

Hieronder een samenvatting van het lopende indoorseizoen. Begin april verschijnt het volledige overzicht. Voor aanvullingen en correcties hou ik me alvast aanbevolen. [HarmZijlstra@outlook.com](mailto:HarmZijlstra@outlook.com).

Verwerkte uitslagen:

2023-11-11 Utrecht  
2023-11-19 Assendelft  
2023-11-25 Heerde  
2023-12-09 Leeuwarden  
2023-12-10 Assendelft  
2023-12-10 Mouilleron le C. (Fra)  
2023-12-17 Apeldoorn  
2023-12-23 Amsterdam  
2024-01-06 Bordeaux (Fra)  
2024-01-06 Dortmund (Dui)  
2024-01-07 Bordeaux (Fra)  
2024-01-07 Clarholz (Dui)  
2024-01-07 Malmö (Zwe)  
2024-01-13 Amsterdam  
2024-01-14 Liévin (Fra)  
2024-01-20 Naaldwijk  
2024-01-20 Växjö (Zwe)  
2024-01-21 Assendelft  
2024-01-21 Sittard  
2024-01-27 Apeldoorn  
2024-01-28 Amsterdam  
2024-01-28 Assendelft  
[2024-02-03 Apeldoorn](#)  
[2024-02-03 Drachten](#)  
[2024-02-04 Apeldoorn](#)  
[2024-02-10 Apeldoorn](#)  
[2024-02-11 Apeldoorn](#)  
[2024-02-17 Apeldoorn](#)

Blauw = toegevoegd bij laatste update (ma 19 februari 2024)

## Clubrecords

|       |   |                |            |           |         |                |            |
|-------|---|----------------|------------|-----------|---------|----------------|------------|
| V U12 | Sophia Boomsma<br><i>Rikst Slot</i>               | 6.2            | 2013-02-02 | 40        | 5.4     | Leeuwarden     | 2023-12-09 |
| V U14 | Sophia Boomsma<br><i>Fernanda Groenendal</i>      | (U12)<br>5.9   | 1991-03-17 | 40        | 5.4     | Leeuwarden     | 2023-12-09 |
| V U16 | Sophia Boomsma<br><i>Kristel Bottinga</i>         | 5.6            | 1999-03-20 | 40        | 5.4     | Leeuwarden     | 2023-12-09 |
| V U9  | Fenne Wijngaarden<br><i>Fenne Wijngaarden</i>     | 9.7            | 2022-12-10 | 40h       | 8.8     | Leeuwarden     | 2023-12-09 |
| V U9  | Fenne Wijngaarden<br><i>Lois Richardson</i>       | 0.85           | 2017-02-04 | hurkhoog  | 0.85    | Leeuwarden     | 2023-12-09 |
| V U9  | Fenne Wijngaarden<br><i>Sophie Roman</i>          | 5.25           | 2016-03-19 | balstoten | 5.50    | Leeuwarden     | 2023-12-09 |
| M U23 | Lennert Naeff<br><i>Lennert Naeff</i>             | 2.04           | 2023-01-29 | hoog      | 2.05    | Mouilleron le  | 2023-12-10 |
| M     | Lennert Naeff<br><i>Lennert Naeff</i>             | (U23)<br>2.04  | 2023-01-29 | hoog      | 2.05    | Mouilleron le  | 2023-12-10 |
| V U18 | Britt Huisman<br><i>Britt Huisman</i>             | 1:00.26        | 2023-01-28 | 400       | 59.69   | Apeldoorn      | 2023-12-17 |
| V60   | Betty Bijker-Bangma<br><i>Nieuw record</i>        |                |            | 800       | 2:42.41 | Apeldoorn      | 2023-12-17 |
| M U23 | Lennert Naeff<br><i>Lennert Naeff</i>             | 2.05           | 2023-12-10 | hoog      | 2.05    | Bordeaux (Fra) | 2024-01-06 |
| M     | Lennert Naeff<br><i>Lennert Naeff</i>             | (U23)<br>2.05  | 2023-12-10 | hoog      | 2.05    | Bordeaux (Fra) | 2024-01-06 |
| V U18 | Britt Huisman<br><i>Britt Huisman</i>             | 59.69          | 2023-12-17 | 400       | 58.93   | Apeldoorn      | 2024-01-27 |
| V U20 | Britt Huisman<br><i>Linda Swart</i>               | (U18)<br>59.28 | 2004-01-25 | 400       | 58.93   | Apeldoorn      | 2024-01-27 |
| V U23 | Joyce van Welie<br><i>Martine Metsemakers</i>     | 12.21          | 2000-02-12 | kogel     | 12.35   | Apeldoorn      | 2024-01-27 |
| V     | Joyce van Welie<br><i>Martine Metsemakers</i>     | (U23)<br>12.21 | 2000-02-12 | kogel     | 12.35   | Apeldoorn      | 2024-01-27 |
| V U9  | Fenne Wijngaarden<br><i>Fenne Wijngaarden</i>     | 0.85           | 2023-12-09 | hurkhoog  | 0.85    | Drachten       | 2024-02-03 |
| V U9  | Fenne Wijngaarden<br><i>Fenne Wijngaarden</i>     | 5.50           | 2023-12-09 | balstoten | 6.20    | Drachten       | 2024-02-03 |
| V50   | Betty Bijker-Bangma<br><i>Betty Bijker-Bangma</i> | (V60)<br>33.18 | 2020-02-22 | 200       | 31.72   | Apeldoorn      | 2024-02-04 |
| V55   | Betty Bijker-Bangma<br><i>Betty Bijker-Bangma</i> | (V60)<br>33.18 | 2020-02-22 | 200       | 31.72   | Apeldoorn      | 2024-02-04 |
| V60   | Betty Bijker-Bangma<br><i>Nieuw record</i>        |                |            | 200       | 31.72   | Apeldoorn      | 2024-02-04 |
| V U18 | Britt Huisman<br><i>Britt Huisman</i>             | 58.93          | 2024-01-27 | 400       | 58.04   | Apeldoorn      | 2024-02-10 |
| V U20 | Britt Huisman<br><i>Britt Huisman</i>             | (U18)<br>58.93 | 2024-01-27 | 400       | 58.04   | Apeldoorn      | 2024-02-10 |
| V U23 | Britt Huisman<br><i>Marian Zandberg</i>           | (U18)<br>58.41 | 2012-02-25 | 400       | 58.04   | Apeldoorn      | 2024-02-10 |
| V U18 | Meike Huistra<br><i>Fiona van Es</i>              | 5.51           | 1989-01-25 | ver       | 5.71    | Apeldoorn      | 2024-02-10 |
| V U20 | Meike Huistra<br><i>Brechje Kaastra</i>           | (U18)<br>5.54  | 2000-02-12 | ver       | 5.71    | Apeldoorn      | 2024-02-10 |
| V U23 | Meike Huistra<br><i>Brechje Kaastra</i>           | (U18)<br>5.54  | 2000-02-12 | ver       | 5.71    | Apeldoorn      | 2024-02-10 |
| V     | Meike Huistra<br><i>Brechje Kaastra</i>           | (U18)<br>5.54  | 2000-02-12 | ver       | 5.71    | Apeldoorn      | 2024-02-10 |
| M U18 | Bram Persson<br><i>Jeroen Persson</i>             | 22.47          | 2022-01-30 | 200       | 22.45   | Apeldoorn      | 2024-02-11 |
| M U18 | Bram Persson<br><i>Bram Persson</i>               | 22.45          | 2024-02-11 | 200       | 22.32   | Apeldoorn      | 2024-02-11 |

|       |   |                |                      |       |           |            |
|-------|---|----------------|----------------------|-------|-----------|------------|
| M U20 | Jeroen Persson<br><i>Jeroen Persson</i> | 21.71          | 200<br>2023-02-04    | 21.67 | Apeldoorn | 2024-02-11 |
| M U23 | Jeroen Persson<br><i>Jeroen Persson</i> | (U20)<br>21.71 | 200<br>2023-02-04    | 21.67 | Apeldoorn | 2024-02-11 |
| M     | Jeroen Persson<br><i>Jeroen Persson</i> | (U20)<br>21.71 | 200<br>2023-02-04    | 21.67 | Apeldoorn | 2024-02-11 |
| V U18 | Meike Huistra<br><i>Lidia de Jong</i>   | 3096           | 5-kamp<br>1999-02-27 | 3669  | Apeldoorn | 2024-02-17 |

# Ranglijsten

## 30

5.81 Ruben Eerdmans M U10 2023-11-25

## 40

5.4 Sophia Boomsma V U12 2023-12-09  
6.4 Jula van Aurich V U12 2023-12-09  
6.4 Julian Huisman M U12 2023-12-09  
6.4 Milan van Winsum M U12 2024-02-03  
6.6 Steijn Hendriksen M U12 2023-12-09  
6.7 Ruben Eerdmans M U10 2023-12-09  
6.7 Lasse Lenis M U12 2024-02-03  
6.8 Fenna vd Meer V U14 2024-02-03  
6.8 Maja Wijma V U12 2023-12-09  
6.9 Tess Brouwer V U12 2023-12-09  
7.0 Jurre Buitendijk M U12 2023-12-09  
7.2 Fenne Wijngaarden V U9 2023-12-09  
7.3 Jasha Meijer M U12 2023-12-09  
7.3 Sarah Hartsema V U12 2024-02-03  
7.4 Quin Kok M U9 2023-12-09  
7.4 Bjarne Wolters M U12 2023-12-09  
7.5 Hanna Rekelhof V U10 2023-12-09  
7.6 Hedzer Kootstra M U9 2023-12-09  
7.6 Jesper Kootstra M U9 2023-12-09  
7.7 Loeck ter Wee M U10 2023-12-09  
7.8 Leanne Haitisma V U12 2024-02-03  
7.9 Vesper Spijkman V U10 2023-12-09  
8.2 Hannah Ruizendaal V U10 2023-12-09  
8.3 Joy Coppoolse V U10 2023-12-09  
8.4 Mats van der Kort M U9 2023-12-09  
8.4 Levy de Lang M U8 2024-02-03  
9.0 Elin van Barneveld V U8 2024-02-03  
9.5 Ferre de Vries M U8 2023-12-09  
9.7 Floris vd Schaaf M U9 2024-02-03

## 50

10.77 Levy de Lang M U8 2023-11-11

## 60

7.21 Ziggy Veldman M U20 2024-02-10  
7.71 Max Kroon M U18 2024-01-06  
7.84 Lennert Naeff M U23 2024-01-06  
7.99 Roy Veenstra M U20 2024-01-28  
8.06 Quinten Geleynse M U20 2024-01-21  
8.28 Meike Huistra V U18 2023-12-10  
8.34 Nynke Rijpma V U20 2023-12-17  
8.34 Sanne Pultrum V U18 2024-01-27  
8.45 Norah Pont V U16 2024-01-21  
8.51 Folkert Krol M U14 2024-01-21  
8.96 Liam de Lang M U16 2024-01-28  
9.05 Thijmen Groenendal M U16 2024-01-21  
9.11 Anita Postma V U18 2024-01-28  
9.19 Ilse Huisman V U14 2024-01-21  
10.51 Jolanda Smedinga V55 2024-02-03

## 200

21.67 Jeroen Persson M U20 2024-02-11  
22.32 Bram Persson M U18 2024-02-11  
24.45 Ziggy Veldman M U20 2024-01-06  
24.46 Max Kroon M U18 2024-02-11

25.19 Roy Veenstra M U20 2024-01-06  
26.53 Sanne Pultrum V U18 2024-02-11  
26.95 Britt Huisman V U18 2024-01-06  
27.39 Nynke Rijpma V U20 2023-12-17  
30.00 Anita Postma V U18 2023-12-17  
31.72 Betty Bijker-Bangma V60 2024-02-04  
35.72 Jolanda Smedinga V55 2023-12-17

## 400

49.00 Jeroen Persson M U20 2024-01-20  
52.93 Ziggy Veldman M U20 2023-12-17  
55.29 Roy Veenstra M U20 2024-01-27  
58.04 Britt Huisman V U18 2024-02-10  
1:03.01 Marit Versfeld V U18 2024-01-27  
1:04.81 Norah Keijzer V U18 2024-02-10  
1:26.82 Jolanda Smedinga V55 2024-02-03

## 800

2:38.41 Meike Huistra V U18 2024-02-17  
2:42.41 Betty Bijker-Bangma V60 2023-12-17  
3:24.92 Jolanda Smedinga V55 2024-02-03

## 1000

3:28.88 Lennert Naeff M U23 2024-01-07

## 40h

7.3 Steijn Hendriksen M U12 2023-12-09  
7.4 Sophia Boomsma V U12 2023-12-09  
7.7 Milan van Winsum M U12 2023-12-09  
7.8 Tess Brouwer V U12 2023-12-09  
7.9 Quin Kok M U9 2023-12-09  
8.0 Maja Wijma V U12 2023-12-09  
8.1 Jula van Aurich V U12 2023-12-09  
8.3 Jesper Kootstra M U9 2023-12-09  
8.3 Jasha Meijer M U12 2023-12-09  
8.4 Julian Huisman M U12 2023-12-09  
8.5 Mats van der Kort M U9 2023-12-09  
8.5 Vesper Spijkman V U10 2023-12-09  
8.7 Ruben Eerdmans M U10 2023-12-09  
8.8 Fenne Wijngaarden V U9 2023-12-09  
8.9 Jurre Buitendijk M U12 2023-12-09  
8.9 Bjarne Wolters M U12 2023-12-09  
9.0 Hedzer Kootstra M U9 2023-12-09  
9.0 Hanna Rekelhof V U10 2023-12-09  
9.1 Loeck ter Wee M U10 2023-12-09  
9.6 Joy Coppoolse V U10 2023-12-09  
10.0 Hannah Ruizendaal V U10 2023-12-09  
10.4 Elin van Barneveld V U8 2023-12-09  
10.7 Ferre de Vries M U8 2023-12-09

## 60h

8.80 Meike Huistra V U18 2024-02-11  
9.14 Sabrina Cruden V U23 2024-02-04  
9.18 Joyce van Welie V U23 2024-01-27  
9.35 Norah Pont V U16 2024-01-21  
9.59 Lennert Naeff M U23 2023-12-10  
9.71 Romée de Best V U23 2023-12-17  
9.83 Quinten Geleynse M U20 2023-12-17  
9.95 Marit Versfeld V U18 2024-01-27  
10.61 Folkert Krol M U14 2024-01-21  
10.85 Linda vd Berg V45 2024-02-04  
12.01 Ilse Huisman V U14 2024-01-21

**hoog**

|      |                   |       |            |
|------|-------------------|-------|------------|
| 2.05 | Lennert Naeff     | M U23 | 2024-01-06 |
| 1.63 | Sabrina Cruden    | V U23 | 2024-02-04 |
| 1.62 | Meike Huistra     | V U18 | 2024-02-17 |
| 1.56 | Liam de Lang      | M U16 | 2024-01-28 |
| 1.50 | Marit Versfeld    | V U18 | 2024-01-13 |
| 1.45 | Milou Sieperda    | V U18 | 2023-12-17 |
| 1.41 | Anita Postma      | V U18 | 2024-01-28 |
| 1.40 | Romée de Best     | V U23 | 2024-01-06 |
| 1.30 | Fenna vd Meer     | V U14 | 2024-02-03 |
| 1.10 | Steijn Hendriksen | M U12 | 2024-02-03 |
| 1.00 | Julian Huisman    | M U12 | 2024-02-03 |
| 1.00 | Maja Wijma        | V U12 | 2024-02-03 |
| 0.95 | Tess Brouwer      | V U12 | 2024-02-03 |
| 0.95 | Leanne Haitzma    | V U12 | 2024-02-03 |
| 0.95 | Lasse Lenis       | M U12 | 2024-02-03 |
| 0.95 | Jasha Meijer      | M U12 | 2024-02-03 |
| 0.90 | Milan van Winsum  | M U12 | 2024-02-03 |
| 0.85 | Ruben Eerdmans    | M U10 | 2023-11-25 |
| 0.85 | Sarah Hartsema    | V U12 | 2024-02-03 |

**hurkhoog**

|      |                    |       |            |
|------|--------------------|-------|------------|
| 1.15 | Sophia Boomsma     | V U12 | 2023-12-09 |
| 1.05 | Julian Huisman     | M U12 | 2023-12-09 |
| 1.00 | Tess Brouwer       | V U12 | 2023-12-09 |
| 1.00 | Steijn Hendriksen  | M U12 | 2023-12-09 |
| 0.95 | Maja Wijma         | V U12 | 2023-12-09 |
| 0.90 | Jula van Aurich    | V U12 | 2023-12-09 |
| 0.90 | Jasha Meijer       | M U12 | 2023-12-09 |
| 0.90 | Milan van Winsum   | M U12 | 2023-12-09 |
| 0.85 | Jurre Buitendijk   | M U12 | 2023-12-09 |
| 0.85 | Hanna Rekelhof     | V U10 | 2023-12-09 |
| 0.85 | Bjarne Wolters     | M U12 | 2023-12-09 |
| 0.85 | Hannah Ruizendaal  | V U10 | 2024-02-03 |
| 0.85 | Fenne Wijngaarden  | V U9  | 2024-02-03 |
| 0.80 | Vesper Spijkman    | V U10 | 2023-12-09 |
| 0.80 | Ruben Eerdmans     | M U10 | 2024-02-03 |
| 0.80 | Hedzer Kootstra    | M U9  | 2024-02-03 |
| 0.80 | Jesper Kootstra    | M U9  | 2024-02-03 |
| 0.80 | Loeck ter Wee      | M U10 | 2024-02-03 |
| 0.75 | Quin Kok           | M U9  | 2024-02-03 |
| 0.70 | Joy Coppoolse      | V U10 | 2023-12-09 |
| 0.70 | Joost Kemme        | M U12 | 2023-12-09 |
| 0.70 | Elin van Barneveld | V U8  | 2024-02-03 |
| 0.70 | Levy de Lang       | M U8  | 2024-02-03 |
| 0.65 | Mats van der Kort  | M U9  | 2023-12-09 |
| 0.55 | Ferre de Vries     | M U8  | 2023-12-09 |
| 0.55 | Floris vd Schaaf   | M U9  | 2024-02-03 |

**hss**

|       |               |       |            |
|-------|---------------|-------|------------|
| 13.67 | Ziggy Veldman | M U20 | 2024-02-11 |
| 12.27 | Roy Veenstra  | M U20 | 2024-02-11 |

**polshoog**

|      |               |       |            |
|------|---------------|-------|------------|
| 4.25 | Lennert Naeff | M U23 | 2024-01-07 |
|------|---------------|-------|------------|

**ver**

|      |                |       |            |
|------|----------------|-------|------------|
| 6.94 | Ziggy Veldman  | M U20 | 2024-02-10 |
| 6.40 | Lennert Naeff  | M U23 | 2024-01-06 |
| 5.73 | Max Kroon      | M U18 | 2024-01-27 |
| 5.72 | Roy Veenstra   | M U20 | 2024-01-20 |
| 5.71 | Meike Huistra  | V U18 | 2024-02-10 |
| 4.94 | Romée de Best  | V U23 | 2024-01-28 |
| 4.79 | Nynke Rijpma   | V U20 | 2023-12-17 |
| 4.63 | Marit Versfeld | V U18 | 2024-01-13 |
| 4.41 | Folkert Krol   | M U14 | 2024-01-21 |
| 4.40 | Linda vd Berg  | V45   | 2024-02-04 |

|      |                    |       |            |
|------|--------------------|-------|------------|
| 4.38 | Thijmen Groenendal | M U16 | 2024-01-21 |
| 4.34 | Anita Postma       | V U18 | 2024-01-28 |
| 3.73 | Ilse Huisman       | V U14 | 2024-01-21 |
| 2.22 | Levy de Lang       | M U8  | 2023-11-11 |

**balstoten**

|      |                    |       |            |
|------|--------------------|-------|------------|
| 6.20 | Fenne Wijngaarden  | V U9  | 2024-02-03 |
| 5.58 | Ruben Eerdmans     | M U10 | 2023-12-09 |
| 5.58 | Vesper Spijkman    | V U10 | 2023-12-09 |
| 5.50 | Loeck ter Wee      | M U10 | 2023-12-09 |
| 5.10 | Jesper Kootstra    | M U9  | 2023-12-09 |
| 5.00 | Quin Kok           | M U9  | 2023-12-09 |
| 4.90 | Hanna Rekelhof     | V U10 | 2023-12-09 |
| 4.50 | Hedzer Kootstra    | M U9  | 2024-02-03 |
| 4.40 | Joy Coppoolse      | V U10 | 2023-12-09 |
| 4.10 | Mats van der Kort  | M U9  | 2023-12-09 |
| 3.88 | Hannah Ruizendaal  | V U10 | 2023-12-09 |
| 3.40 | Levy de Lang       | M U8  | 2024-02-03 |
| 3.40 | Floris vd Schaaf   | M U9  | 2024-02-03 |
| 2.60 | Ferre de Vries     | M U8  | 2023-12-09 |
| 2.60 | Elin van Barneveld | V U8  | 2024-02-03 |

**kogel**

|       |                   |       |            |
|-------|-------------------|-------|------------|
| 12.98 | Sybren van Gelder | M U18 | 2024-02-03 |
| 12.35 | Joyce van Welie   | V U23 | 2024-01-27 |
| 11.96 | Meike Huistra     | V U18 | 2024-02-17 |
| 11.18 | Marit Versfeld    | V U18 | 2023-12-17 |
| 10.93 | Lennert Naeff     | M U23 | 2024-01-06 |
| 10.81 | Quinten Geleynse  | M U20 | 2024-01-21 |
| 10.78 | Sabrina Cruden    | V U23 | 2024-02-04 |
| 10.17 | Milou Sieperda    | V U18 | 2023-12-17 |
| 10.09 | Romée de Best     | V U23 | 2023-12-17 |
| 6.67  | Fenna vd Meer     | V U14 | 2024-02-03 |
| 6.60  | Sophia Boomsma    | V U12 | 2023-12-09 |
| 5.60  | Jasha Meijer      | M U12 | 2023-12-09 |
| 5.60  | Milan van Winsum  | M U12 | 2023-12-09 |
| 5.60  | Bjarne Wolters    | M U12 | 2023-12-09 |
| 5.15  | Ruben Eerdmans    | M U10 | 2023-11-25 |
| 5.10  | Julian Huisman    | M U12 | 2024-02-03 |
| 5.00  | Tess Brouwer      | V U12 | 2023-12-09 |
| 4.70  | Jula van Aurich   | V U12 | 2023-12-09 |
| 4.70  | Maja Wijma        | V U12 | 2023-12-09 |
| 4.50  | Jurre Buitendijk  | M U12 | 2023-12-09 |
| 4.50  | Steijn Hendriksen | M U12 | 2023-12-09 |
| 4.50  | Lasse Lenis       | M U12 | 2024-02-03 |
| 4.20  | Sarah Hartsema    | V U12 | 2024-02-03 |
| 3.60  | Leanne Haitzma    | V U12 | 2024-02-03 |

**vortex**

|       |                   |       |            |
|-------|-------------------|-------|------------|
| 24.50 | Jasha Meijer      | M U12 | 2023-12-09 |
| 23.50 | Sophia Boomsma    | V U12 | 2023-12-09 |
| 21.00 | Julian Huisman    | M U12 | 2023-12-09 |
| 18.00 | Jula van Aurich   | V U12 | 2023-12-09 |
| 18.00 | Milan van Winsum  | M U12 | 2023-12-09 |
| 17.00 | Quin Kok          | M U9  | 2023-12-09 |
| 16.50 | Lara de Vries     | V U12 | 2023-12-09 |
| 16.00 | Tess Brouwer      | V U12 | 2023-12-09 |
| 16.00 | Loeck ter Wee     | M U10 | 2023-12-09 |
| 15.00 | Steijn Hendriksen | M U12 | 2023-12-09 |
| 14.00 | Jurre Buitendijk  | M U12 | 2023-12-09 |
| 14.00 | Ruben Eerdmans    | M U10 | 2023-12-09 |
| 14.00 | Fenne Wijngaarden | V U9  | 2023-12-09 |
| 14.00 | Bjarne Wolters    | M U12 | 2023-12-09 |
| 12.00 | Vesper Spijkman   | V U10 | 2023-12-09 |
| 12.00 | Maja Wijma        | V U12 | 2023-12-09 |
| 11.50 | Jesper Kootstra   | M U9  | 2023-12-09 |

|       |                    |       |            |
|-------|--------------------|-------|------------|
| 11.00 | Hanna Rekelhof     | V U10 | 2023-12-09 |
| 10.80 | Levy de Lang       | M U8  | 2023-11-11 |
| 10.00 | Mats van der Kort  | M U9  | 2023-12-09 |
| 9.50  | Joy Coppoolse      | V U10 | 2023-12-09 |
| 9.50  | Hedzer Kootstra    | M U9  | 2023-12-09 |
| 9.00  | Hannah Ruizendaal  | V U10 | 2023-12-09 |
| 5.00  | Elin van Barneveld | V U8  | 2023-12-09 |
| 5.00  | Ferre de Vries     | M U8  | 2023-12-09 |

**5-kamp**

|      |               |       |            |
|------|---------------|-------|------------|
| 3669 | Meike Huistra | V U18 | 2024-02-17 |
|------|---------------|-------|------------|

**7-kamp**

|      |               |       |            |
|------|---------------|-------|------------|
| 4372 | Lennert Naeff | M U23 | 2024-01-07 |
|------|---------------|-------|------------|

# Jaarprestaties indoor

## categorie V U8

### Elin van Barneveld

|           |      |            |            |
|-----------|------|------------|------------|
| 40        | 9.0  | Drachten   | 2024-02-03 |
| 40h       | 10.4 | Leeuwarden | 2023-12-09 |
| hurkhoog  | 0.70 | Drachten   | 2024-02-03 |
| balstoten | 2.60 | Drachten   | 2024-02-03 |
| vortex    | 5.00 | Leeuwarden | 2023-12-09 |

## categorie V U9

### Fenne Wijngaarden

|           |       |               |            |
|-----------|-------|---------------|------------|
| 40        | 7.2   | Leeuwarden    | 2023-12-09 |
| 40h       | 8.8   | cr Leeuwarden | 2023-12-09 |
| hurkhoog  | 0.85  | cr Drachten   | 2024-02-03 |
| balstoten | 6.20  | cr Drachten   | 2024-02-03 |
| vortex    | 14.00 | Leeuwarden    | 2023-12-09 |

## categorie V U10

### Joy Coppoolse

|           |      |            |            |
|-----------|------|------------|------------|
| 40        | 8.3  | Leeuwarden | 2023-12-09 |
| 40h       | 9.6  | Leeuwarden | 2023-12-09 |
| hurkhoog  | 0.70 | Leeuwarden | 2023-12-09 |
| balstoten | 4.40 | Leeuwarden | 2023-12-09 |
| vortex    | 9.50 | Leeuwarden | 2023-12-09 |

### Hanna Rekelhof

|           |       |            |            |
|-----------|-------|------------|------------|
| 40        | 7.5   | Leeuwarden | 2023-12-09 |
| 40h       | 9.0   | Leeuwarden | 2023-12-09 |
| hurkhoog  | 0.85  | Leeuwarden | 2023-12-09 |
| balstoten | 4.90  | Leeuwarden | 2023-12-09 |
| vortex    | 11.00 | Leeuwarden | 2023-12-09 |

### Hannah Ruizendaal

|           |      |            |            |
|-----------|------|------------|------------|
| 40        | 8.2  | Leeuwarden | 2023-12-09 |
| 40h       | 10.0 | Leeuwarden | 2023-12-09 |
| hurkhoog  | 0.85 | Drachten   | 2024-02-03 |
| balstoten | 3.88 | Leeuwarden | 2023-12-09 |
| vortex    | 9.00 | Leeuwarden | 2023-12-09 |

### Vesper Spijkman

|           |       |            |            |
|-----------|-------|------------|------------|
| 40        | 7.9   | Leeuwarden | 2023-12-09 |
| 40h       | 8.5   | Leeuwarden | 2023-12-09 |
| hurkhoog  | 0.80  | Leeuwarden | 2023-12-09 |
| balstoten | 5.58  | Leeuwarden | 2023-12-09 |
| vortex    | 12.00 | Leeuwarden | 2023-12-09 |

## categorie V U12

### Jula van Aurich

|          |      |            |            |
|----------|------|------------|------------|
| 40       | 6.4  | Leeuwarden | 2023-12-09 |
| 40h      | 8.1  | Leeuwarden | 2023-12-09 |
| hurkhoog | 0.90 | Leeuwarden | 2023-12-09 |

|         |       |            |            |
|---------|-------|------------|------------|
| kogel 2 | 4.70  | Leeuwarden | 2023-12-09 |
| vortex  | 18.00 | Leeuwarden | 2023-12-09 |

### Sophia Boomsma

|          |       |               |            |
|----------|-------|---------------|------------|
| 40       | 5.4   | cr Leeuwarden | 2023-12-09 |
| 40h      | 7.4   | Leeuwarden    | 2023-12-09 |
| hurkhoog | 1.15  | Leeuwarden    | 2023-12-09 |
| kogel 2  | 6.60  | Leeuwarden    | 2023-12-09 |
| vortex   | 23.50 | Leeuwarden    | 2023-12-09 |

### Tess Brouwer

|          |       |            |            |
|----------|-------|------------|------------|
| 40       | 6.9   | Leeuwarden | 2023-12-09 |
| 40h      | 7.8   | Leeuwarden | 2023-12-09 |
| hoog     | 0.95  | Drachten   | 2024-02-03 |
| hurkhoog | 1.00  | Leeuwarden | 2023-12-09 |
| kogel 2  | 5.00  | Leeuwarden | 2023-12-09 |
| vortex   | 16.00 | Leeuwarden | 2023-12-09 |

### Leanne Haitzma

|         |      |          |            |
|---------|------|----------|------------|
| 40      | 7.8  | Drachten | 2024-02-03 |
| hoog    | 0.95 | Drachten | 2024-02-03 |
| kogel 2 | 3.60 | Drachten | 2024-02-03 |

### Sarah Hartsema

|         |      |          |            |
|---------|------|----------|------------|
| 40      | 7.3  | Drachten | 2024-02-03 |
| hoog    | 0.85 | Drachten | 2024-02-03 |
| kogel 2 | 4.20 | Drachten | 2024-02-03 |

### Lara de Vries

|        |       |            |            |
|--------|-------|------------|------------|
| vortex | 16.50 | Leeuwarden | 2023-12-09 |
|--------|-------|------------|------------|

### Maja Wijma

|          |       |            |            |
|----------|-------|------------|------------|
| 40       | 6.8   | Leeuwarden | 2023-12-09 |
| 40h      | 8.0   | Leeuwarden | 2023-12-09 |
| hoog     | 1.00  | Drachten   | 2024-02-03 |
| hurkhoog | 0.95  | Leeuwarden | 2023-12-09 |
| kogel 2  | 4.70  | Leeuwarden | 2023-12-09 |
| vortex   | 12.00 | Leeuwarden | 2023-12-09 |

## categorie V U14

### Ilse Huisman

|          |       |            |            |
|----------|-------|------------|------------|
| 60       | 9.19  | Assendelft | 2024-01-21 |
| 60h 76,2 | 12.01 | Assendelft | 2024-01-21 |
| ver      | 3.73  | Assendelft | 2024-01-21 |

### Fenna vd Meer

|         |      |          |            |
|---------|------|----------|------------|
| 40      | 6.8  | Drachten | 2024-02-03 |
| hoog    | 1.30 | Drachten | 2024-02-03 |
| kogel 2 | 6.67 | Drachten | 2024-02-03 |

## categorie V U16

### Norah Pont

|          |      |            |            |
|----------|------|------------|------------|
| 60       | 8.45 | Assendelft | 2024-01-21 |
| 60h 76,2 | 9.35 | Assendelft | 2024-01-21 |

categorie **V U18**

**Britt Huisman**

200 26.95 Dortmund (Dui) 2024-01-06  
400 58.04 cr Apeldoorn 2024-02-10

**Meike Huistra**

60 8.28 Assendelft 2023-12-10  
800 2:38.41 Apeldoorn 2024-02-17  
60h 76,2 8.80 Apeldoorn 2024-02-11  
hoog 1.62 Apeldoorn 2024-02-17  
ver 5.71 cr Apeldoorn 2024-02-10  
kogel 3 11.96 Apeldoorn 2024-02-17  
5-kamp 3669 cr Apeldoorn 2024-02-17

**Norah Keijzer**

400 1:04.81 Apeldoorn 2024-02-10

**Anita Postma**

60 9.11 Assendelft 2024-01-28  
200 30.00 Apeldoorn 2023-12-17  
hoog 1.41 Assendelft 2024-01-28  
ver 4.34 Assendelft 2024-01-28

**Sanne Pultrum**

60 8.34 Apeldoorn 2024-01-27  
200 26.53 Apeldoorn 2024-02-11

**Milou Sieperda**

hoog 1.45 Apeldoorn 2023-12-17  
kogel 3 10.17 Apeldoorn 2023-12-17

**Marit Versfeld**

400 1:03.01 Apeldoorn 2024-01-27  
60h 76,2 9.95 Apeldoorn 2024-01-27  
hoog 1.50 Amsterdam 2024-01-13  
ver 4.63 Amsterdam 2024-01-13  
kogel 3 11.18 Apeldoorn 2023-12-17

categorie **V U20**

**Nynke Rijpma**

60 8.34 Apeldoorn 2023-12-17  
200 27.39 Apeldoorn 2023-12-17  
ver 4.79 Apeldoorn 2023-12-17

categorie **V U23**

**Romée de Best**

60h 83,8 9.71 Apeldoorn 2023-12-17  
hoog 1.40 Dortmund (Dui) 2024-01-06  
ver 4.94 Assendelft 2024-01-28  
kogel 4 10.09 Apeldoorn 2023-12-17

**Sabrina Cruden**

60h 83,8 9.14 Apeldoorn 2024-02-04  
hoog 1.63 Apeldoorn 2024-02-04  
kogel 4 10.78 Apeldoorn 2024-02-04

**Joyce van Welie**

60h 83,8 9.18 Apeldoorn 2024-01-27  
kogel 4 12.35 Apeldoorn 2024-01-27

categorie **V45**

**Linda vd Berg**

60h 76,2 10.85 Apeldoorn 2024-02-04  
ver 4.40 Apeldoorn 2024-02-04

categorie **V55**

**Jolanda Smedinga**

60 10.51 Apeldoorn 2024-02-03  
200 35.72 Apeldoorn 2023-12-17  
400 1:26.82 Apeldoorn 2024-02-03  
800 3:24.92 Apeldoorn 2024-02-03

categorie **V60**

**Betty Bijker-Bangma**

200 31.72 cr Apeldoorn 2024-02-04  
800 2:42.41 cr Apeldoorn 2023-12-17

categorie **M U8**

**Levy de Lang**

40 8.4 Drachten 2024-02-03  
50 10.77 Utrecht 2023-11-11  
hurkhoog 0.70 Drachten 2024-02-03  
ver 2.22 Utrecht 2023-11-11  
balstoten 3.40 Drachten 2024-02-03  
vortex 10.80 Utrecht 2023-11-11

**Ferre de Vries**

40 9.5 Leeuwarden 2023-12-09  
40h 10.7 Leeuwarden 2023-12-09  
hurkhoog 0.55 Leeuwarden 2023-12-09  
balstoten 2.60 Leeuwarden 2023-12-09  
vortex 5.00 Leeuwarden 2023-12-09

categorie **M U9**

**Quin Kok**

40 7.4 Leeuwarden 2023-12-09  
40h 7.9 Leeuwarden 2023-12-09  
hurkhoog 0.75 Drachten 2024-02-03  
balstoten 5.00 Leeuwarden 2023-12-09  
vortex 17.00 Leeuwarden 2023-12-09

**Hedzer Kootstra**

40 7.6 Leeuwarden 2023-12-09  
40h 9.0 Leeuwarden 2023-12-09  
hurkhoog 0.80 Drachten 2024-02-03  
balstoten 4.50 Drachten 2024-02-03  
vortex 9.50 Leeuwarden 2023-12-09

**Jesper Kootstra**

40 7.6 Leeuwarden 2023-12-09  
40h 8.3 Leeuwarden 2023-12-09  
hurkhoog 0.80 Drachten 2024-02-03  
balstoten 5.10 Leeuwarden 2023-12-09  
vortex 11.50 Leeuwarden 2023-12-09



|                          |       |            |            |                           |       |                |            |
|--------------------------|-------|------------|------------|---------------------------|-------|----------------|------------|
| <b>Mats van der Kort</b> |       |            |            | kogel 2                   | 4.50  | Drachten       | 2024-02-03 |
| 40                       | 8.4   | Leeuwarden | 2023-12-09 |                           |       |                |            |
| 40h                      | 8.5   | Leeuwarden | 2023-12-09 | <b>Jasha Meijer</b>       |       |                |            |
| hurkhoog                 | 0.65  | Leeuwarden | 2023-12-09 | 40                        | 7.3   | Leeuwarden     | 2023-12-09 |
| balstoten                | 4.10  | Leeuwarden | 2023-12-09 | 40h                       | 8.3   | Leeuwarden     | 2023-12-09 |
| vortex                   | 10.00 | Leeuwarden | 2023-12-09 | hoog                      | 0.95  | Drachten       | 2024-02-03 |
|                          |       |            |            | hurkhoog                  | 0.90  | Leeuwarden     | 2023-12-09 |
| <b>Floris vd Schaaf</b>  |       |            |            | kogel 2                   | 5.60  | Leeuwarden     | 2023-12-09 |
| 40                       | 9.7   | Drachten   | 2024-02-03 | vortex                    | 24.50 | Leeuwarden     | 2023-12-09 |
| hurkhoog                 | 0.55  | Drachten   | 2024-02-03 | <b>Milan van Winsum</b>   |       |                |            |
| balstoten                | 3.40  | Drachten   | 2024-02-03 | 40                        | 6.4   | Drachten       | 2024-02-03 |
|                          |       |            |            | 40h                       | 7.7   | Leeuwarden     | 2023-12-09 |
| <b>categorie M U10</b>   |       |            |            | hoog                      | 0.90  | Leeuwarden     | 2024-02-03 |
| <b>Ruben Eerdmans</b>    |       |            |            | hurkhoog                  | 0.90  | Leeuwarden     | 2023-12-09 |
| 30                       | 5.81  | Heerde     | 2023-11-25 | kogel 2                   | 5.60  | Leeuwarden     | 2023-12-09 |
| 40                       | 6.7   | Leeuwarden | 2023-12-09 | vortex                    | 18.00 | Leeuwarden     | 2023-12-09 |
| 40h                      | 8.7   | Leeuwarden | 2023-12-09 | <b>Bjarne Wolters</b>     |       |                |            |
| hoog                     | 0.85  | Heerde     | 2023-11-25 | 40                        | 7.4   | Leeuwarden     | 2023-12-09 |
| hurkhoog                 | 0.80  | Drachten   | 2024-02-03 | 40h                       | 8.9   | Leeuwarden     | 2023-12-09 |
| balstoten                | 5.58  | Leeuwarden | 2023-12-09 | hurkhoog                  | 0.85  | Leeuwarden     | 2023-12-09 |
| kogel 2                  | 5.15  | Heerde     | 2023-11-25 | kogel 2                   | 5.60  | Leeuwarden     | 2023-12-09 |
| vortex                   | 14.00 | Leeuwarden | 2023-12-09 | vortex                    | 14.00 | Leeuwarden     | 2023-12-09 |
| <b>Loeck ter Wee</b>     |       |            |            | <b>categorie M U14</b>    |       |                |            |
| 40                       | 7.7   | Leeuwarden | 2023-12-09 | <b>Folkert Krol</b>       |       |                |            |
| 40h                      | 9.1   | Leeuwarden | 2023-12-09 | 60                        | 8.51  | Assendelft     | 2024-01-21 |
| hurkhoog                 | 0.80  | Drachten   | 2024-02-03 | 60h 76,2                  | 10.61 | Assendelft     | 2024-01-21 |
| balstoten                | 5.50  | Leeuwarden | 2023-12-09 | ver                       | 4.41  | Assendelft     | 2024-01-21 |
| vortex                   | 16.00 | Leeuwarden | 2023-12-09 | <b>categorie M U16</b>    |       |                |            |
| <b>categorie M U12</b>   |       |            |            | <b>Thijmen Groenendal</b> |       |                |            |
| <b>Jurre Buitendijk</b>  |       |            |            | 60                        | 9.05  | Assendelft     | 2024-01-21 |
| 40                       | 7.0   | Leeuwarden | 2023-12-09 | ver                       | 4.38  | Assendelft     | 2024-01-21 |
| 40h                      | 8.9   | Leeuwarden | 2023-12-09 | <b>Liam de Lang</b>       |       |                |            |
| hoog                     | 0.85  | Leeuwarden | 2023-12-09 | 60                        | 8.96  | Assendelft     | 2024-01-28 |
| kogel 2                  | 4.50  | Leeuwarden | 2023-12-09 | 60h 83,8                  | 10.27 | Assendelft     | 2024-01-21 |
| vortex                   | 14.00 | Leeuwarden | 2023-12-09 | hoog                      | 1.56  | Assendelft     | 2024-01-28 |
| <b>Steijn Hendriksen</b> |       |            |            | ver                       | 4.76  | Assendelft     | 2024-01-21 |
| 40                       | 6.6   | Leeuwarden | 2023-12-09 | <b>categorie M U18</b>    |       |                |            |
| 40h                      | 7.3   | Leeuwarden | 2023-12-09 | <b>Sybrén van Gelder</b>  |       |                |            |
| hoog                     | 1.10  | Drachten   | 2024-02-03 | kogel 5                   | 12.98 | Drachten       | 2024-02-03 |
| hurkhoog                 | 1.00  | Leeuwarden | 2023-12-09 | <b>Max Kroon</b>          |       |                |            |
| kogel 2                  | 4.50  | Leeuwarden | 2023-12-09 | 60                        | 7.71  | Dortmund (Dui) | 2024-01-06 |
| vortex                   | 15.00 | Leeuwarden | 2023-12-09 | 200                       | 24.46 | Apeldoorn      | 2024-02-11 |
| <b>Julian Huisman</b>    |       |            |            | ver                       | 5.73  | Apeldoorn      | 2024-01-27 |
| 40                       | 6.4   | Leeuwarden | 2023-12-09 | <b>Bram Persson</b>       |       |                |            |
| 40h                      | 8.4   | Leeuwarden | 2023-12-09 | 200                       | 22.32 | cr Apeldoorn   | 2024-02-11 |
| hoog                     | 1.00  | Drachten   | 2024-02-03 | <b>Joost Kemme</b>        |       |                |            |
| hurkhoog                 | 1.05  | Leeuwarden | 2023-12-09 | hurkhoog                  | 0.70  | Leeuwarden     | 2023-12-09 |
| kogel 2                  | 5.10  | Drachten   | 2024-02-03 | <b>Lasse Lenis</b>        |       |                |            |
| vortex                   | 21.00 | Leeuwarden | 2023-12-09 | 40                        | 6.7   | Drachten       | 2024-02-03 |
| <b>Joost Kemme</b>       |       |            |            | hoog                      | 0.95  | Drachten       | 2024-02-03 |
| hurkhoog                 | 0.70  | Leeuwarden | 2023-12-09 |                           |       |                |            |
| <b>Lasse Lenis</b>       |       |            |            |                           |       |                |            |
| 40                       | 6.7   | Drachten   | 2024-02-03 |                           |       |                |            |
| hoog                     | 0.95  | Drachten   | 2024-02-03 |                           |       |                |            |

categorie **M U20**

**Quinten Geleynse**

|          |       |           |            |
|----------|-------|-----------|------------|
| 60       | 8.06  | Sittard   | 2024-01-21 |
| 60h 99,1 | 9.83  | Apeldoorn | 2023-12-17 |
| kogel 6  | 10.81 | Sittard   | 2024-01-21 |

**Jeroen Persson**

|     |       |              |            |
|-----|-------|--------------|------------|
| 200 | 21.67 | cr Apeldoorn | 2024-02-11 |
| 400 | 49.00 | Växjö (Zwe)  | 2024-01-20 |

**Roy Veenstra**

|     |       |                |            |
|-----|-------|----------------|------------|
| 60  | 7.99  | Assendelft     | 2024-01-28 |
| 200 | 25.19 | Dortmund (Dui) | 2024-01-06 |
| 400 | 55.29 | Apeldoorn      | 2024-01-27 |
| hss | 12.27 | Apeldoorn      | 2024-02-11 |
| ver | 5.72  | Naaldwijk      | 2024-01-20 |

**Ziggy Veldman**

|     |       |                |            |
|-----|-------|----------------|------------|
| 60  | 7.21  | Apeldoorn      | 2024-02-10 |
| 200 | 24.45 | Dortmund (Dui) | 2024-01-06 |
| 400 | 52.93 | Apeldoorn      | 2023-12-17 |
| hss | 13.67 | Apeldoorn      | 2024-02-11 |
| ver | 6.94  | Apeldoorn      | 2024-02-10 |

categorie **M U23**

**Lennert Naeff**

|           |         |                      |            |
|-----------|---------|----------------------|------------|
| 60        | 7.84    | Bordeaux (Fra)       | 2024-01-06 |
| 1000      | 3:28.88 | Bordeaux (Fra)       | 2024-01-07 |
| 60h 106,7 | 9.59    | Mouilleron le Captif | 2023-12-10 |
| hoog      | 2.05    | cr Bordeaux (Fra)    | 2024-01-06 |
| polshoog  | 4.25    | Bordeaux (Fra)       | 2024-01-07 |
| ver       | 6.40    | Bordeaux (Fra)       | 2024-01-06 |
| kogel 7¼  | 10.93   | Bordeaux (Fra)       | 2024-01-06 |
| 7-kamp    | 4372    | Bordeaux (Fra)       | 2024-01-07 |

# Kampioenschappen

## Nederlandse Kampioenschappen indoor

|          |                     |       |        |         |           |            |
|----------|---------------------|-------|--------|---------|-----------|------------|
| 9        | Jolanda Smedinga    | V55   | 60     | 10.51   | Apeldoorn | 2024-02-03 |
| 4        | Jolanda Smedinga    | V55   | 400    | 1:26.82 | Apeldoorn | 2024-02-03 |
| 4        | Jolanda Smedinga    | V55   | 800    | 3:24.92 | Apeldoorn | 2024-02-03 |
| 1        | Betty Bijker-Bangma | V60   | 800    | 2:42.94 | Apeldoorn | 2024-02-03 |
| 7        | Jolanda Smedinga    | V55   | 200    | 35.95   | Apeldoorn | 2024-02-04 |
| 1        | Betty Bijker-Bangma | V60   | 200    | 31.72   | Apeldoorn | 2024-02-04 |
| 1        | Linda vd Berg       | V45   | 60h    | 10.85   | Apeldoorn | 2024-02-04 |
| 2        | Linda vd Berg       | V45   | ver    | 4.40    | Apeldoorn | 2024-02-04 |
| 34       | Sanne Pultrum       | V U18 | 60     | 8.37    | Apeldoorn | 2024-02-10 |
| series 6 | Ziggy Veldman       | M U20 | 60     | 7.26    | Apeldoorn | 2024-02-10 |
| ½ fin 8  | Ziggy Veldman       | M U20 | 60     | 7.22    | Apeldoorn | 2024-02-10 |
| fin. 7   | Ziggy Veldman       | M U20 | 60     | 7.21    | Apeldoorn | 2024-02-10 |
| 22       | Norah Keijzer       | V U18 | 400    | 1:04.81 | Apeldoorn | 2024-02-10 |
| 7        | Britt Huisman       | V U18 | 400    | 58.04   | Apeldoorn | 2024-02-10 |
| 21       | Roy Veenstra        | M U20 | 400    | 55.60   | Apeldoorn | 2024-02-10 |
| 2        | Meike Huistra       | V U18 | ver    | 5.71    | Apeldoorn | 2024-02-10 |
| 2        | Ziggy Veldman       | M U20 | ver    | 6.94    | Apeldoorn | 2024-02-10 |
| 12       | Sybre van Gelder    | M U18 | kogel  | 12.67   | Apeldoorn | 2024-02-10 |
| 13       | Sanne Pultrum       | V U18 | 200    | 26.53   | Apeldoorn | 2024-02-11 |
| 15       | Max Kroon           | M U18 | 200    | 24.46   | Apeldoorn | 2024-02-11 |
| series 1 | Bram Persson        | M U18 | 200    | 22.45   | Apeldoorn | 2024-02-11 |
| fin. 2   | Bram Persson        | M U18 | 200    | 22.32   | Apeldoorn | 2024-02-11 |
| series 1 | Jeroen Persson      | M U20 | 200    | 22.04   | Apeldoorn | 2024-02-11 |
| fin. 2   | Jeroen Persson      | M U20 | 200    | 21.67   | Apeldoorn | 2024-02-11 |
| series 5 | Meike Huistra       | V U18 | 60h    | 8.80    | Apeldoorn | 2024-02-11 |
| fin. 8   | Meike Huistra       | V U18 | 60h    | 8.87    | Apeldoorn | 2024-02-11 |
| 4        | Meike Huistra       | V U18 | hoog   | 1.57    | Apeldoorn | 2024-02-11 |
| 4        | Ziggy Veldman       | M U20 | hss    | 13.67   | Apeldoorn | 2024-02-11 |
| 6        | Roy Veenstra        | M U20 | hss    | 12.27   | Apeldoorn | 2024-02-11 |
| 9        | Ziggy Veldman (U20) | M     | hss    | 13.05   | Apeldoorn | 2024-02-17 |
| 2        | Meike Huistra       | V U18 | 5-kamp | 3669    | Apeldoorn | 2024-02-17 |