

|          | 60m                    | 80m                            | 100m                               |
|----------|------------------------|--------------------------------|------------------------------------|
| V U14    | 8,53 Nynke Slaa (2025) | 8,46 Pleun Grevers (2013)      | 13,95 Jill Lueb (2025)             |
| M U14    |                        | 10,63 Ramon Ruiz (2022)        | 13,65 Aard Schuilenburg (2013)     |
| V U16    |                        | 10,81 Pleun Grevers (2014)     | 13,00 Hanneke Oosterwegel (2011)   |
| M U16    |                        | 10,30 Job Wiegman (2024)       | 11,78 Levy Hollander (2019)        |
| V U18    |                        | 11,38 Joëlle Roozenboom (2025) | 12,78 Samara Nikkels (2025)        |
| M U18    |                        | 10,21 Joris Haverkate (2024)   | 11,28 Mees Kappert (2019)          |
| V U20    |                        |                                | 12,20 Ruby Jansen (2025)           |
| M U20    |                        |                                | 11,04 Siem Sikkinga (2015)         |
| V        |                        |                                | 12,61 Elise Lauret (2023)          |
| M        |                        |                                | 10,85 Jeffrey Stokkel (2022)       |
| VM (35+) |                        |                                | 13,12 Elleke Steenbergen (2017)    |
| MM (35+) |                        |                                | 11,54 Rogier Janssen (2023)        |
| framerun |                        |                                | 17,67 Sterre Bolscher V U16 (2025) |
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| 2009     | 1                      |                                |                                    |
| 2010     | 4                      |                                |                                    |
| 2011     | 4                      |                                |                                    |
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| 2014     | 12                     |                                |                                    |
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| 2017     | 10                     |                                |                                    |
| 2018     | 5                      |                                |                                    |
| 2019     | 10                     |                                |                                    |
| 2022     | 9                      |                                |                                    |
| 2023     | 14                     |                                |                                    |
| 2024     | 11                     |                                |                                    |
| 2025     | 17                     |                                |                                    |
|          | 108                    |                                |                                    |
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|          | 200m                            | 800m                                | 3000m                          |
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| V U14    | 28,03 Julia Seppenwoolde (2023) | 2:25,11 Sophie Willems (2024)       | 11:25,55 Sanne Aversch (2012)  |
| M U14    | 26,78 Jonas Phijffers (2016)    | 2:18,55 Mica Molenaar (2025)        | 10:24,56 Pim Knapen (2023)     |
| V U16    | 26,6 Hanneke Oosterwegel (2011) | 2:12,40 Sophie Willems (2025)       | 11:11,09 Eva Bruil (2014)      |
| M U16    | 23,97 Simon Köhler (2017)       | 2:05,94 Giorgis Kampman (2014)      | 9:39,76 Robin Klamer (2014)    |
| V U18    | 25,84 Liv Pennock (2024)        | 2:19,85 Elke Pronk (2016)           | 10:27,73 Elke Pronk (2017)     |
| M U18    | 23,0 Nadim van Minnen (2010)    | 2:00,74 Runar Slinkman (2024)       | 8:58,29 Linus Vennemann (2017) |
| V U20    | 25,93 Kris Oosterveld (2025)    | 2:18,6 Rachel Rozenkamp (2010)      | 9:21,07 Inge Lugtenberg (2025) |
| M U20    | 22,24 Pierre ten Holder (2019)  | 1:55,3 Roald Goossen (2010)         | 8:40,57 Linus Vennemann (2018) |
| V        | 26,03 Fabienne Lazarenko (2025) | 2:13,71 Rachel Rozenkamp (2014)     | 9:38,5 Lisanne Gevelaar (2019) |
| M        | 22,10 Siem Sikkenga (2016)      | 1:58,79 Erik Leusink (2016)         | 8:35,8 Danny Koppelman (2019)  |
| VM (35+) | 27,99 Elleke Steenbergen (2019) | 2:23,27 Linda Ooms (2018)           | 10:44,53 Arenda Abbink (2013)  |
| MM (35+) | 23,40 Rogier Janssen (2023)     | 2:08,29 Mark Groot Bronsvoot (2024) | 8:49,28 Erik Leusink (2025)    |
| framerun | 31,73 Henk Huizing M Mas (2025) | 2:21,12 Hugo Berghuis M U16 (2025)  |                                |
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|          | hoog                                                                                               |
| V U14    | 1,45 Renske de Vries (2015)                                                                        |
| M U14    | 1,55 Julian Jansen (2014) / Wout Voortman (2019)                                                   |
| V U16    | 1,65 Nikki Mulder (2022)                                                                           |
| M U16    | 1,70 Simon van den Pol (2023)                                                                      |
| V U18    | 1,55 Anne Kippers (2009) / Lieke Muller (2010) / Wouke van 't Klooster (2015) / Ruby Jansen (2023) |
| M U18    | 1,80 Hidde ter Woord (2012) / Finn Garritsen (2016)                                                |
| V U20    | 1,65 Renske Drenten (2023)                                                                         |
| M U20    | 2,00 Jermaine Kleine (2022)                                                                        |
| V        | 1,60 Marloes Klumpers (2014) / Michelle van Dorth (2022) / Marjolein Bolten (2024)                 |
| M        | 2,05 Harald Bust (2017)                                                                            |
| VM (35+) | 1,05 Christel Labee (2018)                                                                         |
| MM (35+) | 1,60 Lars van der Pluijm (2024)                                                                    |
| framerun |                                                                                                    |
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|          | ver                             | kogel                              | speer                             |
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| V U14    | 4,36 Sarbrina-Kim Cruden (2016) | 12,05 Sophie Praas (2015)          | 33,24 Emma Oosterwegel (2011)     |
| M U14    | 4,65 Julian van den Belt (2017) | 10,62 Daan Schade (2014)           | 36,90 Julian Jansen (2014)        |
| V U16    | 4,62 Lichelle Scholing (2014)   | 12,59 Naomi Wessels (2019)         | 36,17 Jolyde Wijlens (2023)       |
| M U16    | 5,60 Mees Kappert (2016)        | 13,59 Ruben Smink (2014)           | 43,93 Rik Barlo (2015)            |
| V U18    | 5,10 Kris Oosterveld (2023)     | 14,17 Marijke Esselink (2016)      | 45,62 Jolyde Wijlens (2024)       |
| M U18    | 6,26 Noud van de Mast (2022)    | 13,80 Wilbert Dennekamp (2016)     | 57,78 David Kater (2011)          |
| V U20    | 5,16 Noa Dhore (2016)           | 10,94 Naomi Wessels (2023)         | 34,70 Yvet Maathuis (2016)        |
| M U20    | 6,35 Bjorn Hulsebos (2022)      | 13,03 Léon Mak (2018)              | 51,72 Daniël van der Stege (2014) |
| V        | 5,46 Anouk Schoop (2024)        | 12,03 Marjolein Bolten (2024)      | 35,03 Marije Dangremond (2013)    |
| M        | 6,71 Harald Bust (2017)         | 13,35 Marten Prince (2022)         | 52,71 Andor Engelberts (2025)     |
| VM (35+) | 4,87 Elleke Steenbergen (2017)  | 10,53 Monique Heijns (2023)        | 33,96 Margreet Takken (2017)      |
| MM (35+) | 5,68 Jack Lubberman (2023)      | 13,31 Marian Meierrieks Dld (2025) | 53,55 Jeroen ten Heuvel (2015)    |
| framerun |                                 |                                    |                                   |
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|          | discus                         |
| V U14    | 26,67 Léonie Deumers (2019)    |
| M U14    | 28,75 Floris Smink (2016)      |
| V U16    | 31,73 Naomi Wessels (2019)     |
| M U16    | 55,01 Hidde Peter (2023)       |
| V U18    | 31,85 Lichelle Scholing (2016) |
| M U18    | 42,23 Gerwin de Haan (2016)    |
| V U20    | 47,09 Danara Stoppels (2022)   |
| M U20    | 41,28 Léon Mak (2018)          |
| V        | 38,45 Rebecca Leune (2025)     |
| M        | 53,80 Stephan Dekker (2017)    |
| VM (35+) | 34,17 Hanny Ebbekink (2015)    |
| MM (35+) | 42,52 Martin Regtop (2013)     |
| framerun |                                |
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