

	60m	80m	100m
mD	8,74 Sabrina-Kim Cruden (2016)	8,46 Pleun Grevers (2013)	14,12 Sabrina-Kim Cruden (2016)
jD		10,73 Jonas Phijffers (2016)	13,65 Aard Schuilenburg (2013)
mC		10,81 Pleun Grevers (2014)	13,0 Hanneke Oosterwegel (2011)
jC			11,78 Levy Hollander (2019)
mB			12,84 Debbie Baltus (2012)
jB			11,28 Mees Kappert (2019)
mA			12,67 Carlijn ter Laak (2016)
jA			11,04 Siem Sikkinga (2015)
V			13,47 Elise Lauret (2019)
M			10,92 Siem Sikkinga (2016)
VM (35+)			13,12 Elleke Steenbergen (2017)
MM (35+)			12,02 Quinten Stern (2016)
2009	1		
2010	5		
2011	8		
2012	3		
2013	13		
2014	13		
2015	10		
2016	28		
2017	17		
2018	7		
2019	14		
	105		

	200m	800m	3000m
mD	30,1 Sanne Averagesch (2011)	2,33,2 Sanne Averagesch (2011)	11,25,55 Sanne Averagesch (2012)
jD	26,78 Jonas Phijffers (2016)	2,21,49 Niek Nijman (2016)+(2017)	10,37,19 Max Swabedissen (2016)
mC	26,6 Hanneke Oosterwegel (2011)	2,22,30 Suzanne Libbers (2016)	11,11,09 Eva Bruil (2014)
jC	23,97 Simon Köhler (2017)	2,05,94 Giorgis Kampman (2014)	9,39,76 Robin Klamer (2014)
mB	26,29 Carmen Riehemann (2017)	2,19,85 Elke Pronk (2016)	10,27,73 Elke Pronk (2017)
jB	23,0 Nadim van Minnen (2010)	2,02,05 Gert Tijhuis (2018)	8,58,29 Linus Vennemann (2017)
mA	27,0 Rachel Rozenkamp (2010)	2,18,6 Rachel Rozenkamp (2010)	10,59,8 Gemma Francis (2019)
jA	22,24 Pierre ten Holder (2019)	1,55,3 Roald Goossen (2010)	8,40,57 Linus Vennemann (2018)
V	26,86 Bo Welgraaf (2017)	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+)	25,96 Jan Plat (2019)	2,09,63 Edwin van Laar (2016)	9,01,10 Henry Rutgers (2016)
2009			
2010			
2011			
2012			
2013			
2014			
2015			
2016			
2017			
2018			
2019			

	hoog	ver
mD	1,45 Renske de Vries (2015)	4,36 Sarbrina-Kim Cruden (2016)
jD	1,55 Julian Jansen (2014) / Wout Voortman (2019)	4,65 Julian van den Belt (2017)
mC	1,50 Maria Boerman (2011) / Elke Pronk (2015)	4,62 Lichelle Scholing (2014)
jC	1,67 Niels Dennekamp (2017)	5,60 Mees Kappert (2016)
mB	1,55 Anne Kippers (2009) / Lieke Muller (2010) / Wouke van 't Klooster (2015)	5,04 Mathilde Terleth (2013)
jB	1,80 Hidde ter Woord (2012) / Finn Garritsen (2016)	6,02 Noud van de Mast (2019)
mA	1,55 Anne Kippers (2013) / Michal Smalbrugge (2017)	5,16 Noa Dhore (2016)
jA	1,80 Lars Runawatine (2013)	5,85 Marian Backs (2017)
V	1,60 Marloes Klumpers (2014)	4,68 Milou van der Schaaf (2018)
M	2,05 Harald Bust (2017)	6,71 Harald Bust (2017)
VM (35+)	1,05 Christel Labee (2018)	4,87 Elleke Steenbergen (2017)
MM (35+)	1,55 Emiel Rombouts (2014)	4,60 Emiel Rombouts (2017)
2009		
2010		
2011		
2012		
2013		
2014		
2015		
2016		
2017		
2018		
2019		

	kogel	speer	discus
mD	12,05 Sophie Praas (2015)	33,24 Emma Oosterwegel (2011)	26,67 Léonie Deumers (2019)
jD	10,62 Daan Schade (2014)	36,90 Julian Jansen (2014)	28,75 Floris Smink (2016)
mC	12,59 Naomi Wessels (2019)	28,79 Jessy van Ee (2011)	31,73 Naomi Wessels (2019)
jC	13,59 Ruben Smink (2014)	43,93 Rik Barlo (2015)	41,90 Rik Barlo (2015)
mB	14,17 Marijke Esselink (2016)	42,18 Marijke Esselink (2016)	31,85 Lichelle Scholing (2016)
jB	13,80 Wilbert Dennekamp (2016)	57,78 David Kater (2011)	42,23 Gerwin de Haan (2016)
mA	9,88 Milou Reurings (2016)	34,70 Yvet Maathuis (2016)	36,60 Astrid Jonkers (2016)
jA	13,03 Léon Mak (2018)	51,72 Daniël van der Stege (2014)	41,28 Léon Mak (2018)
V	11,91 Leonie Willekes (2013)	35,03 Marije Dangremond (2013)	38,29 Leonie Willekes (2013)
M	13,06 Aiko Staudt (2013)	48,76 Lars van der Pluijm (2013)	53,80 Stephan Dekker (2017)
VM (35+)	9,00 Hanny Ebbekink (2013)	33,96 Margreet Takken (2017)	34,17 Hanny Ebbekink (2015)
MM (35+)	12,40 Martin Regtop (2015)	53,55 Jeroen ten Heuvel (2015)	42,52 Martin Regtop (2013)
2009			
2010			
2011			
2012			
2013			
2014			
2015			
2016			
2017			
2018			
2019			