

Clubrecords AV Heerenveen outdoor

Laura vd Akker

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|-----|--|-------------|-------|------------|------------|
| V | | discus | 41.70 | Sneek | 2003-07-02 |
| V | | werp 3-kamp | 1933 | Steenwijk | 2003-06-06 |
| V35 | | discus | 37.13 | Steenwijk | 2013-07-19 |
| V35 | | kogel | 10.08 | Soest | 2012-09-01 |
| V35 | | werp 3-kamp | 1897 | Heerenveen | 2012-10-06 |
| V40 | | discus | 34.41 | Kampen | 2019-05-08 |
| V40 | | werp 3-kamp | 1908 | Steenwijk | 2021-10-10 |
| V45 | | discus | 29.06 | Steenwijk | 2024-06-28 |

Paul Aldershof

| | | | | | |
|-------|-------|----------|-------|-------------|------------|
| M U12 | | kogel | 11.10 | Stadskanaal | 1985-08-17 |
| M U16 | | kogel | 15.95 | Amsterdam | 1989-08-27 |
| M U18 | | kogel | 17.41 | Krommenie | 1991-07-21 |
| M U18 | | kogelsl. | 44.12 | Drachten | 1991-05-24 |
| M U20 | | discus | 49.28 | Leer (Dui) | 1993-09-11 |
| M U20 | | kogel | 17.36 | Groningen | 1993-06-27 |
| M U20 | (U18) | kogelsl. | 36.70 | Roosendaal | 1991-09-01 |
| M U23 | | discus | 46.76 | Assen | 1994-07-17 |
| M U23 | | kogel | 16.26 | Leiden | 1994-06-25 |
| M | (U23) | kogel | 16.26 | Leiden | 1994-06-25 |

Vera van Aurich

| | | | | | |
|-------|-------|-----|-------|----------------|------------|
| V U16 | | 300 | 41.92 | Gladbeck (Dui) | 2012-09-08 |
| V U18 | | 200 | 25.55 | Harderwijk | 2013-06-16 |
| V U18 | (U16) | 300 | 41.92 | Gladbeck (Dui) | 2012-09-08 |
| V U20 | (U18) | 200 | 25.55 | Harderwijk | 2013-06-16 |

Rutger Berends

| | | | | | |
|-------|--|----------|------|-------|------------|
| M U10 | | hurkhoog | 1.15 | Sneek | 2013-09-14 |
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Linda vd Berg

| | | | | | |
|-----|-------|--------|---------|------------|------------|
| V35 | (V45) | 150 | 21.09 | Steenwijk | 2022-06-24 |
| V35 | (V40) | 200 | 28.32 | Heerenveen | 2021-10-02 |
| V35 | (V40) | 300 | 47.20 | Steenwijk | 2021-07-09 |
| V35 | (V45) | 400 | 1:04.99 | Harderwijk | 2023-07-01 |
| V35 | (V45) | ver | 4.71 | Heerenveen | 2022-05-01 |
| | | | | Emmen | 2022-04-24 |
| V40 | (V45) | 150 | 21.09 | Steenwijk | 2022-06-24 |
| V40 | | 200 | 28.32 | Heerenveen | 2021-10-02 |
| V40 | | 300 | 47.20 | Steenwijk | 2021-07-09 |
| V40 | (V45) | 400 | 1:04.99 | Harderwijk | 2023-07-01 |
| V40 | (V45) | 400h | 1:14.81 | Heerenveen | 2022-05-21 |
| V40 | (V45) | ver | 4.71 | Heerenveen | 2022-05-01 |
| | | | | Emmen | 2022-04-24 |
| V40 | (V45) | kogel | 9.93 | Steenwijk | 2023-04-02 |
| V40 | | speer | 28.36 | Heerenveen | 2021-10-02 |
| V40 | (V45) | 7-kamp | 4344 | Heerenveen | 2023-05-07 |
| V45 | | 100 | 14.36 | Groningen | 2023-06-03 |
| V45 | | 150 | 21.09 | Steenwijk | 2022-06-24 |
| V45 | | 200 | 28.42 | Heerenveen | 2023-05-06 |
| V45 | | 300 | 47.32 | Steenwijk | 2023-04-02 |
| V45 | | 400 | 1:04.99 | Harderwijk | 2023-07-01 |
| V45 | | 80h | 13.55 | Heerenveen | 2023-05-06 |
| V45 | | 400h | 1:14.81 | Heerenveen | 2022-05-21 |
| V45 | | hoog | 1.36 | Heerenveen | 2023-05-06 |
| V45 | | ver | 4.71 | Heerenveen | 2022-05-01 |
| | | | | Emmen | 2022-04-24 |

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|-----|--|--------|-------|------------|------------|
| V45 | | kogel | 9.93 | Steenwijk | 2023-04-02 |
| V45 | | speer | 28.09 | Heerenveen | 2023-05-07 |
| V45 | | 7-kamp | 4747 | Heerenveen | 2023-05-07 |

Mart Bijker

| | | | | | |
|-------|------|---------|------|-------|------------|
| M U9 | | duur 4' | 1225 | Sneek | 2015-06-06 |
| M U10 | (U9) | duur 4' | 1225 | Sneek | 2015-06-06 |

Betty Bijker-Bangma

| | | | | | |
|-----|-------|------|----------|---------------|------------|
| V35 | (V55) | mijl | 6:13.93 | Steenwijk | 2021-07-09 |
| V40 | (V55) | 1000 | 3:29.84 | Hengelo | 2021-07-01 |
| V40 | (V55) | mijl | 6:13.93 | Steenwijk | 2021-07-09 |
| V45 | (V55) | 1000 | 3:29.84 | Hengelo | 2021-07-01 |
| V45 | (V55) | mijl | 6:13.93 | Steenwijk | 2021-07-09 |
| V45 | (V55) | 5000 | 21:25.11 | Heerenveen | 2021-10-02 |
| V50 | (V55) | 150 | 23.18 | Steenwijk | 2018-07-13 |
| V50 | (V55) | 200 | 31.24 | Heerenveen | 2022-05-21 |
| V50 | (V55) | 300 | 50.03 | Steenwijk | 2018-07-13 |
| V50 | (V60) | 400 | 1:10.13 | Hilversum | 2024-05-25 |
| V50 | (V55) | 800 | 2:39.23 | Heerhugowaard | 2021-08-13 |
| V50 | (V55) | 1000 | 3:29.84 | Hengelo | 2021-07-01 |
| V50 | (V55) | 1500 | 5:35.24 | Emmen | 2018-05-13 |
| V50 | (V55) | mijl | 6:13.93 | Steenwijk | 2021-07-09 |
| V50 | (V55) | 3000 | 12:46.50 | Ede | 2022-06-19 |
| V50 | (V55) | 5000 | 21:25.11 | Heerenveen | 2021-10-02 |
| V55 | (V60) | 100 | 15.33 | Steenwijk | 2024-03-30 |
| V55 | | 150 | 23.18 | Steenwijk | 2018-07-13 |
| V55 | | 200 | 31.24 | Heerenveen | 2022-05-21 |
| V55 | | 300 | 50.03 | Steenwijk | 2018-07-13 |
| V55 | (V60) | 400 | 1:10.13 | Hilversum | 2024-05-25 |
| V50 | | 800 | 2:39.23 | Heerhugowaard | 2021-08-13 |
| V55 | | 1000 | 3:29.84 | Hengelo | 2021-07-01 |
| V55 | | 1500 | 5:35.24 | Emmen | 2018-05-13 |
| V55 | | mijl | 6:13.93 | Steenwijk | 2021-07-09 |
| V55 | | 3000 | 12:46.50 | Ede | 2022-06-19 |
| V55 | | 5000 | 21:25.11 | Heerenveen | 2021-10-02 |
| V60 | | 100 | 15.33 | Steenwijk | 2024-03-30 |
| V60 | | 200 | 31.84 | Hilversum | 2024-05-26 |
| V60 | | 400 | 1:10.13 | Hilversum | 2024-05-25 |
| V60 | | 800 | 2:42.00 | Apeldoorn | 2023-04-21 |
| V60 | | 1500 | 5:36.26 | Emmen | 2023-04-30 |

Natan Bikker

| | | | | | |
|-------|--|--------|-------|------------|------------|
| M U12 | | vortex | 38.00 | Heerenveen | 2016-09-17 |
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Anke Binnema

| | | | | | |
|-------|--|------|------|-------------|------------|
| V U10 | | hoog | 1.20 | Hoogeveen | 2012-05-12 |
| | | | | Stadskanaal | 2012-06-16 |

Jildou Binnema

| | | | | | |
|-------|--|-------------|-------|------------|------------|
| V U9 | | balwerpen | 20.66 | Heerenveen | 2013-10-05 |
| V U9 | | slingeren | 13.50 | Steenwijk | 2013-06-15 |
| V U14 | | werp 3-kamp | 1464 | Steenwijk | 2018-10-14 |
| V U16 | | speer | 35.60 | Heerenveen | 2020-09-26 |
| V U18 | | speer | 38.08 | Heerenveen | 2022-05-21 |

Nynke Bockhoven

| | | | | | |
|-------|--|-----|-----|------------|------------|
| V U12 | | 60h | 9.8 | Heerenveen | 2013-06-01 |
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Lisa Bodewes

| | | | | | |
|------|--|-----------|-------|----------|------------|
| V U9 | | slingeren | 13.50 | Drachten | 2016-07-02 |
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Cobi de Boer

| | | | | |
|-----|-------------|-------|------------|------------|
| V50 | hoog | 1.20 | Epe | 1997-05-04 |
| V50 | ver | 3.72 | Heerenveen | 1997-10-04 |
| V50 | discus | 23.06 | Sneek | 1997-07-02 |
| V50 | kogel | 9.25 | Heerenveen | 1997-05-14 |
| V50 | kogelsl. | 22.45 | Drachten | 2000-05-31 |
| V50 | speer | 23.62 | Heerenveen | 1997-05-14 |
| V60 | discus | 18.11 | Heerenveen | 2008-10-04 |
| V60 | kogel | 7.24 | Sneek | 2006-06-28 |
| V60 | speer | 15.96 | Sneek | 2006-06-28 |
| V60 | werp 3-kamp | 1453 | Sneek | 2006-06-28 |
| V65 | discus | 17.50 | Heerenveen | 2012-10-06 |

Tessa de Boer

| | | | | |
|-------------|--------|----------|----------------|------------|
| V U18 | 1500 | 4:44.40 | Oordegem (Bel) | 2013-07-06 |
| V U18 | 3000 | 10:21.82 | Breda | 2012-06-01 |
| V U18 | 2000st | 7:15.68 | Eindhoven | 2013-06-30 |
| V U18 | 3000st | 11:13.83 | Oordegem (Bel) | 2013-06-01 |
| V U20 (U18) | 2000st | 7:15.68 | Eindhoven | 2013-06-30 |
| V U23 (U18) | 2000st | 7:15.68 | Eindhoven | 2013-06-30 |

Kristel Bottinga

| | | | | |
|-------------|------|-------|-------------|------------|
| V U16 | 80 | 10.21 | Emmeloord | 1999-06-19 |
| V U16 | 150 | 18.6 | Assen | 1999-07-10 |
| V U16 | 80h | 11.60 | Stadskanaal | 1999-07-04 |
| V U18 | 100 | 12.42 | Hengelo | 2000-06-24 |
| V U18 (U16) | 150 | 18.6 | Assen | 1999-07-10 |
| V U18 | 100h | 14.35 | Zevenaar | 1999-06-13 |
| V U20 (U18) | 100 | 12.42 | Hengelo | 2000-06-24 |
| V U20 (U16) | 150 | 18.6 | Assen | 1999-07-10 |
| V U23 (U18) | 100 | 12.42 | Hengelo | 2000-06-24 |
| V U23 (U16) | 150 | 18.6 | Assen | 1999-07-10 |
| V (U16) | 150 | 18.6 | Assen | 1999-07-10 |

Reinier Bouma

| | | | | |
|-------|------|-------|----------|------------|
| M U16 | 100h | 13.94 | Emmen | 2003-09-06 |
| M U18 | 110h | 14.53 | Helmond | 2005-06-26 |
| M U20 | 110h | 14.15 | Utrecht | 2007-07-08 |
| M U23 | 110h | 14.49 | Nijmegen | 2009-05-21 |
| M | 110h | 14.31 | Leiden | 2011-06-11 |

Silke Breeuwer

| | | | | |
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| M U10 | balwerpen | 37.66 | Drachten | 2002-09-07 |
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Fleur Brouwer

| | | | | |
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| V U10 | hurkhoog | 1.10 | Leeuwarden | 2016-05-28 |
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Kyra Brouwer

| | | | | |
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| V U18 | 5000 | 20:09.28 | Leeuwarden | 2020-09-04 |
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Althea Browne

| | | | | |
|-----|-------|---------|------------|------------|
| V60 | 3000 | 19:48.8 | Heerenveen | 2013-10-05 |
| V65 | 100 | 21.01 | Amersfoort | 2019-04-07 |
| V65 | kogel | 5.88 | Amersfoort | 2019-04-07 |

Jurre Buitendijk

| | | | | |
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| M U8 | 600 | 2:27.07 | Heerenveen | 2021-10-02 |
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Melina Congiu

| | | | | |
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| V35 (V40) | 100 | 13.75 | Vught | 2022-09-18 |
| V35 (V40) | 100h | 17.84 | Groningen | 2022-06-11 |

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| V35 | (V40) | hoog | 1.47 | Harderwijk | 2022-05-28 |
| V35 | (V40) | 7-kamp | 3503 | Groningen | 2022-06-12 |
| V40 | | 100 | 13.75 | Vught | 2022-09-18 |
| V40 | | 80h | 13.22 | Best | 2022-07-01 |
| V40 | | hoog | 1.47 | Harderwijk | 2022-05-28 |

Sabrina Cruden

| | | | | | |
|-------|-------|--------|-------|------------|------------|
| V U20 | | 7-kamp | 4581 | Emmeloord | 2022-06-05 |
| V U23 | | 7-kamp | 5105 | Hengelo | 2024-06-30 |
| V | (U23) | 7-kamp | 5105 | Hengelo | 2024-06-30 |
| V U23 | | 100h | 14.42 | Heerenveen | 2024-05-04 |
| V | (U23) | 100h | 14.42 | Heerenveen | 2024-05-04 |

Kevin Damstra

| | | | | | |
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| M | | 300 | 35.2 | Steenwijk | 2014-07-18 |
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Andrea Deelstra

| | | | | | |
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| V U20 | | 3000 | 10:12.47 | Leiden | 2004-06-02 |
| V U20 | | 5000 | 17:41.52 | Utrecht | 2004-05-14 |
| V U20 | | 3000st | 11:13.44 | Utrecht | 2004-07-11 |
| V U23 | | 3000 | 9:23.70 | Merksem (Bel) | 2007-08-25 |
| V U23 | | 5000 | 16:29.98 | Utrecht | 2007-09-07 |
| V U23 | | 10000 | 36:05.04 | Utrecht | 2005-06-17 |
| V U23 | | 3000st | 9:54.25 | Amsterdam | 2006-07-09 |
| V | | 2000 | 6:08.06 | Leiden | 2011-04-27 |
| V | | 5000 | 16:06.88 | Utrecht | 2017-09-01 |
| V | | 10000 | 34:33.99 | Leiden | 2020-09-19 |
| V | | 2000st | 6:49.76 | Zele (Bel) | 2008-05-24 |
| V | (U23) | 3000st | 9:54.25 | Amsterdam | 2006-07-09 |
| V35 | | 10000 | 34:33.99 | Leiden | 2020-09-19 |

Piet Deelstra

| | | | | | |
|---|--|------|---------|----------|------------|
| M | | 3000 | 8:18.4 | Papendal | 1975-07-16 |
| M | | 5000 | 14:12.4 | Papendal | 1974-08-03 |

Jeroen van Dijk

| | | | | | |
|-------|--|--------|---------|-------|------------|
| M U18 | | 2000st | 6:47.37 | Breda | 2015-06-28 |
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Geke Dijkstra

| | | | | | |
|---|--|-----|------|-----------|------------|
| V | | 100 | 12.0 | Amsterdam | 1965-08-07 |
| V | | 200 | 25.0 | Enschede | 1965 |

Martijn Dijkstra

| | | | | | |
|-------|--|------|--------|-----------|------------|
| M U16 | | mijl | 5:36.6 | Steenwijk | 2007-07-13 |
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Paul Dijkstra

| | | | | | |
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| M | | 100 | 10.81 | Amsterdam | 1987-05-29 |
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Pieter Dogger

| | | | | | |
|-----|--|-----|-------|-----------|------------|
| M35 | | 300 | 42.34 | Steenwijk | 2023-04-02 |
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Tjalle-Durk vd Eems

| | | | | | |
|-------|-------|-------|-------|---------------|------------|
| M U18 | | speer | 53.75 | Assendelft | 2021-09-05 |
| M U20 | | speer | 55.86 | Houston (USA) | 2023-03-16 |
| M U23 | (U20) | speer | 55.86 | Houston (USA) | 2023-03-16 |

Ruben Eerdmans

| | | | | | |
|------|--|-----|-----|----------|------------|
| M U9 | | 40h | 7.7 | Drachten | 2023-06-24 |
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Lammert Ekkers

| | | | | | |
|-------|------|-----|--------|------------|------------|
| M U9 | | 600 | 2:05.0 | Leeuwarden | 2007-09-22 |
| M U10 | (U9) | 600 | 2:05.0 | Leeuwarden | 2007-09-22 |

Eddy Elsinga

| | | | | | |
|-----|-------|------|---------|------------|------------|
| M35 | (M50) | 150 | 20.44 | Steenwijk | 2019-07-05 |
| M35 | | 200 | 25.8 | Heerenveen | 2007-08-31 |
| M35 | | 400 | 54.91 | Heerenveen | 2007-06-30 |
| M35 | | 800 | 2:03.48 | Heerenveen | 2005-07-09 |
| M35 | | 1000 | 2:44.00 | Epe | 2007-04-11 |
| M40 | (M50) | 150 | 20.44 | Steenwijk | 2019-07-05 |
| M40 | | 200 | 26.63 | Leeuwarden | 2011-07-02 |
| M40 | (M50) | 300 | 42.91 | Steenwijk | 2019-07-05 |
| M40 | | 400 | 55.83 | Heerenveen | 2010-05-22 |
| M40 | | 800 | 2:08.43 | Utrecht | 2011-05-06 |
| M40 | (M50) | 150 | 20.44 | Steenwijk | 2019-07-05 |
| M45 | | 200 | 27.90 | Hengelo | 2017-05-27 |
| M45 | (M50) | 300 | 42.91 | Steenwijk | 2019-07-05 |
| M45 | | 800 | 2:15.0 | Heerenveen | 2016-10-01 |
| M45 | | 1000 | 3:01.89 | Zwolle | 2017-04-19 |
| M50 | | 150 | 20.44 | Steenwijk | 2019-07-05 |
| M50 | | 300 | 42.91 | Steenwijk | 2019-07-05 |
| M50 | | 400 | 1:01.42 | Heiloo | 2019-07-12 |
| M50 | | 800 | 2:27.9 | Heerenveen | 2019-10-05 |

Fiona van Es

| | | | | | |
|-------|--|------|------|----------|------------|
| V U20 | | 100h | 14.6 | Drachten | 1990-06-24 |
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Henk Evers

| | | | | | |
|-----|-------|-------|-------|-----------------|------------|
| M | | 200h | 24.9 | Groningen | 1962-10-07 |
| M | | hss | 15.64 | Innsbruck (Oos) | 1963-07-27 |
| M | | ver | 7.28 | Innsbruck (Oos) | 1963-07-27 |
| M45 | | 100 | 12.7 | Utrecht | 1989-06-18 |
| M45 | (M50) | ver | 5.64 | Heerhugowaard | 1992-06-14 |
| M50 | | 100 | 13.12 | Utrecht | 1990-06-24 |
| M50 | | ver | 5.64 | Heerhugowaard | 1992-05-06 |
| M50 | | kogel | 10.99 | Heerenveen | 1993-10-02 |
| M55 | | 100 | 14.0 | Heerenveen | 1994-10-08 |
| M55 | | ver | 5.08 | Heerenveen | 1994-10-08 |

Willem Faber

| | | | | | |
|-----|--|------|---------|------------|------------|
| M35 | | 3000 | 9:00.10 | Heerenveen | 2000-04-28 |
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Simone Falkena

| | | | | | |
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| V35 | | 400h | 1:11.27 | Emmeloord | 2015-05-03 |
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Siska Folkertsma

| | | | | | |
|-----|-------|-------------|-------|------------|------------|
| V45 | (V55) | hoog | 1.20 | Heerenveen | 2018-10-06 |
| V50 | (V55) | hoog | 1.20 | Heerenveen | 2018-10-06 |
| V50 | (V55) | werp 3-kamp | 1454 | Heerenveen | 2018-10-06 |
| V55 | | hoog | 1.20 | Heerenveen | 2018-10-06 |
| V55 | | discus | 21.72 | Heerenveen | 2018-10-06 |
| V55 | | kogelsl. | 15.73 | Apeldoorn | 2018-06-10 |
| V55 | | speer | 18.58 | Heerenveen | 2018-10-06 |
| V55 | | werp 3-kamp | 1561 | Heerenveen | 2018-10-06 |

Arjen van Gelderen

| | | | | | |
|------|--|-----------|-------|----------|------------|
| M U9 | | balwerpen | 30.19 | Drachten | 2002-09-07 |
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Marrit van Gelderen

| | | | | | |
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| V U18 | | hss | 10.88 | Apeldoorn | 2008-06-29 |
| V U23 | | 200 | 25.54 | Harderwijk | 2013-06-16 |
| V U23 | | 300 | 40.74 | Amsterdam | 2013-07-28 |

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| V | (U23) | 300 | 40.74 | Amsterdam | 2013-07-28 |
| V | | kogelsl. | 33.49 | Heerenveen | 2016-05-14 |

Thijmen Groenendal

| | | | | | |
|-------|--|---------|---------|------------|------------|
| M U12 | | 600 | 1:53.87 | Heerenveen | 2021-10-02 |
| M U12 | | duur 6' | 1675 | Leeuwarden | 2021-06-26 |

Harry de Groot

| | | | | | |
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| M U12 | | balwerpen | 47.00 | Heerenveen | 1982-09-04 |
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Elisabeth de Haan

| | | | | | |
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| V U9 | | 40h | 7.2 | Steenwijk | 2015-06-27 |
| V U9 | | hurkhoog | 1.00 | Heerenveen | 2015-09-19 |
| V U10 | | 40h | 7.3 | Drachten | 2016-07-02 |
| V U10 | | hurkhoog | 1.10 | Leeuwarden | 2016-05-28 |
| V U12 | | 60 | 8.66 | Heerenveen | 2018-10-06 |
| V U12 | | hoog | 1.40 | Heerenveen | 2018-07-14 |
| V U12 | | ver | 4.61 | Heerenveen | 2018-10-06 |

Gerwin de Haan

| | | | | | |
|-------|--|-------------|-------|----------------------|--------------------------|
| M U20 | | polshoog | 4.20 | Stadskanaal Vught | 2017-07-09 2017-07-02 |
| M U20 | | 10-kamp | 6470 | Stadskanaal | 2017-07-09' |
| M U20 | | werp 3-kamp | 1770 | Assen | 2018-03-21 |
| M | | speer | 56.48 | San Marcos (USA) | 2023-05-05 |
| M | | 10-kamp | 6761 | San Marcos (USA) | 2023-05-05 |

Sander de Haan

| | | | | | |
|-------|--|----------|------|-----------|------------|
| M U16 | | polshoog | 3.12 | Groningen | 2022-09-04 |
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Rudy Hartog

| | | | | | |
|-----|-------|------|-------|------------|------------|
| M55 | (M65) | hoog | 1.20 | Heerenveen | 2018-10-06 |
| M60 | (M65) | hoog | 1.20 | Heerenveen | 2018-10-06 |
| M65 | | 100 | 15.92 | Heerenveen | 2020-07-25 |
| M65 | | 200 | 32.70 | Heerenveen | 2020-07-25 |
| M65 | | hoog | 1.20 | Heerenveen | 2018-10-06 |

Jan vd Heide

| | | | | | |
|-----|--|----------|---------|------------|------------|
| M60 | | 800 | 2:42.8 | Heerenveen | 2011-10-01 |
| M60 | | 3000 | 12:14.3 | Heerenveen | 2013-10-05 |
| M60 | | ver | 3.57 | Heerenveen | 2011-10-01 |
| M65 | | ver | 3.32 | Heerenveen | 2017-10-07 |
| M70 | | 200 | 35.14 | Ede | 2022-06-19 |
| M70 | | kogelsl. | 16.77 | Ede | 2022-06-19 |
| M70 | | speer | 23.32 | Heerenveen | 2022-10-01 |

Jacques van Helden

| | | | | | |
|-----|--|-------|----------|------------|------------|
| M50 | | 10000 | 40:16.46 | Heerenveen | 1997-05-28 |
| M55 | | 400 | 1:09.98 | Heerenveen | 2002-06-07 |
| M55 | | 800 | 2:40.98 | Steenwijk | 2001-09-09 |
| M55 | | 10000 | 41:50.9 | Steenwijk | 2001-07-20 |

Hans Hes

| | | | | | |
|-----|--|-------|------|-----------|------------|
| M70 | | kogel | 8.13 | Steenwijk | 2018-04-07 |
| M75 | | kogel | 7.98 | Steenwijk | 2018-07-13 |

Jonne Pieter Hijlkema

| | | | | | |
|------|--|-----------|-------|------------|------------|
| M U8 | | 40 | 7.4 | Drachten | 2019-04-20 |
| M U8 | | slingeren | 13.50 | Leeuwarden | 2019-06-29 |

Ronny Hoekstra

| | | | | |
|-------|------|--------|-----------|------------|
| V U20 | 800 | 2:12.8 | Aalsmeer | 1979-05-03 |
| V U20 | 1500 | 4:33.6 | Groningen | 1979-05-06 |

Rutger Hoekstra

| | | | | |
|-------|-----|-------|-----------|------------|
| M U16 | hss | 12.10 | Amsterdam | 2018-08-25 |
|-------|-----|-------|-----------|------------|

Lars van Hoeven

| | | | | |
|-------------|------|---------|-------------------|------------|
| M U14 | 150 | 20.27 | Hoogeveen | 2012-06-08 |
| M U16 | 100 | 11.71 | Utrecht | 2014-06-20 |
| M U16 | 150 | 17.57 | Utrecht | 2014-08-08 |
| M U16 | 200 | 23.11 | Utrecht | 2014-06-20 |
| M U16 | 300 | 36.28 | Amsterdam | 2014-08-30 |
| M U16 | 400 | 49.85 | Amsterdam | 2014-07-06 |
| M U16 | 800 | 1:59.58 | Groningen | 2014-06-07 |
| M U18 | 300 | 35.88 | Lisse | 2016-05-07 |
| M U18 | 800 | 1:56.03 | Leuven (Bel) | 2016-07-30 |
| M U20 (U18) | 300 | 35.88 | Lisse | 2016-05-07 |
| M U20 | 400 | 48.30 | Ninove (Bel) | 2018-07-28 |
| M U20 | 600 | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| M U20 | 800 | 1:50.18 | Nijmegen | 2018-06-08 |
| M U20 | 1000 | 2:31.78 | Lisse | 2017-05-13 |
| M U20 | 1500 | 3:55.47 | Utrecht | 2018-08-03 |
| M U20 | 200h | 27.82 | Assen | 2017-09-02 |
| M U23 (U18) | 300 | 35.88 | Lisse | 2016-05-07 |
| M U23 (U20) | 400 | 48.21 | Ertvelde (Bel) | 2021-07-21 |
| M U23 (U20) | 600 | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| M U23 | 800 | 1:49.39 | Heusden (Bel) | 2021-07-03 |
| M U23 | 1000 | 2:26.97 | Tilburg | 2020-09-12 |
| M U23 (U20) | 1500 | 3:55.47 | Utrecht | 2018-08-03 |
| M (U23) | 400 | 48.21 | Ertvelde (Bel) | 2021-07-21 |
| M (U20) | 600 | 1:18.72 | Pliezhausen (Dui) | 2018-05-13 |
| M (U23) | 800 | 1:49.39 | Heusden (Bel) | 2021-07-03 |
| M (U23) | 1000 | 2:26.97 | Tilburg | 2020-09-12 |
| M (U20) | 1500 | 3:55.47 | Utrecht | 2018-08-03 |

Rianne Hospes

| | | | | |
|------|-------|------|------------|------------|
| V U9 | kogel | 7.49 | Heerenveen | 1994-10-08 |
|------|-------|------|------------|------------|

Morris Hulsman

| | | | | |
|-------|---------|------|------------|------------|
| M U12 | polsver | 4.80 | Leeuwarden | 2017-04-08 |
|-------|---------|------|------------|------------|

Britt Huisman

| | | | | |
|-------------|---------|-------|----------------|------------|
| V U12 | polsver | 5.00 | Leeuwarden | 2019-06-29 |
| V U16 | 300 | 41.84 | Amsterdam | 2023-09-03 |
| V U16 | 400 | 56.90 | Bergen op Zoom | 2023-06-25 |
| V U18 | 300 | 40.87 | Lisse | 2024-05-11 |
| V U18 (U16) | 400 | 56.90 | Bergen op Zoom | 2023-06-25 |
| V U20 (U18) | 300 | 40.87 | Lisse | 2024-05-11 |
| V U20 (U16) | 400 | 56.90 | Bergen op Zoom | 2023-06-25 |
| V U23 (U16) | 400 | 56.90 | Bergen op Zoom | 2023-06-25 |
| V (U16) | 400 | 56.90 | Bergen op Zoom | 2023-06-25 |

Meike Huistra

| | | | | |
|-------|-----------|-------|------------|------------|
| V U8 | 40 | 7.48 | Heerenveen | 2015-06-13 |
| V U8 | hurkhoog | 0.95 | Heerenveen | 2015-09-19 |
| V U9 | hoog | 1.10 | Heerenveen | 2016-09-17 |
| V U9 | ver | 3.50 | Heerenveen | 2016-10-01 |
| V U9 | balstoten | 5.90 | Heerenveen | 2016-09-17 |
| V U9 | slingeren | 13.50 | Drachten | 2016-07-02 |
| V U9 | vortex | 18.15 | Heerenveen | 2016-10-01 |
| V U10 | hoog | 1.20 | Sneek | 2017-09-09 |
| V U10 | balstoten | 6.70 | Heerenveen | 2017-09-16 |
| V U14 | hoog | 1.61 | Best | 2021-10-09 |

| | | | | | |
|-------|--|--------|-------|-------------|------------|
| V U14 | | ver | 4.97 | Papendrecht | 2021-08-28 |
| V U14 | | kogel | 13.32 | Zoetermeer | 2021-09-12 |
| V U14 | | speer | 33.40 | Assen | 2021-07-03 |
| V U14 | | 6-kamp | 3618 | Zoetermeer | 2021-09-12 |
| V U16 | | hoog | 1.65 | Zoetermeer | 2023-09-09 |
| | | | | Almere | 2023-04-16 |
| | | | | Rotterdam | 2022-09-17 |
| V U16 | | ver | 5.52 | Amsterdam | 2023-09-02 |
| V U18 | | ver | 5.68 | Utrecht | 2024-06-15 |
| V U16 | | 7-kamp | 4596 | Zoetermeer | 2023-09-10 |
| V U18 | | 7-kamp | 5062 | Best | 2024-07-07 |

Tjeerd vd Iest

| | | | | | |
|---|--|------|--------|-----------|------------|
| M | | 2000 | 5:52.3 | Apeldoorn | 1964-08-12 |
|---|--|------|--------|-----------|------------|

Feico Jansma

| | | | | | |
|-----|-------|-------------|--------|---------------|------------|
| M35 | (M45) | speer | 39.96 | Leiden | 1990-09-15 |
| M40 | (M45) | speer | 39.96 | Leiden | 1990-09-15 |
| M45 | | 400 | 1:00.5 | Den Haag | 1988-05-08 |
| M45 | | speer | 39.96 | Leiden | 1990-09-15 |
| M50 | | speer | 38.64 | Heerhugowaard | 1992-06-14 |
| M60 | | kogel | 9.99 | Assen | 2005-09-07 |
| M60 | | speer | 36.40 | Drachten | 2006-09-09 |
| M60 | | werp 3-kamp | 1655 | Steenwijk | 2006-06-02 |
| M65 | | discus | 37.43 | Steenwijk | 2007-04-07 |
| M65 | | kogel | 9.56 | Steenwijk | 2007-06-01 |
| M65 | | speer | 35.29 | Heerenveen | 2007-06-30 |
| M65 | | werp 3-kamp | 1797 | Steenwijk | 2007-06-01 |
| M70 | (M75) | discus | 26.15 | Emmeloord | 2017-06-17 |
| M70 | (M75) | werp 3-kamp | 779 | Heerenveen | 2019-10-05 |
| M75 | | discus | 26.15 | Emmeloord | 2017-06-17 |
| M75 | | speer | 17.60 | Emmen | 2018-05-13 |
| M75 | | werp 3-kamp | 927 | Heerenveen | 2019-10-05 |

Anniek de Jong

| | | | | | |
|-------|--|------|--------|------------|------------|
| V U9 | | 600 | 2:13.4 | Heerenveen | 2001-10-06 |
| V U10 | | 1000 | 3:53.9 | Heerenveen | 2002-06-25 |

Joke de Jong

| | | | | | |
|-------|-------|------|------|-------------|------------|
| V U16 | | hoog | 1.65 | Stadskanaal | 1975 |
| V U18 | | hoog | 1.75 | Vught | 1977-06-18 |
| V U20 | (U18) | hoog | 1.75 | Vught | 1977-06-18 |
| V U23 | | hoog | 1.80 | Groningen | 1980-04-27 |
| V | (U23) | hoog | 1.80 | Groningen | 1980-04-27 |

Roel de Jong

| | | | | | |
|-----|--|-------|---------|------------|------------|
| M35 | | 5000 | 15:10.3 | Emmen | 1995-05-21 |
| M35 | | 10000 | 31:36.9 | Heerenveen | 1995-08-30 |

Zwaantje de Jong

| | | | | | |
|---|--|-------|-------|----------|------|
| V | | kogel | 11.83 | Drachten | 1957 |
|---|--|-------|-------|----------|------|

Tjitte Jongsma

| | | | | | |
|-----|--|------|--------|------------|------------|
| M50 | | 1000 | 3:28.8 | Heerenveen | 2001-10-06 |
|-----|--|------|--------|------------|------------|

Cas Jonker

| | | | | | |
|------|--|----------|------|------------|------------|
| M U8 | | duur 4' | 925 | Drachten | 2016-07-02 |
| M U8 | | hurkhoog | 0.85 | Leeuwarden | 2016-05-28 |
| M U8 | | ver | 3.25 | Leeuwarden | 2016-05-28 |

Brechje Kaastra

| | | | | | |
|-------|-------|-------------|------|-----------|------------|
| V U18 | | werp 3-kamp | 1717 | Steenwijk | 1999-10-10 |
| V U20 | | ver | 5.81 | Hengelo | 2000-06-24 |
| V U23 | (U20) | ver | 5.81 | Hengelo | 2000-06-24 |
| V | (U20) | ver | 5.81 | Hengelo | 2000-06-24 |

Rienk Kan

| | | | | | |
|-------|--|-----|-------|---------|------------|
| M U23 | | hss | 14.04 | Tilburg | 2015-05-25 |
|-------|--|-----|-------|---------|------------|

Roelof Kedde

| | | | | | |
|-----|-------|-------|---------|------------|------------|
| M55 | (M65) | 25000 | 2:22:51 | Heerenveen | 2021-07-10 |
| M60 | (M65) | 25000 | 2:22:51 | Heerenveen | 2021-07-10 |
| M65 | | 25000 | 2:22:51 | Heerenveen | 2021-07-10 |

Bram Kielman

| | | | | | |
|-------|-------|------|----------|-----------|------------|
| M U18 | | 1500 | 4:08.10 | Eindhoven | 2013-06-30 |
| M U18 | | mijl | 4:37.5 | Steenwijk | 2013-07-19 |
| M U20 | | mijl | 4:25.12 | Steenwijk | 2015-07-10 |
| M U20 | | 3000 | 8:39.10 | Utrecht | 2015-05-29 |
| M U20 | | 5000 | 15:20.69 | Breda | 2015-06-26 |
| M U23 | (U20) | mijl | 4:25.12 | Steenwijk | 2015-07-10 |
| M U23 | | 3000 | 8:37.01 | Utrecht | 2017-05-12 |

Yoah Kirindongo

| | | | | | |
|------|--|-----------|------|------------|------------|
| M U8 | | 40 | 7.4 | Drachten | 2018-04-21 |
| M U8 | | balstoten | 5.20 | Heerenveen | 2018-09-15 |

Jaap Klaverboer

| | | | | | |
|-------|--|---------|------|-------|------------|
| M U23 | | 10-kamp | 6551 | Lisse | 1983-07-07 |
|-------|--|---------|------|-------|------------|

Charlotte Klijnstra

| | | | | | |
|-------|-------|-------------|-------|------------|------------|
| V U12 | | kogel | 8.56 | Heerenveen | 1996-10-05 |
| V U16 | | discus | 33.44 | Leeuwarden | 2000-09-23 |
| V U20 | | werp 3-kamp | 1514 | Steenwijk | 2003-06-06 |
| V U23 | (U20) | werp 3-kamp | 1514 | Steenwijk | 2003-06-06 |

Henriette Klijnstra

| | | | | | |
|------|--|------|--------|-------|------------|
| V U9 | | 1000 | 4:08.0 | Sneek | 1995-06-27 |
|------|--|------|--------|-------|------------|

Jan Haye Klijnstra

| | | | | | |
|-------|--|------|------|------------|------------|
| M U16 | | hoog | 1.85 | Heerenveen | 1995-06-13 |
| M U20 | | hoog | 2.00 | Drachten | 1999-06-30 |

Wieger Klijnstra

| | | | | | |
|-----|-------|-----|---------|------------|------------|
| M55 | | 150 | 23.2 | Steenwijk | 2006-07-14 |
| M55 | | 200 | 30.00 | Meppel | 2004-09-18 |
| M55 | | 300 | 52.73 | Steenwijk | 2007-04-07 |
| M60 | | 100 | 15.2 | Heerenveen | 2008-10-04 |
| M60 | (M70) | 150 | 25.36 | Steenwijk | 2019-07-05 |
| M60 | | 200 | 31.82 | Heerenveen | 2009-05-23 |
| M65 | (M70) | 150 | 25.36 | Steenwijk | 2019-07-05 |
| M65 | | 300 | 1:02.13 | Steenwijk | 2018-07-13 |
| M70 | | 100 | 16.75 | Amersfoort | 2019-04-07 |
| M70 | | 150 | 25.36 | Steenwijk | 2019-07-05 |
| M70 | | 300 | 1:05.55 | Steenwijk | 2019-07-05 |
| M75 | | 100 | 17.97 | Heerenveen | 2024-05-25 |
| M75 | | 200 | 39.80 | Heerenveen | 2024-05-25 |
| M75 | | 300 | 1:08.93 | Steenwijk | 2024-03-30 |

Johan Knoester

| | | | | | |
|-----|-------|-----|------|------------|------------|
| M70 | (M75) | ver | 2.76 | Heerenveen | 2020-09-26 |
| M75 | | ver | 2.76 | Heerenveen | 2020-09-26 |

Jan Jelle Koerts

| | | | | | |
|-----|-------|----------|------|-------|------------|
| M35 | (M40) | polshoog | 2.00 | Assen | 2011-06-05 |
| M40 | | polshoog | 2.00 | Assen | 2011-06-05 |

Krijn Kolhoff

| | | | | | |
|-----|-------|------|------|-----------|------------|
| M35 | (M40) | hoog | 1.65 | Krommenie | 1984-07-16 |
| M40 | | hoog | 1.65 | Krommenie | 1984-06-17 |
| M45 | | hoog | 1.55 | Den Haag | 1988-05-08 |

Kyla Koops

| | | | | | |
|-------|--|----------|------|------------|------------|
| V U10 | | hurkhoog | 1.10 | Heerenveen | 2015-09-19 |
|-------|--|----------|------|------------|------------|

Maaïke Kramer

| | | | | | |
|-------|--|-----------|-------|------------|------------|
| V U8 | | balwerpen | 15.76 | Heerenveen | 2011-06-25 |
| V U10 | | hurkhoog | 1.10 | Sneek | 2013-09-14 |

Folkert Krol

| | | | | | |
|-------|--|-----|---------|------------|------------|
| M U12 | | 60h | 9.3 | Heerenveen | 2022-09-10 |
| M U14 | | 600 | 1:41.16 | Sneek | 2024-05-18 |

Wiebe Kruithof

| | | | | | |
|-----|--|------|--------|-----------|------|
| M40 | | 3000 | 9:07.5 | Groningen | 1972 |
|-----|--|------|--------|-----------|------|

Ilona Landman

| | | | | | |
|------|--|------|--------|-------|------------|
| V U9 | | 1000 | 4:08.0 | Sneek | 1989-07-01 |
|------|--|------|--------|-------|------------|

Liam de Lang

| | | | | | |
|-------|--|-----------|-------|-------------|------------|
| M U8 | | hoog | 0.90 | Heerenveen | 2017-09-16 |
| | | | | Steenwijk | 2017-05-20 |
| M U8 | | balwerpen | 19.75 | Stadskanaal | 2017-06-24 |
| M U8 | | vortex | 18.50 | Drachten | 2017-07-08 |
| M U9 | | 40h | 7.7 | Drachten | 2018-04-21 |
| M U9 | | slingeren | 16.00 | Steenwijk | 2018-07-07 |
| M U10 | | hoog | 1.25 | Sneek | 2019-09-14 |
| M U10 | | balstoten | 7.50 | Sneek | 2019-09-14 |
| M U10 | | slingeren | 18.00 | Drachten | 2019-04-20 |
| M U10 | | vortex | 29.50 | Sneek | 2019-09-14 |
| M U12 | | slingeren | 25.00 | Heerenveen | 2021-06-05 |

Rudi vd Lelie

| | | | | | |
|-------|--|-------|----------|------------|------------|
| M U23 | | 5000 | 15:20.23 | Groningen | 1994-05-21 |
| M U23 | | 10000 | 32:34.1 | Heerenveen | 1994-09-14 |
| M | | 10000 | 30:02.06 | Heerenveen | 1997-05-28 |

Bettina van Leuveren

| | | | | | |
|-------|-------|--------|-------|--------|------|
| V U18 | | discus | 35.34 | Heiloo | 1976 |
| V U20 | | discus | 38.50 | | 1978 |
| V U23 | (U20) | discus | 38.50 | | 1978 |

Jens Linnebank

| | | | | | |
|-------|--|----------|------|------------|------------|
| M U10 | | hurkhoog | 1.15 | Heerenveen | 2015-09-19 |
|-------|--|----------|------|------------|------------|

Hans Lolkema

| | | | | | |
|-----|-------|-------------|-------|------------|------------|
| M | (M45) | werp 3-kamp | 1772 | Heerenveen | 2018-10-06 |
| M35 | (M45) | kogel | 15.59 | Heerenveen | 2017-05-20 |
| M35 | (M45) | kogelsl. | 33.44 | Apeldoorn | 2018-06-10 |
| M35 | (M45) | werp 3-kamp | 1772 | Heerenveen | 2018-10-06 |
| M40 | (M45) | kogel | 15.59 | Heerenveen | 2017-05-20 |
| M40 | (M45) | kogelsl. | 33.44 | Apeldoorn | 2018-06-10 |
| M40 | (M45) | werp 3-kamp | 1939 | Heerenveen | 2018-10-06 |

| | | | | |
|-----|-------------|-------|------------|------------|
| M45 | discus | 39.27 | Heerenveen | 2018-10-06 |
| M45 | kogel | 15.59 | Heerenveen | 2017-05-20 |
| M45 | kogelsl. | 33.44 | Apeldoorn | 2018-06-10 |
| M45 | werp 3-kamp | 2074 | Heerenveen | 2018-10-06 |

Marc van Lonkhuyzen

| | | | | |
|-------|------|--------|-----------|------------|
| M U16 | 1000 | 2:50.6 | Emmen | 1987-07-05 |
| M U16 | 300h | 41.2 | Amsterdam | 1987-08-23 |

Daan Looper

| | | | | |
|------|-----------|-------|-------|------------|
| M U8 | slingeren | 13.50 | Sneek | 2024-06-29 |
|------|-----------|-------|-------|------------|

Akkie Marinus

| | | | | |
|-----|-------|------|------------|------------|
| V55 | kogel | 8.05 | Heerenveen | 2001-10-06 |
|-----|-------|------|------------|------------|

Fedde Mast

| | | | | |
|-----------|------|---------|------------|------------|
| M55 (M60) | 1000 | 3:30.0 | Heerenveen | 2001-10-06 |
| M60 | 1000 | 3:30.0 | Heerenveen | 2001-10-06 |
| M60 | 5000 | 20:51.3 | Heerenveen | 2001-10-06 |

Fenna vd Meer

| | | | | |
|------|-----------|-------|------------|------------|
| V U8 | 40h | 8.0 | Leeuwarden | 2019-06-29 |
| V U8 | hoog | 0.95 | Steenwijk | 2019-05-25 |
| V U8 | balstoten | 4.80 | Sneek | 2019-09-14 |
| V U8 | slingeren | 12.50 | Leeuwarden | 2019-06-29 |
| V U8 | vortex | 14.50 | Sneek | 2019-09-14 |
| V U8 | duur 4' | 1000 | Heerenveen | 2020-09-12 |

Minke vd Meer

| | | | | |
|-------------|------|---------|-------------|------------|
| V U14 | 1000 | 3:09.71 | Amsterdam | 2008-09-07 |
| V U16 | 800 | 2:20.1 | Rijssen | 2010-06-04 |
| V U16 | 1000 | 2:59.14 | Utrecht | 2010-07-30 |
| V U16 | 1500 | 4:49.13 | Zwolle | 2010-06-27 |
| V U18 | 800 | 2:18.62 | Groningen | 2011-06-24 |
| V U18 (U16) | 1000 | 2:59.14 | Utrecht | 2010-07-30 |
| V U18 (U16) | mijl | 5:26.2 | Steenwijk | 2010-07-16 |
| V U18 (U16) | 2000 | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| V U20 (U16) | 1000 | 2:59.14 | Utrecht | 2010-07-30 |
| V U20 (U16) | mijl | 5:26.2 | Steenwijk | 2010-07-16 |
| V U20 (U16) | 2000 | 6:43.07 | Lemgo (Dui) | 2010-09-04 |
| V U23 (U16) | 2000 | 6:43.07 | Lemgo (Dui) | 2010-09-04 |

Sjoerd vd Meer

| | | | | |
|------|-----------|------|------------|------------|
| M U9 | balstoten | 6.50 | Heerenveen | 2018-09-15 |
|------|-----------|------|------------|------------|

Martine Metsemakers

| | | | | |
|-------|-------|-------|-------|------------|
| V U20 | kogel | 11.44 | Assen | 2000-05-07 |
|-------|-------|-------|-------|------------|

Henk Meyer

| | | | | |
|-----------|-----|------|------------|------------|
| M35 (M40) | 100 | 11.8 | Zwolle | 1980-08-15 |
| M35 (M40) | ver | 6.26 | Heerenveen | 1979 |
| M40 | 100 | 11.8 | Zwolle | 1980-08-15 |
| M40 | ver | 6.26 | Heerenveen | 1979 |

Anne-Karlijn Mos

| | | | | |
|-------|-------------|-------|-----------|------------|
| V U16 | kogel | 12.66 | Amsterdam | 2016-08-27 |
| V U16 | werp 3-kamp | 1663 | Steenwijk | 2016-10-09 |
| V U18 | kogel | 13.92 | Emmeloord | 2017-06-17 |

Lennert Naeff

| | | | | |
|-------|----------|------|-----------------|------------|
| M U18 | polshoog | 4.15 | Alphen a/d Rijn | 2019-06-29 |
|-------|----------|------|-----------------|------------|

| | | | | | |
|-------------------------|-------|-------------|--------|------------------|------------|
| M U23 | | hoog | 2.09 | Bondoufle (Fra) | 2023-07-22 |
| M | (U23) | hoog | 2.09 | Bondoufle (Fra) | 2023-07-22 |
| Marrit Nederhoed | | | | | |
| V U9 | | 40 | 6.7 | Assen | 1994-10-01 |
| V U9 | | ver | 3.50 | Assen | 1994-10-01 |
| V U10 | | 40 | 6.4 | Heerenveen | 1995-09-16 |
| Sverre Nota | | | | | |
| M U14 | | polshoog | 2.40 | Amsterdam | 2021-09-12 |
| Auke Siûk Nutma | | | | | |
| M U14 | | 80 | 10.0 | Hoogeveen | 1993-05-22 |
| M U14 | | 80h | 12.1 | Amsterdam | 1993-09-19 |
| M U14 | | ver | 5.70 | Assen | 1993-09-11 |
| M U16 | | ver | 6.49 | Amsterdam | 1995-08-27 |
| Dagmar Oenema | | | | | |
| V U18 | | kogelsl. | 35.31 | Amersfoort | 2013-07-07 |
| V U20 | | kogelsl. | 29.30 | Groningen | 2014-04-11 |
| V U23 | (U20) | kogelsl. | 29.30 | Groningen | 2014-04-11 |
| Hilde Oenema | | | | | |
| V45 | | werp 3-kamp | 1277 | Heerenveen | 2011-10-01 |
| Herman Oldenhof | | | | | |
| M35 | (M50) | hss | 8.93 | Heerenveen | 2005-07-09 |
| M40 | (M50) | hss | 8.93 | Heerenveen | 2005-07-09 |
| M45 | (M50) | hss | 8.93 | Heerenveen | 2005-07-09 |
| M50 | | 200 | 29.22 | Heerenveen | 2005-07-09 |
| M50 | | hss | 8.93 | Heerenveen | 2005-07-09 |
| Finn Oosterhagen | | | | | |
| M U8 | | vortex | 18.50 | Sneek | 2013-09-14 |
| Klaas Peereboom | | | | | |
| M50 | | mijl | 7:13.6 | Steenwijk | 2006-07-14 |
| M55 | | speer | 22.39 | Heerenveen | 2008-10-04 |
| Bram Persson | | | | | |
| M U18 | | 100 | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| M U18 | | 200 | 21.54 | Göteborg (Zwe) | 2024-07-07 |
| M U20 | (U18) | 100 | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| M U23 | (U18) | 100 | 10.89 | Göteborg (Zwe) | 2024-07-06 |
| Jeroen Persson | | | | | |
| M U18 | | 400 | 48.50 | Sollentuna (Zwe) | 2022-08-27 |
| M U20 | | 200 | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| M U20 | | 400 | 47.88 | Sollentuna (Zwe) | 2023-06-11 |
| M U23 | (U20) | 200 | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| M U23 | (U20) | 400 | 47.88 | Sollentuna (Zwe) | 2023-06-11 |
| M | (U20) | 200 | 21.34 | Göteborg (Zwe) | 2024-07-07 |
| M | (U20) | 400 | 47.88 | Sollentuna (Zwe) | 2023-06-11 |
| Jeroen Piek | | | | | |
| M U20 | | 300 | 36.59 | Steenwijk | 2008-04-05 |
| M | | 150 | 16.80 | Utrecht | 2019-08-09 |
| Norah Pont | | | | | |
| V U10 | | duur 4' | 1050 | Sneek | 2018-05-26 |

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|--------------------------|-------------------|-----------|----------------|------------|
| V U16 | 300h | 45.62 | Apeldoorn | 2023-09-16 |
| Marijke Portema | | | | |
| V U14 | 600 | 1:46.15 | Heerenveen | 2005-06-25 |
| Auke Postma | | | | |
| M | 20000 | 1:06:44.0 | Harlingen | 1981-04-11 |
| M | uurloop | 17966 | Harlingen | 1981-04-11 |
| M45 | 10000 | 35:02.2 | Heerenveen | 1994-09-14 |
| Ard Remmerde | | | | |
| M U18 | hoog | 1.90 | Heerenveen | 1987-10-03 |
| Nynke Rijpma | | | | |
| V U16 | hss | 10.35 | Amsterdam | 2021-08-29 |
| V U20 | hss | 11.65 | Utrecht | 2024-06-16 |
| V U23 | (U20) hss | 11.65 | Utrecht | 2024-06-16 |
| V | (U20) hss | 11.65 | Utrecht | 2024-06-16 |
| Claudette Ritsema | | | | |
| V U10 | 600 | 2:02.47 | Heerenveen | 2018-07-14 |
| V U10 | duur 4' | 1050 | Steenwijk | 2018-07-07 |
| V U12 | duur 6' | 1600 | Heerenveen | 2020-09-12 |
| Elmar Ruiter | | | | |
| M U20 | 3000st | 10:26.43 | Groningen | 2008-05-31 |
| Linda Schaap | | | | |
| V U10 | balwerpen | 24.00 | Heerenveen | 1982-09-04 |
| Anke Scholten | | | | |
| V U16 | 600 | 1:38.8 | Amsterdam | 1973-09-02 |
| Chris Semplonius | | | | |
| M | 3000st | 8:55.0 | Sittard | 1977-07-19 |
| Fons Siemonsma | | | | |
| M | mijl | 4:20.8 | Heerenveen | 1979 |
| Mart Sijtsema | | | | |
| M U12 | 1000 | 3:09.39 | Stadskanaal | 2002-06-29 |
| M U16 | 1500 | 4:20.50 | Amsterdam | 2006-08-30 |
| M U16 | 3000 | 9:50.14 | Gladbeck (Dui) | 2006-09-02 |
| M U18 | 1000 | 2:45.0 | Heerenveen | 2007-10-06 |
| M U18 | 3000 | 9:16.30 | Gouda | 2008-05-16 |
| Femke Slagman | | | | |
| V U10 | balstoten | 6.50 | Heerenveen | 2015-09-19 |
| V U10 | vortex | 25.00 | Heerenveen | 2015-09-19 |
| V U12 | vortex | 29.50 | Steenwijk | 2017-05-20 |
| Rikst Slot | | | | |
| V U12 | slingeren | 22.00 | Sneek | 2013-09-14 |
| V U14 | 150 | 20.51 | Steenwijk | 2015-07-10 |
| V U14 | 60h | 9.72 | Stadskanaal | 2015-08-29 |
| V U14 | polshoog | 2.30 | Heerenveen | 2015-04-11 |
| V U16 | (U14) polshoog | 2.30 | Heerenveen | 2015-04-11 |
| Joram Smits | | | | |

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|-------|-------|------|-------------|------------|
| M U9 | 40 | 6.5 | Groningen | 1999-09-18 |
| M U9 | hoog | 1.15 | Leeuwarden | 1999-06-08 |
| M U9 | ver | 3.95 | Hoorn | 1999-09-12 |
| M U9 | kogel | 8.54 | Heerenveen | 1999-10-09 |
| M U10 | 40 | 6.3 | Stadskanaal | 2000-07-01 |
| M U10 | ver | 4.15 | Leeuwarden | 2000-09-23 |
| M U12 | 60 | 8.4 | Heerenveen | 2002-10-12 |

Selwyn Smits

| | | | | |
|-------|-------|--------|------------|------------|
| M U9 | 1000 | 3:55.6 | Heerenveen | 1996-10-05 |
| M U10 | kogel | 7.79 | Heerenveen | 1997-09-20 |

Aafke Soet

| | | | | |
|-------|------|--------|------------|------------|
| V U12 | 1000 | 3:26.1 | Heerenveen | 2008-09-06 |
|-------|------|--------|------------|------------|

Ria Soet

| | | | | |
|-----|------|--------|------------|------------|
| V35 | 1000 | 3:24.5 | Heerenveen | 2001-10-06 |
|-----|------|--------|------------|------------|

Janou Spee

| | | | | |
|------|------|------|----------|------------|
| V U9 | hoog | 1.05 | Drachten | 1999-05-15 |
|------|------|------|----------|------------|

Jordi Stam

| | | | | |
|-------|------|----------|-----|------------|
| M U18 | 5000 | 17:27.87 | Ede | 2012-04-22 |
|-------|------|----------|-----|------------|

Arie vd Steen

| | | | | | |
|-----|-------|--------|---------|-----------|------------|
| M | (M50) | 100000 | 9:45:15 | Steenwijk | 2019-02-23 |
| M35 | (M50) | 100000 | 9:45:15 | Steenwijk | 2019-02-23 |
| M40 | (M50) | 100000 | 9:45:15 | Steenwijk | 2019-02-23 |
| M45 | (M50) | 100000 | 9:45:15 | Steenwijk | 2019-02-23 |
| M50 | | 100000 | 9:45:15 | Steenwijk | 2019-02-23 |

Sandra Stoelwinder

| | | | | |
|-------|-------|------|------------|------------|
| V U10 | kogel | 6.82 | Leeuwarden | 1982-10-02 |
|-------|-------|------|------------|------------|

Esther Swart

| | | | | |
|-------|------|------|------|------------|
| V U12 | hoog | 1.40 | Beek | 1997-07-12 |
|-------|------|------|------|------------|

Terri Talan

| | | | | |
|-------|-----|------|---------|------------|
| V U14 | 60h | 9.72 | Tilburg | 2014-09-20 |
|-------|-----|------|---------|------------|

Alicia vd Tempel

| | | | | | |
|-------|-------|----------|------|----------------|------------|
| V U18 | | polshoog | 2.82 | Groningen | 2022-09-04 |
| V U20 | | polshoog | 2.87 | Bergen op Zoom | 2023-06-24 |
| V U23 | (U20) | polshoog | 2.87 | Bergen op Zoom | 2023-06-24 |
| V | (U20) | polshoog | 2.87 | Bergen op Zoom | 2023-06-24 |

David Jeroen Tempel

| | | | | |
|-------|----------|-------|-----|------------|
| M U23 | kogelsl. | 24.75 | Ede | 2012-04-22 |
|-------|----------|-------|-----|------------|

Johnnie Theunissen

| | | | | |
|-------|--------|--------|----------|------------|
| M U20 | 400h | 58.3 | Papendal | 1975 |
| M U20 | 2000st | 6:09.8 | Drachten | 1975-08-20 |
| M U23 | 3000st | 9:30.6 | | 1976 |

Annika Tolsma

| | | | | |
|-------|----|------|-----------|------------|
| V U14 | 60 | 8.34 | Amsterdam | 2001-09-09 |
|-------|----|------|-----------|------------|

Kahlan Veen

| | | | | |
|-------|----------|-------|----------|------------|
| V U16 | kogelsl. | 21.96 | Kerkrade | 2016-09-03 |
|-------|----------|-------|----------|------------|

Dennis Veenker

| | | | | | |
|-------|-------|-------------|------|-----------|------------|
| M U23 | | polshoog | 4.60 | Groningen | 2013-06-07 |
| M U23 | | | | Utrecht | 2013-07-05 |
| M U23 | | werp 3-kamp | 1515 | Sneek | 2014-05-21 |
| M | (U23) | polshoog | 4.60 | Groningen | 2013-06-07 |
| M | (U23) | | | Utrecht | 2013-07-05 |

Isis vd Velden

| | | | | | |
|-------|--|-----------|-------|-----------|------------|
| V U9 | | slingeren | 13.50 | Steenwijk | 2013-06-15 |
| V U10 | | slingeren | 17.50 | Sneek | 2014-06-28 |

Henri Veldman

| | | | | | |
|-----|--|------|----------|------------|------------|
| M55 | | 3000 | 10:42.22 | Heerenveen | 2018-10-06 |
| M55 | | 5000 | 17:48.0 | Heerenveen | 2020-09-26 |

Ziggy Veldman

| | | | | | |
|-------|--|-----|-------|------------|------------|
| M U18 | | hss | 13.30 | Amsterdam | 2022-06-19 |
| M U20 | | hss | 13.34 | Harderwijk | 2023-05-28 |

Anno Venema

| | | | | | |
|-------|--|------|--------|-----------|------------|
| M U10 | | 1000 | 3:22.2 | Groningen | 1982-09-11 |
|-------|--|------|--------|-----------|------------|

Manon Vermeulen

| | | | | | |
|-------|--|-----------|-------|-----------|------------|
| V U12 | | balwerpen | 33.46 | Sneek | 2001-06-26 |
| V U14 | | discus | 30.19 | Amsterdam | 2003-09-14 |

Ellemeike Visser

| | | | | | |
|-------|--|---------|---------|----------|------------|
| V U10 | | duur 4' | 1050 | Drachten | 2017-07-08 |
| V U12 | | 600 | 1:55.40 | Assen | 2019-04-07 |

Jacob Visser

| | | | | | |
|-----|-------|-----------|----------|------------|------------|
| M55 | (M60) | 6-uurloop | 42195 | Heerde | 2004-12-29 |
| M60 | | 6-uurloop | 42195 | Heerde | 2004-12-29 |
| M65 | (M70) | 400 | 1:21.68 | Heerenveen | 2017-04-08 |
| M65 | (M75) | 800 | 3:07.0 | Heerenveen | 2020-09-26 |
| M65 | (M70) | 1500 | 6:31.87 | Heerenveen | 2017-04-08 |
| M65 | (M70) | 3000 | 14:00.11 | Heerenveen | 2017-05-20 |
| M65 | | 5000 | 22:14.09 | Heerenveen | 2011-05-28 |
| M70 | | 400 | 1:21.68 | Heerenveen | 2017-04-08 |
| M70 | (M75) | 800 | 3:07.0 | Heerenveen | 2020-09-26 |
| M70 | | 1500 | 6:31.87 | Heerenveen | 2017-04-08 |
| M70 | | 3000 | 14:00.11 | Heerenveen | 2017-05-20 |
| M70 | | 5000 | 24:11.0 | Heerenveen | 2020-09-26 |
| M70 | (M75) | 25000 | 2:41:12 | Heerenveen | 2021-07-10 |
| M70 | | hoog | 1.10 | Heerenveen | 2017-10-07 |
| M75 | | 800 | 3:07.0 | Heerenveen | 2020-09-26 |
| M75 | | 5000 | 24:11.0 | Heerenveen | 2020-09-26 |
| M75 | | 25000 | 2:41:12 | Heerenveen | 2021-07-10 |

Pieter Vos

| | | | | | |
|-----|--|------|----------|----------|------------|
| M40 | | 5000 | 15:26.80 | Drachten | 1991-05-25 |
|-----|--|------|----------|----------|------------|

Appie de Vries

| | | | | | |
|-----|--|------|------|------------|------------|
| M50 | | hoog | 1.40 | Heerenveen | 2003-10-04 |
|-----|--|------|------|------------|------------|

Féra Fieke de Vries

| | | | | | |
|-------|--|--------|---------|------------|------------|
| V U14 | | 1000st | 4:07.97 | Amsterdam | 2017-09-03 |
| V U16 | | 1500st | 6:17.39 | Amersfoort | 2019-04-22 |

Johan de Vries

| | | | | |
|-------|----------|-------|-----------|------------|
| M U16 | kogelsl. | 28.99 | Amsterdam | 2018-08-25 |
|-------|----------|-------|-----------|------------|

Nadine de Vries

| | | | | |
|-------|-----|------|------------|------------|
| V U10 | ver | 3.85 | Heerenveen | 1988-10-01 |
|-------|-----|------|------------|------------|

Veerle de Vries

| | | | | |
|-------------|-------|-------|-----------|------------|
| V U20 | speer | 40.29 | Zwolle | 2010-06-25 |
| V U23 (U20) | speer | 40.29 | Zwolle | 2010-06-25 |
| V | speer | 41.05 | Groningen | 2015-06-14 |

Bob vd Weg

| | | | | |
|-----------|-----------|---------|-------------|------------|
| M (M50) | 25000 | 1:51:48 | Heerenveen | 2021-07-10 |
| M (M45) | 50000 | 3:54:49 | Steenwijk | 2018-02-17 |
| M (M50) | 6-uurloop | 56400 | Nijverdalen | 2023-03-25 |
| M35 (M50) | 25000 | 1:51:48 | Heerenveen | 2021-07-10 |
| M35 (M45) | 50000 | 3:54:49 | Steenwijk | 2018-02-17 |
| M35 (M50) | 6-uurloop | 56400 | Nijverdalen | 2023-03-25 |
| M40 (M50) | 25000 | 1:51:48 | Heerenveen | 2021-07-10 |
| M40 (M45) | 50000 | 3:54:49 | Steenwijk | 2018-02-17 |
| M40 (M50) | 6-uurloop | 56400 | Nijverdalen | 2023-03-25 |
| M45 (M50) | 25000 | 1:51:48 | Heerenveen | 2021-07-10 |
| M45 | 50000 | 3:54:49 | Steenwijk | 2018-02-17 |
| M45 (M50) | 6-uurloop | 56400 | Nijverdalen | 2023-03-25 |
| M50 | 25000 | 1:51:48 | Heerenveen | 2021-07-10 |
| M50 | 50000 | 4:04:36 | Heerenveen | 2023-02-18 |
| M50 | 6-uurloop | 56400 | Nijverdalen | 2023-03-25 |

Chris Wever

| | | | | |
|-------|--------|---------|-----------|------------|
| M U14 | 1000st | 3:26.76 | Amsterdam | 2012-09-02 |
|-------|--------|---------|-----------|------------|

Marga Wiegman

| | | | | |
|---------|------|--------|------------|------------|
| V U23 | 800 | 2:07.4 | Nijmegen | 1978-07-09 |
| V U23 | 1000 | 2:49.7 | Groningen | 1978-09-20 |
| V U23 | 1500 | 4:20.8 | Roosendaal | 1979-09-08 |
| V U23 | mijl | 4:46.5 | Sittard | 1978-09-09 |
| V (U23) | 800 | 2:07.4 | Nijmegen | 1978-07-09 |
| V (U23) | 1000 | 2:49.7 | Groningen | 1978-09-20 |
| V (U23) | 1500 | 4:20.8 | Roosendaal | 1979-09-08 |
| V (U23) | mijl | 4:46.5 | Sittard | 1978-09-09 |
| V | 3000 | 9:19.0 | Sittard | 1980-08-10 |

Ties Wierda

| | | | | |
|------|--------|-------|------------|------------|
| M U8 | 40h | 8.0 | Drachten | 2022-06-25 |
| M U9 | vortex | 25.00 | Heerenveen | 2023-09-16 |

Thijs Wiersma

| | | | | |
|------|----------|------|------------|------------|
| V U8 | hurkhoog | 0.85 | Heerenveen | 2015-09-19 |
|------|----------|------|------------|------------|

Stijn Wiersum

| | | | | |
|-------|-----|-----|------------|------------|
| M U10 | 40h | 7.4 | Leeuwarden | 2019-06-29 |
|-------|-----|-----|------------|------------|

Eldert Wijkstra

| | | | | |
|-------------|------|------|------------|------------|
| M U12 | ver | 4.86 | Heerenveen | 1994-10-08 |
| M U16 | hoog | 1.85 | Leeuwarden | 1997-09-27 |
| M U18 | hoog | 1.90 | Hengelo | 2000-06-24 |
| M U20 | ver | 7.16 | Tilburg | 2001-07-07 |
| M U23 (U20) | ver | 7.16 | Tilburg | 2001-07-07 |

Sybout Wijma

| | | | | |
|-------|------|---------|--------|------------|
| M U18 | 400h | 1:01.44 | Meppel | 2004-09-18 |
| M | 300h | 39.67 | Epe | 2012-04-29 |

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|-------|-------|------|-------|---------|------------|
| M U23 | | 200h | 25.55 | Utrecht | 2008-07-18 |
| M U23 | | 400h | 55.02 | Utrecht | 2008-05-30 |
| M | (U23) | 400h | 55.02 | Utrecht | 2008-05-30 |

Fenne Wijngaarden

| | | | | | |
|------|--|---------|--------|------------|------------|
| V U8 | | 600 | 2:19.0 | Heerenveen | 2023-09-30 |
| V U8 | | duur 4' | 950 | Sneek | 2023-05-20 |
| V U8 | | ver | 3.09 | Heerenveen | 2023-09-30 |

Bas Winkels

| | | | | | |
|-------|-------|-----|-------|-------|------------|
| M U18 | | 150 | 16.99 | Assen | 2008-08-15 |
| M U20 | (U18) | 150 | 16.99 | Assen | 2008-08-15 |
| M U23 | (U18) | 150 | 16.99 | Assen | 2008-08-15 |

David van Winsum

| | | | | | |
|-------|--|------|------|------------|------------|
| M U12 | | hoog | 1.41 | Heerenveen | 2000-07-08 |
|-------|--|------|------|------------|------------|

Jasper de Wit

| | | | | | |
|-------|--|----|-----|-------------|------------|
| M U12 | | 60 | 8.4 | Stadskanaal | 1983-09-03 |
|-------|--|----|-----|-------------|------------|

Marja de Wit

| | | | | | |
|-----|-------|-----|-------|------------|------------|
| V35 | (V55) | hss | 6.33 | Heerenveen | 2004-09-17 |
| V40 | (V55) | hss | 6.33 | Heerenveen | 2004-09-17 |
| V45 | (V55) | hss | 6.33 | Heerenveen | 2004-09-17 |
| V50 | | 100 | 15.30 | Nijmegen | 1997-05-25 |
| V50 | (V55) | hss | 6.33 | Heerenveen | 2004-09-17 |
| V55 | | hss | 6.33 | Heerenveen | 2004-09-17 |
| V55 | | ver | 3.37 | Heerenveen | 2004-07-02 |

Rody de Wolff

| | | | | | |
|-------|--|-------------|---------|-------------|------------|
| M U14 | | 1000 | 2:59.35 | Amstelveen | 2010-05-24 |
| M U14 | | hoog | 1.72 | Gemert | 2010-09-19 |
| M U14 | | discus | 43.71 | Heerenveen | 2010-10-02 |
| M U14 | | kogel | 15.69 | Gemert | 2010-09-19 |
| M U14 | | speer | 47.66 | Apeldoorn | 2010-08-27 |
| M U14 | | 7-kamp | 4940 | Gemert | 2010-09-19 |
| M U14 | | werp 3-kamp | 1759 | Edam | 2010-05-14 |
| M U16 | | hoog | 1.85 | Emmeloord | 2012-05-18 |
| M U16 | | hoog | 1.85 | Stadskanaal | 2012-07-07 |
| M U16 | | hoog | 1.85 | Heiloo | 2012-08-17 |
| M U16 | | discus | 56.58 | Heerenveen | 2012-04-14 |
| M U16 | | speer | 51.66 | Amsterdam | 2012-08-25 |
| M U16 | | 8-kamp | 6372 | Emmeloord | 2012-05-18 |
| M U16 | | werp 3-kamp | 2233 | Leeuwarden | 2011-09-09 |
| M U18 | | hoog | 1.95 | Heerenveen | 2013-10-05 |
| M U18 | | ver | 6.89 | Amsterdam | 2014-07-04 |
| M U18 | | discus | 54.27 | Amsterdam | 2014-07-06 |
| M U18 | | 10-kamp | 6513 | Apeldoorn | 2013-05-20 |
| M U18 | | werp 3-kamp | 2240 | Steenwijk | 2013-05-31 |

Wim de Wolff

| | | | | | |
|-----|-------|----------|-------|-----------|------------|
| M | | discus | 51.54 | Sneek | 1993-05-22 |
| M | | kogelsl. | 35.66 | Assen | 1993-05-22 |
| M35 | (M40) | discus | 47.61 | Emmeloord | 1999-05-09 |
| M40 | | discus | 47.61 | Emmeloord | 1999-05-09 |

Siert Wolters

| | | | | | |
|-----|-------|-------------|-------|-----------|------------|
| M50 | | discus | 36.78 | Steenwijk | 1999-06-23 |
| M50 | | kogelsl. | 30.60 | Zevenaar | 1998-06-06 |
| M50 | (M55) | werp 3-kamp | 1115 | Steenwijk | 2005-10-16 |
| M55 | | discus | 34.39 | Steenwijk | 2004-06-04 |
| M55 | | kogel | 9.60 | Assen | 2004-05-29 |

| | | | | | |
|-----|--|---------------|-------|-----------|------------|
| M55 | | kogelsl. | 27.69 | Groningen | 2007-06-22 |
| M55 | | werp 3-kamp | 1224 | Steenwijk | 2005-10-16 |
| M60 | | gewichtwerpen | 9.66 | Zutphen | 2008-10-25 |
| M60 | | kogelsl. | 29.34 | Groningen | 2008-06-20 |
| M60 | | discus | 38.35 | Steenwijk | 2009-07-17 |

Pelle vd Woude

| | | | | | |
|------|--|----------|------|------------|------------|
| M U9 | | hurkhoog | 1.00 | Heerenveen | 2015-09-19 |
|------|--|----------|------|------------|------------|

Saher Yousef

| | | | | | |
|-----|-------|------|----------|------------|------------|
| M45 | (M50) | 3000 | 10:24.06 | Heerenveen | 2018-10-06 |
| M45 | (M50) | 5000 | 17:27.00 | Apeldoorn | 2018-06-10 |
| M50 | | 3000 | 10:24.06 | Heerenveen | 2018-10-06 |
| M50 | | 5000 | 17:27.00 | Apeldoorn | 2018-06-10 |

Hennie Zantinga

| | | | | | |
|-----|-------|-------|----------|------------|------------|
| V35 | (V40) | 800 | 2:19.5 | Heerenveen | 1994-05-18 |
| V35 | (V45) | 1500 | 4:53.37 | Heerenveen | 1997-05-28 |
| V35 | (V40) | 3000 | 9:49.9 | Drachten | 1994-07-10 |
| V35 | (V40) | 5000 | 16:55.20 | Amsterdam | 1994-06-25 |
| V40 | | 800 | 2:19.5 | Heerenveen | 1994-05-18 |
| V40 | (V45) | 1500 | 4:53.37 | Heerenveen | 1997-05-28 |
| V40 | | 3000 | 9:49.9 | Drachten | 1994-07-10 |
| V40 | | 5000 | 16:55.20 | Amsterdam | 1994-06-25 |
| V40 | | 10000 | 36:21.77 | Assen | 1994-07-15 |
| V45 | | 800 | 2:26.0 | Heerenveen | 1997-05-14 |
| V45 | | 1500 | 4:53.37 | Heerenveen | 1997-05-28 |
| V45 | | 3000 | 10:20.31 | Nijmegen | 1997-05-25 |

Marieke vd Zee

| | | | | | |
|-------|-------|------|---------|-----------|------------|
| V U18 | | 400h | 1:07.96 | Utrecht | 2007-06-08 |
| V U20 | | 400h | 1:05.32 | Amsterdam | 2009-08-01 |
| V U23 | | 400h | 1:02.90 | Amsterdam | 2010-07-18 |
| V | (U23) | 400h | 1:02.90 | Amsterdam | 2010-07-18 |

Harm Zijlstra

| | | | | | |
|-----|-------|-------|---------|------------|------------|
| M35 | (M40) | 1500 | 4:20.30 | Vught | 2003-05-31 |
| M35 | (M40) | mijl | 4:51.3 | Steenwijk | 2004-07-16 |
| M40 | | 1000 | 2:48.9 | Leiden | 2004-07-21 |
| M40 | | 1500 | 4:20.30 | Vught | 2003-05-31 |
| M40 | | mijl | 4:51.3 | Steenwijk | 2004-07-16 |
| M40 | | 10000 | 34:45.9 | Steenwijk | 2002-07-19 |
| M45 | | 1500 | 4:38.93 | Huizen | 2007-06-24 |
| M45 | | mijl | 5:02.3 | Steenwijk | 2007-07-13 |
| M50 | | 1500 | 5:14.61 | Heerenveen | 2016-04-09 |
| M55 | | 1500 | 5:29.88 | Amersfoort | 2019-04-07 |
| M60 | | 300 | 54.59 | Steenwijk | 2022-06-24 |
| M60 | | 400 | 1:17.66 | Emmen | 2022-04-24 |
| M60 | | 1500 | 6:00.64 | Emmen | 2022-04-24 |

Erik Zwanenburg

| | | | | | |
|-------|--|--------|--------|-------|------------|
| M U16 | | 1500st | 4:50.7 | Hoorn | 1988-09-03 |
|-------|--|--------|--------|-------|------------|

Bontje Zwier

| | | | | | |
|-----|--|-------|-------|-----------|------------|
| V35 | | speer | 34.36 | Groningen | 1986-05-25 |
|-----|--|-------|-------|-----------|------------|