2019-10-05 |
| 1000 | Tjitte Jongsmā | | 3:28.8 | Heerenveen | 2001-10-06 |
| 1500 | Harm Zijlstra | | 5:14.61 | Heerenveen | 2016-04-09 |
| | mijl Klaas Peereboom | | 7:13.6 | Steenwijk | 2006-07-14 |
| 3000 | Saher Yousef | | 10:24.06 | Heerenveen | 2018-10-06 |
| 5000 | Saher Yousef | | 17:27.00 | Apeldoorn | 2018-06-10 |
| 10000 | Jacques van Helden | | 40:16.46 | Heerenveen | 1997-05-28 |
| 25000 | Bob vd Weg | | 1:51:48 | Heerenveen | 2021-07-10 |
| 50000 | Bob vd Weg | | 4:04:36 | Heerenveen | 2023-02-18 |
| 100000 | Arie vd Steen | | 9:45.15 | Steenwijk | 2019-02-23 |
| 6-uurloop | Bob vd Weg | | 56400 | Nijverdal | 2023-03-25 |
| hoog | Appie de Vries | | 1.40 | Heerenveen | 2003-10-04 |

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|-------------|------------------------|-------|--------|---------------|------------|
| hss | Herman Oldenhof | | 8.93 | Heerenveen | 2005-07-09 |
| ver | Henk Evers | | 5.64 | Heerhugowaard | 1992-05-06 |
| discus | Siert Wolters | | 36.78 | Steenwijk | 1999-06-23 |
| kogel | Henk Evers | | 10.99 | Heerenveen | 1993-10-02 |
| kogelsl. | Siert Wolters | | 30.60 | Zevenaar | 1998-06-06 |
| speer | Feico Jansma | | 38.64 | Heerhugowaard | 1992-06-14 |
| Zwd. est. | Klaas Peereboom | | 2:49.5 | Utrecht | 2005-06-26 |
| | Herman Oldenhof | | | | |
| | Appie de Vries | | | | |
| | Feico Jansma | (M60) | | | |
| werp 3-kamp | Siert Wolters | (M55) | 1115 | Steenwijk | 2005-10-16 |
| | (31.28 – 8.89 – 19.35) | | | | |

M55

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|-------------|------------------------|-------|----------|------------|------------|
| 100 | Henk Evers | | 14.0 | Heerenveen | 1994-10-08 |
| 150 | Wieger Klijnstra | | 23.2 | Steenwijk | 2006-07-14 |
| 200 | Wieger Klijnstra | | 30.00 | Meppel | 2004-09-18 |
| 300 | Wieger Klijnstra | | 52.73 | Steenwijk | 2007-04-07 |
| 400 | Jacques van Helden | | 1:09.98 | Heerenveen | 2002-06-07 |
| 800 | Jacques van Helden | | 2:40.98 | Steenwijk | 2001-09-09 |
| 1000 | Fedde Mast | (M60) | 3:30.0 | Heerenveen | 2001-10-06 |
| 1500 | Harm Zijlstra | | 5:29.88 | Amersfoort | 2019-04-07 |
| 3000 | Henri Veldman | | 10:42.22 | Heerenveen | 2018-10-06 |
| 5000 | Henri Veldman | | 17:48.0 | Heerenveen | 2020-09-26 |
| 10000 | Jacques van Helden | | 41:50.9 | Steenwijk | 2001-07-20 |
| 25000 | Roelof Kedde | (M65) | 2:22:51 | Heerenveen | 2021-07-10 |
| 6-uurloop | Jacob Visser | (M60) | 42195 | Heerde | 2004-12-29 |
| hoog | Rudy Hartog | (M65) | 1.20 | Heerenveen | 2018-10-06 |
| ver | Henk Evers | | 5.08 | Heerenveen | 1994-10-08 |
| discus | Siert Wolters | | 34.39 | Steenwijk | 2004-06-04 |
| kogel | Siert Wolters | | 9.60 | Assen | 2004-05-29 |
| kogelsl. | Siert Wolters | | 27.69 | Groningen | 2007-06-22 |
| speer | Klaas Peereboom | | 22.39 | Heerenveen | 2008-10-04 |
| werp 3-kamp | Siert Wolters | | 1224 | Steenwijk | 2005-10-16 |
| | (31.28 – 8.89 – 19.35) | | | | |

M60

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|-------------|------------------------|-------|---------|------------|------------|
| 100 | Wieger Klijnstra | | 15.2 | Heerenveen | 2008-10-04 |
| 150 | Wieger Klijnstra | (M70) | 25.36 | Steenwijk | 2019-07-05 |
| 200 | Wieger Klijnstra | | 31.82 | Heerenveen | 2009-05-23 |
| 300 | Harm Zijlstra | | 54.59 | Steenwijk | 2022-06-24 |
| 400 | Harm Zijlstra | | 1:17.66 | Emmen | 2022-04-24 |
| 800 | Jan vd Heide | | 2:42.8 | Heerenveen | 2011-10-01 |
| 1000 | Fedde Mast | | 3:30.0 | Heerenveen | 2001-10-06 |
| 1500 | Harm Zijlstra | | 6:00.64 | Emmen | 2022-04-24 |
| 3000 | Jan vd Heide | | 12:14.3 | Heerenveen | 2013-10-05 |
| 5000 | Fedde Mast | | 20:51.3 | Heerenveen | 2001-10-06 |
| 25000 | Roelof Kedde | (M65) | 2:22:51 | Heerenveen | 2021-07-10 |
| 6-uurloop | Jacob Visser | | 42195 | Heerde | 2004-12-29 |
| hoog | Rudy Hartog | (M65) | 1.20 | Heerenveen | 2018-10-06 |
| ver | Jan vd Heide | | 3.57 | Heerenveen | 2011-10-01 |
| discus | Siert Wolters | | 38.35 | Steenwijk | 2009-07-17 |
| gewichtw. | Siert Wolters | | 9.66 | Zutphen | 2008-10-25 |
| kogel | Feico Jansma | | 9.99 | Assen | 2005-09-07 |
| kogelsl. | Siert Wolters | | 29.34 | Groningen | 2008-06-20 |
| speer | Feico Jansma | | 36.40 | Drachten | 2006-09-09 |
| werp 3-kamp | Feico Jansma | | 1655 | Steenwijk | 2006-06-02 |
| | (37.98 – 9.30 – 33.98) | | | | |

M65

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|-------------|--|-------|----------|------------|------------|
| 100 | Rudy Hartog | | 15.92 | Heerenveen | 2020-07-25 |
| 150 | Wieger Klijnstra | (M70) | 25.36 | Steenwijk | 2019-07-05 |
| 200 | Rudy Hartog | | 32.70 | Heerenveen | 2020-07-25 |
| 300 | Wieger Klijnstra | | 1:02.13 | Steenwijk | 2018-07-13 |
| 400 | Jacob Visser | (M70) | 1:21.68 | Heerenveen | 2017-04-08 |
| 800 | Jacob Visser | (M75) | 3:07.0 | Heerenveen | 2020-09-26 |
| 1500 | Jacob Visser | (M70) | 6:31.87 | Heerenveen | 2017-04-08 |
| 3000 | Jacob Visser | (M70) | 14:00.11 | Heerenveen | 2017-05-20 |
| 5000 | Jacob Visser | | 22:14.09 | Heerenveen | 2011-05-28 |
| 25000 | Roelof Kedde | | 2:22:51 | Heerenveen | 2021-07-10 |
| hoog | Rudy Hartog | | 1.20 | Heerenveen | 2018-10-06 |
| ver | Jan vd Heide | | 3.32 | Heerenveen | 2017-10-07 |
| discus | Feico Jansma | | 37.43 | Steenwijk | 2007-04-07 |
| kogel | Feico Jansma | | 9.56 | Steenwijk | 2007-06-01 |
| speer | Feico Jansma | | 35.29 | Heerenveen | 2007-06-30 |
| werp 3-kamp | Feico Jansma (36.46 – 9.56 – 33.76) | | 1797 | Steenwijk | 2007-06-01 |

M70

| | | | | | |
|-------------|--|-------|----------|------------|------------|
| 100 | Wieger Klijnstra | | 16.75 | Amersfoort | 2019-04-07 |
| 150 | Wieger Klijnstra | | 25.36 | Steenwijk | 2019-07-05 |
| 200 | Jan vd Heide | | 35.14 | Ede | 2022-06-19 |
| 300 | Wieger Klijnstra | | 1:05.55 | Steenwijk | 2019-07-05 |
| 400 | Jacob Visser | | 1:21.68 | Heerenveen | 2017-04-08 |
| 800 | Jacob Visser | (M75) | 3:07.0 | Heerenveen | 2020-09-26 |
| 1500 | Jacob Visser | | 6:31.87 | Heerenveen | 2017-04-08 |
| 3000 | Jacob Visser | | 14:00.11 | Heerenveen | 2017-05-20 |
| 5000 | Jacob Visser | (M75) | 24:11.0 | Heerenveen | 2020-09-26 |
| 25000 | Jacob Visser | (M75) | 2:41:12 | Heerenveen | 2021-07-10 |
| hoog | Jacob Visser | | 1.10 | Heerenveen | 2017-10-07 |
| ver | Johan Knoester | (M75) | 2.76 | Heerenveen | 2020-09-26 |
| discus | Feico Jansma | (M75) | 26.15 | Emmeloord | 2017-06-17 |
| kogel | Hans Hes | | 8.13 | Steenwijk | 2018-04-07 |
| kogelsl. | Jan vd Heide | | 16.77 | Ede | 2022-06-19 |
| speer | Jan vd Heide | | 23.32 | Heerenveen | 2022-10-01 |
| werp 3-kamp | Feico Jansma (22.69 – 6.71 – 16.80) | (M75) | 779 | Heerenveen | 2019-10-05 |

M75

| | | | | | |
|-------------|--|--|---------|------------|------------|
| 100 | Wieger Klijnstra | | 17.97 | Heerenveen | 2024-05-25 |
| 200 | Wieger Klijnstra | | 39.80 | Heerenveen | 2024-05-25 |
| 300 | Wieger Klijnstra | | 1:08.93 | Steenwijk | 2024-03-30 |
| 800 | Jacob Visser | | 3:07.0 | Heerenveen | 2020-09-26 |
| 5000 | Jacob Visser | | 24:11.0 | Heerenveen | 2020-09-26 |
| 25000 | Jacob Visser | | 2:41:12 | Heerenveen | 2021-07-10 |
| ver | Johan Knoester | | 2.76 | Heerenveen | 2020-09-26 |
| discus | Feico Jansma | | 26.15 | Emmeloord | 2017-06-17 |
| kogel | Hans Hes | | 8.10 | Heerenveen | 2018-10-06 |
| speer | Feico Jansma | | 17.60 | Emmen | 2018-05-13 |
| werp 3-kamp | Feico Jansma (22.69 – 6.71 – 16.80) | | 927 | Heerenveen | 2019-10-05 |