



Statistisch jaarboek 2009



Atletiekunie

Statistisch Jaarboek

2009

Colofon

Titel

Statistisch Jaarboek 2009

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Inhoudsopgave

| | |
|---|-----|
| Inhoudsopgave | 5 |
| Voorwoord..... | 6 |
| Nationale records gevestigd in 2009 | 7 |
| Nederlanders in de wereldranglijsten 2009 | 10 |
| Kampioenschappen, interlands en (inter)nationale wedstrijden in Nederland | 11 |
| Nederlandse Records..... | 69 |
| Beste prestaties..... | 90 |
| Kampioenschapsrecords..... | 93 |
| Beste prestaties ooit in Nederland..... | 96 |
| Beste prestaties in Nederland 2009 | 98 |
| Ranglijsten 2009 baanatletiek..... | 100 |
| Mannen | 100 |
| Mannen-masters M35-M39 | 143 |
| Mannen-masters M40-M44 | 149 |
| Mannen-masters M45-M49 | 156 |
| Mannen-masters M50-M54 | 162 |
| Mannen-masters M55-M59 | 168 |
| Mannen-masters M60-M64 | 172 |
| Mannen-masters M65-M69 | 176 |
| Mannen-masters M70-M74 | 178 |
| Mannen-masters M75-M79 | 179 |
| Mannen-masters M80-M84 | 181 |
| Mannen-masters M85-M89 | 181 |
| Jongens-A..... | 181 |
| Jongens-B..... | 199 |
| Jongens-C..... | 210 |
| Jongens-D..... | 219 |
| Vrouwen | 225 |
| Vrouwen-masters V35-V39 | 253 |
| Vrouwen-masters V40-V44 | 256 |
| Vrouwen-masters V45-V49 | 260 |
| Vrouwen-masters V50-V54 | 263 |
| Vrouwen-masters V55-V59 | 266 |
| Vrouwen-masters V60-V64 | 267 |
| Vrouwen-masters V65-V69 | 269 |
| Vrouwen-masters V70-V74 | 270 |
| Meisjes-A..... | 270 |
| Meisjes-B..... | 288 |
| Meisjes-C..... | 299 |
| Meisjes-D..... | 308 |
| Ranglijsten 2009 Wegatletiek | 316 |
| Mannen | 316 |
| Vrouwen | 327 |
| Prestatieontwikkeling CD-junioren | 338 |
| Top 10 Aller Tijden Nationaal | 339 |
| Mannen | 339 |
| Vrouwen | 344 |
| Jongens..... | 349 |
| Meisjes | 353 |
| Wegatletiek Mannen..... | 358 |
| Wegatletiek Vrouwen | 360 |
| Snelwandelen Mannen..... | 362 |
| Snelwandelen Vrouwen | 363 |

Voorwoord

Beste lezer,

2009 was het jaar waarin Usain Bolt grenzen verlegde en zijn faam als wereldster verder uitbouwde. En een wereldster en rolmodel zoals Bolt (ook buiten de “atletieksce­ne”) is waar de atletiek in deze periode grote behoefte aan heeft, waar we zien dat de populariteit van de baanatletiek het moeilijk blijft houden.

2009 was voor de Nederlandse atletiek alweer een jaar waarin buitengewone prestaties werden geleverd op de Nederlandse wegen. Een wereldrecord op de 10 kilometer (mannen) en 15 kilometer (vrouwen). En een beste prestatie ooit op de 10EM voor de vrouwen. De marathons van Rotterdam en Amsterdam, City Pier City Loop, Halve marathon van Rotterdam, Zevenheuvelenloop, Dam tot Damloop en Parelloop zijn het topje van wat Nederlandse organisaties voor elkaar krijgen. En daaronder zit nog een groot pak met zeer goed bezette wedstrijden. Hun prestaties zien we terug in de top van de internationale ranglijsten.

Hopelijk zien we ook onze eigen atleten weer eens schitteren in deze wedstrijden, want die kwaliteit zien we helaas nog niet.

Op de baan wel fantastische prestaties met Martijn Nuijens die het hoogspringen weer aanzien geeft en Bram Som die weer helemaal terug is van weggeweest en gewoon met de wereldtop meedraait.

Benieuwd wat 2010 ons gaat brengen! Ondertussen hopen we u met dit boekje weer wat het nodige puzzelplezier mee te geven.

Namens de werkgroep statistiek,

Remko Riebeek

Nationale records gevestigd in 2009

Jongens junioren

4 x 100 m 40.02 Nationaal team Nederland Novi Sad (SRB) 26-07-09
*Lindell Philip * Dennis Spillekom * Jip Baltissen * Joeri Jaegers*

M35

800 m 1.51.18 Johan de Koning Sprint Leiden 13-06-09
 1.49.94 Johan de Koning Sprint Uden 27-06-09
 1.000 m 2.24.48 Johan de Koning Sprint Zele (BEL) 22-08-09
 1 mijl (1609 m) 4.01.09 Johan de Koning Sprint Brasschaat (BEL) 26-07-09
 2.000 m 5.16.05 Johan de Koning Sprint Oudenaarde (BEL) 20-06-09
 Hoogspringen 2.07 Sven Ootjers Trias Amersfoort 21-06-09
 Kogelslingeren 66.60 Ronald Gram Sprint Eindhoven 12-07-09

M45

10.000 m snelw. 48.13.92 Harold van Beek RWV Rotterdam Woerden 30-08-09
 20.000 m snelw. 1.39.23.9 Harold van Beek RWV Rotterdam Woerden 30-08-09
 10 km snelw. 45.10 Harold van Beek RWV Rotterdam 04-01-09
 20 km snelw. 1.35.02 Harold van Beek RWV Lugano (SUI) 08-03-09

M50

100 m 11.75 Kees van Pelt Prins Hendrik Oosterhout 13-06-09
 200 m 24.09 Kees van Pelt Prins Hendrik Oosterhout 14-06-09
 Verspringen 5,97 Jeroen Bronwasser Prins Hendrik Kerkrade 10-05-09

M55

400 m 56.39 Wim Threels GAC-Hilversum Oosterhout 13-06-09
 56.37 Wim Threels GAC-Hilversum Zwolle 28-06-09
 56.18 Wim Threels GAC-Hilversum Zierikzee 10-09-09

M60

100 m 12.81 Jan Ties AAC '61 Zierikzee 08-09-09
 2.000 m steeple 7.18.90 Steef Kijne R' dam Atletiek Lathi (FIN) 08-08-09
 Verspringen 5.03 Willem Schoone Nova Oosterhout 14-06-09
 30 km 2.00.48 Ko van der Weijden HC Amsterdam Schoorl 08-02-09

M65

speerw. 38.87 Jan de Vries Fit Oosterhout 13-06-09

M70

30.000 m snelw. 3.36.47,1 Jaap Visser RWV Dordrecht 12-09-09
 50.000 m snelw. 6.48.43.= Jaap Visser RWV Milton Keynes (GBR) 16-08-08
 20 km 1.32.13 Karel Leeuwangh Fortuna Alphen aan den Rijn 08-03-09
 25 km 1.56.58 Karel Leeuwangh Fortuna Brielle 01-03-09
 30 km 2.22.23 Karel Leeuwangh Fortuna Schoorl 08-02-09

M75

100 m 15.85 Joop Rüter PAC Zierikzee 08-09-09
 200 m 31.76 Joop Rüter PAC Zierikzee 10-09-09
 400 m 1.11.31 Joop Rüter PAC Zierikzee 10-09-09
 3.000 m snelw. 20.35.4= Nico Schroten RWV Dordrecht 12-09-09
 5.000 m snelw. 34.26.0= Nico Schroten RWV Dordrecht 12-09-09
 10.000 m snelw. 1.16.43.0= Wout van Wieringen RWV Dordrecht 15-03-09
 1.10.06.5= Nico Schroten RWV Dordrecht 12-09-09
 20.000 m snelw. 2.23.30.9 Nico Schroten RWV Dordrecht 12-09-09
 2 uren snelw. 16.840 Nico Schroten RWV Dordrecht 12-09-09
 10 km snelw. 1.15.37 Wout van Wieringen RWV Rotterdam 01-03-09
 1.08.38 Nico Schroten RWV Tilburg 04-10-09
 20 km snelw. 2.42.04 Bernard Krabbendam De LAT Binche (BEL) 30-08-09
 2.19.49 Nico Schroten RWV Tilburg 04-10-09
 30 km snelw. 4.09.20 Bernard Krabbendam De LAT Tilburg 04-10-09

M80

Kogelstoten 8.03 Nico Storre avVN Leiden 10-05-09
 8.05 Nico Storre avVN Zwolle 28-06-09

Vrouwen

| | | | | | |
|------------------|---------|------------------|-------------------|-----------------|----------|
| 3.000 m steeple | 9.38.40 | Miranda Boonstra | Nijmegen Atletiek | Nijmegen | 29-05-09 |
| Hinkstapspringen | 12.99 | Brenda Baar | AV '23 | Kessel-Lo (BEL) | 06-06-09 |

Vrouwen neo-senioren

| | | | | | |
|------------------|----------|----------------------|--------|-----------------|----------|
| 10.000 m snelw. | 59.53.9= | Liesbeth van Leeuwen | AV NOP | Dordrecht | 15-03-09 |
| Hinkstapspringen | 12.99 | Brenda Baar | AV '23 | Kessel-Lo (BEL) | 06-06-09 |

Meisjes junioren

| | | | | | |
|---------------|------|--------------|--------|-------|----------|
| Polssstokhoog | 4.20 | Denise Groot | Unitas | Hoorn | 23-05-09 |
|---------------|------|--------------|--------|-------|----------|

V35

| | | | | | |
|-----------|---------|--|------------|------------|----------|
| 4 x 200 m | 1.59.91 | Pallas '67 | Wageningen | Amstelveen | 27-09-09 |
| | | <i>Janine Holshuysen - Christy van Beek - Nynke Groenendijk - Kadia Diedhiou</i> | | | |

V40

| | | | | | |
|-----------|---------|--|-----------|------------|----------|
| 4 x 100 m | 55.20 | GAC | Hilversum | Amstelveen | 26-09-09 |
| | | <i>Ilona Mulder * Brigitte van de Kamp * Inez Veldmeijer * Ellen Tromp</i> | | | |
| 4 x 200 m | 1.59.08 | GAC | Hilversum | Amstelveen | 27-09-09 |
| | | <i>Ilona Mulder * Brigitte van de Kamp * Inez Veldmeijer * Ellen Tromp</i> | | | |

V45

| | | | | | |
|----------------|-------|-----------------|---------------|------------|----------|
| Kogelslingeren | 44.85 | Ingrid van Dijk | GAC Hilversum | Amersfoort | 11-04-09 |
|----------------|-------|-----------------|---------------|------------|----------|

V50

| | | | | | |
|-----------|----------|---|-------------|---------------------|----------|
| 100 m | 13.13 | Hermine Roggeband | Delta Sport | Lathi (FIN) | 30-07-09 |
| | 12.97 | Hermine Roggeband | Delta Sport | Terneuzen | 19-09-09 |
| 200 m | 27.29 | Hermine Roggeband | Delta Sport | Oordegem (BEL) | 27-08-09 |
| | 26.74 | Hermine Roggeband | Delta Sport | Terneuzen | 19-09-09 |
| 3.000 m | 10.34.2= | Carla Ophorst | Olympus '70 | Naaldwijk | 09-07-09 |
| 4 x 100 m | 53.26 | Nationaal team | Nederland | Amstelveen | 26-09-09 |
| | | <i>Tilly Jacobs * Sonja Oost * Joke Torbijn * Hermien Roggeband</i> | | | |
| 10 km | 37.28 | Carla Ophorst | Olympus '70 | Leiden | 17-05-09 |
| 20 km | 1.19.06 | Carla Ophorst | Olympus '70 | Alphen aan den Rijn | 08-03-09 |

V55

| | | | | | |
|------------------|-------|-----------------|---------------|------------|----------|
| Hinkstapspringen | 10.09 | Janine Kortbeek | Prins Hendrik | Oosterhout | 14-06-09 |
|------------------|-------|-----------------|---------------|------------|----------|

V60

| | | | | | |
|-----------------|------------|------------------|--------|-----------|----------|
| Kogelstoten | 10.57 | Annie van Anholt | Attila | Kerkrade | 10-05-09 |
| 10.000 m snelw. | 1.41.26.7= | Hermien Teske | RWV | Dordrecht | 12-09-09 |
| marathon | 3.28.47 | Joke de Zeeuw | PAC | Amsterdam | 18-10-09 |

V65

| | | | | | |
|-----------------|------------|--|-----------|-------------------|----------|
| 400 m | 1.12.82 | Riet Jonkers | Attila | Oosterhout | 13-06-09 |
| 800 m | 2.51.34 | Riet Jonkers | Attila | Oosterhout | 12-05-09 |
| | 2.48.60 | Riet Jonkers | Attila | Oosterhout | 14-06-09 |
| 1.000 m | 3.48.53 | Riet Jonkers | Attila | Baarle-Nassau | 26-05-09 |
| 1.500 m | 6.00.6= | Riet Jonkers | Attila | Venlo | 21-05-09 |
| | 5.58.75 | Riet Jonkers | Attila | Kerkrade | 14-08-09 |
| 1 mijl (1609 m) | 6.26.26 | Riet Jonkers | Attila | Helmond | 13-04-09 |
| 2.000 m | 8.38.84 | Riet Jonkers | Attila | Tessendenlo (BEL) | 06-05-09 |
| 3.000 m | 13.43.48 | Riet Jonkers | Attila | Oordegem (BEL) | 17-04-09 |
| 5.000 m snelw. | 33.26.63 | Riet Jonkers | Attila | Barendrecht | 31-05-09 |
| 10.000 m snelw. | 1.08.53.6= | Riet Jonkers | Attila | Dordrecht | 12-09-09 |
| Verspringen | 3.93 | Riet Jonkers | Attila | Oordegem (BEL) | 27-08-09 |
| 4 x 800 m | 13.26.49 | Nationaal team | Nederland | Amstelveen | 27-09-09 |
| | | <i>Riet Jonkers * Pita Dekker * Ada Habes * Mirjam Brugman</i> | | | |
| 10 km snelw. | 1.08.34 | Riet Jonkers | Attila | Tilburg | 04-10-09 |

V70

| | | | | | |
|-----------------|----------|----------------|--------|---------------|----------|
| 100 m | 16.27 | Rietje Dijkman | AV '23 | Zwolle | 28-06-09 |
| | 16.03 | Rietje Dijkman | AV '23 | Zierikzee | 08-09-09 |
| 200 m | 34.19 | Rietje Dijkman | AV '23 | Zierikzee | 10-09-09 |
| 800 m | 3.25.78 | Ada Habes | avVN | Heiloo | 21-05-09 |
| 1 mijl (1609 m) | 7.42.61 | Ada Habes | avVN | Heerhugowaard | 05-06-09 |
| 10.000 m | 53.32.76 | Ada Habes | avVN | Beverwijk | 25-04-09 |

Jongens-B (beste prestaties)

| | | | | | |
|-------|-------|-------------|---------------|---------------|----------|
| 200 m | 21.58 | Bram Peters | Prins Hendrik | Tampere (FIN) | 24-07-09 |
|-------|-------|-------------|---------------|---------------|----------|

Jongens-C (beste prestaties)

| | | | | | |
|-------------|-------|---------------|----------|--------|----------|
| 100m horden | 13.42 | Kjell Wolters | PEC 1910 | Almelo | 05-09-09 |
|-------------|-------|---------------|----------|--------|----------|

| | | | | | |
|-------------|------|---------------|------|-----------|----------|
| Verspringen | 6.82 | Kelvin Tairou | THOR | Terneuzen | 18-04-09 |
|-------------|------|---------------|------|-----------|----------|

| | | | | | |
|--|------|---------------|----------|----------------|----------|
| | 6.94 | Kjell Wolters | PEC 1910 | Göteborg (SWE) | 02-08-09 |
|--|------|---------------|----------|----------------|----------|

| | | | | | |
|----------|-------|----------------|-----------|--------|----------|
| 4 x 100m | 43.94 | Nationaal team | Nederland | Almelo | 05-09-09 |
|----------|-------|----------------|-----------|--------|----------|

Thomas Kempe - Olaf van den Bergh - Melroy Braat - Kjell Wolters

Meisjes-B (beste prestaties)

| | | | | | |
|-----------|-------|-----------------|--------|----------------|----------|
| Heptatlon | 5.507 | Dafne Schippers | Hellas | Novi Sad (SRB) | 26-07-09 |
|-----------|-------|-----------------|--------|----------------|----------|

*4,05 * 1,69 * 12,01 * 24,21 * 5,62 * 34,04 * 2.23,01 * 2,2 * 0,9 * -1,0*

| | | | | | |
|-----------|-------|----------------|-----------|--------|----------|
| 4 x 100 m | 45.99 | Nationaal team | Nederland | Leiden | 13-06-09 |
|-----------|-------|----------------|-----------|--------|----------|

Madiea Ghafoor - Naomi Klomp - Eva Lubbers - Berthe Makizodila

Meisjes-C (beste prestaties)

| | | | | | |
|------|-------|--------------------|---------------|------------|----------|
| 150m | 17,72 | Ashley Rijnsburger | AV Almere '81 | Amersfoort | 29-08-09 |
|------|-------|--------------------|---------------|------------|----------|

Nederlanders in de wereldranglijsten 2009

Plaats in wereldranglijst bij eerste 100 op basis van www.tilastopaja.org

Mannen

| | |
|-----------------------------|--------------|
| 100 meter | |
| 11. Churandy Martina (AHO) | 9.97 (-0.1) |
| 200 meter | |
| 64. Patrick van Luijk | 20.52 (0.5) |
| 800 meter | |
| 8. Bram Som | 1.43.59 |
| 71. Robert Lathouwers | 1.46.45 |
| 1 mijl | |
| 61. Johan de Koning | 4.01.09 |
| 3000 meter | |
| 84. Guus Janssen | 7.52.67 |
| 110 meter horden | |
| 31. Gregory Sedoc | 13.40 (-0.2) |
| hoogspringen | |
| 25. Martijn Nuyens | 2.29 |
| polsstokhoogspringen | |
| 65. Robbert Jansen | 5.56 |
| 68. Wout van Wengerden | 5.55 |
| hinkstapspringen | |
| 67. Fabian Florant | 16.65 (0.7) |
| discuswerpen | |
| 12. Erik Cadée | 65.61 |
| tienkamp | |
| 23. Eelco Sintnicolaas | 8112 |
| 24. Eugène Martineau | 8083 |
| 31. Ingmar Vos | 8009 |

Vrouwen

| | |
|-----------------------------|------------|
| 800 meter | |
| 65. Yvonne Hak | 2.01.31 |
| 100. Susan Kuijken | 2.02.24 |
| 1500 meter | |
| 40. Susan Kuijken | 4.05.86 |
| 43. Adriënne Herzog | 4.06.07 |
| 3000 meter | |
| 91. Lesley van Miert | 9.11.65 |
| 10.000 meter | |
| 10. Hilda Kibet | 30.51.92 |
| 86. Ilse Pol | 32.47.77 |
| 10km | |
| 16. Lornah Kiplagat | 31.45 |
| 23. Hilda Kibet | 31.59 |
| 3000 meter steeple | |
| 41. Miranda Boonstra | 9.38.40 |
| 400 meter horden | |
| 94. Sanne Verstegen | 57.39 |
| polsstokhoogspringen | |
| 79. Rianna Galiart | 4.22 |
| 90. Denise Groot | 4.20 |
| verspringen | |
| 65. Karin Ruckstuhl | 6.56 (1.4) |
| kogelstoten | |
| 43. Melissa Boekelman | 17.37 |
| 49. Denise Kemkers | 17.30 |
| discuswerpen | |
| 53. Monique Jansen | 58.97 |
| zevenkamp | |
| 18. Yvonne Wisse | 6100 |
| 62. Remona Franssen | 5798 |

Kampioenschappen, interlands en (inter)nationale wedstrijden in Nederland

Nationale Kampioenschappen

| | | | |
|---|----|--|----|
| NK baan senioren | 47 | Promotie/degradatie 2 ^e /3 ^e div | 63 |
| NK baan 10.000m..... | 29 | NK clubs junioren | 58 |
| NK baan junioren..... | 32 | Competitie B-junioren | 60 |
| NK baan masters | 28 | Competitie CD-junioren | 59 |
| NK kogelslingeren masters | 16 | Competitie masters | 60 |
| NK werpmeerkamp masters | 16 | NK aangepast sporten | 24 |
| NK baan studenten..... | 18 | NK veldloop | 13 |
| NK meerkamp senioren en junioren A ... | 23 | NK veldloop studenten | 12 |
| NK meerkamp junioren BCD | 62 | NK bergloop <i>heeft niet plaatsgevonden</i> | |
| NK estafette..... | 64 | NK 10km weg | 58 |
| NK clubs | 23 | NK halve marathon | 13 |
| Competitie 1 ^e divisie | 31 | NK marathon | 66 |
| Competitie 2 ^e divisie | 31 | NK 100km | 60 |
| Competitie 3 ^e divisie | 32 | NK 24 uur..... | 17 |
| Promotie/degradatie NK clubs/1 ^e div | 63 | NK 20.000m snelwandelen..... | 54 |
| Promotie/degradatie 1 ^e /2 ^e div..... | 63 | NK 50km snelwandelen..... | 65 |

Internationale Kampioenschappen

| | | | |
|----------------------------|----|---|----|
| WK..... | 50 | World Challenge 24 uur | 17 |
| EK junioren | 43 | EK veldloop | 67 |
| EK 20-22 jaar | 39 | WK veldloop | 15 |
| WK masters..... | 46 | EK bergloop | 39 |
| WK halve marathon | 65 | WK bergloop | 59 |
| EK 100km | 30 | European winter throwing challenge..... | 14 |
| World Challenge 100km..... | 30 | European cup 10.000m | 22 |

Europacups en Interlands

| | | | |
|------------------------------------|----|---------------------------------------|----|
| Europacup clubteams..... | 20 | Europacup meerkamp | 37 |
| Europacup clubteams junioren | 61 | C-interland Nederland-Westfalen | 55 |
| Europacup landenteams..... | 30 | | |

(Inter)nationale baanwedstrijden in Nederland

| | | | |
|--------------------------------|-----------------|--------------------------------------|----|
| Ter Specke bokaal | 17 | Keienmeeting | 36 |
| Flynth recordwedstrijden | 19 | Open Eindhovense | 38 |
| FBK Games | 21 | EAP Amsterdam Open | 49 |
| Nelli Cooman games | 26 | Track Meeting Breda | 55 |
| Gouden Spike | 27 | Internationale meerkamp Woerden..... | 54 |
| WR festival | 30 | Arena Games..... | 61 |
| Papendalgames | <i>afgelast</i> | Nationale C-spelen | 53 |
| Nijmegen Global Athletics..... | 20 | Nationale D-spelen | 57 |

(Inter)nationale wegwedstrijden in Nederland

| | | | |
|----------------------------------|----|--|----|
| PWN halve marathon Egmond | 12 | Brabants Dagblad Tilburg Ten Miles | 58 |
| Midwintermarathon | 12 | RUN'09 Winschoten..... | 60 |
| Groet uit Schoorl Run | 13 | ½ marathon Rotterdam | 61 |
| AD Twintig van Alphen | 13 | Dam tot dam loop | 63 |
| City-Pier-City loop | 13 | Fortis Singelloop Utrecht..... | 65 |
| Venloop | 15 | AMGEN Singelloop Breda..... | 65 |
| Pareelloop | 15 | Marathon Eindhoven | 65 |
| Jaarbeurs Utrecht marathon | 16 | 4 mijl van Groningen | 65 |
| Fortis marathon Rotterdam | 15 | Amsterdam Marathon..... | 66 |
| ING Enschede Marathon..... | 16 | Zevenheuvelenloop | 66 |
| Stadsloop Appingedam | 37 | Wincanton Montferland Run..... | 67 |

(Inter)nationale veldloopwedstrijden in Nederland

| | | | |
|---|----|----------------------|----|
| BN/De Stem Mastboscross..... | 12 | Sylvestercross | 68 |
| Internationale loket.nl Warandeloop | 67 | | |

**PWN halve marathon Egmond
Egmond aan Zee, 11 januari**

Mannen

| | |
|--------------------------------|---------|
| 1. Wilson Kipsang (KEN) | 1.05.36 |
| 2. Michel Butter, DEM | 1.05.50 |
| 3. Chala Dechase (ETH) | 1.05.53 |
| 4. Vincent Kipruto (KEN) | 1.06.01 |
| 5. Mulugeta Wami (ETH) | 1.06.52 |
| 6. Patrick Stitzinger, Pegasus | 1.07.29 |

Vrouwen

| | |
|----------------------------|---------|
| 1. Workitu Ayanu (ETH) | 1.16.33 |
| 2. Hilda Kibet, Castricum | 1.17.32 |
| 3. Ilse Pol, Running 2000 | 1.19.21 |
| 4. Magdaline Chemjor (KEN) | 1.19.43 |
| 5. Petra Kaminkova (CZE) | 1.19.44 |
| 6. Ilona Pfeiffer (GER) | 1.19.53 |

**40° BN/de Stem Mastboscross
Breda, 18 januari**

Mannen (lange cross)

| | |
|---------------------------------|-------|
| 1. Abera Kuma (ETH) | 32.17 |
| 2. Bernard Chepkok (KEN) | 32.19 |
| 3. Najim El Qady (MAR) | 32.57 |
| 4. Vital Gahungu (BDI) | 33.13 |
| 5. Hans Janssens (BEL) | 33.20 |
| 6. Guus Janssens, Nijmegen Atl. | 33.38 |

Mannen (korte cross)

| | |
|----------------------------------|------|
| 1. Johan de Koning, Sprint | 7.55 |
| 2. Abderafii Rokti (MAR) | 7.56 |
| 3. Wesley Pauel, Almere'81 | 7.57 |
| 4. Gijs Jacobs, HAC | 7.58 |
| 5. Thomas Poesiat, Haag Atletiek | 8.06 |
| 6. Gijs Peters, Attila | 8.10 |

Jongens A

| | |
|---|-------|
| 1. Jesper van der Wielen, Nijmegen Atl. | 24.28 |
| 2. Wouter Timmermans, Unitas | 24.46 |
| 3. Thomas van der Heijden, Sprint | 25.02 |

Jongens-B

| | |
|------------------------------------|-------|
| 1. Maikel van der Steen, LG Deurne | 18.30 |
| 2. Hans Dilling, Seven Hills RT | 18.42 |
| 3. Timothy Vergauwen, LT ES | 19.12 |

Mannen masters

| | |
|-------------------------|-------|
| M35Gino van Geyte (BEL) | 35.13 |
| M352. Huub Maas, THOR | 35.19 |
| M45Jan Willesen, TRR | 38.24 |

| | |
|-----------------------------|-------|
| M55Ad Buijs, Phoenix | 41.15 |
| M65Sjef Schellekens, AtleDO | 46.13 |

Vrouwen (lange cross)

| | |
|--------------------------------|-------|
| 1. Mimi Belete (ETH) | 25.22 |
| 2. Almensh Belete (ETH) | 25.22 |
| 3. Fikre Amare (ETH) | 26.03 |
| 4. Julia Viellehner (GER) | 26.07 |
| 5. Bitew Yahune (ETH) | 26.09 |
| 6. Sabine van de Reijt, Sprint | 27.02 |

Vrouwen (korte cross)

| | |
|--------------------------------------|------|
| 1. Manon Kruiver, NOVA | 9.29 |
| 2. Esther Vermue, Rotterdam Atletiek | 9.56 |
| 3. Elli Frank, Achilles Top | 9.59 |

Meisjes-A

| | |
|------------------------------------|-------|
| 1. Maaïke Caelers, Unitas | 21.41 |
| 2. Jeanine v.d. Klashorst, Atverni | 22.42 |
| 3. Leonie Balter, AVON | 22.45 |

Meisjes-B

| | |
|-----------------------------|-------|
| 1. Maureen Koster, AV'47 | 13.45 |
| 2. Celine de Wild, THOR | 13.50 |
| 3. Marlin van Hal, De Keien | 14.02 |

Vrouwen masters

| | |
|------------------------------|-------|
| V35 Fa Adda, AV'23 | 18.01 |
| V45 Annie van Hoek, Spiridon | 19.12 |
| V55 Maria van Laerhoven, DJA | 21.05 |

**Midwinter Marathon
Apeldoorn, 1 februari**

Mannen

| | |
|---------------------------|---------|
| 1. Isaiah Kosgei (KEN) | 2.20.29 |
| 2. Pavel Brydl (CZE) | 2.28.10 |
| 3. Jaroslav Janicki (POL) | 2.28.33 |
| 7. Niels Koole, Dynamica | 2.35.56 |

Vrouwen

| | |
|------------------------------------|---------|
| 1. Petra Kaminkova (CZE) | 2.46.37 |
| 6. Anita Spieker-Mulder, Daventria | 3.28.19 |

27,8km

Mannen

| | |
|---------------------------|---------|
| 1. Gert-Jan Wassink, Argo | 1.28.20 |
|---------------------------|---------|

Vrouwen

| | |
|----------------------|---------|
| Ilona Pfeiffer (GER) | 1.42.08 |
|----------------------|---------|

18,6km

Mannen

| | |
|------------------------|-------|
| 1. Dennis Licht, AV'34 | 57.41 |
|------------------------|-------|

Vrouwen

| | |
|-----------------------------|---------|
| 1. Jitka Belohlavkova (CZE) | 1.10.15 |
|-----------------------------|---------|

8km

Mannen

| | |
|-------------------------------|-------|
| 1. Abdi Nageeye, Loopgroep AS | 24.58 |
|-------------------------------|-------|

Vrouwen

| | |
|---------------------------|-------|
| 1. Andrea Deelstra, AV'55 | 29.13 |
|---------------------------|-------|

NSK cross

Wageningen, 7 maart

Mannen lange cross (9.220m)

| | |
|---------------------------------------|-------|
| 1. Michiel de Ruijter, Hoge Amsterdam | 29.27 |
|---------------------------------------|-------|

| | |
|----------------------------------|-------|
| 2. Dennis Weijers, Univ. Utrecht | 29.36 |
| 3. Allan van Hulst, Radboud Univ | 31.07 |

Mannen korte cross (3.440m)

| | |
|--|-------|
| 1. Dennis Weijers, Univ. Utrecht | 10.15 |
| 2. Alexander van der Vooren, Uni Utrecht | 10.32 |
| 3. Mathias Meijer, H. Arnhem/Nijmegen | 10.52 |

| | |
|--|-------|
| 3. Leonie Balter, Fontys Sporthogeschool | 26.51 |
|--|-------|

Vrouwen korte cross (2.500m)

| | |
|--|------|
| 1. Dorien van der Schot, Univ. Utrecht | 8.47 |
| 2. Rachel Boddy, Univ. Leiden | 8.55 |
| 3. Evi van Ekris, Wageningen Univ. | 9.28 |

Vrouwen lange cross (6.720m)

| | |
|---|-------|
| 1. Miriam van Reijen, VU Amsterdam | 25.00 |
| 2. Jeanine van de Klashorst, ThimvdLaan | 26.36 |

**Groet Uit Schoorl Run
Schoorl, 8 februari**

Mannen (10km)

| | |
|--------------------------------|-------|
| 1. Michel Butter, DEM | 28.55 |
| 2. Patrick Stitzinger, Pegasus | 29.24 |
| 3. Jamal Baligha (MAR) | 29.27 |

Vrouwen (10km)

| | |
|----------------------------|-------|
| 1. Hilda Kibet, Castricum | 32.37 |
| 2. Veerle van Linden (BEL) | 34.52 |
| 3. Nina Mathijssen, Phanos | 35.10 |

**NK veldloop
Rijen, 1 maart**

Mannen lange cross (10.200m)

| | |
|---------------------------------------|-------|
| 1. Abdi Nageeye, AV'34 | 32.02 |
| 2. Patrick Stitzinger, Pegasus | 32.04 |
| 3. Marco Gielen, Scopias | 32.15 |
| 4. Gerwin van den Hurk, Prins Hendrik | 32.36 |
| 5. Robert Ton, Phanos | 32.52 |
| 6. Ron van Diepen, Hera | 33.07 |

Vrouwen lange cross (6.300m)

| | |
|---|-------|
| 1. Miranda Boonstra, Nijmegen Atletiek | 23.03 |
| 2. Selma Borst, HERA | 24.12 |
| 3. Andrea Deelstra, Heerenveen | 24.22 |
| 4. Ruth van der Meijden, VAV | 24.30 |
| 5. Marieke Falkmann, Groningen Atletiek | 24.43 |
| 6. Saskia van Vugt, Phoenix | 24.46 |

Mannen korte cross (3.300m)

| | |
|------------------------------------|-------|
| 1. Guus Janssen, Nijmegen Atletiek | 10.10 |
| 2. Tom Wiggers, Castricum | 10.14 |
| 3. Johan de Koning, Sprint | 10.39 |

Vrouwen korte cross (2.100m)

| | |
|-------------------------------------|------|
| 1. Anne van den Hurk, Prins Hendrik | 7.26 |
| 2. Raika Lenaarts, HERA | 7.38 |
| 3. Manon Kruiver, NOVA | 7.42 |

Jongens junioren A (6.300m)

| | |
|---|-------|
| 1. Jesper van der Wielen, Nijmegen Atl. | 21.18 |
| 2. Jurjen Polderman, Clytoneus | 21.36 |
| 3. Abdi Said, Veendam | 21.53 |

Meisjes junioren A (4.500m)

| | |
|-------------------------------|-------|
| 1. Maaïke Caelers, Unitas | 17.19 |
| 2. Margriet Berkhout, NOVA | 17.30 |
| 3. Rachel Klamer, LAAC Twente | 17.47 |

Jongens junioren B (5.700m)

| | |
|-----------------------------------|-------|
| 1. Hans Dilling, Seven Hills RT | 19.39 |
| 2. Timothy Vergauwen, Loopteam ES | 19.49 |
| 3. Maikel van der Steen, LGD | 20.06 |

Meisjes junioren B (3.900m)

| | |
|-----------------------------|-------|
| 1. Maureen Koster, AV'47 | 15.08 |
| 2. Marlin van Hal, De Keien | 15.31 |
| 3. Celine de Wild, THOR | 15.39 |

**AD 20 van Alphen (20km)
Alphen aan de Rijn, 8 maart**

Mannen

| | |
|-----------------------------------|---------|
| 1. Wilson Chebet (KEN) | 57.52 |
| 2. Raji Assefa (ETH) | 57.58 |
| 3. Tessema Abshiro (ETH) | 57.58 |
| 4. Mohamed El Hachimi (MAR) | 58.11 |
| 5. Robert Kiprono Cheruiyot (KEN) | 59.36 |
| 6. Richard Limo (KEN) | 59.59 |
| 14. Koen Raymaekers, Hellas | 1.03.35 |

Vrouwen

| | |
|---------------------------------|---------|
| 1. Pauline Wangui (KEN) | 1.06.39 |
| 2. Gladys Otero (KEN) | 1.07.48 |
| 3. Agnes Jeruto Kiprotich (KEN) | 1.08.18 |
| 4. Frida Lopeda (KEN) | 1.10.50 |
| 5. Petra Kaminkova (CZE) | 1.11.43 |
| 6. Wioletta Kryza (POL) | 1.13.20 |
| 10. Carla Ophorst, Olympus'70 | 1.19.06 |

**City-Pier-City loop (½ marathon) + NK ½ marathon
Den Haag, 14 maart**

Mannen

| | |
|-----------------------------|---------|
| 1. Sammy Kitwara (KEN) | 59.47 |
| 2. Haile Gebreselassi (ETH) | 59.50 |
| 3. Dereje Tesfaye (ETH) | 1.00.02 |
| 4. Getu Feleke (KEN) | 1.00.36 |
| 5. Martin Fagan (IRL) | 1.00.57 |
| 6. Philimon Terer (KEN) | 1.01.25 |

NK mannen senioren

| | |
|---|---------|
| 1. Patrick Stitzinger, Pegasus | 1.02.43 |
| 2. Gert-Jan Wassink, Argo | 1.05.24 |
| 3. Robert Ton, Phanos | 1.05.59 |
| 4. Christian de Lie, Castricum | 1.06.18 |
| 5. Olfert Molenhuis, Groningen Atletiek | 1.06.37 |
| 6. Colin Bekers, TRR | 1.06.54 |

| | | | |
|-------------------------------------|---------|--------------------------------------|---------|
| NK M35 | | 3. Christina Bus Holth (NOR) | 1.15.38 |
| 1. Pip Tesselaar, Hera | 1.08.46 | 4. Ilse Pol, AWV Delden | 1.14.40 |
| 2. Jay Sauer, Cifla | 1.10.09 | 5. Inge de Jong, Trias | 1.16.12 |
| 3. Arthur Schramade, Cifla | 1.11.52 | 6. Saskia van Vugt, Phoenix | 1.16.12 |
| NK M40 | | NK vrouwen senioren | |
| 1. Benjamin Romkes, Zaanland | 1.09.08 | 1. Ilse Pol, AWV Delden | 1.14.40 |
| 2. Michiel Otten, Prins Hendrik | 1.09.16 | 2. Inge de Jong, Trias | 1.16.12 |
| 3. Oskar de Kuijer, Leiden Atletiek | 1.09.55 | 3. Eva Janssen, GAC Hilversum | 1.17.04 |
| NK M45 | | 4. Corine Spaans, Olympia Ehv | 1.17.09 |
| 1. Aissa Marguoum, Parthenon | 1.12.39 | 5. Miriam van Reijen, Phanos | 1.17.18 |
| 2. George Eichhorn, Haag Atletiek | 1.12.50 | 6. Femke van Hest, TRR | 1.19.03 |
| 3. Elebert Noordam, Ilion | 1.15.21 | NK V35 | |
| NK M50 | | 1. Petra Sloots, Voorne Atletiek | 1.21.20 |
| 1. Sjaak Luteijn, Loopgroep PK | 1.14.58 | 2. Fa Adda, AV'23 | 1.22.28 |
| 2. Jan-Albert Lantink, MPM | 1.15.13 | 3. Marianne Goijert-Hoogerbrugge, HA | 1.24.28 |
| 3. Peter Rolink, avVN | 1.17.11 | NK V40 | |
| NK M55 | | 1. Jacqueline Rustidge, Isala'96 | 1.20.46 |
| 1. Jan Zwarthoed, Edam | 1.17.43 | 2. Julie Beukers, De Kieviten | 1.26.24 |
| 2. Ad Buijs, Phoenix | 1.19.10 | 3. Elisabeth de Nooijer, Altis | 1.26.46 |
| 3. Frans Bekers, Sprint | 1.20.07 | NK V45 | |
| NK M60 | | 1. Ingrid Prigge, LAAC Twente | 1.20.34 |
| 1. Ko van der Weijden, HCA | 1.21.57 | 2. Susan Hagevoort, Triathlon | 1.26.03 |
| 2. Henk Schaap, Haarlemmermeer | 1.24.42 | 3. Corina Voorn, De Koplopers | 1.26.44 |
| 3. Rob de Vries, avVN | 1.25.38 | NK V50 | |
| NK M65 | | 1. Carla Ophorst, Haag Atletiek | 1.24.17 |
| 1. Jan Keijzers, Sprint | 1.29.39 | 2. Inge Dijkman, Ron Clarke | 1.27.34 |
| 2. Tjeerd Doornbos, avVN | 1.34.19 | 3. Diny Bosker, Friesland | 1.27.57 |
| 3. Giel Vullings, AVON | 1.35.09 | NK V55 | |
| NK M70 | | 1. Angnetta van 't Wout, Oss'78 | 1.31.03 |
| 1. N. Tromp, Trias | 1.34.32 | 2. Sylvia Dingemans, Haag Atletiek | 1.34.55 |
| 2. Bob Groeneweg, Gelre | 1.40.50 | 3. Anne van Dijk, avVN | 1.35.19 |
| 3. Cor Muller, Delta Sport | 1.55.29 | NK V60 | |
| Vrouwen | | 1. Marianne Knapen, Loopgroep PK | 1.40.17 |
| 1. Pauline Wangui (KEN) | 1.10.50 | 2. Martha van Hal, Pijnenburg | 1.46.27 |
| 2. Catherine Ndereba (KEN) | 1.11.35 | 3. Huguette Declercq, Dynamica | 1.50.25 |

**European Cup Winter Throwing
Los Realejos (ESP), 14-15 maart**

| | | | |
|----------------------------|-------|---------------------------|-------|
| Mannen | | Vrouwen | |
| Kogelstoten | | Kogelstoten | |
| 1. Lajos Kürthy, HUN | 20.06 | 1. Nadzeya Ostapchuk, BLR | 18.80 |
| 2. Manuel Martínez, ESP | 20.00 | 2. Anca Heltne, ROU | 18.76 |
| 3. Nedžad Mulabegovic, CRO | 19.69 | 3. Chiara Rosa, ITA | 18.55 |
| Discuswerpen | | 6. Denise Kemkers, NED | 16.84 |
| 1. Gerd Kanter, EST | 69.70 | Discuswerpen | |
| 2. Markus Münch, GER | 64.90 | 1. Nicoleta Grasu, ROU | 62.61 |
| 3. Frank Casañas, ESP | 64.70 | 2. Zaneta Glanc, POL | 60.45 |
| 4. Erik Cadée, NED | 61.89 | 3. Joanna Wisniewska, POL | 58.91 |
| 22. Boudewijn Luijten, NED | 49.03 | 10. Monique Jansen, NED | 56.74 |
| Kogelslingeren | | 20. Denise Kemkers, NED | 46.35 |
| 1. Krisztián Pars, HUN | 80.38 | Kogelslingeren | |
| 2. Marco Lingua, ITA | 79.66 | 1. Anita Wlodarczyk, POL | 75.05 |
| 3. Nicola Vizzoni, ITA | 78.51 | 2. Betty Heidler, GER | 73.45 |
| Speerwerpen | | 3. Silvia Salis, ITA | 71.77 |
| 1. Tino Häber, GER | 77.78 | Speerwerpen | |
| 2. Mihkel Kukk, EST | 76.60 | 1. Mariya Abakumova, RUS | 61.87 |
| 3. Mervyn Luckwell, GBR | 74.86 | 2. Moonika Aava, EST | 60.76 |
| | | 3. Katharina Molitor, GER | 59.75 |

| | | | |
|---------------------------|-------|---------------------------|-------|
| Mannen 20-22 jaar | | Discuswerpen | |
| Kogelstoten | | 1. Eden Francis, GBR | 54.19 |
| 1. Aleksandr Bulanov, RUS | 18.54 | 9. Melissa Boekelman, NED | 49.29 |
| 8. Maarten Persoon, NED | 17.32 | Kogelslingeren | |
| Discuswerpen | | 1. Zalina Marghieva, MDA | 68.81 |
| 1. Ivan Hryshyn, UKR | 62.33 | Speerwerpen | |
| 5. Maarten Persoon, NED | 55.22 | 1. Vira Rebryk, UKR | 59.30 |
| Kogelslingeren | | Teams | |
| 1. Yury Shayunou, BLR | 78.59 | Mannen | |
| Speerwerpen | | 1. Duitsland | 4.337 |
| 1. Mikko Kankaanpää, FIN | 77.11 | Mannen 20-22 jaar | |
| 8. Bjorn Blommerde, NED | 69.17 | 1. Oekraïne | 4.110 |
| Vrouwen 20-22 jaar | | Vrouwen | |
| Kogelstoten | | 1. Roemenie | 4.223 |
| 1. Melissa Boekelman, NED | 16.97 | Vrouwen 20-22 jaar | |
| | | 1. Oekraïne | 3.748 |

**Venloop (½ marathon)
Venlo, 22 maart**

| | | | |
|------------------------------------|---------|--|---------|
| Mannen | | Vrouwen | |
| 1. Stephen Chelimo (KEN) | 1.01.32 | 1. Magdalene Munkuzi (KEN) | 1.10.34 |
| 2. Boniface Biwott (KEN) | 1.02.31 | 2. Susanne Hahn (GER) | 1.11.46 |
| 2. Jamal Baligha (MAR), Improve RR | 1.02.31 | 3. Rebbie Koech (KEN) | 1.12.05 |
| 4. Rachid Ezzouniou (MAR) | 1.03.59 | 4. Miranda Boonstra, Nijmegen Atletiek | 1.13.17 |
| 5. Hugo van de Broek, Castricum | 1.04.03 | | |
| 6. Jussi Utriainen (FIN) | 1.04.48 | | |

**WK veldloop
Amman (JOR), 28 maart**

| | | | |
|--------------------------------------|-------|----------------------------------|--------------|
| Mannen | | Vrouwen | |
| 1. Gebre-egziabher Gebremariam (ETH) | 35.02 | 1. Florence Jebet Kiplagat (KEN) | 26.13 |
| 2. Moses Ndiema Kipsiro (UGA) | 35.04 | 2. Linet Chepkwemai Masai (KEN) | 26.16 |
| 3. Zersenay Tadese (ERI) | 35.04 | 3. Meselech Melkamu (ETH) | 26.19 |
| 4. Leonard Patrick Komon (KEN) | 35.05 | 4. Lineth Chepkurui (KEN) | 26.23 |
| 5. Habtamu Fikadu (ETH) | 35.06 | 5. Wude Ayalew (ETH) | 26.23 |
| 6. Mathew Kipkoech Kisorio (KEN) | 35.08 | 6. Hilda Kibet (NED) | 26.43 |
| Jongens junioren | | Meisjes junioren | |
| 1. Ayele Abshero (ETH) | 23.26 | 1. Genzebe Dibaba (ETH) | 20.14 |
| 2. Titus Kipchumba Mbishei (KEN) | 23.30 | 2. Mercy Cheronon (KEN) | 20.17 |
| 3. Moses Kibet (UGA) | 23.35 | 3. Jackline Chepngeno (KEN) | 20.27 |
| 4. Paul Kipngetich Tanui (KEN) | 23.35 | 4. Frehiwat Goshu (ETH) | 20.34 |
| 5. Japheth Kipyego Korir (KEN) | 23.36 | 5. Nelly Chebet Ngeiywo (KEN) | 20.36 |
| 6. Atalay Yirsaw (ETH) | 23.38 | 6. Sule Utura (ETH) | 20.38 |

**Parelloop (10km)
Brunssum, 29 maart**

| | | | |
|------------------------------------|----------|---------------------------------|-------|
| Mannen | | Vrouwen | |
| 1. Micah Kogo (KEN) | 27.01 WR | 1. Magdalene Munkuzi (KEN) | 32.08 |
| 2. Abraham Chebii (KEN) | 27.47 | 2. Leah Malot (KEN) | 32.55 |
| 3. Peter Kamais (KEN) | 28.20 | 3. Anitha Kiptum (KEN) | 33.29 |
| 4. Abraham Rotich (KEN) | 28.44 | 4. Agnes Jeruto Kiprotich (KEN) | 33.41 |
| 5. Jamal Baligha (MAR), Improve RR | 29.02 | 5. Genet Adeke (ETH) | 34.00 |
| 6. Patrick Stitzinger, Pegasus | 29.05 | 6. Maximila Koros (KEN) | 34.18 |
| | | 12. Nadezhda Wijenberg, Unitas | 35.40 |

**Fortis Marathon Rotterdam
Rotterdam, 5 april**

| | | | | |
|------------------------|---------|--------------------------------|--|---------|
| Mannen | | 4. Patrick Makau Musyoki (KEN) | | 2.06.14 |
| 1. Duncan Kibet (KEN) | 2.04.27 | 5. Jackson Kipkoech (KEN) | | 2.08.58 |
| 2. James Kwambai (KEN) | 2.04.27 | 6. Alfred Kering (KEN) | | 2.09.19 |
| 3. Abel Kirui (KEN) | 2.05.04 | 15. Koen Raymaekers, Hellas | | 2.18.59 |

| | | | |
|----------------------------|---------|----------------------------------|---------|
| Vrouwen | | 4. Sue Harrison (GBR) | 2.37.27 |
| 1. Nailya Yulamanova (RUS) | 2.26.30 | 5. Viktoriya Ryazantseva (RUS) | 2.40.33 |
| 2. Lydia Cheromei (KEN) | 2.28.09 | 6. Luzia Schmid (SUI) | 2.52.14 |
| 3. Adriana Pirtea (ROM) | 2.36.36 | 10. Birgit Krämer, GAC Hilversum | 2.59.42 |

**Jaarbeurs Utrecht Marathon
Utrecht, 13 april**

| | | | |
|-----------------------------|---------|----------------------------------|---------|
| Mannen | | 11. Fransua Woldemariam, Zuidwal | 2.29.16 |
| 1. William Kipchumba (KEN) | 2.09.41 | Vrouwen | |
| 2. Larbi Es Sraidi (FRA) | 2.10.08 | 1. Lydia Kurgat (KEN) | 2.34.28 |
| 3. Khamis Ismael Adam (BHR) | 2.10.41 | 2. Jirina Kocianova (CZE) | 2.57.33 |
| 4. Raymond Bett (KEN) | 2.11.32 | 4. Petra Bus, Loopgroep Bedum | 3.24.51 |
| 5. Mark Tanui (KEN) | 2.11.52 | | |
| 6. Mohamed El Hachimi (MAR) | 2.13.55 | | |

**NK Kogelslingeren Masters
Eindhoven, 25 april**

| | | | |
|----------------------------------|-------|---------------------------------|-------|
| Mannen | | M70 Jan Pronk, Trias | 36.81 |
| M35 Brian Lesterhuis, Eindh.Atl. | 42.35 | Vrouwen | |
| M40 Jan Kuis, PEC 1910 | 43.07 | V35 Yvette Bot, SAV Grootebroek | 40.70 |
| M45 Erwin Suvaal, R'dam Atl. | 48.73 | V40 Gonny Mik, Gron.Atl. | 48.61 |
| M50 Theo Goossens, HAC | 42.43 | V45 Ingrid van Dijk, GAC-H | 42.50 |
| M55 Henk van Bakel, Scopias | 34.00 | V55 Annie van Anholt, Attila | 41.38 |
| M60 Rinus Schreuder, Ciko '66 | 50.90 | | |

**ING Enschede Marathon
Enschede, 26 april**

| | | | |
|----------------------------------|---------|-------------------------------|---------|
| Mannen | | 10. Peter Bruinsma, Athletics | 2.36.49 |
| 1. Sammy Kibet (KEN) | 2.11.47 | Vrouwen | |
| 2. Tsegaye Gebreselassi (ETH) | 2.11.48 | 1. Ilona Pfeiffer (GER) | 2.44.58 |
| 3. Thomas Omwenga (KEN) | 2.13.18 | 2. Ingrid Prigge, LAAC Twente | 2.58.02 |
| 4. Raymond Kandie (KEN) | 2.13.46 | 3. Polly Nkambi, Athlos | 3.09.30 |
| 5. Daniel Komen (KEN) | 2.15.54 | | |
| 6. Christopher Chepboiboch (KEN) | 2.16.34 | | |

**NK Werpmeerkamp Masters
Eindhoven, 26 april**

(Kogelslingeren-Kogelstoten-Discuswerpen-Speerwerpen-Gewichtslingeren)

| | | | |
|------------------------------------|-------|----------------------------------|-------|
| Mannen 35 | | Mannen 50 | |
| 1. Ronald Gram, Sprint | 3.568 | 1. Theo Goossens, HAC | 3.028 |
| (60.79-12.79-43.93-31.12-18.76) | | (39.86-12.10-42.29-25.15-12.14) | |
| 2. Brian Lesterhuis, Eindhoven Atl | 3.354 | 2. Han van Dijk, Hanzesport | 2.575 |
| (41.29-14.24-38.62-60.37-13.32) | | (34.72-10.30-29.80-26.02-12.21) | |
| 3. Arnoud Koot, De Spartaan | 2.879 | 3. Paul Philips, Scopias | 2.537 |
| (40.25-12.20-40.81-39.97-12.25) | | (27.05-10.96-30.33-33.95-10.70) | |
| Mannen 40 | | Mannen 55 | |
| 1. Jan Kuis, PEC 1910 | 2.882 | 1. Henk van Bakel, Scopias | 3.321 |
| (43.50-12.00-35.40-30.92-12.98) | | (33.38-10.32-36.64-40.21-12.22) | |
| 2. Richard Bot, SAV | 2.731 | 2. Bert Vreeswijk, Typhoon | 2.710 |
| (47.29-10.00-27.54-32.91-13.44) | | (29.60-9.05-27.88-32.99-10.93) | |
| 3. Marco Bronswijk, Olympus'70 | 2.498 | 3. Hans de Vries, SAV | 2.405 |
| (33.03-10.93-29.37-41.47-9.97) | | (27.01-7.83-27.03-32.18-9.16) | |
| Mannen 45 | | Mannen 60 | |
| 1. Michel Leinders, Unitas | 3.476 | 1. Jan Titulaer, Scopias | 3.689 |
| (47.15-12.09-38.93-39.88-13.03) | | (40.44-12.07-33.05-34.76-15.29) | |
| 2. Peter Holthuisen, Scopias | 3.447 | 2. Frans Klep, Scopias | 3.008 |
| (37.74-13.89-40.82-39.22-13.09) | | (30.24-9.00-37.06-32.04-11.61) | |
| 3. Erwin Suvaal, R'dam Atl. | 3.195 | 3. Geert Oerlemans, Diomedon | 3.003 |
| (48.09-11.14-33.86-29.15-14.00) | | (28.89-9.97-37.50-31.60-10.85) | |
| | | Mannen 65 | |
| | | 1. Peter Blommestijn, R'dam Atl. | 4.084 |

| | | | |
|---------------------------------|-------|-------------------------------------|-------|
| (34.70-10.86-38.30-36.47-14.27) | | 2. Monica Kindervater, Hanzesport | 3.565 |
| 2. Frits Martens, Hollandia | 3.546 | (38.35-9.61-30.29-31.86-12.12) | |
| (27.79-10.95-38.91-32.23-10.46) | | 3. Michelle Blommestijn, R'dam Atl. | 3.083 |
| 3. Harry van den Heuvel, AVV | 1.567 | (31.53-9.14-27.66-26.25-11.23) | |
| (13.58-7.53-16.83-12.46-6.32) | | Vrouwen 45 | |
| Mannen 70 | | 1. Ingrid van Dijk, GAC-H | 3.698 |
| 1. Jan Pronk, Trias | 3.692 | (42.82-10.02-0.00-25.28-13.59) | |
| (37.39-9.98-38.61-17.53-13.88) | | 2. Mirjam Aberkrom, Edam | 3.500 |
| 2. Wim Fokker, Atverni | 3.642 | (28.58-10.10-32.10-25.44-10.01) | |
| (30.50-12.33-29.61-31.56-11.93) | | 3. Yvonne de Hondt, GAC-H | 2.935 |
| 3. Jan Sloopbeek, GAC-H | 2.472 | (27.10-7.92-23.88-16.99-10.62) | |
| (24.45-8.56-21.51-19.96-9.43) | | Vrouwen 55 | |
| Vrouwen 35 | | 1. Anja Korff, Eindh.Atl. | 2.747 |
| 1. Ditha Stegman, R'dam Atl. | 2.967 | (25.30-7.90-22.52-13.76-9.49) | |
| (34.67-8.96-26.15-35.94-11.50) | | Vrouwen 60 | |
| 2. Hanneke Reinders, Gron.Atl. | 2.964 | 1. Annie van Anholt, Attila | 4.977 |
| (32.65-10.75-33.21-24.93-11.44) | | (41.08-10.19-32.84-24.38-16.08) | |
| 3. Yvette Bot, SAV | 2.643 | 2. Laura Blommestijn, R'dam Atl. | 3.543 |
| (41.22-8.09-20.85-23.02-10.43) | | (32.70-8.23-20.56-17.66-12.08) | |
| Vrouwen 40 | | 3. Jenny Marcelis, Scorpio | 3.129 |
| 1. Gonny Mik, Gron.Atl. | 4.047 | (26.08-7.92-19.67-21.11-9.00) | |
| (47.75-9.90-32.22-26.53-15.01) | | | |

**IAU World Challenge 24 uur
Bergamo (ITA), 2/3 mei**

| Mannen | | Vrouwen | |
|--------------------------|---------|-------------------------------|---------|
| 1. Henrik Olsson (SWE) | 257.042 | 1. Anne-Cecile Fontaine (FRA) | 243.644 |
| 2. Ralf Weis (GER) | 244.492 | 2. Brigitte Bec (FRA) | 234.977 |
| 3. Yuji Sakai (JPN) | 242.713 | 3. Monica Casiraghi (ITA) | 223.848 |
| 103. Peter Zuidema (NED) | 130.404 | | |

**NK 24 uur
Steenbergen, 8/9 mei**

| Mannen | | Vrouwen | |
|---------------------------------|---------|--|---------|
| 1. Peter Rietveld, HERA | 218.598 | 1. Wilma Dierx, Loopgroep Aart Stigter | 173.451 |
| 2. Tom Hendriks, Haarlemmermeer | 190.544 | 2. Nellie van der Made, AAC'61 | 148.592 |
| 3. Herman Jakobs, ATV Venray | 182.380 | 3. Regina van Geene, GVAC | 133.481 |

**Ter Speckebokaal (SPAR Baancircuit)
Lisse, 9 mei**

| | | | |
|-----------------------------------|---------|-----------------------------------|------------|
| Mannen | | 2. Ruben Esajas, R'dam Atl. | 14.65 |
| 150 meter (1.9m/s) | | 3. Reinier Bouma, AV'55 | 14.82 |
| 1. Patrick van Luijk, R'dam Atl. | 15.63 | 400m horden | |
| 2. Kristof Beyens, België | 15.63 | 1. Marius Kranendonk, AAC | 52.17 |
| 3. Guus Hoogmoed, Phanos | 15.65 | 2. Vincent Kerssies, SISU | 52.31 |
| <i>B-serie: (0.9m/s)</i> | | 3. Revelinho Eind, Jahn II | 53.33 |
| 1. Giovanni Codrington, Gron.Atl. | 15.62 | 4 x 100 meter | |
| 300 meter | | 1. Nederland neo-senioren | 40.83 |
| 1. Guus Hoogmoed, Phanos | 33.48 | 2. Nederland junioren | 40.85 |
| 2. Pete Coley, Jamaica | 33.72 | 3. Nederland combi ploeg | 42.08 |
| 3. Obed Martis, R'dam Atl. | 33.96 | Verspringen | |
| 1000 meter | | 1. Jonathan Pengel, Phanos | 7.15 (1.0) |
| 1. Bram Som, Atletico'73 | 2:19.26 | 2. Ingmar Vos, PAC | 7.13 (1.7) |
| 2. Arnoud Okken, Atletico'73 | 2:20.27 | 3. Rogier van den Berg, Sparta | 7.07 (2.6) |
| 3. Kim Ruell, België | 2:21.39 | Hoogspringen | |
| 3000 meter | | 1. Jan Peter Larsen, Ilion | 2.16 |
| 1. Dieter Vanstreels, België | 8:20.94 | 2. Tieme Klinkers, Vitalis | 2.04 |
| 2. Michiel deRuiter, Hera | 8:21.29 | 3. Tymon de Jonge, Ilion | 1.98 |
| 3. Thomas Poesiat, Haag Atl. | 8:23.58 | Polsstokhoogspringen | |
| 110m horden (2.5m/s) | | 1. Robbert-Jan Jansen, Pr.Hendrik | 5.50 |
| 1. Marcel van der Westen, Phanos | 13.87 | 2. Cyriel Verberne, Attila | 4.80 |
| | | 3. Nils Mulder, Haag Atl. | 4.60 |

Kogelstoten

| | |
|----------------------------|-------|
| 1. Patrick Groot, Lycurgus | 17.30 |
| 2. Maarten Persoon, Phanos | 17.25 |
| 3. Patrick Cronie, Phanos | 16.22 |

Discuswerpen

| | |
|--------------------------------|-------|
| 1. Maarten Persoon, Phanos | 56.59 |
| 2. Boudewijn Luijten, Start'78 | 54.36 |
| 3. Piet Meijdam, Hercules | 49.10 |

Speerwerpen

| | |
|-----------------------------|-------|
| 1. Jeroen Blommerde, Phanos | 72.27 |
| 2. Bjorn Blommerde, Sprint | 70.81 |
| 3. Tim Moorast, Estland | 67.92 |

Vrouwen

150 meter (0.1m/s)

| | |
|--------------------------------|-------|
| 1. Sorina Nwachukwu, Duitsland | 17.61 |
| 2. Femke van der Meij, Suomi | 17.79 |
| 3. Dafne Schippers, Hellas | 17.88 |

300 meter

| | |
|--------------------------------|-------|
| 1. Sorina Nwachukwu, Duitsland | 37.34 |
| 2. Suzanne Thierry, DEM | 38.66 |
| 3. Marit Dopheide, TION | 39.52 |

1000 meter

| | |
|-----------------------------------|---------|
| 1. Nicole van Amstel, Atl.Maastr. | 2:53.13 |
| 2. Renata Haring, R'dam Atl. | 2:53.98 |
| 3. Esther Vermue, R'dam Atl. | 2:54.22 |

100m horden (1.5m/s)

| | |
|------------------------------|-------|
| 1. Femke van der Meij, Suomi | 13.59 |
| 2. Jo-Ann Plet, Phanos | 13.88 |
| 3. Judith Vis, R'dam Atl. | 13.91 |

NK Baan Studenten

Nijmegen, 21 mei

Mannen

100 meter (0.7m/s)

| | |
|-------------------------------|-------|
| 1. Joeri Jaegers, Atl.Maastr. | 10.90 |
| 2. Raggae Monsels, Cont.Sport | 11.03 |
| 3. Paul Robers, Hanzesport | 11.06 |

200 meter (1.9m/s)

| | |
|------------------------------------|-------|
| 1. Paul Robers, Hanzesport | 21.63 |
| 2. Joeri Jaegers, Atletiek Maastr. | 21.74 |
| 3. Raggae Monsels, Cont.Sport | 22.08 |

400 meter

| | |
|-----------------------------|-------|
| 1. Daan Geus, Suomi | 49.72 |
| 2. Rob van Genderen, Caesar | 50.04 |
| 3. Paul Dekkers, GAC | 50.17 |

800 meter

| | |
|-------------------------------|---------|
| 1. Marnix Hebly, Phoenix | 1:55.55 |
| 2. Stefan Wessel, De Sperwers | 1:55.89 |
| 3. Dennis van Esch, GAC | 1:56.46 |

1500 meter

| | |
|------------------------------------|---------|
| 1. Nils Daas, Atverni | 3:59.47 |
| 2. Stefan Wessel, De Sperwers | 3:59.83 |
| 3. Martijn Arnoldussen, Achilles-T | 4:00.77 |

5000 meter

| | |
|-----------------------------------|----------|
| 1. Dennis Weijers, Phoenix | 14:58.41 |
| 2. Alexander v.d. Vooren, Atverni | 15:50.03 |
| 3. Jorrit Cleij, Nijmegen Atl. | 16:06.21 |

110m horden (0.3m/s)

| | |
|---------------------------------|-------|
| 1. Reinier Bouma, AV Heerenveen | 14.49 |
| 2. Jan Groot, Hollandia | 15.17 |
| 3. Jan Ormel, Hellas | 15.21 |

400m horden

| | |
|----------------------------|-------|
| 1. Oskar Jansen, AAC | 56.21 |
| 2. Koen Streekstra, Phanos | 56.86 |

400m horden

| | |
|--------------------------------|-------|
| 1. Sanne Verstegen, R'dam Atl. | 59.67 |
| 2. Leonie Schilder, Edam | 62.94 |
| 3. Marloes Duijn, SAV | 64.65 |

4 x 100 meter

| | |
|---------------------------|-------|
| 1. Nederland neo-senioren | 46.21 |
| 2. Nederland- EJOE | 46.75 |
| 3. nederland-Combiploeg | 47.79 |

Verspringen

| | |
|-----------------------------------|------------|
| 1. Brenda Baar, AV'23 | 6.00 (1.2) |
| 2. Valentine Kortbeek, Pr.Hendrik | 5.91 (0.9) |
| 3. Annelies Fortuin, PEC1910 | 5.91 (2.2) |

Hoogspringen

| | |
|-------------------------------|------|
| 1. Sietske Noorman, Gen.Mich. | 1.80 |
| 2. Jolanda Keizer, Phanos | 1.72 |
| 3. Eva Lubbers, AKU | 1.69 |

Kogelstoten

| | |
|------------------------------|-------|
| 1. Denise Kemkers, Hera | 16.68 |
| 2. Jolanda Keizer, Phanos | 15.61 |
| 3. Elise Knetemann, Lycurgus | 14.40 |

Discuswerpen

| | |
|----------------------------------|-------|
| 1. Monique Jansen, Altis | 57.24 |
| 2. Melissa Boekelman, Pr.Hendrik | 51.46 |
| 3. Loes Verlaak, AV Weert | 50.17 |

Kogelslingeren

| | |
|------------------------------------|-------|
| 1. Nicky van der Schilt, Gron.Atl. | 53.64 |
| 2. Maaïke Schetters, PSV | 53.46 |
| 3. Gonny Mik, Gron.Atl. | 48.88 |

| | |
|--------------------------|-------|
| 3. Dion Kramer, AV Hylas | 56.94 |
|--------------------------|-------|

3000m steeple

| | |
|----------------------------------|----------|
| 1. Solomon van Blokland, AV 1923 | 9:40.97 |
| 2. Jan-Jouke Vos, AV Heerenveen | 9:42.78 |
| 3. Bas Kluitenberg, Vitalis | 10:10.27 |

Hoogspringen

| | |
|----------------------------|------|
| 1. Tieme Klinkers, Vitalis | 2.00 |
| 2. Theo Danes, AV 1923 | 1.95 |
| 3. Gerben Klein, THOR | 1.90 |

Polshoogspringen

| | |
|-----------------------------|------|
| 1. Jurgen Versluijs, Climax | 3.80 |
| 2. Joris van Vlerken, GVAC | 3.80 |
| 3. Edo Lambregts, Startbaan | 3.30 |

Verspringen

| | |
|-------------------------|------------|
| 1. Sander Schutjes, AVV | 7.09 (4.9) |
| 2. Robin Coops, Hellas | 6.87 (3.8) |
| 3. Theo Danes, AV 1923 | 6.79 (2.1) |

Hinkstapspringen

| | |
|------------------------------|-------------|
| 1. Sander Hage, Sprint | 15.02 (3.6) |
| 2. Bryan Bastiaanse, Fortuna | 14.40 (3.2) |
| 3. Remco Aubert, PAC | 13.80 (1.6) |

Kogelstoten

| | |
|----------------------------|-------|
| 1. Vincent Jessen, Attila | 13.03 |
| 2. Theo Danes, AV 1923 | 12.87 |
| 3. Bart Mateman, Gron.Atl. | 12.65 |

Discuswerpen

| | |
|---------------------------|-------|
| 1. Leon Versluijs, Climax | 39.49 |
| 2. Stephan Dekker, Ilion | 39.01 |
| 3. Theo Danes, AV 1923 | 38.97 |

Speerwerpen

| | |
|----------------------------|-------|
| 1. Leon Versluijs, Climax | 69.30 |
| 2. Theo Danes, AV 1923 | 58.64 |
| 3. Andrew Kooijman, Hellas | 57.99 |

| | | | |
|-----------------------------------|----------|--------------------------------------|-------------|
| Kogelslingeren | | 2. Myrthe Fonck, AAC | 67.17 |
| 1. Rick Vet, GAC | 49.20 | 3. Yvette Zoomer, Atverni | 71.26 |
| 2. Olaf Kamphuis, 't Haasje | 47.10 | 3000m steeple | |
| 3. Leon Versluis, Climax | 38.27 | 1. Jolanda Verstraten, Scopias | 10:42.74 |
| Vrouwen | | 2. Esther Vermuë, R'dam Atl. | 11:24.03 |
| 100 meter (2.0m/s) | | 3. Hester Lingsma, R'dam Atl. | 12:02.48 |
| 1. Jaleasa Comenentia, AAC | 12.32 | Hoogspringen | |
| 2. Joyce Puts, Asterix | 12.50 | 1. Joyce Huisman, Phanos | 1.71 |
| 3. Nicole Kroonenburg, SAV | 12.56 | 2. Jolien de Haas, Attila | 1.60 |
| 200 meter (1.0m/s) | | 3. Alicia van Doorn, Isala '96 | 1.60 |
| 1. Jaleasa Comenentia, AAC | 25.46 | Verspringen | |
| 2. Joyce Puts, Asterix | 25.90 | 1. Kirsten van Bokhorst, GAC-H | 5.49 (2.6) |
| 3. Linda Bayoumi, AAC | 26.19 | 2. Lianne v.d.Lugt, Olympus '70 | 5.49 (2.3) |
| 400 meter | | 3. Rianne Weltak, PAC | 5.42 (3.1) |
| 1. Marian Zandberg, Heerenveen | 59.20 | Hinkstapspringen | |
| 2. Marlijn van Houts, LG Deurne | 59.23 | 1. Brenda Baar, AV 1923 | 13.00 (4.5) |
| 3. Linda Bayoumi, AAC | 59.78 | 2. Jaimy v.Broekhoven, Pr.Hendr. | 11.33 (4.0) |
| 800 meter | | 3. Angela de Winter, Leiden Atl. | 11.16 (5.0) |
| 1. Natasja Brusik, Nijmegen Atl. | 2:19.51 | Kogelstoten | |
| 2. karin Vintges, Attila | 2:20.18 | 1. Pamela Kiel, R'dam Atl. | 13.29 |
| 3. Cincy van de Avoort, GAC-G | 2:21.06 | 2. Roxanne van Noort, De Spartaan | 12.21 |
| 1500 meter | | 3. Ellen van der Veer, Hellas | 11.94 |
| 1. Saskia van Vugt, Phoenix | 4:51.32 | Discuswerpen | |
| 2. Corelien Kloek, AV NOP | 4:51.59 | 1. Pamela Kiel, R'dam Atl. | 42.27 |
| 3. Anniek Hylkema, Atverni | 5:08.27 | 2. Roxanne Noort, De Spartaan | 41.16 |
| 5000 meter | | 3. Bibi Lotte vd Horst, Atletico '73 | 41.02 |
| 1. Saskia van Vugt, Phoenix | 17:47.26 | Speerwerpen | |
| 2. Reina Visser, Nijmegen Atl. | 18:20.25 | 1. Eefje Frissen, GVAC | 41.21 |
| 3. Jeanine van Klashorst, Atverni | 18:54.05 | 2. Fieke Cappendijk, 't Haasje | 38.53 |
| 100m horden (1.1m/s) | | 3. kirsten van Bokhorst, GAC-H | 38.17 |
| 1. Sharona Bakker, Suomi | 13.91 | Kogelslingeren | |
| 2. Nicole Kroonenburg, SAV | 13.99 | 1. Maaïke Schetters, Eindh.Atl. | 54.62 |
| 3. Rianne Weltak, PAC | 14.87 | 2. Lise Smit, AAC | 38.63 |
| 400m horden | | 3. Laurien Goedemans, OSM '75 | 37.71 |
| 1. Nelleke Bosch, AV '34 | 65.28 | | |

**Flynth recordwedstrijden (SPAR Baancircuit)
Hoorn, 23 mei**

| | | | |
|----------------------------------|---------|----------------------------------|-------------|
| Mannen | | 400m horden | |
| 100 meter (1.2m/s) | | 1. Vincent Kerssies, SISU | 51.71 |
| 1. Gregory Sedoc, AAC | 10.41 | 2. Marius Kranendonk, AAC | 51.87 |
| 2. Patrick van Luijk, R'dam Atl. | 10.43 | 3. Jarno Boutkam, Hellas | 52.79 |
| 3. Maarten Heisen, Clytoneus | 10.60 | Verspringen | |
| 200 meter (0.1m/s) | | 1. Ingmar Vos, PAC | 7.28 (0.4) |
| 1. Patrick van Luijk, R'dam Atl. | 20.87 | 2. Eugene Martineau, Achilles-T | 7.14 (-0.4) |
| 2. Obed Martios, R'dam Atl. | 21.54 | 3. Jonathan Pengel, Phanos | 7.13 (0.6) |
| 3. Giovanni Codringt, Gron.Atl. | 21.63 | Hoogspringen | |
| 400 meter | | 1. Ronald Meijer, Altis | 1.98 |
| 1. Pete Coley, Jamaica | 46.80 | 2. Martijn van Calker, PEC1910 | 1.95 |
| 2. Dennis Spillekom, Lycurgus | 47.09 | 3. Mitchell Vereijken, Gen.Mich. | 1.92 |
| 3. Steven de Jesus, R'dam Atl. | 47.16 | Kogelstoten | |
| 800 meter | | 1. Gerret Johnson, Ver.Staten | 19.93 |
| 1. Robert Lathouwers, R'dam Atl. | 1:46.45 | 2. Maarten Persoon, Phanos | 17.76 |
| 2. Arnoud Okken, Atletico'73 | 1:47.67 | 3. Patrick Groot, Lycurgus | 17.62 |
| 3. Samuel Sepeng, Zuid Afrika | 1:48.81 | Discuswerpen | |
| 1500 meter | | 1. Maarten Persoon, Phanos | 57.35 |
| 1. Liold Bosman, Zuid Afrika | 3:40.73 | 2. Boudewijn Luijten, Start'78 | 55.35 |
| 2. Kristof van Malderen., België | 3:41.52 | 3. Mike van der Bilt, Haag Atl. | 54.15 |
| 3. Jesse van Burg, Ilion | 3:47.96 | Speerwerpen | |
| 110m horden (-0.3/s) | | 1. Jeroen Blommerde, Phanos | 69.97 |
| 1. Andy Turner, Gr.Britt. | 13.42 | 2. Lars Timmerman, Spado | 65.26 |
| 2. Gregory Sedoc, AAC | 13.49 | 3. Thijs Ros, Clytoneus | 62.86 |
| 3. Fredrick Townsend, Ver.Staten | 13.65 | Discuswerpen F36 | |
| | | 1. Willem Noorduyn, R'dam Atl. | 31.69 |

| | | | |
|-----------------------------------|---------|----------------------------------|-------------|
| Speerwerpen F44 | | 3. Marloes Duijn, SAV | 64.47 |
| 1. Ronald Hertog, R'dam Atl. | 51.02 | Verspringen | |
| Vrouwen | | 1. Meruska Eduarda, R'dam Atl. | 5.71 (0.7) |
| 100 meter (0.3m/s) | | 2. Nienke Kragtwijk, Spartaan | 5.54 (-0.3) |
| 1. Sorina Nwachukwu, Duitsland | 11.70 | 3. Wendy Visser, Phanos | 5.40 (2.0) |
| 2. Kadene Vassell, Phanos | 12.02 | Hoogspringen | |
| 3. Loreanne Kuhurima, Phanos | 12.13 | 1. Nikki May Woudstra, Ilion | 1.78 |
| 200 meter (0.4m/s) | | 2. Sietske Noorman, Gen.Mich. | 1.78 |
| 1. Sorina Nwachukwu, Duitsland | 23.69 | 3. Joyce Huisman, Phnaos | 1.75 |
| 2. Kadene Vassell, Phanos | 24.37 | Polsstokhoogspringen | |
| 3. Janice Babel, Phanos | 25.17 | 1. Denise Groot, Unitas | 4.20 |
| B-serie (-0.1m/s) | | 2. Yvette Caldenhove, Haag Atl. | 3.90 |
| 1. Anouk Hagen, Nijmegen Atl. | 25.12 | 3. Marijke Valk, Unitas | 3.30 |
| 400 meter | | 3. Julia de Hoop, Unitas | 3.30 |
| 1. Romara van Noort, Spartaan | 55.20 | Kogelstoten | |
| 2. Kaira Boddy, KAV Holland | 55.28 | 1. Denise Kemkers, Hera | 16.79 |
| 3. Suzanne Thierry, DEM | 55.62 | 2. Laurien Hoos, Hera | 14.56 |
| 800 meter | | 3. Elise Knetemann, Lycurgus | 14.46 |
| 1. Marije te Raa, AAC | 2:05.85 | Discuswerpen | |
| 2. Raika Lenaarts, Hera | 2:06.09 | 1. Monique Jansen, Altis | 58.45 |
| 3. Anne van der Hurk, Pr.Hendrik. | 2:06.59 | 2. Melissa Boekelman, Pr.Hendrik | 50.71 |
| 100m horden (-0.4m/s) | | 3. Corinne Nugter, AV NOP | 43.69 |
| 1. Tiffany Johnson, Ver.Staten | 13.63 | Speerwerpen | |
| 2. Nicole Kroonenburg, SAV | 14.16 | 1. Bregje Crolla, Unitas | 52.11 |
| 3. Remona Fransen, Spartaan | 14.43 | 2. Melissa Boekelman, Pr.Hendrik | 51.41 |
| 400m horden | | 3. Anouk Vetter, AAC | 48.50 |
| 1. Mariska Meintjes, Zuid Afrika | 61.08 | Verspringen AS | |
| 2. Leonie Schilder, Edam | 63.09 | 1. Marije Smits, KAV Holland | 3.01(0.3) |

Nijmegen Global Athletics Nijmegen, 29 mei

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| Mannen | | 3. Maarten Vansteen, België | 8:13.01 |
| 400 meter | | Vrouwen | |
| 1. Ryan Shields, Ver.Staten | 47.28 | 800 meter | |
| 2. Steven de Jesus, R'dam Atl. | 47.39 | 1. Abeba Arigawi, Ethiopië | 2:04.04 |
| 3. Robert Lathouwers, R'dam Atl. | 47.50 | 2. Irene Jelagat, Kenia | 2:04.48 |
| 800 meter | | 3. Jeannine Goldfluss, Duitsland | 2:04.54 |
| 1. Thomas Mathijs, België | 1:47.88 | 1500 meter | |
| 2. Alex Sang, Kenia | 1:48.16 | 1. Denise Krebs, Duitsland | 4:15.72 |
| 3. Youssef el Rhalfioui, Phanos | 1,49.34 | 2. Raika Lenaarts, Hera | 4:16.77 |
| 1500 meter | | 3. Barbara Maveau, België | 4:19.17 |
| 1. Dawit Wolde, Ethiopië | 3:38.22 | 3000 meter steeple | |
| 2. Benjamin Kiplagat, Oeganda | 3:38.86 | 1. Miranda Boonstra, Nijm.Atl. | 9:38.40 |
| 3. Cornelius Ndiwa, Kenia | 3:39.00 | 2. Lydia Rotich, Kenia | 9:46.13 |
| 3000 meter | | 3. Milcah Cheywa, Kenia | 9:54.32 |
| 1. Abdi Nageeye, AV '34 | 8:07.64 | | |
| 2. Michel Butter, Castricum | 8:11.94 | | |

Europa Cup Clubteams (poule B) Dubnica (SVK), 31 mei

| | | | |
|------------------------------------|-----|----------------------------|---------|
| Mannen | | 5. Sparta Copenhagen (DEN) | 72 |
| 1. Sport Kulubu Fenerbahce (TUR) | 116 | 6. AK Borac (BIH) | 66.5 |
| 2. CA Montreuil (FRA) | 110 | 7. Unitas (NED) | 57.5 |
| 3. Phanos (NED) | 71 | 8. Tirconnail (IRL) | 44 |
| 4. GG Bern (SUI) | 69 | Individueel Mannen | |
| 5. Clonliffe (IRL) | 58 | 100 meter (-0.5m/s) | |
| 6. AK Borac (BIH) | 54 | 7. Rik Wester | 11.39 |
| 7. Jyväskylä Kenttärheilijat (FIN) | 50 | 200 meter (-0.1m/s) | |
| Vrouwen | | 5. Chris Charlemagne | 22.86 |
| 1. AK Spartak Dubnica (SVK) | 117 | 400 meter | |
| 2. CA Montreuil (FRA) | 111 | 4. Youssef el Rhalfioui | 48.99 |
| 3. City of Manchester (GBR) | 110 | 800 meter | |
| 4. LG ASV/DSHS Köln (GER) | 101 | 6. Peter Wolters | 2:00.26 |

| | | | |
|--|--------------|--|--------------|
| 1500 meter | | 400 meter | |
| 6. Casper Dirks | 4:04.35 | 3. Judith Baarssen | 56.40 |
| 3000 meter | | 800 meter | |
| 4. Robert Ton | 8:28.03 | 6. Henrieke Krommendijk | 2:23.53 |
| 3000 m steeple | | 1500 meter | |
| 5. Sillivan Smith | 9:47.27 | 6. Mechtild Panhuysen | 4:40.89 |
| 110m horden (0.4 m/s) | | 3000 meter | |
| 1. Jonathan Pengel | 14.33 | 7. Nadezhda Wijenberg | 10:41.34 |
| 400m horden | | 3000 m steeple | |
| 6. Koen Streekstra | 57.91 | 1. Jolanda Verstraten | 10:41.83 |
| Hoogspringen | | 100m horden (-0.7m/s) | |
| 5. Ruud de Vries | 1.80 | 6. Renee Granzier | 15.19 |
| Polsstokhoogspringen | | 400m horden | |
| 7. Yuri Thijssing | NH | 8. Nina Hellebrekers | 73.38 |
| Verspringen | | Hoogspringen | |
| 2. Jonathan Pengel | 6.92 (-1.4) | 4. Ellis Gielen | 1.55 |
| Hinkstapspringen | | Polsstokhoogspringen | |
| 6. Maarten Bouwman | 13.27 (-1.2) | 6. Julia de Hoop | 3.05 |
| Kogelstoten | | Verspringen | |
| 3. Patrick Cronie | 17.35 | 6. Renee Granzier | 5.04 (0.8) |
| Discuswerpen | | Hinkstapspringen | |
| 1. Maarten Persoon | 54.69 | 7. Yvon Hendrix | 10.54 (-1.9) |
| Kogelslingeren | | Kogelstoten | |
| 4. Maarten Persoon | 55.11 | 7. Yvonne Jeurissen | 10.42 |
| Speerwerpen | | Discuswerpen | |
| 1. Jeroen Blommerde | 71.78 | 5. Yvonne Jeurissen | 39.71 |
| 4x100 meter | | Kogelslingeren | |
| 4. Phanos | 42.24 | 7. Tosca Hellebrekers | 38.22 |
| <i>(Daan Westerveld, Rik Wester, Chris Charlemagne, Jonathan Pengel)</i> | | Speerwerpen | |
| 4x400 meter | | 7. Ellis Gielen | 37.36 |
| 3. Phanos | 3:20.68 | 4x100 meter | |
| <i>(Peter Wolters, Koen Streekstra, Michel Kerkdijk, Youssef el Rhalfioui)</i> | | 7. Unitas | 50.23 |
| Individueel Vrouwen | | <i>(Julia Hoopde, Renée Granzier, Naomi Driessen, Judith Baarssen)</i> | |
| 100 meter (-0.1m/s) | | 4x400 meter | |
| 7. Julia de Hoop | 13.50 | 7. Unitas | 4:09.51 |
| 200 meter (-2.2m/s) | | <i>(Ellis Gielen, Naomi Driessen, Henrieke Krommendijk, Judith Baarssen)</i> | |
| 6. Naomi Driessen | 26.13 | | |

FBK-Games Hengelo, 1 juni

| | | | |
|--------------------------------|---------|------------------------------|----------|
| Mannen | | 2. Deresse Mekonnen, ETH | 3:34.85 |
| 100 meter (-0.1m/s) | | 3. Mohamed Moustouai, MAR | 3:36.62 |
| 1. Churandy Martina, AHO | 9.97 | 4. Gideon Gathimba, KEN | 3:37.02 |
| 2. Rae Edwards, USA | 10.02 | 5. Stefan Eberhardt, GER | 3:37.10 |
| 3. Simeon Williamson, GBR | 10.09 | 6. Fouad El Kaam, MAR | 3:37.34 |
| 4. Harry Aikines-Aryeetey, GBR | 10.17 | 7. Suleiman Simotwo, KEN | 3:37.38 |
| 5. Marlon Devonish, GBR | 10.22 | 8. Tom Lancashire, GBR | 3:37.67 |
| 6. Ryan Moseley, AUT | 10.22 | 1500 meter wheelchair | |
| 7. Shawn Crawford, USA | 10.23 | 1. Marcel Hug, SUI | 3:25.08 |
| 8. Kim Collins, SKN | 10.30 | 2. Josh Cassiy, CAN | 3:26.66 |
| 8. Marcus Brunson, USA | 10.30 | 3. Richard Colman, AUS | 3:27.29 |
| 800 meter | | 4. Alhassane Balde, GER | 3:27.78 |
| 1. Abubaker Kaki, SUD | 1:43.10 | 5. Ralf Brunner, GER | 3:32.56 |
| 2. Amine Laâlou, MAR | 1:43.36 | 5000 meter | |
| 3. David Rudisha, KEN | 1:43.53 | 1. Ali Abdosh, ETH | 12:59.56 |
| 4. Bram Som, NED | 1:44.80 | 2. Augustine Choge, KEN | 13:00.79 |
| 5. Marcin Lewandowski, POL | 1:45.03 | 3. Eliud Kipchoge, KEN | 13:00.91 |
| 6. Robin Schembera, GER | 1:45.63 | 4. Edwin Soi, KEN | 13:01.69 |
| 7. Dmitrijs Milkevics, LAT | 1:46.22 | 5. Jacob Chesari, KEN | 13:04.12 |
| 8. Sebastian Keiner, GER | 1:46.30 | 6. Mang'ata Ndiwa, KEN | 13:05.02 |
| 1500 meter | | 7. Abebe Dinkesa, ETH | 13:08.63 |
| 1. Asbel Kiprop, KEN | 3:34.45 | 8. Abraham Chebii, KEN | 13:09.11 |

1 uur

| | | |
|----|-------------------------|----------|
| 1. | Haile Gebrselassie, ETH | 20822,36 |
| 2. | Kiplimo Kimutai, KEN | 20797,10 |
| 3. | Wilson Kiprop, KEN | 20756,40 |
| 4. | Girma Tola, ETH | 20102,65 |
| 5. | Berhanu Adane, ETH | 19929,20 |
| 6. | Deriba Deme, ETH | 18966,14 |
| 7. | Silas Kipkorir, KEN | 17372,80 |

3000m steeple

| | | |
|----|-------------------------|---------|
| 1. | Brimin Kipruto, KEN | 8:06.46 |
| 2. | Mahiedine Mekhissi, FRA | 8:06.98 |
| 3. | Elijah Chelimo, KEN | 8:12.41 |
| 4. | Richard Matelong, KEN | 8:13.73 |
| 5. | Michael Kipyego, KEN | 8:14.52 |
| 6. | Benjamin Kiplagat, UGA | 8:16.13 |
| 7. | Silas Kitum, KEN | 8:22.53 |
| 8. | Jamel Chatbi, MAR | 8:23.21 |

110m horden (0.3m/s)

| | | |
|----|----------------------|-------|
| 1. | Andy Turner, GBR | 13.30 |
| 2. | Petr Svoboda, CZE | 13.44 |
| 3. | Ryan Wilson, USA | 13.48 |
| 4. | Aubrey Herring, USA | 13.61 |
| 5. | Shaun Bownes, RSA | 13.72 |
| 6. | Artur Noga, POL | 13.82 |
| 7. | Allan Scott, GBR | 13.91 |
| | Maurice Wignall, JAM | DQ |
| | Gregory Sedoc, NED | DQ |

Verspringen

| | | |
|----|------------------------|------------|
| 1. | Irving Saladino, PAN | 8.56 (0.8) |
| 2. | Dwight Phillips, USA | 8.54 (0.9) |
| 3. | Salim Sdiri, FRA | 8.23 (1.6) |
| 4. | Yahya Berrabah, MAR | 8.20 (2.0) |
| 5. | Gable Garenamotse, BOT | 8.11 (1.2) |
| 6. | Oliver Koenig, GER | 7.82 (0.4) |
| 7. | Jamal Bowen, PAN | 7.82 (1.2) |
| 8. | Ignisious Gaisah, GHA | 7.43 (1.2) |

Kogelstoten

| | | |
|----|-------------------------|-------|
| 1. | Reese Hoffa, USA | 21.59 |
| 2. | Tomasz Majewski, POL | 21.19 |
| 3. | Christian Cantwell, USA | 20.49 |
| 4. | Dylan Armstrong, CAN | 20.21 |
| 5. | Dorian Scott, JAM | 19.95 |
| 6. | Ralf Bartels, GER | 19.89 |
| 7. | Pavel Lyzhyn, BLR | 19.74 |
| 8. | Garrett Johnson, USA | 19.67 |

Speerwerpen

| | | |
|----|--------------------------|-------|
| 1. | Eriks Rags, LAT | 80.66 |
| 2. | Vítězslav Veselý, CZE | 78.37 |
| 3. | Tom Goyvaerts, BEL | 78.20 |
| 4. | Jarkko Koski-Vähälä, FIN | 77.25 |
| 5. | Mike Hazle, USA | 73.91 |
| 6. | Robert Szpak, POL | 70.93 |
| 7. | Bjorn Blommerde, NED | 70.57 |
| | Ilya Korotkov, RUS | NM |

Vrouwen

100 meter (0.1m/s)

| | | |
|----|-----------------------------|-------|
| 1. | Laverne Jones-Ferrette, ISV | 11.13 |
| 2. | Stephanie Durst, USA | 11.13 |
| 3. | Chandra Sturup, BAH | 11.18 |
| 4. | Damola Osayomi, NGR | 11.31 |
| 5. | Ebonie Floyd-Broadnax, USA | 11.34 |
| 6. | Joice Maduaka, GBR | 11.50 |

| | | |
|----|-----------------------|-------|
| 7. | Montell Douglas, GBR | 11.62 |
| 8. | Yvette Lewis, USA | 11.72 |
| 9. | Juanita Broaddus, USA | 12.05 |

| | | |
|-------------------------------|--|--|
| 100 meter aangepaste sporters | | |
|-------------------------------|--|--|

| | | |
|----|----------------------|-------|
| 1. | Maya Nakanishi, JPN | 13.78 |
| 2. | April Holmes, USA | 13.83 |
| 3. | Suzanne Verduin, NED | 14.84 |
| 4. | Marije Smits, NED | 18.49 |

200 meter (0.3m/s)

| | | |
|----|-----------------------------|-------|
| 1. | Laverne Jones-Ferrette, ISV | 22.46 |
| 2. | Christine Ohuruogu, GBR | 22.85 |
| 3. | Joice Maduaka, GBR | 23.22 |
| 4. | Damola Osayomi, NGR | 23.41 |
| 5. | Cathleen Tschirch, GER | 23.44 |
| 6. | Donna Fraser, GBR | 23.64 |
| 7. | Vincenza Cali, ITA | 23.89 |
| 8. | Monika Bejnar, POL | 23.99 |

800 meter

| | | |
|----|-----------------------------|---------|
| 1. | Maryam Jamal, BRN | 1:59.98 |
| 2. | Yuliya Krevsun, UKR | 2:00.04 |
| 3. | Jennifer Meadows, GBR | 2:00.15 |
| 4. | Marilyn Okoro, GBR | 2:00.58 |
| 5. | Élodie Guégan, FRA | 2:01.32 |
| 6. | Yvonne Hak, NED | 2:01.45 |
| 7. | Lucia Klocová, SVK | 2:01.51 |
| 8. | Yekaterina Kostetskaya, RUS | 2:01.84 |

1500 meter

| | | |
|----|------------------------|---------|
| 1. | Gelete Burka, ETH | 3:58.79 |
| 2. | Anna Alminova, RUS | 4:01.54 |
| 3. | Viola Kibiwott, KEN | 4:02.70 |
| 4. | Siham Hilali, MAR | 4:05.38 |
| 5. | Iryna Lishchynska, UKR | 4:05.63 |
| 6. | Sylwia Ejdys, POL | 4:05.69 |
| 7. | Hannah England, GBR | 4:05.87 |
| 8. | Irina Krakoviak, LTU | 4:06.75 |

100 m horden (1.2m/s)

| | | |
|----|------------------------------|-------|
| 1. | Christina Vukicevic, NOR | 12.74 |
| 2. | Lacena Golding-Clarke, JAM | 12.78 |
| 3. | Priscilla Lopes-Schliep, CAN | 12.87 |
| 4. | Eline Berings, BEL | 12.94 |
| 5. | Danielle Carruthers, USA | 12.95 |
| 6. | Carolin Nytra, GER | 13.07 |
| 7. | Yvette Lewis, USA | 13.08 |
| 8. | Femke van der Meij, NED | 13.36 |
| 9. | Gemma Bennett, GBR | 13.40 |

Polsstokhoogspringen

| | | |
|----|----------------------------|------|
| 1. | Silke Spiegelburg, GER | 4.55 |
| 2. | Svetlana Feofanova, RUS | 4.45 |
| 3. | Tatyana Polnova, RUS | 4.45 |
| 4. | Aleksandra Kiryashova, RUS | 4.35 |
| 5. | Anastasija Reiberger, GER | 4.35 |
| 6. | Rianna Galiart, NED | 4.20 |
| 7. | Martina Strutz, GER | 4.00 |
| 7. | Denise Groot, NED | 4.00 |

Verspringen

| | | |
|----|---------------------------|-------------|
| 1. | Funmi Jimoh, USA | 6.74 (0.9) |
| 2. | Keila Costa, BRA | 6.65 (2.0) |
| 3. | Jana Veldáková, SVK | 6.63 (2.6) |
| 4. | Maurren Higa Maggi, BRA | 6.61 (0.9) |
| 5. | Ksenija Balta, EST | 6.57 (-0.3) |
| 6. | Karin Ruckstuhl, NED | 6.56 (1.4) |
| 7. | Malgorzata Trybanska, POL | 6.33 (0.6) |

**European Cup 10.000 meters
Ribeira Brava (POR), 6 juni**

Mannen

| | | |
|-----|---------------------------|----------|
| 1. | José Manuel Martínez, ESP | 27:57.61 |
| 2. | Rui Pedro Silva, POR | 28:01.63 |
| 3. | José Rocha, POR | 28:15.44 |
| 14. | Michel Butter, NED | 28:52.58 |
| 25. | Martin Lauret, NED | 29:22.23 |

Vrouwen

| | | |
|----|---------------------|----------|
| 1. | Inês Monteiro, POR | 31:34.17 |
| 2. | Olivera Jevtic, SRB | 31:35.92 |
| 3. | Dulce Félix, POR | 31:40.60 |

**NK meerkamp
Lisse, 6/7 juni**

Mannen

| | | |
|----|--|-------|
| 1. | Ludo van der Plaat, Ilion (11.25-7.02-14.05-1.92-50.10- 15.16-41.44-4.40-68.45-5.07.06) | 7.537 |
| 2. | Adriaan Saman, AV'34 (11.70-6.98-13.78-1.95-51.72- 15.29-39.39-4.40-55.61-4.36.97) | 7.299 |
| 3. | Alwin Roobeek, AV'34 (11.36-6.82-11.97-1.89-49.10- 15.45-37.39-3.90-45.03-4.17.13) | 7.064 |
| 4. | Theo Danes, AV 1923 (11.91-7.01-12.48-1.92-53.00- 15.72-38.70-4.10-56.94-4.46.97) | 6.911 |
| 5. | Ronald Meijer, Altis (11.96-6.66-13.32-1.98-51.91- 15.48-37.47-4.40-45.42-4.48.04) | 6.882 |
| 6. | Kees Langeveld, TION (11.65-6.34-12.61-1.80-52.25- 16.21-37.07-4.10-48.42-4.31.84) | 6.623 |
| 7. | Kevin Woldberg, PEC 1910 (11.99-6.18-10.83-1.98-53.40- 15.78-33.00-4.20-47.14-4.59.33) | 6.330 |
| 8. | Jonathan Huisman, PEC 1910 (11.62-6.81-13.33-1.77-52.61- 17.26-32.95-4.20-46.70-5.24.07) | 6.246 |

Vrouwen

| | | |
|----|---|-------|
| 1. | Remona Fransen, Spartaan (14.46-1.81-13.07-25.21-6.24-32.54-2.18.50) | 5.798 |
| 2. | Amanda Spiljard, Attila (15.45-1.72-11.73-25.18-6.01-36.71-2.17.62) | 5.488 |
| 3. | Suzanne de Sevren J,Isala'96 (14.92-1.63-11.20-25.41-5.10-35.28-2.20.18) | 5.066 |
| 4. | Laura Molenaar, Gouda (14.66-1.51-10.23-26.24-5.49-32.95-2.29.74) | 4.766 |
| 5. | Nicole Berghouwer, Hera (16.08-1.54-11.44-26.55-5.20-34.77-2.29.62) | 4.627 |
| 6. | Gejanne Lussenberg, Isala'96 (16.24-1.57-10.06-26.36-5.44-30.72-2.26.42) | 4.596 |
| 7. | Grace van der Berg, Almere'81 (16.49-1.48-8.92-28.07-4.50-29.72-2.26.41) | 3.976 |
| 8. | Moniek Stijvers, GAC | 3.770 |

(16.14-1.45-7.77-28.40-5.00-25.98-2.40.92)

Jongens A

| | | |
|----|--|-------|
| 1. | Brian Vriend, Lycurgus (11.50-7.04-14.22-1.79-50.19- 15.36-37.51-4.20-50.65-4.40.04) | 7.115 |
| 2. | Robin Coops, Hellas (11.39-6.85-10.82-1.91-51.77- 15.62-32.63-3.80-41.85-4.43.14) | 6.531 |
| 3. | Victor Besters, Spado (11.81-6.00-11.98-1.76-52.26- 15.52-33.86-4.20-39.21-4.54.95) | 6.209 |
| 4. | Randy van Geenen, Almere '81 (11.89-6.42-11.88-1.91-53.26- 15.74-34.78-0.00-43.84-4.48.60) | 5.788 |
| 5. | Bjorn Vennema, AAC (11.78-6.26-11.89-1.67-52.91- 16.78-31.69-3.00-43.29-4.54.44) | 5.728 |
| 6. | Alain Bettonviel, Attila (12.22-5.76-10.07-1.79-57.03- 16.42-28.12-3.60-35.74-5.11.90) | 5.269 |
| 7. | Bas Huijben, Attila (12.23-6.20-9.53-1.79-54.46- 17.47-28.00-2.70-42.36-5.15.47) | 5.170 |

Meisjes A

| | | |
|----|---|-------|
| 1. | Dafne Schippers, Hellas (14.71-1.62-11.50-24.79-5.86-32.51-2.29.42) | 5.204 |
| 2. | Linda vd Lagemaat, Pallas'67 (15.95-1.68-10.79-25.82-5.62-28.80-2.26.18) | 4.875 |
| 3. | Tara van Schie, AAC (15.80-1.53-11.37-25.31-5.56-29.55-2.38.33) | 4.644 |
| 4. | Louise Taatgen, Gron.Atl. (16.79-1.44-12.05-28.26-5.45-35.41-2.30.97) | 4.395 |
| 5. | Sanne vd Velden, Flevo Delta (16.20-1.62-9.28-27.49-5.20-34.71-2.38.25) | 4.376 |
| 6. | Nora Ritzen, Gron.Atl. (15.70-1.47-11.09-26.91-5.25-25.53-2.30.89) | 4.361 |
| 7. | Charissa Janssens, Sparta (17.64-1.53-9.61-26.60-4.87-36.10-2.36.93) | 4.156 |
| 8. | Maaïke Spuij, Gouda (15.47-1.41-7.98-26.92-4.50-19.87-2.29.49) | 3.833 |

**NK Clubs
Den Haag, 17 mei**

Mannen

| | | |
|----|--------------------|---------------|
| 1. | Rotterdam Atletiek | 107 |
| 2. | Phanos | 107 |
| 3. | Haag Atletiek | 100 |
| 4. | Achilles Top | 99 |
| 5. | AAC | 87 (prom/deg) |
| 6. | Sprint | 82 (prom/deg) |
| 7. | AC TION | 64 (prom/deg) |
| 8. | Hellas Utrecht | 58 (deg) |

Vrouwen

| | | |
|----|---------------------|---------------|
| 1. | Rotterdam Atletiek | 126 |
| 2. | Prins Hendrik | 95 |
| 3. | Unitas | 88 |
| 4. | AAC | 80 |
| 5. | De Spartaan | 78 (prom/deg) |
| 6. | Haag Atletiek | 74 (prom/deg) |
| 7. | Phanos | 68 (prom/deg) |
| 8. | Atletiek Maastricht | 54 (deg) |

Open NK aangepast sporten
Emmeloord, 30/31 mei

Mannen

100 meter

Klasse T11/12/13

| | |
|----------------------------------|-------------|
| 1. Hilton Langenhoven (T12), RSA | 11.50 (890) |
| 2. Marc Lembeck (T13), GER | 12.23 (758) |
| 3. James Ball (T13), GBR | 12.32 (745) |

Klasse T35/36

| | |
|---------------------------------|-------------|
| 1. Evgeny Kurochkin (T35), RUS | 13.04 (922) |
| 2. Marcin Mielczarek (T36), POL | 12.88 (902) |
| 3. Andrey Zhirnov (T36), RUS | 13.48 (818) |

Klasse T37 (-2.1m/s)

| | |
|-----------------------------|-------|
| 1. Roman Kapranov, RUS | 12.50 |
| 2. Vladislav Barinov, RUS | 12.67 |
| 3. Andrey Kholostyakov, RUS | 12.80 |

Klasse T38/42/46 (-1.3m/s)

| | |
|-------------------------------|-------------|
| 1. Yuri Nosulenko (T46), RUS | 11.50 (915) |
| 2. Heinrich Popow (T42), GER | 13.20 (903) |
| 3. Atushi Yamamoto (T42), JPN | 13.68 (836) |

Klasse T44

| | |
|---------------------|-------|
| 1. Arnu Fourie, RSA | 11.87 |
| 2. Tom Fugers, NED | 12.49 |
| 3. Markus Rehm, GER | 12.82 |

Klasse T54 (-4.4m/s)

| | |
|---------------------------|-------|
| 1. Kenny van Weeghel, NED | 15.16 |
| 2. Marc Schuh, GER | 15.39 |
| 3. Marcel Hug, SUI | 15.40 |

200 meter

Klasse T11/13 (-2.4m/s)

| | |
|----------------------------|-------------|
| 1. Marc Lembeck (T13), GER | 24.97 (733) |
| 2. James Ball (T13), GBR | 25.23 (715) |
| 3. Ibrahim Magd (T11), DEN | 28.95 (571) |

Klasse T34/53 (-2.0m/s)

| | |
|------------------------------|-------------|
| 1. Bart Pijs (T34), NED | 36.47 (580) |
| 2. Henk Schuiling (T53), NED | 35.97 (475) |
| 3. Stefan Rusch (T53), NED | 37.49 (415) |

Klasse T35/T36 (-3.9m/s)

| | |
|---------------------------------|-------------|
| 1. Evgeny Kurochkin (T35), RUS | 26.85 (988) |
| 2. Marcin Mielczarek (T36), POL | 26.82 (854) |
| 3. Andrey Zhirnov (T36), RUS | 27.89 (783) |

Klasse T37 (-1.2m/s)

| | |
|-------------------------------|-------|
| 1. Alexander Lyashchenko, RUS | 25.62 |
| 2. Andrey Kholostyakov, RUS | 25.72 |
| 3. Vladislav Barinov, RUS | 25.82 |

Klasse T38/T46 (-1.9m/s)

| | |
|-------------------------------------|-------------|
| 1. Yuri Nosulenko (T46), RUS | 23.14 (901) |
| 2. Christopher Hoffmann (T46), GER | 24.63 (786) |
| 3. Koenraad van der Beke (T38), BEL | 28.26 (581) |

Klasse T42/T44 (-2.2m/s)

| | |
|------------------------------|-------------|
| 1. Arnu Fourie (T44), RSA | 24.24 (857) |
| 2. Teun Kruijff (T44), NED | 27.52 (636) |
| 3. Ivan Prokopiev (T44), RUS | 27.61 (631) |

Klasse T54 (-1.3m/s)

| | |
|---------------------------|-------|
| 1. Kenny van Weeghel, NED | 26.03 |
| 2. Marcel Hug, SUI | 26.30 |
| 3. Marc Schuh, GER | 26.46 |

400 meter

Klasse T13/46

| | |
|---------------------------------|-------------|
| 1. Yuri Nosulenko (T46), RUS | 51.11 (894) |
| 2. Alexander Yalchik (T46), RUS | 51.76 (871) |

| | |
|------------------------------|-------------|
| 3. Rachid Aitmala (T13), MAR | 53.99 (818) |
|------------------------------|-------------|

Klasse T33/34/53

| | |
|------------------------------|-------------|
| 1. Bart Pijs (T34), NED | 70.69 (528) |
| 2. Henk Schuiling (T53), NED | 69.43 (405) |
| 3. Arne Hoekstra (T33), NED | 139.91 (88) |

Klasse T36

| | |
|--------------------------|---------|
| 1. Artem Arefiev, RUS | 56.89 |
| 2. Pavel Kharagezov, RUS | 59.13 |
| 3. Jakub Rega, POL | 1:02.83 |

Klasse T37

| | |
|-------------------------------|---------|
| 1. Alexander Lyashchenko, RUS | 58.48 |
| 2. Keith Dolan, IRL I | 1:04.17 |
| 3. Mustapha Essaki, MAR | 1:12.00 |

Klasse T54

| | |
|---------------------------|-------|
| 1. Marcel Hug, SUI | 48.51 |
| 2. Kanny van Weeghel, NED | 49.57 |
| 3. Marc Schuh, GER | 49.70 |

800 meter

Klasse T34/53

| | |
|------------------------------|---------------|
| 1. Bart Pijs (T34), NED | 2:20.19 (368) |
| 2. Henk Schuiling (T53), NED | 2:22.89 (250) |
| 3. Stefan Rusch (T53), NED | 2:27.51 (225) |

Klasse T36/46

| | |
|---------------------------------|---------------|
| 1. Artem Arefiev (T36), RUS | 2:19.19 (924) |
| 2. Pavel Kharagezov (T36), RUS | 2:19.65 (920) |
| 3. Alexander Yalchik (T46), RUS | 1:59.80 (917) |

Klasse T54

| | |
|------------------------|---------|
| 1. Marcel Hug, SUI | 1:41.13 |
| 2. Richard Colman, AUS | 1:49.01 |
| 3. Niklas Almers, SWE | 1:49.47 |

1500 meter

Klasse T54

| | |
|------------------------|---------|
| 1. Marcel Hug, SUI | 3:30.23 |
| 2. Niklas Almers, SWE | 3:34.76 |
| 3. Richard Colman, AUS | 3:35.91 |

4 x 100 meter

Klasse open

| | |
|----------------|-------|
| 1. Rusland II | 49.02 |
| 2. Rusland I | 50.18 |
| 3. Rusland III | 51.57 |

Verspringen

Klasse F12/42/44/46

| | |
|----------------------------------|-------------|
| 1. Hilton Langenhoven (F12), RSA | 7.15 (1065) |
| 2. Atushi Yamamoto (F42), JPN | 5.55 (940) |
| 3. Markus Rehm (F44), GER | 5.99 (925) |

Klasse F37/F38

| | |
|-------------------------------------|------------|
| 1. Jiri Kohout (F37), CZE | 4.96 (861) |
| 2. Lukas Lacnak (F37), CZE | 4.81 (835) |
| 3. Koenraad van der Beke (F38), BEL | 4.68 (802) |

Kogelstoten

Klasse F56

| | |
|---------------------------------|-------|
| 1. Ralf Peter Falkenhain, GER | 11.58 |
| 2. Krzysztof Smorszczewski, POL | 11.46 |
| 3. Jamie Boyle, IRL I | 7.87 |

Klasse F55

| | |
|--------------------------|--------------|
| 1. Karol Kozun, POL | 11.69 (1032) |
| 2. Martin Nemecek, CZE | 10.80 (953) |
| 3. Dmitry Prokhorov, RUS | 8.54 (879) |

Klasse F32/33/53

| | |
|-------------------------------------|-------------|
| 1. Mauro Maximo De Jesus (F53), MEX | 8.20 (1008) |
|-------------------------------------|-------------|

| | |
|--------------------------------|-------------|
| 2. Roman Musil (F33), CZE | 10.34 (993) |
| 3. Frantisek Serbus (F32), CZE | 7.88 (956) |

Klasse F13/35/36

| | |
|--------------------------------|--------------|
| 1. Pawel Piotrowski (F36), POL | 12.60 (1009) |
| 2. Sebastian Dietz (F35), GER | 12.64 (874) |
| 3. Alexander Elmin (F35), RUS | 11.18 (773) |

Klasse F37/38

| | |
|----------------------------------|-------------|
| 1. Thomas Blatkiewicz (F37), POL | 14.38 (955) |
| 2. Alexey Lesnich (F37), RUS | 12.98 (862) |
| 3. Valery Stepanskoy (F38), RUS | 10.51 (704) |

Klasse F40/42/44

| | |
|-----------------------------------|--------------|
| 1. Mathias Mester (F40), GER | 10.52 (1056) |
| 2. Jackie Christiansen (F44), DEN | 16.68 (1041) |
| 3. Frank Tinnemeier (F42), GER | 11.99 (891) |

Klasse F57/F58

| | |
|--------------------------------|--------------|
| 1. Alexey Ashapatov (F58), RUS | 15.71 (1050) |
| 2. Janusz Rokicki (F58), POL | 15.59 (1042) |
| 3. Nathan Stephens (F57), GBR | 12.16 (906) |

Discuswerpen

Klasse F40/42/44

| | |
|------------------------------|-------------|
| 1. Mathias Mester (F40), GER | 29.13 (984) |
| 2. Klaus Kulla (F42), GER | 35.75 (793) |
| 3. Aled Davies (F44), GBR | 37.61 (695) |

Klasse F35/36

| | |
|--------------------------------|--------------|
| 1. Pawel Piotrowski (F36), POL | 35.32 (1011) |
| 2. Tomasz Paulinski (F35), POL | 37.71 (787) |
| 3. Alexander Elmin (F35), RUS | 36.33 (759) |

Klasse F32/51/52

| | |
|--------------------------------|--------------|
| 1. Frantisek Serbus (F32), CZE | 18.51 (1062) |
| 2. John McCarthy (F51), IRL | 9.37 (954) |
| 3. Garrett Culliton (F52), IRL | 17.63 (944) |

Klasse F37/F38

| | |
|----------------------------------|-------------|
| 1. Thomas Blatkiewicz (F37), POL | 48.21 (936) |
| 2. Ronnie Jensen (F37), DEN | 42.54 (826) |
| 3. Josef Polivka (F37), CZE | 37.06 (719) |

Klasse F57/F58

| | |
|--------------------------------|-------------|
| 1. Alexey Ashapatov (F58), RUS | 51.87 (971) |
| 2. Ali Ghardooni (F57), GER | 42.37 (908) |
| 3. Nathan Stephens (F57), GBR | 40.58 (869) |

Klasse F33/34/54

| | |
|-------------------------------|-------------|
| 1. Roman Musil (F33), CZE | 25.07 (949) |
| 2. Raymond O'Dwyer (F34), IRL | 23.38 (594) |
| 3. Dmitry Prokhorov (F54), | 22.17 (583) |

Klasse F55/F56

| | |
|------------------------------------|-------------|
| 1. Martin Nemec (F55), CZE | 35.65 (938) |
| 2. Ralf Peter Falkenhain (F56),GER | 25.47 (661) |
| 3. Jamie Boyle (F56), IRL | 25.15 (652) |

Speerwerpen

Klasse F56/57

| | |
|-------------------------------|-------------|
| 1. Nathan Stephens (F57), GBR | 35.56 (916) |
| 2. Evgeniy Abramov (F57), RUS | 23.93 (616) |
| 3. David Berry (F56), IRL | 13.14 (360) |

Klasse F40/42/44

| | |
|------------------------------|--------------|
| 1. Mathias Mester (F40), GER | 38.32 (1113) |
| 2. Ronald Hertog (F44), NED | 54.80 (1005) |
| 3. Bo Larsen (F42), DEN | 37.61 (758) |

Klasse F33/51/53

| | |
|-----------------------------------|--------------|
| 1. Roman Musil (F33), CZE | 22.69 (1049) |
| 2. Mauro Maxi. De Jesus (F53),MEX | 20.20(1013) |
| 3. John McCarthy (F51), IRL | 21.47 (891) |

Vrouwen

100 meter

Klasse T34/53/54 (-2.6m/s)

| | |
|------------------------------------|-------------|
| 1. Amy Siemons (T34), NED | 26.78 (470) |
| 2. Margarita Fischer (T53), GER | 22.93 (470) |
| 3. Monique van der Vorst (T54),NED | 22.78(417) |

Klasse T35/T36 (-2.8m/s)

| | |
|----------------------------------|-------------|
| 1. Augul Sachibzadaeva (T36),RUS | 16.31 (742) |
| 2. Yulia Linevich (T36), RUS | 16.75 (697) |
| 3. Lenka Kadetova (T35), CZE | 19.68 (589) |

Klasse T37 (-1.3m/s)

| | |
|---------------------------|-------|
| 1. Marta Langner, POL | 15.05 |
| 2. Svetlana Sergeeva, RUS | 15.22 |
| 3. Natalia Jasinska, POL | 15.37 |

Klasse T38 (-1.9m/s)

| | |
|-----------------------------|-------|
| 1. Margarita Koptilova, RUS | 14.88 |
| 2. Elena Ivanova, RUS | 15.31 |
| 3. Anezka Vejrazkova, CZE | 15.58 |

Klasse T42 (-2.6m/s)

| | |
|------------------------|-------|
| 1. Carmen Schmidt, AUT | 20.98 |
|------------------------|-------|

Klasse T44 (-1.0m/s)

| | |
|------------------------|-------|
| 1. April Holmes, USA | 14.33 |
| 2. Maya Nakanishi, JPN | 14.39 |
| 3. Astrid Höfte, GER | 15.03 |

Klasse T46 (-1.0m/s)

| | |
|-------------------------|-------|
| 1. Alicia Fiodorow, POL | 13.52 |
|-------------------------|-------|

200 meter

Klasse T37 (-3.1m/s)

| | |
|---------------------------|-------|
| 1. Svetlana Sergeeva, RUS | 31.88 |
| 2. Marta Langner, POL | 32.09 |
| 3. Natalia Jasinska, POL | 32.14 |

Klasse T38 (-2.8m/s)

| | |
|-----------------------------|-------|
| 1. Margarita Koptilova, RUS | 30.78 |
| 2. Anezka Vejrazkova, CZE | 31.57 |
| 3. Elena Ivanova, RUS | 31.61 |

Klasse T46 (-3.6m/s)

| | |
|-----------------------------|-------|
| 1. Alicia Fiodorow, POL | 27.81 |
| 2. Alexandra Moguchaya, RUS | 29.57 |

Klasse T34/53/54 (-2.9m/s)

| | |
|------------------------------------|-------------|
| 1. Amy Siemons (T34), NED | 43.66 (567) |
| 2. Margarita Fischer (T53), GER | 40.23 (478) |
| 3. Monique van der Vorst (T54),NED | 40.08 (404) |

Klasse T42/T44 (-3.0m/s)

| | |
|------------------------------|-------------|
| 1. Maya Nakanishi (T44), JPN | 29.81 (854) |
| 2. Carmen Schmidt (T42), AUT | 43.95 (829) |
| 3. Astrid Höfte (T44), GER | 30.80 (794) |

400 meter

Klasse T34/54

| | |
|------------------------------------|--------------|
| 1. Amy Siemons (T34), NED | 84.76 (597) |
| 2. Monique van der Vorst (T54),NED | 72.55 (453) |
| 3. Rita Jongbloed (T34), NED | 151.47 (106) |

800 meter

Klasse T54

| | |
|-------------------------------|---------------|
| 1. Monique van der Vorst, NED | 2:29.47 (385) |
| 2. Laylani van der Wolf, NED | 3:53.59 (163) |

1500 meter

Klasse T54

| | |
|-------------------------------|---------------|
| 1. Monique van der Vorst, NED | 4:36.55 (542) |
| 2. Laylani van der Wolf, NED | 6:40.28 (51) |

Verspringen

Klasse F42/44/46

| | |
|-----------------------------|------------|
| 1. Ewa Zielinska (F42), POL | 3.30 (927) |
|-----------------------------|------------|

| | |
|----------------------------|------------|
| 2. Elin Holen (F42), NOR | 3.22 (905) |
| 3. Astrid Höfte (F44), GER | 4.39 (880) |

Kogelstoten

Klasse F56/58

| | |
|--|--------------|
| 1. Maria Ortiz Hernandez (F58), MEX | 10.15 (1044) |
| 2. Catalina Rosales Montiel (F58), MEX | 9.06 (932) |
| 3. Petra Ewert (F56), GER | 6.06 (728) |

Klasse F38/40/44

| | |
|------------------------------|-------------|
| 1. Michael Floeth (F44), GER | 12.06 (991) |
| 2. Anna Raszczuk (F38), POL | 10.58 (926) |
| 3. Petra Hömmen (F40), GER | 6.71 (900) |

Klasse F35/37

| | |
|----------------------------------|-------------|
| 1. Renata Chilewska (F35), POL | 9.40 (1006) |
| 2. Nela Zabloudilova (F37), CZE | 9.29 (906) |
| 3. Natalia Kwiecinska (F35), POL | 7.62 (816) |

Klasse F33/F34

| | |
|-------------------------------|------------|
| 1. Elena Burdikyna (F34), RUS | 7.19 (953) |
| 2. Jessica Hamill (F34), NZL | 7.08 (938) |
| 3. Thuraya Alzaabi (F34), UAE | 6.00 (795) |

Discuswerpen

Klasse F38

| | |
|--------------------------|-------|
| 1. Anna Raszczuk, POL | 24.07 |
| 2. Ilona Chladkova, CZE | 19.26 |
| 3. Andrea Farkasova, CZE | 17.15 |

| | |
|--|--------------|
| Klasse F51/57/58 | |
| 1. Orla Barry (F57), IRL | 26.61 (1008) |
| 2. Catherine Wayland (F51), IRL | 5.71 (940) |
| 3. Catalina Rosales Montiel (F58), MEX | 27.00 (858) |

Klasse F35/44

| | |
|----------------------------------|--------------|
| 1. Renata Chilewska (F35), POL | 25.32 (1054) |
| 2. Michaela Floeth (F44), GER | 35.09 (928) |
| 3. Natalia Kwiecinska (F35), POL | 21.92 (912) |

Klasse F33/F34

| | |
|--------------------------------------|-------------|
| 1. Marie Brämer-Skowronek (F34), GER | 18.11 (947) |
| 2. Birgit Kober (F34), GER | 17.58 (919) |
| 3. Jessica Hamill (F34), NZL | 17.23 (901) |

Speerwerpen

Klasse F52/53

| | |
|------------------------------------|--------------|
| 1. Esther Rivera Robles (F53), MEX | 11.50 (1010) |
| 2. Leticia Ochoa (F52), MEX | 8.60 (955) |
| 3. Estelas Salas Marin (F53), MEX | 10.78 (947) |

Klasse F36/38

| | |
|--------------------------------|--------------|
| 1. Yulia Linevich (F36), RUS | 19.91 (1147) |
| 2. Ilona Chladkova (F38), CZE | 18.66 (689) |
| 3. Andrea Farkasova (F38), CZE | 16.33 (603) |

Klasse F33/F34

| | |
|-------------------------------|--------------|
| 1. Birgit Kober (F34), GER | 16.65 (1172) |
| 2. Jessica Hamill (F34), NZL | 13.66 (961) |
| 3. Thuraya Alzaabi (F34), UAE | 13.32 (938) |

**Nelli Cooman Games
Stadskanaal, 6 juni**

Mannen

100 meter (T12/42/44) (-1.3m/sec)

| | |
|---------------------------------|-------|
| 1. Hilton Langenhove (T12), RSA | 11.38 |
| 2. Arnou Fouri (T44), RSA | 11.84 |
| 3. Tom Fugers (T44), NED | 12.54 |

100 meter (T37/42/46) (0.5m/sec)

| | |
|----------------------------------|-------|
| 1. Christoph Hoffmann (T46), GER | 12.18 |
| 2. David Behre (T42), GER | 12.94 |
| 3. Marijan Pajvot (T37), CRO | 14.32 |

100 meter (T53) (-0.4m/sec)

| | |
|----------------------|-------|
| 1. Stefan Rusch, NED | 19.55 |
| 2. Bart Pijs, NED | 20.23 |
| 3. Sven Romkes, NED | 27.45 |

100 meter (T54) (-1.4m/sec)

| | |
|---------------------------|-------|
| 1. Kenny van Weeghel, NED | 15.00 |
| 2. Mohammed Vahdani, UAE | 15.49 |
| 3. Niklas Almers, SWE | 15.76 |

200 meter (T36/37) (0.3m/sec)

| | |
|--------------------------------|-------|
| 1. Keith Dolan (T37), IRE | 28.18 |
| 2. Sultan Algaiwani (T37), UAE | 28.57 |
| 3. Marijan Pajvot (T37), CRO | 29.57 |

200 meter (T42/44/46) (-1.6m/sec)

| | |
|----------------------------------|-------|
| 1. Arnou Fouri (T44), RSA | 23.84 |
| 2. Christoph Hoffmann (T46), GER | 24.56 |
| 3. Tom Fugers (T44), NED | 25.71 |

200 meter (T53/54) (-1.6m/sec)

| | |
|---------------------------------|-------|
| 1. Kenny van Weeghel (T54), NED | 15.00 |
| 2. Mohammed Vahdani (T54), UAE | 15.49 |
| 3. Niklas Almers (T54), SWE | 15.76 |

400 meter (T37)

| | |
|---------------------|-------|
| 1. Keith Dolan, IRE | 63.96 |
|---------------------|-------|

400 meter (T53)

| | |
|------------------------|---------|
| 1. Henk Schuiling, NED | 1:08.06 |
| 2. Bart Pijs, NED | 1:10.62 |
| 3. Sven Romkes, NED | 1:54.83 |

400 meter (T54)

| | |
|---------------------------------|-------|
| 1. Kenny van Weeghel (T54), NED | 51.10 |
| 2. Mohammed Vahdani (T54), UAE | 51.45 |
| 3. Niklas Almers (T54), SWE | 52.79 |

800 meter (T53/54)

| | |
|---------------------------------|---------|
| 1. Kenny van Weeghel (T54), NED | 1:57.07 |
| 2. Mohammed Vahdani (T54), UAE | 2:02.24 |
| 3. Freek Strijker (T54), NED | 2:16.89 |

1500 meter (T53/54)

| | |
|---------------------------------|---------|
| 1. Niklas Almers (T54), SWE | 3:37.79 |
| 2. Mohammed Vahdani (T54), UAE | 3:41.56 |
| 3. Kenny van Weeghel (T54), NED | 3:48.21 |

Kogelstoten (F32/33/34/53)

| | |
|-------------------------------|-------------|
| 1. Mauro de Maximo (F53), MEX | 8.44 (1038) |
| 2. Eoin Cleare (F32), IRE | 6.12 (743) |
| 3. Raymond O'Dwyer (F34), IRE | 5.74 (532) |

Kogelstoten (F37/40/42/44)

| | |
|--------------------------------|--------------|
| 1. Mathias Mester (F40), GER | 10.66 (1070) |
| 2. Frank Tinnemeier (F42), GER | 12.90 (959) |
| 3. Josip Slivar (F44), CRO | 14.16 (884) |

Kogelstoten (F55/56/57)

| | |
|-------------------------------|-------------|
| 1. James McCarthy (F57), IRE | 10.91 (813) |
| 2. Boro Radjenovic (F57), CRO | 10.58 (788) |
| 3. Jamie Boyle (F56), IRE | 7.64 (658) |

Discuswerpen (F33/34/51/52)

| | |
|--------------------------------|-------------|
| 1. Miroslav Matic (F51), CRO | 9.47 (965) |
| 2. John McCarthy (F51), IRE | 9.01 (918) |
| 3. Garrett Culliton (F52), IRE | 16.41 (879) |

Discuswerpen (F37/40/42)

| | |
|------------------------------|--------------|
| 1. Mathias Mester (F40), GER | 30.01 (1013) |
| 2. Heugene Murray (F42), RSA | 30.91 (685) |
| 3. Trevor Dunne (F37), IRE | 33.00 (641) |

Discuswerpen (F55/56/57)

| | |
|------------------------------|-------------|
| 1. Ali Ghardooni (F57), GER | 45.11 (967) |
| 2. Jamie Boyle (F56), IRE | 27.33 (710) |
| 3. James McCarthy (F57), IRE | 30.10 (645) |

Speerwerpen (F34/52/53/56/57/58)

| | |
|-------------------------------|--------------|
| 1. Mauro de Maximo (F53), MEX | 20.08 (1008) |
| 2. Raymond O'Dwyer (F34), IRE | 18.11 (679) |
| 3. David Berry (F56), IRE | 12.43 (341) |

Speerwerpen (F40/42)

| | |
|------------------------------|--------------|
| 1. Mathias Mester (F40), GER | 38.53 (1120) |
| 2. Heugene Murray (F42), RSA | 33.27 (671) |

Verspringen (F12/37/42/44/46)

| | |
|----------------------------------|-------------|
| 1. Hilton Langenhove (F12), RSA | 7.03 (1047) |
| 2. Atsushi Yamamoto (F44), JAP | 5.37 (830) |
| 3. Christoph Hoffmann (F46), GER | 5.25 (754) |

Vrouwen

100 meter (T34) (-0.4m/sec)

| | |
|------------------------|-------|
| 1. Rita Jongbloed, NED | 34.70 |
|------------------------|-------|

100 meter (T42/44) (0.3m/sec)

| | |
|------------------------------|-------|
| 1. April Holmes (T44), USA | 14.27 |
| 2. Maya Nakanishi (T44), JAP | 14.29 |
| 3. Suzan Verduijn (T44), NED | 15.12 |

200 meter (T34/42/44) (-0.4m/sec)

| | |
|------------------------------|-------|
| 1. Maya Nakanishi (T44), JAP | 30.33 |
| 2. Suzan Verduijn (T44), NED | 31.11 |
| 3. Carmen Schmidt (T42), AUT | 43.50 |

400 meter (T34)

| | |
|------------------------|---------|
| 1. Rita Jongbloed, NED | 2:30.51 |
|------------------------|---------|

Kogelstoten (F11/12/38/42)

| | |
|------------------------------|------------|
| 1. Jelena Vukovic (F42), CRO | 8.14 (873) |
| 2. Ailish Dunne (F11), IRE | 6.08 (576) |
| 3. Minke Geraerts (F12), NED | 5.85 (469) |

Kogelstoten (F34/52/53/58)

| | |
|------------------------------|--------------|
| 1. Antonia Balek (F52), CRO | 5.82 (1268) |
| 2. Jessica Hamill (F53), NZL | 6.79 (1155) |
| 3. Maria de Los (F58), MEX | 10.16 (1045) |

Discuswerpen (F11/12/38/42)

| | |
|------------------------------|-------------|
| 1. Jelena Vukovic (F42), CRO | 26.72 (878) |
| 2. Betty Voesenek (F38), NED | 11.32 (382) |
| 3. Ailish Dunne (F11), IRE | 13.94 (360) |

Discuswerpen (F34/52/53/56/57/58)

| | |
|--------------------------------|-------------|
| 1. Orla Barry (F57), IRE | 26.92(1021) |
| 2. Catalina Rosales (F58), MEX | 28.90 (919) |
| 3. Antonia Balek (F52), CRO | 14.98 (855) |

Speerwerpen (F12/46)

| | |
|------------------------------|------------|
| 1. Betty Voesenek (F46), NED | 9.49 (259) |
| 2. Minke Geraerts (F12), NED | 9.15 (237) |

Speerwerpen (F34/52/53/58)

| | |
|-----------------------------|--------------|
| 1. Antonia Balek (F52), CRO | 13.02 (1447) |
| 2. Estela Salas (F53), MEX | 11.32 (994) |
| 3. Jeny Velasco (F58), MEX | 28.97 (982) |

ASICS Gouden Spike (SPAR Baancircuit)

Leiden, 13 juni

Mannen

100 meter (-1.5m/s)

| | |
|---------------------------------|-------|
| 1. Patrick van Luijk R'dam Atl. | 10.44 |
| 2. Marcus Brunson, USA | 10.46 |
| 3. Leon Baptiste, GBR | 10.60 |

B.-serie (0.8 m/s)

| | |
|-----------------------------------|-------|
| 1. Giovanni Codinrgton, Gron.Atl. | 10.53 |
|-----------------------------------|-------|

200 meter (2.4m/s)

| | |
|----------------------------------|-------|
| 1. Patrick van Luijk, R'dam Atl. | 20.54 |
| 2. Leon Baptiste, GBR | 20.72 |
| 3. Jerrel Feller, Lycurgus | 21.13 |

400 meter

| | |
|----------------------------|-------|
| 1. Richard Strachan, GBR | 45.74 |
| 2. Graham Hedmann, GBR | 46.48 |
| 3. Obed Martis, R'dam Atl. | 47.07 |

800 meter

| | |
|-----------------------------|---------|
| 1. Samson Ngoepe, RSA | 1:46.22 |
| 2. Jimmy Adar, UGA | 1:47.61 |
| 3. Arnoud Okke, Atletico'73 | 1:48.03 |

3000 meter

| | |
|-------------------------------|---------|
| 1. Mark Christie, IRL | 7:50.23 |
| 2. Guus Jansen, Nijmegen Atl. | 7:52.67 |
| 3. Dickson Huru, UGA | 7:53.71 |

110m horden (-0.4m/s)

| | |
|---------------------------|-------|
| 1. Gregory Sedoc, AAC | 13.52 |
| 2. Shaun Bownes, RSA | 13.78 |
| 3. Fredrick Townsend, USA | 13.88 |

400m horden

| | |
|---------------------------|-------|
| 1. Vincent Kerssies, SISU | 51.52 |
| 2. Marius Kranendonk, AAC | 51.58 |
| 3. Tim van Ommen, Hellas | 53.69 |

4x100 meter

| | |
|--------------------------|-------|
| 1. België – Beloften | 40.56 |
| 2. Nederland – Junioren | 41.26 |
| 3. Nederland- EYOF-ploeg | 41.96 |

Verspringen

| | |
|---------------------|-------------|
| 1. Jamal Bowen, PAN | 7.60 (-0.6) |
|---------------------|-------------|

| | |
|------------------------------|-------------|
| 2. Fabian Florant, Haag Atl. | 7.54 (-1.0) |
| 3. Jonathan Pengel, Phanos | 7.20 (-1.8) |

Polsstokhoogspringen

| | |
|-----------------------------------|------|
| 1. Robbert-Jan Jansen, Pr.Hendrik | 5.40 |
| 2. Christian Tamminga, Haag Atl. | 5.10 |
| 3. Eugene Martineau, Achilles-T | 5.00 |

Kogelstoten

| | |
|----------------------------|-------|
| 1. Garrett Johnson, USA | 20.12 |
| 2. Scott Martin, AUS | 20.01 |
| 3. Patrick Groot, Lycurgus | 17.91 |

Discuswerpen

| | |
|--------------------------------|-------|
| 1. Gaute Myklebust, NOR | 57.45 |
| 2. Maarten Persoon, Phanos | 57.19 |
| 3. Boudewijn Luijten, Start'78 | 53.52 |

Kogelslingeren

| | |
|-------------------------|-------|
| 1. Frederic Pouzy, FRA | 73.25 |
| 2. Ronald Gram, Sprint | 64.45 |
| 3. Sander Stik, AV 1923 | 53.70 |

Vrouwen

100 meter (1.8m/s)

| | |
|------------------------|-------|
| 1. Emma Rienas, SWE | 11.61 |
| 2. Lana Berntsson, SWE | 11.63 |
| 3. Hanna Marien, BEL | 11.68 |

200 meter (1.0m/s)

| | |
|---------------------------|-------|
| 1. Lana Berntsson, SWE | 23.66 |
| 2. Kadene Vassell, Phnaos | 24.13 |
| 3. Emma Rienas, SWE | 24.19 |

400 meter

| | |
|--------------------------------|-------|
| 1. Annemarie Schulte, Sperwers | 54.41 |
| 2. Kaira Boddy, KAV Holland | 54.90 |
| 3. Romara van Noort, Spartaan | 54.94 |

800 meter

| | |
|-------------------------------|---------|
| 1. Annett Horna, GER | 2:03.77 |
| 2. Machteld Mulder, Hollandia | 2:03.77 |
| 3. Sofia Oberg, SWE | 2:04.13 |

1500 meter

| | |
|------------------------|---------|
| 1. Saskia Janssen, GER | 4:23.81 |
|------------------------|---------|

| | | | |
|-----------------------------|------------|----------------------------------|--------------|
| 2. Maureen Koster, AV'47 | 4:24.32 | 3. Susan Coltman, AAC'61 | 5.95 (2.0) |
| 3. Manon Kruiver, NOVA | 4:26.89 | Hinkstapspringen | |
| 100m horden (0.4m/s) | | 1. Brenda Baar, AV 1923 | 12.91 (0.3) |
| 1. Andrea Miller, NZL | 13.19 | 2. Cindy Peters, RSA | 12.61 (-0.2) |
| 2. Elisabeth Davin, BEL | 13.21 | 3. Marije Langen, Ilion | 12.06 (-1.7) |
| 3. Anne Zagre, BEL | 13.41 | Hoogspringen | |
| 400m horden | | 1. Sietske Noorman, Gen.Mich. | 1.80 |
| 1. Bruna Furlong, IRL | 58.36 | 2. Nikki May Woudstra, Ilion | 1.73 |
| 2. Mariska Meintjes, RSA | 60.38 | 3. Joyce Huisman, Phanos | 1.70 |
| 3. Ramona Thoen, Olympus'70 | 61.80 | Kogelstoten | |
| 4 x 100 meter | | 1. Melissa Boekelman, Pr.Hendrik | 17.33 |
| 1. België – Senioren | 44.92 | 2. Denise Kemkers, Hera | 16.94 |
| 2. Nederland – Neosenioren | 45.68 | 3. Corinne Nugter, AV NOP | 14.32 |
| 3. Nederland – EYOF-ploeg | 45.99 | Discuswerpen | |
| Verspringen | | 1. Loes Verlaak, AV Weert | 53.41 |
| 1. Karin Ruckstuhl, AAC | 6.39 (1.7) | 2. Melissa Boekelman, Pr.Hendrik | 52.25 |
| 2. Remona Fransen, Spartaan | 6.05 (2.1) | 3. Grete Etholm, NOR | 51.55 |

NK Masters

Oosterhout 13/14 juni

Mannen

100 meter

| | | | |
|--------------------------------|--------------|----------------------------------|----------|
| M35 Johnny Silié, Lycurgus | 11.33 (-0.8) | M55 Martien v.d. Hoorn, Spartaan | 17:32.91 |
| M40 Matthijs Seijlhouwer, | 11.45 (1.2) | M60 Roel Timmers, Vet. Ned. | 18:32.09 |
| M45 Erik Oostweegel, Startbaan | 11.74 (0.2) | M65 Johan Engelhart, Vet. Ned. | 19:37.63 |
| M50 Cees van Pelt, Pr.Hendrik | 12.03 (-2.3) | 100m horden | |
| M60 Jan Ties, AAC '61 | 12.90 (2.6) | M50 Helmut Drabben, AV 1923 | 15.20 |
| M65 Wim Metselaar, Aalsmeer | 14.47 (1.2) | 110m horden | |
| M70 Geert van Dijk, Vet.Ned. | 15.56 (1.9) | M35 Marcel Roosen, Eindh.Atl. | 14.60 |

200 meter

| | | | |
|-------------------------------|-------------|----------------------------------|-------------|
| M35 Johnny Silié, Lycurgus | 22.92 (1.3) | M40 Wan Bakx, TION | 16.66 (0.1) |
| M40 Arjan Otten, Eindh.Atl. | 24.26 (1.1) | 300m horden | |
| M45 Kay Schaafsma, Sprint | 24.17 (1.0) | M60 Onno Waalewijn, AV 1923 | 57.20 |
| M50 Cees van Pelt, Pr.Hendrik | 24.09 (1.0) | M65 Frank Larsen, Ilion | 54.79 |
| M55 Arjen Koopstra, Startbaan | 28.59 (0.0) | 400m horden | |
| M60 Jan Ties, AAC '61 | 27.11 (1.9) | M35 Toine van Beckhoven, Attila | 56.83 |
| M65 Piet Verbeek, AV '56 | 31.25 (0.8) | M40 Jurgen van Berkum, Parthenon | 58.55 |
| M70 Geert van Dijk, Vet.Ned. | 33.26 (1.1) | M45 Bart van Rookhuizen, DEM | 60.54 |

400 meter

| | | | |
|--------------------------------|-------|---------------------------------|----------|
| M35 Johnny Silié, Lycurgus | 51.56 | M50 Bert Vreeswijk, Typhoon | 79.84 |
| M40 Richard Janssens, Lycurgus | 51.73 | 2000m steeple | |
| M45 Bert van Lith, Pr. Hendrik | 53.61 | M60 Steef Kijne, R'dam Atletiek | 7:40.52 |
| M50 Cees van Pelt, Pr. Hendrik | 52.47 | 3000m steeple | |
| M55 Wim Threels, GAC | 56.39 | M40 Peter Mijsberg, Cifla | 10:57.56 |
| M65 Wim Metselaar, Aalsmeer | 65.92 | 5000m snelwandelen | |

800 meter

| | | | |
|----------------------------------|---------|-------------------------------|----------|
| M35 Ronald Weevers, Pr. Hendrik | 1:57.76 | M40 Marcelino Sobczak, Unitas | 24:51.52 |
| M40 Peter Poppe, R'dam Atletiek | 1:59.24 | M45 Victor Mennen, Unitas | 24:53.78 |
| M45 Marijn Michels, Altis | 2:05.50 | M50 Richard Leijenaar, RWV | 24:34.10 |
| M50 Stan Spangenberg, Phanos | 2:15.26 | M55 Theo Koenis, De Lat | 26:37.97 |
| M55 Martien v.d. Hoorn, Spartaan | 2:12.84 | M65 Wim van der Bijl, RWV | 31:28.92 |
| M60 Hans Smeets, Achilles Top | 2:21.01 | M70 Klaas Bakker, OLAT | 32:18.98 |

1500 meter

| | | | |
|----------------------------------|---------|--------------------------------|-------------|
| M35 Ronald Weevers, Pr. Hendrik | 4:01.49 | Verspringen | |
| M40 Michiel Otten, Pr. Hendrik | 4:03.65 | M35 Jeroen Sengers, Phoenix | 6.02 (1.1) |
| M45 Hans v.d. Mortel, LG Deurne | 4:24.67 | M40 Maarten Smitskamp, Startb. | 6.18 (1.1) |
| M50 Ruud v.d. Laan, Almere '81 | 4:35.50 | M45 Alje Kuiper, Ilion | 6.28 (0.2) |
| M55 Martien v.d. Hoorn, Spartaan | 4:33.38 | M50 Helmut Drabben, AV 1923 | 5.27 (0.9) |
| M60 Hans Smeets, Achilles Top | 4:49.15 | M55 Theo Brusche, Leiden Atl. | 5.16 (-0.4) |
| M65 Henk Knapen, DES | 6:06.56 | M60 Willem Schoone, NOVA | 5.03 (-1.5) |

5000 meter

| | | | |
|--------------------------------|----------|--------------------------------|-------------|
| M35 Koos Verweij, DAK | 15:35.32 | M70 Geert van Dijk, Vet. Ned. | 3.73 (-1.0) |
| M40 Michiel Otten, Pr. Hendrik | 15:32.10 | Hinkstapspringen | |
| M45 Henri Havinga, AV '40 | 16:27.22 | M35 J.P.Papamarkou, R'dam Atl. | 11.90 (2.1) |
| M50 Didier Senay, Veendam | 16:28.72 | M40 Eric Beaart, Pr. Hendrik | 12.28 (2.3) |
| | | M45 Ron Schijfs, DJA | 11.40 (0.8) |
| | | M60 Kees Havermans, Scorpio | 9.42 (1.6) |

| | |
|------------------------------------|------|
| M35 Harbrandt Hadderingh, Gron.Atl | 1.75 |
| M40 Johan Nieuwhof, Startbaan | 1.86 |
| M50 Helmut Drabben, AV 1923 | 1.67 |
| M60 Rob Dekker, Castricum | 1.50 |

| | |
|------------------------------------|------|
| Hoogspringen | |
| M35 Harbrandt Hadderingh, Gron.Atl | 1.75 |
| M40 Johan Nieuwhof, Startbaan | 1.86 |
| M50 Helmut Drabben, AV 1923 | 1.67 |
| M60 Rob Dekker, Castricum | 1.50 |

| | | | |
|------------------------------------|--------------|-------------------------------------|-------------|
| M65 Frank Larsen, Frank Ilion | 1.40 | 800 meter | |
| Polsstokhoogspringen | | V35 Anja Fransen-v.Eldik, Climax | 2:25.10 |
| M35 Remco Mallens, Sprint | 4.00 | V40 Marian Mahieu, Atledo | 2:31.99 |
| M40 Jos Warmerdam, U-Track | 3.40 | V45 Jeanine van Overveld, THOR | 2:33.68 |
| M45 Hans van der Linden, DAK | 3.50 | V55 Riet Jonkers-Slegers, Attila | 2:48.60 |
| M50 Marc van Vliet, Castricum | 3.40 | 1500 meter | |
| Kogelstoten | | V35 Danielle Huikeshoven, PAC | 4:54.82 |
| M35 Gerard Sluiter, Ciko '66 | 14.14 | V40 Marleen van Beek, LADB | 4:55.52 |
| M40 Stein Kuiper, Pr. Hendrik | 14.99 | V50 Ingrid Coster, AV 1923 | 5:31.86 |
| M45 Peter Holthuijsen, Scopias | 13.20 | V60 Marianne Knapen, Loopgr PK | 5:47.24 |
| M50 Theo Goossens, HAC | 12.54 | 5000 meter | |
| M55 Rob Hermans, R Achilles-T | 12.72 | V35 Jolanda ten Brinke, AKU | 18.46.88 |
| M60 Frans de Laat, Statina | 12.76 | V40 Lia Wijnberger, Phoenix | 18.43.81 |
| M70 Jan Pronk, Trias | 10.12 | V45 Ingrid Coster, AV 1923 | 20.42.50 |
| Discuswerpen | | V60 Els Raap, Kombijsport | 22.06.07 |
| M35 Gerard Sluiter, Ciko '66 | 47.18 | 80m horden | |
| M40 Stein Kuiper, Pr. Hendrik | 46.63 | V40 Ellen Tromp, GAC | 13.34 (0.9) |
| M45 Peter Holthuijsen, Scopias | 41.15 | 3000m snelwandelen | |
| M50 Theo Goossens, HAC | 43.27 | V35 Marleen Radder, RWV | 17:53.62 |
| M55 Rob Hermans, Achilles-T | 40.18 | V60 Coby Bunschoten-Kriek, RWV | 20:50.79 |
| M60 Teo Maat, Fortuna | 48.59 | Verspringen | |
| M65 Frits Martens, Hollandia | 39.19 | V35 Cindy van der Burg, Ilion | 5.08 (2.4) |
| M75 Cor Braak, Vet. Ned. | 30.13 | V40 Thierry in 't Groen, Scorpio | 4.85 (0.6) |
| Speerwerpen | | V45 Brigitte vd Kamp, GAC | 4.24 (0.3) |
| M35 Elliot Thijssen, Hellas | 64.41 | V50 Tilly Jacobs, PEC 1910 | 4.70 (2.6) |
| M40 Eugene Lommen, De Keien | 61.03 | Hinkstapspringen | |
| M45 Onno Heerlien, Gron.Atl. | 54.38 | V35 Anja Mulder, Athletics | 11.23 (0.1) |
| M50 Wim Roosen, KAV Holland | 49.39 | V40 Tinka Smith, Leiden Atl. | 10.48 (0.9) |
| M55 Wim Threels, GAC | 44.37 | V50 Janine Kortbeek, Pr.Hendrik | 10.09 (0.2) |
| M60 Teo Maat, Fortuna | 42.20 | Hoogspringen | |
| M65 Jan de Vries, Fit | 38.87 | V40 Ellen Tromp, GAC | 1.56 |
| M75 Cor Braak, Vet. Ned. | 30.82 | Kogelstoten | |
| Vrouwen | | V35 Moniek Reijs, De Keien | 10.41 |
| 100 meter | | V40 Mirjam v.d.Bremen, Clytoneus | 11.24 |
| V35 Cindy vd Burg, Ilion | 13.70 (-0.1) | V45 Jannet van Noord, Lycurgus | 10.59 |
| V40 Valerie Klostermann, PAC | 13.08 (-0.4) | V50 Hanny Ebbekink-Tukkers, TION | 10.67 |
| V45 Mary Augustin, Sparta | 13.90 (-1.4) | V60 Jenny Marcelis-Dikmans, Scorpio | 8.64 |
| V50 Hermien Roggeband, Delta Sport | 13.56 (-0.4) | Discuswerpen | |
| 200 meter | | V35 Moniek Reijs, De Keien | 34.31 |
| V35 Sandra Lugtenburg, AV '40 | 30.05 (0.0) | V40 Karin Nienhuis, Ciko '66 | 34.11 |
| V40 Valerie Klostermann, PAC | 26.99 (0.0) | V45 Ingrid van Dijk, GAC | 38.55 |
| V45 Mary Augustin, Sparta | 28.44 (1.0) | V50 Hanny Ebbekink-Tukkers, TION | 33.73 |
| V50 Hermien Roggeband, Delta Sport | 28.20 (1.1) | V55 Jolande Brassier, Trias | 28.17 |
| 400 meter | | Speerwerpen | |
| V35 Anja Fransen-v.Eldik, Climax | 63.06 | V35 Ellen Dekker, Ilion | 35.82 |
| V40 Mieke Bergmans, Pr. Hendrik | 62.30 | V40 Mariët Voskamp, Hanzesport | 36.22 |
| V55 Afra Kruijjer, Hera | 71.20 | V50 Weia Reinboud, Hellas | 31.85 |
| | | V60 Jenny Marcelis, Scorpio | 23.53 |

NK 10.000 meter

Utrecht, 14 juni

Mannen

| | |
|-------------------------------|----------|
| 1. Ronald Schröer, Hera | 29:35.67 |
| 2. Marco Gielen, Scopias | 29:51.21 |
| 3. Robert Ton, Phanos | 29:52.97 |
| 4. Ruben Scheurwater, Passaat | 29:56.69 |
| 5. Dennis Weijers, Phoenix | 30:03.86 |
| 6. Michel Basemans, DES | 30:18.52 |
| 7. Rob Detert Oude Weme, AAC | 30:44.45 |
| 8. Jeroen Maas, Sprint | 30:59.04 |

Vrouwen

| | |
|---------------------------------|----------|
| 1. Saskia van Vugt, Phoenix | 36:41.01 |
| 2. Melanie Spruyt, Running 2000 | 38:27.16 |
| 3. Laura Huijbregts, Asterix | 40:15.52 |

Jongens-A

| | |
|----------------------------------|----------|
| 1. Jeroen Reintjes, Atletico '73 | 33:13.60 |
| 2. Adriaan Fransen, AAC '61 | 33:24.89 |

Meisjes A (5.000m)

| | |
|----------------------------------|----------|
| 1. An Lenders, Venray Regio | 18:04.92 |
| 2. Jessica Oosterloo, AAC '61 | 18:17.22 |
| 3. Lisa te Molder, Atletico '73 | 18:28.93 |
| 4. Jeanine vd Klashorst, U-track | 18:35.49 |
| 5. Femke van der Pal, Zaanland | 19:54.35 |

Mannen M35

| | |
|--------------------------------|----------|
| 1. Gerhard Kornelisse, Phoenix | 31:21.84 |
|--------------------------------|----------|

Mannen M40

1. Wim Padmos, Voorne Atletiek 32:43.48

Mannen M45

1. Aissa Marguoum, Parthenon 33:51.63

Mannen M50

1. Chris Henet, Ciko '66 34:43.89

Mannen M55

1. Jan Zwarthoed, AV Edam 36:42.10

Mannen M60

1. Bert Schalkwijk, Monnickendam 36:27.29

Vrouwen masters

1. Marleen Heemels, Zaanland 41:58.12

WR-Festival

Utrecht, 14 juni

Vrouwen 10.000 meter

1. Meselech Melkamu, ETH 29:53.80
 2. Florence Kiplagat, KEN 30:11.53
 3. Wude Ayalew, ETH 30:11.87
 4. Sylvia Kibet, KEN 30:47.20
 5. Aberu Kebede, ETH 30:48.26
 6. Hilda Kibet, NED 30:51.92
 7. Mamitu Daska, ETH 31:36.88
 8. Gladys Kwambai, KEN 32:47.34

Mannen 10.000 meter

1. Ali Abdosh, ETH 27:09.40
 2. Mathew Kisorio, KEN 27:15.44
 3. Abebe Dinkesa, ETH 27:17.49
 4. Ibrahim Jeilan Gashu, ETH 27:22.19
 5. Ezekiel Jafari Ngimba, TAN 27:39.92
 6. Nicholas Kemboi, QAT 27:41.99
 7. Joseph Marco, TAN 27:42.75

IAU World Cup 100km / EK 100km

Torhout (BEL), 19 juni

Mannen
 1. Yasukazu Miyazato (JPN) 6.40.44
 2. Jonas Buud (SWE) 6.41.50
 3. Giorgio Calcaterra (ITA) 6.42.05
 4. Marco Boffo (ITA) 6.45.39
 5. Masakazu Takahashi (JPN) 6.51.18
 6. Michael Wardian (USA) 6.53.17
 30. Martin Ketellapper (NED) 7.37.46

50. Robert Boersma (NED) 8.11.32
Vrouwen
 1. Kami Semick (USA) 7.37.24
 2. Irina Vishnevskaya (RUS) 7.46.24
 3. Monica Carlin (ITA) 7.53.58
 4. Devon Crosby-Helms (USA) 7.59.17
 5. Meghan Arbogast (USA) 8.04.29
 6. Helena Crossan (IRL) 8.04.40

Europa Cup Landenteams First League

Bergen (NOR), 20/21 juni

Teamstand

1. Wit Rusland 332.0
 2. Finland 289.0
 3. Noorwegen 279.0
 4. Nederland 274.0
 5. België 269.5
 6. Turkije 266.5
 7. Roemenië 262.5
 8. Hongarije 260.0
 9. Slovenië 254.5
 10. Estland 223.0
 11. Zwitserland 203.0
 12. Servië 191.0

Mannen individueel

100 meter (0.5m/s)

1. Jaysuma Saidy Ndure, NOR 10.14
 3. Patrick van Luijk, NED 10.38

200 meter (-4.6m/s)

1. Jaysuma Saidy Ndure, NOR 20.94
 3. Patrick van Luijk, NED 21.03

400 meter

1. Cédric Van Branteghem, BEL 46.59
 5. Dennis Spillekom, NED 47.28

800 meter

1. Tamás Kazi, HUN 1:48.99
 3. Robert Lathouwers, NED 1:49.48

1500 meter

1. Halil Akkas, TUR 3:40.81
 2. Arnoud Okken, NED 3:41.04

3000 meter

1. Selim Bayrak, TUR 8:00.45
 8. Jesper van der Wielen, NED 8:34.09

5000 meter

1. Selim Bayrak, TUR 13:58.71
 2. Abdi Nageeye, NED 14:02.43

3000 m steeple

1. Jukka Keskisalo, FIN 8:30.89
 9. Michiel de Rooter, NED 9:27.36

110 m horden -2.9

1. Maksim Lynsha, BLR 13.86
 Gregory Sedoc, NED DQ

400 m horden

1. Jussi Heikkilä, FIN 50.49
 3. Vincent Kerssies, NED 51.14

Hoogspringen

1. Dragutin Topic, SRB 2.29
 2. Martijn Nuyens, NED 2.29

Polsstokhoogspringen

1. Robbert Jansen, NED 5.50

Verspringen

1. Tommi Evilä, FIN 7.90 (0.7)
 10. Fabian Florant, NED 7.19 (0.1)

Hinkstapspringen

1. Alin Anghel, ROU 16.51 (1.9)
 2. Fabian Florant, NED 16.41 (1.6)

Kogelstoten

1. Yury Bialou, BLR 19.74
 9. Patrick Groot, NED 17.70

Discuswerpen

1. Gerd Kanter, EST 67.00

| | | | |
|---|----------|---|------------|
| 6. Erik Cadée, NED | 57.67 | 100 m horden | |
| Kogelslingeren | | 1. Nevin Yanit, TUR | 13.10 |
| 1. Krisztián Pars, HUN | 77.78 | 10. Femke van der Meij, NED | 13.82 |
| 10. Ronald Gram, NED | 60.29 | 400 m horden | |
| Speerwerpen | | 1. Krystsina Viadzernikava, BLR | 58.59 |
| 1. Tero Pitkämäki, FIN | 86.78 | 5. Sanne Verstegen, NED | 59.65 |
| 10. Jeroen Blommerde, NED | 72.04 | Hoogspringen | |
| 4 x 100 meter | | 1. Stine Kufaa, NOR | 1.91 |
| 1. Nederland | 39.04 | 11. Remona Fransens, NED | 1.75 |
| <i>Gregory Sedoc, Caimin Douglas, Guus</i> | | Polsstokhoogspringen | |
| <i>Hoogmoed, Patrick van Luijk</i> | | 1. Nicole Büchler, SUI | 4.10 |
| 4 x 400 meter | | 3. Rianna Galiart, NED | 4.10 |
| 1. België | 3:07.30 | Verspringen | |
| 2. Nederland | 3:07.57 | 1. Nastassia Mironchyk, BLR | 6.74 2.9 |
| <i>Joeri Moerman, Steven de Jesus, Steven</i> | | 10. Brenda Baar, NED | 5.98 3.0 |
| <i>Zwerink, Dennis Spillekom</i> | | Hinkstapspringen | |
| Vrouwen individueel | | 1. Snežana Rodic, SLO | 13.44 -0.9 |
| 100 meter | | 7. Brenda Baar, NED | 12.62 0.8 |
| 1. Ezinne Okparaebo, NOR | 11.51 | Kogelstoten | |
| 10. Femke van der Meij, NED | 11.99 | 1. Anca Heltne, ROU | 18.43 |
| 200 meter | | 2. Melissa Boekelman, NED | 17.19 |
| 1. Olivia Borlée, BEL | 23.82 | Discuswerpen | |
| 10. Kadene Vassell, NED | 24.98 | 1. Nicoleta Grasu, ROU | 62.51 |
| 400 meter | | 5. Loes Verlaak, NED | 51.01 |
| 1. Barbara Petráhn, HUN | 52.94 | Kogelslingeren | |
| 9. Kaira Boddy, NED | 55.60 | 1. Merja Korpela, FIN | 69.34 |
| 800 meter | | 9. Maaïke Schetters, NED | 52.89 |
| 1. Yvonne Hak, NED | 2:01.50 | Speerwerpen | |
| 1500 meter | | 1. Kirsi Ahonen, FIN | 55.68 |
| 1. Sonja Roman, SLO | 4:13.75 | 8. Melissa Boekelman, NED | 51.01 |
| 4. Adriënne Herzog, NED | 4:15.50 | 4 x 100 meter | |
| 3000 meter | | 1. Noorwegen | 44.47 |
| 1. Dudu Karakaya, TUR | 9:02.57 | 8. Nederland | 45.72 |
| Sabine van de Reijt, NED | DNF | <i>Kadene Vassell, Femke van der Meij, Esther</i> | |
| <i>uit wedstrijd gehaald met experimentele regels</i> | | <i>Akihary, Jo-Ann Plet</i> | |
| 5000 meter | | 4 x 400 meter | |
| 1. Dudu Karakaya, TUR | 15:24.86 | 1. Roemenië | 3:35.18 |
| 4. Ilse Pol, NED | 16:07.18 | 3. Nederland | 3:36.26 |
| 3000 m steeple | | <i>Sanne Verstegen, Yvonne Hak, Romara van</i> | |
| 1. Türkan Erismis, TUR | 9:43.25 | <i>Noort, Annemarie Schulte</i> | |
| Andrea Deelstra, NED | DNF | | |

Competitie 1e divisie

Naaldwijk/Zwolle/Krommenie, 19 april/17 mei/21 juni

Mannen

| | |
|-------------------|-----------------------|
| 1. Lycurgus | 145+128+119=392 (p) |
| 2. Ilion | 110+133+111=354 (p/d) |
| 3. Phanos | 118+65+138=321 (p/d) |
| 4. AV '34 | 108+113+96=317 (p/d) |
| 5. Prins Hendrik | 104+112+100=316 |
| 6. Clytoneus | 114+109+85=308 |
| 7. Nea Volharding | 111+104+91=306 |
| 8. Climax | 86+87+129=302 (p/d) |
| 9. PEC 1910 | 106+97+90=293 (p/d) |
| 10. AV '23 | 107+81+75=263(p/d) |
| 11. Ciko '66 | 76+81+72=229 (p/d) |
| 12. De Spartaan | 77+73+78=228 (d) |

Vrouwen

| | |
|-----------------------|-----------------------|
| 1. Atilla | 116+134+157=407 (p) |
| 2. Sprint | 104+112+138=354 (p/d) |
| 3. Olympus'70 | 129+100+119=348 (p/d) |
| 4. Nijmegen Atl. | 123+102+112=337 (p/d) |
| 5. GAC | 104+100+121=325 |
| 6. Rotterdam Atletiek | 101+78+124=303 |
| 7. Hera | 92+92+93=277 |
| 8. Hellas | 58+97+118=273 (p/d) |
| 9. Altis | 79+88+73=240 (p/d) |
| 10. Lycurgus | 74+69+83=226 (p/d) |
| 11. PAC | 68+64+59=191 (p/d) |
| 12. De Sperwers | 60+36+53=149 (d) |

Competitie 2e divisie

Stand na drie ronden (19 april/17 mei/21 juni)

Mannen

| | |
|-----------|------------------------------|
| 1. Atilla | 9996+7661+10235=27892 (p/d) |
| 2. Altis | 10241+7333+10111=27685 (p/d) |

| | |
|---------------|-------------------------------|
| 3. PAC | 9240+8310+9380=26930 (p/d) |
| 4. Athlos | 9351+7698+9818=26867 (p/d) |
| 5. Trias | 9540+7486+9812=26838 (p/d) |
| 6. R'dam Atl. | 10243+ 6102+10430=26775 (p/d) |

| | | | |
|----------------|----------------------------|----------------|----------------------------|
| 7. Startbaan | 9562+7476+9687=26725 (p/d) | 4. Phanos | 7671+8400+7926=23997 (p/d) |
| 8. Phoenix | 9347+7469+9793=26609 (p/d) | 5. AAC '61 | 7380+8566+7645=23591 (p/d) |
| Vrouwen | | 6. TION | 7704+8476+7356=23536 (p/d) |
| 1. PEC 1910 | 8647+8796+8693=26136 (p/d) | 7. AV '23 | 7594+8798+6954=23346 (p/d) |
| 2. DEM | 7548+9121+7442=24111 (p/d) | 8. KAV Holland | 7199+8736+6998=22933 |
| 3. SAV | 7508+8923+7621=24052 (p/d) | 10. Eindh.Atl. | 6669+8511+7477=22657 (p/d) |

Competitie 3e divisie

Stand na drie ronden (19 april/17 mei/21 juni)

Mannen

| | |
|------------------|----------------------------|
| 1. Sprint | 8681+7243+9679=25603 |
| 2. Scopias | 7909+7558+9208=24675 (p/d) |
| 3. Hollandia | 7972+7073+8940=23985 (p/d) |
| 4. Energie | 8312+7235+8427=23974 (p/d) |
| 5. De Keien | 8445+7458+8033=23936 (p/d) |
| 6. Olympus'70 | 8124+6944+8797=23865 (p/d) |
| 7. Haag Atletiek | 7566+7007+9096=23669 (p/d) |
| 8. AAC | 8458+6496+8682=23636 (p/d) |
| 9. Spado | 7359+7361+8732=23452 (p/d) |
| 10. Jahn II | 7687+7181+8439=23307 (p/d) |

Vrouwen

| | |
|---------------|----------------------------|
| 1. Isala '96 | 7765+8518+7341=23624 (p/d) |
| 2. AV H'veen | 7346+9124+6956=23426 (p/d) |
| 3. Energie -2 | 7011+8514+7438=22963 (p/d) |
| 4. Atverni | 7347+8371+7071=22789 (p/d) |
| 5. Spirit | 7002+8364+6849=22215 (p/d) |
| 6. Edam | 7283+7648+6819=21750 (p/d) |
| 7. Atledo | 6639+7869+6691=21199 (p/d) |
| 8. Spark - 1 | 7033+8146+5760=20939 (p/d) |
| 9. U-Track | 6635+7822+6341=20798 (p/d) |
| 10. AVV | 6959+7359+6130=20448 (p/d) |

Nederlands Kampioenschap junioren

Emmeloord, 26-28 juni

Jongens A

100m (-0,9m/s)

| | |
|-----------------------------------|-------|
| 1. Rachmil van Lamoen, R'dam Atl. | 10.52 |
| 2. Lindell Philip, Phanos | 10.64 |
| 3. Joeri Jaegers, Atl. Maastricht | 10.92 |
| 4. Erik Stevens, Ilion | 11.00 |
| 5. Nygell Dumfries, R'dam Atl. | 11.01 |
| 6. Martijn Hoogendam, Clytoneus | 11.03 |
| 7. Koen van Erve, Attila | 11.09 |
| 8. Wouter Brus, CIKO '66 | 11.10 |

200 meter (-0,9m/s)

| | |
|-----------------------------------|-------|
| 1. Rachmil van Lamoen, R'dam Atl. | 20.88 |
| 2. Dennis Spillekom, Lycurgus | 21.31 |
| 3. Erik Stevens, Ilion | 21.75 |
| 4. Nygell Dumfries, R'dam Atl. | 21.90 |
| 5. Joeri Jaegers, Atl.Maastricht | 22.11 |
| 6. Lindell Philip, Phanos | 22.12 |

400 meter

| | |
|-----------------------------------|-------|
| 1. Bjorn Blauwhof, Nea Volharding | 47.87 |
| 2. Terrence Agard, R'dam Atl. | 48.42 |
| 3. Thomas Schuwer, Scopias | 49.34 |
| 4. Pascal Remminga, Aquilo | 49.75 |
| 5. Joshua Geerlings, PAC | 50.17 |
| 6. Alex Zwolle, AV '56 | 50.67 |

800 meter

| | |
|---------------------------------|---------|
| 1. Addis Riet, SAV | 1:52.08 |
| 2. Arjan Bloem, AAC '61 | 1:52.33 |
| 3. Thijmen Kupers, Atletico '73 | 1:52.70 |
| 4. Erwin de Jong, Spark | 1:52.96 |
| 5. Cosmo van Berkel, Gouda | 1:57.43 |
| 6. Niels van Hoorn, AAC '61 | 1:57.83 |
| 7. Menno Schouten, Lycurgus | 1:58.02 |
| 8. Jelle Verwiël, Hellas | 1:58.60 |

1500 meter

| | |
|---------------------------------|---------|
| 1. Mark Nouws, THOR | 4:00.20 |
| 2. Jeffrey van der Park, Hera | 4:01.20 |
| 3. Quinten Hennekam, Parthenon | 4:02.27 |
| 4. Nils Daas, Atverni | 4:05.01 |
| 5. Nick van Tol, GAC-H | 4:06.16 |
| 6. Thijmen Kupers, Atletico '73 | 4:06.69 |

| | |
|------------------------------|---------|
| 7. Wouter Warndorff, THOR | 4:06.80 |
| 8. Thomas vd Heijden, Sprint | 4:08.38 |

5000 meter

| | |
|------------------------------------|----------|
| 1. Jesper vd Wielen, Nijmegen Atl. | 14:43.86 |
| 2. Abdi Said, Veendam | 15:04.44 |
| 3. Wesley Pauel, Castricum | 15:04.47 |
| 4. Wouter Timmermans, Unitas | 15:16.53 |
| 5. Jeroen Reintjes, Atletico '73 | 15:19.17 |
| 6. Adriaan Fransen, AAC '61 | 15:50.16 |
| 7. Rik Heijnen, Atl. Helden | 16:04.92 |
| 8. Melvin Franken, LT Velocitas | 16:08.48 |

110m horden (-0,4m/s)

| | |
|--------------------------------|-------|
| 1. Revelinho Eind, Jahn II | 14.46 |
| 2. Robin Oenema, PEC 1910 | 14.58 |
| 3. Jarno Boutkam, Hellas | 14.77 |
| 4. Victor Besters, Spado | 15.05 |
| 5. Jord Buiting, KAV Holland | 15.12 |
| 6. Justin Cok, AV '47 | 15.26 |
| 7. Thierry Kruithof, Startbaan | 15.33 |
| Brian Vriend, Lycurgus | DNF |

400m horden

| | |
|----------------------------|-------|
| 1. Revelinho Eind, Jahn II | 52.49 |
| 2. Wouter Schuwer, Scopias | 54.61 |
| 3. Justin Cok, AV '47 | 54.73 |
| 4. Steven Nuytinck, AV '56 | 55.22 |
| 5. Arne Tveter, Spark | 59.82 |
| Jarno Boutkam, Hellas | DNS |

3000m steeple

| | |
|-------------------------------|----------|
| 1. Emiel Admiraal, Trias | 10:15.90 |
| 2. Camiel Kruiswijk, BAV | 10:23.44 |
| 3. Dion Kramer, Hylas | 10:26.77 |
| 4. Jeroen Habers, De Spartaan | 10:35.47 |
| 5. Elmar Ruitter, Heerenveen | 10:54.97 |
| 6. Arne Mulder, PEC 1910 | 11:13.47 |
| 7. Matthijs Beerepoot, Climax | 11:29.39 |

Verspringen

| | |
|----------------------------|------------|
| 1. Youri Stieglis, Phanos | 7.04 (2,0) |
| 2. Timo de Water, Ilion | 6.99 (2.6) |
| 3. Bram Ruissen, CIKO '66 | 6.91 (0.6) |
| 4. Robin Coops, Hellas | 6.78 (2.7) |
| 5. Robin Lagrand, Lycurgus | 6.59 (1.4) |

| | | | | | |
|-----------------------------|-------------------------------|-------------|------------------------------|---------------------------------|---------|
| 6. | Elgin Herfst, PAC | 6.57 (0.4) | 6. | Jonathan Mutebwa, Eindh.Atl. | 11.36 |
| 7. | Jasper Kranendonk, Typhoon | 6.55 (0.3) | 7. | Joomay Odjo, Phanos | 11.59 |
| 8. | Bart Latour, Almere '81 | 6.52 (0.2) | 8. | Sander Pupella, Energie | 11.60 |
| Hinkstapspringen | | | 200 meter (-1,1m/s) | | |
| 1. | Timo de Water, Ilion | 14.23 (1.6) | 1. | Bram Peters, Prins Hendrik | 21.99 |
| 2. | Pascal van Balen, Hellas | 14.02 (1.2) | 2. | Victor Strijbis, Hera | 22.26 |
| 3. | Jasper Kranendonk, Typhoon | 13.65 (0.5) | 3. | Hensley Paulina, R'dam Atl. | 22.28 |
| 4. | Kingsley Yeboah, PAC | 13.48 (0.2) | 4. | Maxim Ouwendijk, PAC | 22.62 |
| 5. | Tjeerd Visser, HAC | 13.21 (1.8) | 5. | jan Westerdiep, Phanos | 23.19 |
| 6. | Joram Knigge, AV '23 | 13.17 (0.8) | 6. | Frank Aborah, Cont.Sport | 23.27 |
| 7. | Bas Lok, Lycurgus | 12.87 (3.2) | 400 meter | | |
| 8. | Joey Blange, Spirit | 12.49 (0.7) | 1. | Stefan de Vries, Altis | 49.71 |
| Hoogspringen | | | 2. | Martijn Bervoets, De Keien | 49.81 |
| 1. | Douwe Jan Amels, Impala | 2.07 | 3. | Wesley Zschottche, Zaanland | 50.10 |
| 2. | Timo de Water, Ilion | 1.95 | 4. | Jesper Arts, LG Deurne | 50.21 |
| 3. | Niels Hanegraaf,DJA | 1.90 | 5. | Jurgen Wielart, Haarlem | 50.92 |
| 4. | Mitchell Vereijken, Gen Mich. | 1.90 | 6. | Cliff Ellsworth, Lycurgus | 51.29 |
| 5. | roy van Meel, Ilion | 1.90 | 800 meter | | |
| 6. | Koen Amse, DEM | 1.90 | 1. | Jorian Damen, CIKO '66 | 1:58.61 |
| 7. | Andres van Riesen, Argo | 1.90 | 2. | Jeroen van Calker, PEC 1910 | 1:59.36 |
| 8. | Erik Stevens, Ilion | 1.85 | 3. | Lars Cazander, Hellas | 1:59.55 |
| Polsstokhoogspringen | | | 4. | Jeroen Vochteloo, Invictus | 1:59.87 |
| 1. | Timo de Water, Ilion | 4.60 | 5. | Olaf v.d. Bergh, Marvel | 2:00.26 |
| 2. | Victor Besters, Spado | 4.16 | 6. | Menno Hunneman, AAC '61 | 2:00.50 |
| 3. | Rowan Smal, Nea Volharding | 3.86 | 7. | Erwin Adan, Dynamica | 2:01.81 |
| 4. | Ewald Koekkoek, GAC-H | 3.86 | 8. | Seb Wiggemans, Hanzesport | 2:03.06 |
| 5. | Ivo Harms, Fortuna | 3.76 | 1500 meter | | |
| 6. | Raymond Oonincx, Sprint | 3.66 | 1. | Wouter Ploeger, AAC '61 | 4:04.00 |
| | Olav Harmelwaard, Nea Volh. | DNF | 2. | Timothy Vergauwen, LT Velocitas | 4:04.02 |
| | Ricardo Geluk, Ilion | DNF | 3. | Leon Koch, Almere '81 | 4:04.65 |
| | Patrick Geluk, Ilion | DNF | 4. | Jeroen van Calker, PEC 1910 | 4:07.54 |
| Kogelstoten | | | 5. | Niek den Exter, Scheldesport | 4:08.06 |
| 1. | Robert Jan Vos, Weert | 18.17 | 6. | Brian Kamstra, AAC '61 | 4:09.28 |
| 2. | Thierry Kruithof, Startbaan | 17.06 | 7. | Jordi Baars, Aalsmeer | 4:09.29 |
| 3. | Roland van Zuilen, Gouda | 14.80 | 8. | Alwin Roovers, LT Velocitas | 4:12.18 |
| 4. | Kay Olofsen, SAV | 14.40 | 3000 meter | | |
| 5. | Bas Vos, PEC 1910 | 13.90 | 1. | Timothy Vergauwen, LTV | 8:55.57 |
| 6. | Stephan Wapperom, Parthenon | 13.80 | 2. | Jordi Baars, Aalsmeer | 9:03.88 |
| 7. | Joey Blange, Spirit | 11.57 | 3. | Hans Dilling, SHRT | 9:08.38 |
| 8. | Bart ter Huurne, Venray | 11.33 | 4. | Tim Bolink, Hellas | 9:11.61 |
| Discuswerpen | | | 5. | Tom Koetsenruijter, THOR | 9:12.06 |
| 1. | Rolanmd van Zuilen, Gouda | 52.43 | 6. | Frank Blikslager, Gron. Atl. | 9:13.56 |
| 2. | Thierry Kruithof, Startbaan | 48.33 | 7. | Jesse van de Ven, Spado | 9:21.36 |
| 3. | Thomas Zaw, Gron. Atl. | 45.41 | 8. | Lex Sinnige, Weert | 9:25.12 |
| 4. | Bas Vos, PEC 1910 | 40.82 | 110m horden (-1,7m/s) | | |
| 5. | Dennis Barnhoorn, Trias | 39.71 | 1. | Wicher Nijkamp, Spado | 14.51 |
| 6. | Anner Kroon, Lycurgus | 38.99 | 2. | Mark Jacobs, GVAC | 14.72 |
| 7. | Maxime Wang, Nea Volharding | 38.18 | 3. | Koen Smet, Phanos | 14.79 |
| 8. | Stefan Hummelink, Haaksbergen | 38.10 | 4. | Delano Wouterse, PAC | 14.79 |
| Speerwerpen | | | 5. | Stijn van Opstal, Prins Hendrik | 14.79 |
| 1. | Lars Timmerman, Spado | 67.54 | 6. | Harald Bust, Jahn II | 15.08 |
| 2. | Tim ten Berge, Sperwers | 59.02 | 7. | Tim Dekker, Gouda | 15.27 |
| 3. | Mart ten Berge, Sperwers | 58.75 | | Pieter Braun, Sprint | DSQ |
| 4. | Brian Vriend, Lycurgus | 58.31 | 400m horden | | |
| 5. | Dennis Barnhoorn, Trias | 54.87 | 1. | Jesper Arts, LG Deurne | 54.21 |
| 6. | Thomas Hartman, Clytoneus | 54.52 | 2. | Wesley Zschottche, Zaanland | 55.29 |
| 7. | Raoul Wanrooy, Sprint | 54.26 | 3. | Koen Smet, Phanos | 55.56 |
| 8. | Nick Smit, Aalsmeer | 51.22 | 4. | Cliff Ellsworth, Lycurgus | 55.98 |
| Jongens B | | | 5. | Bart vd Pasch, Gen Mich. | 58.34 |
| 100 meter (-1,4m/s) | | | 6. | Thomas Ticheloven, AAC '61 | 60.40 |
| 1. | Hensley Paulina, R'dam Atl. | 11.07 | 2000m steeple | | |
| 2. | Victor Strijbis, Hera | 11.10 | 1. | Wouter Heinrich, AKU | 6:38.75 |
| 3. | Bram Peters, Prins Hendrik | 11.11 | 2. | Jaap Gerben Vellinga, Horror | 6:42.17 |
| 4. | Maxim Ouwendijk, PAC | 11.13 | 3. | David Hofstee, Impala | 6:54.97 |
| 5. | Christiaan Meijlink, PAC | 11.35 | 4. | Tom Rademaker, HAC | 7:01.36 |

| | | | | | |
|-------------------------|---------------------------------|-------------|------------------------------|--------------------------------|----------|
| 5. | Jordi Klomp, Nea Volharding | 7:06.33 | 6. | Ward Melssen, Nijmegen Atl. | 50.61 |
| 6. | Jasper Smits, Pijnenburg | 7:10.87 | 7. | Robin Bak, Nea Volharding | 49.99 |
| 7. | Maurice Jantjes, Lycurgus | 7:31.66 | 8. | Daan Hagenstein, GAC-H | 48.58 |
| 8. | Jeroen Haver, HAC | 8:19.39 | Kogelslingeren | | |
| Verspringen | | | 1. | Maarten Cornelissen, AAC | 60.05 |
| 1. | Mark Jacobs, GVAC | 7.17 (0.6) | 2. | Dennis Hemelaar, AAC | 44.70 |
| 2. | Stefan de Vries, Altis | 7.08 (0.7) | 3. | Jim van Oostrom, AV '23 | 43.68 |
| 3. | Pieter Braun, Sprint | 6.91 (2.0) | 4. | Djaro Leinders, Unitas | 41.48 |
| 4. | Stijn van Opstal, Prins Hendrik | 6.89 (1.4) | 5. | Erik van Ham, AVV | 39.33 |
| 5. | Harald Bust, Jahn II | 6.79 (1.8) | 6. | Roy Janssen, KAV Holland | 38.92 |
| 6. | Wik Breure, Pijnenburg | 6.54 (0.1) | 7. | Fynn van Buuren, Pallas '67 | 36.37 |
| 7. | Niels de Graaf, Atverni | 6.42 (1.0) | 8. | Ruben Overbeeke, Hercules | 34.33 |
| 8. | Ben 't Hart, Sparta | 6.22 (1.0) | Meisjes A | | |
| Hinkstapspringen | | | 100 meter (-0,8m/s) | | |
| 1. | Pieter Braun, Sprint | 14,18 (0.3) | 1. | Loreanne Kuhurima, Phanos | 12.11 |
| 2. | Wik Breure, Pijnenburg | 13,78 (0.1) | 2. | Anouk Hagen, Nijmegen Atl. | 12.14 |
| 3. | Joeri vd Hooft, De Wielingen | 13,58 (0.8) | 3. | Yael van Pelt, Atl. Maastricht | 12.38 |
| 4. | Harald Bust, Jahn II | 13,40 (1.1) | 4. | Judith Bosker, AAC '61 | 12.49 |
| 5. | Storm Potkamp, CIKO '66 | 12,87 (0.7) | 5. | Carola v Wagtendonk, Hera | 12.59 |
| 6. | Ben 't Hart, Sparta | 12.65 (1.1) | 6. | Sharda Zuurbier, Dokev | 12.61 |
| 7. | Olaf vd Geest, De Keien | 12.53 (1.1) | 7. | Stephanie Beuling, PEC 1910 | 12.74 |
| 8. | Simon Bliiek, Gouda | 12.46 (2.0) | 8. | Tara van Schie, AAC | 12.75 |
| Hoogspringen | | | 200 meter (-0,9m/s) | | |
| 1. | Jasper Heesbeen, Prins Hendrik | 2.00 | 1. | Loreanne Kuhurima, Phanos | 24.51 |
| 2. | Leon Tukker, Typhoon | 2.00 | 2. | Yael van Pelt, Atl. Maastricht | 25.03 |
| 3. | Harald Bust, Jahn II | 1.94 | 3. | Judith Bosker, AAC '61 | 25.54 |
| 4. | Johan Schonebaum, Gouda | 1.91 | 4. | Tara van Schie, AAC | 25.59 |
| 5. | Daniël Leyba, Haag Atl. | 1.91 | 5. | Meruska Eduarda, R'dam Atl. | 25.86 |
| 6. | Quincy van Driesten, Altis | 1.91 | 6. | Femke Klop, Unitas | 25.94 |
| 7. | Niels Jansen, MPM | 1.85 | 400 meter | | |
| 8. | Jethro Obot, Haag Atl. | 1.85 | 1. | Marit Dopheide, TION | 55.58 |
| 8. | Sjoerd Dekker, Noordkop | 1.85 | 2. | Micky van Leuveren, Phanos | 55.66 |
| Polsstokspringen | | | 3. | Stephanie Beuling, PEC 1910 | 57.07 |
| 1. | Bryan Hage, Ilion | 4.05 | 4. | Maruska Eduarda, R'dam Atl. | 58.37 |
| 2. | Tom Roetman, GAC-H | 3.95 | 5. | Marian Zandberg, Heerenveen | 58.46 |
| 3. | Sander Kil, Sprint | 3.75 | 6. | Maureen Ellsworth, Lycurgus | 59.28 |
| 4. | Roy van Schendel, Prins Hendrik | 3.75 | 800 meter | | |
| 5. | Mark Jacobs, GVAC | 3.75 | 1. | Jamie van Lieshout, Attila | 2:15.60 |
| 6. | Matthijs van Dijk, GAC-H | 3.65 | 2. | Diana Spaargaren, Castricum | 2:15.98 |
| 7. | Sam Kranse, PAC | 3.65 | 3. | Rianne Breedijk, Zaanland | 2:19.67 |
| 8. | Dennis Coehoorn, TION | 3.45 | 4. | Kristel van Es, Dokev | 2:20.29 |
| Kogelstoten | | | 5. | Manon Sillekens, Sprint | 2:20.80 |
| 1. | Roy Spijkerman, Daventria | 16.74 | 6. | Daisy Kusters, GAC-G | 2:22.42 |
| 2. | Olaf vd Geest, De Keien | 16.14 | 7. | Caressa Toonstra, Phanos | 2:22.62 |
| 3. | Remco Goetheer, Passaat | 15.86 | 8. | Cindy vd Avoort, GAC-G | 2:22.96 |
| 4. | Etenne Orbons, Achilles-T | 15.57 | 1500 meter | | |
| 5. | Nicolai Versloot, Phanos | 15.06 | 1. | Lisanne Wever, Nea Volharding | 4:34.33 |
| 6. | Ivo Willemsen, Sparta | 14.76 | 2. | Jamie van Lieshout, Attila | 4:36.31 |
| 7. | Harald Bust, Jahn II | 14.69 | 3. | Jill Holterman, Zaanland | 4:42.00 |
| 8. | Thomas Hoogerbrugge, Lycurgus | 13.78 | 4. | Marleen Loman, AV NOP | 4:46.34 |
| Discuswerpen | | | 5. | Elli Frank, Achilles-T | 4:46.71 |
| 1. | Nicolai Versloot, Phanos | 52.46 | 6. | Lisa Driessen, Olympus '70 | 4:50.65 |
| 2. | Etienne Orbons, Achilles-T | 47.46 | 7. | Jessica Oosterloo, AAC '61 | 4:53.03 |
| 3. | Thomas Hoogerbrugge, Lycurgus | 43.28 | 8. | Leonie Balter, AVON | 4:59.52 |
| 4. | Maarten Cornelissen, AAC | 42.89 | 3000 meter | | |
| 5. | Roy Spijkerman, Daventria | 41.37 | 1. | Rachel Klamer, LAAC | 9:55.39 |
| 6. | Olaf vd Geest, De Keien | 41.17 | 2. | Marlin van Hal, De Keien | 10:16.05 |
| 7. | Ewoud vd Wal, Heerenveen | 40.53 | 3. | Irene van Lieshout, De Keien | 10:17.41 |
| 8. | Matthijs Rodenburg, AAC | 40.27 | 4. | Celine de Wild, THOR | 10:23.21 |
| Speerwerpen | | | 5. | Marit Tegelaar, PAC | 10:28.09 |
| 1. | Alain de Deugd, Achilles-EL | 64.90 | 6. | Lisanne Wever, Nea Volharding | 10:38.45 |
| 2. | Max Verlint, Phanos | 60.51 | 7. | Jessica Oosterloo, AAC '61 | 10:44.84 |
| 3. | Thomas van Ophem, Hylas | 57.39 | 8. | Jeanine vd Klashorst, U-Track | 10:51.63 |
| 4. | Jurriaan Wouters, Triathlon | 55.94 | 100m horden (-1.0m/s) | | |
| 5. | Bart vd Pasch, Gen. Mich. | 53.50 | 1. | Sahrona Bakker, Suomi | 14.03 |

| | | | | | |
|-----------------------------|-------------------------------|-------------|------------------------------|----------------------------------|---------|
| 2. | Nadine Broersen, Sprint | 14.41 | 5. | Ellen vd Veer, Hellas | 35.47 |
| 3. | Nicky Lam, Phanos | 15.19 | 6. | Nicky vd Schilt, Gron.Atl. | 34.59 |
| 4. | Saskia Zwaard, AV '40 | 15.60 | 7. | Patricia Hartevelde, Climax | 32.73 |
| 5. | Indah van Marrewijk, AV '40 | 15.74 | 8. | Ilona Verboom, Triathlon | 32.31 |
| 6. | Claudia Schutjes, AVV | 15.93 | Speerwerpen | | |
| 7. | Dorien Elsinger, U-Track | 16.34 | 1. | Nadine Broersen, Sprint | 45.58 |
| | Dide Evers, Sprint | DNS | 2. | Cormelia de Jong, Horror | 42.06 |
| 400m horden | | | 3. | Patricia Hartevelde, Climax | 42.05 |
| 1. | Leonie Schilder, Edam | 62.39 | 4. | Eefje Frissen, GVAC | 39.32 |
| 2. | Marieke vd Zee, Heerenveen | 65.35 | 5. | Ilona Verboom, Triathlon | 37.86 |
| 3. | Indah van Marrewijk, AV '40 | 66.26 | 6. | Rachel van Harlingen, Sprint | 36.79 |
| 4. | Iris Verweij, Nijmegen Atl. | 67.17 | 7. | Robin Groen, AV '23 | 34.78 |
| 5. | Sanne vd Velden, Flevo Delta | 70.33 | 8. | Didi vd Spek, Edam | 34.73 |
| 3000m steeple | | | Kogelslingeren | | |
| 1. | Giselle Slotboom, De Spartaan | 12:09.11 | 1. | Nicky van der Schilt, Gron.Atl. | 53.14 |
| 2. | Wendy vd Velden, Lycurgus | 12:38.85 | 2. | Eva Reinders, Groningen Atl. | 48.28 |
| 3. | Femke vd Pal, Zaanland | 12:41.06 | 3. | Jana Vree, Sprint | 41.78 |
| 4. | Joelle Hoogendoorn, PAC | 12:57.31 | 4. | Valery Vollering, Haag Atl. | 41.01 |
| | Iris Peters, Spark | DSQ | 5. | Carolijn Damen, AAC | 36.57 |
| Verspringen | | | 6. | Mariska Maatje, De Sperwers | 34.05 |
| 1. | Carola v Wagtendonk, Hera | 5.86 (1.1) | 7. | Pauke Schots, Pallas '67 | 32.63 |
| 2. | Meruska Eduarda, R'dam Atl. | 5.79 (1.4) | Meisjes B | | |
| 3. | Femke Klop, Unitas | 5.61 (1.0) | 100meter (-0,4m/s) | | |
| 4. | Tara van Schie, AAC | 5.49 (1.2) | 1. | Dafne Schippers, Hellas | 11.91 |
| 5. | Jamilla van Stralen, AAV '36 | 5.44 (-0.4) | 2. | Eva Lubbers, AKU | 12.15 |
| 6. | Saskia Zwaard, AV '40 | 5.33 (1.3) | 3. | Naomi Sedney, Ilion | 12.37 |
| 7. | Tiffany Boersma, AAC | 5.10 (0.8) | 4. | Naomi Klomp, Energie | 12.44 |
| 8. | Sanne Eekel, Zuidwal | 5.08 (0.6) | 5. | Anouk Vetter, AAC | 12.55 |
| Hinkstapspringen | | | 6. | Tessa van Schagen, Leiden Atl. | 12.60 |
| 1. | Meruska Eduarda, R'dam Atl. | 11.66 (0.4) | 7. | Miranda de Regt, De Spartaan | 12.64 |
| 2. | Indah van Marrewijk, AV '40 | 11.47 (0.8) | 8. | Robin Wingbermuhle, R'dam Atl. | 12.71 |
| 3. | Saskia Zwaard, AV '40 | 11.25 (1.2) | 200 meter (-0,1m/s) | | |
| 4. | Tiffany Boersma, AAC | 10.98 (0.7) | 1. | Eva Lubbers, AKU | 24.76 |
| 5. | Claudia Schutjes, AVV | 10.93 (0.9) | 2. | Naomi Klomp, Energie | 25.04 |
| 6. | Suzanne Nobels, Energie | 10.83 (1.3) | 3. | Iris van Daalen, PAC | 25.21 |
| 7. | Nina Peters, Spark | 10.81 (0.8) | 4. | Miranda de Regt, De Spartaan | 25.49 |
| 8. | Myrthe Thoolen, Sprint | 10.57 (0.5) | 5. | Lenneke Bouwman, AV '34 | 26.41 |
| Hoogspringen | | | 6. | Rebecca Rijken, Zaanland | 26.65 |
| 1. | Sietske Noorman, Gen.Mich. | 1.80 | 400 meter | | |
| 2. | Nadine Broersen, Sprint | 1.77 | 1. | Lisanne de Witte, Trias | 56.16 |
| 3. | Elisa Blom, Prins Hendrik | 1.68 | 2. | Vera van den Haak, Sparta | 56.44 |
| 4. | Sanne vd Velden, Flevo Delta | 1.68 | 3. | Madiea Ghafoor, Cont.Sport | 56.97 |
| 5. | Marianne Reitsma, Impala | 1.60 | 4. | Britt Duijn, SAV | 59.12 |
| 5. | Alma Vermeulen, PAC | 1.60 | 5. | Marije Wever, Nea Volharding | 59.88 |
| 7. | Wendy de Bloois, Olympus '70 | 1.60 | 6. | Chesea van Dijk, Atl. Maastricht | 60.33 |
| 8. | Kristel van Es, Dokev | 1.55 | 800 meter | | |
| Polsstokhoogspringen | | | 1. | Marjolein v.Marrewijk,Olympus'70 | 2:18.17 |
| 1. | Denise Groot, Unitas | 4.01 | 2. | Marleen Loman, AV NOP | 2:18.49 |
| 2. | Anita Karregat, Edam | 3.21 | 3. | juul Lavrijsen, SHRT | 2:18.50 |
| 3. | Laurien Persoon, Haag Atl. | 2.81 | 4. | Anouk Trooster, AAC '61 | 2:19.12 |
| 4. | Ellen Esselaar, Unitas | 2.81 | 5. | Suzanne van Wijck, U-Track | 2:19.59 |
| Kogelstoten | | | 6. | Juliette Matthijsen, Spirit | 2:20.93 |
| 1. | Pamela Kiel, R'dam Atl. | 13.77 | 7. | Rachel Rozenkamp, Rijssen | 2:22.07 |
| 2. | Femke Dijkstra, De Liemers | 12.97 | 8. | Fieke Wolters, Nijmegen Atl. | 2:23.92 |
| 3. | Ellen vd Veer, Hellas | 11.99 | 1500 meter | | |
| 4. | Iona Verboom, Triathlon | 10.87 | 1. | Maureen Koster, AV '47 | 4:38.23 |
| 5. | Adrienne Zwiep, Spado | 10.46 | 2. | Julia van Velthoven, Attila | 4:41.83 |
| 6. | Lieke Hofmans, DAK | 10.37 | 3. | Celine de Wild, THOR | 4:43.58 |
| 7. | Romy Cluistra, Triathlon | 10.07 | 4. | Elisa de Jong, Groningen Atl. | 4:44.88 |
| 8. | Floortje Rawee, Triathlon | 9.87 | 5. | Juul Lavrijsen, SHRT | 4:46.07 |
| Discuswerpen | | | 6. | Jip Vastenburger, GAC-H | 4:49.77 |
| 1. | Jill Emmerzaal, Nijmegen Atl. | 42.74 | 7. | Saskia Weinans, Atletico '73 | 4:51.90 |
| 2. | Pamela Kiel, R'dam Atl. | 41.79 | 8. | Sophie vd Most, De Liemers | 4:52.17 |
| 3. | Sascha Popping, Cialfo | 39.24 | 100m horden (-1,1m/s) | | |
| 4. | Sacha vd Donk, Hellas | 36.59 | 1. | Dafne Schippers, Hellas | 13.79 |

| | | | |
|---|-------------|-----------------------------------|----------|
| 2. Marloes Duijn, SAV | 14.22 | 2. Robin Wingbermuhle, R'dam Atl. | 3.35 |
| 3. Nancy van Petersen, Cialfo | 14.43 | 3. Julia de Hoop, Unitas | 3.35 |
| 4. Anouk Oosterhuis, Zuidwal | 14.70 | 4. Isabel Janssen, PAC | 3.05 |
| 5. Naomi Klomp, Energie | 14.89 | 5. Margit Korporaal, AV '34 | 2.95 |
| 6. Rachel Kocken, Atverni | 14.90 | 6. Kimberley Bos, Climax | 2.55 |
| 6. Nora Ritzen, Gron.Atl. | 14.90 | 7. Annemiek Silven, Edam | 2.55 |
| 8. Suzanne Williams, Gron.Atl. | 15.01 | 8. Tatjana Simoiu, Edam | 2.55 |
| 400m horden | | | |
| 1. Bianca Baak, Almere '81 | 62.71 | Kogelstoten | |
| 2. Marleos Duijn, SAV | 63.80 | 1. Corinne Nugter, AV NOP | 16.68 |
| 3. Roos-Sanne Claassen, AV NOP | 64.13 | 2. Denise van Herp, Daventria | 15.08 |
| 4. Rens Nijman, Nijmegen Atl. | 65.61 | 3. Jacky van Splunteren, Zaanland | 14.49 |
| 5. Ellis Gielen, Unitas | 68.48 | 4. Louise Taatgen, Groningen Atl. | 14.19 |
| 6. Tinka Offereins, Startbaan | 68.84 | 5. Charlene Okken, HAC '63 | 14.19 |
| Verspringen | | | |
| 1. Dafne Schippers, Hellas | 5.69 (0.3) | 6. Melanie Versteeg, GAC-H | 13.71 |
| 2. Miranda de Regt, De Spartaan | 5.57 (0.4) | 7. Eva Reinders, Groningen Atl. | 13.40 |
| 3. Anouk Vetter, AAC | 5.55 (1.0) | 8. Shereen Heeswijk, Sparta | 13.03 |
| 4. Renée Granzier, Unitas | 5.53 (1.2) | Discuswerpen | |
| 5. Nora Ritzen, Groningen Atl. | 5.51 (1.1) | 1. Corinne Nugter, AV NOP | 44.71 |
| 6. Jolanda Nobels, Energie | 5.49 (0.3) | 2. Denise van Herp, Daventria | 41.81 |
| 7. Gabriella Dwomoh, Ilion | 5.40 (0.9) | 3. Vivian Brandhoff, SAV | 39.08 |
| 8. Ellis Gielen, Unitas | 5.39 (0.7) | 4. Ella vd Donk, Hellas | 38.74 |
| Hinkstapspringen | | | |
| 1. Louise Taatgen, Gron.Atl. | 11.91 (1.0) | 5. Linda Hoedemakers, Unitas | 36.53 |
| 2. Bonne de Boer, Phanos | 10.95 (1.0) | 6. Mandy van Egdom, Triathlon | 35.29 |
| 3. Anouk Kruiswijk, AV '40 | 10.85 (2.4) | 7. Lisa Haas, Nea Volharding | 32.80 |
| 4. Lisa Lagrand, Lycurgus | 10.70 (1.0) | 8. Anne-Lique Weeren, Triathlon | 32.70 |
| 5. Suzanne Janssens, Sprint | 10.42 (0.4) | Speerwerpen | |
| 6. Suzan v.Amerongen, CIKO'66 | 10.23 (0.9) | 1. Denise van Herp, Daventria | 41.99 |
| 7. Manon Haakman, Lycurgus | 10.12 (0.5) | 2. Anouk Vetter, AAC | 41.25 |
| 8. Silke Boon, De Spartaan | 9.83 (0.2) | 3. Ellis Gielen, Unitas | 37.82 |
| Hoogspringen | | | |
| 1. Maureen Rots, PEC 1910 | 1.68 | 4. Mandy vd Meer, Ilion | 37.79 |
| 2. Chrissie Broersen, SAV | 1.68 | 5. Rianne Gorter, Isala | 36.46 |
| 3. Sabine Monden, DJA | 1.65 | 6. Melanie Versteeg, GAC-H | 35.46 |
| 4. Richel Klarenbeek, Triathlon | 1.60 | 7. Louise Taatgen, Gron. Atl. | 35.42 |
| 5. Maxime Nieuwenhuizen, Spartaan | 1.55 | 8. Mandy van Egdom, Triathlon | 34.59 |
| 5. Anna van Stralen, Phanos | 1.55 | Kogelslingeren | |
| 7. Myrhe Duivenvoorden, Spartaan | 1.55 | 1. Anselma van Midden, GAC-H | 45.52 |
| 7. Ivana Reintke, Spark | 1.55 | 2. Linda Prop, Spado | 45.31 |
| Polsstokhoogspringen | | | |
| 1. Marijke Valk, Unitas | 3.45 | 3. Maaïke Daas, OSM'75 | 44.48 |
| <hr/> | | | |
| Mondo Keienmeeting (Baancircuit) | | | |
| Uden, 27 juni | | | |
| <hr/> | | | |
| Mannen | | 1500 meter | |
| 100 meter (-0.9m/s) | | 1. Elroy Gelant, RSA | 3:38.59 |
| 1. Dwain Chambers, GBR | 10.22 | 2. Mthobisi Baloyi, RSA | 3:39.81 |
| 2. Kim Collins, SKN | 10.43 | 3. Guus Janssen, Nijmegen Atl. | 3:40.77 |
| 3. Ernest Wiggins, USA | 10.48 | 5000 meter | |
| 200 meter (0.0m/s) | | 1. Said ait Addi, MAR | 14:22.93 |
| 1. Dwain Chambers, GBR | 20.50 | 2. Olle Kalered, SWE | 14:41.51 |
| 2. Daniel Schnelting, GER | 20.98 | 3. Michel Basemans, BEL | 14:42.05 |
| 3. Alex Platini Menga, GER | 21.00 | 110m horden (-0.6m/s) | |
| B-serie (0.2m/s) | | 1. William Sharman, GBR | 13.63 |
| 1. Ryan Shields, Haag Atl. | 20.88 | 2. Mike van Kruchten, Phanos | 14.14 |
| 400 meter | | 3. Damiaen Broothaerts, BEL | 14.17 |
| 1. Graham Hedman, GBR | 46.12 | 400m horden | |
| 2. Sibusio Sishi, RSA | 46.72 | 1. Ockert Cilliers, RSA | 50.16 |
| 3. Pete Coley, JAM | 46.76 | 2. Quinten Stern, TION | 52.98 |
| 800 meter | | 3. Pieter de Schepper, BEL | 53.09 |
| 1. Walid Meliani, ALG | 1:46.14 | 3000m steeple | |
| 2. Warren Hendrick, RSA | 1:46.94 | 1. Edwin Molepo, RSA | 8:49.37 |
| 3. Thomas Matthijs, BEL | 1:47.33 | 2. Daniel Lundgren, SWE | 8:54.40 |

| | | | |
|-----------------------------------|--------------|------------------------------------|-------------|
| 3. Noam Neeman, ISR | 8:58.02 | 1500 meter | |
| 4 x 100 meter | | 1. Susan Kuijken, SHRT | 4:05.86 |
| 1. Nederland Neo-senioren | 40.28 | 2. Nikki Hamblin, GBR | 4:08.52 |
| 2. Nederlandse Antillen | 40.32 | 3. Hazel Murphy, IRL | 4:15.16 |
| 3. Team Sengers | 44.16 | 100m horden (0.6m/s) | |
| Verspringen | | 1. Femke van der Meij, Suomi | 13.61 |
| 1. Stephan Louw, NAM | 7.74 (-0.2) | 2. Jo-Ann Plet, Phanos | 13.81 |
| 2. Eelco Sintricolaas, AV'34 | 7.14 (1.6) | 3. Judith Vis, R'dam Atl. | 13.99 |
| 3. Jonathan Pengel, Phanos | 6.80 (0.2) | 400m horden | |
| Hinkstapspringen | | 1. Michelle Carey, IRL | 57.16 |
| 1. Fabian Florant, Haag Atl. | 16.33 (0.1) | 2. Brona Furlong, IRL | 58.19 |
| 2. Charles le Roux, RSA | 15.39 (-0.1) | 3. Wenda Theron, RSA | 58.39 |
| 3. Roger Haitengi, NAM | 15.39 (-0.2) | Verspringen | |
| Hoogspringen | | 1. Karin Ruckstuhl, AAC | 6.36 (0.6) |
| 1. Adam Shunk, USA | 2.18 | 2. Amy Woodman, GBR | 6.12 (0.8) |
| 2. Tom Parsons, GBR | 2.15 | 3. Lynique Prinsloo, RSA | 5.71 (-0.3) |
| 3. Janick Klausen, DEN | 2.03 | Polsstokhoogspringen | |
| Polsstokhoogspringen | | 1. Rianne Galiart, Lycurgus | 4.20 |
| 1. Robbert-Jan Jansen, Pr.Hendrik | 5.40 | 2. Deone Joubert, RSA | 3.60 |
| 2. Wouter van Wengerden, Unitas | 5.40 | 2. Daisy Glasser, USA | 3.60 |
| 3. Cyriel Verberne, Attila | 5.00 | Kogelstoten | |
| Kogelstoten | | 1. Ance Heltne, ROM | 18.35 |
| 1. Maarten Persoon, Phanos | 18.20 | 2. Melissa Boekelman, Pr.Hendrik | 17.01 |
| 2. Patrick Groot, Lycurgus | 17.75 | 3. Denise Kemkers, Hera | 16.67 |
| 3. Patrick Cronie, Phanos | 17.49 | Discuswerpen | |
| Discuswerpen | | 1. Loes Verlaak, Weert | 52.37 |
| 1. Markus Munch, GER | 62.75 | 2. Kirsty Law, GBR | 49.01 |
| 2. Erik Cadée, Pr.Hendrik | 58.58 | 3. Inge van Geel, BEL | 48.26 |
| 3. Maarten Persoon, Phanos | 56.66 | Speerwerpen | |
| Vrouwen | | 1. Melissa Boekelman, Pr.Hendrik | 53.75 |
| 100 meter (-0.1m/s) | | 2. Helga van Koppenhagen, Hellas | 31.45 |
| 1. Esther Akihary, Unitas | 11.86 | Wheelers | |
| 2. Valma Bass, VIN | 11.87 | 100 meter Wheelers | |
| 3. Lashawndra Ratclif, USA | 11.94 | 1. Kenny van Weeghel, NED | 14.71 |
| 200 meter (-0.5m/s) | | 2. Henk Schuiling, GHSC | 18.89 |
| 1. Valma Bass, VIN | 24.22 | 3. Richard van de Pol, Sprint | 19.44 |
| 2. Justine Desondre, BEL | 24.24 | 200 meter Wheelers (1.2m/s) | |
| 3. Esther Akihary, Unitas | 24.31 | 1. Kenny van Weeghel, NED | 25.32 |
| 400 meter | | 2. Henk Schuiling, GHSC | 33.46 |
| 1. Kim Wall, GBR | 53.45 | 3. Sam Janssens, Sprint | 34.17 |
| 2. Sanne Verstegen, R'dam Atl. | 54.04 | 800 meter Wheelers | |
| 3. Maren Schott, GER | 55.11 | 1. Kenny van Weeghel, NED | 2:11.27 |
| 800 meter | | 2. Henk Schuiling, GHSC | 2:12.15 |
| 1. Celia Brown, GBR | 2:03.42 | 3. Stefan Rusch, GHSC | 2:15.01 |
| 2. Machteld Mulder, Hollandia | 2:05.95 | | |
| 3. Najla Jaber, SHRT | 2:06.13 | | |

Stadsloop Appingedam (10km) Appingedam, 27 juni

| Mannen | | Vrouwen | |
|------------------------------|-------|---------------------------------|-------|
| 1. Wilson Kipsang (KEN) | 27.45 | 1. Hilda Kibet, Castricum | 31.59 |
| 2. Jason Mbote (KEN) | 28.33 | 2. Caroline Cheptonui (KEN) | 33.03 |
| 3. Ezekiel Meli (KEN) | 29.20 | 3. Sharon Tavengwa (ZIM) | 33.43 |
| 4. Moris Mosima (KEN) | 29.34 | 4. Monica Wangari Kanyata (KEN) | 34.05 |
| 5. Hans Janssens (BEL) | 29.37 | 5. Susanne Hahn (GER) | 34.09 |
| 6. Atime Fakhreddine (FRA) | 29.50 | 6. Joan Aiyabei (KEN) | 34.47 |
| 8. Sander Schutgens, Pegasus | 30.10 | 8. Nadezhda Wijenberg, Unitas | 36.30 |

Europacup meerkamp Superleague Szczecin (POL), 27/28 juni

| | | | |
|----------------|--------|--------------|--------|
| Mannen | | 3. Oekraïne | 23.621 |
| 1. Rusland | 24.507 | 4. Frankrijk | 23.582 |
| 2. Wit Rusland | 24.077 | 5. Estland | 23.271 |
| | | 6. Zweden | 22.335 |

| | | | |
|--|--------|--|-------|
| 7. Nederland | 21.687 | 27. Alwin Roobeek, NED | 7.053 |
| 8. Polen | 21.327 | (11.20-6.64-11.18-1.80-48.52-15.09-37.90-3.90-44.57-4:10.29) | |
| Vrouwen | | 28. Adrian Saman, NED | 7.011 |
| 1. Polen | 18.007 | (11.76-6.48-12.99-1.92-50.53-15.16-38.73-4.20-47.23-4:30.60) | |
| 2. Rusland | 17.949 | | |
| 3. Oekraïne | 17.814 | 31. Cas Willems, NED | 6.141 |
| 4. Frankrijk | 17.410 | (11.87-6.56-11.46-1.98-52.15-15.85-38.27-NM-53.16-4:43.00) | |
| 5. Sweden | 17.073 | | |
| 6. Groot Brittannie | 17.043 | | |
| 7. Italië | 16.468 | | |
| 8. Nederland | 15.769 | | |
| Individueel mannen | | Individueel vrouwen | |
| 1. Andrei Krauchanka, BLR | 8.336 | 1. Hanna Melnychenko, UKR | 6.380 |
| (11.18-7.54-13.69-2.10-48.82-14.28-43.01-5.10-61.56-4:32.60) | | (13.51-1.84-13.12-24.40-6.38-44.27-2:14.07) | |
| 2. Aleksandr Pogorelov, RUS | 8.313 | 2. Kamila Chudzik, POL | 6.378 |
| (11.13-7.65-15.94-2.04-51.29-14.45-50.02-5.00-63.37-4:56.85) | | (13.64-1.75-14.84-24.75-6.24-52.13-2:18.30) | |
| 3. Oleksiy Kasyanov, UKR | 8.245 | 3. Karolina Tyminska, POL | 6.191 |
| (10.63-7.59-14.84-1.98-48.34-14.46-49.95-4.50-50.64-4:30.47) | | (14.02-1.72-13.91-23.86-6.36-36.48-2:08.16) | |
| 17. Ludo van der Plaats, NED | 7.623 | 15. Remona Fransen, NED | 5.665 |
| (11.19-6.95-13.65-1.89-49.67-14.97-39.93-4.60-69.24-4:57.12) | | (14.40-1.84-12.83-25.43-5.91-29.69-2:17.65) | |
| | | 28. Suzanne de Sevren Jacquet, NED | 5.236 |
| | | (14.39-1.63-11.58-25.40-5.12-38.01-2:19.04) | |
| | | 29. Laura Molenaar, NED | 4.868 |
| | | (14.14-1.48-10.42-26.08-5.57-32.70-2:28.28) | |
| | | Linda van de Legemaat, NED | DNF |
| | | (15.80-1.63-10.60-25.62-5.48-24.66-dns) | |

Open Eindhovense (SPAR Baancircuit) Eindhoven, 12 juli

Mannen

100 meter (1.8m/s)

| | |
|-----------------------|-------|
| 1. Peter Emzelie, NIG | 10.35 |
| 2. Abraham Morlu, LIB | 10.40 |
| 3. Daniel Grueso, COL | 10.44 |

200 meter (-1.0m/s)

| | |
|------------------------|-------|
| 1. Seth Amoo, GHA | 21.18 |
| 2. Ryan Shields, JAM | 21.36 |
| 3. Joeri Moerman, AVON | 22.14 |

B-reeks (-0.1)

| | |
|------------------------|-------|
| 1. Erik Stevens, Ilion | 22.12 |
|------------------------|-------|

C-reeks (-1.8)

| | |
|----------------------------|-------|
| 1. Lindell Phillip, Phanos | 22.00 |
|----------------------------|-------|

400 meter

| | |
|------------------------|-------|
| 1. Keitarou Satou, JPN | 47.13 |
| 2. Andreas Bube, DEN | 47.15 |
| 3. Ismael Dail, MAR | 47.33 |

B-reeks

| | |
|------------------------|-------|
| 1. Akihiro Urano, JPN | 47.09 |
| 2. Joeri Moerman, AVON | 47.26 |

1500 meter

| | |
|-----------------------------|---------|
| 1. Jamal Aarass, FRA | 3:45.15 |
| 2. Yossef Gezachw, ISR | 3:45.20 |
| 3. Christian Schreiner, GER | 3:49.67 |

5000 meter

| | |
|---------------------------|----------|
| 1. Slimani Kaddour, ITA | 13:52.08 |
| 2. Ezekiel Chebii, KEN | 13:54.48 |
| 3. Dieter Vanstreels, BEL | 15:01.93 |

110m horden (-1.2m/s)

| | |
|----------------------------------|-------|
| 1. Fredrick Townsend, USA | 13.69 |
| 2. Marcel van der Westen, Phanos | 13.92 |
| 3. Mike van Kruchten, Phanos | 14.14 |

Verspringen

| | |
|--------------------------------|------------|
| 1. Chris Lawson, USA | 7.43 (0.4) |
| 2. Mark Jacobs, GVAC | 7.13 (0.1) |
| 3. Rogier van den Berg, Sparta | 7.11 (1.4) |

Hinkstapspringen

| | |
|------------------------------|-------------|
| 1. Fabian Florant, Haag Atl. | 15.97 (0.5) |
| 2. Roger Haitengi, RSA | 15.73 (0.9) |
| 3. Sander Hage, Sprint | 14.45 (0.7) |

Hoogspringen

| | |
|---------------------------------|------|
| 1. Hahim Ai, KSA | 2.13 |
| 2. Wilbert Pennings, Attila | 2.10 |
| 3. Martijn van Calker, PEC 1910 | 1.98 |

Polstokhoogspringen

| | |
|------------------------------------|------|
| 1. Robbert-Jan Janssen, Pr.Hendrik | 5.30 |
| 2. Wout van Wengerden, Unitas | 5.10 |
| 3. Rudy Bourguignon, FRA | 4.80 |

Kogelstoten

| | |
|------------------------------|-------|
| 1. Maarten Persoon, Phanos | 17.72 |
| 2. Tom Corstjens, Achilles-T | 17.09 |
| 3. Patrick Cronie, Phanos | 17.08 |

Discuswerpen

| | |
|-----------------------------------|-------|
| 1. Maarten Persoon, Phanos | 57.03 |
| 2. Shigeo Atakeyama, JPN | 55.68 |
| 3. Martijn Scheffers, Leiden Atl. | 48.20 |

Kogelslingeren

| | |
|------------------------|-------|
| 1. Hiroaki Doi, JPN | 69.12 |
| 2. Ronald Gram, Sprint | 66.60 |
| 3. Vincent Onos, SAV | 62.86 |

Kogelslingeren F12

| | |
|-------------------------------|-------|
| 1. Albert van der Mee, Sprint | 35.50 |
|-------------------------------|-------|

Vrouwen

100 meter (-0.4m/s)

| | |
|-------------------------------|-------|
| 1. Jamile Samuel, Phanos | 12.12 |
| 2. Yael van Pelt, Atl.Maastr. | 12.27 |
| 3. Eugenie Kool, Haag Atl. | 12.34 |

200 meter(-1.9m/s)

| | |
|-------------------------------|-------|
| 1. Kadene Vassell, Phanos | 24.60 |
| 2. Anouk Hagen, Nijmegen Atl. | 25.19 |
| 3. Yael van Pelt, Atl.Maastr. | 25.66 |

B-reeks (-1.4)

| | | | |
|--------------------------------|------------|-----------------------------------|-------------|
| 1. Laurien Hoos, Hera | 25.57 | Hinkstapspringen | |
| 400 meter | | 1. Katarina Iburguen, COL | 13.13 (0.4) |
| 1. Maren Schott, GER | 54.79 | 2. Cindy Peters, RSA | 12.14 (0.6) |
| 2. Caroline Dieckhoener, GER | 55.49 | 3. Marije Langen, Iliion | 11.92 (1.9) |
| 3. Najla Jaber, SHRT | 55.54 | Hoogspringen | |
| 1500 meter | | 1. Doreen Amata, NIG | 1.89 |
| 1. Maren Kock, GER | 4:32.88 | 2. Meike Kroger, GER | 1.87 |
| 2. Jana Soethout, GER | 4:39.35 | 3. Deidre Ryan, IRE | 1.83 |
| 3. Brechtje Kraan, SHRT | 4:48.32 | 3. Julia Hartmann, GER | 1.83 |
| 3000 meter | | Kogelstoten | |
| 1. Maor Tiyouri, ISR | 10:03.63 | 1. Anca Heltne, ROM | 18.64 |
| 2. Katrijn vande Riviere, BEL | 10:04.25 | 2. Denise Kemkers, Hera | 17.04 |
| 3. Corelien Kloek, AV NOP | 10:31.09 | 3. Elise Knetemann, Lycurgus | 13.60 |
| 100m horden (0.4m/s) | | Discuswerpen | |
| 1. Femke van der Meij, Suomi | 13.79 | 1. Ester Claassen, Attila | 44.41 |
| 2. Judith Vis, R'dam Atl. | 14.02 | 2. Pamela Kiel, R dam Atl. | 41.61 |
| 3. Laura Molenaar, Gouda | 14.15 | 3. Jill Emmerzaal, Nijmegen Atl. | 41.10 |
| Verspringen | | Kogelslingeren | |
| 1. Carola van Wagtendonk, Hera | 6.00 (0.6) | 1. Maaïke Schetters, Eindh.Atl. | 56.01 |
| 2. Meruska Eduarda, R'dam Atl. | 5.96 (0.4) | 2. Nicky van de Schilt, Gron.Atl. | 53.63 |
| 3. Amanda Spiljard, Attila | 5.74 (0.9) | 3. Gonny Mik, Gron.Atl. | 50.87 |

EK Bergloop

Telfes im Stubai (AUT), 12 juli

| Mannen | | Vrouwen | |
|---------------------------|-------|----------------------------|-------|
| 1. Ahmet Arslan (TUR) | 58.26 | 1. Martina Strähl (SUI) | 54.39 |
| 2. Marco de Gasperi (ITA) | 59.09 | 2. Valentina Belotti (ITA) | 55.28 |
| 3. Sébastien Epiney (SUI) | 59.19 | 3. Andrea Mayr (AUT) | 56.55 |

EK 20-22 jaar

Kaunas (LTU), 16-19 juli

| Mannen | | Vrouwen | |
|------------------------------------|--------------|--|-----------------|
| 100 meter (1.5m/s) | | 4. Dmitrijs Jurkevics, LAT | 1:47.24 |
| 1. Harry Aikines-Aryeetey, GBR | 10.15 | 5. Artur Ostrowski, POL | 1:48.17 |
| 2. Leevan Yearwood, GBR | 10.26 | 6. Jeff Lastennet, FRA | 1:48.22 |
| 3. Rion Pierre, GBR | 10.28 | 7. Sören Ludolph, GER | 1:48.31 |
| 4. Rytis Sakalauskas, LTU | 10.38 | 8. Sebastian Keiner, GER | 1:48.73 |
| 5. Ággelos Aggelákis, GRE | 10.45 | 1500 meter | |
| 6. Giovanni Codrington, NED | 10.51 | 1. Ivan Tukhtachev, RUS | 3:51.19 |
| 7. Olaf Paruze, POL | 10.54 | 2. James Brewer, GBR | 3:51.33 |
| 8. Teddy Tinmar, FRA | 10.58 | 3. Jakub Holuša, CZE | 3:51.46 |
| <i>series: Codrington 10.57</i> | | 4. Álvaro Rodríguez, ESP | 3:51.62 |
| 200 meter (-0.2m/s) | | 5. Ricky Stevenson, GBR | 3:51.82 |
| 1. Toby Sandeman, GBR | 20.37 | 6. Yoann Kowal, FRA | 3:51.98 |
| 2. Platini-Alex Menga, GER | 20.59 | 7. Mario Scapini, ITA | 3:52.12 |
| 3. Igor Bodrov, UKR | 20.61 | 8. Kim Ruell, BEL | 3:52.55 |
| 4. Matteo Galvan, ITA | 20.62 | 11. Abdi Nageeye, NED | 3:53.04 |
| 5. Marek Niit, EST | 20.88 | <i>series: Nageeye 3:43.83; Jesse van Burg 3:47.66; René Stokvis 3:57.27</i> | |
| 6. Dmytro Ostrovskyy, UKR | 20.90 | 5000 meter | |
| 7. Richard Kilty, GBR | 20.93 | 1. Mohamed Elbendir, ESP | 13:55.10 |
| 8. Pierre-Alexis Pessonneaux, FRA | 21.13 | 2. Nouredine Smaïl, FRA | 13:59.23 |
| 400 meter | | 3. David McCarthy, IRL | 14:00.78 |
| 1. Yannick Fonsat, FRA | 45.68 | 4. Abdi Nageeye, NED | 14:03.87 |
| 2. Nigel Levine, GBR | 45.78 | 5. Rico Schwarz, GER | 14:04.15 |
| 3. Jan Ciepiela, POL | 45.81 | 6. Siarhei Chabiarak, BLR | 14:04.79 |
| 4. Antoine Gillet, BEL | 46.13 | 7. Maksym Kryvonis, UKR | 14:07.62 |
| 5. Yoan Décimus, FRA | 46.37 | 8. Philipp Pflieger, GER | 14:09.13 |
| 6. Marco Vistalli, ITA | 46.67 | 14. Tom Wiggers, NED | 14:19.52 |
| 7. Marcin Sobiech, POL | 46.77 | 10000 meter | |
| 8. Pétros Kiriakídis, GRE | 46.84 | 1. Selim Bayrak, TUR | 29:47.15 |
| 800 meter | | 2. Andrea Lalli, ITA | 29:49.80 |
| 1. Adam Kszczot, POL | 1:45.81 | 3. Dmytro Lashyn, UKR | 30:08.44 |
| 2. Marcin Lewandowski, POL | 1:46.52 | 4. Matti Markowski, GER | 30:30.46 |
| 3. Robin Schembera, GER | 1:46.63 | 5. Iván Fernández, ESP | 30:37.77 |
| | | 6. Mikael Ekvall, SWE | 30:47.10 |

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| 7. Koen Naert, BEL | 31:00.73 | 3. Aliaksandr Liabedzka, BLR | 16.80 |
| 8. Paul Zwama, NED | 31:03.94 | 4. Raman Pakhomchyk, BLR | 16.56 |
| 3000 m steeple | | 5. Pavel Shalin, RUS | 16.56 |
| 1. Aleksandr Pavelyev, RUS | 8:40.55 | 6. Dzmitry Platnitski, BLR | 16.53 |
| 2. José Luis Galván, ESP | 8:41.53 | 7. Abdoulaye Diarra, FRA | 16.46 |
| 3. Krystian Zalewski, POL | 8:42.06 | 8. Zlatozar Atanasov, BUL | 16.32 |
| 4. Sebastián Martos, ESP | 8:42.69 | Kogelstoten | |
| 5. Stephen Lisgo, GBR | 8:45.77 | 1. Valeriy Kokoyev, RUS | 20.20 |
| 6. Christian Steinhammer, AUT | 8:56.21 | 2. Nick Petersen, DEN | 18.94 |
| 7. Alexandru Ghinea, ROU | 8:56.84 | 3. Mateusz Mikos, POL | 18.89 |
| 8. Eric Senorski, SWE | 8:58.17 | 4. Tobias Hepperle, GER | 18.52 |
| 110 m horden (-0.7m/s) | | 5. Yeóryios Yeromarkákis, GRE | 18.40 |
| 1. Artur Noga, POL | 13.47 | 6. Vladislav Tuláček, CZE | 18.03 |
| 2. Gianni Frankis, GBR | 13.57 | 7. Markus Bandekow, GER | 18.00 |
| 3. Callum Priestley, GBR | 13.63 | 8. Paulius Luožys, LTU | 17.87 |
| 4. Dimitri Bascou, FRA | 13.66 | 12. Maarten Persoon, NED | 16.42 |
| 5. Dominik Bochenek, POL | 13.88 | <i>kwalificatie:</i> Persoon 17.52 | |
| 6. Samuel Coco-Viloin, FRA | 13.96 | Discuswerpen | |
| 7. Stefano Tedesco, ITA | 14.01 | 1. Nikolay Sedyuk, RUS | 60.80 |
| 8. Alexandros Stavrides, CYP | 14.09 | 2. Ivan Hryshyn, UKR | 59.61 |
| <i>series:</i> Erik Leeftang 14.10 | | 3. Martin Wierig, GER | 59.12 |
| 400 m horden | | 4. Boudewijn Luijten, NED | 58.13 |
| 1. Lloyd Gumbs, GBR | 49.62 | 5. Przemyslaw Czajkowski, POL | 57.58 |
| 2. Stanislav Melnykov, UKR | 49.88 | 6. Fredrik Amundgård, NOR | 57.38 |
| 3. Vincent Vanryckeghem, BEL | 49.90 | 7. Robert Urbanek, POL | 57.38 |
| 4. Hugo Grillas, FRA | 50.02 | 8. Per Rosell, SWE | 56.82 |
| 5. Silvio Schirrmeister, GER | 50.25 | <i>kwalificatie:</i> Luijten 54.65; Maarten Persoon 52.71 | |
| 6. Mickaël François, FRA | 50.25 | Kogelslingeren | |
| 7. Stephan Stoll, GER | 50.61 | 1. Yury Shayunou, BLR | 78.16 |
| 8. Josef Prorok, CZE | 51.02 | 2. Anatoliy Pozdnyakov, RUS | 72.42 |
| <i>halve finale:</i> Marius Kranendonk 51.69; | | 3. Alexander Ziegler, GER | 72.32 |
| <i>series:</i> Kranendonk 51.39 | | 4. Kristóf Németh, HUN | 71.85 |
| Hoogspringen | | 5. Dmytro Mykolaychuk, UKR | 70.65 |
| 1. Sylwester Bednarek, POL | 2.28 | 6. Marcel Lomnický, SVK | 70.59 |
| 2. Oleksandr Nartov, UKR | 2.26 | 7. Alex Smith, GBR | 68.75 |
| 3. Andriy Protsenko, UKR | 2.24 | 8. Pawel Fajdek, POL | 68.70 |
| 4. Olivér Harsányi, HUN | 2.24 | Speerwerpen | |
| 5. Silvano Chesani, ITA | 2.24 | 1. Ari Mannio, FIN | 84.57 |
| 6. Marco Fassinotti, ITA | 2.21 | 2. Petr Frydrych, CZE | 80.53 |
| 7. Yevgeniy Shishakov, RUS | 2.21 | 3. Spirídon Lebésis, GRE | 79.37 |
| 8. Raivydas Stanys, LTU | 2.21 | 4. Roman Avramenko, UKR | 78.46 |
| Polsstokhoogspringen | | 5. Thomas Smet, BEL | 77.84 |
| 1. Raphael Holzdeppe, GER | 5.65 | 6. Maximilian Buchholz, GER | 76.11 |
| 2. Luke Cutts, GBR | 5.60 | 7. Fatih Avan, TUR | 75.50 |
| 3. Dimítrios Patsoukákis, GRE | 5.55 | 8. Matthias De Zordo, GER | 75.40 |
| 4. Eemeli Salomäki, FIN | 5.50 | <i>kwalificatie:</i> Bjorn Blommerde 64.75 | |
| 5. Lukasz Michalski, POL | 5.50 | Tienkamp | |
| 6. Stevy Dume, FRA | 5.40 | 1. Eelco Sintnicolaas, NED | 8.112 |
| 7. Yevgeniy Ageyev, RUS | 5.40 | (11.08-7.29-13.39-1.91-48.22- | |
| 8. Denis Goossens, BEL | 5.15 | 14.81-40.52-5.30-61.51-4:27.64) | |
| 12. Wout van Wengerden, NED | 5.15 | 2. Mateo Sossah, FRA | 7.885 |
| <i>kwalificatie:</i> van Wengerden 5.40; Jorn Bakker | | (11.69-7.27-13.67-2.09-49.23- | |
| 5.10 | | 14.57-45.44-4.10-60.27-4:24.12) | |
| Verspringen | | 3. Mihail Dudaš, SRB | 7.855 |
| 1. Janis Leitis, LAT | 7.90 | (10.98-7.28-12.76-2.00-47.86- | |
| 2. Pavel Karavayev, RUS | 7.86 | 14.80-39.64-4.60-53.04-4:24.30) | |
| 3. Mikko Kivinen, FIN | 7.85 | 4. Eduard Mihan, BLR | 7.785 |
| 4. Dániel Ecseki, HUN | 7.80 | (11.10-7.36-13.59-1.91-48.54- | |
| 5. Mario Kral, GER | 7.79 | 15.06-41.36-4.60-52.63-4:23.77) | |
| 6. Sergey Slepukhin, RUS | 7.79 | 5. Aleksandr Zyabrev, RUS | 7.779 |
| 7. Jean Marie Okutu, ESP | 7.78 | (11.07-7.29-14.33-1.88-48.87- | |
| 8. Marcos Chuva, POR | 7.67 | 14.78-38.82-4.50-57.71-4:27.89) | |
| Hinkstapspringen | | 6. Steffen Kahlert, GER | 7.740 |
| 1. Daniele Greco, ITA | 17.20 | (11.22-7.32-13.56-1.91-50.22- | |
| 2. Zhivko Petkov, BUL | 16.81 | 14.52- 40.14-5.10-46.04-4:27.19) | |

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| 7. Aigar Kukk, EST (11.30-7.54-12.92-1.91-53.19-15.57-44.50-4.80-59.30-4:39.95) | 7.594 | 8. Katsiaryna Mishyna, BLR | 53.56 |
| 8. Sami Itani, FIN (11.37-6.78w-14.93-2.00-51.56-15.12-43.47-4.40-56.85-4:43.12) | 7.527 | 800 meter | |
| 20 km snelwandelen | | 1. Yelena Kofanova, RUS | 1:58.94 |
| 1. Miguel Ángel López, ESP | 1:22:23 | 2. Nataliya Lupu, UKR | 2:01.08 |
| 2. Dzianis Simanovich, BLR | 1:22:57 | 3. Agnieszka Leszczynska, POL | 2:01.53 |
| 3. Matteo Giupponi, ITA | 1:23:00 | 4. Aleksandra Uvarova, RUS | 2:01.87 |
| 4. Christopher Linke, GER | 1:24:29 | 5. Emma Jackson, GBR | 2:02.09 |
| 5. Aleksey Bartsaykin, RUS | 1:25:01 | 6. Egle Balciunaite, LTU | 2:02.26 |
| 6. Aléxandros Papamiháil, GRE | 1:25:06 | 7. Olha Yekymenko, UKR | 2:03.56 |
| 7. Dawid Tomala, POL | 1:25:26 | 8. Olga Cristea, MDA | 2:04.36 |
| 8. Bertrand Moulinet, FRA | 1:25:30 | <i>series: Machteld Mulder 2:05.31</i> | |
| 4 x 100 meter | | 1500 meter | |
| 1. Groot Brittannie | 39.09 | 1. Sultan Haydar, TUR | 4:14.12 |
| 2. Frankrijk | 39.26 | 2. Kristina Khaleyeva, RUS | 4:14.78 |
| 3. Polen | 39.52 | 3. Yelena Fesenko, RUS | 4:15.86 |
| 4. Italië | 39.72 | 4. Lindsey De Grande, BEL | 4:15.90 |
| 5. Nederland | 39.72 | 5. Barbara Maveau, BEL | 4:16.06 |
| (Adrian Rijken, Giovanni Codrington, Jerrel Feller, Frits Frederiks) | | 6. Rose-Anne Galligan, IRL | 4:16.15 |
| 6. Zwitserland | 39.73 | 7. Emma Pallant, GBR | 4:17.23 |
| 7. Duitsland | 40.06 | 8. Angelika Cichocka, POL | 4:17.41 |
| 8. Portugal | 40.36 | <i>series: Manon Kruiver 4:24.06; Raika Lenaarts 4:24.80</i> | |
| <i>series: Nederland 40.13 (Rijken, Codrington, Feller, Frederiks)</i> | | 5000 meter | |
| 4 x 400 meter | | 1. Natalya Popkova, RUS | 15:54.11 |
| 1. Polen | 3:03.74 | 2. Sviatlana Kudzelich, BLR | 16:03.85 |
| 2. Italië | 3:03.79 | 3. Emily Pidgeon, GBR | 16:04.71 |
| 3. Frankrijk | 3:04.06 | 4. Cristina Jordán, ESP | 16:08.36 |
| 4. België | 3:04.51 | 5. Zsófia Erdélyi, HUN | 16:09.38 |
| 5. Spanje | 3:05.63 | 6. Yekaterina Gorbunova, RUS | 16:13.86 |
| 6. Groot Brittannie | 3:06.18 | 7. Hanna Nosenko, UKR | 16:18.63 |
| 7. Griekenland | 3:08.65 | 8. Cornelia Schwennen, GER | 16:30.09 |
| 8. Estland | 3:12.30 | 9. Marieke Falkmann, NED | 16:31.63 |
| Vrouwen | | 10000 meter | |
| 100 meter (0.2m/s) | | 1. Natalya Popkova, RUS | 33:37.31 |
| 1. Lina Grincikaite, LTU | 11.37 | 2. Zsófia Erdélyi, HUN | 33:39.89 |
| 2. Nataliya Pohrebnyak, UKR | 11.45 | 3. Azra Eminovic, SRB | 33:47.19 |
| 3. Marika Popowicz, POL | 11.50 | 4. Natalya Puchkova, RUS | 33:52.01 |
| 4. Ezinne Okparaebo, NOR | 11.53 | 5. Sviatlana Kudzelich, BLR | 34:15.12 |
| 5. Elaine O'Neill, GBR | 11.61 | 6. Olena Biloshchuk, UKR | 35:05.50 |
| 6. Marina Panteleyeva, RUS | 11.66 | 7. Vanja Cnops, BEL | 35:19.57 |
| 7. Mariya Ryemyen, UKR | 11.66 | 8. Katarína Berešová, SVK | 35:26.50 |
| 8. Émilie Gaydu, FRA | 11.82 | 3000 m steeple | |
| 200 meter (-1.4m/s) | | 1. Ancuta Bobocel, ROU | 9:47.90 |
| 1. Aleksandra Fedoriva, RUS | 22.97 | 2. Julia Hiller, GER | 9:57.44 |
| 2. Ewelina Ptak, POL | 23.07 | 3. Susi Lutz, GER | 10:01.87 |
| 3. Marika Popowicz, POL | 23.25 | 4. Sandra Eriksson, FIN | 10:11.25 |
| 4. Alena Kievich, BLR | 23.31 | 5. Gülcan Mingir, TUR | 10:12.53 |
| 5. Johanna Danois, FRA | 23.38 | 6. Lena Örn, SWE | 10:23.00 |
| 6. Weronika Wedler, POL | 23.66 | 7. Polina Jelizarova, LAT | 10:23.17 |
| 7. Nataliya Pohrebnyak, UKR | 23.81 | 8. Yuliya Mochalova, RUS | 10:29.03 |
| 8. Lucy Sargent, GBR | 23.96 | 100 m horden (-2.0m/s) | |
| <i>series: Kadene Vassell 23.95</i> | | 1. Christina Vukicevic, NOR | 12.99 |
| 400 meter | | 2. Yekaterina Shtepa, RUS | 13.28 |
| 1. Kseniya Ustalova, RUS | 51.74 | 3. Alina Talai, BLR | 13.30 |
| 2. Kseniya Zadorina, RUS | 51.76 | 4. Katsiaryna Paplauskaya, BLR | 13.32 |
| 3. Anna Sedova, RUS | 52.58 | 5. Sonata Tamošaityte, LTU | 13.36 |
| 4. Sorina Nwachukwu, GER | 52.59 | 6. Lisa Urech, SUI | 13.41 |
| 5. Agne Orlauskaitė, LTU | 52.81 | 7. Anne-Kathrin Elbe, GER | 13.45 |
| 6. Marta Milani, ITA | 52.94 | 8. Galina Ivanchenko, RUS | 13.48 |
| 7. Yuliya Olishavska, UKR | 53.43 | 400 m horden | |
| | | 1. Perri Shakes-Drayton, GBR | 55.26 |
| | | 2. Eilidh Child, GBR | 55.32 |
| | | 3. Darya Korableva, RUS | 56.08 |
| | | 4. Hanna Titimets, UKR | 56.27 |
| | | 5. Irina Davydova, RUS | 56.75 |

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| 6. Sara Petersen, DEN | 56.77 | 5. Nikola Lomnická, SVK | 61.49 |
| 7. Tina Polak, POL | 56.88 | 6. Annabelle Rolnin, FRA | 59.79 |
| 8. Anna Yaroshchuk, UKR | 57.26 | 7. Natallia Shayunova, BLR | 59.05 |
| Hoogspringen | | 8. Dorotea Habazin, CRO | 58.17 |
| 1. Aleksandra Shamsutdinova, RUS | 1.89 | Speerwerpen | |
| 2. Melanie Bauschke, GER | 1.89 | 1. Madara Palameika, LAT | 64.51 |
| 3. Urszula Domel, POL | 1.86 | 2. Vira Rebyk, UKR | 61.43 |
| 4. Jennifer Klein, GER | 1.86 | 3. Anna Wessman, SWE | 55.91 |
| 5. Julia Wanner, GER | 1.86 | 4. Sandra Schaffarzik, GER | 54.96 |
| 5. Ebba Jungmark, SWE | 1.86 | 5. Raine Kuningas, EST | 54.56 |
| 7. Mirela Demireva, BUL | 1.83 | 6. Anaëlle Fournier, FRA | 53.90 |
| 8. Erika Wiklund, SWE | 1.83 | 7. Kristine Buša, LAT | 53.62 |
| Polsstokhoogspringen | | 8. Jelena Jaakkola, FIN | 52.79 |
| 1. Lisa Ryjikh, GER | 4.50 | Kwalificatie: Melissa Boekelman 51.80; | |
| 2. Minna Nikkaen, FIN | 4.45 | Evelien Dekkers | 46.22 |
| 3. Vanessa Vandy, FIN | 4.35 | Zevenkamp | |
| 4. Telie Mathiot, FRA | 4.25 | 1. Aiga Grabuste, LAT | 6.396 |
| 5. Alice Ost, FRA | 4.25 | (13.66-1.77-14.56-24.73-6.62w-46.11-2:17.74) | |
| 5. Tina Šutej, SLO | 4.25 | 2. Olga Kurban, RUS | 6.205 |
| 7. Denise Von Eynatten, GER | 4.15 | (13.63-1.80-13.76-24.57-6.30w-40.09-2:16.01) | |
| 8. Anastasiya Savchenko, RUS | 4.15 | 3. Nadezhda Sergeyeva, RUS | 6.118 |
| 8. Malin Dahlström, SWE | 4.15 | (14.04-1.80-14.32-25.50-6.52w-37.63-2:16.24) | |
| Verspringen | | 4. Eliška Klucinová, CZE | 6.015 |
| 1. Melanie Bauschke, GER | 6.83 | (14.33-1.80-13.47-25.24-6.29w-44.67-2:22.94) | |
| 2. Nastassia Mironchyk, BLR | 6.76 | 5. Yana Maksimava, BLR | 5.924 |
| 3. Éloyse Lesueur, FRA | 6.72 | (14.39-1.83-13.86-26.03-6.09w-40.39-2:17.90) | |
| 4. Sosthene Moguenara, GER | 6.69 | 6. Yana Panteleyeva, RUS | 5.917 |
| 5. Cornelia Deiac, ROU | 6.61 | (14.42-1.80-12.43-25.72-6.05-45.21-2:16.33) | |
| 6. Kelly Proper, IRL | 6.58 | 7. Ida Marcussen, NOR | 5.882 |
| 7. Irène Pusterla, SUI | 6.57 | (14.34-1.62-13.29-25.49-6.21w-46.42-2:14.67) | |
| 8. Yekaterina Malysheva, RUS | 6.57 | 8. Yasmīna Omrani, FRA | 5.866 |
| Hinkstapspringen | | (13.91-1.74-13.14-24.66-6.31w-35.28-2:22.19) | |
| 1. Paraskeví Papahristou, GRE | 14.34 | 13. Amanda Spiljard, NED | 5.531 |
| 2. Cristina Bujin, ROU | 14.26 | (14.95-1.68-12.23-25.10-5.87w-39.34-2:19.25) | |
| 3. Liliya Kulyk, UKR | 13.88 | 20 km snelwandelen | |
| 4. Kaire Leibak, EST | 13.72 | 1. Yelena Shumkina, RUS | 1:33:05 |
| 5. Patrícia Mamona, POR | 13.71 | 2. Zuzana Schindlerová, CZE | 1:33:42 |
| 6. Alsu Murtazina, RUS | 13.70 | 3. Tatyana Shemyakina, RUS | 1:34:13 |
| 7. Natallia Viatkina, BLR | 13.70 | 4. Olha Yakovenko, UKR | 1:36:24 |
| 8. Haoua Kessely, FRA | 13.69 | 5. Julia Takács, ESP | 1:36:49 |
| Kogelstoten | | 6. Agnese Pastare, LAT | 1:36:59 |
| 1. Denise Hinrichs, GER | 19.18 | 7. Karoliina Kaasalainen, FIN | 1:37:36 |
| 2. Irina Tarasova, RUS | 17.90 | 8. Raquel González, ESP | 1:38:00 |
| 3. Alena Kopets, BLR | 17.72 | 4 x 100 meter | |
| 4. Melissa Boekelman, NED | 17.37 | 1. Groot Brittannie | 43.89 |
| 5. Anita Márton, HUN | 17.20 | 2. Polen | 43.90 |
| 6. Eden Francis, GBR | 16.23 | 3. Litouwen | 44.09 |
| 7. Agnieszka Dudzinska, POL | 15.83 | 4. Frankrijk | 44.26 |
| 8. Julaika Nicoletti, ITA | 15.22 | 5. Rusland | 44.28 |
| Discuswerpen | | 6. Wit Rusland | 44.86 |
| 1. Eden Francis, GBR | 57.29 | 7. Italië | 45.40 |
| 2. Vera Karmishina, RUS | 54.48 | 8. Oekraïne | 54.69 |
| 3. Jade Nicholls, GBR | 54.44 | series: Nederland 45.61(Kadene Vassell, Esther | |
| 4. Sofia Larsson, SWE | 53.74 | Akihary, Nikki van Leeuwen, Tamara Klomp) | |
| 5. Coralie Glatre, FRA | 52.80 | 4 x 400 meter | |
| 6. Yevgeniya Pecherina, RUS | 52.66 | 1. Rusland | 3:27.59 |
| 7. Viktoriya Bolbat, UKR | 51.95 | 2. Duitsland | 3:29.21 |
| 8. Irene Donzelot, FRA | 50.54 | 3. Wit Rusland | 3:30.45 |
| Kogelslingeren | | 4. Oekraïne | 3:30.78 |
| 1. Zalina Marghieva, MDA | 67.67 | 5. Italië | 3:32.92 |
| 2. Katerina Šafránková, CZE | 63.01 | 6. Polen | 3:33.49 |
| 3. Sarah Holt, GBR | 62.55 | 7. Frankrijk | 3:38.06 |
| 4. Joanna Fiodorow, POL | 62.49 | 8. Roemenië | 3:38.43 |

**Europees Kampioenschap Junioren
Novi Sad, 23-26 juli**

Mannen

100 meter (0.2m/s)

| | | |
|----|--------------------------|-------|
| 1. | Christophe Lemaître, FRA | 10.04 |
| 2. | Ramil Guliyev, AZE | 10.16 |
| 3. | Eugene Ayanful, GBR | 10.37 |
| 4. | Andrew Robertson, GBR | 10.37 |
| 5. | Valerio Rosichini, ITA | 10.54 |
| 6. | Delmas Obou, ITA | 10.55 |
| 7. | Max Galliers, GBR | 10.64 |
| 8. | Artur Szczesniak, POL | 10.76 |

halve finale: Lindell Philip 10.75;

series: Philip 10.55

200 meter (-0.1m/s)

| | | |
|----|----------------------------------|-------|
| 1. | Ramil Guliyev, AZE | 20.33 |
| 2. | Robert Hering, GER | 20.83 |
| 3. | Diego Marani, ITA | 21.03 |
| 4. | Likoúrgos-Stéfanos Tsákonas, GRE | 21.16 |
| 5. | Pavel Maslák, CZE | 21.19 |
| 6. | Vyacheslav Kolesnichenko, RUS | 21.27 |
| 7. | Roy Schmidt, GER | 21.44 |
| 8. | Benjamin Olsson, SWE | 21.87 |

halve finale: Erik Stevens 21.97;

series: Stevens 21.58

400 meter

| | | |
|----|-------------------------|-------|
| 1. | Chris Clarke, GBR | 45.59 |
| 2. | Andrzej Jaros, POL | 46.75 |
| 3. | Louis Persent, GBR | 46.82 |
| 4. | Niklas Zender, GER | 46.84 |
| 5. | Zoltán Kovács, HUN | 47.07 |
| 6. | Marco Kaiser, GER | 47.39 |
| 7. | Marcin Grynkiewicz, POL | 47.67 |
| 8. | Máté Lukács, HUN | 47.69 |

halve finale: Dennis Spillekom 48.42;

series: Spillekom 47.68

800 meter

| | | |
|----|---------------------------|---------|
| 1. | Kevin López, ESP | 1:48.25 |
| 2. | Niall Brooks, GBR | 1:49.21 |
| 3. | Aleksandr Sheplyakov, RUS | 1:49.37 |
| 4. | Fábio Gonçalves, POR | 1:49.57 |
| 5. | Robbie Schofield, GBR | 1:50.07 |
| 6. | Paul Renaudie, FRA | 1:51.35 |
| 7. | Andreas Smout, BEL | 1:51.65 |
| 8. | Mark Patterson, IRL | 1:52.22 |

halve finale: Addis Riet 1:56.41;

series: Riet 1:53.31, Jeffrey van der Park 1:53.48

1500 meter

| | | |
|----|------------------------|---------|
| 1. | David Bustos, ESP | 3:53.31 |
| 2. | Resul Çevik, TUR | 3:54.30 |
| 3. | Simon Horsfield, GBR | 3:54.56 |
| 4. | Daniel Clorley, GBR | 3:54.66 |
| 5. | Jonas Leandersson, SWE | 3:54.67 |
| 6. | Ross Murray, GBR | 3:54.72 |
| 7. | Bryan Cantero, FRA | 3:55.41 |
| 8. | Szymon Sznura, POL | 3:55.54 |

series: Jurjen Polderman DNF

5000 meter

| | | |
|----|---------------------------|----------|
| 1. | Hayle Ibrahimov, AZE | 14:01.19 |
| 2. | Jakub Živec, CZE | 14:10.58 |
| 3. | Aitor Fernández, ESP | 14:20.14 |
| 4. | Siarhei Platonau, BLR | 14:22.65 |
| 5. | Sondre Nordstad Moen, NOR | 14:26.23 |
| 6. | Houssam Bouallagui, FRA | 14:27.40 |

| | |
|--------------------------------------|-----------------|
| 7. Jesper van der Wielen, NED | 14:29.47 |
| 8. Simon Denissel, FRA | 14:37.86 |

10000 meter

| | | |
|----|-------------------------|----------|
| 1. | Hayle Ibrahimov, AZE | 30:06.64 |
| 2. | Simon Lawson, GBR | 30:35.62 |
| 3. | Siarhei Platonau, BLR | 30:55.92 |
| 4. | Dewi Griffiths, GBR | 31:14.54 |
| 5. | Mario Mola, ESP | 31:18.55 |
| 6. | Dieter Vanstreels, BEL | 31:35.89 |
| 7. | Soufiane Bouchikhi, BEL | 31:46.38 |
| 8. | Lajos Farkas, ROU | 31:55.55 |

3000 m steeple

| | | |
|----|-----------------------|---------|
| 1. | Antonio Abadía, ESP | 8:47.45 |
| 2. | James Wilkinson, GBR | 8:51.54 |
| 3. | Jeroen D'Hoedt, BEL | 8:51.76 |
| 4. | Abdelatif Hadjam, FRA | 8:55.11 |
| 5. | Valentin Pepiot, FRA | 8:57.21 |
| 6. | Tanguy Pepiot, FRA | 8:58.69 |
| 7. | Daniel Krüger, GER | 8:59.93 |
| 8. | Yuriy Kishchenko, UKR | 9:03.14 |

110 m horden (1.1m/sec)

| | | |
|----|------------------------------|-------|
| 1. | Lawrence Clarke, GBR | 13.37 |
| 2. | Sergey Shubenkov, RUS | 13.40 |
| 3. | Aliaksandr Linnik, BLR | 13.41 |
| 4. | Pascal Martinot Lagarde, FRA | 13.45 |
| 5. | Thomas Delmestre, FRA | 13.48 |
| 6. | Jack Meredith, GBR | 13.51 |
| | Andreas Martinsen, DEN | DNF |
| | Michal Szade, POL | DQ |

400 m horden

| | | |
|----|---------------------------|-------|
| 1. | Tobias Giehl, GER | 50.85 |
| 2. | Marc-John Dombrowski, GER | 51.28 |
| 3. | Nikita Andriyanov, RUS | 51.43 |
| 4. | Niall Flannery, GBR | 51.50 |
| 5. | Silvestras Guogis, LTU | 52.55 |
| 6. | Robert Brylinski, POL | 53.02 |
| 7. | Xavier Carrión, ESP | 53.40 |

8. Revelinho Eind, NED

halve finale: Eind 52.62;

series: Eind 52.56

Hoogspringen

| | | |
|----|------------------------|------|
| 1. | Sergey Mudrov, RUS | 2.25 |
| 2. | Ümit Tan, TUR | 2.25 |
| 3. | Artsiom Naumovich, BLR | 2.19 |
| 4. | Lorenzo Biaggi, ITA | 2.14 |
| 5. | Sven Tarnowski, GER | 2.11 |
| 5. | Kjølvs Egeland, NOR | 2.11 |
| 8. | Robin Pál, HUN | 2.11 |

Polsstokhoogspringen

| | | |
|----|------------------------|------|
| 1. | Nico Weiler, GER | 5.25 |
| 2. | Dmitriy Zhelyabin, RUS | 5.25 |
| 3. | Henri Väyrynen, FIN | 5.15 |
| 4. | Andrew Sutcliffe, GBR | 5.05 |
| 5. | Pascal Koehl, GER | 4.95 |
| 6. | Tom Konrad, GER | 4.95 |
| 6. | Adam Lisiak, POL | 4.95 |
| 8. | Marcello Palazzo, ITA | 4.95 |

Verspringen

| | | |
|----|-----------------------|------|
| 1. | Aleksandr Menkov, RUS | 7.98 |
| 2. | Lukasz Maslowski, POL | 7.85 |
| 3. | Denis Bogdanov, RUS | 7.76 |

| | | | |
|--|--------------|---|--------------|
| 4. Patrick Rädler, GER | 7.65 | 14.83-41.00-4.40-59.22-4:52.16) | |
| 5. Zachariasz Dereziński, POL | 7.64 | 5. Daniel Gardiner, GBR | 7.509 |
| 6. Eusebio Cáceres, ESP | 7.64 | (10.97-7.47-15.07-1.89-50.82- | |
| 7. Dimítrios Mihalélis, GRE | 7.49 | 14.61-41.77-4.30-45.15-4:49.52) | |
| 8. Artsiom Bandarenka, BLR | 7.41 | 6. Dominik Distelberger, AUT | 7.396 |
| Hinkstapspringen | | (10.88-7.38-11.31-1.86-49.34- | |
| 1. Aleksey Fyodorov, RUS | 16.67 | 14.18-39.56-4.40-47.06-4:47.98) | |
| 2. Askin Karaca, TUR | 16.10 | 7. Adam Pašiak, CZE | 7.331 |
| 3. Pavels Kovalovs, LAT | 16.03 | (11.22-7.38-13.71-1.98-52.62- | |
| 4. Ruslan Samitov, RUS | 15.89 | 15.12-39.00-4.70-48.23-5:00.03) | |
| 5. Alexandru George Baciu, ROU | 15.88 | 8. Adam Helcelet, CZE | 7.286 |
| 6. Jorge Gimeno, ESP | 15.88 | (11.43-6.87-14.73-1.92-50.13- | |
| 7. Manuel Ziegler, GER | 15.54 | 14.46-38.80-4.20-49.65-4:51.21) | |
| 8. Panayiotis Volou, CYP | 15.44 | 10000 m snelwandelen | |
| Kogelstoten | | 1. Stanislav Yemelyanov, RUS | 40:20.86 |
| 1. David Storl, GER | 22.40 | 2. Denis Strelkov, RUS | 40:24.97 |
| 2. Mykyta Nesterenko, UKR | 20.22 | 3. Valeriy Filipchuk, RUS | 40:29.35 |
| 3. Hendrik Müller, GER | 19.63 | 4. Carl Dohmann, GER | 42:09.78 |
| 4. Marin Premeru, CRO | 19.40 | 5. Riccardo Macchia, ITA | 42:20.12 |
| 5. Božidar Antunovic, SRB | 19.26 | 6. Vito Di Bari, ITA | 42:39.80 |
| 6. Simon Gustafsson, SWE | 19.18 | 7. Wojciech Halman, POL | 43:22.80 |
| 7. Ladislav Prášil, CZE | 18.85 | 8. Aku Partanen, FIN | 43:44.62 |
| 8. Michal Rasinski, POL | 18.58 | 4 x 100 meter | |
| <i>kwalficatie: Robert-Jan Vos 17.54</i> | | 1. Duitsland | 39.33 |
| Discuswerpen | | 2. Tsjechië | 39.57 |
| 1. Mykyta Nesterenko, UKR | 65.73 | 3. Groot Brittannie | 39.78 |
| 2. Gordon Wolf, GER | 63.02 | 4. Italië | 40.00 |
| 3. Marin Premeru, CRO | 60.98 | 5. Nederland | 40.02 |
| 4. Curtis Griffith-Parker, GBR | 60.46 | (Lindell Philip, Dennis Spillekom, Jip Baltissen, | |
| 5. Andrius Gudžius, LTU | 60.05 | Joeri Jaegers) | |
| 6. Priidu Niit, EST | 59.17 | 6. Spanje | 40.03 |
| 7. Pyry Niskala, FIN | 58.50 | 7. Polen | 40.03 |
| 8. Meigo Tammsaar, EST | 58.18 | 8. Zweden | 40.56 |
| Kogelslingeren | | series: Nederland 40.63 (Lindell Philip, Dennis | |
| 1. Andriy Martynyuk, UKR | 79.54 | Spillekom, Jip Baltissen, Joeri Jaegers) | |
| 2. Ákos Hudi, HUN | 79.14 | 4 x 400 meter | |
| 3. Javier Cienfuegos, ESP | 79.12 | 1. Groot Brittannie | 3:07.85 |
| 4. Eivind Henriksen, NOR | 76.65 | 2. Duitsland | 3:08.11 |
| 5. Aleh Dubitski, BLR | 74.47 | 3. Italië | 3:09.87 |
| 6. Richard Olbrich, GER | 74.14 | 4. Hongarije | 3:12.63 |
| 7. Dániel Szabó, HUN | 73.61 | 5. Slowakije | 3:14.42 |
| 8. Peter Smith, GBR | 72.16 | 6. Ierland | 3:15.79 |
| Speerwerpen | | 7. Turkije | 3:17.29 |
| 1. Andreas Hofmann, GER | 75.89 | Polen | DQ |
| 2. Till Wöschler, GER | 73.66 | Vrouwen | |
| 3. Lukasz Grzeszczuk, POL | 73.55 | 100 meter (1.0m/s) | |
| 4. Gianluca Tamberi, ITA | 72.76 | 1. Yasmin Kwadwo, GER | 11.42 |
| 5. Kirill Kadukov, RUS | 71.16 | 2. Folake Akinyemi, NOR | 11.47 |
| 6. Joonas Verronen, FIN | 71.00 | 3. Andreea Ograzeanu, ROU | 11.47 |
| 7. Maik Dolch, GER | 70.65 | 4. Niamh Whelan, IRL | 11.63 |
| 8. Jakub Vadlejch, CZE | 69.63 | 5. Malgorzata Koldej, POL | 11.64 |
| 13. Lars Timmerman, NED | 65.99 | 6. Leena Günther, GER | 11.64 |
| <i>kwalficatie: Timmerman 72.58</i> | | 7. Torema Dorsett, GBR | 11.65 |
| Tienkamp | | 8. Jessie Saint-Marc, FRA | 11.70 |
| 1. Thomas Van Der Plaetsen, BEL | 7.769 | <i>halve finale: Jamile Samuel 12.05</i> | |
| (11.45-7.24-14.32-2.13-49.67- | | series: Samuel 11.97 | |
| 14.27-36.44-4.40-58.42-4:44.17) | | 200 meter (2.5m/s) | |
| 2. Petter Olson, SWE | 7.734 | 1. Andreea Ograzeanu, ROU | 23.70 |
| (11.18-7.00-14.38-1.98-49.06- | | 2. Alena Tamkova, RUS | 23.72 |
| 14.12-39.77-4.90-42.74-4:33.27) | | 3. Anna Kielbasinska, POL | 23.75 |
| 3. Kai Kazmirek, GER | 7.639 | 4. Ruth Sophia Spelmeyer, GER | 23.89 |
| (11.18-7.00-14.38-1.98-49.06- | | 5. Shaunna Thompson, GBR | 23.93 |
| 14.12-39.77-4.90-42.74-4:33.27) | | 6. Folake Akinyemi, NOR | 23.99 |
| 4. Maximilian Gilde, GER | 7.552 | 7. Niamh Whelan, IRL | 24.37 |
| (11.28-7.45-14.07-1.92-51.44- | | 8. Emily Diamond, GBR | 24.43 |

halve finale: Loreanne Kuhurima DNF;
series: Kuhurima 24.26

400 meter

| | | |
|----|---------------------------|-------|
| 1. | Yuliya Baraley, UKR | 52.80 |
| 2. | Liliya Gafiyatullina, RUS | 53.51 |
| 3. | Moa Hjelm, SWE | 54.01 |
| 4. | Olha Zemlyak, UKR | 54.46 |
| 5. | Liliya Zubkova, RUS | 54.47 |
| 6. | Merve Aydin, TUR | 54.57 |
| 7. | Valentina Zappa, ITA | 54.65 |
| 8. | Alina Lohvynenko, UKR | 55.18 |

800 meter

| | | |
|----|---------------------------|---------|
| 1. | Mirela Lavric, ROU | 2:04.12 |
| 2. | Corinna Harrer, GER | 2:04.51 |
| 3. | Yekaterina Zavyalova, RUS | 2:04.59 |
| 4. | Alison Leonard, GBR | 2:04.66 |
| 5. | Yelena Zhilkina, RUS | 2:07.12 |
| 6. | Olha Bibik, UKR | 2:07.55 |
| 7. | Selina Büchel, SUI | 2:07.93 |
| 8. | Sofia Öberg, SWE | 2:08.47 |

1500 meter

| | | |
|----|-------------------------|---------|
| 1. | Darya Yachmeneva, RUS | 4:14.64 |
| 2. | Layes Abdullayeva, AZE | 4:16.63 |
| 3. | Elina Sujew, GER | 4:16.86 |
| 4. | Yelena Zhilkina, RUS | 4:17.13 |
| 5. | Natalija Piliušina, LTU | 4:19.30 |
| 6. | Diana Sujew, GER | 4:19.68 |
| 7. | Josephine Moultrie, GBR | 4:21.53 |
| 8. | Gezashign Safarova, AZE | 4:23.74 |

series: Jamie van Lieshout 4:55.45

3000 meter

| | | |
|----|-------------------------|---------|
| 1. | Yelena Korobkina, RUS | 9:13.35 |
| 2. | Kate Avery, GBR | 9:13.68 |
| 3. | Louise Small, GBR | 9:15.47 |
| 4. | Gezashign Safarova, AZE | 9:17.59 |
| 5. | Beth Potter, GBR | 9:18.81 |
| 6. | Amela Terzic, SRB | 9:22.44 |
| 7. | Tugba Karakaya, TUR | 9:31.31 |
| 8. | Giulia Viola, ITA | 9:39.38 |

5000 meter

| | | |
|----|--------------------------------|----------|
| 1. | Karoline Bjerkeli Grøvdal, NOR | 15:45.45 |
| 2. | Charlotte Purdue, GBR | 15:55.96 |
| 3. | Veronica Inglese, ITA | 16:41.37 |
| 4. | Jana Van Wabeke, BEL | 16:45.37 |
| 5. | Olha Skrypak, UKR | 16:46.81 |
| 6. | Tugba Karakaya, TUR | 16:58.43 |
| 7. | Teodora Simovic, SRB | 16:58.89 |
| 8. | Lucia Coli, ITA | 17:04.38 |

3000 m steeple

| | | |
|----|--------------------------------|----------|
| 1. | Karoline Bjerkeli Grøvdal, NOR | 9:43.69 |
| 2. | Layes Abdullayeva, AZE | 9:55.95 |
| 3. | Louise Webb, GBR | 10:10.34 |
| 4. | Estefanía Tobal, ESP | 10:15.68 |
| 5. | Valeria Roffino, ITA | 10:17.35 |
| 6. | Martina Barinová, CZE | 10:20.00 |
| 7. | Aleksandra Kudryashova, RUS | 10:22.02 |
| 8. | Klara Bodinson, SWE | 10:22.21 |

100 m horden (1.6m/s)

| | | |
|----|--------------------------|-------|
| 1. | Anne Zagré, BEL | 13.21 |
| 2. | Isabelle Pedersen, NOR | 13.49 |
| 3. | Yariatou Toure, FRA | 13.52 |
| 4. | Katsiaryna Artyukh, BLR | 13.71 |
| 5. | Carina Schöckel, GER | 13.92 |
| 6. | Karen Jean-Francois, FRA | 13.98 |
| 7. | Nikol Ogrodníková, CZE | 14.03 |

Hanne Claes, BEL DNF
series: Sharon Bakker DNF

400 m horden

| | | |
|----|-------------------------|-------|
| 1. | Inga Müller, GER | 57.16 |
| 2. | Mila Andric, SRB | 57.55 |
| 3. | Katsiaryna Artyukh, BLR | 58.09 |
| 4. | Emma Millard, FIN | 58.52 |
| 5. | Christiane Klopsch, GER | 58.80 |
| 6. | Ese Okoro, GBR | 60.64 |
| 7. | Anja Bork, GER | 64.78 |
| | Lauren Bouchard, GBR | DNF |

Hoogspringen

| | | |
|------------|---------------------------------|-------------|
| 1. | Natalya Mamlina, RUS | 1.91 |
| 2. | Marija Vukovic, MNE | 1.89 |
| 3. | Burcu Ayhan, TUR | 1.89 |
| 4. | Elena Vallortigara, ITA | 1.87 |
| 5. | Esthera Petre, ROU | 1.84 |
| 6. | Marie-Laurence Jungfleisch, GER | 1.80 |
| 6. | Charlotte Brauch, GER | 1.80 |
| 6. | Martyna Bielawska, POL | 1.80 |
| 6. | Oksana Okuneva, UKR | 1.80 |
| 11. | Sietske Noorman, NED | 1.76 |

kwalificatie: Noorman 1.80

Polstokhoogspringen

| | | |
|-----------|--------------------------|-------------|
| 1. | Martina Schultze, GER | 4.20 |
| 2. | Yekaterina Kolesova, RUS | 4.10 |
| 3. | Caroline Bonde Holm, DEN | 4.10 |
| 4. | Olga Frackowiak, POL | 4.10 |
| 5. | Mariána Zahariádi, CYP | 4.00 |
| 5. | Petra Olsen, SWE | 4.00 |
| 7. | Denise Groot, NED | 4.00 |
| 8. | Loréla Mánou, GRE | 3.90 |

kwalificatie: Groot 3.90

Verspringen

| | | |
|----|------------------------|------|
| 1. | Darya Klishina, RUS | 6.80 |
| 2. | Ivana Španovic, SRB | 6.71 |
| 3. | Anna Jagaciak, POL | 6.29 |
| 4. | Lisa Steinkamp, GER | 6.26 |
| 5. | Cristina Sandu, ROU | 6.21 |
| 6. | Valentine Zmuda, FRA | 6.20 |
| 7. | Anja Schulz, GER | 6.11 |
| 8. | Martyna Bielawska, POL | 6.09 |

Hinkstapspringen

| | | |
|----|-------------------------|-------|
| 1. | Liane Pintsaar, EST | 13.89 |
| 2. | Cristina Sandu, ROU | 13.61 |
| 3. | Jenny Elbe, GER | 13.55 |
| 4. | Anna Jagaciak, POL | 13.55 |
| 5. | Kristin Gierisch, GER | 13.42 |
| 6. | Alisa Vlasova, RUS | 13.25 |
| 7. | Nadezhda Korytkina, RUS | 13.03 |
| 8. | Mia Haave, NOR | 12.99 |

Kogelstoten

| | | |
|----|-----------------------------|-------|
| 1. | Aliona Hryshko, BLR | 17.59 |
| 2. | Samira Burkhardt, GER | 16.46 |
| 3. | Sophie Kleeberg, GER | 15.95 |
| 4. | Paulina Guba, POL | 15.63 |
| 5. | Sandra Perkovic, CRO | 15.42 |
| 6. | Markéta Cervenková, CZE | 14.88 |
| 7. | Anastasiya Bessoltseva, RUS | 14.81 |
| 8. | Marta Kaniowska, POL | 14.72 |

Discuswerpen

| | | |
|----|-------------------------|-------|
| 1. | Sandra Perkovic, CRO | 62.44 |
| 2. | Julia Fischer, GER | 55.11 |
| 3. | Irina Rodrigues, POR | 53.14 |
| 4. | Mariya Koshkaryova, UKR | 52.62 |

| | | | |
|---|-------|---|---------|
| 5. Antje Bormann, GER | 52.07 | 4. Dafne Schippers, NED | 5.507 |
| 6. Yuliya Kurylo, UKR | 50.90 | (14.05w-1.69-12.01-24.21-5.62-34.04-2:23.01) | |
| 7. Sandra Andersson, SWE | 48.11 | 5. Nadine Broersen, NED | 5.456 |
| 8. Izabela Ogórek, POL | 47.80 | (14.18-1.75-11.02-26.47-5.44-48.11-2:27.32) | |
| Kogelslingeren | | 6. Kristina Savitskaya, RUS | 5.397 |
| 1. Bianca Perie, ROU | 68.59 | (14.38-1.69-12.27-26.23-5.44-42.86-2:24.11) | |
| 2. Jenny Ozorai, HUN | 63.70 | 7. Frida Linde, SWE | 5.396 |
| 3. Sophie Hitchon, GBR | 63.18 | (14.55-1.69-12.18-25.88-5.31-39.69-2:17.00) | |
| 4. Alina Kastrova, BLR | 62.04 | 8. Katarina Thompson, GBR | 5.375 |
| 5. Eszter Németh, HUN | 59.29 | (14.76w-1.75-10.19-24.70-6.05-30.84-2:24.02) | |
| 6. Johanna Salmela, FIN | 58.76 | 4 x 100 meter | |
| 7. Carolin Paesler, GER | 58.76 | 1. Duitsland | 44.86 |
| 8. Andriána Papadopoulou-Fatála, GRE | 57.85 | 2. Polen | 45.12 |
| <i>kwalificatie: Nicky van der Schilt 53.80</i> | | 3. Nederland | 45.88 |
| Speerwerpen | | <i>Judith Bosker, Yaël van Pelt, Anouk Hagen,</i> | |
| 1. Tatjana Jelaca, SRB | 60.35 | <i>Jamile Samuel</i> | |
| 2. Karolina Mor, POL | 53.57 | 4. Italië | 45.92 |
| 3. Sabine Kopplin, GER | 53.26 | 5. Zwitserland | 45.97 |
| 4. Carita Hinkka, FIN | 52.92 | 6. Noorwegen | 46.39 |
| 5. Živa Klarer Rebec, SLO | 51.83 | 7. Ierland | 46.61 |
| 6. Sviatlana Kulich, BLR | 51.43 | 8. Servië | 46.86 |
| 7. Sini Kiiski, FIN | 49.83 | <i>series: NED 45.86 (Judith Bosker, Yaël van Pelt,</i> | |
| 8. Viktoriya Sudarushkina, RUS | 49.77 | <i>Anouk Hagen, Jamile Samuel)</i> | |
| <i>kwalificatie: Lianne Schol 38.56</i> | | 4 x 400 meter | |
| Zevenkamp | | 1. Oekraïne | 3:35.82 |
| 1. Carolin Schäfer, GER | 5.697 | 2. Rusland | 3:36.25 |
| (14.45-1.69-12.72-25.25-5.62-48.20-2:21.27) | | 3. Duitsland | 3:37.83 |
| 2. Katerina Cachová, CZE | 5.660 | 4. Frankrijk | 3:39.62 |
| (14.31-1.75-11.11-25.30-5.61-44.14-2:16.71) | | 5. België | 3:41.86 |
| 3. Léa Sprunger, SUI | 5.552 | 6. Servië | 3:43.81 |
| (14.69w-1.75-12.21-24.48-5.65-37.96-2:23.94) | | | |

WK masters (World Masters Athletics Championships Stadia)

Lahti (FIN), 28 juli – 8 augustus

Alleen Nederlandse medaillewinnaars

Mannen

800 meter

M60 2. Hans Smeets, Achilles-T 2:19.87

1500 meter

M35 1. Casper Dirks, Phanos 4:07.97

M60 3. Hans Smeets, Achilles-T 4:44.39

5.000 meter

M55 2. Martien van der Hoorn, Spartaan 16:44.44

10.000 meter

M35 3. Bernard te Boekhorst, Phoenix 32:07.95

8 km cross country

M55 3. Martien van der Hoorn, Spartaan 28:05

100 meter horden

M50 3. Helmut Drabben, AV23 15.08

2000 meter steeple

M60 2. Steef Kijne, R'dam Atl. 7:18.90

3000 meter steeple

M55 1. Martien van der Hoorn, Spartaan 10:43.48

Hoogspringen

M55 2. Jan Huijbers, GAC-G 1.72

Polsstokhoogspringen

M40 2. Hans Pompen, AAC 4.25

Kogelstoten

M50 3. Piet Meijdam, Hercules 13.99

Discuswerpen

M35 3. Gerard Sluiter, Ciko 66 47.24

M50 1. Piet Meijdam, Hercules 56.77

Gewichtwerpen

M45 1. Erwin Suvaal, R'dam Atl 15.32

M50 2. Piet Meijdam, Hercules 18.34

Vrouwen

100 meter

V50 3. Hermien Roggeband, Delta Sport 13.26

400 meter

V65 1. Riet Jonkers, Attila 1:12.76

800 meter

V65 1. Riet Jonkers, Attila 3:01.27

300 meter horden

V65 1. Riet Jonkers, Attila 59.15

Verspringen

V50 2. Tilly Jacobs, PEC1910 4.90

Kogelstoten

V45 3. Jannet van Noord, Lycurgus 10.84

Discuswerpen

V45 2. Ingrid van Dijk, GAC-H 42.26

V70 3. Corrie Roovers, Sprint 20.21

Kogelslingeren

V40 1. Gonny Mik, Gron.Atl. 49.40

V45 2. Ingrid van Dijk, GAC-H 43.98

V60 2. Annie van Anholt, Attila 38.30

Gewichtwerpen

V35 3. Yvette Bot, SAV 11.39

V45 2. Ingrid van Dijk, GAC-H 14.66

V60 1. Annie van Anholt, Attila 16.21

Werpvijskamp

V40 1. Gonny Mik, Gron.Atl. 4.004

(50.60-8.42-31.32-25.56-15.31)

V45 1. Ingrid van Dijk, GAC-H 4.664

(43.09-10.65-37.62-29.76-14.00)

SPAR NK Atletiek
Amsterdam, 2 augustus

Mannen

100 meter (-0.4m/s)

| | | |
|----|--------------------------------|-------|
| 1. | Patrick van Luijk, R'dam Atl. | 10.50 |
| 2. | Guus Hoogmoed, Phanos | 10.54 |
| 3. | Caimin Douglas, Haag Atl. | 10.60 |
| 4. | Prince Kwidama, R'dam Atl. | 10.61 |
| 5. | Giovanni Codrington, Gron.Atl. | 10.65 |
| 6. | Lindell Philip, Phanos | 10.68 |
| 7. | Maarten Heisen, Clytoneus | 10.84 |
| 8. | Jerry oseph, R'dam Atl. | 10.87 |

200 meter (0.4m/s)

| | | |
|----|--------------------------------|-------|
| 1. | Patrick van Luijk, R'dam Atl. | 20.93 |
| 2. | Guus Hoogmoed, Phanos | 21.24 |
| 3. | Obed Martis, R'dam Atl. | 21.46 |
| 4. | Steven de Jesus, R'dam Atl. | 21.46 |
| 5. | Giovanni Codrington, Gron.Atl. | 21.47 |
| 6. | Joren Tromp, Lycurgus | 22.37 |
| | Bram Peters, Pr.Hendrik | DNS |
| | Lindell Philip, Phanos | DNS |

400 meter

| | | |
|----|---------------------------------|-------|
| 1. | Dennis Spillekom, Lycurgus | 47.47 |
| 2. | Obed Martis, R'dam Atl. | 47.50 |
| 3. | Joeri Moerman, AVON | 47.76 |
| 4. | Ludrick Berrenstein, Achilles-T | 48.30 |
| 5. | Bob Keus, Olympus 70 | 48.64 |
| 6. | Jelle Heisen, Clytoneus | 48.87 |
| 7. | Johan Polman, Lycurgus | 49.05 |
| 8. | Waldy Lindeborg, R'dam Atl. | 49.43 |

800 meter

| | | |
|----|----------------------------------|---------|
| 1. | Youssef el Rhalfioui, Phanos | 1:55.35 |
| 2. | Hugo de Haan, Lycurgus | 1:55.55 |
| 3. | Victor Bouwman, Gron.Atl. | 1:55.56 |
| 4. | Arjan Bloem, AAC'61 | 1:55.93 |
| 5. | Paul Boon, Hollandia | 1:56.20 |
| 6. | Marijn van der Putten, AV H'meer | 1:56.70 |
| 7. | Jeffrey van der Park, Hera | 1:57.13 |
| 8. | Bouke Onstenk, Hollandia | 1:57.19 |

1500 meter

| | | |
|----|--------------------------|---------|
| 1. | Bram Som, Atletico'73 | 3:46.08 |
| 2. | Johan de Koning, Sprint | 3:47.34 |
| 3. | Nout Jansen, Tartletos | 3:49.97 |
| 4. | Tom Wiggers, Castricum | 3:50.30 |
| 5. | Tijs Groen, De Liemers | 3:53.40 |
| 6. | Rene Stokvis, TION | 3:54.44 |
| 7. | Sybren Mulder, Gron.Atl. | 3:55.29 |
| 8. | Jesse van Burg, Ilion | 3:55.92 |

5000 meter

| | | |
|----|-----------------------------|----------|
| 1. | Michel Butter, CAsticum | 13:52.54 |
| 2. | Khalid Choukoud, Haag Atl. | 14:02.27 |
| 3. | Abdi Nageeye, AV'34 | 14:11.83 |
| 4. | Guus Janssen, Nijmegen Atl. | 14:17.57 |
| 5. | Marco Gielen, Scopias | 14:21.05 |
| 6. | Dennis Weijers, Phoenix | 14:24.21 |
| 7. | Robert Ton, Phanos | 14:45.57 |
| 8. | Joost van den Ende, SHRT | 14:45.86 |

110m horden (-1.2m/s)

| | | |
|----|---------------------------|-------|
| 1. | Gregory Sedoc, AAC | 13.55 |
| 2. | Mike van Kruchten, Phanos | 14.01 |
| 3. | Erik Leeflang, Zuidwal | 14.06 |
| 4. | Jonathan Pengel, Phanos | 14.36 |
| 5. | Ruben Esajas, R'dam Atl. | 14.48 |
| 6. | Jeroen van Veen, Isala | 15.03 |

| | | |
|----|--------------------------|-------|
| 7. | Tjendo Samuel, Phanos | 15.05 |
| 8. | Stefan Nieuwland, Climax | 15.19 |

400m horden

| | | |
|----|---------------------------------|-------|
| 1. | Vincent Kerssies, SISU | 51.88 |
| 2. | Marius Kranendonk, AAC | 52.13 |
| 3. | Martin Oude Alink, Gron.Atl. | 53.70 |
| 4. | Daniel Franken, AV'34 | 54.49 |
| 5. | Jesper Arts, LG Deurne | 55.54 |
| 6. | Bart van der Zanden, Eindh.Atl. | 56.06 |
| 7. | Tim van Ommen, Hellas | 56.74 |
| | Quinten Stern, TION | DSQ |

3000m steeple

| | | |
|----|---------------------------------|---------|
| 1. | Roy Hoornweg, Passaat | 9:06.30 |
| 2. | Olfert Molenhuis, Gron.Atl. | 9:15.67 |
| 3. | Gerwin van den Hurk, Pr.Hendrik | 9:22.78 |
| 4. | Noel Keijsers, Pr.Hendrik | 9:29.82 |
| 5. | Erik Niemeijer, Sprint | 9:38.22 |
| 6. | Imo Muller, AAC | 9:40.15 |
| 7. | Jan Roos, Tartletos | 9:49.95 |
| 8. | Jan-Jouke Vos, Heerenveen | 9:55.81 |

Verspringen

| | | |
|----|-----------------------------|-------------|
| 1. | Jonathan Pengel, Phanos | 7.62 (0.2) |
| 2. | Fabian Florant, Haag Atl. | 7.49 (-1.0) |
| 3. | Sander Schutjes, AV V'waard | 7.37 (0.7) |
| 4. | Ingmar Vos, PAC | 7.21 (-0.5) |
| 5. | Rogier van den Berg, Sparta | 7.18 (0.7) |
| 6. | Yoeri Stieglis, Phanos | 6.97 (-0.8) |
| 7. | Jasper de Lange, AAV'36 | 6.92 (1.2) |
| 8. | Brian Vriend, Lycurgus | 6.88 (0.3) |

Hinkstapspringen

| | | |
|----|----------------------------|-------------|
| 1. | Fabian Florant, Haag Atl. | 16.55 (3.0) |
| 2. | Lennart Teunissen, Altis | 14.95 (1.1) |
| 3. | Sander Hage, Sprint | 14.83 (3.1) |
| 4. | Pascal van Balen, Hellas | 14.61 (1.6) |
| 5. | Jelle van Kesteren, Sprint | 14.25 (0.4) |
| 6. | Remco Aubert, PAC | 14.17 (1.7) |
| 7. | Bryan Bastiaanse, Fortuna | 13.97 (0.1) |
| 8. | Frank Koopmans, PEC 1910 | 13.87 (1.3) |

Hoogspringen

| | | |
|----|---------------------------|------|
| 1. | Martijn Nuijens, Unitas | 2.21 |
| 2. | Jan Peter Larsen, Ilion | 2.16 |
| 3. | Wilbert Pennings, Attila | 2.10 |
| 4. | Tieme Klinkers, Vitalis | 2.05 |
| 5. | Douwe Amels, Impala | 2.05 |
| 6. | Joost Niekus, Flevo Delta | 2.00 |
| 7. | Ingmar Vos, PAC | 2.00 |
| 8. | Gerben Klein, THOR | 1.95 |

Polsstokhoogspringen

| | | |
|----|--------------------------------|------|
| 1. | Wout van Wengerden, Unitas | 5.42 |
| 2. | Christiaan Tamminga, Haag Atl. | 5.27 |
| 3. | Eelco Sintnicolaas, AV'34 | 5.22 |
| 3. | Robbert-Jan Jansen, Pr.Hendrik | 5.22 |
| 5. | Cyriel Verberne, Attila | 5.02 |
| 6. | Jorn Bakker, Ilion | 4.92 |
| 7. | Nils Mulder, Haag Atl. | 4.82 |
| 8. | Eugene Martineau Achilles-T | 4.72 |

Kogelstoten

| | | |
|----|--------------------------------|-------|
| 1. | Erik van Vreumingen, Haag Atl. | 17.83 |
| 2. | Patrick Groot, Lycurgus | 17.66 |
| 3. | Maarten Persoon, Phanos | 17.57 |
| 4. | Patrick Cronie, Phanos | 16.65 |
| 5. | Tom Corstjens, Achilles-T | 16.45 |

| | | | |
|------------------------------------|---------|-------------------------------------|-------------|
| 6. Bas de Vos, CAsticum | 15.66 | 7. Suzanna Landman, Phoenix | 2:14.12 |
| 7. Wieger Jan de Wit, Impala | 15.07 | 8. Marjolein v.Marrewijk,Olympus 70 | 2:16.02 |
| 8. Robin Geertsema, Lycurgus | 14.24 | | |
| Discuswerpen | | 1500 meter | |
| 1. Boudewijn Luijten, Start'78 | 58.87 | 1. Adrienne Herzog, AV'34 | 4:19.04 |
| 2. Maarten Persoon, Phanos | 57.32 | 2. Marije te Raa, AAC | 4:35.74 |
| 3. Patrick Cronie, Phanos | 50.53 | 3. Anne van den Hurk, Pr.Hendrik | 4:35.80 |
| 4. Martijn Scheffers, Leiden Atl. | 48.58 | 4. Lotte van den Boom, THOR | 4:39.71 |
| 5. Robin Geertsema, Lycurgus | 47.12 | 5. Brechtje Kraan, SHRT | 4:42.39 |
| 6. Stephan Dekker, Ilion | 43.69 | 6. Lisa Driessen, Olympus70 | 4:43.13 |
| 7. Ingmar Vos, PAC | 42.61 | 7. Maud van Alphen, Phoenix | 4:43.55 |
| 8. Sander Stok, AV'23 | 41.53 | 8. Anouska Lievaart, Attila | 4:43.70 |
| Kogelslingeren | | 5000 meter | |
| 1. Vincent Onos, SAV | 64.41 | 1. Lesley van Miert, Sprint | 17:05.79 |
| 2. Ronald Gram, Sprint | 61.98 | 2. Marieke Falkmann, Gron.Atl. | 17:07.54 |
| 3. Sander Stok, AV'23 | 52.33 | 3. Sabine van de Reijt, Sprint | 17:11.17 |
| 4. Bror van der Zijde, Ilion | 51.49 | 4. Helen Hofstede, Atverni | 17:48.81 |
| 5. Jasper Christiaan, AAC | 50.64 | 5. Lianne Groen, Phanos | 17:52.50 |
| 6. Denis van der Schilt, Gron.Atl. | 47.70 | 6. Inge de Jong, Trias | 17:56.66 |
| 7. Dennis de Jpng, PEC 1910 | 47.51 | 7. Lindsay van Marrewijk, Haag Atl. | 18:01.67 |
| 8. Rick Vet, GAC-H | 45.81 | 8. Corelien Kloek, AV NOP | 18:04.08 |
| Speerwerpen | | 100m horden Wind : 0.3 | |
| 1. Bjorn Blommerde, Sprint | 71.52 | 1. Yvonne Wisse, Spartaan | 13.86 |
| 2. Jeroen Blommerde, Phanos | 70.78 | 2. Judith Vis, R'dam Atl.. | 13.91 |
| 3. Elliott Thijssen, Hellas | 67.51 | 3. Nicole Kroonenburg, SAV | 14.25 |
| 4. Ludo van der Plaat, Ilion | 67.07 | 4. Laura Molenaar, Gouda | 14.40 |
| 5. Lars Timmerman, Spado | 65.68 | 5. Suzanne de Sevren J, Isala 96 | 14.49 |
| 6. Arjan Dekkers, Achilles-EL | 64.92 | 6. Babs Egbers, AV'34 | 14.49 |
| 7. Willem Zwetsloot, Leiden Atl. | 62.84 | 7. Jo-Ann Plet, Phanos | 14.70 |
| 8. Daan Meyer, AV'34 | 62.55 | Femke van der Meij, Suomi | DNS |
| Vrouwen | | 400m Horden | |
| 100 meter (2.1m/s) | | 1. Sanne Verstegen, R'dam Atl. | 58.98 |
| 1. Jamile Samuel, Phanos | 11.73 | 2. Ramona Thoen, Olympus 70 | 61.66 |
| 2. Kadene Vassell, Phanos | 11.89 | 3. Marta Pape, Gen.Mich. | 62.79 |
| 3. Jo-AnnPlet, Phanos | 12.05 | 4. Lonneke Derriks, Spartaan | 64.13 |
| 4. Anouk Hagen, Nijmegen Atl. | 12.06 | 5. Nelleke Bosch, AV'34 | 64.60 |
| 5. Esther Akihary, Unitas | 12.09 | 6. Myrthe Fonck, AAC | 64.79 |
| 6. Eva Lubbers, AKU | 12.12 | 7. Marlieke Husslage,Sprint | 67.90 |
| 7. Eugenie Kool, Haag Atl. | 12.28 | Roxanne Martin, Attila | DSQ |
| 8. Femke van der Meij, Suomi | 12.83 | 3000m steeple | |
| 200 meter (-0.5m/s) | | 1. Jolanda Verstraten, Scopias | 10:35.15 |
| 1. Kadene Vassell, Phanos | 24.11 | 2. Christine Bosch, GAC-H | 11:08.48 |
| 2. Eva Lubbers, AKU | 24.65 | 3. Esther Vermue, R'dam Atl. | 11:16.56 |
| 3. Esther Akihary, Unitas | 24.85 | 4. Hester LIngsma, R'dam Atl. | 11:54.21 |
| 4. Anouk Hagen, Nijmegen Atl. | 25.00 | 5. Ilona Lievaart, Olympus 70 | 11:59.33 |
| 5. Janice Babel, Phanos | 25.28 | 6. Laura Huijbregts, Asterix | 12:06.47 |
| 6. Paula Schouten, Phanos | 25.35 | 7. Talisa van der Fluit, Hera | 12:08.74 |
| 7. Suzanne de Sevren J, Isala96 | 26.04 | 8. Linda Hulsbeek, Climax | 12:42.76 |
| Yael van Pelt, Atl.Maastr. | DNS | Verspringen | |
| 400 meter | | 1. Karin Ruckstuhl, AAC | 6.53 (-1.9) |
| 1. Sanne Verstegen, R'dam Atl. | 54.39 | 2. Remona Fransen, Spartaan | 6.05 (0.1) |
| 2. Suzanne Thierry, DEM | 55.62 | 3. Brenda Baar, AV'23 | 6.00 (-0.2) |
| 3. Marit Dopheide, TION | 56.30 | 4. Valentine Kortbeek, Pr.Hendrik | 5.96 (0.1) |
| 4. Lianne de Witte, Trias | 57.52 | 5. Femke Klop, Unitas | 5.93 (0.5) |
| 5. Arviena Vis, R'dam Atl. | 58.38 | 6. Yvonne Wisse, Spartaan | 5.85 (0.0) |
| 6. Nandy Kitslaar, Pr.Hendrik | 60.56 | 7. Carola van Wagtendonk, Hera | 5.72 (0.2) |
| Maruska C Eduarda, R'dam Atl. | DNF | 8. Babs Egbers, AV'34 | 5.64 (-0.3) |
| Romara van Noort, Spartaan | DNS | Hinkstapspringen | |
| 800 meter | | 1. Brenda Baar, AV'23 | 12.90 (2.3) |
| 1. Machteld Mulder, Hollandia | 2:07.28 | 2. Marije Langen, Ilion | 12.20 (2.5) |
| 2. Susan Kuijken, SHRT | 2:07.88 | 3. Wendy Visser, Phanos | 12.16 (3.3) |
| 3. José van der Veen, Haag Atl. | 2:09.23 | 4. Meruska Eduarda, R'dam Atl. | 11.90 (2.9) |
| 4. Manon Kruiver, NOVA | 2:09.45 | 5. Jaimy v.Broekhoven, Pr.Hendr. | 11.41 (0.6) |
| 5. Ingrid Grutters, Pr.Hendrik | 2:13.84 | 6. Anja Mulder, Athletics | 11.40 (0.4) |
| 6. Esther Vermue, R'dam Atl.. | 2:13.98 | 7. Tamara Middelburg, Olymp.70 | 11.04 (1.7) |
| | | 8. Ingrid Wijntjens, Haag Atl. | 10.91 (1.5) |

| | | | | |
|-----------------------------------|-------|---------------------------------|-------------------------|-------|
| Hoogspringen | | | 2. Loes Verlaak, Weert | 55.05 |
| 1. Sietske Noorman, Gen.Mich. | 1.79 | 3. Sanne van Rossum, Daventria | 46.36 | |
| 2. Remona Fransen, Spartaan | 1.76 | 4. Corinne Nugter, AV NOP | 43.56 | |
| 3. Nikki May Woudstra, Ilion | 1.73 | 5. Ester Claassen, Attila | 43.26 | |
| 4. Marije Langen, Ilion | 1.73 | 6. Evelien Dekkers, Achilles-EL | 42.85 | |
| 5. Amanda Spiljard, Attila | 1.68 | 7. Sacha Popping, Cialfo | 39.89 | |
| 6. Anouk Kragtwijk, Spartaan | 1.68 | 8. Yvonne Jeurissen, Unitas | 38.52 | |
| 7. Joyce Huisman, Phanos | 1.63 | Kogelslingeren | | |
| 8. Elisa Blom, Pr.Hendrik | 1.63 | 1. Maaïke Schetters, Eindh.Atl. | 56.38 | |
| Polsstokhoogspringen | | | 2. Gonny Mik, Gron.Atl. | 50.09 |
| 1. Rianna Galiart, Lycurgus | 4.11 | 3. Eva Reinders, Gron.Atl. | 49.52 | |
| 2. Denise Groot, Unitas | 4.01 | 4. Femke Hollander, PEC 1910 | 47.70 | |
| 3. Yvette Caldenhove, Haag Atl. | 3.81 | 5. Jana Vree, Sprint | 42.08 | |
| 4. Jasmijn Wierema, R'dam Atl. | 3.31 | 6. Laurien Goedemans, OSM | 41.09 | |
| 4. José Schoenmaker, Lycurgus | 3.31 | 7. Lise Smit, AAC | 40.56 | |
| 6. Marijke Valk, Unitas | 3.31 | 8. Valery Vollering, Haag Atl. | 39.43 | |
| 7. Wendy op den Kelder, Hollandia | 3.31 | Speerwerpen | | |
| 8. Viola Hessels, Hollandia | 3.21 | 1. Bregje Crolla, Unitas | 54.71 | |
| Kogelstoten | | | 2. Laurien Hoos,Hera | 50.01 |
| 1. Melissa Boekelman, Pr.Hendrik | 17.29 | 3. Evelien Dekkers, Achilles-EL | 49.01 | |
| 2. Denise Kemkers, Hera | 17.06 | 4. Jisca Docters, Atl.Maast. | 46.19 | |
| 3. Laurien Hoos, Hera | 14.83 | 5. Cornelia de Jong, Horror | 43.59 | |
| 4. Elise Knetemann, Lycurgus | 14.33 | 6. Fieke Cappemdijk, 't Haasje | 42.84 | |
| 5. Loes Verlaak, Weert | 14.06 | 7. Patricia Hartevelde, Climax | 41.12 | |
| 6. Nikki Rodenburg, AAC | 12.54 | 8. Nikki Rodenburg, AAC | 39.46 | |
| Discuswerpen | | | | |
| 1. Monique Jansen, Altis | 58.97 | | | |

EAP Amsterdam Open Amsterdam, 8 augustus

| | | | | |
|--------------------------------|------------|-----------------------------------|----------------------------|---------|
| Mannen | | | Kogelstoten | |
| 100 meter (2.1m/s) | | | 1. Patrick Groot, Lycurgus | 17.27 |
| 1. Chris Lawson, USA | 10.28 | 2. Erik van Vreumingen, Haag Atl. | 17.15 | |
| 2. Ricardo Williams, JAM | 10.32 | 3. Patrick Cronie, Phanos | 16.80 | |
| 3. Lindell Philip, Phanos | 10.45 | Speerwerpen | | |
| 400 meter | | | 1. Tom Goyvaerts, BEL | 75.20 |
| 1 Ben Offereins, AUS | 46.43 | 2. Jeroen Blommerde, Phanos | 70.79 | |
| 2 Set Osho, GBR | 46.83 | 3. Ian Burns, GBR | 69.22 | |
| 3 Youssef el Rhalfioui, Phanos | 47.21 | Vrouwen | | |
| 800 meter | | | 100 meter (2.4m/s) | |
| 1. Prince Mumba, ZAM | 1:48.63 | 1. Monique Williams, NZL | 11.60 | |
| 2. Ed Aston, GBR | 1:48.72 | 2. Melissa Breen, AUS | 11.78 | |
| 3. Miguel Quesada, ESP | 1:48.79 | 200 meter (1.0m/s) | | |
| 1500 meter | | | 1. Monique Williams, NZL | 23.34 |
| 1. Russell Brown, USA | 3:41.85 | 2. Meghan Beesley, GBR | 23.74 | |
| 2. Guus Janssen, Nijmegen Atl. | 3:43.17 | 800 meter | | |
| 3. Francisco España, ESP | 3:43.85 | 1. Charlotte Schönbeck, SWE | 2:03.58 | |
| 3000 meter | | | 2. Sandra Teixeira, POR | 2:04.08 |
| 1. Tomasz Szymkowiak, POL | 8:02.53 | 3. Karen Johns, GBR | 2:06.43 | |
| 2. Francisco España, ESP | 8:17.90 | 1500 meter | | |
| 3. Brihon Voba, ISR | 8:29.33 | 1. Sally Kipyego, KEN | 4:17.15 | |
| 400 m horden | | | 400m horden | |
| 1. Brendan Cole, AUS | 49.83 | 1. Meghan Beesley, GBR | 57.31 | |
| 2. Tristan Thomas, AUS | 49.86 | 2. Brona Furlong, IRL | 58.82 | |
| 3. AK Ikwuakor, NGR | 51.14 | 3. Justine Kinney, GBR | 59.37 | |
| Verspringen | | | Hoogspringen | |
| 1. Denis Eradiri, BUL | 7.58 (2.2) | 1. Vikki Hubbard, GBR | 1.85 | |
| 2. Chris Lawson, USA | 7.54 (1.6) | 2. Ma'ayan Foreman, ISR | 1.82 | |
| 3. Trevell Quinley, USA | 7.53 (1.2) | 3. Sietske Noorman, Gen.Mich. | 1.79 | |

**Wereldkampioenschappen
Berlijn, 15-23 augustus**
Mannen**100 meter (0.9m/s)**

| | | |
|----|-----------------------|-------|
| 1. | Usain Bolt, JAM | 9.58 |
| 2. | Tyson Gay, USA | 9.71 |
| 3. | Asafa Powell, JAM | 9.84 |
| 4. | Daniel Bailey, ANT | 9.93 |
| 5. | Richard Thompson, TRI | 9.93 |
| 6. | Dwain Chambers, GBR | 10.00 |
| 7. | Marc Burns, TRI | 10.00 |
| 8. | Darvis Patton, USA | 10.34 |

series: Patrick van Luijk 21.05

200 meter (-0.3m/s)

| | | |
|----|-----------------------|-------|
| 1. | Usain Bolt, JAM | 19.19 |
| 2. | Alonso Edward, PAN | 19.81 |
| 3. | Wallace Spearmon, USA | 19.85 |
| 4. | Shawn Crawford, USA | 19.89 |
| 5. | Steve Mullings, JAM | 19.98 |
| 6. | Charles Clark, USA | 20.39 |
| 7. | Ramil Guliyev, AZE | 20.61 |
| 8. | David Alerte, FRA | 20.68 |

400 meter

| | | |
|----|----------------------|-------|
| 1. | LaShawn Merritt, USA | 44.06 |
| 2. | Jeremy Wariner, USA | 44.60 |
| 3. | Renny Quow, TRI | 45.02 |
| 4. | Tabarie Henry, ISV | 45.42 |
| 5. | Chris Brown, BAH | 45.47 |
| 6. | David Gillick, IRL | 45.53 |
| 7. | Michael Bingham, GBR | 45.56 |
| 8. | Leslie Djhoné, FRA | 45.90 |

800 meter

| | | |
|----|-------------------------|----------------|
| 1. | Mbulaeni Mulaudzi, RSA | 1:45.29 |
| 2. | Alfred Kirwa Yego, KEN | 1:45.35 |
| 3. | Yusuf Saad Kamel, BRN | 1:45.35 |
| 4. | Yuriy Borzakovsky, RUS | 1:45.57 |
| 5. | Amine Laalou, MAR | 1:45.66 |
| 6. | Nick Symmonds, USA | 1:45.71 |
| 7. | Bram Som, NED | 1:45.86 |
| 8. | Marcin Lewandowski, POL | 1:46.17 |

halve finale: Som dnf;

series: Som 1:46.33

1500 meter

| | | |
|----|------------------------------|---------|
| 1. | Yusuf Saad Kamel, BRN | 3:35.93 |
| 2. | Deresse Mekonnen, ETH | 3:36.01 |
| 3. | Bernard Lagat, USA | 3:36.20 |
| 4. | Asbel Kiprop, KEN | 3:36.47 |
| 5. | Augustine Kiprono Choge, KEN | 3:36.53 |
| 6. | Mohamed Moustaoui, MAR | 3:36.57 |
| 7. | Mehdi Baala, FRA | 3:36.99 |
| 8. | Lopez Lomong, USA | 3:37.62 |

5000 meter

| | | |
|----|---------------------------|----------|
| 1. | Kenenisa Bekele, ETH | 13:17.09 |
| 2. | Bernard Lagat, USA | 13:17.33 |
| 3. | James Kwalia C'Kurui, QAT | 13:17.78 |
| 4. | Moses Ndiema Kipsiro, UGA | 13:18.11 |
| 5. | Eliud Kipchoge, KEN | 13:18.95 |
| 6. | Ali Abdosh, ETH | 13:19.11 |
| 7. | Mohammed Farah, GBR | 13:19.69 |
| 8. | Matthew Tegenkamp, USA | 13:20.23 |

10000 meter

| | | |
|----|-------------------------|----------|
| 1. | Kenenisa Bekele, ETH | 26:46.31 |
| 2. | Zersenay Tadese, ERI | 26:50.12 |
| 3. | Moses Ndiema Masai, KEN | 26:57.39 |

| | | |
|----|-----------------------------|----------|
| 4. | Imane Merga, ETH | 27:15.94 |
| 5. | Bernard Kiprop Kipyego, KEN | 27:18.47 |
| 6. | Dathan Ritzenhein, USA | 27:22.28 |
| 7. | Micah Kipkemboi Kogo, KEN | 27:26.33 |
| 8. | Galen Rupp, USA | 27:37.99 |

Marathon

| | | |
|----|---------------------------------|---------|
| 1. | Abel Kirui, KEN | 2:06:54 |
| 2. | Emmanuel Kipchirchir Mutai, KEN | 2:07:48 |
| 3. | Tsegay Kebede, ETH | 2:08:35 |
| 4. | Yemane Tsegay, ETH | 2:08:42 |
| 5. | Robert Kipkoech Cheruiyot, KEN | 2:10:46 |
| 6. | Atsushi Sato, JPN | 2:12:05 |
| 7. | Adil Ennani, MAR | 2:12:12 |
| 8. | José Manuel Martínez, ESP | 2:14:04 |

110m horden (0.1m/s)

| | | |
|----|------------------------|-------|
| 1. | Ryan Brathwaite, BAR | 13.14 |
| 2. | Terrence Trammell, USA | 13.15 |
| 3. | David Payne, USA | 13.15 |
| 4. | William Sharman, GBR | 13.30 |
| 5. | Maurice Wignall, JAM | 13.31 |
| 6. | Petr Svoboda, CZE | 13.38 |
| 7. | Dwight Thomas, JAM | 13.56 |
| 8. | Wei Ji, CHN | 13.57 |

halve finale: Gregory Sedoc 13.45;

series: Sedoc 13.54

400m horden

| | | |
|----|-------------------------|-------|
| 1. | Kerron Clement, USA | 47.91 |
| 2. | Javier Culson, PUR | 48.09 |
| 3. | Bershawn Jackson, USA | 48.23 |
| 4. | Jehue Gordon, TRI | 48.26 |
| 5. | Periklís Iakovákis, GRE | 48.42 |
| 6. | Danny McFarlane, JAM | 48.65 |
| 7. | David Greene, GBR | 48.68 |
| 8. | Felix Sánchez, DOM | 50.11 |

3000m steeple

| | | |
|----|-----------------------------|---------|
| 1. | Ezekiel Kemboi, KEN | 8:00.43 |
| 2. | Richard Kipk.Mateelong, KEN | 8:00.89 |
| 3. | Bouabdellah Tahri, FRA | 8:01.18 |
| 4. | Paul Kipsiele Koech, KEN | 8:01.26 |
| 5. | Yacob Jarso, ETH | 8:12.13 |
| 6. | Roba Gary, ETH | 8:12.40 |
| 7. | Brimin Kiprop Kipruto, KEN | 8:12.61 |
| 8. | Jukka Keskisalo, FIN | 8:14.47 |

Hoogspringen

| | | |
|----|----------------------------|-------------|
| 1. | Yaroslav Rybakov, RUS | 2.32 |
| 2. | Kyriakos Ioannou, CYP | 2.32 |
| 3. | Sylwester Bednarek, POL | 2.32 |
| 3. | Raul Spank, GER | 2.32 |
| 5. | Martijn Nuyens, NED | 2.23 |
| 5. | Mickael Hanany, FRA | 2.23 |
| 5. | Jaroslav Bába, CZE | 2.23 |
| 5. | Linus Thörmblad, SWE | 2.23 |

kwalificatie: Nuyens 2.27

Polshoogspringen

| | | |
|----|-------------------------|------|
| 1. | Steven Hooker, AUS | 5.90 |
| 2. | Romain Mesnil, FRA | 5.85 |
| 3. | Renaud Lavillenie, FRA | 5.80 |
| 4. | Maksym Mazuryk, UKR | 5.75 |
| 5. | Aleksandr Gripich, RUS | 5.75 |
| 6. | Damiel Dossévi, FRA | 5.75 |
| 7. | Giuseppe Gibilisco, ITA | 5.65 |
| 7. | Alexander Straub, GER | 5.65 |

| | | | |
|---|--------------|---|--------------|
| 7. Steven Lewis, GBR | 5.65 | 14.19 - 48.46 - 5.10 - 63.95 - 4:48.70) | |
| Verspringen | | | |
| 1. Dwight Phillips, USA | 8.54 (0.1) | 4. Oleksiy Kasyanov, UKR | 8.479 |
| 2. Godfrey Khotso Mokoena, RSA | 8.47 (0.1) | (10.63 - 7.80 - 15.72 - 2.05 - 47.85- | |
| 3. Mitchell Watt, AUS | 8.37 (-0.4) | 14.44 - 46.70 - 4.80 - 49.00 - 4:24.52) | |
| 4. Fabrice Lapierre, AUS | 8.21 (-0.2) | 5. Alexey Sysoev, RUS | 8.454 |
| 5. Greg Rutherford, GBR | 8.17 (0.7) | (10.85 - 6.87 - 16.17 - 2.02 - 49.32- | |
| 6. Salim Sdiri, FRA | 8.07 (0.2) | 14.97 - 53.03 - 5.10 - 64.55 - 4:34.97) | |
| 7. Gable Garenamotse, BOT | 8.06 (-0.2) | 6. Pascal Behrenbruch, GER | 8.439 |
| 8. Christopher Tomlinson, GBR | 8.06 (-0.2) | (10.92 - 7.09 - 15.77 - 2.02 - 48.72- | |
| Hinkstapspringen | | 14.24 - 48.06 - 4.80 - 69.72 - 4:39.45) | |
| 1. Phillips Idowu, GBR | 17.73 (0.0) | 7. Nicklas Wiberg, SWE | 8.406 |
| 2. Nelson Évora, POR | 17.55 (0.1) | (10.96 - 7.25 - 14.99 - 2.05 - 48.73- | |
| 3. Alexis Copello, CUB | 17.36 (-0.1) | 14.75 - 42.28 - 4.50 - 75.02 - 4:17.05) | |
| 4. Leevan Sands, BAH | 17.32 (-0.5) | 8. Yordani Garcia, CUB | 8.387 |
| 5. Arnie David Girat, CUB | 17.26 (0.0) | (10.60 - 7.05 - 15.15 - 2.08 - 48.34- | |
| 6. Yanxi Li, CHN | 17.23 (1.1) | 14.08 - 44.40 - 4.70 - 69.37 - 4:49.45) | |
| 7. Igor Spasovkhodskiy, RUS | 16.91 (-0.3) | 19. Eugene Martineau, NED | 8.055 |
| 8. Jadel Gregório, BRA | 16.89 (-0.1) | (11.18 - 7.41 - 12.66 - 1.99 - 50.26- | |
| Kogelstoten | | 14.91 - 44.94 - 4.80 - 70.14 - 4:35.27) | |
| 1. Christian Cantwell, USA | 22.03 | 20. Ingmar Vos, NED | 8.009 |
| 2. Tomasz Majewski, POL | 21.91 | (10.90 - 7.21 - 13.78 - 2.02 - 49.99- | |
| 3. Ralf Bartels, GER | 21.37 | 14.51 - 42.39 - 4.40 - 64.27 - 4:28.51) | |
| 4. Reese Hoffa, USA | 21.28 | Eelco Sintnicolaas, NED | dnf |
| 5. Adam Nelson, USA | 21.11 | (11.05 - 7.16 - 12.80 - 1.81 - dns) | |
| 6. Pavel Lyzhyn, BLR | 20.98 | 4x100 meter | |
| 7. Andrei Mikhnevich, BLR | 20.74 | 1. Jamaica | 37.31 |
| 8. Miroslav Vodovnik, SLO | 20.50 | 2. Trinidad en Tobago | 37.62 |
| Discuswerpen | | 3. Groot Brittannië | 38.02 |
| 1. Robert Harting, GER | 69.43 | 4. Japan | 38.30 |
| 2. Piotr Malachowski, POL | 69.15 | 5. Canada | 38.39 |
| 3. Gerd Kanter, EST | 66.88 | 6. Italië | 38.54 |
| 4. Virgilijus Alekna, LTU | 66.36 | 7. Brazilië | 38.56 |
| 5. Casey Malone, USA | 66.06 | 8. Frankrijk | 39.21 |
| 6. Zoltán Kövágó, HUN | 65.17 | <i>series: Nederland 38.95</i> | |
| 7. Bogdan Pishchalnikov, RUS | 65.02 | 4x400 meter | |
| 8. Gerhard Mayer, AUT | 63.17 | 1. Verenigde Staten | 2:57.86 |
| <i>kwalificatie: Erik Cadée 60.64</i> | | 2. Groot Brittannië | 3:00.53 |
| Kogelslingeren | | 3. Australië | 3:00.90 |
| 1. Primož Kozmus, SLO | 80.84 | 4. België | 3:01.88 |
| 2. Szymon Ziólkowski, POL | 79.30 | 5. Polen | 3:02.23 |
| 3. Aleksey Zagorniy, RUS | 78.09 | 6. Dom. Republiek | 3:02.47 |
| 4. Krisztián Pars, HUN | 77.45 | 7. Frankrijk | 3:02.65 |
| 5. Sergej Litvinov, GER | 76.58 | 8. Nigeria | 3:02.73 |
| 6. Markus Esser, GER | 76.27 | 20km snelwandelen | |
| 7. András Haklits, CRO | 76.26 | 1. Valeriy Borchin, RUS | 1:18:41 |
| 8. Pavel Kryvitski, BLR | 76.00 | 2. Hao Wang, CHN | 1:19:06 |
| Speerwerpen | | 3. Eder Sánchez, MEX | 1:19:22 |
| 1. Andreas Thorkildsen, NOR | 89.59 | 4. Giorgio Rubino, ITA | 1:19:50 |
| 2. Guillermo Martínez, CUB | 86.41 | 5. Luis Lopez, COL | 1:20:03 |
| 3. Yukifumi Murukami, JPN | 82.97 | 6. Jared Tallent, AUS | 1:20:27 |
| 4. Vadims Vasilevskis, LAT | 82.37 | 7. Erik Tysse, NOR | 1:20:38 |
| 5. Tero Pitkämäki, FIN | 81.90 | 8. Jesús Sanchez, MEX 76 | 1:20:52 |
| 6. Antti Ruuskanen, FIN | 81.87 | 50km snelwandelen | |
| 7. Ainars Kovals, LAT | 81.54 | 1. Sergey Kiryapkin, RUS | 3:38:35 |
| 8. Mark Frank, GER | 81.32 | 2. Trond Nymark, NOR | 3:41:16 |
| Tienkamp | | 3. Jesús Angel Garcia, ESP | 3:41:37 |
| 1. Trey Hardee, USA | 8.790 | 4. Grzegorz Sudol, POL | 3:42:34 |
| (10.45 - 7.83 - 15.33 - 1.99 - 48.13- | | 5. André Höhne, GER | 3:43:19 |
| 13.86 - 48.08 - 5.20 - 68.00 - 4:48.91) | | 6. Luke Adams, AUS | 3:43:39 |
| 2. Leonel Suárez, CUB | 8.640 | 7. Jared Tallent, AUS | 3:44:50 |
| (11.13 - 7.24 - 15.20 - 2.11 - 48.00- | | 8. Marco de Luca, ITA | 3:46:31 |
| 14.45 - 44.71 - 5.00 - 75.19 - 4:27.25) | | Vrouwen | |
| 3. Aleksandr Pogorelov, RUS | 8.528 | 100 meter (0.1m/s) | |
| (10.95 - 7.49 - 16.65 - 2.08 - 50.27- | | 1. Shelly-Ann Fraser, JAM | 10.73 |
| | | 2. Kerron Stewart, JAM | 10.75 |

| | | | |
|---|-------------|-----------------------------------|--------------|
| 3. Carmelita Jeter, USA | 10.90 | 3. Aselefech Mergia, ETH | 2:25:32 |
| 4. Veronica Campbell-Brown, JAM | 10.95 | 4. Chunxiu Zhou, CHN | 2:25:39 |
| 5. Lauryn Williams, USA | 11.01 | 5. Xiaolin Zhu, CHN | 2:26:08 |
| 6. Debbie Ferguson-McKenzie, BAH | 11.05 | 6. Marisa Barros, POR | 2:26:50 |
| 7. Chandra Sturup, BAH | 11.05 0.137 | 7. Yuri Kano, JPN | 2:26:57 |
| 8. Aleen Bailey, JAM | 11.16 0.173 | 8. Nailiya Yulamanova, RUS | 2:27:08 |
| 200 meter (-0.1m/s) | | 100m horden (0.2m/s) | |
| 1. Allyson Felix, USA | 22.02 | 1. Brigitte Foster-Hylton, JAM | 12.51 |
| 2. Veronica Campbell-Brown, JAM | 22.35 | 2. Priscilla Lopes-Schliep, CAN | 12.54 |
| 3. Debbie Ferguson-McKenzie, BAH | 22.41 | 3. Delloreen Ennis-London, JAM | 12.55 |
| 4. Muna Lee, USA | 22.48 | 4. Derval O'Rourke, IRL | 12.67 |
| 5. Anneisha McLaughlin, JAM | 22.62 | 5. Sally McLellan, AUS | 12.70 |
| 6. Simone Facey, JAM | 22.80 | 6. Virginia Powell, USA | 12.78 |
| 7. Emily Freeman, GBR | 22.98 | 7. Dawn Harper, USA | 12.81 |
| 8. Eleni Artymata, CYP | 23.05 | 8. Perdita Felicien, CAN | 15.53 |
| 400 meter | | 400m horden | |
| 1. Sanya Richards, USA | 49.00 | 1. Melaine Walker, JAM | 52.42 |
| 2. Shericka Williams, JAM | 49.32 | 2. Lashinda Demus, USA | 52.96 |
| 3. Antonina Krivoschapka, RUS | 49.71 | 3. Josanne Lucas, TRI | 53.20 |
| 4. Novlene Williams-Mills, JAM | 49.77 | 4. Kaliесе Spencer, JAM | 53.56 |
| 5. Christine Ohuruogu, GBR | 50.21 | 5. Tiffany Williams, USA | 53.83 |
| 6. Debbie Dunn, USA | 50.35 | 6. Natalya Antyukh, RUS | 54.11 |
| 7. Anastasiya Kapachinskaya, RUS | 50.53 | 7. Anastasiya Rabchenyuk, UKR | 54.78 |
| 8. Amantle Montsho, BOT | 50.65 | 8. Angela Morosanu, ROU | 55.04 |
| 800 meter | | 3000m steeple | |
| 1. Caster Semenya, RSA | 1:55.45 | 1. Marta Dmoniguez, ESP | 9:07.32 |
| 2. Janeth Jepkosgei Busienei, KEN | 1:57.90 | 2. Yuliya Zarudneva, RUS | 9:08.39 |
| 3. Jennifer Meadows, GBR | 1:57.93 | 3. Milcah Chemos Cheywa, KEN | 9:08.57 |
| 4. Yuliya Krevsun, UKR | 1:58.00 | 4. Gulnara Galkina, RUS | 9:11.09 |
| 5. Mariya Savinova, RUS | 1:58.68 | 5. Jennifer Barringer, USA | 9:12.50 |
| 6. Elisa Cusma Piccione, ITA | 1:58.81 | 6. Habiba Ghribi, TUN | 9:12.52 |
| 7. Mayte Martínez, ESP | 1:58.81 | 7. Ruth Bisibori Nyangau, KEN | 9:13.16 |
| 8. Marilyn Okoro, GBR | 2:00.32 | 8. Gladys Jerotich Kipkemboi, KEN | 9:14.62 |
| 1500 meter | | Hoogspringen | |
| 1. Maryam Yusuf Jamal, BRN | 4:03.74 | 1. Blanka Vlašić, CRO | 2.04 |
| 2. Lisa Dobriskey, GBR | 4:03.75 | 2. Anna Chicherova, | 2.02 |
| 3. Shannon Rowbury, USA | 4:04.18 | 3. Ariane Friedrich, GER | 2.02 |
| 4. Nuria Fernández, ESP | 4:04.91 | 4. Antonietta di Martino, ITA | 1.99 |
| 5. Christin Wurth-Thomas, USA | 4:05.21 | 5. Ruth Beitia, ESP | 1.99 |
| 6. Anna Willard, USA | 4:06.19 | 6. Svetlana Shkolina, RUS | 1.96 |
| 7. Lidia Chojecka, POL | 4:07.17 | 7. Emma Green, SWE | 1.96 |
| 8. Natalya Evdokimova, RUS | 4:07.71 | 7. Chaunté Howard Lowe, USA | 1.96 |
| <i>series: Adrienne Herzog 4:10.10; Susan Kuijken</i> | | Polshoogspringen | |
| 4:18.10 | | 1. Anna Rogowska, POL | 4.75 |
| 5000 meter | | 2. Monika Pyrek, POL | 4.65 |
| 1. Vivian Cheruiyot, KEN | 14:57.97 | 2. Chelsea Johnson, USA | 4.65 |
| 2. Sylvia Jebiwott Kibet, KEN | 14:58.33 | 4. Silke Spiegelburg, GER | 4.65 |
| 3. Meseret Defar, ETH | 14:58.41 | 5. Fabiana Murer, BRA | 4.55 |
| 4. Sentayehu Ejigu, ETH | 15:03.38 | 6. Kate Dennison, GBR | 4.55 |
| 5. Meselech Melkamu, ETH | 15:03.72 | 7. Tatyana Polnova, RUS | 4.40 |
| 6. Iness Chepk. Chenonge, KEN | 15:06.06 | 7. Anna Battke, GER | 4.40 |
| 7. Silvia Weissteiner, ITA | 15:09.74 SB | Verspringen | |
| 8. Genzebe Dibaba, ETH | 15:11.12 | 1. Brittney Reese, USA | 7.10 (1.0) |
| 10000 meter | | 2. Tatyana Lebedeva, RUS | 6.97 (1.0) |
| 1. Linet Chepkwemai Masai, KEN | 30:51.24 | 3. Karin Mey Melis, TUR | 6.80 (0.4) |
| 2. Meselech Melkamu, ETH | 30:51.34 | 4. Naide Gomes, POR | 6.77 (0.5) |
| 3. Wude Ayalew, ETH | 30:51.95 | 5. Olga Kucherenko, RUS | 6.77 (1.1) |
| 4. Grace Kwamb.Momanyi, KEN | 30:52.25 | 6. Shara Proctor, AIA | 6.71 (1.2) |
| 5. Meseret Defar, ETH | 30:52.37 | 7. Maurren Higa Maggi, BRA | 6.68 (0.7) |
| 6. Amy Yoder Begley, USA | 31:13.78 | 8. Ksenija Balta, EST | 6.62 (0.3) |
| 7. Yurika Nakamura, JPN | 31:14.39 | Hinkstapspringen | |
| 8. Kimberley Smith, NZL | 31:21.42 | 1. Yargeris Savigne, CUB | 14.95 (1.3) |
| Marathon | | 2. Mabel Gay, CUB | 14.61 (-0.2) |
| 1. Xue Bai, CHN | 2:25:15 | 3. Anna Pyatykh, RUS | 14.58 (-0.4) |
| 2. Yoshimi Ozaki, JPN | 2:25:25 | 4. Biljana Topic, SRB | 14.52 (-0.1) |

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|---|--------------|---|--------------|
| 5. Trecia Smith, JAM | 14.48 (-0.2) | 2. Jennifer Oeser, GER | 6.493 |
| 6. Tatyana Lebedeva, RUS | 14.37 (0.0) | (13.62-1.83-14.29-24.30-6.42-46.70-2:14.34) | |
| 7. Cristina Bujin, ROU | 14.26 (-0.2) | 3. Kamila Chudzik, POL | 6.471 |
| 8. Dana Veldáková, SVK | 14.25 (-0.2) | (13.50-1.74-15.10-24.33-6.55-48.72-2:18.58) | |
| Kogelstoten | | 4. Nataliia Dobrynska, UKR | 6.444 |
| 1. Valerie Vili, NZL | 20.44 | (13.85-1.83-15.82-25.02-6.41-43.29-2:13.22) | |
| 2. Nadine Kleinert, GER | 20.20 | 5. Lyudmyla Yosypenko, UKR | 6.416 |
| 3. Lijiao Gong, CHN | 19.89 | (13.64-1.86-13.01-23.86-6.20-46.87-2:14.64) | |
| 4. Natallia Mikhnevich, BLR | 19.66 | 6. Hanna Melnychenko, UKR | 6.414 |
| 5. Anna Avdeeva, RUS | 19.66 | (13.60-1.83-13.70-24.11-6.43-42.24-2:12.85) | |
| 6. Michelle Carter, USA | 18.96 | 7. Ida Antoinette Nana Djimou, FRA | 6.323 |
| 7. Meiju Li, CHN | 18.76 | (13.44-1.77-14.04-24.83-6.32-47.93-2:17.72) | |
| 8. Misleydis González, CUB | 18.74 | 8. Tatyana Chernova, RUS | 6.288 |
| Discuswerpen | | (13.58-1.74-12.43-24.13-6.50-41.88-2:09.11) | |
| 1. Dani Samuels, AUS | 65.44 | 20. Yvonne Wisse, NED | 5.704 |
| 2. Yarelis Barrios CUB | 65.31 | (13.66-1.68-12.53-24.78-5.87-33.82-2:15.58) | |
| 3. Nicoleta Grasu, ROU | 65.20 | 4x100 meter | |
| 4. Zaneta Glano, POL | 62.66 | 1. Jamaica | 42.06 |
| 5. Aimin Song, CHN | 62.42 | 2. Bahama's | 42.29 |
| 6. Nadine Müller, GER | 62.04 | 3. Duitsland | 42.87 |
| 7. Natalya Sadova, RUS | 61.78 | 4. Rusland | 43.00 |
| 8. Mélina Robert-Michon, FRA | 60.92 | 5. Brazilië | 43.13 |
| Kogelslingeren | | 6. Groot Brittannie | 43.16 |
| 1. Anita Wlodarczyk, POL | 77.96 | 7. Trinidad en Tobago | 43.43 |
| 2. Betty Heidler, GER | 77.12 | 8. Colombia | 43.71 |
| 3. Martina Hrasnova, SVK | 74.79 | 4x400 meter | |
| 4. Kathrin Klaas, GER | 74.23 | 1. Verenigde Staten | 3:17.83 |
| 5. Wenxiu Zhang, CHN | 72.57 | 2. Jamaica | 3:21.15 |
| 6. Tatyana Lysenko, RUS | 72.22 | 3. Rusland | 3:21.64 |
| 7. Jessica Cosby, USA | 72.17 | 4. Groot Brittanie | 3:25.16 |
| 8. Clarissa Claretti, ITA | 71.56 | 5. Duitsland | 3:27.61 |
| Speerwerpen | | 6. Nigeria | 3:28.55 |
| 1. Steffi Nerius, GER | 67.30 | 7. Frankrijk | 3:30.16 |
| 2. Barbora Špotáková, CZE | 66.42 | 8. Cuba | 3:36.99 |
| 3. Maria Abakumova, RUS | 66.06 | 20km snelwandelen | |
| 4. Monica Stoian, ROU | 64.51 | 1. Olga Kaniskina, RUS | 1:28:09 |
| 5. Christina Obergföll, GER | 64.34 | 2. Olive Loughnane, IRL | 1:28:58 |
| 6. Linda Stahl, GER | 63.23 | 3. Hong Liu, CHN | 1:29:10 |
| 7. Olisdeilys Menéndez, CUB | 63.11 | 4. Anisya Kiryapkina, RUS | 1:30:09 |
| 8. Sávva Lika, GRE | 60.29 | 5. Vera Santos, POR | 1:30:35 |
| Zevenkamp | | 6. Beatriz Pascual, ESP | 1:30:40 |
| 1. Jessica Ennis, GBR | 6.731 | 7. Masumi Fuchise, JPN | 1:31:15 |
| (12.93-1.92-14.14-23.25-6.29-43.54-2:12.22) | | 8. Kristina Saltanovic, LTU | 1:31:23 |

Nationale C-spelen

Amsterdam, 21/22 augustus

| | | | |
|--------------------------------------|---------|--------------------------------|------------|
| Jongens | | 2. Thomas Ticheloven, AAC '61 | 41.07 |
| 100 meter (-2.8m/s) | | 3. JonSchouwenaar, Startbaan | 41.33 |
| 1. Olaf van den Bergh, Prins Hendrik | 11.74 | Verspringen | |
| 2. Bryan Hisink, Argo | 11.86 | 1. Kjell Wolters, PEC 1910 | 6.88 (1.0) |
| 3. Thomas Kempe, Dynamica | 12.04 | 2. Gavan Koekkoek-Bal, PAC | 6.51 (1.1) |
| 800 meter | | 3. Filip van der Hoven, Hera | 6.35 (1.0) |
| 1. Youri Oolbekkink, Hanzesport | 2:01.10 | Hoogspringen | |
| 2. Olaf van den Bergh, Prins Hendrik | 2:01.44 | 1. Jethro Obot, Haag Atletiek | 1.90 |
| 3. Joran Klaver, Hera | 2:04.21 | 2. Timo Looijen, Waterland | 1.80 |
| 1500 meter | | 3. Thomas Ticheloven, AAC '61 | 1.80 |
| 1. Youri Oolbekkink, Hanzesport | 4:15.35 | 3. JoostKetel, Achilles-EL | 1.80 |
| 2. Joran Klaver, Hera | 4:18.07 | Polshoogspringen | |
| 3. Tommy Staal, Delta Sport | 4:19.28 | 1. Menno Vloon, Lycurgus | 3.40 |
| 100m horden | | 2. Luuk de Vos, R'dam Atletiek | 3.30 |
| 1. Kjell Wolters, PEC 1910 | 13.53 | 3. Niels Stok, PAC | 3.20 |
| 2. Glenn Boessen, Unitas | 13.87 | Kogelstoten | |
| 3. Yannick Mahieu, Phanos | 14.20 | 1. Joey Slats, PAC | 14.85 |
| 300m horden | | 2. Dennis Hemelaar, AAC | 14.49 |
| 1. Tarik Bayoumi, AAC | 40.12 | 3. Filip van der Hoven, Hera | 14.07 |

Discuswerpen

| | |
|--------------------------------|-------|
| 1. Luuk de Vos, R'dam Atletiek | 46.50 |
| 2. Dennis Hemelaar, AAC | 45.12 |
| 3. Rick van den Bedem, Altis | 44.65 |

Speerwerpen

| | |
|--------------------------------|-------|
| 1. Koen Gelijns, Achilles-EL | 53.61 |
| 2. Luuk de Vos, R'dam Atletiek | 50.09 |
| 3. Jasper Knibbeler, RKHAV | 48.24 |

Kogelslingeren

| | |
|----------------------------------|-------|
| 1. Dennis Hemelaar, AAC | 53.11 |
| 2. Ivar Spin, PEC 1910 | 38.53 |
| 3. Jeremy Bronswijk, Olympus '70 | 32.62 |

Meisjes

80 meter (0.1m/s)

| | |
|-----------------------------------|-------|
| 1. Sascha van Agt, GVAC | 10.22 |
| 2. Naomi Sedney, Ilion | 10.25 |
| 3. Tessa van Schagen, Leiden Atl. | 10.35 |

600 meter

| | |
|-------------------------------------|---------|
| 1. Heleen Wildoer, SAV | 1:37.93 |
| 2. Patricia Nooyen, Leiden Atletiek | 1:38.62 |
| 3. Tessa Strijp, AV 1923 | 1:40.65 |

1000 meter

| | |
|---------------------------------|---------|
| 1. Marlies Huigen, Hanzesport | 3:02.76 |
| 2. Saskia Weinans, Atletico '73 | 3:05.05 |
| 3. Mirthe Overkamp, Hanzesport | 3:05.37 |

80m horden (-1.2m/s)

| | |
|--------------------------------|-------|
| 1. Sam Bouwhuis, Prins Hendrik | 12.44 |
| 2. Nadine Visser, SAV | 12.54 |
| 3. Renske van Os, Gen.Mich. | 12.56 |

300m horden

| | |
|--------------------------------|-------|
| 1. Roos-Sanne Claassen, AV NOP | 45.66 |
| 2. Janneke van Raan, Daventria | 47.36 |
| 3. Kim Boon, Hellas | 47.45 |

Verspringen

| | |
|--------------------------------|------------|
| 1. Nadine Visser, SAV | 5.22 (0.0) |
| 2. Genevieve Emanuels, Alm.'81 | 5.17 (0.8) |
| 3. Laura Brands, Sprint | 5.08 (0.0) |

Hoogspringen

| | |
|-----------------------------------|------|
| 1. Tanita Hofmans, DAK | 1.65 |
| 2. Suzan Stevens, Venray Regio | 1.60 |
| 3. Babette Schekkerman, Startbaan | 1.60 |
| 3. Lara Borst, AAC | 1.60 |

Polshoogspringen

| | |
|----------------------------|------|
| 1. Isabel Janssen, PAC | 3.11 |
| 2. Robina Brouns, Unitas | 2.80 |
| 3. Sabine Groenestein, PAC | 2.60 |

Kogelstoten

| | |
|-----------------------------|-------|
| 1. Charlene Okken, HAC '63 | 13.68 |
| 2. Roos de Klerk, Energie | 12.22 |
| 3. Shereen Heeswijk, Sparta | 12.15 |

Discuswerpen

| | |
|----------------------------------|-------|
| 1. Anne-Lique Weeren, Triathlon | 31.33 |
| 2. Alissa Olofsen, SAV | 30.25 |
| 3. Tamara Doreleijers, Gen.Mich. | 29.63 |

Speerwerpen

| | |
|---------------------------------|-------|
| 1. Shereen Heeswijk, Sparta | 39.69 |
| 2. Anne-Lique Weeren, Triathlon | 38.94 |
| 3. Dominique Gommers, Spado | 38.35 |

Kogelslingeren

| | |
|----------------------------------|-------|
| 1. Naomi Stegman, R'dam Atletiek | 34.73 |
| 2. Annemieke Efdee, Leiden Atl. | 34.50 |
| 3. Alissa Olofsen, SAV | 31.73 |

4x100 meter

| | |
|--------------|-------|
| 1. Almere'81 | 40.84 |
| 2. SAV | 41.12 |
| 3. AV'34 | 41.35 |

**Internationale Meerkamp
Woerden, 28/29 augustus**

Mannen, tienkamp

| | |
|--|-------|
| 1. Hans Olav Uldal, NOR | 7.560 |
| (11.26-7.18-13.58-1.89-51.86-14.85-47.52-4.50-58.16-4:52.59) | |
| 2. Kyle McCarthy, AUS | 7.484 |
| (11.53w-6.93w-13.63-1.92-49.97-15.15-40.72-4.30-59.66-4:30.25) | |
| 3. Ben Hazell, GBR | 7.475 |
| (11.46w-6.88w-13.37-1.89-50.60-15.15-42.78-4.30-60.46-4:29.49) | |
| 4. Aliaksandr Korzun, BLR | 7.472 |
| (10.84w-7.11w-13.41-2.01-50.47-14.79-40.75-4.40-53.31-5:08.36) | |
| 5. Pavel Baar, CZE | 7.468 |
| (10.84w-6.91w-13.12-1.95-49.93-15.16-37.05-4.50-57.37-4:47.37) | |
| 6. Kevin Sempers, GBR | 7.387 |
| (11.04w-6.67-12.57-2.04-51.02-14.83-36.33-4.60-58.86-4:56.63) | |
| 7. Aigar Kukkk, EST | 7.265 |
| (11.20w-7.22w-12.41-1.98-53.40-15.70-44.60-4.60-52.98-5:01.31) | |

| | |
|---|-------|
| 8. Louis Evling-Jones, GBR | 7.162 |
| (11.14-7.03w-13.57-1.86-53.06-15.31-41.47-4.50-55.47-5:07.86) | |

Vrouwen, zevenkamp

| | |
|--|-------|
| 1. Susan Coltman, CAN | 5.895 |
| 13.62w-1.73-13.02-24.98w-6.07-39.99-2:20.60 | |
| 2. Remona Fransen, NED | 5.779 |
| 14.02w-1.85-12.47-25.16w-6.10-30.74-2:19.76 | |
| 3. Yana Maksimava, BLR | 5.757 |
| 14.40w-1.85-14.15-25.85-5.70-36.10-2:19.72 | |
| 4. Gemma Weetman, GBR | 5.392 |
| 14.61w-1.61-10.89-25.60-5.96-35.40-2:13.49 | |
| 5. Katerina Konvalinková, CZE | 5.302 |
| 14.56w-1.73-10.75-25.81-5.86-31.45-2:21.31 | |
| 6. Lene Secher Myrmel, NOR | 5.294 |
| 13.89w-1.64-10.50-25.69-5.48-38.42-2:21.76 | |
| 7. Babs Egbers, NED | 5.208 |
| 14.16w-1.70-12.13-25.52w-5.74w-31.06-2:36.07 | |
| 8. Brenda Baar, NED | 5.200 |
| 15.03w-1.73-10.45-25.60-5.96-28.41-2:22.11 | |

**NK 20.000m snelwandelen
Woerden, 29 augustus**

| | | | |
|------------------------------|---------|---------------------------|---------|
| 1. Harold van Beek, RWV | 1:39:23 | 4. Richard Leijenaar, RWV | 1:47:31 |
| 2. Jaques van Bremen, RWV | 1:40:57 | 5. Pedro Huntjens, Unitas | 1:49:43 |
| 3. Marcelino Sobczak, Unitas | 1:44:21 | 6. Theo Koenis, De LAT | 1:57:36 |

| | | | |
|------------------------|---------|-------------------------|---------|
| 7. Fred Röhner, Unitas | 2:06:23 | 8. Alex Wijsman, De LAT | 2:07:15 |
|------------------------|---------|-------------------------|---------|

**Track Meeting (SPAR Baancircuit)
Breda, 29 augustus**

Mannen

100 meter (-3.5m/s)

| | |
|--------------------------------|-------|
| 1. Obed Martis, R'dam Atl. | 10.97 |
| 2. Mark Hanson, GBR | 11.06 |
| 3. Waldy Lindeborg, R'dam Atl. | 11.20 |

400 meter

| | |
|------------------------------------|-------|
| 1. Obed Martis, R'dam Atl. | 48.28 |
| 2. Niels van Dijk, Clytoneus | 48.32 |
| 3. Ludrick Berrenstein, Achilles-T | 48.36 |

800 meter

| | |
|------------------------------|---------|
| 1. Victor Bouwman, Gron.Atl. | 1:51.24 |
| 2. James Shane, GBR | 1:51.53 |
| 3. Bjorn Margeirsson, ISL | 1:51.75 |

3000 meter

| | |
|----------------------------|---------|
| 1. Johan de Koning, Sprint | 8:23.46 |
| 2. Jesse van Burg, Ilion | 8:24.67 |
| 3. Jeroen Maas, Sprint | 8:37.16 |

110m horden (-1.5m/s)

| | |
|------------------------------|-------|
| 1. Selim Nurudeen, NGR | 13.71 |
| 2. Gregory Sedoc, AAC | 13.73 |
| 3. Mike van Kruchten, Phanos | 14.36 |

400m horden

| | |
|----------------------------------|-------|
| 1. Andreas Totsas, NOR | 51.51 |
| 2. Thomas Kortbeek, Pr.Hendrik | 53.31 |
| 3. Niko Zuidema, Olympus'7057.39 | |

Hinkstapspringen

| | |
|--------------------------------|-------------|
| 1. Alex Hochuli, SUI | 15.37 (0.2) |
| 2. Louis-Felix Lafontaine, FRA | 14.96 (0.5) |
| 3. Jelle van Kesteren, Sprint | 13.37 (1.5) |

Polsstokhoogspringen

| | |
|----------------------------|------|
| 1. Cyriel Verberne, Attila | 4.95 |
| 2. Pelle Rietveld, Ilion | 4.45 |
| 3. Paul Husslage, Sprint | 4.35 |

Kogelstoten

| | |
|----------------------------|-------|
| 1. Patrick Groot, Lycurgus | 17.81 |
| 2. Patrick Cronie, Phanos | 16.86 |
| 3. Vincent Jessen, Attila | 13.56 |

Discuswerpen

| | |
|---------------------------|-------|
| 1. Erik Cadée, Pr.Hendrik | 58.87 |
| 2. Patrick Cronie, Phanos | 50.12 |
| 3. Ronald Gram, Sprint | 44.58 |

Speerwerpen

| | |
|----------------------------|-------|
| 1. Bjorn Blommerde, Sprint | 73.44 |
| 2. Lars Timmerman, Spado | 68.85 |
| 3. Keith Beard, R'dam Atl. | 60.37 |

Kogelslingeren

| | |
|-------------------------|-------|
| 1. Frederick Pouzy, FRA | 72.35 |
| 2. Ronald Gram, Sprint | 63.85 |
| 3. Sander Stok, AV'23 | 55.61 |

Vrouwen

100 meter (1.5m/s)

| | |
|---------------------------|-------|
| 1. Kadene Vassell, Phanos | 11.93 |
| 2. Jamile Samuel, Phanos | 12.00 |
| 3. Siri Eritslund, NOR | 12.06 |

400 meter

| | |
|-------------------------------|-------|
| 1. Machteld Mulder, Hollandia | 55.60 |
| 2. Vibecke Brun, NOR | 56.29 |
| 3. Elisabeth Slettum, NOR | 57.00 |

800 meter

| | |
|--------------------------------|---------|
| 1. Marlies Huigen, Hanzesport | 2:18.39 |
| 2. Larissa Scholten, AV H'meer | 2:20.70 |
| 3. Manon Sillekens, Sprint | 2:23.77 |

100m horden(-2.7m/s)

| | |
|-----------------------------------|-------|
| 1. Robin Wingbermuhle, R'dam Atl. | 14.93 |
| 2. Amanda Spiljard, Attila | 15.56 |
| 3. Marieke Kok, SAV | 15.88 |

Verspringen

| | |
|--------------------------------|-------------|
| 1. Eveline Vercammen, BEL | 5.64 (-1.1) |
| 2. Amanda Spiljard, Attila | 5.59 (-1.3) |
| 3. Meruska Eduarda, R'dam Atl. | 5.54 (-0.4) |

Polsstokhoogspringen

| | |
|-----------------------------------|------|
| 1. Rianna Galiart, Lycurgus | 4.10 |
| 2. Robin Wingbermuhle, R'dam Atl. | 3.60 |
| 3. Anita Karregat, Edam | 3.20 |

Kogelstoten

| | |
|----------------------------------|-------|
| 1. Denise Kemkers, Hera | 17.30 |
| 2. Melissa Boekelman, Pr.Hendrik | 16.68 |
| 3. Monique Jansen, Altis | 14.00 |

Discuswerpen

| | |
|--------------------------|-------|
| 1. Monique Jansen, Altis | 56.06 |
| 2. Loes Verlaak, Weert | 50.75 |
| 3. Inge Vangeel, BEL | 50.14 |

Aangepast sporten

100 meter (0.3m/s)

| | |
|------------------------------|-------|
| 1. Raffaele Orru, Sprint | 17.63 |
| 2. Bart Pijs, Sprint | 18.72 |
| 3. Henk Schuiling, GSC Emmen | 19.33 |

400 meter

| | |
|------------------------------|-------|
| 1. Raffaele Orru, Sprint | 62.76 |
| 2. Bart Pijs, Sprint | 66.97 |
| 3. Henk Schuiling, GSC Emmen | 67.69 |

**Interland C-junioren Nederland-Westfalen
Almelo, 5 september**

Eindstand totaal

| | |
|--------------|-----|
| 1. Nederland | 183 |
| 2. Westfalen | 139 |

Eindstand jongens

| | |
|--------------|----|
| 1. Nederland | 99 |
| 2. Westfalen | 62 |

Eindstand meisjes

| | |
|--------------|----|
| 1. Nederland | 84 |
| 2. Westfalen | 77 |

Individueel jongens

100 meter (1.1m/s)

| | |
|---------------------------|-------|
| 1. Bryan Hissink, Argo | 11.45 |
| 5. Thomas Kempe, Dynamica | 11.71 |
| 6. Melroy Braat, Diomedon | 11.85 |

300 meter

| | |
|----------------------------------|-------|
| 1. Thomas Ticheloven, AAC '61 | 38.74 |
| 2. Tarik Bayoumi, AAC | 38.84 |
| 5. Arend Jan Spierenburg, Cialfo | 39.57 |

1000 meter

| | |
|----------------------------------|---------|
| 1. Youri Oolbekkink, Hanzesport | 2:49.39 |
| 2. Olaf van den Bergh, Pr.Hendr. | 2:50.09 |
| 4. Milan Mazurel, Edam | 2:52.06 |

3000 meter

| | |
|---------------------------------|---------|
| 1. Tommy Staal, Delta Sport | 9:15.27 |
| 2. Joran Klaver, Hera | 9:24.76 |
| 3. Jaap Gerben Vellinga, Horror | 9:39.29 |

100m horden (1.7m/s)

| | |
|----------------------------|-------|
| 1. Kjell Wolters, PEC 1910 | 13.42 |
| 3. Glenn Boessen, Unitas | 14.07 |
| 4. Yannick Mahieu, Phanos | 14.08 |

300m horden

| | |
|-------------------------------|-------|
| 1. Tarik Bayoumi, AAC | 41.49 |
| 2. Thomas Ticheloven, AAC '61 | 42.06 |
| 3. Jon Schouwenaar, Startbaan | 42.26 |

4x100 meter

| | |
|---|-------|
| 1. Nederland <i>(Thomas Kempe-Olaf van den Bergh-Melroy Braat-Kjell Wolters)</i> | 43.94 |
| 2. Westfalen | 44.18 |

Hoogspringen

| | |
|-----------------------------|------|
| 1. Jethro Obot, Haag Atl. | 1.90 |
| 2. Joost Ketel, Achilles-EL | 1.87 |
| 4. Timo Looijen, Waterland | 1.75 |

Polssstokhoogspringen

| | |
|--------------------------------|------|
| 1. Pirmin Planer, Westfalen | 3.85 |
| 3. Menno Vloon, Lycurgus | 3.40 |
| 5. Luuk de Vos, R'dam Atletiek | 3.30 |
| 6. Nils Stok, PAC | 3.30 |

Verspringen

| | |
|------------------------------|------|
| 1. Kjell Wolters, PEC 1910 | 6.77 |
| 4. Filip van den Hoven, Hera | 6.13 |
| 5. Gavan Koekkoek-Bal, PAC | 5.99 |

Hinkstapspringen

| | |
|----------------------------------|-------|
| 1. Jorrit Blonk, Lycurgus | 11.85 |
| 2. Patrick Zweekhorst, Triathlon | 11.55 |
| 3. Yared Stifanos, Hellas | 11.41 |

Kogelstoten

| | |
|------------------------------|-------|
| 1. Joey Slats, PAC | 15.63 |
| 3. Filip van den Hoven, Hera | 14.76 |
| 6. Menno Vloon, Lycurgus | 13.27 |

Discuswerpen

| | |
|--------------------------------|-------|
| 1. Luuk de Vos, R'dam Atletiek | 52.81 |
| 4. Dennis Hemelaar, AAC | 44.18 |
| 5. Rick van den Bedem, Altis | 41.81 |

Kogelslingeren

| | |
|----------------------------------|-------|
| 1. Dennis Hemelaar, AAC | 54.20 |
| 3. Ivar Spin, PEC 1910 | 36.61 |
| 5. Jeremy Bronswijk, Olympus '70 | 31.83 |

Speerwerpen

| | |
|------------------------------|-------|
| 1. Patrick Held, Westfalen | 53.78 |
| 2. Timo Looijen, Waterland | 52.63 |
| 4. Jasper Knibbeler, RKHAV | 46.36 |
| 6. Coen Gelijns, Achilles-EL | 45.97 |

Individueel meisjes

80 meter (2.1m/s)

| | |
|--------------------------------|-------|
| 1. Annika Drazek, Westfalen | 9.84 |
| 2. Naomi Sedney, ARV Ilion | 10.22 |
| 3. Sacha v. Agt, GVAC | 10.24 |
| 6. Ruchama Juriën, Atl.Maastr. | 10.87 |

300 meter

| | |
|-----------------------------------|-------|
| 1. Vera van den Haak, Sparta | 43.28 |
| 2. Tessa van Schagen, Leiden Atl. | 43.95 |
| 3. Ashley Rijnsburger, Almere '81 | 44.50 |

800 meter

| | |
|---------------------------------|---------|
| 1. Christina Bach, Westfalen | 2:25.15 |
| 2. Heleen Wildoer, SAV | 2:25.90 |
| 5. Tessa Strijp, AV'23 | 2:29.76 |
| 6. Patricia Nooyen, Leiden Atl. | 2:31.80 |

2000 meter

| | |
|---------------------------------|---------|
| 1. Marlies Huigen, Hanzesport | 6:50.36 |
| 3. Saskia Weinans, Atletico '73 | 6:58.45 |
| 4. Mirthe Overkamp, Hanzesport | 7:06.01 |

80m horden (2.1m/s)

| | |
|-----------------------------|-------|
| 1. Nadine Visser, SAV | 12.11 |
| 3. Sam Bouwhuis, Pr.Hendr. | 12.15 |
| 5. Renske van Os, Gen.Mich. | 12.54 |

300m horden

| | |
|--------------------------------|-------|
| 1. Roos-Sanne Claassen, AV Nop | 46.77 |
| 2. Janneke van Raan, Daventria | 47.50 |
| 3. Kim Boon, Hellas | 48.38 |

4x80 meter

| | |
|--------------|-------|
| 1. Westfalen | 38.86 |
| 2. Nederland | 39.02 |

*(Tessa van Schagen-Naomi Sedney-Ashley
Rijnsburger-Sacha v.Agt)*

Hoogspringen

| | |
|-----------------------------------|------|
| 1. Laura Voß, Westfalen | 1.71 |
| 2. Tanita Hofmans, DAK | 1.61 |
| 4. Suzan Stevens, Venray Regio | 1.58 |
| 6. Babette Schekkerman, Startbaan | 1.55 |

Polssstokhoogspringen

| | |
|-----------------------------|------|
| 1. Desirée Singh, Westfalen | 3.60 |
| 4. Isabel Janssen, PAC | 3.00 |
| 5. Rubina Brouns, Unitas | 2.90 |
| 6. Sabine Groenestein, PAC | 2.70 |

Verspringen

| | |
|-----------------------------------|------|
| 1. Annika Drazek, Westfalen | 5.95 |
| 2. Gabrielle Dwomoh, Ilion | 5.42 |
| 5. Genevieve Emanuels, Almere '81 | 5.13 |
| 6. Nadine Visser, SAV | 5.10 |

Hinkstapspringen

| | |
|------------------------------|-------|
| 1. Carolin Dihl, Westfalen | 10.77 |
| 2. Sjoera Tjin A-Lim, Sparta | 10.43 |
| 3. Manon Haakman, Lycurgus | 10.38 |
| 4. Myrthe Nanninga, Zuidwal | 10.10 |

Kogelstoten

| | |
|-----------------------------|-------|
| 1. Charlene Okken, HAC '63 | 14.18 |
| 2. Roos de Klerk, Energie | 12.97 |
| 5. Dominique Gommers, Spado | 11.81 |

Discuswerpen

| | |
|----------------------------------|-------|
| 1. Anne-Lique Weeren, Triathlon | 34.32 |
| 2. Tamara Doreleijers, Gen.Mich. | 31.13 |
| 4. Alissa Olofsen, SAV | 30.41 |

Kogelslingeren

| | |
|-----------------------------------|-------|
| 1. Jacqueline Feldmann, Westfalen | 37.45 |
| 4. Naomi Stegman, R'dam Atl. | 33.17 |
| 5. Lisanne v. Manen, AV '47 | 29.67 |
| 6. Annemiek Efdée, Leiden Atl. | 21.35 |

Speerwerpen

| | |
|---------------------------------|-------|
| 1. Roos de Klerk, Energie | 38.38 |
| 2. Dominique Gommers, Spado | 36.96 |
| 3. Anne-Lique Weeren, Triathlon | 36.48 |

**Nationale D-spelen
Amsterdam, 6 september**

Jongens D 1e jaars

80 meter (-0.3m/s)
1. Evbako Ogbeide, Parthenon 10.49

1000 meter
1. Rody de Wolff, Heerenveen 3:05.97

80m horden (-0.7m/s)
1. Maxwell Onbekent, Haag Atletiek 13.45

1000m hindernis
1. Johan Ouwehand, Edam 3:30.39

Verspringen
1. Tim Bluekens, Climax 4.96

Hoogspringen
1. Thijs Roymans, AV Reusel '69 1.55

Kogelstoten
1. Tey Berendschot, Atl.Maastricht 11.28

Discuswerpen
1. Rody de Wolff, Heerenveen 35.25

Speerwerpen
1. Koen van Ligten, Ciko '66 33.37

Jongens D 2e jaars

80 meter (-0.3m/s)
1. Hugo Maathuis, Atl.Maastricht 10.03
2. Robert van der Meer, Fortuna 10.40
3. Joost Janssen, Pr.Hendrik 10.47

1000 meter
1. Thomas Potma, Energie 2:49.47
2. Martin Flipsen, Weert 2:56.00
3. Lars van der Poel, Spado 3:00.13

80m horden (-1.3m/s)
1. Sybren Blok, PAC 11.93
2. Emiel Rigter, BAV 12.15
3. Lucas Leemhuis, Hera 12.22

1000m hindernis
1. Roel Huijsmans, Flevo Delta 3:22.34
2. Thierry Willigenburg, Triathlon 3:23.58
3. Jarick Stoop, Flevo Delta 3:25.16

Verspringen
1. Lucas Leemhuis, Hera 5.34
2. Loek van Zevenbergen, Fortuna 5.26
3. Robert van der Meer, Fortuna 5.18

Hoogspringen
1. Jesse Rigter, AAC 1.65
2. Lars van der Poel, Spado 1.60
3. Stan Does, Leiden Atletiek 1.55

Kogelstoten
1. Emiel Rigter, BAV 14.74
2. Joris van den Hoven, Hera 12.78
3. Evan van der Poel, PAC 12.32

Discuswerpen
1. Evan van der Poel, PAC 37.89
2. Stefan Visser, Aquilo 36.66
3. Shaquille Bleecke, Almere '81 34.36

Speerwerpen
1. Sybren Blok, PAC 46.34
2. Sam Beard, Clytoneus 45.58
3. Kay Geluk, R'dam Atletiek 43.31

Meisjes D 1e jaars

60 meter (-0.7m/s)
1. Gabriella van Wijck, Edam 8.17

1000 meter
1. Dagmar Smid, AAV '36 3:08.06

60m horden
1. Romy Smith, Leiden Atletiek 10.20

1000m hindernis
1. Melissa de Haan, AV '34 3:23.71

Verspringen
1. Gabriella van Wijck, Edam 5.00

Hoogspringen
1. Romy Smith, Leiden Atletiek 1.50

Kogelstoten
1. Anne Egbers, Ciko '66 10.96

Discuswerpen
1. Elianne Pasker, Altis 26.21

Speerwerpen
1. Zillah Cornelissen, Nijmegen Atl. 26.59

Meisjes D 2e jaars

60 meter
1. Anouschka Schröder, Flevo Delta 8.30
2. Vianney de Cock, Spartacus 8.30
3. Lisa Postema, Pr.Hendrik 8.44

1000 meter
1. Marjolein Verheem, Achilles-EL 3:03.15
2. Nisrine Masrhalmi, Energie 3:07.12
3. Tess Wegman, Altis 3:11.61

60m horden (-1.3m/s)
1. Chante Samuel, Phanos 9.89
2. Astrid Ekelmans, Hollandia 9.92
3. Zola van Zwol, Hollandia 10.00

1000m hindernis
1. Joyce Velthuizen, Leiden Atl. 3:33.44
2. Dagmar van Hinte, Flevo Delta 3:33.86
3. Kaylee van Beelen, De Spartaan 3:34.40

Verspringen
1. Astrid Ekelmans, Hollandia 5.15
2. Lisa Postema, Pr.Hendrik 5.12
3. Janneke Bruintjes, AV NOP 5.04

Hoogspringen
1. Chante Samuel, Phanos 1.65
2. Janneke Bruintjes, AV NOP 1.65
3. Lisa Keuken, Horror 1.45

Kogelstoten
1. Jasmine Anpong, Eindhoven Atl. 14.58
2. Simone Luijten, Achilles 12.43
3. Annabelle Verweij, Diomedon 10.92

Discuswerpen
1. Dewi Dankmeyer, Hollandia 28.94
2. Rémy van Dijk, De Spartaan 27.91
3. Fleur van der Put, Leiden Atl. 26.86

Speerwerpen
1. Simone Luijten, Achilles-EL 38.43
2. Demi van Noort, DEM 32.84
3. Julia den Ouden, Fortuna 32.32

**NK Clubs Junioren
Bergen op Zoom, 6 september**

Jongens

| | |
|-------------------|-------|
| 1. Hellas | 9.948 |
| 2. Spado | 9.760 |
| 3. Lycurgus | 9.635 |
| 4. Startbaan | 9.474 |
| 5. PEC 1910 | 9.099 |
| 6. Gouda | 9.028 |
| 7. PAC | 8.807 |
| 8. Clytoneus | 8.727 |
| 9. Sprint | 8.657 |
| 10. GAC-Hilversum | 8.591 |
| 11. Ilion | 8.365 |
| 12. Attila | 8.252 |

Meisjes

| | |
|-----------------------|-------|
| 1. Rotterdam Atletiek | 8.950 |
| 2. Phanos | 8.572 |
| 3. Unitas | 8.419 |
| 4. Nijmegen Atletiek | 7.820 |
| 5. AV '40 | 7.677 |
| 6. Sprint | 7.257 |
| 7. Olympus '70 | 7.153 |
| 8. AAC | 6.939 |
| 9. U-track | 6.854 |
| 10. Cialfo | 6.834 |
| 11. Achilles-EL | 6.555 |
| 12. Spado | 6.416 |

**Brabants Dagblad Tilburg Ten Miles (tevens NK 10km)
Tilburg, 6 september**

Mannen (10 EM)

| | |
|--------------------------|-------|
| 1. Abiyote Guta (ETH) | 46.08 |
| 2. Fred Kosgei (KEN) | 46.20 |
| 3. John Korir (KEN) | 46.50 |
| 4. Essa Rashed (QAT) | 47.43 |
| 5. Stephen Chelimo (KEN) | 48.04 |
| 6. Reuben Chebii (KEN) | 48.12 |
| 12. Thijs Feuth, TION | 51.31 |

Mannen (10km)

| | |
|----------------------------|-------|
| 1. Peter Kamais (KEN) | 27.09 |
| 2. Silas Kiplagat (KEN) | 28.00 |
| 3. Cosmas Kigen (KEN) | 28.27 |
| 4. Stephen Kiprotich (UGA) | 28.30 |
| 5. Christian Belz (SUI) | 28.48 |

Vrouwen Ladies Run

| | |
|------------------------------|-------|
| 1. Mestawat Tufa (ETH) | 31.15 |
| 2. Belaynesh Fikadu (ETH) | 31.23 |
| 3. Ines Monteiro (POR) | 32.05 |
| 4. Gladys Otero (KEN) | 32.36 |
| 5. Aniko Kalovics (HUN) | 32.51 |
| 6. Jacqueline Nyetipei (KEN) | 32.57 |

NK 10km mannen

| | |
|--------------------------------|-------|
| 1. Martin Lauret, Castricum | 28.54 |
| 2. Koen Raymaekers, Hellas | 29.01 |
| 3. Patrick Stitzinger, Pegasus | 29.12 |
| 4. Michel Butter, Castricum | 29.19 |
| 5. Greg van Hest, TRR | 29.24 |
| 6. Tom Wiggers, Castricum | 29.44 |

NK 10km jongens junioren

| | |
|---|-------|
| 1. Jesper van der Wielen, Nijmegen Atl. | 30.02 |
| 2. Wesley Pael, Castricum | 31.01 |
| 3. Adriaan Fransen, AAC'61 | 33.42 |

NK 10km M35

| | |
|--|-------|
| 1. Neals Strik, Loopgroep Aart Stigter | 30.13 |
| 2. Huub Maas, THOR | 30.55 |
| 3. Fransua Woldemariam, Almere'81 | 31.45 |

NK 10km M40

| | |
|-------------------------------------|-------|
| 1. Edo Baart, ATOS | 31.11 |
| 2. Michiel Otten, Prins Hendrik | 31.21 |
| 3. Oskar de Kuijer, Leiden Atletiek | 31.22 |

NK 10km M45

| | |
|---------------------------------|-------|
| 1. Abraham Zewdie, Loopgroep AS | 31.45 |
| 2. Harald van Doorn, Lycurgus | 32.57 |
| 3. Edwin van Dort, Phanos | 33.31 |

NK 10km M50

| | |
|---|-------|
| 1. Aart Stigter, Loopgroep Aart Stigter | 33.30 |
| 2. Chris Henet, Ciko'66 | 34.19 |
| 3. Theo Stelling, AV'23 | 34.37 |

NK 10km M55

| | |
|-----------------------------|-------|
| 1. Hans van Wegen, Spiridon | 35.36 |
| 2. Jan Zwarthoed, Edam | 36.00 |
| 3. Nico Verstraten, Scopias | 36.12 |

NK 10km M60

| | |
|----------------------------------|-------|
| 1. Bert Schalkwijk, Monnickendam | 36.02 |
| 2. Bert Streumer, Hellas | 36.58 |
| 3. Cor Zegers, Oss'78 | 38.53 |

NK 10km M65

| | |
|--------------------------|-------|
| 1. Johan Engelhart, avVN | 41.27 |
| 2. Jan Keijzers, Sprint | 42.43 |
| 3. Ad van Limpt, DES | 48.13 |

NK 10km vrouwen

| | |
|-------------------------------------|-------|
| 1. Merel de Knegt, TRR | 34.01 |
| 2. Ilse Pol, Running 2000 | 35.11 |
| 3. Ruth van der Meijden, VAV | 35.19 |
| 4. Marieke Falkmann, Groningen Atl. | 35.19 |
| 5. Andrea Deelstra, AV'55 | 35.35 |
| 6. Miriam van Reijen, Phanos | 35.35 |

NK 10km meisjes junioren

| | |
|------------------------------|-------|
| 1. Jill Holterman, Zaanland | 38.12 |
| 2. Marije Hulzebos, HAC'63 | 38.12 |
| 3. Jessica Oosterloo, AAC'61 | 38.15 |

NK 10km V35

| | |
|-----------------------------|-------|
| 1. Inge van Bergen, Unitas | 35.37 |
| 2. Sandra de Jonge, Ciko'66 | 37.02 |
| 3. Fa Adda, AV'23 | 37.17 |

NK 10km V40

| | |
|-------------------------------------|-------|
| 1. Monique Derks, Nijmegen Atletiek | 38.54 |
| 2. Lucienne Groenendijk, Sportlust | 39.01 |
| 3. Anita van den Bogert, Altis | 40.35 |

| | | | | |
|--------------------|--------------------------------|--------------------|------------------------------------|-------|
| NK 10km V45 | | NK 10km V55 | | |
| 1. | Ingrid Prigge, LAAC Twente | 36.21 | 1. Tilly van de Laar, Weert | 41.48 |
| 2. | Monique Arkenbout, Castricum | 39.31 | 2. Angnetta van 't Wout, Oss'78 | 41.50 |
| 3. | Corina Voorn, De Koplopers | 40.33 | 3. Joke van Bruggen, Wieringermeer | 42.33 |
| NK 10km V50 | | NK 10km V60 | | |
| 1. | Carla Ophorst, Olympus'70 | 38.11 | 1. Joke de Zeeuw, PAC | 43.09 |
| 2. | Ella Witjes, Altis | 40.28 | 2. Terèse van Lare, avVN | 43.22 |
| 3. | Anne Rindt, Eindhoven Atletiek | 41.52 | 3. Anne van Dijk, avVN | 43.27 |

WK bergloop

Campodolcino e Madesimo (ITA), 6 september

| | | | | |
|--|---------------------------------|--|-------------------------------|-------|
| Mannen (13.020m; 825m hoogteverschil) | | Vrouwen (8.680m; 550m hoogteverschil) | | |
| 1. | Geoffrey Kusuro (UGA) | 54.51 | 1. Elisa Desco (ITA) | 43.39 |
| 2. | Azerya Teklay Weldemariam (ERI) | 55.45 | 2. Valentina Belotti (ITA) | 44.03 |
| 3. | James Kibet (UGA) | 55.54 | 3. Maria Grazia Roberti (ITA) | 44.23 |

Finale competitie DC-junioren

Hoorn, 12 september

| | | | | |
|-----------------------------|---------------------|-----------------|-----------------------------|-------|
| Jongens C-2° divisie | | 11. Flevo Delta | 3.942 | |
| 1. | PEC 1910 | 6.546 | 12. Pallas'67 | 3.624 |
| 2. | Hellas | 6.302 | Meisjes C-1° divisie | |
| 3. | Altis | 6.204 | 1. SAV | 9.483 |
| 4. | Rotterdam Atletiek | 6.158 | 2. Prins Hendrik | 9.282 |
| 5. | De Keien | 6.071 | 3. Ilion | 9.212 |
| 6. | AAC | 5.948 | 4. AV'34 | 8.887 |
| 7. | Passaat | 5.899 | 5. Leiden Atletiek | 8.624 |
| 8. | Lycurgus | 5.841 | 6. Sprint | 8.528 |
| 9. | Sparta | 5.755 | 7. Startbaan | 8.360 |
| 10. | Atletico'73 | 5.744 | 8. Isala 96 | 8.356 |
| 11. | AAC'61 | 5.138 | 9. Phanos | 8.033 |
| 12. | Unitas | 5.066 | Meisjes D-1° divisie | |
| Jongens D-2° divisie | | 1. Hollandia | 9.200 | |
| 1. | Fortuna | 5.014 | 2. Phanos | 8.644 |
| 2. | Suomi | 4.414 | 3. Leiden Atletiek | 8.208 |
| 3. | Dynamica | 4.375 | 4. Prins Hendrik | 8.034 |
| 4. | Atletiek Maastricht | 4.267 | 5. AV'23 | 7.973 |
| 5. | Unitas | 4.174 | 6. Unitas | 7.838 |
| 6. | Spado | 4.095 | 7. AAC'61 | 7.820 |
| 7. | Hellas | 4.076 | 8. Sprint | 7.727 |
| 8. | Sparta | 4.075 | 9. De Liemers | 7.690 |
| 9. | Lycurgus | 4.012 | | |
| 10. | Scorpio | 4.003 | | |

Finale competitie DC-junioren

Gemert, 12 september

| | | | | |
|-----------------------------|--------------------|-----------------------|-----------------------------|-------|
| Jongens C-1° divisie | | 6. AV Impala | 8.059 | |
| 1. | PAC | 11.920 | 7. Prins Hendrik | 7.997 |
| 2. | AV'23 | 11.520 | 8. AV'34 | 7.896 |
| 3. | Phanos | 11.223 | 9. Attila | 7.818 |
| 4. | Nijmegen Atletiek | 10.835 | Meisjes C-2° divisie | |
| 5. | Prins Hendrik | 10.580 | 1. Sparta | 5.246 |
| 6. | Eindhoven atletiek | 10.570 | 2. Ciko'66 | 5.243 |
| 7. | Sprint | 10.500 | 3. AKU | 5.209 |
| 8. | Leiden Atletiek | 10.377 | 4. Almere '81 | 5.120 |
| 9. | Groningen Atletiek | 10.198 | 5. PEC 1910 | 4.956 |
| Jongens D-1° divisie | | 6. Generaal Michaelis | 4.950 | |
| 1. | PAC | 9.773 | 7. Spado | 4.904 |
| 2. | Leiden Atletiek | 8.890 | 8. Hellas | 4.856 |
| 3. | Ilion | 8.843 | 9. MPM | 4.846 |
| 4. | GAC-H | 8.554 | 10. Flevo Delta | 4.813 |
| 5. | BAV | 8.475 | 11. Energie | 4.753 |

| | | | |
|--|-------|--------------------|-------|
| 12. AV'23 | 4.128 | 6. AAV'36 | 4.227 |
| Meisjes D-2^e divisie | | 7. Typhoon | 4.212 |
| 1. AV Edam | 4.605 | 8. Fortuna | 4.148 |
| 2. Daventria | 4.335 | 9. Almere'81 | 4.117 |
| 3. DEM | 4.299 | 10. NEA Volharding | 4.079 |
| 4. Pijnenburg | 4.293 | 11. Flevo Delta | 4.062 |
| 5. De Spartaan | 4.266 | 12. Triathlon | 4.020 |

RUN Winschoten (100km) (tevens NK 100km)

Winschoten, 12 september

| | | | |
|-----------------------------------|---------|--|----------|
| Mannen | | 3. Erwin van Diemen, Energie | 8.31.23 |
| 1. Jaroslaw Janicki (POL) | 6.53.59 | Vrouwen | |
| 2. Chad Riclefs (USA) | 7.18.44 | 1. Anne Cécile Fontaine (FRA) | 8.20.31 |
| 3. Daniel Oralek (CZE) | 7.22.15 | 2. Jannet Lange (NED) | 9.44.38 |
| NK mannen | | 3. Henriëtte Klomp (NED) | 10.25.35 |
| 1. Martin Ketellapper, Lionitas | 7.32.35 | <i>geen NK vrouwen i.v.m. onvoldoende deelname</i> | |
| 2. Robert Boersma, NEA Volharding | 8.31.00 | | |

Finale B-competitie

Groningen 13 september

| | | | |
|------------------|-------|-----------------------|-------|
| Jongens | | Meisjes | |
| 1. Prins Hendrik | 8.278 | 1. SAV | 7.466 |
| 2. Lycurgus | 8.217 | 2. Groningen Atletiek | 7.187 |
| 3. PAC | 7.844 | 3. AV NOP | 6.977 |
| 4. Ciko '66 | 7.720 | 4. Unitas | 6.906 |
| 5. AAC 61 | 7.616 | 5. Daventria | 6.870 |
| 6. Gouda | 7.613 | 6. Energie | 6.760 |
| 7. TION | 7.367 | 7. De Spartaan | 6.535 |
| 8. PEC 1910 | 7.334 | 8. PEC 1910 | 6.533 |
| 9. Unitas | 7.249 | 9. Startbaan | 6.402 |
| 10. Sparta | 7.121 | 10. Nijmegen Atletiek | 6.269 |
| 11. GAC | 7.064 | 11. GAC | 6.262 |
| 12. Sprint | 6.724 | 12. Triathlon | 6.105 |

Finale Competitie Masters

Vught, 13 september

| | | | |
|-------------------------------------|-------|--------------------------------------|-------|
| Mannen 1^e divisie | | 9. Groningen Atletiek | 5.055 |
| 1. Prins Hendrik | 8.434 | 10. Fortuna | 5.048 |
| 2. Phoenix | 7.667 | 11. DK en AV Hercules | 4.348 |
| 3. Groene Ster | 6.997 | 12. Lycurgus | 4.19 |
| 4. AV 1923 | 6.921 | Vrouwen 1^e divisie | |
| 5. Startbaan | 6.847 | 1. Prins Hendrik | 5.074 |
| 6. Leiden Atletiek | 6.826 | 2. Phoenix | 4.024 |
| 7. De Spartaan | 6.737 | 3. PAC | 3.961 |
| 8. Hollandia | 6.437 | 4. Pallas '67 | 3.816 |
| 9. Haag Atletiek | 6.189 | 5. Attila | 3.791 |
| 10. Nijmegen Atletiek | 5.689 | 6. GAC Hilversum | 3.564 |
| 11. GAC Hilversum | 5.048 | 7. AV 1923 | 3.320 |
| Mannen 2^e divisie | | 8. Nijmegen Atletiek | 3.086 |
| 1. Eindhoven Atletiek | 6.068 | Vrouwen 2^e divisie | |
| 2. Prins Hendrik | 5.582 | 1. PEC 1910 | 3.673 |
| 3. Parthenon | 5.580 | 2. AV Edam | 2.966 |
| 4. AV Weert | 5.492 | 3. Atledo | 2.958 |
| 5. AC TION | 5.427 | 4. Hanzesport | 2.866 |
| 6. AV '34 | 5.317 | 5. ATV Scorpio | 2.556 |
| 7. DAK | 5.129 | 6. RK HAV | 2.025 |
| 8. PAC | 5.058 | | |

**Arena Games (SPAR Baancircuit)
Hilversum, 13 september**

Mannen

| | | |
|----------------------------|--|-------|
| 100 meter (-1.3m/s) | | |
| 1. Thomas Hunter, USA | | 10.44 |
| 2. Guus Hoogmoed, Phanos | | 10.44 |
| 3. Obed Martis, R'dam Atl. | | 10.70 |

400 meter

| | | |
|-------------------------------|--|-------|
| 1. Dennis Spillekom, Lycurgus | | 48.12 |
| 2. Thomas Hunter, USA | | 48.20 |
| 3. Niels van Dijk, Clytneus | | 48.80 |

800 meter

| | | |
|-------------------------------|--|---------|
| 1. James Shane, GBR | | 1:52.32 |
| 2. Daniel Gruber, GER | | 1:52.46 |
| 3. Jeffrey van der Park, Hera | | 1:53.01 |

110m horden (0.9m/s)

| | | |
|------------------------------|--|-------|
| 1. Gregory Sedoc, AAC | | 13.71 |
| 2. Mike van Kruchten, Phanos | | 14.33 |
| 3. Alex Al-Ameen, GBR | | 14.37 |

200m horden (-2.4m/s)

| | | |
|------------------------------------|--|-------|
| 1. Oscar Jansen, AAC | | 25.16 |
| 2. Bart van der Zanden, Eindh.Atl. | | 25.45 |
| 3. Paul Groen, GAC-H | | 25.50 |

B-serie (-0.2m/s)

| | | |
|----------------------------|--|-------|
| 1. Jonathan Pengel, Phanos | | 24.37 |
|----------------------------|--|-------|

Verspringen

| | | |
|---------------------------------|--|------------|
| 1. James Beckford, JAM | | 7.45 (0.0) |
| 2. Ignisious Gaisah, PAC | | 7.44 (3.2) |
| 3. Sander Schutjies, AV V'waard | | 7.17 (0.6) |

Polsstokhoogspringen

| | | |
|--------------------------|--|------|
| 1. Paul Husslage, Sprint | | 4.20 |
| 2. Bryan Hage, Ilion | | 3.80 |
| 3. Ewald Koekkoek, GAC-H | | 3.60 |

Discuswerpen

| | | |
|-------------------------|--|-------|
| 1. Benn Harradine, AUS | | 60.18 |
| 2. Jorge Balliengo, ARG | | 56.40 |
| 3. Ronald Gram, Sprint | | 43.72 |

Speerwerpen

| | | |
|----------------------------|--|-------|
| 1. Bjorn Blommerde, Sprint | | 71.66 |
| 2. Daan Meyer, AV'34 | | 69.14 |
| 3. Chris Hughff, GBR | | 68.91 |

Kogelslingeren

| | | |
|------------------------|--|-------|
| 1. Ronald Gram, Sprint | | 64.75 |
| 2. Vincent Onos, SAV | | 63.88 |
| 3. Sander Stok, AV'23 | | 53.89 |

Vrouwen

100 meter (0.2m/s)

| | | |
|---------------------------|--|-------|
| 1. Jamile Samuel, Phanos | | 12.10 |
| 2. Kadene Vassell, Phanos | | 12.23 |
| 3. Shimada Bajon, Atverni | | 12.64 |

400 meter

| | | |
|-------------------------------|--|-------|
| 1. Maris Mëgi, EST | | 53.58 |
| 2. Jade MacLaren, GBR | | 56.45 |
| 3. Machteld Mulder, Hollandia | | 56.64 |

800 meter

| | | |
|--------------------------------|--|---------|
| 1. Cherono Koech, KEN | | 2:07.21 |
| 2. Sanne Verstegen, R'dam Atl. | | 2:07.76 |
| 3. Marije Wever, Aalsmeer | | 2:21.29 |

100m horden(-0.3m/s)

| | | |
|-------------------------------|--|-------|
| 1. Rosina Hodde, Haag Atl. | | 14.11 |
| 2. Nancy van Petersen, Cialfo | | 15.22 |
| 3. Brenda Baar, AV'23 | | 15.22 |

200m horden (-1.6m/s)

| | | |
|-----------------------------|--|-------|
| 1. Ramona Thoen, Olympus'70 | | 29.21 |
| 2. Roxanne Martin, Attila | | 29.94 |

B-serie (1.1m/s)

| | | |
|--------------------------------|--|-------|
| 1. Sanne Verstegen, R'dam Atl. | | 28.63 |
|--------------------------------|--|-------|

Verspringen

| | | |
|--------------------------------|--|------------|
| 1. Lianne v.d.Lugt, Olympus'70 | | 5.75 (1.6) |
| 2. Wendy Visser, Phanos | | 5.45 (0.7) |
| 3. Ingrid Wijntjens, Haag Atl. | | 5.43 (0.9) |

Kogelstoten

| | | |
|---------------------------------|--|-------|
| 1. Melissa Boekelman, Pr.Hendr. | | 16.63 |
| 2. Denise Kemkers, Hera | | 16.48 |
| 3. Karin Ruckstuhl, AAC | | 13.25 |

Kogelslingeren

| | | |
|---------------------------------|--|-------|
| 1. Maaïke Schetters, Eindh.Atl. | | 54.31 |
| 2. Tamara van der Bij, AAC | | 53.04 |
| 3. Fredrique Neys, BEL | | 51.86 |

½ marathon Rotterdam

Rotterdam, 13 september

Mannen

| | | |
|-----------------------------|--|---------|
| 1. Sammy Kitware (KEN) | | 58.58 |
| 2. Jonathan Maiyo (KEN) | | 59.08 |
| 3. James Kwambai (KEN) | | 59.09 |
| 4. Bernard Kipyego (KEN) | | 59.10 |
| 5. Wilson Chebet (KEN) | | 59.15 |
| 6. John Kiprotich (KEN) | | 59.23 |
| 16. Koen Raymaekers, Hellas | | 1.05.22 |

Vrouwen

| | | |
|---|--|---------|
| 1. Merel de Knecht, Attila | | 1.14.31 |
| 2. Jolanda Verstraten, Scopias | | 1.17.50 |
| 3. Lindsay van Marrewijk, Haag Atletiek | | 1.18.54 |
| 4. Marlies Overbeeke, PAC | | 1.20.48 |
| 5. Nadezhda Wijenberg, Unitas | | 1.21.00 |
| 6. Esther Schipper, Hylas | | 1.23.17 |

Europa Cup clubteams junioren (poule B)

Tuzla (BIH), 19 september

Jongens

| | | |
|-------------------------------|--|-------|
| 1. KS Podlasie Bialystok, POL | | 114.0 |
| 2. ASD Atletica Bergamo, ITA | | 114.0 |
| 3. SG Stavbar Nitra, SVK | | 97.0 |
| 4. AD Mass Ljubljana, SLO | | 92.5 |
| 5. Sparta Copenhagen, DEN | | 78.0 |
| 6. Hellas, NED | | 71.0 |

| | | |
|-------------------------|--|------|
| 7. Lille Metropole, FRA | | 60.0 |
| 8. BTV Aarau, SUI | | 53.5 |

Individueel

| | | |
|----------------------------|--|-------|
| 100 meter (0.0m/s) | | |
| 5. Pascal van Balen | | 11.43 |
| 200 meter (-0.2m/s) | | |
| 8. Jasper Peek | | 25.35 |

| | | | |
|------------------------------|----------|-------------------------|--------------|
| 400 meter | | Verspringen | |
| 7. Jelle Verwiel | 53.46 | 3. Robin Coops | 6.62 (-0.3) |
| 800 meter | | Hinkstapspringen | |
| 7. Thomas van der Stamp | 2:05.03 | 2. Pascal van Balen | 14.06 (-1.2) |
| 1500 meter | | Kogelstoten | |
| 3. Lars Cazander | 4:13.57 | 6. Ercan Öz | 11.00 |
| 3000 meter | | Discuswerpen | |
| 5. Remi van Balen | 9:28.66 | 6. Erik Zonneveld | 37.25 |
| 110 m horden (1.4m/s) | | Kogelslingeren | |
| 3. Jarno Boutkam | 14.78 | 7. Floris Kwant | 19.20 |
| 400 m horden | | Speerwerpen | |
| 1. Jarno Boutkam | 54.96 | 6. Dirk Pronk | 41.63 |
| 3000 m steeple | | 4 x 100 meter | |
| 7. Tim Bolink | 11:21.79 | 4. Hellas | 43.78 |
| Hoogspringen | | 4 x 400 meter | |
| 5. Robin Coops | 1.92 | 7. Hellas | 3:36.97 |
| Polsstokhoogspringen | | | |
| 8. Erik Zonneveld | 3.00 | | |

**NK meerkamp junioren BCD
Enschede , 19/20 september**

Jongens B

| | |
|--|-------|
| 1. Mark Jacobs, GVAC | 6.165 |
| (11.35-7.11-12.74-3.90-14.78-31.89-1.92-49.46-4.51.47) | |
| 2. Pieter Braun, Sprint | 6.016 |
| (11.87-6.79-12.42-3.30-14.83-43.66-1.98-43.08-4.47.93) | |
| 3. Joris Hallegraeff, Attila | 5.579 |
| (11.65-6.11-12.92-3.00-15.38-39.54-1.86-39.19-4.43.14) | |
| 4. Olaf van der Geest, De Keien | 5.490 |
| (12.16-5.85-16.77-3.10-16.50-46.23-1.74-39.61-5.00.94) | |
| 5. Tom Roetman, GAC | 5.412 |
| (11.62-6.20-10.72-4.20-15.61-28.35-1.80-39.17-4.55.47) | |
| 6. Bart van der Pasch, Gen.Mich | 5.354 |
| (12.09-5.94-11.18-3.80-15.53-36.26-1.62-47.62-4.50.00) | |
| 7. Robin Bak, Nea-Volh | 5.339 |
| (12.50-5.59-13.25-3.10-17.16-40.15-1.83-52.01-4.41.15) | |
| 8. Jesper Arts, LG Deurne | 5.311 |
| (11.84-6.09-11.06-2.70-15.21-29.74-1.74-44.17-4.18.17) | |

Meisjes B

| | |
|---|-------|
| 1. Dafne Schippers, Hellas | 5.182 |
| (14.28-1.69-12.85-25.16-5.16-30.98-2.28.32) | |
| 2. Maureen Rots, PEC 1910 | 4.909 |
| (14.90-1.69-11.30-26.92-5.34-30.20-2.25.92) | |
| 3. Ellis Gielen, Unitas | 4.874 |
| (15.76-1.54-11.82-26.43-5.25-39.82-2.24.54) | |
| 4. Nora Ritzén, Gron.Atl. | 4.834 |
| (14.82-1.54-12.14-26.71-5.56-28.03-2.26.26) | |
| 5. Jacky van Splunteren, Zaanland | 4.822 |
| (15.84-1.57-13.63-27.44-4.99-37.58-2.24.45) | |
| 6. Louise Taatgen, Gron.Atl. | 4.525 |
| (16.19-1.42-14.41-28.29-5.15-35.30-2.30.02) | |
| 7. Winne Vos, Davenportia | 4.501 |
| (15.28-1.57-9.46-26.29-4.96-26.83-2.24.43) | |
| 8. Miranda de Regt, Spartaan | 4.500 |
| (14.77-1.42-10.19-26.06-5.47-21.20-2.24.91) | |

Jongens C

| | |
|---|-------|
| 1. Thomas Ticheloven, AAC '61 | 6.000 |
| (11.93-6.05-12.74-1.75-14.35-37.20-44.50-2.47.70) | |
| 2. Filip van den Hoven, Hera | 5.930 |
| (11.62-6.38-15.15-1.60-14.54-46.24-34.01-3.00.94) | |
| 3. Luuk de Vos, R'dam Atl | 5.848 |
| (12.70-5.46-12.89-1.60-14.58-49.47-49.07-2.47.67) | |
| 4. Lars Rumawatine, MPM | 5.705 |
| (11.96-5.60-11.41-1.65-14.65-39.77-41.41-2.51.41) | |
| 5. Menno Vloon, Lycurgus | 5.623 |
| (11.97-5.47-14.04-1.65-14.21-41.49-43.80-3.25.59) | |
| 6. Mark Schellekens, AtleDO | 5.569 |
| (12.53-5.38-12.96-1.65-14.82-39.11-45.23-3.01.78) | |
| 7. Bas van der Lubbe, GenMich | 5.560 |
| (12.22-5.56-12.83-1.65-15.05-38.61-39.65-3.00.07) | |
| 8. Lex Mens, PAC | 5.467 |
| (12.26-5.53-11.71-1.60-14.32-36.23-39.33-3.03.71) | |

Meisjes C

| | |
|---|-------|
| 1. Nadine Visser, SAV | 4.410 |
| (12.05-1.65-10.17-19.53-5.11-34.06-1.47.52) | |
| 2. Vera van den Haak, Sparta | 4.255 |
| (12.59-1.60-10.02-19.06-4.90-28.97-1.45.49) | |
| 3. Lentine Klaassen, Castricum | 4.053 |
| (12.97-1.60-10.18-20.39-5.02-27.53-1.48.71) | |
| 4. Dominique Gommers, Spado | 3.996 |
| (12.64-1.50-11.41-20.78-4.49-34.60-1.51.51) | |
| 5. Lieke van den Brink, Athlos | 3.988 |
| (13.00-1.45-9.65-19.81-5.09-30.53-1.50.85) | |
| 6. Mariska Bun, RKHAV | 3.985 |
| (12.41-1.45-11.08-19.92-4.82-26.35-1.51.44) | |
| 7. Renske van Os, Gen.Mich. | 3.919 |
| (12.35-1.40-10.64-19.80-4.50-26.29-1.48.17) | |
| 8. Sophie Klumper,Phanos | 3.913 |
| (12.97-1.50-9.68-20.26-4.82-27.75-1.49.60) | |

Jongens D

| | |
|---|-------|
| 1. Lucas Leemhuis, Hera | 4.648 |
| (10.47-5.30-43.40-12.12-1.45-13.28-3.07.88) | |
| 2. Emiel Rigter, BAV | 4.558 |
| (10.47-4.85-38.59-11.89-1.50-13.67-3.10.81) | |
| 3. Sybren Blok, PAC | 4.508 |
| (10.24-5.12-42.76-12.05-1.45-11.78-3.19.06) | |
| 4. Kay Geluk, R'dam Atl. | 4.433 |
| (10.79-4.80-46.12-12.92-1.50-12.45-3.08.88) | |
| 5. Thomas Potma, Energie | 4.333 |
| (10.25-5.20-27.81-12.84-1.45-10.96-2.59.25) | |
| 6. Hugo Maathuis, Atl.Maastr. | 4.320 |
| (9.89-4.74-34.54-13.64-1.45-11.38-3.02.80) | |
| 7. Robert van der Meer, Fortuna | 4.317 |
| (10.30-5.35-30.22-13.51-1.55-11.90-3.15.32) | |
| 8. Loek van Zevenbergen, Fortuna | 4.249 |
| (10.69-4.77-40.91-13.40-1.55-10.07-3.10.22) | |

Meisjes D

| | |
|---------------------------------------|-------|
| 1. Chante Samuel, Phanos | 3.464 |
| (9.76-1.65-23.99-4.83-10.69-1.50.55) | |
| 2. Inge Drost, Ilion | 3.389 |
| (9.89-1.45-24.04-4.82-9.94-1.40.83) | |
| 3. Kaylee van Beelen, Spartaan | 3.210 |
| (9.79-1.40-22.17-4.38-11.14-1.46.40) | |
| 4. Judith Rasch, Pijnenburg | 3.175 |
| (10.68-1.40-28.56-4.53-9.68-1.45.53) | |
| 5. Lisa Keuken, Horror | 3.173 |
| (10.37-1.55-19.62-4.60-11.17-1.52.28) | |
| 6. Romy Smith, Leiden Atl. | 3.143 |
| (10.11-1.50-19.34-4.72-10.59-1.53.60) | |
| 7. Michelle Oud, SAV | 3.066 |
| (10.84-1.45-25.29-4.39-9.81-1.49.32) | |
| 8. Luka Jansen, AV 1923 | 3.059 |
| (10.55-1.40-25.09-4.45-11.00-1.54.46) | |
| 8. Renske van de Wijdeven, AVV | 3.059 |
| (10.34-1.45-24.23-4.42-9.21-1.51.50) | |

**Promotie/degradatie NK clubs/1e divisie
Nijmegen, 20 september**

Mannen

| | |
|------------|----|
| 1. Ilion | 87 |
| 2. AC TION | 80 |
| 3. Sprint | 76 |
| 4. AAC | 73 |
| 5. AV '34 | 66 |
| 6. Phanos | 34 |

Vrouwen

| | |
|----------------------|----|
| 1. Phanos | 76 |
| 2. Haag Atletiek | 72 |
| 3. Nijmegen Atletiek | 71 |
| 4. Sprint | 62 |
| 5. De Spartaan | 60 |
| 6. Olympus '70 | 55 |

**Promotie/degr 1e/2e divisie
Ede, 20 september**

Mannen

| | |
|-----------------------|-----|
| 1. PEC 1910 | 122 |
| 2. Attila | 117 |
| 3. Rotterdam Atletiek | 112 |
| 4. Climax | 110 |
| 5. Athlos | 108 |
| 6. Altis | 103 |
| 7. Ciko '66 | 95 |
| 8. PAC | 92 |
| 8. Trias | 92 |
| 10. Phoenix | 85 |
| 11. AV '23 | 80 |
| 12. Startbaan | 67 |

Vrouwen

| | |
|-----------------------|-----|
| 1. AV '34 | 146 |
| 2. PEC 1910 | 138 |
| 3. SAV | 134 |
| 4. AC Tion | 121 |
| 5. Lycurgus | 117 |
| 6. Eindhoven Atletiek | 116 |
| 7. Altis | 102 |
| 8. DEM | 94 |
| 9. AV '23 | 92 |
| 10. PAC | 85 |
| 11. AAC '61 | 65 |
| 12. Hellas | 56 |

**Promotie/degradatie 2e/3e divisie
Nieuwegein, 20 september**

Mannen

| | |
|---------------|-------|
| 1. Heerenveen | 9.128 |
| 2. Edam | 8.934 |
| 3. Atverni | 8.667 |
| 4. Isala '96 | 8.603 |
| 5. Spirit | 8.324 |
| 6. Spark | 8.056 |
| 7. Atledo | 7.838 |
| 8. Energie | 7.731 |
| 9. U Track | 7.720 |
| 10. AV Weert | 7.603 |
| 11. Fortuna | 7.132 |
| 12. AVV | 6.162 |

Vrouwen

| | |
|------------------|-------|
| 1. Hollandia | 7.649 |
| 2. Olympus'70 | 7.507 |
| 3. Spado | 7.374 |
| 4. Energie | 7.314 |
| 5. Haag Atletiek | 7.301 |
| 6. De Keien | 7.270 |
| 7. Scopias | 7.227 |
| 8. GSAV Vitalis | 7.196 |
| 9. Jahn II | 6.952 |
| 10. AV'40 | 6.901 |
| 11. De Sperwers | 6.630 |
| 12. AAC | 5.675 |

**25^e Dam tot Damloop (10EM)
Amsterdam-Zaandam, 20 september**

Mannen

| | |
|----------------------------------|-------|
| 1. Moses Masai (KEN) | 45.16 |
| 2. Charles Kamathi (KEN) | 45.16 |
| 3. Getu Feleke (ETH) | 45.29 |
| 4. Micah Kogo (KEN) | 45.41 |
| 5. Teklemariam Medhin (ERI) | 47.11 |
| 6. Francis Kibiwott (KEN) | 47.15 |
| 14. Hugo van de Broek, Castricum | 48.21 |

Vrouwen

| | |
|---------------------------|-------|
| 1. Linet Masai (KEN) | 50.39 |
| 2. Hilda Kibet, Castricum | 51.21 |
| 3. Peninah Arusei (KEN) | 51.26 |
| 4. Belaynesh Fikadu (ETH) | 51.40 |
| 5. Grace Momanyi (KEN) | 51.51 |
| 6. Bizunesh Urgessa (ETH) | 52.59 |

NK Estafette

Amstelveen, 26/27 september

Mannen

4x100 meter

| | |
|-------------|-------|
| 1. Sparta | 42.54 |
| 2. Lycurgus | 42.76 |
| 3. AAC | 43.56 |

4x400 meter

| | |
|--------------|---------|
| 1. AV H'meer | 3:17.42 |
| 2. AAC | 3:26.51 |
| 3. Startbaan | 3:27.35 |

4x800 meter

| | |
|--------------------|---------|
| 1. Leiden Atletiek | 7:42.93 |
| 2. Sprint | 7:44.44 |
| 3. Hera | 7:49.85 |

4x1500 meter

| | |
|-----------------------------|----------|
| 1. Sprint | 16:04.23 |
| 2. Seven Hills Running Team | 16:11.40 |
| 3. Leiden Atletiek | 16:30.17 |

Vrouwen

4x100 meter

| | |
|------------|-------|
| 1. Phanos | 47.27 |
| 2. Atverni | 48.14 |
| 3. Sparta | 50.48 |

4x400 meter

| | |
|-------------------|---------|
| 1. Attila | 3:51.96 |
| 2. Olympus'70 | 4:00.13 |
| 3. R'dam Atletiek | 4:02.91 |

4x800 meter

| | |
|---------------------|---------|
| 1. Attila | 9:25.62 |
| 2. R'dam Atletiek | 9:51.44 |
| 3. De Spartaan (MA) | 9:58.57 |

Mannen Masters

4x100 meter

| | |
|--------------|-------|
| 1. Sprint | 46.13 |
| 2. Startbaan | 47.29 |
| 3. VAV | 48.32 |

4x200 meter

| | |
|--------------------|---------|
| 1. Startbaan | 1:39.08 |
| 2. Leiden Atletiek | 1:43.75 |
| 3. AV'23 | 1:44.96 |

4x400 meter

| | |
|--------------|---------|
| 1. Startbaan | 3:50.45 |
| 2. VAV | 3:50.96 |

Vrouwen Masters

4x100 meter

| | |
|--------------|-------|
| 1. GAC-H | 55.20 |
| 2. Startbaan | 56.42 |
| 3. Edam | 57.18 |

Jongens A

4x100 meter

| | |
|--------------------|-------|
| 1. Atl. Maastricht | 42.60 |
| 2. Phanos | 43.05 |
| 3. Prins Hendrik | 43.62 |

4x400 meter

| | |
|------------|---------|
| 1. Scopias | 3:23.19 |
| 2. Ciko'66 | 3:27.00 |
| 3. AAC | 3:30.61 |

Meisjes A

4x100 meter

| | |
|-------------------|-------|
| 1. Phanos | 47.51 |
| 2. R'dam Atletiek | 49.08 |
| 3. AAC | 50.23 |

4x400 meter

| | |
|-------------|---------|
| 1. Phanos | 3:58.34 |
| 2. Zaanland | 4:03.62 |
| 3. Edam | 4:21.97 |

Jongens B

4x100 meter

| | |
|----------------------|-------|
| 1. PAC | 43.67 |
| 2. Ciko'66 | 44.83 |
| 3. Nijmegen Atletiek | 46.33 |

4x400 meter

| | |
|---------------|---------|
| 1. Startbaan | 3:37.25 |
| 2. Triathlon | 3:37.87 |
| 3. Pijnenburg | 3:40.23 |

Meisjes B

4x100 meter

| | |
|----------|-------|
| 1. SAV | 48.52 |
| 2. AKU | 49.03 |
| 3. AV'34 | 50.33 |

4x400 meter

| | |
|----------------------|---------|
| 1. AKU | 4:07.35 |
| 2. AV'23 | 4:19.65 |
| 3. AV Haarlemmermeer | 4:19.90 |

**Fortis Singelloop Utrecht (10km)
Utrecht, 27 september**

Mannen

| | | |
|-----|--------------------------------------|-------|
| 1. | Leonard Komon (KEN) | 27.10 |
| 2. | Vincent Yator (KEN) | 27.34 |
| 3. | Boniface Kirui (KEN) | 27.41 |
| 4. | Shume Gerbaba (KEN) | 27.53 |
| 5. | Ezekiel Chebii (KEN) | 28.04 |
| 6. | Eliud Kipchoge (KEN) | 28.11 |
| 12. | Mohamed Ali Mohamed (SOM), Ehv A. | 30.31 |
| 14. | Jesper van der Wielen, Nijmegen Atl. | 30.37 |

Vrouwen

| | | |
|----|-----------------------------|-------|
| 1. | Nadia Ejjafini (MAR) | 32.37 |
| 2. | Rasa Drazdauskaitė (LIT) | 33.01 |
| 3. | Emily Chemutai (KEN) | 34.03 |
| 4. | Merel de Knecht, Attila | 34.33 |
| 5. | Alena Berasniova (BLR) | 34.43 |
| 6. | Sentaywhu Gebremedhin (ETH) | 35.00 |

**NK 50km snelwandelen mannen / 10km snelwandelen vrouwen
Tilburg, 4 oktober**

Mannen

| | | |
|----|--------------------------------|---------|
| 1. | Marcelino Sobczak, Unitas | 4.38.18 |
| 2. | Pedro Huntjens, Unitas | 5.07.52 |
| 3. | Frank van der Gulik, sv De Lat | 5.09.42 |

Vrouwen

| | | |
|----|------------------------------|---------|
| 1. | Liesbeth avn Leeuwen, av NOP | 59.36 |
| 2. | Marleen Radder, RWV | 1.04.24 |
| 3. | Sandra Maas, RWV | 1.07.22 |

**AMGEN Singelloop Breda (1/2 marathon)
Breda, 4 oktober**

Mannen

| | | |
|----|---------------------------------|---------|
| 1. | Joseph Kiptoo (KEN) | 1.01.04 |
| 2. | Julius Aryle (KEN) | 1.01.07 |
| 3. | Abraham Rotich (KEN) | 1.01.59 |
| 4. | Emmanuel Biwott (KEN) | 1.02.19 |
| 5. | Stanley Rono (KEN) | 1.02.44 |
| 6. | Stephen Tum (KEN) | 1.03.07 |
| 8. | Jamal Baligha (MAR), Improve RR | 1.03.57 |
| 9. | Greg van Hest, TRR | 1.04.48 |

Vrouwen

| | | |
|----|-----------------------------|---------|
| 1. | Joan Aiyabei (KEN) | 1.13.42 |
| 2. | Emily Chemutai (KEN) | 1.14.06 |
| 3. | Loise Kangogo (KEN) | 1.14.43 |
| 4. | Petra Kaminkova (CZE) | 1.18.35 |
| 5. | Jolanda Verstraten, Scopias | 1.18.50 |
| 6. | Stephanie de Croock (BEL) | 1.19.29 |

**Marathon Eindhoven
Eindhoven, 11 oktober**

Mannen

| | | |
|-----|--------------------------------|---------|
| 1. | Geoffrey Mutai (KEN) | 2.07.01 |
| 2. | Philip Kimutai Sanga (KEN) | 2.08.07 |
| 3. | Joseph Ngeny Kiprotich (KEN) | 2.08.10 |
| 4. | Samson Barma (KEN) | 2.09.20 |
| 5. | Jonathan Kosgei Kipkorir (KEN) | 2.09.22 |
| 6. | David Tarus Kiptui (KEN) | 2.09.24 |
| 28. | Colin Bekers, Sprint | 2.26.13 |

Vrouwen

| | | |
|----|---------------------------------|---------|
| 1. | Beata Naigambo (NAM) | 2.31.01 |
| 2. | Lydia Kurgat (KEN) | 2.31.26 |
| 3. | Virginie Vandroogenbroeck (BEL) | 2.43.48 |
| 4. | Inge van Bergen, Unitas | 2.44.07 |
| 5. | Ingrid Prigge, LAAC | 2.44.19 |
| 6. | Mounia Aboulahcen (BEL) | 2.44.40 |

**4 mijl van Groningen
Groningen-Haren, 11 oktober**

Mannen

| | | |
|----|-------------------------|-------|
| 1. | Moses Masai (KEN) | 17.28 |
| 2. | Abera Kuma (ETH) | 17.30 |
| 3. | Gebre Gebremariam (ETH) | 17.34 |
| 4. | Brimin Kipruto (KEN) | 17.39 |
| 5. | Mike Kipyego (KEN) | 17.51 |
| 6. | Kitum Silas (KEN) | 17.59 |
| 8. | Tom Wiggers, Castricum | 18.43 |

Vrouwen

| | | |
|----|-------------------------|-------|
| 1. | Sylvia Kibet (KEN) | 19.48 |
| 2. | Meselch Melkamu (ETH) | 19.51 |
| 3. | Benita Willis (AUS) | 20.38 |
| 4. | Genet Yalew (ETH) | 20.45 |
| 5. | Veerle Dejaeghere (BEL) | 21.19 |
| 6. | Merel de Knecht, Attila | 21.49 |

**WK halve marathon
Birmingham (GBR), 11 oktober**

Mannen

| | | |
|----|--------------------------------|---------|
| 1. | Zersenay Tadese (ERI) | 59.35 |
| 2. | Benard Kiprop Kipyego (KEN) | 59.59 |
| 3. | Dathan Ritzenhein (USA) | 1.00.00 |
| 4. | Wilson Kipsang Kiprotich (KEN) | 1.00.08 |

| | | |
|----|-----------------------------|---------|
| 5. | Samuel Tsegay (ERI) | 1.00.17 |
| 6. | Wilson Kwambai Chebet (KEN) | 1.00.59 |

Vrouwen

| | | |
|----|------------------------------|---------|
| 1. | Mary Jepkosgei Keitany (KEN) | 1.06.36 |
| 2. | Philes Moora Ongori (KEN) | 1.07.38 |

| | | | |
|-----------------------------------|---------|------------------------|---------|
| 3. Aberu Kebede (ETH) | 1.07.39 | 5. Mestawet Tufa (ETH) | 1.09.11 |
| 4. Caroline Cheptanui Kilel (KEN) | 1.08.16 | 6. Tirfi Tsegaye (ETH) | 1.09.24 |

**Amsterdam Marathon (tevens NK marathon)
Amsterdam, 18 oktober**

| | | | |
|--|---------|--------------------------------------|---------|
| Mannen | | 2. Gerrit Nillessen, Cifla | 3.24.54 |
| 1. Gilbert Yegon (KEN) | 2.06.18 | 3. Jan Buddingh, GAC Hilversum | 3.29.45 |
| 2. Elijah Keitany (KEN) | 2.06.41 | NK M70 | |
| 3. Paul Biwott (KEN) | 2.07.02 | 1. Karel Leeuwangh, Fortuna | 3.32.00 |
| 4. Teferi Wodajo (ETH) | 2.07.45 | 2. Willem Landman, Spirit Lelystad | 3.40.02 |
| 5. Nicholas Chelimo (KEN) | 2.07.46 | 3. Gillis Bosman, ThOR | 3.49.15 |
| 6. Daniel Yego (KEN) | 2.08.20 | Vrouwen | |
| NK mannen senioren | | 1. Eyerusalem Kuma (ETHO) | 2.27.43 |
| 1. Koen Raymaekers, Hellas | 2.12.59 | 2. Woinshet Girma (ETH) | 2.29.50 |
| 2. Hugo van den Broek, Castricum | 2.13.25 | 3. Hilda Kibet, Castricum | 2.30.33 |
| 3. Patrick Stitzinger, Pegasus | 2.15.01 | 4. Etalemahu Kidane (ETH) | 2.31.11 |
| 4. Robert Ton, Phanos | 2.17.29 | 5. Teresa Pulido (ESP) | 2.32.53 |
| 5. Rens Dekkers, Hera | 2.18.04 | 6. Meseret Legesse (ETH) | 2.33.18 |
| 6. Neals Strik, Loopgroep Aart Stigter | 2.18.10 | NK vrouwen senioren | |
| NK M35 | | 1. Hilda Kibet, Castricum | 2.30.33 |
| 1. Joop Pauw, Hellas | 2.34.37 | 2. Miriam van Reijen, Phanos | 2.44.02 |
| 2. Jay Sauer, Cifla | 2.35.01 | 3. Stijntje Reulen, Loopgroep AS | 2.48.44 |
| 3. Peter Bruinsma, Athletics Nijverdal | 2.36.15 | 4. Esther Schipper, Castricum | 2.50.50 |
| NK M40 | | 5. Marlies Overbeeke, PAC | 2.53.57 |
| 1. Rémon van Lunzen, Lionitas | 2.25.14 | 6. Marisa Hopmans, Spado | 2.55.46 |
| 2. Oskar de Kuijer, Leiden Atletiek | 2.26.32 | NK V35 | |
| 3. Patrick Kwist, Rotterdam Atletiek | 2.27.01 | 1. Fa Adda, AV'23 | 2.54.40 |
| NK M45 | | 2. Marianne Goijert, Haag Atletiek | 3.10.57 |
| 1. Wilko de Vos, AV'56 | 2.48.11 | 3. Ilonka Betjes-Langeberg, Lycurgus | 3.17.00 |
| 2. Peter Nijssen, Hellas | 2.48.44 | NK V40 | |
| 3. Jan-Dirk van Zanten, Phanos | 2.48.46 | 1. Nathalie Backer, Achil'87 | 3.14.35 |
| NK M50 | | 2. Petra Rasenberg, Scheldesport | 3.18.18 |
| 1. Theo Stelling, AV'23 | 2.37.55 | 3. Hermie Drenth, PEC 1910 | 3.26.43 |
| 2. Dirk Ekkelboom, ATOS | 2.40.35 | NK V45 | |
| 3. Ger Kragten, ATOS | 2.45.10 | 1. Anita Joziassie, AV'56 | 3.07.09 |
| NK M55 | | 2. Corina Voorn, De Koplopers | 3.10.03 |
| 1. Jo Schoonbroodt, Maasrunners | 2.46.15 | 3. Mariëtte ten Bokkel, Atletico'73 | 3.11.43 |
| 2. Chris Wouters, THOR | 2.49.44 | NK V50 | |
| 3. Cees Stolwijk, Altis | 2.50.19 | 1. Ilona Duits, Groningen Atletiek | 3.11.08 |
| NK M60 | | 2. Ineke Stofmeel, THOR | 3.20.04 |
| 1. Harry Kemperman, THOR | 3.08.45 | 3. Annet Hartnack, Lycurgus | 3.20.19 |
| 2. Cor Zegers, Oss'78 | 3.17.26 | NK V55 | |
| 3. Jaap Vallentgoed, Altis | 3.18.12 | 1. Ina Swinkels, Loopgroep Hoorn | 3.16.30 |
| NK M65 | | 2. Sylvia Dingemans, Haag Atletiek | 3.22.25 |
| 1. Michiel Koorn, avVN | 3.20.49 | 3. Ria Stam, Castricum | 3.26.36 |

**Zevenheuvelenloop (15km)
Nijmegen, 15 november**

| | | | |
|------------------------------------|-------|---------------------------------|----------|
| Mannen | | Vrouwen | |
| 1. Sileshi Sihine (ETH) | 42.14 | 1. Tirunhes Dibaba (ETH) | 46.28 WR |
| 2. Nicholas Kiprono (KEN) | 42.14 | 2. Bizunesh Bekele (ETH) | 47.48 |
| 3. Abraham Rotich (KEN) | 43.04 | 3. Tetyana Holovchenko(UKR) | 50.33 |
| 4. Ayele Abshiro (ETH) | 43.10 | 4. Ilse Pol, Running 2000 | 51.14 |
| 5. Stephen Kiprotich (UGA) | 44.07 | 5. Merel de Knegt, Attila | 51.54 |
| 6. Sibusiso Nzima (RSA) | 44.15 | 6. Agnes Jeruto Kiprotich (KEN) | 52.09 |
| 7. Jamal Baligha (MAR), Improve RR | 45.26 | | |
| 11. Patrick Stitzinger, Pegasus | 45.51 | | |

**Internationale Loket.nl Warandeloop
Tilburg, 22 november**

| | | | |
|---|-------|-------------------------------------|-------|
| Mannen 10km | | M65Sjef Schellekens, Atledo | 33.07 |
| 1. Iaroslav Musinschi (MDA) | 30.52 | Vrouwen 8.1km | |
| 2. Michel Butter, DEM | 31.01 | 1. Ana Dulce Felix (POR) | 27.34 |
| 3. Gert-Jan Wassink, Argo | 31.09 | 2. Adrienne Herzog, AV'34 | 27.53 |
| 4. Vitalie Gheorgita (MDA) | 31.11 | 3. Almench Belete (BEL) | 27.59 |
| 5. Vitaliy Rybak (UKR) | 31.13 | 4. Nadia Ejjaferi (ITA) | 28.04 |
| 6. Krijn van Koolwijk (BEL) | 31.19 | 5. Veerle Dejaeghere (BEL) | 28.24 |
| | | 6. Simret Restle (GER) | 28.56 |
| Mannen korte cross 2km | | Vrouwen korte cross 2km | |
| 1. Guus Janssen, Nijmegen Atletiek | 5.20 | 1. Machteld Mulder, Hollandia | 6.13 |
| 2. Kim Ruell (BEL) | 5.21 | 2. Anne van den Hurk, Prins Hendrik | 6.13 |
| 3. Geoffrey Marrison (BEL) | 5.28 | 3. Lindsey Degrande (BEL) | 6.15 |
| Mannen <23 jaar 10km | | Vrouwen <23 jaar 8.1km | |
| 1. Abdi Nageeye, AV'34 | 31.32 | 1. Marieke Falkmann, Groningen Atl. | 30.57 |
| 2. Tom Wiggers, Castricum | 31.53 | 2. Manon Kruiver, NOVA | 31.51 |
| 3. Rico Swartz (GER) | 32.22 | 3. Lisanne Groen, Phanos | 32.15 |
| Jongens junioren A 6.2km | | Meisjes junioren A 4.3km | |
| 1. Jesper van der Wielen, Nijmegen Atl. | 19.40 | 1. Zenobie van Gansebeke (BEL) | 15.38 |
| 2. Erwin Leysen (BEL) | 20.00 | 2. Jana van Wabeke (BEL) | 15.43 |
| 3. Wesley Pauel, Castricum | 20.23 | 3. Sofie Gallein (BEL) | 15.53 |
| | | 5. Marjon van de Wansem, LADB | 16.01 |
| Jongens junioren B 4.3km | | Meisjes junioren B 3.7km | |
| 1. Valère Hustin (BEL) | 14.14 | 1. Camilla de Bleeckere (BEL) | 13.52 |
| 2. Lahsene Bouchiki (BEL) | 14.18 | 2. Marlies Huigen, Hanzesport | 13.54 |
| 3. Natan Reuter (BEL) | 14.20 | 3. Imana Truyers (BEL) | 13.57 |
| 6. Tom Koetsenruijter, THOR | 14.43 | | |
| Mannen masters 7.5km | | Vrouwen masters 5.6km | |
| M35Ricky Meylaers (BEL) | 26.28 | V35 Ester Eikendal, Avantri | 23.33 |
| 2. Rob Bravenboer, Prins Hendrik | 27.25 | V40 Marlien van Beek, LADB | 22.32 |
| M40Armand van der Smissen, TRR | 26.00 | V45 Maria Vrancken (BEL) | 23.10 |
| M45Aissa Marguoum, Parthenon | 26.55 | 2. Marijke von Bergh, Attila | 24.12 |
| M50Ronny Agten (BEL) | 26.01 | V50 Ingrid Coster, AV'23 | 24.41 |
| 2. Corné Haast, Spado | 28.21 | V55 Tilly van de Laar, Weert | 25.26 |
| M55Ad Buijs, Phoenix | 29.30 | | |
| M60Cor Zegers, Oss'78 | 30.14 | | |

**Wincanton Montferland Run (15km)
's Heerenberg, 6 december**

| | | | |
|---------------------------------|-------|-----------------------------|-------|
| Mannen | | Vrouwen | |
| 1. Nicholas Manza Kamakya (KEN) | 42.38 | 1. Caroline Cheptonui (KEN) | 49.57 |
| 2. Wilfred Murgor (KEN) | 42.47 | 2. Constatina Dita (ROM) | 51.36 |
| 3. Ayele Abshiro (ETH) | 42.50 | 3. Ilse Pol, Running 2000 | 51.46 |
| 4. Jacob Cheshari (KEN) | 43.13 | 4. Fridah Domongole (KEN) | 52.37 |
| 5. Linus Chumba (KEN) | 43.53 | 5. Merel de Knecht, Attila | 53.14 |
| 6. Getu Feleke (ETH) | 43.53 | 6. Naomy Jepkosgei (KEN) | 53.22 |
| 7. Koen Raymaekers, Hellas | 47.09 | | |

**SPAR EK veldloop
Dublin (IRL), 13 december**

| | | | |
|----------------------------|-------|---------------------------------|-------|
| Mannen (9.997m) | | Vrouwen (8.018m) | |
| 1. Alemayehu Bezabeh (ESP) | 30.45 | 1. Hayley Yelling (GBR) | 27.49 |
| 2. Mo Farah (GBR) | 31.02 | 2. Rosa María Morató (ESP) | 27.56 |
| 3. Sergiy Lebid (UKR) | 31.17 | 3. Adrienne Herzog (NED) | 28.04 |
| 4. Sergio Sánchez (ESP) | 31.26 | 4. Jessica Augusto (POR) | 28.11 |
| 5. Ayad Lamdassem (ESP) | 31.30 | 5. Inês Monteiro (POR) | 28.14 |
| 6. José Rocha (POR) | 31.34 | 6. Dulce Félix (POR) | 28.19 |
| 25. Michel Butter (NED) | 32.23 | | |
| 53. Gert Jan Wassink (NED) | 33.37 | Mannen onder 23 (8.018m) | |
| | | 1. Noureddine Smaïl (FRA) | 25.11 |

| | | | |
|----------------------------------|-------|----------------------------------|-------|
| 2. Hassan Chahdi (FRA) | 25.17 | Jongens junioren (6.039m) | |
| 3. Atelaw Yeshetela Bekele (BEL) | 25.21 | 1. Jeroen D'Hoedt (BEL) | 18.46 |
| 4. Florian Carvalho (FRA) | 25.30 | 2. Nick Goolab (GBR) | 18.47 |
| 5. Mitch Goose (GBR) | 25.33 | 3. James Wilkinson (GBR) | 18.47 |
| 6. Christoph Ryffel (SUI) | 25.38 | 4. Sondre Nordstad Moen (NOR) | 18.49 |
| 7. Abdi Nageeye (NED) | 25.40 | 5. Richard Goodman (GBR) | 18.56 |
| 19. Tom Wiggers (NED) | 25.59 | 6. Rui Pinto (POR) | 18.57 |
| 49. Thomas Poesiat (NED) | 26.46 | 21. Jesper van der Wielen (NED) | 19.17 |
| 59. Michel Basemans (NED) | 27.17 | | |
| 65. Jesse van Burg (NED) | 27.38 | | |

Vrouwen onder 23 (6.039m)

| | |
|-----------------------------|-------|
| 1. Sultan Haydar (TUR) | 21.14 |
| 2. Irina Privalova (RUS) | 21.15 |
| 3. Jessica Sparke (GBR) | 21.26 |
| 4. Charlotte Browning (GBR) | 21.30 |
| 5. Hollie Rowland (GBR) | 21.31 |
| 6. Tatyana Shutova (RUS) | 21.32 |

Meisjes junioren (4.039m)

| | |
|-------------------------------------|-------|
| 1. Karoline Bjerkelli Grøvdal (NOR) | 14.10 |
| 2. Gulshat Fazlitdinova (RUS) | 14.12 |
| 3. Kate Avery (GBR) | 14.27 |
| 4. Corinna Harrer (GER) | 14.33 |
| 5. Federica Bevilacqua (ITA) | 14.33 |
| 6. Lauren Howarth (GBR) | 14.35 |

Sylvestercross

Soest, 31 december

Mannen senioren (10.400m)

| | |
|---|-------|
| 1. Jesper van der Wielen, Nijmegen Atl. | 36.24 |
| 2. Khalid Choukoud, Haag Atletiek | 36.31 |
| 3. Jamal Baligha, Improve RR | 36.35 |
| 4. Gert-Jan Wassink, Argo | 36.58 |
| 5. Colin Bekers, TRR | 37.08 |
| 6. Mohamed Ali Mohamed, Eindhoven Atl. | 37.24 |

Vrouwen senioren (6.000m)

| | |
|--|-------|
| 1. Adrienne Herzog, AV'34 | 22.34 |
| 2. Miranda Boonstra, Nijmegen Atletiek | 23.10 |
| 3. Ilse Pol, Running 2000 | 23.32 |
| 4. Ruth van der Meijden, Asterix | 23.47 |
| 5. Inge de Jong, TDR | 23.50 |
| 6. Andrea Deelstra, Heerenveen | 23.50 |

Mannen korte cross (3.200m)

| | |
|------------------------------|-------|
| 1. Arnoud Okken, Atletico'73 | 11.27 |
| 2. Dieter Vanstreels (BEL) | 11.42 |
| 3. Niels Verwer, TDR | 11.46 |

Vrouwen korte cross (3.200m)

| | |
|----------------------------|-------|
| 1. Lotte Jacobs, HAC | 13.10 |
| 2. Helen Hofstede, Atverni | 13.25 |
| 3. Annett Horna (GER) | 13.33 |

Jongens junioren A (6.000m)

| | |
|------------------------------------|-------|
| 1. Jurjen Polderman, Clytoneus | 21.35 |
| 2. Hans Dilling, Seven Hills RT | 21.48 |
| 3. Timothy Vergauwen, LT Velocitas | 21.59 |

Meisjes junioren A (4.000m)

| | |
|-----------------------------|-------|
| 1. Celine de Wild, THOR | 16.30 |
| 2. Jill Holterman, Zaanland | 16.37 |
| 3. Maureen Koster, AV'47 | 16.45 |

Jongens junioren B (4.000m)

| | |
|----------------------------------|-------|
| 1. Brian Kamstra, AAC'61 | 14.48 |
| 2. Jesse van de Ven, Spado | 14.55 |
| 3. Nick Hoogedoorn, Running 2000 | 14.57 |

Meisjes junioren B (2.000m)

| | |
|--------------------------------|------|
| 1. Julia van Velthoven, Attila | 8.05 |
| 2. Laura Wientjens, THOR | 8.10 |
| 3. Anne Luijten, AV'40 | 8.13 |

Mannen masters (8.000m)

| | |
|--|-------|
| M35 Rachid Mohammadi, ATOS | 30.15 |
| M45 Tim Brouwer de Koning, Leiden Atl. | 31.53 |
| M55 Ad Buijs, Phoenix | 33.10 |
| M65 Willem Landman, Spirit Lelystad | 43.12 |

Vrouwen masters

| | |
|-------------------------------|-------|
| V35 Agnes Schipper, Hellas | 26.15 |
| V45 Carla Ophorst, Olympus'70 | 27.59 |
| V55 Els Raap, Kombijsport | 31.02 |

Nederlandse Records

Mannen (senioren)

| | | | | | |
|--|-----------|--------------------|-----------------|---|----------|
| 100 m | 10.15 | Guus Hoogmoed | Phanos | Vaasa (FIN) | 23-06-07 |
| 200 m | 20.19 | Troy Douglas | AAC | Rieti (ITA) | 02-09-01 |
| 400 m | 45.68 | Arjen Visserman | AAC | Hengelo | 27-06-86 |
| 800 m | 1.43.45 | Bram Som | Atletico '73 | Zürich (SUI) | 18-08-06 |
| 1.000 m | 2.15.05 | Marko Koers | a.v. Nijmegen | Nice (FRA) | 16-07-97 |
| 1.500 m | 3.32.89 | Gert-Jan Liefers | Atletico '73 | Brussel (BEL) | 24-08-01 |
| 1 mijl (1609 m) | 3.51.39 | Gert-Jan Liefers | AV '34 | Hengelo | 01-06-03 |
| 2.000 m | 4.56.56 | Gert-Jan Liefers | Atletico '73 | Berlijn (GER) | 31-08-01 |
| 3.000 m | 7.37.48 | Gert-Jan Liefers | AV '34 | Hengelo | 29-05-05 |
| 5.000 m | 13.13.06 | Kamiel Maase | Leiden Atletiek | Berlijn (GER) | 06-09-02 |
| 10.000 m | 27.26.29 | Kamiel Maase | Leiden Atletiek | Brussel (BEL) | 30-08-02 |
| 20.000 m | 57.24.2 | Jos Hermens | K.N.A.U. | Arnhem | 01-05-76 |
| 25.000 m | 1.18.53.1 | Cor Vriend | PSV | Veldhoven | 22-08-81 |
| 30.000 m | 1.34.36.4 | Cor Vriend | PSV | Veldhoven | 22-08-81 |
| 1 uur | 20.944 | Jos Hermens | K.N.A.U. | Arnhem | 01-05-76 |
| 3.000 m steeple | 8.04.95 | Simon Vroemen | Sprint | Brussel (BEL) | 26-08-05 |
| 110 m hrd | 13.15 | Robin Korving | AAC | Lausanne (SUI) | 02-07-99 |
| 400 m hrd | 48.44 | Harry Schulting | Prins Hendrik | Mexico City (MEX) | 12-09-79 |
| 10.000 m snelw. | 41.35.7= | Harold van Beek | RWV | Zaandam | 02-06-95 |
| 20.000 m snelw. | 1.27.48.1 | Harold van Beek | RWV | Bergen op Zoom | 15-07-95 |
| 30.000 m snelw. | 2.18.25.7 | Harold van Beek | RWV | Spijkenisse | 31-07-93 |
| 50.000 m snelw. | 4.15.29.5 | Jan Cortenbach | OLAT | Leiden | 09-10-85 |
| 2 uren snelw. | 26.454 | Harold van Beek | RWV | Spijkenisse | 31-07-93 |
| Hoogspringen | 2.30 | Wilbert Pennings | Attila | Eberstadt (GER) | 07-08-99 |
| Polstokhoog | 5.81 | Rens Blom | Unitas | Zaragossa (ESP) | 08-06-04 |
| Verspringen | 8.19 | Emiel Mellaard | AAC | Groningen | 17-07-88 |
| Hinkstapspringen | 16.15 | Peter van Leeuwen | THOR | Dublin (IRL) | 21-08-83 |
| Kogelstoten | 21.62 | Rutger Smith | Groningen Atl. | Leiden | 10-06-06 |
| Discuswerpen | 68.12 | Erik de Bruin | V&L/TC | Sneek | 01-04-91 |
| Kogelslingeren | 71.77 | Ronald Gram | Leiden Atletiek | Nijmegen | 10-07-02 |
| Speerwerpen | 80.51 | Johan van Lieshout | HAC Helmond | Lahti (FIN) | 06-06-99 |
| Decatlon | 8.447 | Robert de Wit | Unitas | Eindhoven | 22-05-88 |
| | | | | <i>11.07 * 6.98 * 15.88 * 2.04 * 48.80 * 14.32 * 46.20 * 5.00 * 63.94 * 4.20.98</i> | |
| 4 x 100 m | 38.63 | Nationaal team | Nederland | Parijs (FRA) | 30-08-03 |
| | | | | <i>Timothy Beck * Troy Douglas * Patrick van Balkom * Caimin Douglas</i> | |
| | 40.02 | R'dam Atletiek | Rotterdam | Vught | 16-05-93 |
| | | | | <i>Gio Macbean * Paul Franklin * Clement Moe * Frans Maas</i> | |
| 4 x 200 m | 1.23.61 | Nationaal team | Nederland | Hilversum | 31-05-93 |
| | | | | <i>Hans Veurink * Paul Franklin * Frank Perri * Regilio van den Vloot</i> | |
| | 1.25.29 | a.v. Haarlem | Haarlem | Zwolle | 23-05-82 |
| | | | | <i>Jan v.d. Wal * Nilo Emerenciana * Mike Bienfait * Mario Westbroek</i> | |
| 4 x 400 m | 3.03.18 | Nationaal team | Nederland | Mexico City (MEX) | 13-09-79 |
| | | | | <i>Hugo Pont * Harry Schulting * Marcel Klarenbeek * Koen Gijsbers</i> | |
| | 3.08.97 | AAC | Amsterdam | Den Haag | 10-07-88 |
| | | | | <i>Dave Elderenbosch * Oscar Terol * Eelco Eapstra * Arjen Visserman</i> | |
| 4 x 800 m | 7.18.84 | Atletico '73 | Genderingen | Amstelveen | 23-09-01 |
| | | | | <i>Joeri Voltman * Gert-Jan Liefers * Arnoud Okken * Bram Som</i> | |
| 4 x 1.500 m | 15.08.90 | Nationaal team | Nederland | Sheffield (GBR) | 05-06-92 |
| | | | | <i>Simon Vroemen * Berthold Berger * Leon Haan * Han Kulker</i> | |
| | 15.12.00 | Tartlétos | Wageningen | Dordrecht | 02-06-91 |
| | | | | <i>Frank Wiegman * Henk Gommer * Simon Vroemen * Casper Vroemen</i> | |
| Zweedse estafette (400-300-200-100 m) | 1.52.82 | R'dam Atletiek | Rotterdam | Amstelveen | 18-09-05 |
| | | | | <i>Rikkert van Rhee * Daniël de Wild * Michael Mathew * Patrick van Luijk</i> | |
| 10 km | 28.09 | Luc Krotwaar | Prins Hendrik | Brunssum | 07-04-02 |
| 15 km | 43.38 | Marco Gielen | Scopias | Nijmegen | 24-05-99 |
| 20 km | 58.04 | Greg van Hest | Tilburg RR | Alphen aan den Rijn | 13-03-99 |
| ½ marathon | 1.01.10 | Greg van Hest | Tilburg RR | Den Haag | 27-03-99 |
| 25 km | 1.14.15 | Gerard Nijboer | Daventria | Eersel | 03-07-82 |
| 30 km | 1.30.20 | Kamiel Maase | Leiden Atletiek | Schoorl | 16-02-03 |
| marathon | 2.08.21 | Kamiel Maase | Leiden Atletiek | Amsterdam | 21-10-07 |
| 100 km | 6.38.12 | Bruno Joppen | GVAV | Rodenbach (BRD) | 23-04-88 |

Statistisch jaarboek 2009

| | | | | | |
|--------------|---------|-----------------|-----------|------------------|----------|
| 10 km snelw. | 42.57 | Harold van Beek | RWV | Rotterdam | 03-02-91 |
| 20 km snelw. | 1.24.52 | Harold van Beek | RWV | Vignuelles (FRA) | 01-05-92 |
| 30 km snelw. | 2.17.57 | Harold van Beek | RWV | Arhus (DEN) | 17-06-95 |
| 50 km snelw. | 3.58.21 | Harold van Beek | RWV | Békéscsaba (HUN) | 05-04-92 |
| Ekiden | 2.03.12 | nationaal team | Nederland | Chiba (JPN) | 23-11-94 |

*{5-10-5-10-5-7,195km}Greg van Hest * Simon Vroemen * Gerard Kappert * Henk Gommer * René Godlieb*
 2.06.30 club team a.v. Schuurmans Vught 20-03-94

*Simon Vroemen * Armand van der Smissen * Jan van Rijthoven * Tonnie Dirks * Henk Gommer * Greg van Hest*

VACANT ZONDER LIMIET: 4x800M NATIONAAL TEAM

bijzondere prestaties

| | | | | | |
|----------------|----------|--------------------|-------------|--------------|----------|
| 100 yards | 9.6= | Henk Visser | AAC | San Diego | 09-04-60 |
| 150m | 15.51 | Patrick van Balkom | Hellas | Lisse | 02-05-98 |
| 300 m | 32.75 | Guus Hoogmoed | Phanos | Bremen (GER) | 20-05-07 |
| 2 mijl | 8.20.8= | Jos Hermens | KNAU | Papendal | 16-07-75 |
| 3 mijl | 13.01.8= | Jos Hermens | KNAU | Helsinki | 27-06-73 |
| 6 mijl | 26.48.8= | Jos Hermens | KNAU | Stockholm | 04-07-77 |
| 15.000 m | 42.57.0= | Jos Hermens | KNAU | Papendal | 01-05-76 |
| 2.000m steeple | 5.26,08 | Simon Vroemen | Sprint | La Laguna | 14-09-02 |
| 200 m hrd | 23.20 | Christoph Kempen | KAV Holland | Hilversum | 13-09-98 |
| | | Bram Kemkens | De Sperwers | Hilversum | 08-09-02 |
| 3000 m snelw. | 12.11.0= | Harold van Beek | RWV | Londen (GBR) | 12-05-95 |
| 5000 m snelw. | 20.13.7= | Harold van Beek | RWV | Londen (GBR) | 19-05-95 |
| 1 uur | 14.125 | Harold van Beek | RWV | Zaandam | 02-06-95 |

Neo-senioren (mannen)

| | | | | | |
|--|-----------|----------------------|------------------|---|----------|
| 100 m | 10.29 | Patrick van Balkom | Hellas | Hechtel (BEL) | 06-07-96 |
| 200 m | 20.63 | Daniël Ward | RK HAV | El Paso (USA) | 13-05-06 |
| 400 m | 45.68 | Arjan Visserman | AAC | Hengelo | 27-06-86 |
| 800 m | 1.43.98 | Bram Som | Atletico '73 | Monte Carlo (MON) | 13-07-01 |
| 1.000 m | 2.17.07 | Rob Druppers | Hellas | Eugene (USA) | 21-07-84 |
| 1.500 m | 3.34.27 | Gert-Jan Liefers | AV '34 Apeldoorn | Brussel (BEL) | 28-08-98 |
| 1 mijl (1609 m) | 3.57.28 | Stijn Jaspers | a.v. Haarlem | Koblenz (GER) | 25-08-82 |
| 2.000 m | 5.05.9= | Stijn Jaspers | a.v. Haarlem | Arnhem | 17-08-83 |
| 3.000 m | 7.53.86 | Stijn Jaspers | a.v. Haarlem | Brussel (BEL) | 27-08-82 |
| 5.000 m | 13.24.64 | Stijn Jaspers | a.v. Haarlem | Koblenz (GER) | 31-08-83 |
| 10.000 m | 28.29.67 | Greg van Hest | Schuurmans AFT | Dublin (IRL) | 11-06-94 |
| 3.000 m steeple | 8.33.3= | Hans Koeleman | AAC | Sittard | 18-06-78 |
| 110 m hrd | 13.55 | Gregory Sedoc | AAC | Bydgoszcz (POL) | 20-07-03 |
| 400 m hrd | 48.95 | Thomas Kortbeek | Prins Hendrik | Taegu (KOR) | 28-08-03 |
| 10.000 m snelw. | 46.25.0= | Frank van Ravensberg | a.v. Haarlem | Rotterdam | 27-09-81 |
| 20.000 m snelw. | 1.37.30.4 | Frank van Ravensberg | a.v. Haarlem | Utrecht | 09-08-81 |
| 30 km snelw. | 2.34.11.= | Frank van Ravensberg | a.v. Haarlem | Stiphout | 24-10-82 |
| 50 km snelw. | 4.47.05.= | Frank van Ravensberg | a.v. Haarlem | Stiphout | 24-10-82 |
| 2 uren snelw. | 22.995 | Pedro Huntjens | Unitas | Barendrecht | 27-06-87 |
| Hoogspringen | 2.24 | Wilbert Pennings | Attila | Hilversum | 14-09-97 |
| Polstokhoog | 5.62 | Rens Blom | Unitas | Oordegem (BEL) | 07-06-97 |
| Verspringen | 8.19 | Emiel Mellaard | AAC | Groningen | 17-07-88 |
| Hinkstapspringen | 16.09 | Frans Maas | Sprint | Amsterdam | 21-09-84 |
| Kogelstoten | 20.52 | Rutger Smith | Groningen Atl. | Gioia Tauro (ITA) | 01-03-03 |
| Discuswerpen | 66.38 | Erik de Bruin | Sparta | Schwechat (AUT) | 11-08-85 |
| Kogelslingeren | 67.04 | Ronald Gram | Sprint | Steenbergen | 14-09-76 |
| Speerwerpen | 77.82 | Johan van Lieshout | HAC | Split (YUG) | 27-08-90 |
| Decathlon | 8.363 | Chiel Warners | AAC '61 | Götzis (AUT) | 30-05-99 |
| | | | | <i>10.78 * 7.76 * 14.74 * 1.97 * 46.61 * 14.32 * 40.91 * 4.80 * 61.44 * 4.37.07</i> | |
| 4 x 100 m | 40.05 | Nationaal team | Nederland | Leiden | 12-06-99 |
| | | | | <i>Timothy Beck * Christoph Kempen * Rowdy Middelkoop * Hans Vehof</i> | |
| 4 x 200 m | 1.33.94 | Startbaan | Amstelveen | Amstelveen | 30-09-07 |
| | | | | <i>Ivo Bouwman * Edo Lambregts * Bas Mulder * Bart Cortjens</i> | |
| 4 x 400 m | 3.04.99 | nationaal team | Nederland | Erfurt (GER) | 17-07-05 |
| | | | | <i>Daniël Ward * Daniël de Wild * Sjors Kampen * Robert Lathouwers</i> | |
| Zweedse estafette (400-300-200-100 m) | 2.04.77 | Startbaan | Amstelveen | Amstelveen | 30-09-07 |
| | | | | <i>Edo Lambregts * Bart Cortjens * Bas Mulder * Ivo Bouwman</i> | |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; 4x100M CLUBTEAM; 4x200M NATIONAAL TEAM; 4x400M CLUBTEAM; 4x800M NATIONAAL TEAM EN CLUBTEAM; 4x1500M NATIONAAL TEAM EN CLUBTEAM

Jongens (junioren)

| | | | | | |
|-------|-------|-------------|--------|--------------|----------|
| 100 m | 10.48 | Daniël Ward | RK HAV | Duffel (BEL) | 25-05-03 |
|-------|-------|-------------|--------|--------------|----------|

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|-------------------------------|-----------|---|------------------|-------------------------|----------|
| 200 m | 21.08 | Jerrel Feller | DEM | Hoorn | 13-05-06 |
| 400 m | 46.68 | Marcel Klarenbeek | s.o. Soest | Mexico City (MEX) | 09-09-79 |
| 800 m | 1.45.64 | Arnoud Okken | Atletico '73 | Beijing (CHN) | 01-09-01 |
| 1.000 m | 2.20.18 | Bram Som | Atletico '73 | Gorinchem | 17-09-99 |
| 1.500 m | 3.38.07 | Gert-Jan Liefers | AV '34 Apeldoorn | Hechtel (BEL) | 19-07-97 |
| 1 mijl (1609 m) | 4.08.5= | Luc Krotwaar | PSV | Eindhoven | 07-05-87 |
| 2.000 m | 5.16.23 | Koen Raymaekers | Hellas | Uden | 04-07-98 |
| 3.000 m | 7.57.62 | Paul Jaspers | a.v. Haarlem | Hechtel (BEL) | 14-08-84 |
| 5.000 m | 14.02.89 | Koen Raymaekers | Hellas | Uden | 03-07-99 |
| 10.000 m | 29.38.83 | Koen Raymaekers | Hellas | Gorinchem | 08-04-99 |
| 3.000 m steeple | 8.52.21 | Marcel Laros | Sprint | Plovdiv (BUL) | 10-08-90 |
| 110 m hrd | 13.62 | Robin Korving | Hera | Groningen | 27-06-93 |
| 400 m hrd | 51.08 | Daniël Franken | AV '34 Apeldoorn | Beijing (CHN) | 18-08-06 |
| 10 km snelw. | 47.20.4= | Frank van Ravensberg | a.v. Haarlem | Drachten | 06-10-79 |
| 1 snelw. | 12.837 | Frank van Ravensberg | a.v. Haarlem | Zaandam | 03-08-79 |
| Hoogspringen | 2.21 | Sven Ootjers | Holland Haarlem | Baden (SUI) | 26-09-92 |
| Polstokhoog | 5.45 | Laurens Looije | Ilion | Seoel (KOR) | 18-09-92 |
| Verspringen | 7.97 | Emiel Mellaard | AAC | Zwolle | 07-07-85 |
| Hinkstapspringen | 15.50 | Roy Sedoc | AAC | Amsterdam | 09-09-73 |
| Kogelstoten | 20.85 | Rutger Smith | Argo '77 | Hengelo | 24-06-00 |
| Discuswerpen | 63.44 | Rutger Smith | Argo '77 | Hesel (GER) | 25-09-99 |
| Kogelslingeren | 66.46 | Frank van de Dool | AV '34 Apeldoorn | Roermond | 25-10-86 |
| Speerwerpen | 72.66 | Johan van Lieshout | HAC Helmond | Leiden | 04-09-88 |
| Decathlon | 7.835 | Chiel Warners | AAC '61 | Assen | 18-05-97 |
| | | <i>10.90 * 7.50 * 13.73 * 1.91 * 48.20 * 14.91 * 40.66 * 4.40 * 54.62 * 4.28.17</i> | | | |
| 4 x 100 m | 40.02 | Nationaal team | Nederland | Novi Sad (SRB) | 26-07-09 |
| | 41.17 | <i>Lindell Philip * Dennis Spillekom * Jip Baltissen * Joeri Jaegers</i> | | | |
| | | AAC '61 | Assen | Lisse | 27-04-96 |
| | | <i>Timothy Beck * Martin Luinge * Edwin van Calker * Bart Bennema</i> | | | |
| 4 x 400 m | 3.12.12 | Nationaal team | Nederland | Bern (SUI) | 07-07-79 |
| | 3.16.99 | <i>Marcel Klarenbeek * Mario Westbroek * Berend Seinen * Ton de Geest</i> | | | |
| | | AAC | Amsterdam | Luik (BEL) | 29-09-84 |
| | | <i>Koen Zuurbier * Emiel Mellaard * Enno Tjepkema * Oscar Terol</i> | | | |
| Zweedse estafette | 1.56.70 | R'dam Atletiek | R'dam Atletiek | Emmen | 28-09-03 |
| | | <i>Daniel de Wild * Steven de Jesus * Michael Mathew * Mihuel van Dillenburg</i> | | | |
| 10 km snelw. | 46.53 | Frank van Ravensberg | a.v. Haarlem | Cadenazzo (SUI) | 10-06-79 |
| bijzondere prestaties | | | | | |
| 300m | 33.47 | Jerrel Feller | DEM | Lisse | 06-05-06 |
| 2.000 m steeple | 5.42.76 | Wim de Koning | Hellas | Santander (ESP) | 01-08-81 |
| 4 x 800 m | 7.34.9= | a.v. Nijmegen | Nijmegen | Alphen aan den Rijn | 15-08-91 |
| | | <i>Joost Vollaart * Jurgen de Haan * Hans Gaertner * Marko Koers</i> | | | |
| met senioren materiaal | | | | | |
| 110 m hrd | 13.85 | Robin Korving | Hera | San Sebastiaan (ESP) | 31-07-93 |
| Kogelstoten | 19.48 | Rutger Smith | Argo '77 | Santiago de Chili (CHI) | 19-10-00 |
| Discuswerpen | 58.74 | Rutger Smith | Argo '77 | Amsterdam | 16-07-00 |
| Kogelslingeren | 57.78 | Ronald Gram | Sprint | Sittard | 05-06-93 |
| M35 | | | | | |
| 100 m | 10.19 | Troy Douglas | AAC | Zürich (SUI) | 17-08-01 |
| 200 m | 20.19 | Troy Douglas | AAC | Rieti (ITA) | 02-09-01 |
| 400 m | 46.99 | Eric Roeske | Hellas | Oorddegem (BEL) | 27-07-96 |
| 800 m | 1.49.94 | Johan de Koning | Sprint | Uden | 26-07-09 |
| 1.000 m | 2.24.48 | Johan de Koning | Sprint | Zele (BEL) | 22-08-09 |
| 1.500 m | 3.41.04 | Simon Vroemen | Sprint | Ninove (BEL) | 29-07-06 |
| 1 mijl (1609 m) | 4.01.09 | Johan de Koning | Sprint | Brasschaat (BEL) | 26-07-09 |
| 2.000 m | 5.16.05 | Johan de Koning | Sprint | Oudenaarde (BEL) | 20-06-09 |
| 3.000 m | 8.10.02 | Marc van Rooy | AAC | Vught | 15-05-97 |
| 5.000 m | 13.32.49 | Kamiel Maase | Leiden Atletiek | Brasschaat (BEL) | 21-07-07 |
| 10.000 m | 28.31.02 | Kamiel Maase | Leiden Atletiek | Neerpelt (BEL) | 02-06-07 |
| 3.000 m steeple | 8.04.95 | Simon Vroemen | Sprint | Brussel (BEL) | 26-08-05 |
| 110 m hrd | 13.95 | James Sharpe | AAC | Boedapest (HUN) | 04-08-98 |
| 400 m hrd | 50.75 | Jeroen Prent | Hellas | Brussel (BEL) | 30-07-00 |
| 3.000 m snelw. | 12.51.62 | Henk Plasman | OLAT | Etten-Leur | 28-05-96 |
| 5.000 m snelw. | 20.42.2= | Harold van Beek | RWV | Barendrecht | 30-05-97 |
| 10.000 m snelw. | 45.08.6= | Henk Plasman | OLAT | Rotterdam | 16-03-97 |
| 20.000 m snelw. | 1.30.16.8 | Harold van Beek | RWV | Tilburg | 05-04-98 |

Statistisch jaarboek 2009

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| 30.000 m snelw. | 2.32.57.4 | Theo Koenis | De LAT | Rotterdam | 17-08-91 |
| 50.000 m snelw. | 4.28.30.0 | Theo Koenis | De LAT | Leiden | 29-09-90 |
| 2 uren snelw. | 24.578 | Henk Plasman | OLAT | Barendrecht | 24-06-95 |
| Hoogspringen | 2.07 | Sven Ootjers | Trias | Amersfoort | 21-06-09 |
| Polstokhoog | 4.80 | Richel Keijzers | a.v. Weert | Eindhoven | 16-07-05 |
| Verspringen | 7.12 | Manuel Ellsworth | R' dam Atletiek | Leiden | 22-05-05 |
| Hinkstapspringen | 14.78 | Manuel Ellsworth | R' dam Atletiek | Amsterdam | 09-07-05 |
| Kogelstoten | 15.65 | Robert de Wit | PSV | Eindhoven | 23-08-97 |
| Discuswerpen | 55.08 | Ben Vet | Phanos | Amsterdam | 13-07-03 |
| Kogelslingeren | 66.60 | Ronald Gram | Sprint | Eindhoven | 12-07-09 |
| Speerwerpen | 74.35 | Ellioth Thijssen | Hellas | Reeuwijk | 18-06-06 |
| Gewichtwerpen | 19.87 | Frank van den Dool | AV '34 Apeldoorn | Huizen | 06-10-02 |
| Werpvijfkamp | 3.887 | Frank van den Dool | AV '34 Apeldoorn | Huizen | 06-10-02 |
| | | 62.96 * 13.91 * 44.68 * 39.96 * 19.87 | | | |
| Decathlon | 6.367 | Marcel Roosen | PSV | Amersfoort | 27-08-06 |
| | | 11.97 * 6.25 * 11.58 * 1.72 * 53.67 * 15.46 * 35.63 * 3.85 * 38.19 * 4.55.42 | | | |
| 4 x 200 m | 1.41.26 | VAV | Veenendaal | Amstelveen | 28-09-08 |
| | | <i>Dik van de Weerdhof * Jelle Agema * René Gijsman * Gene Noordpool</i> | | | |
| 4 x 400 m | 3.27.44 | Nationaal team | Nederland | Ljubljana (SLO) | 03-08-08 |
| | | <i>Marcel Roosen * Dave Elderenbosch * Werner Andrea * Richard Janssens</i> | | | |
| | 3.37.44 | Prins Hendrik | Vught | Amstelveen | 27-09-08 |
| | | <i>Bert van Lith * Jimmy Schulten * Ronald Weevers * Kees van Pelt</i> | | | |
| 4 x 800 m | 8.28.23 | clubteam | Prins Hendrik | Amstelveen | 17-09-06 |
| | | <i>Jimmy Schulten * Bert van Lith * Robert Wels * Michiel Otten</i> | | | |
| 4 x 1.500 m | 16.51.98 | Nationaal team | Nederland | Amstelveen | 29-09-07 |
| | | <i>Frans Roelofs - Cor Datema - Michiel Otten - Ronald Wevers</i> | | | |
| | 16.51.98 | Prins Hendrik | Vught | Amstelveen | 29-09-07 |
| | | <i>Frans Roelofs - Cor Datema - Michiel Otten - Ronald Wevers</i> | | | |
| Zweedse estafette (400-300-200-100 m) | 2.02.59 | Lycurgus | Krommenie | Veldhoven | 29-09-08 |
| | | <i>Richard Janssens * Ger Wessel * Johnny Silié * Armand Ellsworth</i> | | | |
| 10 km | 28.36 | Marti ten Kate | Fortis | Brunssum | 10-04-94 |
| 15 km | 44.38 | Tonnie Dirks | De Keien | Nijmegen | 17-11-96 |
| 20 km | 59.41 | Marti ten Kate | TION | Alphen aan den Rijn | 11-03-95 |
| ½ marathon | 1.02.03 | Kamiel Maase | Leiden Atletiek | Schoorl | 11-02-07 |
| 25 km | 1.16.33 | John van der Wansem | Sparta | Winschoten | 25-07-87 |
| 30 km | 1.40.38 | Gert van Bergen | Phanos | Schoorl | 16-02-03 |
| marathon | 2.08.21 | Kamiel Maase | Leiden Atletiek | Amsterdam | 21-10-07 |
| 100 km | 6.38.12 | Bruno Joppen | GVAV | Rodenbach (BRD) | 23-04-88 |
| 10 km snelw. | 44.27 | Henk Plasman | OLAT | Rotterdam | 02-02-97 |
| 20 km snelw. | 1.29.50 | Harold van Beek | RWV | Naumburg (GER) | 25-05-97 |
| 30 km snelw. | 2.24.19 | Henk Plasman | OLAT | Sint-Oedenrode | 09-03-97 |
| 50 km snelw. | 4.11.37 | Henk Plasman | OLAT | Podebrady (CZE) | 19-04-97 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; PENTATHLON; 4X100M NATIONAAL TEAM EN CLUBTEAM; 4X200M NATIONAAL TEAM; 4X800M NATIONAAL TEAM; EKIDEN NATIONAAL EN CLUBTEAM

M40

| | | | | | |
|-----------------|-----------|----------------------|----------------|---------------|----------|
| 100 m | 10.29 | Troy Douglas | Haag Atletiek | Leiden | 07-06-03 |
| 200 m | 20.64 | Troy Douglas | Haag Atletiek | Parijs (FRA) | 27-08-03 |
| 400 m | 47.86 | Eric Roeske | Hellas | Potsdam (GER) | 21-08-02 |
| 800 m | 1.51.5= | Ronald Mercelina | AAC | Heerhugowaard | 24-09-86 |
| 1.000 m | 2.32.61 | Sander Rietveld | Atos | Santpoort | 16-07-99 |
| 1.500 m | 3.52.28 | Ronald Mercelina | AAC | Amsterdam | 25-05-86 |
| 1 mijl (1609 m) | 4.16.3= | Rien van der Wilt | Clytoneus | Amsterdam | 20-07-90 |
| 2.000 m | 5.32.9= | John van der Wansem | Phoenix | Etten-Leur | 13-07-93 |
| 3.000 m | 8.14.9= | Rien van der Wilt | Clytoneus | Uden | 06-06-91 |
| 5.000 m | 14.20.54 | Rien van der Wilt | Clytoneus | Apeldoorn | 14-09-90 |
| 10.000 m | 29.57.69 | Rien van der Wilt | Clytoneus | Rotterdam | 13-07-90 |
| 1 uur | 18.919 | John van der Wansem | Phoenix | Roosendaal | 16-10-90 |
| 3.000 m steeple | 9.20.20 | Dick ten Bruggencate | Trias | Zierikzee | 12-06-93 |
| 3.000 m snelw. | 13.21.0= | Harold van Beek | RWV Rotterdam | Den Haag | 03-05-03 |
| 5.000 m snelw. | 21.42.9= | Henk Plasman | Gen. Michaelis | Barendrecht | 16-05-97 |
| 10.000 m snelw. | 45.36.3= | Harold van Beek | RWV Rotterdam | Zaandam | 30-08-02 |
| 20.000 m snelw. | 1.34.36.8 | Henk Plasman | Gen. Michaelis | Emmeloord | 05-07-97 |
| 30.000 m snelw. | 2.27.38.1 | Henk Plasman | Gen. Michaelis | Rotterdam | 01-08-98 |
| 50.000 m snelw. | 4.19.44.4 | Henk Plasman | Gen. Michaelis | Rotterdam | 14-06-98 |
| 2 uren snelw. | 24.852 | Henk Plasman | Gen. Michaelis | Rotterdam | 01-08-98 |

Statistisch jaarboek 2009

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|---|----------|-------------------------|---|----------------|----------|
| Hoogspringen | 2.00 | Leo Poirot | Hercules | Den Haag | 29-07-83 |
| Polstokhoog | 5.02 | Christiaan Leeuwenburgh | Sparta | Utrecht | 10-07-04 |
| Verspringen | 6.95 | Alje Kuiper | Ilion | Zoetermeer | 30-06-02 |
| Hinkstapspringen | 14.04 | Maarten Smitskamp | Startbaan | Amsterdam | 09-07-05 |
| Kogelstoten | 15.13 | Sjaak Ruhl | Sprint | Etten-Leur | 26-06-93 |
| Discuswerpen | 54.11 | Piet Meijdam | Hercules | Zierikzee | 21-06-98 |
| Kogelslingeren | 60.24 | Peter van Noort | De Spartaan | Emmen | 07-06-97 |
| Speerwerpen | 67.24 | Dirk Kooreman | Zaanland | Zaandam | 07-06-96 |
| Gewichtwerpen | 15.30 | Erwin Suvaal | R'dam Atletiek | Riccione (ITA) | 12-09-07 |
| Werpvijskamp | 3.037 | Erwin Suvaal | Rotterdam Atl. | Eindhoven | 21-06-08 |
| | | | <i>48.68 * 11.56 * 35.25 * 31.06 * 14.42</i> | | |
| Pentathlon | 3.446 | Alfredo Leenderts | Scorpio | Potsdam (GER) | 19-08-02 |
| | | | <i>5.90 (+ 1.0) * 52.64 * 24.39 (+0.9) * 27.18 * 4.42.34</i> | | |
| Decathlon | 6.323 | Johan Nieuwhof | Startbaan | Amstelveen | 16-05-05 |
| | | | <i>12.25 * 5.85 * 9.76 * 1.85 * 55.36 * 16.10 * 25.10 * 3.80 * 33.43 * 5.11.85</i> | | |
| 4 x 100 m | 42.27 | Nationaal team | Nederland | Breda | 25-08-01 |
| | | | <i>Eric Roeske * Erik Oostwegel * Kees van Pelt * Kay Schaafsma</i> | | |
| | 45.29 | Ilion | Zoetermeer | Amstelveen | 16-09-06 |
| | | | <i>Marc van de Krogt * Koos Wubs * René Moor * Alje Kuiper</i> | | |
| 4 x 200 m | 1.38.50 | Nationaal team | Nederland | Barendrecht | 11-05-96 |
| | | | <i>Kees Bakx * Wim Scholtes * Arie Sluimer * Wout van Drunen</i> | | |
| | 1.38.09 | Prins Hendrik | Vught | Amstelveen | 17-09-06 |
| | | | <i>Kees van Pelt * Jeroen Bronwasser * Gerard Kitselaar * Bert van Lith</i> | | |
| 4 x 400 m | 3.28.77 | Nationaal team | Nederland | Verona (ITA) | 02-07-88 |
| | | | <i>Rob Mahieu * Rien Lunshof * Caspari de Geus * Ronald Mercelina</i> | | |
| | 3.37.90 | Prins Hendrik | Vught | Amstelveen | 18-09-04 |
| | | | <i>Kees van Pelt * Jeroen Bronwasser * Bert van Lith * Gerard Kitselaar</i> | | |
| 4 x 800 m | 8.13.5= | Nationaal team | Nederland | Lisse | 11-05-93 |
| | | | <i>Piet van der Doel * Aad Kortekaas * Anton Hens * Jan Laan</i> | | |
| | 8.13.5= | De Spartaan | Lisse | Lisse | 11-05-93 |
| | | | <i>Piet van der Doel * Aad Kortekaas * Anton Hens * Jan Laan</i> | | |
| 4 x 1.500 m | 17.03.81 | Nationaal team | Nederland | Amsterdam | 19-08-92 |
| | | | <i>Hans Rightholt * Piet van der Poel * Anton Hens * Jan Laan</i> | | |
| | 17.03.81 | De Spartaan | Lisse | Amsterdam | 19-08-92 |
| | | | <i>Hans Rightholt * Piet van der Poel * Anton Hens * Jan Laan</i> | | |
| Zweedse estafette (400-300-200-100 m) | 2.06.3= | Prins Hendrik | Vught | Gemert | 02-09-01 |
| | | | <i>Kees van Pelt * Jeroen Bronwasser * Cees Beekmans * Jack Cadée</i> | | |
| 10 km | 29.44 | Aart Stigter | Loopgroep AS | Oldenzaal | 22-08-99 |
| 15 km | 46.23 | John van der Wansem | Phoenix | Dordrecht | 20-05-91 |
| 20 km | 1.03.26 | John van der Wansem | Phoenix | Dordrecht | 23-03-91 |
| ½ marathon | 1.04.46 | Aart Stigter | Runn. De Meern | Linschoten | 20-12-97 |
| 25 km | 1.19.17 | Marius de Snaayer | Fortuna | Grootebroek | 23-01-83 |
| 30 km | 1.40.23 | Wim van Dijk | GAC Gemert | Oldenzaal | 17-05-92 |
| marathon | 2.16.31 | Aart Stigter | Loopgroep AS | Rotterdam | 20-04-97 |
| 100 km | 6.43.38 | Henk Bronswijk | Olympus'70 | Torhout (BEL) | 23-06-84 |
| 10 km snelw. | 45.26 | Harold van Beek | RWV | Rotterdam | 20-11-05 |
| 20 km snelw. | 1.36.40 | Henk Plasman | Gen. Michaëlis | Rotterdam | 10-05-98 |
| 30 km snelw. | 2.26.28 | Henk Plasman | Gen. Michaëlis | Den Haag | 31-05-97 |
| 50 km snelw. | 4.18.11 | Henk Plasman | Gen. Michaëlis | Dudince (SVK) | 25-04-98 |
| Ekiden | 2.22.24 | Rotterdam Atletiek | Rotterdam | Naaldwijk | 01-10-05 |
| | | | <i>Jan Cammeraat * Gerard Droog * Amriet Oemraw * Rob van der Want * Evert de Graaf * Don Jassies</i> | | |
| bijzondere prestaties | | | | | |
| 110 m hrd | 14.8= | Hans van Enkhuizen | a.v. Haarlem | Beverwijk | 23-05-87 |
| 400 m hrd | 56.3= | Ger Heinsius | SAV Grootebroek | Amsterdam | 24-08-88 |
| <u>VACANT ZONDER LIMIET:</u> 20.000M; 25.000M; 30.000M; 4x1500M NATIONAAL TEAM; EKIDEN NATIONAAL TEAM | | | | | |
| <u>VACANT MET LIMIET:</u> 110M HRD (15.03); 400M HRD (56.43) | | | | | |
| M45 | | | | | |
| 100 m | 11.40 | Erik Oostwegel | Startbaan | Heiloo | 03-06-07 |
| 200 m | 23.32 | Eric Roeske | Hellas | Eindhoven | 15-07-06 |
| 400 m | 50.84 | Eric Roeske | Hellas | Oordegem (BEL) | 01-07-06 |
| 800 m | 1.56.16 | Ronald Mercelina | AAC | Lisse | 07-07-91 |
| 1.000 m | 2.35.08 | Ronald Mercelina | AAC | Roermond | 08-10-94 |
| 1.500 m | 4.02.30 | Ronald Mercelina | AAC | Enschede | 17-05-92 |
| 1 mijl (1609 m) | 4.26.4= | Louis Vink | a.v. Edam | Edam | 07-06-80 |
| 2.000 m | 5.38.6= | Louis Vink | a.v. Edam | Edam | 27-08-80 |

Statistisch jaarboek 2009

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|--|-----------|---|----------------|----------------------|----------|
| 3.000 m | 8.42.8= | John van der Wansem | LADB | Roosendaal | 06-07-95 |
| 5.000 m | 14.57.6= | John van der Wansem | LADB | Roosendaal | 08-08-95 |
| 10.000 m | 31.19.2= | John van der Wansem | LADB | Roosendaal | 17-07-96 |
| 1 uur | 18.247 | John van der Wansem | LADB | Roosendaal | 21-09-95 |
| 3.000 m steeple | 9.40.00 | Steeff Kijne | R'dam Atletiek | Arnhem | 19-06-94 |
| 110 m hrd | 15.86 | Jan Harland | Haag Atletiek | Den Haag | 28-05-07 |
| 400 m hrd | 56.63 | Martin de Pater | Haag Atletiek | Breda | 18-06-00 |
| 3.000 m snelw. | 13.31.9= | Harold van Beek | RWV Rotterdam | Rotterdam | 22-06-08 |
| 5.000 m snelw. | 22.58.4= | Harold van Beek | RWV Rotterdam | Rotterdam | 22-06-08 |
| 10.000 m snelw. | 48.13.92 | Harold van Beek | RWV Rotterdam | Woerden | 30-08-09 |
| 20.000 m snelw. | 1.39.23.9 | Harold van Beek | RWV Rotterdam | Woerden | 30-08-09 |
| 30.000 m snelw. | 2.41.29.9 | Nico Schroten | Holland Leiden | Zaandam | 08-06-80 |
| 50.000 m snelw. | 4.31.17.0 | Nico Schroten | Holland Leiden | Leiden | 25-11-79 |
| 2 uren snelw. | 23.324 | Nico Schroten | Holland Leiden | Leiden | 14-09-80 |
| Hoogspringen | 1.90 | Ruud Wielart | a.v. Haarlem | Velsen | 16-06-02 |
| Polsstokhoog | 4.31 | Frans van der ham | Avantri | Hilversum | 12-09-99 |
| Verspringen | 7.02 | Alje Kuiper | Ilion | Emmen | 11-06-06 |
| Hinkstapspringen | 12.43 | Glenn Gentle | AVON | Emmen | 07-06-97 |
| Kogelstoten | 14.92 | Hans Schouten | Hollandia | Hilversum | 18-09-94 |
| Discuswerpen | 54.53 | Piet Meijdam | Hercules | Rotterdam | 04-09-04 |
| Kogelslingeren | 57.47 | Peter van Noort | De Spartaan | Kerkrade | 17-06-01 |
| Speerwerpen | 63.88 | Dirk Kooreman | Zaanland | Zaandam | 04-09-98 |
| Gewichtwerpen | 16.94 | Peter van Noort | De Spartaan | Huizen | 03-10-04 |
| Werpvijfkamp | 3.926 | Piet Meijdam | Hercules | Rotterdam | 04-09-04 |
| | | <i>41.45 * 14.19 * 54.53 * 43.82 * 13.14</i> | | | |
| Pentatlon | 3.665 | Glenn Gentle | AVON | Weert | 01-06-98 |
| | | <i>5.69 * 50.37 * 24.95 * 33.82 * 5.04.45</i> | | | |
| Decatlon | 6.705 | Frans van der Ham | Avantri | Berlijn (GER) | 16-07-00 |
| | | <i>12.53 * 5.69 * 10.99 * 1.64 * 57.30 * 18.80 * 33.53 * 3.90 * 41.70 * 5.29.46</i> | | | |
| 4 x 100 m | 45.92 | Nationaal team | Nederland | Recklinghausen (GER) | 20-09-97 |
| | | <i>Marino van Campen * Fred van Gasteren * Wim de Ronde * Kees Bakx</i> | | | |
| | 46.13 | Ilion | Zoetermeer | Amstelveen | 27-09-08 |
| | | <i>Marc van de Krogt * Koos Wubs * René Moor * Alje Kuiper</i> | | | |
| 4 x 200 m | 1.44.82 | AV '23 | Amsterdam | Amstelveen | 30-09-07 |
| | | <i>Rob de Weger * Helmut Drabben * Huib Leijssen * Vincent Heetvelt</i> | | | |
| 4 x 400 m | 3.33.76 | Nationaal team | Nederland | Calais (FRA) | 20-06-98 |
| | | <i>Kees Bakx * Wim Scholtes * Fred van Gasteren * Wim Threels</i> | | | |
| | 3.55.97 | PAC | Rotterdam | Amstelveen | 21-09-02 |
| | | <i>Martin Knoops * Ton van Spronsen * Jaap Snijders * Nico Albers</i> | | | |
| 4 x 800 m | 9.23.70 | Lionitas | Leeuwarden | Amstelveen | 23-09-01 |
| | | <i>Jan Jepma * René van Kaam * Auke Postma * Cor Wetting</i> | | | |
| 4 x 1.500 m | 18.43.9= | PAC | Rotterdam | Naaldwijk | 11-05-00 |
| | | <i>Ton van Spronsen * Jan Oltshoorn * Fred Walop * Nico Alberts</i> | | | |
| Zweedse estafette (400-300-200-100 m) | 2.15.9= | GAC | Hilversum | Steenwijk | 07-05-00 |
| | | <i>Wim Threels * Rijk Heemsbergen * Wout van Drunen * Pieter Schouten</i> | | | |
| 10 km | 31.03 | Aart Stigter | Loopgroep AS | Apeldoorn | 06-04-03 |
| 15 km | 47.10 | Aart Stigter | Loopgroep AS | 's Heerenberg | 09-12-01 |
| 20 km | 1.04.31 | Piet van Alphen | AAC | Leiden | 05-04-80 |
| ½ marathon | 1.06.51 | Aart Stigter | Loopgroep AS | Best | 26-01-03 |
| 25 km | 1.21.32 | Rom Jansen | THOR | Grootebroek | 31-01-82 |
| 30 km | 1.37.07 | Aart Stigter | Loopgroep AS | Schoorl | 16-02-03 |
| marathon | 2.22.57 | Aart Stigter | Loopgroep AS | Almere | 04-05-03 |
| 100 km | 7.11.06 | Wim Epskamp | Haarlemmermeer | Chemogolovka (RUS) | 19-04-03 |
| 10 km snelw. | 45.10 | Harold van Beek | RWV | Rotterdam | 04-01-09 |
| 20 km snelw. | 1.35.02 | Harold van Beek | RWV | Lugano (SUI) | 08-03-09 |
| 30 km snelw. | 2.35.15 | Nico Schroten | Holland Leiden | Barendrecht | 03-05-80 |
| 50 km snelw. | 4.53.42 | Victor Mennen | Unitas | Tilburg | 19-10-08 |
| VACANT ZONDER LIMIET: 20.000M; 30.000M; 4x200M, 4x800M EN 4x1500M NATIONAAL TEAM; EKIDEN CLUB- EN NATIONAAL TEAM | | | | | |
| VACANT MET LIMIET: 25.000M (1.32.52.9) | | | | | |
| BIJZONDERE PRESTATIES: | | | | | |
| 200 m | 23.3= | Wim Scholtes | Sparta | Zoetermeer | 07-07-93 |
| M50 | | | | | |
| 100 m | 11.75 | Kees van Pelt | Prins Hendrik | Oosterhout | 13-06-09 |
| 200 m | 24.09 | Kees van Pelt | Prins Hendrik | Oosterhout | 14-06-09 |
| 400 m | 51.82 | Wim Scholtes | Sparta | Cesenatico (ITA) | 16-09-98 |

| | | | | | |
|--|-----------|---|-----------------|---------------------|----------|
| 800 m | 1.59.45 | Ronald Mercelina | AAC | Barendrecht | 16-06-96 |
| 1.000 m | 2.43.9= | Louis Vink | a.v. Edam | Amsterdam | 19-08-87 |
| 1.500 m | 4.09.52 | Ronald Mercelina | AAC | Barendrecht | 15-06-96 |
| 1 mijl (1609 m) | 4.35.4= | Louis Vink | a.v. Edam | Krommenie | 30-07-85 |
| 2.000 m | 5.53.24 | John van der Wansem | LADB | Utrecht | 17-08-01 |
| 3.000 m | 8.57.15 | John van der Wansem | LADB | Leiden | 02-05-01 |
| 5.000 m | 15.12.83 | Aart Stigter | LG Aart Stigter | Utrecht | 08-09-06 |
| 10.000 m | 31.53.5= | Aart Stigter | LG Aart Stigter | Harderwijk | 03-10-06 |
| 1 uur | 17.692 | John van der Wansem | LADB | Roosendaal | 20-09-01 |
| 3.000 m steeple | 10.15.22 | Martien van der Hoorn | De Spartaan | Den Haag | 31-07-05 |
| 100 m hrd | 14.98 | Wim de Ronde | Zaanland | Jyväskylä (FIN) | 13-07-00 |
| 400 m hrd | 58.87 | Jan Parlevliet | Vet. Nederland | Straatsburg (FRA) | 15-07-82 |
| 3.000 m snelw. | 14.48.24 | Henk Plasman | Gen. Michaëlis | Veldhoven | 09-06-07 |
| 5.000 m snelw. | 24.02.5= | Klaas Bakker | OLAT | Willebroek (BEL) | 12-05-88 |
| 10.000 m snelw. | 49.35.0= | Tjabel Ras | PAC | Rotterdam | 19-03-89 |
| 20.000 m snelw. | 1.46.06.7 | Jan Cornelis | a.v. Holten | Woerden | 26-08-07 |
| 30.000 m snelw. | 2.51.47.9 | Theo Koenis | De LAT | Rotterdam | 02-09-06 |
| 50.000 m snelw. | 5.20.34.5 | Ad Martens | DJA | Rotterdam | 14-06-98 |
| 2 uren snelw. | 21.677 | Theo Koenis | De LAT | Zaandam | 25-01-04 |
| Hoogspringen | 1.85 | Jan Huijbers | GAC Gemert | Apeldoorn | 31-05-02 |
| Polstokhoog | 3.70 | Marc van Vliet | a.v. Castricum | Leiden | 26-06-02 |
| Verspringen | 5,97 | Jeroen Bronwasser | Prins Hendrik | Kerkrade | 10-05-09 |
| Hinkstapspringen | 11.88 | Glenn Gentle | AVON | Gent (BEL) | 22-06-02 |
| Kogelstoten | 15.39 | Martin Regtop | AC TION | Apeldoorn | 17-07-99 |
| Discuswerpen | 58.28 | Piet Meijdam | Hercules | Ljubljana (SLO) | 26-07-08 |
| Kogelslingeren | 60.12 | Peter van Noort | De Spartaan | Apeldoorn | 02-07-05 |
| Speerwerpen | 61.17 | Dirk Kooreman | Zaanland | Zaandam | 06-10-02 |
| Gewichtwerpen | 21.00 | Peter van Noort | De Spartaan | Lisse | 09-09-07 |
| Werpviijkamp | 4.189 | Piet Meijdam | Hercules | Eindhoven | 21-06-08 |
| | | 48.35 * 14.19 * 57.55 * 37.78 * 16.79 | | | |
| Pentatlon | 3.929 | Glenn Gentle | AVON | Aarhus (DEN) | 20-05-02 |
| | | 5.46 * 42.91 * 24.54 * 38.85 * 4.52.48 | | | |
| Decatlon | 7.420 | Glenn Gentle | Avon | Carolina (PUR) | 03-07-03 |
| | | 12.44 {-0.8} * 5.62 {+1.2} * 13.05 * 1.53 * 54.95 * 16.59 {+0.3} * 37.87 * 2.70 * 50.72 * 5.12.45 | | | |
| 4 x 100 m | 47.99 | Nationaal team | Nederland | Leverkusen (GER) | 18-09-99 |
| | | Marino van Campen * Wim de Ronde * Cedo Kovacevic * Hans Schouten | | | |
| | 53.27 | PAC | Rotterdam | Amstelveen | 21-09-02 |
| | | Hans Rodermond * Wim Beindorff * Fred van der Steenhoven * Han Ruigrok | | | |
| 4 x 200 m | 1.45.82 | Nationaal team | Nederland | Barendrecht | 26-04-97 |
| | | Onno Waalewijn * Ton Peters * Frank Larsen * Peter Blommestijn | | | |
| | 1.48.8= | PAC | Rotterdam | Naaldwijk | 08-06-00 |
| | | Hans Rodermond * Wim Beindorff * Fred van der Steenhoven * Wim Rietdijk | | | |
| 4 x 400 m | 3.49.61 | Nationaal team | Nederland | Aarhus (DEN) | 01-08-04 |
| | | Anne Lenis * Glenn Gentle * Henk Nordt * Wim Threels | | | |
| | 4.04.02 | club team | PAC Rotterdam | Amstelveen | 16-09-06 |
| | | Martin Knoops * Ton van Spronsen * Henk Maas * Nico Alberts | | | |
| 4 x 800 m | 8.47.74 | Nationaal team | Nederland | Dordrecht | 25-09-92 |
| | | Ton Peters * Ad Heijdens * Wim Metselaar * Kees Steijn | | | |
| | 10.09.35 | AV Aalsmeer | Aalsmeer | Amstelveen | 19-09-04 |
| | | Wim Metselaar * Kees Buskermolen * Gerard Albers * Arjen Koopstra | | | |
| 4 x 1.500 m | 19.55.43 | Nationaal team | Nederland | Tessenderlo (BEL) | 28-08-96 |
| | | Kees Steijn * Cor Terlouw * Gerard Blom * Alex Halter | | | |
| | 19.39.59 | Altis | Amersfoort | Amstelveen | 27-09-08 |
| | | Cees Stolwijk * Frank Schneijderberg * Luuk Gijssels * Izaak de Bruijne | | | |
| Zweedse estafette (400-300-200-100 m) | 2.20.0= | AV Castricum | Castricum | Assen | 24-04-05 |
| | | Hans Beentjes * Ton van Rooij * Wim Kaandorp * Dirk Klanker | | | |
| 10 km | 31.49 min | John van der Wansem | LADB | Rijsbergen | 16-06-01 |
| 15 km | 47.32 | Piet van Alphen | AAC Amsterdam | Alphen aan den Rijn | 12-03-83 |
| 20 km | 1.04.53 | Piet van Alphen | AAC Amsterdam | Hilversum | 25-04-82 |
| ½ marathon | 1.07.10 | Piet van Alphen | AAC Amsterdam | Den Haag | 19-03-83 |
| 25 km | 1.20.58 | Piet van Alphen | AAC Amsterdam | Brugge (BEL) | 27-06-82 |
| 30 km | 1.41.43 | Victor Maliy | Haag Atletiek | Schoorl | 18-02-01 |
| marathon | 2.22.14 | Piet van Alphen | AAC Amsterdam | Rotterdam | 09-04-83 |
| 100 km | 7.10.08 | Jan Albert Lantink | MPM Hengelo | Winschoten | 13-09-08 |
| 10 km snelw. | 46.30 | Jan Cornelis | a.v. Holten | Rotterdam | 04-03-07 |
| 20 km snelw. | 1.41.30 | Tjabel Ras | PAC Rotterdam | Goirle | 09-04-89 |

Statistisch jaarboek 2009

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|--|-----------|---|----------------|-----------------|----------|
| 30 km snelw. | 2.43.42 | Tjabel Ras | PAC Rotterdam | Brugge (BEL) | 24-06-89 |
| 50 km snelw. | 4.58.== | Anton Toscani | AAC Amsterdam | Amsterdam | 28-10-51 |
| <u>VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; EKIDEN CLUB- EN NATIONAAL TEAM</u> | | | | | |
| M55 | | | | | |
| 100 m | 12.57 | Gerard Sengers | Clytoneus | Emmen | 07-06-97 |
| 200 m | 25.30 | Glenn Gentle | AVON | Weert | 22-04-07 |
| 400 m | 56.18 | Wim Threels | GAC-Hilversum | Zierikzee | 10-09-09 |
| 800 m | 2.06.30 | Ronald Mercelina | AAC | Utrecht | 20-06-01 |
| 1.000 m | 2.45.63 | Ronald Mercelina | AAC | Zaandam | 01-07-01 |
| 1.500 m | 4.21.7= | Ad Heijdens | Achilles EL | Etten-Leur | 10-05-94 |
| 1 mijl (1609 m) | 4.43.9= | Ad Heijdens | Achilles EL | Zundert | 08-07-97 |
| 2.000 m | 6.10.00 | John van der Wansem | LADB | Vught | 02-04-06 |
| 3.000 m | 9.04.96 | John van der Wansem | LADB | Tilburg | 06-07-05 |
| 5.000 m | 15.56.33 | Ad Heijdens | Achilles EL | Uden | 28-06-97 |
| 10.000 m | 33.18.68 | John van der Wansem | LADB | Vught | 25-05-06 |
| 1 uur | 17.394 | John van der Wansem | LADB | Roosendaal | 15-09-05 |
| 3.000 m steeple | 10.34.87 | Martien van der Hoorn | De Spartaan | Castricum | 28-05-08 |
| 100 m hrd | 15.90 | Peter Blommestijn | R'dam Atletiek | Zevenaar | 06-06-98 |
| 400 m hrd | 1.03.31 | Jan Parlevliet | Vet. Nederland | Melbourne (AUS) | 01-12-87 |
| 3.000 m snelw. | 15.22.4= | Klaas Bakker | OLAT | Vlaardingen | 20-05-94 |
| 5.000 m snelw. | 25.57.56 | Tjabel Ras | RWV | Sittard | 07-08-93 |
| 10.000 m snelw. | 52.45.6= | Tjabel Ras | PAC | Zaandam | 02-07-93 |
| 20.000 m snelw. | 1.56.27.0 | Theo Koenis | De LAT | Rotterdam | 14-09-08 |
| 30.000 m snelw. | 2.57.46.2 | Theo Koenis | De LAT | Rotterdam | 14-09-08 |
| 50.000 m snelw. | 5.40.21.7 | Dave Bindervoet | RWV | Rotterdam | 14-06-98 |
| 2 uren snelw. | 20.614 | Theo Koenis | De LAT | Rotterdam | 14-09-08 |
| Hoogspringen | 1.81 | Jan Huijbers | GAC Gemert | Poznan (POL) | 24-07-06 |
| Polstokhoog | 3.50 | Marc van Vliet | a.v. Castricum | Amsterdam | 13-05-07 |
| Verspringen | 5.51 | Wim Scholtes | Sparta | Vught | 13-06-04 |
| Hinkstapspringen | 11.48 | Jan Huijbers | GAC Gemert | Emmen | 10-06-06 |
| Kogelstoten | 15.25 | Martin Regtop | TION | Vught | 12-06-05 |
| Discuswerpen | 51.57 | Martin Regtop | TION | Zwolle | 28-04-05 |
| Kogelslingeren | 52.46 | Rinus Schreuder | Hellas | Spa (BEL) | 21-06-97 |
| Speerwerpen | 52.18 | Dirk Kooreman | AV Zaanland | Heiloo | 15-08-08 |
| Gewichtwerpen | 16.86 | Martin Regtop | TION | Borken (GER) | 16-04-05 |
| Werpvijfkamp | 4.472 | Martin Regtop | TION | Borken (GER) | 16-04-05 |
| | | <i>44.24 * 14.88 * 48.30 * 38.84 * 16.86</i> | | | |
| Pentatlon | 3.938 | Glenn Gentle | AVON | Izegem (BEL) | 15-07-07 |
| | | <i>5.24 * 38.83 * 25.98 * 38.25 * 5.13.82</i> | | | |
| Decatlon | 6.970 | Glenn Gentle | AVON | Riccione (ITA) | 05-09-07 |
| | | <i>13.34 * 4.98 * 11.20 * 1.45 * 59.56 * 17.14 * 36.71 * 2.20 * 37.92 * 5.19.20</i> | | | |
| 4 x 100 m | 51.25 | Nationaal team | Nederland | Aalsmeer | 16-08-98 |
| | | <i>Gerard Sengers * Peter Blommestijn * Ton Peters * Ron Landré</i> | | | |
| | 53.34 | PAC | Rotterdam | Amstelveen | 17-09-05 |
| | | <i>Hans Rodermond * Wim Beindorff * Fred van der Steenhoven * Karel Moltzer</i> | | | |
| 4 x 200 m | 1.50.6= | Nationaal team | Nederland | Naaldwijk | 08-07-99 |
| | | <i>Frans van Boven * Geert van dijk * Ton Peters * Ron Landré</i> | | | |
| | 1.52.88 | PAC | Rotterdam | Gouda | 05-09-03 |
| | | <i>Hans Rodermond * Wim Beindorff * Fred van der Steenhoven * Han Ruigrok</i> | | | |
| 4 x 400 m | 4.10.2= | Nationaal team | Nederland | Naaldwijk | 26-08-99 |
| | | <i>Frans van Boven * Ton Peters * Wim Metselaar * Arie van Tol</i> | | | |
| | 4.19.61 | Hera | Heerhugowaard | Amstelveen | 18-09-04 |
| | | <i>Anne Lenis * Arie Snoek * Ted Kruijer * Jelle van der Schaaf</i> | | | |
| 4 x 800 m | 11.15.34 | Passaat | Papendrecht | Amstelveen | 30-09-07 |
| | | <i>Alex Halter * Arie van der Leun * Albert Stehouwer * Cor Terlouw</i> | | | |
| 4 x 1.500 m | 21.20.10 | Leiden Atletiek | Leiden | Amstelveen | 21-09-02 |
| | | <i>Chris Hop * Bertus Kerkvliet * Arnold Schipper * Arie van Tol</i> | | | |
| Zweedse estafette (400-300-200-100 m) | 2.29.4= | PAC | Rotterdam | Steenbergen | 27-06-04 |
| | | <i>Wim Beindorff * Hans Rodermond * Han Ruigrok * Fred van der Steenhoven</i> | | | |
| 10 km | 33.59 | John van der Wansem | LADB | Kaatsheuvel | 17-05-08 |
| 15 km | 49.36 | Piet van Alphen | AAC | Nijmegen | 17-11-85 |
| 20 km | 1.06.28 | Piet van Alphen | AAC | Leiden | 05-04-86 |
| ½ marathon | 1.12.33 | Piet van Alphen | AAC | Leersum | 30-08-86 |
| 25 km | 1.26.37 | Piet van Alphen | AAC | Brugge (BEL) | 28-06-87 |
| 30 km | 1.50.52 | Geu Siebenga | Fit | Schoorl | 15-02-04 |

| | | | | | |
|--------------|---------|------------------|--------|----------------|----------|
| marathon | 2.27.54 | Piet van Alphen | AAC | Chicago (USA) | 20-10-85 |
| 100 km | 8.54.34 | Gerrit Nillessen | Cifla | Winschoten | 13-09-03 |
| 10 km snelw. | 51.37 | Tjabel Ras | RWV | Rotterdam | 17-11-91 |
| 20 km snelw. | 1.46.22 | Tjabel Ras | RWV | Sint-Oedenrode | 15-03-92 |
| 30 km snelw. | 2.51.10 | Theo Koenis | de LAT | Tilburg | 19-10-08 |
| 50 km snelw. | 4.59.49 | Theo Koenis | de LAT | Tilburg | 19-10-08 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 4x400M EN 4x800M NATIONAAL TEAM; EKIDEN CLUB- EN NATIONAAL TEAM

VACANT MET LIMIET: DECATHLON (5576)

M60

| | | | | | |
|------------------|-----------|----------------------|-----------------|--------------------|--|
| 100 m | 12.81 | Jan Ties | AAC '61 | Zierikzee | 08-09-09 |
| 200 m | 26.24 | Wim Scholtes | Sparta | Ljubljana (SLO) | 02-08-08 |
| 400 m | 57.66 | Wim Scholtes | Sparta | Ljubljana (SLO) | 30-07-08 |
| 800 m | 2.14.14 | Siem Herlaar | DEM | Utrecht | 24-06-90 |
| 1.000 m | 2.53.3= | Felix Florijn | DEM | Santpoort | 08-07-94 |
| 1.500 m | 4.32.08 | Ad Heijdens | Achilles EL | Etten-Leur | 25-05-99 |
| 1 mijl (1609 m) | 4.54.07 | Joop Rüter | PAC | Beverwijk | 01-08-93 |
| 2.000 m | 6.32.4= | Siem Herlaar | DEM | Krommenie | 10-06-94 |
| 3.000 m | 9.29.47 | Ad Heijdens | Achilles EL | Etten-Leur | 27-06-00 |
| 5.000 m | 16.12.57 | Ad Heijdens | Achilles EL | Uden | 03-07-99 |
| 10.000 m | 34.33.2= | Willem Ravensbergen | De Bataven | Leiden | 13-10-89 |
| 20.000 m | 1.29.58.0 | Gillis Bosman | THOR | Roosendaal | 20-09-01 |
| 1 uur | 13.456 | Gillis Bosman | THOR | Roosendaal | 20-09-01 |
| 2.000 m steeple | 7.18.90 | Steeff Kijne | R' dam Atletiek | Lathi (FIN) | 08-08-09 |
| 100 m hrd | 16.02 | Frans Buys | AAC | Rome (ITA) | 25-06-85 |
| 300 m hrd | 47.92 | Jelle van der Schaaf | Hera | Riccione (ITA) | 07-09-07 |
| 3.000 m snelw. | 15.58.7= | Nico Schroten | RWV | Rotterdam | 15-03-98 |
| 5.000 m snelw. | 26.29.18 | Hein Zethof | a.v. Aalsmeer | Boedapest (HUN) | 02-07-90 |
| 10.000 m snelw. | 53.50.8= | Nico Schroten | RWV | Zaandam | 25-01-98 |
| 20.000 m snelw. | 1.51.17.4 | Nico Schroten | RWV | Tilburg | 06-04-97 |
| 30.000 m snelw. | 2.57.14.3 | Nico Schroten | RWV | Spijkenisse | 26-07-97 |
| 50.000 m snelw. | 5.19.12.2 | Nico Schroten | RWV | Rotterdam | 14-06-98 |
| 2 uren snelw. | 20.985 | Nico Schroten | RWV | Spijkenisse | 27-07-96 |
| Hoogspringen | 1.55 | Rob Dekker | a.v. Castricum | Veldhoven | 10-06-07 |
| Polstokhoog | 2.90 | Kees van Giezen | GAC Hilversum | Utrecht | 02-06-95 |
| Verspringen | 5.03 | Willem Schoone | Nova | Oosterhout | 14-06-09 |
| Hinkstapspringen | 10.62 | Wim Scholtes | Sparta | Gouda | 22-08-08 |
| Kogelstoten | 14.16 | Frans de Laat | Statina | Roermond | 25-10-08 |
| Discuswerpen | 50.07 | Teo Maat | Fortuna | Naaldwijk | 10-07-08 |
| Kogelslingeren | 58.10 | Rinus Schreuder | Hellas | Zwolle | 05-06-03 |
| Speerwerpen | 43.24 | Wim Fokker | Hellas | Emmen | 07-06-97 |
| Gewichtwerpen | 17.14 | Jan Titulaer | Scopias | Alken (BEL) | 19-10-08 |
| Werpvijskamp | 4.021 | Jan Titulaer | PSV | Eindhoven | 13-09-08 |
| | | | | | <i>43.59 * 12.37 * 36.42 * 36.50 * 17.10</i> |
| Pentatlon | 3.424 | Robert Kila | Vet. Nederland | Veldhoven | 22-09-01 |
| | | | | | <i>4.13 * 31.20 * 28.08 * 40.47 * 5.49.63</i> |
| Decathlon | 5.511 | Kees van Giezen | GAC Hilversum | Buffalo (USA) | 14-07-95 |
| | | | | | <i>14.99 * 4.34 * 7.89 * 1.34 * 1.13.61 * 18.29 * 27.54 * 2.80 * 28.44 * 6.39.06</i> |
| 4 x 100 m | 51.79 | Nationaal team | Nederland | Amstelveen | 29-09-07 |
| | | | | | <i>Dirk Klanker * Hans Schouten * Wim Scholtes * Wim Schreuder Goedheijt</i> |
| | 58.44 | GAC | Hilversum | Utrecht | 07-08-98 |
| | | | | | <i>Pieter Schouten * Frans Buys * Kees van Giezen * Jeltjo Doornbosch</i> |
| 4 x 200 m | 1.48.68 | Nationaal team | Nederland | Amstelveen | 30-09-07 |
| | | | | | <i>Dirk Klanker * Jelle van der Schaaf * Wim Scholtes * Wim Schreuder Goedheijt</i> |
| 4 x 400 m | 4.18.46 | Nationaal team | Nederland | Kristiansand (NOR) | 03-07-92 |
| | | | | | <i>Boy van Heemstede Obelt * Willem Ravensbergen * Hein Zethof * Piet Maijoor</i> |
| | 4.52.10 | club team | PAC | Amstelveen | 16-09-06 |
| | | | | | <i>Han Ruigrok * Harry Heeke * Hans Kanselaar * Peter van Tilburg</i> |
| 4 x 800 m | 9.33.95 | Nationaal team | Nederland | Beverwijk | 11-06-92 |
| | | | | | <i>Piet Maijoor * Willem Ravensbergen * Hein Zethof * Siem Herlaar</i> |
| 4 x 1500 m | 24.47.91 | Passaat | Papendrecht | Amstelveen | 27-09-08 |
| | | | | | <i>Alex Halter * Cor Terlouw * John Geres * Frans Bouter</i> |
| 10 km | 36.00 | Ko van der Weijden | HC Amsterdam | Rijsbergen | 17-06-06 |
| 15 km | 52.14 | Willem Ravensbergen | De Bataven | Noordwijkerhout | 07-10-89 |
| 20 km | 1.11.50 | Willem Ravensbergen | De Bataven | Rijpwetering | 30-03-91 |
| ½ marathon | 1.16.20 | Willem Ravensbergen | De Bataven | Den Haag | 28-03-92 |

Statistisch jaarboek 2009

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|--------------|---------|--------------------|--------------|-----------------|----------|
| 25 km | 1.32.30 | Wil van der Lee | DAK | Zevenbergen | 02-09-90 |
| 30 km | 2.00.48 | Ko van der Weijden | HC Amsterdam | Schoorl | 08-02-09 |
| marathon | 2.38.32 | Wil van der Lee | DAK | Amsterdam | 15-09-91 |
| 100 km | 8.20.05 | Jo Vos | Olympia Ehv | Rodenbach (BRD) | 20-04-91 |
| 10 km snelw. | 53.46 | Nico Schroten | RWV | Rotterdam | 01-12-96 |
| 20 km snelw. | 1.51.33 | Nico Schroten | RWV | Sint-Oedenrode | 09-03-97 |
| 30 km snelw. | 2.53.40 | Nico Schroten | RWV | Barendrecht | 06-10-96 |
| 50 km snelw. | 5.04.20 | Nico Schroten | RWV | Barendrecht | 06-10-96 |

VACANT ZONDER LIMIET: 25.000M; 30.000M; 4x200M CLUBTEAM; 4x800M CLUBTEAM; 4x1500M NATIONAAL TEAM; ZWEEDSE

ESTAFETTE; EKIDEN CLUB- EN NATIONAAL TEAM

VACANT MET LIMIET: 400M (58.83)

M65

| | | | | | |
|------------------|-----------|--|----------------|---------------------|----------|
| 100 m | 13.60 | Ron Landré | De Spartaan | Velsen | 29-06-03 |
| 200 m | 27.90 | Geert van Dijk | Vet. Nederland | Merksem (BEL) | 11-08-01 |
| 400 m | 1.02.65 | Ron Landré | De Spartaan | Leiden | 23-07-03 |
| 800 m | 2.19.44 | Siem Herlaar | DEM | Bedford (GBR) | 17-07-94 |
| 1.000 m | 2.54.5= | Siem Herlaar | DEM | Santpoort | 08-07-94 |
| 1.500 m | 4.39.87 | Siem Herlaar | DEM | Bedford (GBR) | 16-07-94 |
| 1 mijl (1609 m) | 5.17.2= | Siem Herlaar | DEM | Amsterdam | 05-05-95 |
| 3.000 m | 9.49.5= | Siem Herlaar | DEM | Alphen aan den Rijn | 21-07-94 |
| 5.000 m | 17.30.22 | Siem Herlaar | DEM | Vught | 25-06-95 |
| 10.000 m | 36.37.73 | Willem Ravensbergen | De Bataven | Leiden | 05-10-94 |
| 1 uur | 13.117 | Gillis Bosman | THOR | Roosendaal | 23-09-04 |
| 2.000 m steeple | 9.58.70 | Henk van de Langerijt | a.v. Weert | Riccione (ITA) | 15-09-07 |
| 100 m hrd | 19.25 | Kees van Giezen | GAC Hilversum | Lelystad | 06-06-99 |
| 300 m hrd | 53.09 | Frans Buys | Pijnenburg | Tilburg | 12-07-92 |
| 3.000 m snelw. | 16.56.6= | Hein Zethof | a.v. Aalsmeer | Zaandam | 07-07-95 |
| 5.000 m snelw. | 27.59.61 | Nico Schroten | RWV | Gateshead (GBR) | 07-08-99 |
| 10.000 m snelw. | 58.47.0= | Klaas Bakker | OLAT | Eindhoven | 08-02-03 |
| 20.000 m snelw. | 2.00.46.8 | Nico Schroten | RWV | Spijkenisse | 21-08-99 |
| 30.000 m snelw. | 3.06.56.1 | Nico Schroten | RWV | Spijkenisse | 21-08-99 |
| 50.000 m snelw. | 6.10.08 | Jaap Visser | RWV | Blackpool (GBR) | 10-08-02 |
| 2 uren snelw. | 19.876 | Nico Schroten | RWV | Spijkenisse | 21-08-99 |
| Hoogspringen | 1.44 | Kees Jägers | GAC Hilversum | Riccione (ITA) | 13-09-07 |
| Polstokhoog | 2.90 | Kees van Giezen | GAC Hilversum | Lelystad | 05-06-99 |
| Verspringen | 4.58 | Geert van Dijk | Vet. Nederland | Zevenbergen | 29-05-01 |
| Hinkstapspringen | 9.31 | Kees van Giezen | GAC Hilversum | Lelystad | 06-06-99 |
| Kogelstoten | 13.06 | Wim Fokker | Atverni | Eindhoven | 29-05-04 |
| Discuswerpen | 45.50 | Jan Pronk | Trias | Heiloo | 09-07-04 |
| Kogelslingeren | 53.80 | Rinus Schreuder | Hellas | Apeldoorn | 07-04-07 |
| Speerwerpen | 38.87 | Jan de Vries | Fit | Oosterhout | 13-06-09 |
| Gewichtwerpen | 15.23 | Wim Schoemaker | AV '47 | Eindhoven | 16-02-08 |
| Werpvijfkamp | 4.084 | Peter Blommestijn | Rotterdam Atl. | Zutphen | 25-10-08 |
| | | <i>35.21 * 10.89 * 38.98 * 35.79 * 14.04</i> | | | |
| Pentatlon | 3.100 | Geert van Dijk | Vet. Nederland | Veldhoven | 22-09-01 |
| | | <i>4.46 * 20.80 * 27.97 * 20.67 * 6.17.15</i> | | | |
| Decatlon | 5.829 | Kees van Giezen | GAC Hilversum | Utrecht | 27-06-99 |
| | | <i>14.63 * 4.16 * 7.47 * 1.33 * 1.15.67 * 19.98 * 27.30 * 2.60 * 25.27 * 7.16.05</i> | | | |
| 4 x 100 m | 58.23 | Nationaal team | Nederland | Gateshead (GBR) | 08-08-99 |
| | | <i>Pieter Schouten * Frans Buys * Kees van Giezen * Arend Koet</i> | | | |
| | 58.02 | GAC | Hilversum | Amsterdam | 14-07-02 |
| | | <i>Pieter Schouten * Kees van Giezen * Jan Sloopbeek * Jeltjo Doornbosch</i> | | | |
| 4 x 400 m | 5.22.05 | Nationaal team | Nederland | Riccione (ITA) | 15-09-07 |
| | | <i>Wim Metselaar * Henk van de Langerijt * Gillis Bosman * Johan Engelhart</i> | | | |
| 10 km | 39.06 | Jan Olieslagers | Gloria | Rijsbergen | 15-06-02 |
| 15 km | 55.20 | Siem Herlaar | DEM | Rhoon | 17-12-94 |
| 20 km | 1.13.18 | Wil van der Lee | DAK | Beverwijk | 22-10-95 |
| ½ marathon | 1.16.25 | Wil van der Lee | DAK | Rosmalen | 06-04-97 |
| 25 km | 2.00.42 | W. Koning | Fortuna | Zevenbergen | 21-09-96 |
| 30 km | 2.20.49 | Karel Leeuwangh | Fortuna | Schoorl | 10-02-08 |
| marathon | 2.44.25 | Wil van der Lee | DAK | Rotterdam | 23-04-95 |
| 100 km | 8.07.22 | Wil van der Lee | DAK | Winschoten | 16-09-95 |
| 10 km snelw. | 59.14 | Tjabel Ras | RWV | Rotterdam | 06-01-02 |
| 20 km snelw. | 1.59.19 | Nico Schroten | RWV | Sint-Oedenrode | 12-03-00 |
| 30 km snelw. | 3.21.44 | Jaap Visser | RWV | Olland | 12-03-06 |

| | | | | | |
|---|---------|-------------|-----|--------|----------|
| 50 km snelw. | 5.49.16 | Jaap Visser | RWV | Olland | 12-03-06 |
| <u>VACANT ZONDER LIMIET:</u> 20.000M; 25.000M; 30.000M; 4x200M CLUB- EN NATIONAAL TEAM; 4x400M CLUBTEAM; 4x800M CLUB- EN NATIONAAL TEAM; 4x1500M CLUB- EN NATIONAAL TEAM; ZWEEDSE ESTAFETTE; EKIDEN CLUB- EN NATIONAAL TEAM | | | | | |
| <u>VACANT MET LIMIET:</u> 2.000M (9.30.00) | | | | | |

M70

| | | | | | |
|--|------------|-------------------|----------------|-----------------------|----------|
| 100 m | 14.53 | Pieter Schouten | GAC Hilversum | Utrecht | 05-05-06 |
| 200 m | 29.74 | Pieter Schouten | GAC Hilversum | Aarhus (DEN) | 31-07-04 |
| 400 m | 1.10.71 | Boy van Heemstede | Obelt Fortuna | Utrecht | 01-09-00 |
| 800 m | 2.29.96 | Siem Herlaar | DEM | Aalsmeer | 15-08-99 |
| 1.000 m | 3.35.19 | Siem Herlaar | DEM | Castricum | 16-06-04 |
| 1.500 m | 4.57.65 | Siem Herlaar | DEM | Valkenswaard | 28-08-99 |
| 1 mijl (1609 m) | 5.19.75 | Joop Rüter | PAC | Rotterdam | 11-07-03 |
| 2.000 m | 8.06.1= | Jan Verloop | Gen. Michaelis | Oosterhout | 01-09-91 |
| 3.000 m | 10.42.40 | Siem Herlaar | DEM | Beverwijk | 02-07-99 |
| 5.000 m | 18.57.04 | Siem Herlaar | DEM | Gateshead (GBR) | 31-07-99 |
| 10.000 m | 40.34.75 | Siem Herlaar | DEM | Gateshead (GBR) | 04-08-99 |
| 80 m hrd | 14.33 | Frans Buys | Pijnenburg | Malmö (SWE) | 24-07-96 |
| 300 m hrd | 55.08 | Arend Koet | a.v. Castricum | Brisbane (AUS) | 07-07-01 |
| 3.000 m snelw. | 17.40.07 | Klaas Bakker | OLAT | Veldhoven | 09-06-07 |
| 5.000 m snelw. | 29.50.2= | Klaas Bakker | OLAT | Rotterdam | 03-06-07 |
| 10.000 m snelw. | 1.01.36.9= | Tjabel Ras | RWV | Rotterdam | 19-03-06 |
| 20.000 m snelw. | 2.14.33.0 | Tjabel Ras | RWV | Rotterdam | 02-09-06 |
| 30.000 m snelw. | 3.36.47,1 | Jaap Visser | RWV | Dordrecht | 12-09-09 |
| 50.000 m snelw. | 6.48.43.= | Jaap Visser | RWV | Milton Keynes (GBR) | 16-08-08 |
| 2 uren snelw. | 17.995 | Tjabel Ras | RWV | Rotterdam | 02-09-06 |
| Hoogspringen | 1.35 | Arend Koet | a.v. Castricum | Groningen | 09-06-02 |
| Polstokhoog | 2.50 | Kees van Giezen | GAC Hilversum | Amsterdam | 09-05-04 |
| Verspringen | 4.37 | Geert van Dijk | Vet. Nederland | Amsterdam | 14-05-06 |
| Hinkstapspringen | 8.23 | Arend Koet | a.v. Castricum | Brisbane (AUS) | 10-07-01 |
| Kogelstoten | 13.48 | Wim Fokker | Atverni | Eindhoven | 19-05-07 |
| Discuswerpen | 41.82 | Jan Pronk | Trias | Heiloo | 01-05-08 |
| Kogelslingeren | 39.17 | Jan Pronk | Trias | Grootebroek | 27-06-08 |
| Speerwerpen | 37.16 | Cor Braak | Waterland | Amsterdam | 24-08-01 |
| Gewichtwerpen | 15.11 | Jan Smit | PSV | Eindhoven | 09-02-02 |
| Werpvijskamp | 3.928 | Wim Fokker | Atverni | Huizen | 08-10-06 |
| <i>29.17 * 12.57 * 35.20 * 35.46 * 12.41</i> | | | | | |
| Decathlon | 5.558 | Arend Koet | a.v. Castricum | Aarhus (DEN) | 23-07-04 |
| <i>15.99 * 3.74 * 8.70 * 1.30 * 1.18.36 * 16.49 * 19.11 * 2.20 * 14.90 * 6.59.90</i> | | | | | |
| 4 x 100 m | 1.03.92 | nationaal team | Nederland | Amstelveen | 21-09-02 |
| <i>Boy van Heemstede Obelt * Arend Koet * Mario Spadon * Frans Buijs</i> | | | | | |
| | 1.08.11 | GAC | Hilversum | Amstelveen | 29-09-07 |
| <i>Pieter Schouten * Jan Slootbeek * Kees van Giezen * Frans Buijs</i> | | | | | |
| 10 km | 40.36 | Joop Rüter | PAC | Rotterdam | 15-11-03 |
| 15 km | 1.02.55 | Siem Herlaar | DEM | Velsen | 24-10-99 |
| 20 km | 1.32.13 | Karel Leeuwangh | Fortuna | Alphen aan den Rijn | 08-03-09 |
| ½ marathon | 1.27.42 | Wil van der Lee | DAK | Drunen | 27-02-00 |
| 25 km | 1.56.58 | Karel Leeuwangh | Fortuna | Brielle | 01-03-09 |
| 30 km | 2.22.23 | Karel Leeuwangh | Fortuna | Schoorl | 08-02-09 |
| marathon | 3.02.49 | Joop Rüter | PAC | Rotterdam | 04-04-04 |
| 10 km snelw. | 1.02.12 | Tjabel Ras | RWV | Rotterdam | 04-02-07 |
| 20 km snelw. | 2.12.33 | Jaap Visser | RWV | Olland (St-Oedenrode) | 09-03-08 |
| 30 km snelw. | 3.18.03 | Jac Heidendaal | RWV | Rotterdam | 10-04-83 |
| 50 km snelw. | 5.52.30 | Jaap Visser | RWV | Olland (St-Oedenrode) | 09-03-08 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; PENTATHLON; 4x200M CLUB- EN NATIONAAL TEAM; 4x400M CLUB- EN NATIONAAL TEAM; 4x800M CLUB- EN NATIONAAL TEAM; 4x1500M CLUB- EN NATIONAAL TEAM; ZWEEDSE ESTAFETTE; 100KM; EKIDEN CLUB- EN NATIONAAL TEAM

VACANT MET LIMIET: 2.000M STEEPLE (11.40.00)

M75

| | | | | | |
|-----------------|----------|--------------|----------------|--------------|----------|
| 100 m | 15.85 | Joop Rüter | PAC | Zierikzee | 08-09-09 |
| 200 m | 31.76 | Joop Rüter | PAC | Zierikzee | 10-09-09 |
| 400 m | 1.11.31 | Joop Rüter | PAC | Zierikzee | 10-09-09 |
| 800 m | 3.18.95 | Wim Schild | Antilope | Steenwijk | 09-09-01 |
| 1.500 m | 6.07.18 | Jan Verloop | Gen. Michaelis | Athene (GRE) | 06-06-94 |
| 1 mijl (1609 m) | 6.37.87 | Jan Verloop | Gen. Michaelis | Beverwijk | 01-08-93 |
| 3.000 m | 12.04.53 | Siem Herlaar | DEM | Den Haag | 01-07-04 |

| | | | | | |
|------------------|------------|---------------|----------------|-----------------|----------|
| 5.000 m | 20.44.94 | Siem Herlaar | DEM | Utrecht | 16-07-04 |
| 10.000 m | 54.04.5= | Jo Kneepkens | Vet. Nederland | Hannover (GER) | 27-07-79 |
| 80 m hrd | 16.62 | Frans Buys | GAC Hilversum | Jyväskylä (FIN) | 13-07-00 |
| 300 m hrd | 59.72 | Frans Buys | GAC Hilversum | Jyväskylä (FIN) | 08-07-00 |
| 3.000 m snelw. | 20.35.4= | Nico Schroten | RWV | Dordrecht | 12-09-09 |
| 5.000 m snelw. | 34.26.0= | Nico Schroten | RWV | Dordrecht | 12-09-09 |
| 10.000 m snelw. | 1.10.06.5= | Nico Schroten | RWV | Dordrecht | 12-09-09 |
| 20.000 m snelw. | 2.23.30.9 | Nico Schroten | RWV | Dordrecht | 12-09-09 |
| 30.000 m snelw. | 4.05.25.6 | Koos van Rijn | RWV | Rotterdam | 08-09-07 |
| 2 uren snelw. | 16.840 | Nico Schroten | RWV | Dordrecht | 12-09-09 |
| Hoogspringen | 1.29 | Arend Koet | a.v. Castricum | Poznan (POL) | 20-07-06 |
| Polsstokhoog | 2.40 | Arend Koet | a.v. Castricum | Amsterdam | 13-05-07 |
| Verspringen | 3.49 | Arend Koet | a.v. Castricum | Poznan (POL) | 20-07-06 |
| Hinkstapspringen | 7.47 | Arend Koet | a.v. Castricum | Amsterdam | 14-05-06 |
| Kogelstoten | 10.24 | Jan Oerlemans | a.v. Nijmegen | Apeldoorn | 03-04-04 |
| Discuswerpen | 34.24 | Jan Oerlemans | a.v. Nijmegen | Roermond | 23-10-04 |
| Kogelslingeren | 29.19 | Jan Smit | PSV | Huizen | 08-10-06 |
| Speerwerpen | 34.87 | Cor Braak | AC Waterland | Veldhoven | 10-06-07 |
| Gewichtwerpen | 11.35 | Jan Smit | PSV | Eindhoven | 23-09-07 |
| Werpvijskamp | 3.587 | Jan Oerlemans | a.v. Nijmegen | Eindhoven | 28-09-03 |

23.95 * 9.71 * 31.26 * 22.80 * 11.17

| | | | | | |
|--------------|---------|--------------------|----------------|--------------------|---|
| Decatlon | 6.501 | Arend Koet | a.v. Castricum | Poznan (POL) | 21-07-06 |
| | | | | | 16.45 * 3.49 * 8.47 * 1.29 * 1.19.83 * 16.82 * 17.26 * 2.30 * 19.22 * 7.31.87 |
| 10 km | 45.54 | Wil van der Lee | DAK | Kaatsheuvel | 20-05-06 |
| 15 km | 1.14.15 | Wim Kapteijn | Vet. Nederland | Capelle a/d IJssel | 20-05-01 |
| ½ marathon | 1.39.35 | Wil van der Lee | DAK | Drunen | 04-03-07 |
| marathon | 4.46.07 | Wim Kloos | PAC | Rotterdam | 04-04-04 |
| 10 km snelw. | 1.08.38 | Nico Schroten | RWV | Tilburg | 04-10-09 |
| 20 km snelw. | 2.19.49 | Nico Schroten | RWV | Tilburg | 04-10-09 |
| 30 km snelw. | 4.09.20 | Bernard Krabbendam | De LAT | Tilburg | 04-10-09 |
| 50 km snelw. | 6.24.24 | Jac Heidendaal | RWV | Sint-Oedenrode | 12-03-88 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; PENTATHLON; 4X100M CLUB- EN NATIONAAL TEAM; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUB- EN NATIONAAL TEAM; 4X800M CLUB- EN NATIONAAL TEAM; 4X1500M CLUB- EN NATIONAAL TEAM; ZWEEDSE ESTAFETTE; 20KM; 25KM; 30KM; 100KM; EKIDEN CLUB- EN NATIONAAL TEAM

VACANT MET LIMIET: 1.000M (4.15.00); 2.000M (10.20.00); 2.000M STEEPLE (13.30.00)

M80

| | | | | | |
|------------------|------------|-------------------|----------------|------------|----------|
| 100 m | 18.49 | Frans Buijs | GAC Hilversum | Amsterdam | 08-05-05 |
| 200 m | 39.89 | Wim Schild | Antilope | Amsterdam | 14-05-06 |
| 400 m | 1.34.49 | Wim Schild | Antilope | Gouda | 11-05-07 |
| 800 m | 3.24.1= | Jan Verloop | Gen. Michaelis | Best | 19-05-98 |
| 1.000 m | 4.30.82 | Wim Schild | Antilope | Harderwijk | 20-06-07 |
| 1.500 m | 7.11.1= | Jan Verloop | Gen. Michaelis | Best | 11-05-99 |
| 3.000 m | 15.43.46 | Jan van Heiningen | GAC Hilversum | Amsterdam | 09-05-04 |
| 5.000 m | 25.51.48 | Jan Verloop | Gen. Michaelis | Zevenaar | 07-06-98 |
| 10.000 m | 59.56.0= | Wim Schild | Antilope | Harderwijk | 03-05-07 |
| 3.000 m snelw. | 21.50.5= | Koos van Rijn | RWV | Rotterdam | 16-03-08 |
| 5.000 m snelw. | 37.01.3= | Koos van Rijn | RWV | Rotterdam | 16-03-08 |
| 10.000 m snelw. | 1.14.36.5= | Koos van Rijn | RWV | Rotterdam | 16-03-08 |
| 20.000 m snelw. | 2.38.26.5 | Koos van Rijn | RWV | Rotterdam | 14-09-08 |
| 30.000 m snelw. | 4.04.32.3 | Koos van Rijn | RWV | Rotterdam | 14-09-08 |
| 50.000 m snelw. | 7.04.01.4 | Koos van Rijn | RWV | Rotterdam | 14-09-08 |
| 2 uren snelw. | 15.278 | Koos van Rijn | RWV | Rotterdam | 14-09-08 |
| Hoogspringen | 1.10 | Wim Schild | Antilope | Emmen | 11-06-06 |
| Verspringen | 2.82 | Wim Schild | Antilope | Amsterdam | 14-05-06 |
| Hinkstapspringen | 5.75 | Frans Buijs | GAC Hilversum | Amsterdam | 08-05-05 |
| Kogelstoten | 8.05 | Nico Storre | Vet. Nederland | Zwolle | 28-06-09 |
| Discuswerpen | 21.79 | Nico Storre | Vet. Nederland | Veldhoven | 29-06-08 |
| Speerwerpen | 17.08 | Nico Storre | Vet. Nederland | Amsterdam | 27-04-08 |
| 15 km | 1.25.48 | Jan van Heiningen | GAC-Hilversum | Nijmegen | 16-11-03 |
| ½ marathon | 2.13.21 | Douwe Kleefstra | Vet. Nederland | Giethoorn | 20-08-88 |
| 10 km snelw. | 1.15.18 | Koos van Rijn | RWV | Rotterdam | 18-11-07 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; GEWICHTWERPEN; WERPVIJSKAMP; PENTATHLON; DECATHLON; 4X100M CLUB- EN NATIONAAL TEAM; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUB- EN NATIONAAL TEAM; 4X800M CLUB- EN NATIONAAL TEAM; 4X1500M CLUB- EN NATIONAAL TEAM; ZWEEDSE ESTAFETTE; 10KM; 20KM; 25KM; 30KM; MARATHON; 100KM; 10KM SNELWANDELEN; 20KM SNELWANDELEN; 30KM SNELWANDELEN; 50KM SNELWANDELEN; EKIDEN CLUB- EN NATIONAAL TEAM

VACANT MET LIMIET: 1 MIJL (9.00.00); 2.000M (11.00.00); 2.000M STEEPLE (15.30.00); 80M HORDEN (26.24); 300M HORDEN (1.14.24); POLSSTOKHOOGSPRINGEN (2.00); KOGELSLINGEREN (12.00)

M85

| | | | | | |
|----------------|----------|-------------|----------------|--------------|----------|
| 800 m | 3.51.66 | Jan Verloop | Gen. Michaelis | Valkenswaard | 30-08-03 |
| 1.500 m | 8.04.24 | Jan Verloop | Gen. Michaelis | Vught | 12-06-04 |
| 3.000 m | 17.15.61 | Jan Verloop | Gen. Michaelis | Amsterdam | 09-05-04 |
| 3.000 m snelw. | 24.50.4= | Henri Gest | Zaanland | Zaandam | 25-01-04 |
| 5.000 m snelw. | 41.26.7= | Henri Gest | Zaanland | Zaandam | 05-09-03 |
| Hoogspringen | 1.00 | Henri Gest | Zaanland | Amsterdam | 22-08-03 |

VACANT MET LIMIET: 100M (25.03); 200M (56.33)

Vrouwen (senioren)

| | | | | | |
|---------------------------------------|-----------|-----------------------|-------------------|--|----------|
| 100 m | 11.08 | Nelli Cooman | AVR | Stuttgart (GER) | 27-08-86 |
| 200 m | 22.81 | Els Vader | Zeeland Sport | Pescara (ITA) | 02-08-81 |
| 400 m | 51.35 | Esther Goossens | AV '34 Apeldoorn | Malmö (SWE) | 06-06-98 |
| 800 m | 1.55.54 | Ellen van Langen | ADA | Barcelona (ESP) | 03-08-92 |
| 1.000 m | 2.35.21 | Ellen van Langen | ADA | Sheffield (GBR) | 29-08-93 |
| 1.500 m | 4.03.63 | Elly van Hulst | PAC | Rome (ITA) | 05-09-87 |
| 1 mijl (1609 m) | 4.22.40 | Elly van Hulst | PAC | Brussel (BEL) | 05-09-86 |
| 2.000 m | 5.39.52 | Elly van Hulst | PAC | Londen (GBR) | 11-07-86 |
| 3.000 m | 8.33.97 | Elly van Hulst | PAC | Zürich (SUI) | 17-08-88 |
| 5.000 m | 14.56.43 | Lornah Kiplagat | Hylas | Stockholm (SWE) | 05-08-03 |
| 10.000 m | 30.12.53 | Lornah Kiplagat | Hylas | Parijs (FRA) | 23-08-03 |
| 20.000 m | 1.42.04.0 | Ria Buiten | Vet. Nederland | Nantes (FRA) | 28-09-96 |
| 30.000 m | 2.32.12.0 | Ria Buiten | Vet. Nederland | Nantes (FRA) | 28-09-96 |
| 1 uur | 15.529 | Marlien van Beek | LADB | Roosendaal | 28-09-00 |
| 3.000 m steeple | 9.38.40 | Miranda Boonstra | Nijmegen Atletiek | Nijmegen | 29-05-09 |
| 100 m hrd | 12.77 | Marjan Olijslager | AVR | Villeneuve d'Asque | 25-06-89 |
| 400 m hrd | 54.62 | Esther Goossens | AV '34 Apeldoorn | Boedapest (HUN) | 21-08-98 |
| 5.000 m snelw. | 23.52.6= | Marika Zethof | AVA '64 | Sittard | 22-05-83 |
| 10.000 m snelw. | 50.14.9= | Marika Zethof | AVA '64 | Zonhoven (BEL) | 05-06-83 |
| 20.000 m snelw. | 2.04.11.= | Marleen Radder | RWV | Tilburg | 07-04-02 |
| Hoogspringen | 1.88 | Mieke van Doorn | De Spartaan | Utrecht | 17-08-75 |
| | | Mirjam van Laar | Achilles-Top | Sittard | 31-07-77 |
| | | Monique van der Weide | Unitas | Diekirch (LUX) | 21-07-90 |
| Polstokhoog | 4.40 | Monique de Wilt | Prins Hendrik | München (GER) | 09-08-02 |
| Verspringen | 6.75 | Sharon Jaklofsky | Lycurgus | Atlanta (USA) | 01-08-96 |
| Hinkstapspringen | 12.99 | Brenda Baar | AV '23 | Kessel-Lo (BEL) | 06-06-09 |
| Kogelstoten | 18.87 | Corrie de Bruin | Ciko '66 | Arnhem | 18-07-98 |
| Discuswerpen | 71.22 | Ria Stalman | Sparta | Walnut (USA) | 15-07-84 |
| Kogelslingeren | 65.79 | Debby van der Schilt | Groningen Atl. | Halle (GER) | 22-05-04 |
| Speerwerpen | 57.57 | Bregje Crolla | Unitas | Kerkrade | 17-06-07 |
| Heptatlon | 6.423 | Karin Ruckstuhl | AAC | Gotenburg (SWE) | 08-08-06 |
| | | | | 13.17 * 1.83 * 13.25 * 24.22 * 6.51 * 39.54 * 2.11.97 | |
| 4 x 100 m | 43.44 | Nationaal team | Nederland | Mexico City (MEX) | 20-10-68 |
| | | | | <i>Wilma v.d. Berg * Mieke Sterk * Truus Hennipman * Corry Bakker</i> | |
| | 45.15 | AVR | Rotterdam | Lissabon (POR) | 05-06-88 |
| | | | | <i>Marjan Olijslager * Michelle Martinot * Desirée de Leeuw * Els Vader</i> | |
| 4 x 200 m | 1.34.8= | Nationaal team | Nederland | Londen (GBR) | 24-08-68 |
| | | | | <i>Mieke Sterk * Corry Bakker * Truus Hennipman * Hilly Gankema</i> | |
| | 1.36.8= | Sparta | Den Haag | Leiden | 06-10-79 |
| | | | | <i>Lilian v.d. Ham * Martha Derby * Conny Vermazen * Tilly Verhoef</i> | |
| 4 x 400 m | 3.32.31 | Nationaal team | Nederland | Eindhoven | 28-06-98 |
| | | | | <i>Angelique Banket * Stella Jongmans * Nannet Karenbeld * Ester Goossens</i> | |
| | 3.41.4= | Olympia '48 | Den Haag | Den Haag | 06-09-78 |
| | | | | <i>Truus van Amstel * Elly Henzen * Liliane Mandema * Monique Jansen</i> | |
| 4 x 800 m | 8.29.70 | Nationaal team | Nederland | Sheffield (GBR) | 05-06-92 |
| | | | | <i>Grete Koens * Laura Bosman * Stella Jongmans * Krista Aukema</i> | |
| | 8.45.20 | ADA | Amsterdam | Roosendaal | 16-09-84 |
| | | | | <i>Margriet de Graaf * Desirée de Leeuw * Maike Persoons * Olga Commandeur</i> | |
| Zweedse estafette (400-300-200-100 m) | 2.10.44 | Phanos | Amsterdam | Amstelveen | 19-09-04 |
| | | | | <i>Marjolein de Jong * Martje Hoekmeijer * Angelique Smit * Wendy Visser</i> | |
| 10 km | 30.59 | Lornah Kiplagat | Hylas | Tilburg | 05-09-04 |
| 15 km | 46.59 | Lornah Kiplagat | Hylas | Udine (ITA) | 14-10-07 |
| 20 km | 1.02.57 | Lornah Kiplagat | Hylas | Udine (ITA) | 14-10-07 |
| ½ marathon | 1.06.25 | Lornah Kiplagat | Hylas | Udine (ITA) | 14-10-07 |

Statistisch jaarboek 2009

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|--|---------|-----------------|----------------|----------------|----------|
| 25 km | 1.27.10 | Carla Beurskens | Festina | Berlijn (BRD) | 07-05-89 |
| 30 km | 1.46.24 | Irma Heeren | Cialfo | Schoorl | 16-02-03 |
| marathon | 2.23.43 | Lornah Kiplagat | Hylas | New York (USA) | 02-11-03 |
| 100 km | 8.36.10 | Ida Verduin | Vet. Nederland | Winschoten | 13-09-08 |
| 10 km snelw. | 49.46 | Marcia Onos | AVA '64 | Rotterdam | 10-04-83 |
| 20 km snelw. | 2.04.30 | Marleen Radder | RWV | Den Haag | 31-05-97 |
| Ekiden | 2.22.36 | nationaal team | Nederland | Yokohama (JPN) | 25-02-90 |
| <i>(5-10-5-10-5-7, 195 km) Wilma van Onna * Carla Beurskens * Anne van Schuppen * Jolanda Homminga * Joke Kleyweg * Ine Valentin</i> | | | | | |
| | 2.34.48 | club team | De Bataven | Vught | 20-03-94 |

*Suze Groen in 't Woud * Regina Hazeleger * Marja Hogenboom * Joke Kleyweg * Monique Bruins * Leny van der Plas*

bijzondere prestaties

| | | | | | |
|---------------|---------|--------------------|-------------|-------------|----------|
| 100 yards | 10.6= | Fanny Blankers | Sagitta | Den Haag | 05-07-52 |
| 150 m | 17.28 | Jacqueline Poelman | Hellas | Delft | 17-09-00 |
| 300m | 37.45 | Ester Goossens | AV '34 | Lisse | 02-05-98 |
| 200 m hrd | 26.65 | Esther van Ooyen | KAV Holland | Hilversum | 13-09-98 |
| 3000 m snelw. | 14.13.9 | Marika Onos | AVA '64 | Schoonhoven | 24-04-83 |
| 1/2 snelw. | 6.067 | Marika Onos | AVA '64 | Rotterdam | 20-03-83 |
| 1 snelw. | 10.280 | Christien Vijver | Spartacus | Zaandam | 09-07-82 |

VACANT ZONDER LIMIET: 25.000M

Neo-senioren (vrouwen)

| | | | | | |
|---|---|----------------------|----------------|-------------------|----------|
| 100 m | 11.08 | Nelli Cooman | AVR | Stuttgart (GER) | 27-08-86 |
| 200 m | 22.81 | Els Vader | Zeeland Sport | Pescara (ITA) | 02-08-81 |
| 400 m | 52.45 | Trudy Ruth | GAC Hilversum | München (GER) | 03-09-72 |
| 800 m | 1.58.61 | Stella Jongmans | R'dam Atletiek | Hengelo | 28-06-92 |
| 1.000 m | 2.36.70 | Elly van Hulst | Olympia'48 | Londen (GBR) | 11-09-81 |
| 1.500 m | 4.06.25 | Yvonne van der Kolk | AVR | Monte Carlo (MON) | 03-08-91 |
| 1 mijl (1609 m) | 4.34.02 | Christine Toonstra | ADA | Bratislava (SVK) | 09-06-88 |
| 2.000 m | 5.45.84 | Yvonne van der Kolk | AVR | Londen (GBR) | 12-07-91 |
| 3.000 m | 9.05.15 | Christine Toonstra | ADA | Koblenz (GER) | 25-08-88 |
| 5.000 m | 15.44.25 | Rita Delnoye | Kimbria | Hechtel (BEL) | 30-07-88 |
| 10.000 m | 33.07.61 | Carlien Harms | Sparta | Keulen (GER) | 27-08-89 |
| 3.000 m steeple | 9.54.25 | Andrea Deelstra | Athlon | Heusden (BEL) | 22-07-06 |
| 100 m hrd | 13.17 | Judith Vis | R'dam Atletiek | Leverkusen (GER) | 27-07-02 |
| 400 m hrd | 56.87 | Marjolein de Jong | Phanos | Tilburg | 07-07-01 |
| 5.000 m snelw. | 26.23.6= | Marica Zethof | AVA'64 | Schoonhoven | 15-07-78 |
| 10.000 m snelw. | 59.53.9= | Liesbeth van Leeuwen | AV NOP | Dordrecht | 15-03-09 |
| Hoogspringen | 1.88 | Mieke van Doorn | De Spartaan | Utrecht | 17-08-75 |
| | 1.88 | Mirjam van Laar | Achilles-Top | Sittard | 31-07-77 |
| Polstokhoog | 4.25 | Rianna Galiart | Lycurgus | Amsterdam | 01-06-07 |
| Verspringen | 6.57 | Mieke van de Kolk | DEM | Hengelo | 09-07-89 |
| Hinkstapspringen | 12.99 | Brenda Baar | AV '23 | Kessel-Lo (BEL) | 06-06-09 |
| Kogelstoten | 18.87 | Corrie de Bruin | Ciko'66 | Arnhem | 18-07-98 |
| Discuswerpen | 63.88 | Corrie de Bruin | Ciko'66 | Arnhem | 11-07-98 |
| Kogelslingeren | 61.90 | Debby van der Schilt | Groningen Atl. | Bydgoszcz (POL) | 20-07-03 |
| Speerwerpen | 57.57 | Bregje Crolla | Unitas | Kerkrade | 17-06-07 |
| Heptatlon | 6.291 | Laurien Hoos | Hera | Erfurt (GER) | 15-07-05 |
| | 13.53 * 1.77 * 15.03 * 24.61 * 6.04 * 49.77 * 2.21.76 | | | | |
| 4 x 100 m | 45.09 | nationaal team | Nederland | Leiden | 14-06-97 |
| <i>Mami Awuah Assante * Annemarie Kramer * Deborah den Boer * Kim Som</i> | | | | | |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; 20.000M SNELWANDELEN; 4X100M CLUBTEAM; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUB- EN NATIONAAL TEAM; 4X800M CLUB- EN NATIONAAL TEAM; ZWEEDE ESTAFETTE

Meisjes (juniores)

| | | | | | |
|-----------------|----------|---------------------|----------------|-------------------------|----------|
| 100 m | 11.44 | Jacqueline Poelman | Argo '77 | Seoel (KOR) | 17-09-92 |
| 200 m | 23.28 | Jacqueline Poelman | Argo '77 | Groningen | 21-06-92 |
| 800 m | 2.01.6= | Olga Commandeur | Suomi | Aalst (BEL) | 07-09-75 |
| 1.000 m | 2.38.91 | Yvonne van der Kolk | AVR | Hengelo | 14-08-88 |
| 1.500 m | 4.13.98 | Yvonne van der Kolk | AVR | Leverkusen (GER) | 28-06-88 |
| 1 mijl (1609 m) | 4.43.13 | Adrienne Herzog | Fit | Brasschaat (BEL) | 14-08-02 |
| 2.000 m | 6.07.35 | Susan Kuijken | Seven Hills RT | Leiden | 11-05-05 |
| 3.000 m | 9.12.2= | Maïke Persoons | ADA | Den Haag | 04-09-81 |
| 5.000 m | 16.09.94 | Adrienne Herzog | Fit | Heusden (BEL) | 02-08-03 |
| 10.000 m | 35.56.48 | Brenda Sleuwenhoek | Avantri | Varazdin (YUG) | 25-08-89 |
| 3.000 m steeple | 10.26.12 | Jolanda Verstraten | Scopias | Namen (BEL) | 31-08-02 |
| 100 m hrd | 13.36 | Judith Vis | R'dam Atletiek | Riga (LAT) | 05-08-99 |
| 400 m hrd | 56.26 | Marjolein de Jong | Phanos | Santiago de Chili (CHI) | 19-10-00 |

| | | | | | |
|--|------------|---|-----------------|-------------------|----------|
| 3.000 m snelw. | 16.45.0= | Brigitte Genders | Unitas | Zaandam | 29-01-95 |
| 5.000 m snelw. | 28.26.3= | Jelly van de Velde | Spartacus | Rotterdam | 07-06-86 |
| 10.000 m snelw. | 1.05.34.4= | Liesbeth van Leeuwen | AV NOP | Zaandam | 22-01-06 |
| Hoogspringen | 1.86 | Marije Langen | AAC '61 Assen | Verlenje (SLO) | 22-06-03 |
| Polstokhoog | 4.20 | Denise Groot | Unitas | Hoorn | 23-05-09 |
| Verspringen | 6.43 | Mieke van der kolk | DEM | Vught | 03-08-86 |
| Hinkstapspringen | 12.90 | Yvonne de Vreede | AV '40 | Hengelo | 31-05-97 |
| Kogelstoten | 18.15 | Corrie de Bruin | R'dam Atletiek | Arnhem | 19-06-94 |
| Discuswerpen | 60.50 | Corrie de Bruin | R'dam Atletiek | Hengelo | 05-06-95 |
| Kogelslingeren | 56.88 | Wendy Koolhaas | Argo '77 | Apeldoorn | 26-06-99 |
| Speerwerpen | 53.80 | Bregje Crolla | Unitas | Emmeloord | 15-05-05 |
| Heptatlon | 5.914 | Saskia Meijer | AV'34 Apeldoorn | Götzis (AUT) | 31-05-98 |
| | | 14.43 * 1.67 * 14.40 * 25.29 * 5.92 * 48.28 * 2.18.42 | | | |
| 4 x 100 m | 44.90 | Nationaal team | Nederland | Leiria (POR) | 22-06-08 |
| | | <i>Kadene Vassell * Loreanne Kuhurima * Janice Babel * Jamile Samuel</i> | | | |
| | 45.25 | Phanos | Amsterdam | Lisse | 08-06-08 |
| | | <i>Kadene Vassell * Loreanne Kuhurima * Nicky van Leuven * Jamile Samuel</i> | | | |
| 4 x 400 m | 3.40.74 | nationaal team | Nederland | Grosseto (ITA) | 17-07-04 |
| | | <i>Sjorske Wijker * Romara van Noort * Henrieke Krommendijk * Annemarie Schulte</i> | | | |
| | 3.46.81 | AV '34 | Apeldoorn | Lisse | 03-05-97 |
| | | <i>Inge Hogeveen * Saskia Meijer * Thelma Joziassse * Astrid Joziassse</i> | | | |
| Zweedse estafette (400-300-200-100 m) | 2.17.27 | Rotterdam Atletiek | Rotterdam | Amstelveen | 28-09-08 |
| | | <i>Maruska Eduarda * Tamara Klomp * Meruska Eduarda * Stephany Suykerbuyk</i> | | | |
| 10 km snelw. | 1.04.22 | Liesbeth van Leeuwen | AV NOP | Amsterdam | 28-01-07 |
| bijzondere prestaties | | | | | |
| 300m | 40.55 | José van der Veen | Impala | Lisse | 02-05-98 |
| <u>VACANT MET LIMIET: 400m</u> | (53.43) | | | | |
| V35 | | | | | |
| 200 m | 24.77 | Ciska Janssen | Sagitta | Amsterdam | 07-08-82 |
| 800 m | 2.05.41 | Ina Blaauw | Argo '77 | Bielefeld (GER) | 05-06-83 |
| 1.000 m | 2.48.9= | Petra van Limpt | Prins Hendrik | Vught | 29-08-92 |
| 1.500 m | 4.19.46 | Petra van Limpt | Prins Hendrik | Hengelo | 27-06-92 |
| 1 mijl (1609 m) | 4.54.00 | Mieke Aenen | Haag Atletiek | Delft | 28-06-98 |
| 2.000 m | 6.26.8= | Barbara Kamp | PAC Rotterdam | Leiden | 03-05-00 |
| 3.000 m | 9.06.71 | Elly van Hulst | Mita TC | Linz (AUT) | 04-07-94 |
| 5.000 m | 15.35.22 | Wilma van Onna | PAC Rotterdam | Arnhem | 05-07-00 |
| 10.000 m | 32.36.76 | Carla Beurskens | Festina | Essen (GER) | 12-06-87 |
| 1 uur | 15.529 | Marlien van Beek | LADB | Roosendaal | 28-09-00 |
| 2.000 m steeple | 8.50.64 | Monique Seerden | Lionitas | Brisbane (AUS) | 14-07-01 |
| 100 m hrd | 15.21 | Mieke Sterk | ADA | Breda | 13-05-84 |
| 400 m hrd | 1.04.24 | Mireille Hesper | R' dam Atletiek | Amsterdam | 09-07-06 |
| 3.000 m snelw. | 15.36.58 | Marica Onos | RWV | Tilburg | 12-07-92 |
| 5.000 m snelw. | 26.30.6= | Christien Vijver | Spartacus | Zaandam | 03-06-83 |
| Hoogspringen | 1.68 | Ria Hulsink | ADA | Amsterdam | 06-10-85 |
| Polstokhoog | 3.81 | Sandra van der Geer | Ilion | Amsterdam | 05-07-08 |
| Verspringen | 6.41 | Ciska Janssen | Sagitta | Straatsburg (FRA) | 17-07-82 |
| Hinkstapspringen | 11.79 | Anja Mulder | Atletics | Amsterdam | 05-07-08 |
| Kogelstoten | 14.04 | Els Stolk | ADA | Krommenie | 17-05-92 |
| Discuswerpen | 46.30 | Jacqueline Goormachtigh | PAC | Rotterdam | 24-04-05 |
| Kogelslingeren | 52.54 | Gonny Mik | Argo '77 | Holtland (GER) | 15-09-01 |
| Speerwerpen | 51.88 | Marjo Bus | Ciko '66 | Apeldoorn | 27-06-99 |
| Gewichtwerpen | 16.39 | Gonny Mik | Groningen Atl. | Aarhus (DEN) | 30-07-04 |
| Werpvijfkamp | 3.898 | Gonny Mik | Argo '77 | Potsdam (GER) | 22-08-02 |
| | | 50.94 * 10.52 * 35.11 * 28.35 * 16.25 | | | |
| Pentatlon | 2.806 | Monique Seerden | Lionitas | Jyväskylä (FIN) | 09-07-00 |
| | | 19.10 * 1.48 * 10.02 * 4.38 * 2.28.07 | | | |
| Heptatlon | 4.095 | Alma Hollen | KAV Holland | Utrecht | 29-06-97 |
| | | 16.78 * 1.31 * 10.44 * 27.87 * 4.67 * 34.14 * 2.33.32 | | | |
| 4 x 100 m | 50.05 | Nationaal team | Nederland | Etten-Leur | 26-06-93 |
| | | <i>Mariet Thomas * Annemiek Stavenuiter * Rini Hagenaars * Tilly Verhoef</i> | | | |
| | 51.79 | DEM | Beverwijk | Tilburg | 11-09-95 |
| | | <i>Delia Appelman * Anja Akkerman * Lida Berkhout * Mariet Thomas</i> | | | |
| 4 x 200 m | 1.46.16 | Nationaal team | Nederland | Barendrecht | 11-05-96 |
| | | <i>Sonja Kuipers * Rini Hagenaars * Joke Torbijn * Tilly Verhoef</i> | | | |
| | 1.59.91 | Pallas '67 | Wageningen | Amstelveen | 27-09-09 |

Statistisch jaarboek 2009

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|--|-----------|---|-----------------|---------------------|----------------|----------|
| | | <i>Janine Holshuijsen - Christy van Beek - Nynke Groenendijk - Kadia Diedhiou</i> | | | | |
| 4 x 400 m | 4.04.2= | Nationaal team | Nederland | Zwolle | 30-08-96 | |
| | | <i>Sonja Kuipers * Janny Kuper * Diny van de Ven * Tilly Verhoef</i> | | | | |
| | 4.47.33 | club team | KAV Holland | Amstelveen | 16-09-06 | |
| | | <i>Ineke Dieperink * Martine Bodeman * Petra Aarts * Mascha Kunst</i> | | | | |
| 4 x 800 m | 9.37.29 | Nationaal team | Nederland | Dordrecht | 25-09-92 | |
| | | <i>Diny van de Ven * Irene Pos * Ina Ruijter * Tilly Verhoef</i> | | | | |
| | 10.46.67 | club team | Holland Haarlem | Amstelveen | 19-09-04 | |
| | | <i>Ineke Dieperink * Martine Bodemann * Anja Matakana * Mascha Kunst</i> | | | | |
| Zweedse estafette (400-300-200-100 m) | 2.35.23 | club team | PAC | Amstelveen | 17-09-06 | |
| | | <i>Valérie Klostermann * Marlou Klaver * Carola Diederik * Loes Buitendijk</i> | | | | |
| 10 km | 32.23 | Carla Beurskens | Festina | Atlanta (USA) | 04-07-90 | |
| 15 km | 49.26 | Carla Beurskens | Festina | Winschoten | 25-07-87 | |
| 20 km | 1.07.12 | Nadezhda Wijenberg | Tilburg RR | Alphen aan den Rijn | 12-03-00 | |
| ½ marathon | 1.10.04 | Carla Beurskens | Festina | Den Haag | 31-03-90 | |
| 25 km | 1.27.10 | Carla Beurskens | Festina | Berlijn (BRD) | 07-05-89 | |
| 30 km | 1.46.24 | Irma Heeren | Cialfo | Schoorl | 16-02-03 | |
| marathon | 2.26.34 | Carla Beurskens | Festina | Tokio (JPN) | 15-11-87 | |
| 100 km | 8.51.47 | Mareike Bestenbreur | Vet. Nederland | Lincoln (GBR) | 23-06-85 | |
| 10 km snelw. | 1.04.45 | Miny Starrenburg | RWV | Roosendaal | 28-04-78 | |
| 20 km snelw. | 2.09.00 | Annie van der Meer | RWV | Mulhouse (FRA) | 28-08-84 | |
| bijzondere prestaties | | | | | | |
| 100 m | 11.8= | Ciska Janssen | Sagitta | Utrecht | 07-07-82 | |
| 400 m | 56.0= | Ina Blaauw | Argo'77 | Zevenaar | 19-06-83 | |
| <u>VACANT ZONDER LIMIET:</u> 20.000M; 25.000M; 30.000M; 20.000M SNELWANDELEN; EKIDEN CLUB- EN NATIONAAL TEAM | | | | | | |
| <u>VACANT MET LIMIET:</u> 100M (12.03); 400M (56.13); 10.000M SNELWANDELEN (59.59.00) | | | | | | |
| V40 | | | | | | |
| 100 m | 12.39 | Ciska Janssen | Sagitta | Rome (ITA) | 22-06-85 | |
| 200 m | 25.17 | Tilly Verhoef | Sparta | Apeldoorn | 16-05-97 | |
| 400 m | 56.82 | Tilly Verhoef | Sparta | Spa (BEL) | 21-06-97 | |
| 800 m | 2.13.41 | Irene Wentzel | Hellas | Vught | 06-07-86 | |
| 1.000 m | 2.54.06 | Anne-Mieke van der Pol a.v. Nijmegen | | | Utrecht | 16-07-04 |
| 1.500 m | 4.29.99 | Anne-Mieke van der Pol Nijmegen Atletiek | | | Oordegem (BEL) | 01-07-06 |
| 1 mijl (1609 m) | 5.02.86 | Anne-Mieke van der Pol Nijmegen Atletiek | | | Amersfoort | 11-05-05 |
| 2.000 m | 6.36.55 | Marlien van Beek | LADB | Vught | 01-04-07 | |
| 3.000 m | 9.31.5= | Hennie Zantinga | Impala | Emmen | 17-05-92 | |
| 5.000 m | 16.40.77 | Anne-Mieke van der Pol Nijmegen Atletiek | | | Utrecht | 07-07-06 |
| 10.000 m | 35.21.07 | Irene Wentzel | Hellas | Leiden | 14-05-86 | |
| 20.000 m | 1.42.04.0 | Ria Buiten | Vet. Nederland | Nantes (FRA) | 28-09-96 | |
| 30.000 m | 2.32.12.0 | Ria Buiten | Vet. Nederland | Nantes (FRA) | 28-09-96 | |
| 1 uur | 15.180 | Marlien van Beek | LADB | Herentals (BEL) | 07-09-07 | |
| 2.000 m steeple | 7.53.02 | Jeanine van Overveld | THOR | San Sebastian (ESP) | 03-09-05 | |
| 80 m hrd | 12.11 | Rini Hagenaars | PAC | Vught | 24-06-95 | |
| 400 m hrd | 1.07.91 | Lena Jansen | Energy | Etten-Leur | 26-06-93 | |
| 3.000 m snelw. | 16.33.3= | Marica Onos | RWV | Rotterdam | 18-03-01 | |
| 5.000 m snelw. | 27.47.7= | Marica Onos | RWV | Rotterdam | 18-03-01 | |
| 10.000 m snelw. | 56.33.2= | Marica Onos | RWV | Zaandam | 28-01-01 | |
| 20.000 m snelw. | 2.22.24.= | Adri van Dirven | Achilles-EL | Rotterdam | 04-08-76 | |
| Hoogspringen | 1.65 | Patsy Kolhorn | Achilles-EL | Weert | 09-06-03 | |
| Polstokhoog | 3.60 | Larissa Lowe | AAC | Kingston (GBR) | 24-04-04 | |
| Verspringen | 6.21 | Ciska Janssen | Sagitta | Zwolle | 07-07-85 | |
| Hinkstapspringen | 10.91 | Evie Roelands | DJA | Kapellen (BEL) | 26-09-99 | |
| Kogelstoten | 13.71 | Els Stolk | AAC | Hoorn | 18-05-97 | |
| Discuswerpen | 47.70 | Els Stolk | AAC | Hoorn | 18-05-97 | |
| Kogelslingeren | 53.06 | Gonny Mik | Groningen Atl. | Ljubljana (SLO) | 27-07-08 | |
| Speerwerpen | 43.26 | Gerda Vetter | AAC | Enschede | 13-05-01 | |
| Gewichtwerpen | 16.57 | Gonny Mik | Groningen Atl. | Ljubljana (SLO) | 01-08-08 | |
| Werpvijskamp | 4.362 | Gonny Mik | Groningen Atl. | Ljubljana (SLO) | 01-08-08 | |
| | | <i>52.23 * 10.30 * 32.47 * 26.85 * 16.57</i> | | | | |
| Pentatlon | 3.590 | Anja Akkerman | DEM | Malmö (SWE) | 20-07-96 | |
| | | <i>13.47 * 1.45 * 9.63 * 5.22 * 2.41.99</i> | | | | |
| Heptatlon | 4.772 | Mia Dudink | Sagitta | Turku (FIN) | 19-07-91 | |
| | | <i>14.10 * 1.53 * 10.07 * 29.24 * 4.45 * 36.44 * 2.38.09</i> | | | | |
| 4 x 100 m | 50.72 | Nationaal team | Nederland | Malmö (SWE) | 27-07-96 | |
| | | <i>Mariet Thomas * Anja Akkerman * Janny Kuper * Tilly Verhoef</i> | | | | |

Statistisch jaarboek 2009

| | | | | | |
|--|-----------|---|----------------|---------------------|----------|
| | 55.20 | GAC | Hilversum | Amstelveen | 26-09-09 |
| | | <i>Ilona Mulder * Brigitte van de Kamp * Inez Veldmeijer * Ellen Tromp</i> | | | |
| 4 x 200 m | 1.57.46 | Nationaal team | Nederland | Barendrecht | 11-05-96 |
| | | <i>Diny van de Ven * Rietje Dijkman * Janny Kuper * Lena Jansen</i> | | | |
| | 1.59.08 | GAC | Hilversum | Amstelveen | 27-09-09 |
| | | <i>Ilona Mulder * Brigitte van de Kamp * Inez Veldmeijer * Ellen Tromp</i> | | | |
| 4 x 400 m | 4.07.88 | Nationaal team | Nederland | Malmö (SWE) | 27-07-96 |
| | | <i>Anja Akkerman * Janny Kuper * Diny van de Ven * Tilly Verhoef</i> | | | |
| | 4.32.77 | club team | Hera | Amstelveen | 18-09-04 |
| | | <i>Afra Kruijer * Corina Dekker * Gon Pater * Jacqueline Koenis</i> | | | |
| 4 x 800 m | 9.55.83 | Nationaal team | Nederland | Dordrecht | 30-08-98 |
| | | <i>Lisette Kaptijn * Marja Mulder * Helmie Caris * Greet Papegaay</i> | | | |
| | 10.19.85 | club team | THOR | Amstelveen | 18-09-05 |
| | | <i>Ineke Stofmeel * Marianne de Schipper * Jeanine van Overveld * Florence van Rijsbergen</i> | | | |
| Zweedse estafette (400-300-200-100 m) | 3.01.17 | club team | Startbaan | Amstelveen | 19-09-04 |
| | | <i>Judy Broer * Ingrid van der Eijk * Monica Woldinga * Marleen Keijlard</i> | | | |
| 10 km | 32.39 min | Carla Beurskens | Scopias | Brunssum | 10-04-94 |
| 15 km | 50.56 min | Carla Beurskens | Scopias | Wolphaartsdijk | 14-08-93 |
| 20 km | 1.10.05 | Anne van Schuppen | Haag Atletiek | Alphen aan den Rijn | 09-03-03 |
| ½ marathon | 1.12.26 | Carla Beurskens | Scopias | Den Haag | 27-03-94 |
| 25 km | 1.37.16 | Irene Wentzel | Hellas | Vleuten | 26-01-86 |
| 30 km | 1.51.37 | Mieke Pullen | PSV | Schoorl | 18-02-01 |
| marathon | 2.29.43 | Carla Beurskens | Scopias | Rotterdam | 17-04-94 |
| 100 km | 9.05.57 | Ria Buiten | Vet. Nederland | Winschoten | 12-09-98 |
| 10 km snelw. | 1.05.20 | Annie van der Meer | RWV | Goirle | 05-06-88 |
| 20 km snelw. | 2.12.33 | Annie van der Meer | RWV | Goirle | 05-06-88 |

VACANT ZONDER LIMIET: 25.000M; EKIDEN CLUB- EN NATIONAAL TEAM

V45

| | | | | | |
|------------------|-----------|---|---------------|-------------------|----------|
| 100 m | 12.96 | Tilly Jacobs | Sparta | Ede | 14-09-02 |
| 200 m | 26.51 | Sonja Oost | De Sperwers | Ede | 14-09-02 |
| 400 m | 1.00.87 | Sonja Oost | De Sperwers | Melbourne (AUS) | 11-10-02 |
| 800 m | 2.20.2= | Irene Wentzel | ADA | Amsterdam | 13-07-90 |
| 1.000 m | 3.08.88 | Marja Mulder | Spoertlust | Castricum | 15-06-07 |
| 1.500 m | 4.50.6= | Els Raap | Blauw Wit | Soest | 14-08-93 |
| 1 mijl (1609 m) | 5.19.8= | Leny van der Plas | De Bataven | Leiden | 14-08-96 |
| 2.000 m | 6.43.17 | Els Raap | Blauw Wit | Hilversum | 19-09-93 |
| 3.000 m | 10.04.19 | Mieke Pullen | PSV | Uden | 12-05-02 |
| 5.000 m | 17.36.3 | Carla Ophorst | Olympus '70 | Naaldwijk | 06-05-04 |
| 10.000 m | 36.44.2= | Carla Ophorst | Olympus '70 | Naaldwijk | 15-10-05 |
| 20.000 m | 1.25.56.0 | Ineke Stofmeel | THOR | Roosendaal | 28-09-00 |
| 1 uur | 15.288 | Ineke Stofmeel | THOR | Roosendaal | 23-09-04 |
| 2.000 m steeple | 8.17.72 | Jeanine van Overveld | THOR | Poznan (POL) | 30-07-06 |
| 80 m hrd | 12.28 | Corrie Roovers | Sprint | Straatsburg (USA) | 18-07-82 |
| 400 m hrd | 1.09.30 | Lena Jansen | Energie | Calais (FRA) | 20-06-98 |
| 3.000 m snelw. | 16.08.6= | Marica Onos | RWV | Spijkenisse | 11-08-01 |
| 5.000 m snelw. | 28.27.1= | Marleen Radder | RWV | Best | 01-07-00 |
| 10.000 m snelw. | 59.01.6= | Marleen Radder | RWV | Zaandam | 07-07-00 |
| Hoogspringen | 1.56 | Weia Reinboud | Hellas | Sittard | 20-09-98 |
| Polstokhoog | 3.50 | Brigitte van de Kamp | GAC Hilversum | Lisse | 25-06-06 |
| Verspringen | 5.18 | Corrie Roovers | Sprint | Straatsburg (FRA) | 17-07-82 |
| Hinkstapspringen | 10.89 | Janine Kortbeek | Prins Hendrik | Potsdam (GER) | 22-08-02 |
| Kogelstoten | 13.28 | Els Stolk | AAC | Breda | 16-06-02 |
| Discuswerpen | 45.76 | Els Stolk | AAC Amsterdam | Leiden | 12-06-04 |
| Kogelslingeren | 44.85 | Ingrid van Dijk | GAC Hilversum | Amersfoort | 11-04-09 |
| Speerwerpen | 40.02 | Gerda Vetter | AAC | Amsterdam | 03-06-07 |
| Gewichtwerpen | 15.58 | Ingrid van Dijk | GAC Hilversum | Riccione (ITA) | 15-09-07 |
| Werpvijskamp | 4.771 | Ingrid van Dijk | GAC Hilversum | Riccione (ITA) | 15-09-07 |
| | | <i>43.84 * 10.66 * 39.68 * 24.49 * 15.58</i> | | | |
| Pentatlon | 4.162 | Corrie Roovers | Sprint | Puerto Rico | 27-09-83 |
| | | <i>12.44 * 1.44 * 9.86 * 4.90 * 2.41.0=</i> | | | |
| Heptatlon | 5.103 | Weia Reinboud | Hellas | Amsterdam | 07-08-98 |
| | | <i>14.26 * 1.54 * 8.56 * 30.60 * 4.62 * 29.73 * 2.42.95</i> | | | |
| 4 x 100 m | 52.75 | Nationaal team | Nederland | Amstelveen | 29-09-07 |
| | | <i>Tilly Jacobs * Mary Augustin * Jacqueline Koenis * Hermien Roggeband</i> | | | |
| | 56.73 | Attila | Tilburg | Heiloo | 05-09-99 |

| | | | | | |
|--------------|----------|---|-----------------|---------------------|----------|
| 4 x 400 m | 4.27.39 | <i>Elly Willemsen * Marianne Vennix * Riet Jonkers * Janet Janssen</i> Nationaal team | Nederland | Riccione (ITA) | 15-09-07 |
| 4 x 800 m | 10.24.08 | <i>Hermien Roggeband * Jacqueline Koenis * Mary Augustin * Jeanine van Overveld</i> Nationaal team | Nederland | Valkenswaard | 28-08-99 |
| 10 km | 34.16 | <i>Lena Jansen * Els Raap * Nortje van Kempen * Diny van de Ven</i> Carla Beurskens | Scopias | Brunssum | 13-04-97 |
| 15 km | 52.10 | Carla Beurskens | Scopias | Alphen aan den Rijn | 08-03-97 |
| 20 km | 1.14.28 | Carla Beurskens | Atletiek Helden | Alphen aan den Rijn | 13-03-99 |
| ½ marathon | 1.14.21 | Carla Beurskens | Scopias | Den Haag | 23-03-97 |
| 25 km | 1.38.48 | Els Bloemen | The Haque RR | Brugge (BEL) | 26-06-88 |
| 30 km | 1.57.23 | Manna Kwak | Zuidwal | Beekbergen | 04-04-94 |
| marathon | 2.37.21 | Carla Beurskens | RRA Rotterdam | Enschede | 08-06-97 |
| 100 km | 8.57.43 | Ida Verduin | TAS '82 | Winschoten | 16-09-06 |
| 10 km snelw. | 58.15 | Marleen Radder | RWV | Rotterdam | 06-02-00 |
| 20 km snelw. | 2.04.30 | Marleen Radder | RWV | Den Haag | 31-05-97 |

VACANT ZONDER LIMIET; 25.000M; 30.000M; 20.000M SNELWANDELEN; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUBTEAM; 4X800M CLUBTEAM; ZWEEDSE ESTAFETTE; EKIDEN CLUB- EN NATIONAAL TEAM

V50

| | | | | | |
|------------------|-----------|---|-----------------|---------------------|----------|
| 100 m | 12.97 | Hermine Roggeband | Delta Sport | Terneuzen | 19-09-09 |
| 200 m | 26.74 | Hermine Roggeband | Delta Sport | Terneuzen | 19-09-09 |
| 400 m | 1.02.96 | Tilly Jacobs | PEC 1910 | Ede | 25-06-06 |
| 800 m | 2.24.0= | Gerda van Kooten | Sprint | Roosendaal | 06-07-89 |
| 1.000 m | 3.11.23 | Corrie Keijsers | a.v. Weert | Helmond | 22-08-95 |
| 1.500 m | 4.55.42 | Ella Witjes | Altis | Amersfoort | 03-06-07 |
| 1 mijl (1609 m) | 5.36.0= | Greet Warnaar | Hera | Heiloo | 11-09-92 |
| 2.000 m | 6.57.8= | Gerda van Kooten | Sprint | Breda | 16-04-89 |
| 3.000 m | 10.34.2= | Carla Ophorst | Olympus '70 | Naaldwijk | 09-07-09 |
| 5.000 m | 18.10.20 | Ella Witjes | Altis | Veldhoven | 10-06-07 |
| 10.000 m | 38.43.06 | Ella Witjes | Altis | Utrecht | 17-05-07 |
| 20.000 m | 1.26.14.= | Ineke Stofmeel | THOR | Roosendaal | 14-09-06 |
| 1 uur | 15.052 | Greet Warnaar | Hera | Roosendaal | 16-09-93 |
| 80 m hrd | 12.54 | Corrie Roovers | Sprint | Melbourne (AUS) | 29-11-87 |
| 300 m hrd | 51.71 | Lena Jansen | Energie | Den Haag | 25-05-03 |
| 3.000 m snelw. | 16.55.42 | Marleen Radder | RWV | Barendrecht | 18-05-02 |
| 5.000 m snelw. | 29.00.9= | Marleen Radder | RWV | Barendrecht | 06-06-04 |
| 10.000 m snelw. | 59.08.6= | Marleen Radder | RWV | Rotterdam | 18-03-01 |
| 20.000 m snelw. | 2.04.11.= | Marleen Radder | RWV | Tilburg | 07-04-02 |
| Hoogspringen | 1.57 | Weia Reinboud | Hellas | Krommenie | 06-08-00 |
| Polstokhoog | 2.10 | Marianne Langezaal | Leiden Atletiek | Leiden | 18-08-04 |
| Verspringen | 4.98 | Tilly Jacobs | PEC 1910 | Riccione (ITA) | 13-09-07 |
| Hinkstapspringen | 10.85 | Janine Kortbeek | Prins Hendrik | Aarhus (DEN) | 31-07-04 |
| Kogelstoten | 13.56 | Tine Schenkels | sc Reeuwijk | Velsen | 07-05-06 |
| Discuswerpen | 40.85 | Annie van Anholt | Attila | Vught | 17-05-98 |
| Kogelslingeren | 43.57 | Annie van Anholt | Attila | Nijmegen | 25-06-00 |
| Speerwerpen | 33.89 | Hennie van Kruchten | Phanos | Amsterdam | 19-08-01 |
| Gewichtwerpen | 15.23 | Annie van Anholt | Attila | Eindhoven | 09-02-02 |
| Werpviijkamp | 4.054 | Annie van Anholt | Attila | Huizen | 07-10-01 |
| Pentatlon | 4.269 | <i>42.86 * 10.59 * 33.97 * 24.73 * 13.53</i> Corrie Roovers | Sprint | Melbourne (AUS) | 03-12-87 |
| Heptatlon | 5.555 | <i>13.08 * 1.42 * 10.76 * 4.62 * 2.49.10</i> Anja Akkerman | DEM | Assen | 17-07-05 |
| 4 x 100 m | 53.26 | <i>14.30 * 1.36 * 9.84 * 28.72 * 4.72 * 30.95 * 2.56.96</i> Nationaal team | Nederland | Amstelveen | 26-09-09 |
| 4 x 200 m | 1.02.06 | <i>Tilly Jacobs * Sonja Oost * Joke Torbijn * Hermien Roggeband</i> Attila | Tilburg | Tilburg | 06-10-07 |
| 4 x 400 m | 2.03.7= | <i>Marianne Vennix * Janet Janssen * Riet Jonkers * Lia Verbeek</i> Nationaal team | Nederland | Enschede | 10-10-99 |
| 4 x 800 m | 10.45.43 | <i>Rietje Dijkman * Corrie Roovers * Riet Jonkers * Marja broers</i> Nationaal team | Nederland | Malmö (SWE) | 27-07-96 |
| 10 km | 37.28 | <i>Lisa Plat * Gerda van Kooten * Riet Jonkers * Marja Broers</i> Carla Ophorst | Olympus '70 | Leiden | 17-05-09 |
| 15 km | 57.09 | <i>Corrie Keijsers * Gerda van Kooten * Mirjam Brugman * Riet Jonkers</i> Manna Kwak | Zuidwal | Wageningen | 19-09-98 |
| 20 km | 1.19.06 | Carla Ophorst | Olympus '70 | Alphen aan den Rijn | 08-03-09 |

Statistisch jaarboek 2009

| | | | | | |
|--------------|---------|-----------------|-----------------|--------------|----------|
| ½ marathon | 1.19.51 | Carla Beurskens | Atletiek Helden | Eindhoven | 12-10-03 |
| 25 km | 1.43.02 | Els Bloemen | The Haque RR | Brugge (BEL) | 24-06-90 |
| 30 km | 2.02.11 | Manna Kwak | Zuidwal | Schoorl | 21-02-99 |
| marathon | 2.53.20 | Manna Kwak | Zuidwal | Eindhoven | 12-10-97 |
| 100 km | 8.36.10 | Ida Verduin | Vet. Nederland | Winschoten | 13-09-08 |
| 10 km snelw. | 58.36 | Marleen Radder | RWV | Rotterdam | 08-01-06 |
| 20 km snelw. | 2.05.35 | Marleen Radder | RWV | Olland | 10-03-02 |

bijzondere prestaties

| | | | | | |
|-------|-------|----------------|--------|-------|----------|
| 100 m | 13.3= | Corrie Roovers | Sprint | Breda | 28-07-85 |
|-------|-------|----------------|--------|-------|----------|

VACANT ZONDER LIMIET; 25.000M; 30.000M; 2.000M STEEPLE; 4X100M CLUBTEAM; 4X200M CLUBTEAM; 4X400M CLUBTEAM; 4X800M CLUBTEAM; ZWEEDSE ESTAFETTE; EKIDEN CLUB- EN NATIONAAL TEAM

V55

| | | | | | |
|------------------|-----------|------------------|---------------|-----------------------|---|
| 100 m | 14.18 | Corrie Roovers | Sprint | Athene (GRE) | 06-06-94 |
| 200 m | 29.13 | Corrie Roovers | Sprint | Turku (FIN) | 18-07-91 |
| 400 m | 1.07.23 | Afra Kruijer | Hera | Riccione (ITA) | 14-09-07 |
| 800 m | 2.31.0= | Gerda van Kooten | Sprint | Breda | 12-04-94 |
| 1.000 m | 3.24.79 | Corrie Keijsers | a.v. Weert | Helmond | 29-06-99 |
| 1.500 m | 5.06.94 | Corrie Keijsers | a.v. Weert | Zevenaar | 06-06-98 |
| 1 mijl (1609 m) | 5.32.7= | Corrie Keijsers | a.v. Weert | Weert | 16-06-98 |
| 2.000 m | 7.23.3= | Gerda van Kooten | Sprint | Breda | 11-04-95 |
| 3.000 m | 11.06.85 | Corrie Keijsers | a.v. Weert | Helmond | 07-09-97 |
| 5.000 m | 19.22.48 | Corrie Keijsers | a.v. Weert | Recklinghausen(GER) | 20-09-97 |
| 10.000 m | 41.20.06 | Marianne Knapen | LPK | Aarhus (DEN) | 23-07-04 |
| 1 uur | 13.365 | Marianne Knapen | LPK | Roosendaal | 14-09-06 |
| 80 m hrd | 13.30 | Corrie Roovers | Sprint | Turku (FIN) | 20-07-91 |
| 300 m hrd | 52.11 | Corrie Roovers | Sprint | Turku (FIN) | 25-07-91 |
| 3.000 m snelw. | 17.30.59 | Marleen Radder | RWV | Veldhoven | 09-06-07 |
| 5.000 m snelw. | 29.36.9= | Marleen Radder | RWV | Zaandam | 21-04-06 |
| 10.000 m snelw. | 59.43.0= | Marleen Radder | RWV | Zaandam | 21-04-06 |
| 20.000 m snelw. | 2.12.04.2 | Marleen Radder | RWV | Rotterdam | 02-09-06 |
| Hoogspringen | 1.50 | Weia Reinboud | Hellas | Krommenie | 02-07-06 |
| Polstokhoog | 1.90 | Weia Reinboud | Hellas | Krommenie | 02-09-07 |
| Verspringen | 4.65 | Janine Kortbeek | Prins Hendrik | Ljubljana (SLO) | 28-07-08 |
| Hinkstapspringen | 10.09 | Janine Kortbeek | Prins Hendrik | Oosterhout | 14-06-09 |
| Kogelstoten | 11.29 | Annie van Anholt | Attila | Groningen | 09-06-02 |
| Discuswerpen | 37.16 | Annie van Anholt | Attila | Vught | 31-05-03 |
| Kogelslingeren | 44.99 | Annie van Anholt | Attila | Apeldoorn | 04-10-03 |
| Speerwerpen | 34.80 | Weia Reinboud | Hellas | Zwolle | 30-08-08 |
| Gewichtwerpen | 15.46 | Annie van Anholt | Attila | Eindhoven | 08-02-03 |
| Werpvijskamp | 4.664 | Annie van Anholt | Attila | Eindhoven | 29-05-04 |
| Heptatlon | 5.973 | Corrie Roovers | Sprint | Turku (FIN) | 19-07-91 |
| | | | | | <i>42.81 * 10.72 * 34.86 * 24.51 * 14.64</i> |
| | | | | | <i>13.54 * 1.30 * 10.30 * 29.13 * 3.94 * 30.12 * 2.50.15</i> |
| 4 x 100 m | 1.01.33 | Nationaal team | Nederland | Gateshead (GBR) | 08-08-99 |
| | | | | | <i>Corrie Roovers * Lisa Plat * Rietje Dijkman * Riet Jonkers</i> |
| 4 x 800 m | 10.33.26 | Nationaal team | Nederland | Valkenswaard | 28-08-99 |
| | | | | | <i>Riet Jonkers * Gerda van Kooten * Corrie Keijsers * Mirjam Brugman</i> |
| 10 km | 40.35 | Marianne Knapen | LPK | Tilburg | 05-09-04 |
| 15 km | 1.01.31 | Plonie Scheringa | DEM | Santpoort | 26-10-97 |
| 20 km | 1.27.43 | Marianne Knapen | LPK | Alphen aan den Rijn | 20-03-06 |
| ½ marathon | 1.28.21 | Jeanette Weber | Haag Atletiek | Haarlem | 24-09-00 |
| 25 km | 1.51.07 | Plonie Scheringa | DEM | Den Helder | 02-03-97 |
| 30 km | 2.12.05 | Mana Kwak | Zuidwal | Schoorl | 08-02-01 |
| marathon | 3.08.26 | Plonie Scheringa | DEM | Amsterdam | 03-11-96 |
| 10 km snelw. | 1.00.33 | Marleen Radder | RWV | Rotterdam | 04-02-07 |
| 20 km snelw. | 2.10.31 | Marleen Radder | RWV | Olland (St-Oedenrode) | 09-03-08 |

VACANT ZONDER LIMIET; 20.000M; 25.000M; 30.000M; 2.000M STEEPLE; PENTATHLON; 4X100M CLUBTEAM; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUB- EN NATIONAAL TEAM; 4X800M CLUBTEAM; ZWEEDSE ESTAFETTE; 100KM; EKIDEN CLUB- EN NATIONAAL TEAM

V60

| | | | | | |
|---------|---------|------------------|--------|-------------------|----------|
| 100 m | 14.12 | Corrie Roovers | Sprint | Malmö (SWE) | 21-07-96 |
| 200 m | 29.43 | Corrie Roovers | Sprint | Malmö (SWE) | 26-07-96 |
| 400 m | 1.10.33 | Riet Jonkers | Attila | Aarhus (DEN) | 28-07-04 |
| 800 m | 2.36.94 | Gerda van Kooten | Sprint | Gateshead (GBR) | 03-08-99 |
| 1.000 m | 3.31.75 | Riet Jonkers | Attila | Tessenderlo (BEL) | 10-09-04 |

Statistisch jaarboek 2009

| | | | | | |
|------------------|------------|------------------------|---|---------------------|----------|
| 1.500 m | 5.18.14 | Corrie Keijsers | a.v. Weert | Weert | 16-06-02 |
| 1 mijl (1609 m) | 5.48.94 | Gerda van Kooten | Sprint | Zundert | 06-07-99 |
| 2.000 m | 8.07.06 | Riet Jonkers | Attila | Huizingen (BEL) | 21-08-04 |
| 3.000 m | 11.41.91 | Gerda van Kooten | Sprint | Gorinchem | 20-06-99 |
| 5.000 m | 20.19.86 | Els Raap | Kombijsport | Heiloo | 17-08-07 |
| 10.000 m | 42.57.6= | Els Raap | Kombijsport | Steenwijk | 13-07-07 |
| 80 m hrd | 13.89 | Corrie Roovers | Sprint | Barendrecht | 15-06-96 |
| 300 m hrd | 53.05 | Corrie Roovers | Sprint | Buffalo (USA) | 16-07-95 |
| 3.000 m snelw. | 19.28.0= | Annie van der Meer | RWV | Rotterdam | 03-06-07 |
| 5.000 m snelw. | 32.36.3= | Annie van der Meer | RWV | Rotterdam | 03-06-07 |
| 10.000 m snelw. | 1.41.26.7= | Hermien Teske | RWV | Dordrecht | 12-09-09 |
| Hoogspringen | 1.41 | Annelies Steekelenburg | Rotterdam Atl. | Birmingham (USA) | 25-06-08 |
| Verspringen | 4.29 | Rietje Dijkman | AV '23 | Valkenswaard | 28-08-99 |
| Hinkstapspringen | 8.96 | Rietje Dijkman | AV '23 | Gateshead (GBR) | 04-08-99 |
| Kogelstoten | 10.57 | Annie van Anholt | Attila | Kerkrade | 10-05-09 |
| Discuswerpen | 35.80 | Annie van Anholt | Attila | Steenbergen | 24-06-07 |
| Kogelslingeren | 43.83 | Annie van Anholt | Attila | Eindhoven | 16-02-08 |
| Speerwerpen | 27.72 | Corrie Roovers | Sprint | Breda | 10-04-97 |
| Gewichtwerpen | 17.57 | Annie van Anholt | Attila | Eindhoven | 21-04-07 |
| Werpvijskamp | 5.137 | Annie van Anholt | Attila | Eindhoven | 21-04-07 |
| | | | <i>41.69 * 10.28 * 33.32 * 24.15 * 17.57</i> | | |
| Pentatlon | 3.883 | Rietje Dijkman | AV'23 | Potsdam (GER) | 18-08-02 |
| | | | <i>14.73 (+0.3) * 1.20 * 6.74 * 3.73 (+0.4) * 3.08.44</i> | | |
| Heptatlon | 5.945 | Rietje Dijkman | AV'23 | Utrecht | 27-06-99 |
| | | | <i>14.24 * 1.30 * 8.80 * 31.57 * 3.97 * 18.90 * 3.12.68</i> | | |
| 4 x 100 m | 1.03.44 | Nationaal team | Nederland | Amstelveen | 29-09-07 |
| | | | <i>Laura Blommestijn * Riet Jonkers * Rietje Dijkman * Els Raap</i> | | |
| 4 x 200 m | 2.18.09 | Nationaal team | Nederland | Amstelveen | 28-09-08 |
| | | | <i>Laura Blommestijn * Riet Jonkers * Rietje Dijkman * Els Raap</i> | | |
| 4 x 800 m | 12.00.36 | Nationaal team | Nederland | Amstelveen | 28-09-08 |
| | | | <i>Riet Jonkers * Marianne Knapen * Els Raap * Martha van Hal</i> | | |
| 10 km | 42.26 | Els Raap | Kombijsport | Regensburg (GER) | 17-05-07 |
| 15 km | 1.06.37 | Marianne Knapen | Loopgroep PK | Nijmegen | 18-11-07 |
| 20 km | 1.32.15 | Marianne Knapen | Loopgroep PK | Alphen aan den Rijn | 09-03-08 |
| ½ marathon | 1.35.10 | Corrie Keijsers | a.v. Weert | Weert | 24-03-02 |
| 25 km | 2.06.36 | Joke Douma-Schrambach | AAV'36 | Purmerend | 02-03-97 |
| 30 km | 2.36.29 | Ria van Weezep | Spirit Lelystad | Amsterdam | 07-09-08 |
| marathon | 3.28.47 | Joke de Zeeuw | PAC | Amsterdam | 18-10-09 |
| 10 km snelw. | 1.08.13 | Annie van der Meer | RWV | Tilburg | 19-10-08 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; 2.000M STEEPLE; 20.000M SNELWANDELEN; 4X100M CLUBTEAM;
 4X200M CLUBTEAM; 4X400M CLUB- EN NATIONAAL TEAM; 4X800M CLUBTEAM; ZWEEDSE ESTAFETTE; 100KM; 10KM SNELWANDELEN;
 20KM SNELWANDELEN; EKIDEN CLUB- EN NATIONAAL TEAM
 VACANT MET LIMIET: POLSSTOKHOOGSPRINGEN (1.50)

V65

| | | | | | |
|------------------|------------|----------------|----------------|-------------------|----------|
| 100 m | 15.37 | Rietje Dijkman | AV '23 | Santpoort | 27-05-06 |
| 200 m | 31.81 | Corrie Roovers | Sprint | Jyväskylä (FIN) | 14-07-00 |
| 400 m | 1.12.82 | Riet Jonkers | Attila | Oosterhout | 13-06-09 |
| 800 m | 2.48.60 | Riet Jonkers | Attila | Oosterhout | 14-06-09 |
| 1.000 m | 3.48.53 | Riet Jonkers | Attila | Baarle-Nassau | 26-05-09 |
| 1.500 m | 5.58.75 | Riet Jonkers | Attila | Kerkrade | 14-08-09 |
| 1 mijl (1609 m) | 6.26.26 | Riet Jonkers | Attila | Helmond | 13-04-09 |
| 2.000 m | 8.38.84 | Riet Jonkers | Attila | Tessendenlo (BEL) | 06-05-09 |
| 3.000 m | 13.43.48 | Riet Jonkers | Attila | Oordegem (BEL) | 17-04-09 |
| 5.000 m | 22.57.00 | Sophie Wisman | Altis | Zierikzee | 13-06-93 |
| 10.000 m | 48.13.21 | Sophie Wisman | Vet. Nederland | Malmö (SWE) | 21-07-96 |
| 80 m hrd | 14.27 | Rietje Dijkman | AV '23 | Aarhus (DEN) | 30-07-04 |
| 300 m hrd | 55.69 | Rietje Dijkman | AV '23 | Edmonton (CAN) | 26-07-05 |
| 3.000 m snelw. | 21.49.49 | Rietje Dijkman | AV '23 | Amsterdam | 27-04-08 |
| 5.000 m snelw. | 33.26.63 | Riet Jonkers | Attila | Barendrecht | 31-05-09 |
| 10.000 m snelw. | 1.08.53.6= | Riet Jonkers | Attila | Dordrecht | 12-09-09 |
| Hoogspringen | 1.34 | Rietje Dijkman | AV '23 | Aarhus (DEN) | 28-07-04 |
| Verspringen | 3.93 | Riet Jonkers | Attila | Oordegem (BEL) | 27-08-09 |
| Hinkstapspringen | 8.61 | Rietje Dijkman | AV '23 | Amsterdam | 14-05-06 |
| Kogelstoten | 9.48 | Corrie Roovers | Sprint | Breda | 19-08-00 |
| Discuswerpen | 27.59 | Corrie Roovers | Sprint | Den Haag | 03-09-00 |

Statistisch jaarboek 2009

| | | | | | |
|--------------|----------|---|----------------|--------------------|----------|
| Speerwerpen | 26.13 | Corrie Roovers | Sprint | Schlüchteren (GER) | 23-09-00 |
| Pentathlon | 4.748 | Rietje Dijkman | AV '23 | Aarhus (DEN) | 28-07-04 |
| | | 14.62 * 1.34 * 7.77 * 3.56 * 3.38.99 | | | |
| Heptatlon | 6.237 | Riet Jonkers | Attila | Tilburg | 05-10-08 |
| | | 16.43 * 1.15 * 8.70 * 33.28 * 3.62 * 17.66 * 2.56.22 | | | |
| 4 x 800 m | 13.26.49 | Nationaal team | Nederland | Amstelveen | 27-09-09 |
| | | Riet Jonkers * Pita Dekker * Ada Habes * Mirjam Brugman | | | |
| 10 km | 50.27 | Ans van Amerongen | Vet. Nederland | Leiden | 08-06-03 |
| 15 km | 1.13.19 | Sophie Wisman | Fit | Nijmegen | 16-11-97 |
| 20 km | 1.41.22 | Sophie Wisman | Fit | Baarn | 16-01-94 |
| ½ marathon | 1.45.08 | Sophie Wisman | Fit | Utrecht | 13-04-97 |
| marathon | 3.58.16 | Fien Jacobs | Vet. Nederland | Amsterdam | 13-10-05 |
| 10 km snelw. | 1.08.34 | Riet Jonkers | Attila | Tilburg | 04-10-09 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; 2.000M STEEPLE; 20.000M SNELWANDELEN; GEWICHTWERPEN; WERPVIJFKAMP; 4X100M CLUB- EN NATIONAAL TEAM; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUB- EN NATIONAAL TEAM; ZWEEDSE ESTAFETTE; 25KM; 30KM; 100KM; 20KM SNELWANDELEN; EKIDEN CLUB- EN NATIONAAL TEAM
VACANT MET LIMIET: POLSSTOKHOOGSPRINGEN (1.40); KOGELSLINGEREN (22.00)

V70

| | | | | | |
|-----------------|----------|----------------|-----------------|---------------------|----------|
| 100 m | 16.03 | Rietje Dijkman | AV '23 | Zierikzee | 08-09-09 |
| 200 m | 34.19 | Rietje Dijkman | AV '23 | Zierikzee | 10-09-09 |
| 800 m | 3.25.78 | Ada Habes | Vet. Nederland | Heiloo | 21-05-09 |
| 1.000 m | 4.28.93 | Ada Habes | Holland Haarlem | Heiloo | 01-08-08 |
| 1 mijl (1609 m) | 7.42.61 | Ada Habes | Vet. Nederland | Heerhugowaard | 05-06-09 |
| 3.000 m | 15.07.39 | Ada Habes | Holland Haarlem | Heiloo | 18-07-08 |
| 5.000 m | 26.02.37 | Ada Habes | Holland Haarlem | Heiloo | 15-08-08 |
| 10.000 m | 53.32.76 | Ada Habes | Vet. Nederland | Beverwijk | 25-04-09 |
| Kogelstoten | 7.18 | Corrie Roovers | Sprint | Breda | 21-10-07 |
| Discuswerpen | 21.25 | Corrie Roovers | Sprint | Riccione (ITA) | 09-09-07 |
| 10 km | 54.24 | Ada Habes | Holland Haarlem | Schoorl | 10-02-08 |
| 15 km | 1.21.48 | Sophie Wisman | Vet. Nederland | Nijmegen | 24-05-98 |
| 20 km | 2.00.57 | Ada Habes | Holland Haarlem | Alphen aan den Rijn | 09-03-08 |

VACANT ZONDER LIMIET: 20.000M; 25.000M; 30.000M; 1 UUR; 2.000M STEEPLE; 3.000M SNELWANDELEN; 5.000M SNELWANDELEN; 10.000M SNELWANDELEN; GEWICHTWERPEN; WERPVIJFKAMP; PENTATHLON; HEPTATHLON; 4X100M CLUB- EN NATIONAAL TEAM; 4X200M CLUB- EN NATIONAAL TEAM; 4X400M CLUB- EN NATIONAAL TEAM; 4X800M CLUBTEAM; ZWEEDSE ESTAFETTE; ½ MARATHON; 25KM; 30KM; MARATHON; 100KM; 10KM SNELWANDELEN; 20KM SNELWANDELEN; EKIDEN CLUB- EN NATIONAAL TEAM
VACANT MET LIMIET: 400M (2.00.14); 1.500M (8.45.00); 2.000M (10.30.00); 80M HORDEN (30.24); 300M HORDEN (1.23.24); HOOGSPRINGEN (0.85); POLSSTOKHOOGSPRINGEN (1.30); VERSPRINGEN (2.20); HINKSTAPSPRINGEN (5.20); KOGELSLINGEREN (19.00); SPEERWERPEN (13.00)

V75

| | | | | | |
|----------------|----------|----------------|-----|-----------|----------|
| 3.000 m snelw. | 24.55.7= | Suze van Vliet | RWV | Rotterdam | 22-06-08 |
|----------------|----------|----------------|-----|-----------|----------|

Beste prestaties

Jongens-B

| | | | | | | |
|------------------|--|---|-----------------|-----------------|----------------|----------|
| 100 m | 10.69 | Lindell Philip | Lycurgus | Belgrado (SRB) | 23-07-07 | |
| 200 m | 21.58 | Bram Peters | Prins Hendrik | Tampere (FIN) | 24-07-09 | |
| 400 m | 48.29 | Daniel Ward | RK HAV | Barendrecht | 11-06-00 | |
| 800 m | 1.48.36 | Arjen Visserman | Impala | Hengelo | 27-07-82 | |
| 1.000 m | 2.24.94 | Bram Som | Atletico '73 | Krommenie | 08-06-97 | |
| 1.500 m | 3.46.6= | Gert Jan Liefers | AV '34-A | Papendal | 07-06-95 | |
| 3.000 m | 8.13.90 | Gert Jan Liefers | AV '34-A | Apeldoorn | 10-09-95 | |
| 2.000 m steeple | 5.47.51 | Ramses Bekkenk | Delta Sport | Valkenswaard | 08-07-93 | |
| 110 m hrd | 13.97 | Robin Korving | Hera | Papendal | 13-07-91 | |
| 400 m hrd | 52.41 | Marius Kranendonk | Typhoon | Lugano (ITA) | 06-07-05 | |
| Hoogspringen | 2.09 | Joep Elenbaas | Sparta | Utrecht | 28-06-77 | |
| | | Wilbert Pennings | Attila | Brussel (BEL) | 19-09-92 | |
| Polsstokhoog | 5.06 | Chris Taminga | Sparta | Amsterdam | 16-08-91 | |
| Verspringen | 7.52 | Niels Kruller | AAC | Haarlem | 24-05-92 | |
| Hinkstapspringen | 15.05 | Randy Sedoc | AAC | Albi | 26-09-92 | |
| Kogelstoten | 20.37 | Erik de Bruin | Typhoon | Papendal | 21-09-80 | |
| Discuswerpen | 62.34 | Erik de Bruin | Typhoon | Den Haag | 27-04-80 | |
| Kogelslingeren | 69.68 | Frank van den Dool | AV '34-A | Apeldoorn | 14-06-84 | |
| Speerwerpen | 70.73 | Bjorn Blommerde | Spado | Alphen a/d Rijn | 05-09-04 | |
| 9-kamp | 6.744 | Ludrick Berrenstein | PEC 1910 | Zierikzee | 19-09-99 | |
| | 11.04 * 6.83 * 14.77 * 4.20 * 14.24 * 42.73 * 1.92 * 51.07 * 4.41.6= | | | | | |
| 4 x 100 m | 41.47 | Nationaal team | Nederland | Leiden | 09-06-07 | |
| | 42.64 | Dennis Spillekom * Stijn Ram * Martijn Hoogendam * Joeri Jaegers | R' dam Atletiek | Rotterdam | Oordegem (BEL) | 13-07-02 |
| | | Steven de Jesus * Miguel van Dillenburg * Michael Mathew * Prince Kwidama | | | | |

bijzondere prestaties

| | | | | | |
|---------------------------------|-------|--------------------|-------------|------------|----------|
| 300 m hrd | 36.76 | Menno Swier | AV Holland | Vught | 26-06-82 |
| met senioren materiaal | | | | | |
| 400 m hrd | 53.84 | Eelco Veldhuyzen | Clytoneus | Leiden | 09-06-01 |
| kogelstoten | 16.22 | Erik de Bruin | Typhoon | Roosendaal | 05-07-80 |
| Discuswerpen | 55.76 | Erik de Bruin | Typhoon | Roosendaal | 05-07-80 |
| Speerwerpen | 63.30 | André Geertsema | De Sperwers | Papendal | 03-07-87 |
| met A-junioren materiaal | | | | | |
| 110m hrd | 14.19 | Rino Curiel | PSV | Papendal | 17-09-89 |
| Kogelstoten | 18.13 | Erik de Bruin | Typhoon | Remscheid | 14-06-80 |
| Discuswerpen | 56.02 | Erik de Bruin | Typhoon | Nijmegen | 18-05-80 |
| Kogelslingeren | 58.90 | Frank van den Dool | AV '34-A | Nijmegen | 30-09-84 |

Jongens-C

| | | | | | |
|-------------------|--|--------------------|-----------------|----------------|----------|
| 100m | 10.8= | Frank Freeman | AAC | Amsterdam | 11-06-89 |
| | 11.06 | Michael Mathew | R' dam Atletiek | Hengelo | 25-06-00 |
| 800m | 1.54.8= | Vincent Hoek | Avantri | Amsterdam | 24-08-86 |
| 1000m | 2.31.02 | Gert-Jan Liefers | AV '34-A | Enschede | 04-09-93 |
| 1.500m | 3.57.2= | Gert Jan Liefers | AV '34-A | Papendal | 02-07-93 |
| 100m horden | 13.42 | Kjell Wolters | PEC 1910 | Almelo | 05-09-09 |
| 300 m hrd | 39.5= | Ivo van Haaren | KAV Holland | Hoorn | 07-06-97 |
| | 38.92 | Jarno Boutkam | Typhoon | Almelo | 03-09-05 |
| Hoogspringen | 2.02 | Menno Ruppert | Tempo | Haarlem | 06-08-88 |
| Polsstokhoog | 4.11 | Robbert-Jan Jansen | Prins Hendrik | Amsterdam | 30-08-98 |
| Verspringen | 6.94 | Kjell Wolters | PEC 1910 | Göteborg (SWE) | 02-08-09 |
| Kogelstoten | 19.34 | Erik de Bruin | Typhoon | Den Haag | 28-05-78 |
| Discuswerpen | 63.96 | Erik de Bruin | Typhoon | Vught | 27-08-78 |
| Kogelslingeren | 62.78 | Mischa ter Horst | AV '34-A | Apeldoorn | 31-05-86 |
| Speerwerpen oud | 65.08 | Bert Smit | Swift | Sittard | 18-09-77 |
| Speerwerpen | 64.25 | Lars Timmerman | Spado | Amsterdam | 26-08-06 |
| 8-kamp oude speer | 6.566 | Eric Gommans | Hollandia | Krommenie | 26-06-94 |
| | 11,5 * 6,43 * 14,98 * 1,95 * 13,2 * 45,84 * 47,24 * 2.49,9 | | | | |
| 8-kamp | 6.525 | Bob Altena | Climax | Emmen | 23-09-01 |
| | 11,85 * 6,20 * 15,58 * 1,80 * 14,02 * 52,23 * 54,80 * 2.49,3 | | | | |
| 4 x 100m | 43.94 | Nationaal team | Nederland | Almelo | 05-09-09 |

| | | | | | |
|-------------------------------|----------|---|-----------------|-----------------|----------|
| | | <i>Thomas Kempe - Olaf van den Bergh - Melroy Braat - Kjell Wolters</i> | | | |
| | 45.70 | PAC | Rotterdam | Den Haag | 16-06-07 |
| | | <i>Christiaan Meilink - Jordi de Winkel - Delano Wouterse - Maxim Ouwendijk</i> | | | |
| 3000m snw | 14.44.8= | Vincent Onos | SAV | Spijkenisse | 05-08-00 |
| 5000m snw | 25.43.9= | Vincent Onos | SAV | Zaandam | 01-09-00 |
| 1/2 uur snw | 5.635 | Vincent Onos | SAV | Zaandam | 28-4-200 |
| Jongens-D | | | | | |
| 80m | 9.13 | Kelvin Tairou | THOR | Amsterdam | 07-09-08 |
| 1000m | 2.41.7= | Stephan Kreykamp | OSS/VOLO | Amsterdam | 17-09-89 |
| 80m horden | 11.3= | Eric Gommans | Hollandia | Zierikzee | 27-09-92 |
| | 11.68 | Kjell Wolters | PEC 1910 | Apeldoorn | 09-09-07 |
| Hoogspringen | 1.80 | Ludrick Berrenstein | PEC 1910 | Emmen | 16-09-95 |
| | | Ludrick Berrenstein | PEC 1910 | Weert | 01-10-95 |
| Verspringen | 6.92 | Kelvin Tairou | THOR | Roosendaal | 05-06-08 |
| Kogelstoten | 16.53 | Erik de Bruin | Typhoon | Leiden | 04-09-76 |
| Discuswerpen | 44.68 | Erik de Bruin | Typhoon | Leiden | 04-09-76 |
| Speerwerpen | 52.00 | Friso Hagman | DES | Amsterdam | 20-09-87 |
| 7-kamp | 5.217 | Ludrick Berrenstein | PEC 1910 | Weert | 01-10-95 |
| | | <i>9,98 * 5,80 * 37,72 * 11,87 * 1,80 * 14,04 * 2.53,45</i> | | | |
| 4 x 80m | 39.57 | PSV | Eindhoven | Zoetermeer | 09-09-06 |
| | | <i>Jonathan Mutebwa - Bas Buthker - Stan Peters - Germain Martinus</i> | | | |
| 1000m snw | 4.43.2= | Wiebe Leistra | De Spartaan | Drachten | 06-10-79 |
| 3000m snw | 15.44.7= | Vincent Onos | SAV | Zaandam | 03-09-99 |
| Meisjes-B | | | | | |
| 100 m | 11.74 | Nelli Cooman | AVR | Santander (ESP) | 02-08-81 |
| | | Petra Huybrechtse | DEM | Kerkrade | 07-06-89 |
| 200 m | 23.57 | Jamile Samuel | Phanos | Bydgoszcz (POL) | 10-07-08 |
| 400 m | 54.19 | Ingrid Stoot | Sprint | Nancy (FRA) | 03-08-80 |
| 800 m | 2.01.6= | Olga Commandeur | Suomi | Aalst (BEL) | 07-09-75 |
| 1.500 m | 4.19.22 | Adrienne Herzog | Fit | Mannheim (GER) | 15-06-02 |
| 3.000 m | 9.18.24 | Adrienne Herzog | Fit | Duffel (BEL) | 25-05-02 |
| 100 m hrd | 13.45 | Marijke van Zon | DEM | Papendal | 07-07-84 |
| 400 m hrd | 59.44 | Leonie Schilder | AV Edam | Belgrado (SRB) | 26-07-07 |
| Hoogspringen | 1.85 | Saskia Meijer | AV '34-A | Emmeloord | 28-05-95 |
| Polstokhoog | 4.00 | Denise Groot | Unitas | Amsterdam | 03-06-07 |
| Verspringen | 6.26 | Mieke van der Kolk | DEM | Cottbus (GER) | 22-08-85 |
| Hinkstapspringen | 12.09 | Meruska Eduarda | R' dam Atletiek | Tilburg | 29-06-08 |
| Kogelstoten | 20.52 | Corrie de Bruin | AV Sliedrecht | Breda | 12-04-92 |
| Discuswerpen | 56.48 | Corrie de Bruin | AV Sliedrecht | Zevenbergen | 18-04-92 |
| Kogelslingeren | 58.35 | Nicky van der Schilt | Groningen Atl. | Amsterdam | 11-05-08 |
| Speerwerpen v.a. 99 | 51.38 | Evelien Dekkers | Achilles-EL | Helmond | 24-06-05 |
| Heptatlon | 5.507 | Dafne Schippers | Hellas | Novi Sad (SRB) | 26-07-09 |
| | | <i>4,05 * 1,69 * 12,01 * 24,21 * 5,62 * 34,04 * 2.23,01 * 2,2 * 0,9 * -1,0</i> | | | |
| 4 x 100 m | 45.99 | Nationaal team | Nederland | Leiden | 13-06-09 |
| | | <i>Madiea Ghafoor - Naomi Klomp - Eva Lubbers - Berthe Makizodila</i> | | | |
| | 47.47 | Phanos | Amsterdam | Amstelveen | 16-09-06 |
| | | <i>Kadene Pirigaye - Nicky van Leuveren - Nicky Lam - Jamile Samuel</i> | | | |
| bijzondere prestaties | | | | | |
| 300 m hrd | 42.17 | Yvonne Wisse | Dynamica | Oordegem (BEL) | 04-07-98 |
| met senioren materiaal | | | | | |
| 100m hrd | 13.82 | Marijke van Zon | DEM | Cottbus (GER) | 23-08-85 |
| kogel 4kg | 18.12 | Corrie de Bruin | AV Sliedrecht | Hengelo | 20-06-93 |
| Kogelslingeren 4kg | 49.81 | Nicky van der Schilt | Groningen Atl. | Lisse | 06-05-06 |
| Speerwerpen oud | 51.22 | Nicolle Heuwekemeyer | ADA | Amsterdam | 30-04-86 |
| Heptatlon | 5.507 | Dafne Schippers | Hellas | Novi Sad (SRB) | 26-07-09 |
| | | <i>4,05 * 1,69 * 12,01 * 24,21 * 5,62 * 34,04 * 2.23,01 * 2,2 * 0,9 * -1,0</i> | | | |
| Meisjes-C | | | | | |
| 80m | 9.6= | Jacqueline Poelman | Argo '77 | Groningen | 07-05-88 |
| | | Ndidi Onyeike | Noordkop | Hoorn | 01-06-96 |
| | 9.89 | Jill Prins | Energie | Eindhoven | 21-06-03 |
| 150m | 17,72 | Ashley Rijnsburger | AV Almere '81 | Amersfoort | 29-08-09 |
| 600m | 1.32.37 | Machteld Mulder | Hollandia | Amstelveen | 09-07-04 |
| 1000 m | 2.51.90 | Jessie Fairley | Loopgroep PK | Heerde | 14-06-06 |
| 1500m | 4.34.49 | Jessie Fairley | Loopgroep PK | Vilvoorde | 23-06-06 |

Statistisch jaarboek 2009

| | | | | | |
|---------------------|--|---|-------------------|-----------------|----------|
| 80m horden | 11.2= | Claudia Mura | DEM | Beverwijk | 25-06-88 |
| | 11.60 | Kristel Bottinga | AV '55 | Stadskanaal | 04-07-99 |
| 300 m hrd | 42.17 | Yvonne Wisse | Dynamica | Oordegem | 04-07-98 |
| Hoogspringen | 1.77 | Annemiek Bouma | Atmodes | Papendal | 30-06-71 |
| | | Ellen Tromp | GAC-Hilversum | Utrecht | 29-04-84 |
| Polstokhoog | 3.50 | Marijke Valk | Hercules | Amsterdam | 25-08-07 |
| Verspringen | 5.93 | Marjan Goedhart | AAV '36 | Leverkusen | 02-10-77 |
| Kogelstoten | 17.83 | Corrie de Bruin | AV Sliedrecht | Brussel | 19-07-91 |
| Discuswerpen | 54.68 | Corrie de Bruin | AV Sliedrecht | Alphen a/d Rijn | 29-06-91 |
| Kogelslingeren | 60.16 | Nicky van der Schilt | Groningen Atl | Groningen | 19-05-06 |
| speerwerpen | 45.50 | Melissa Boekelman | Achilles-EL | Maggingen | 29-05-04 |
| 7-kamp | 4.683 | Frenke Bolt | Hanzesport | Weert | 01-10-95 |
| <i>oude speer</i> | <i>11,72 * 1,75 * 10,53 * 19,74 * 5,36 * 33,40 * 1.39,61</i> | | | | |
| 7-kamp | 4.670 | Melissa Boekelman | Achilles-EL | Gemert | 13-06-04 |
| <i>nieuwe speer</i> | <i>12,32 * 1,55 * 16,57 * 20,46 * 5,26 * 43,90 * 1.45,86 * * *</i> | | | | |
| 4 x 80m club | 38.72 | PAC | Rotterdam | Den Haag | 19-06-04 |
| | | <i>Jill Prins - Nikki van Leeuwen - Gemma de Schepper - Evita Breeman</i> | | | |
| 4 x 80m | 38.89 | Nationaal team | Nederland | Almelo | 01-09-07 |
| 1000m snw | 5.06.58 | Brigitte Genders | Unitas | Sittard | 01-10-94 |
| 3000m snw | 16.45.0= | Brigitte Genders | Unitas | Zaandam | 29-01-95 |
| Meisjes-D | | | | | |
| 60m | 7.6= | Jamile Samuel | Phanos | Krommenie | 05-06-05 |
| | 7.92 | Janice Babel | Continental Sport | Krommenie | 03-07-05 |
| 600m | 1.35.5 | Susan Dammingh | De Liemers | Vught | 17-06-86 |
| 1000m | 2.55.50 | Jessie Fairley | Seven Hills RT | Utrecht | 16-07-04 |
| 60m horden | 8.6= | Jamile Samuel | Phanos | Krommenie | 05-06-05 |
| | 8.88 | Jamile Samuel | Phanos | Apeldoorn | 24-09-05 |
| Hoogspringen | 1.70 | Etwaria Sardoe | Sagitta | Amsterdam | 09-10-77 |
| Verspringen | 5.83 | Jamile Samuel | Phanos | Aalsmeer | 22-05-05 |
| Kogelstoten | 18.56 | Melissa Boekelman | Achilles-EL | Helmond | 28-09-02 |
| Discuswerpen | 46.19 | Melissa Boekelman | Achilles-EL | Vlaardingen | 14-07-02 |
| Speerwerpen | 48.82 | Melissa Boekelman | Achilles-EL | Helmond | 28-09-02 |
| 6-kamp | 4.210 | Melissa Boekelman | Achilles-EL | Weert | 23-05-88 |
| | <i>9,35 * 1,55 * 45,53 * 5,04 * 17,97 * 1.42,83 * wind : 2,4 * 0,6 *</i> | | | | |
| 4 x 60m | 30.92 | Ilion | Zoetermeer | Apeldoorn | 09-09-07 |
| | | <i>Naomi Sedney * Gabriella Dwomoh * Kim Korving * Miquella Lobo</i> | | | |
| 1000m snw | 5.06.58 | Brigitte Genders | Unitas | Sittard | 01-10-94 |
| 3000m snw | 16.45.0= | Brigitte Genders | Unitas | Zaandam | 29-01-95 |

Kampioenschapsrecords

Mannen

| | | | | |
|----------------|-----------|---------------------|-----------------|------|
| 100m | 10.16 | Troy Douglas | AAC | 1999 |
| 200m | 20.36 | Patrick van Balkom | Hellas | 1999 |
| 400m | 46.33 | Arjen Visserman | AAC | 1986 |
| 800m | 1.45.33 | Rob Druppers | Hellas | 1983 |
| 1500m | 3.40.3= | Klaas Lok | Phoenix | 1980 |
| 5000m | 13.34.62 | Kamiel Maase | Leiden Atletiek | 2004 |
| 10.000m | 27.50.5= | Jos Hermens | KNAU | 1978 |
| 3000m steeple | 8.20.61 | Simon Vroemen | Sprint | 2006 |
| 110m horden | 13.44 | Robin Korving | Hera | 2000 |
| 400m horden | 48.73 | Harry Schulting | Prins Hendrik | 1979 |
| hoog | 2.26 | Ruud Wielart | AV Haarlem | 1979 |
| polshoog | 5.70 | Rens Blom | Unitas | 2003 |
| | | Rens Blom | Unitas | 2005 |
| ver | 8.19 | Emiel Mellaard | AAC | 1988 |
| hss | 16.47 | Fabian Florant | Haag Atletiek | 2009 |
| kogelstoten | 21.02 | Rutger Smith | Groningen Atl. | 2006 |
| discus | 67.16 | Erik de Bruin | Haag Atletiek | 1991 |
| kogelslingeren | 70.47 | Frank van den Dool | AV '34 | 1999 |
| speerwerpen | 78.16 | Jeroen van der Meer | V&L/TC | 1990 |
| 10-kamp | 8.447 | Robert de Wit | PSV | 1995 |
| 4 x 100m | 40.64 | AAC | Amsterdam | 1994 |
| 4 x 400m | 3.10.79 | AAC | Amsterdam | 1990 |
| 4 x 800m | 7.25.94 | AV Nijmegen | Nijmegen | 1988 |
| 4 x 1500m | 15.12.00 | Tartlétos | Wageningen | 1991 |
| 1/2 marathon | 1.01.10 | Greg van Hest | TRR | 1999 |
| marathon | 2.10.28 | Kamiel Maase | Leiden Atletiek | 2003 |
| ekiden | 2.06.30 | AV Schuurman | Loon op Zand | 1994 |
| 20.000m snw | 1.27.48.1 | Harold van Beek | RWV | 1995 |
| 50 km snw | 3.58.23 | Jan Cortenbach | Olat | 1988 |

Jongens-A

| | | | | |
|----------------|----------|----------------------|----------------|------|
| 100m | 10.52 | Martijn Ungerer | AAV '36 | 1997 |
| | | Rachmil van Lamoen | Rotterdam Atl. | 2009 |
| 200m | 20.88 | Rachmil van Lamoen | Rotterdam Atl. | 2009 |
| 400m | 47.16 | Robbert Lathouwers | PAC | 2001 |
| 800m | 1.48.68 | Maarten vd Heuvel | Hanzesport | 1999 |
| 1500m | 3.47.72 | Corné Peeters | Spado | 1985 |
| 3000m | 8.22.62 | Marcel Versteeg | VAV | 1984 |
| 5000m | 14.04.21 | Gert-Jan Liefers | AV '34 | 1996 |
| 10.000m | 29.38.83 | Koen Raymaekers | Hellas | 1999 |
| 3000m steeple | 9.14.54 | Stan Rijken | Prins Hendrik | 1992 |
| 110m horden | 13.62 | Robin Korving | Hera | 1993 |
| 400m horden | 51.87 | Marius Kranendonk | AAC | 2006 |
| hoog | 2.15 | Sven Ootjers | KAV Holland | 1992 |
| polshoog | 5.30 | Chris Tamminga | Haag Atletiek | 1993 |
| ver | 7.69 | Emiel Mellaard | AAC | 1985 |
| hss | 15.16 | Ydo van Oostende | Atletics | 1988 |
| kogelstoten | 20.85 | Rutger Smith | Argo '77 | 2000 |
| discus | 62.37 | Erik Cadee | Prins Hendrik | 2003 |
| kogelslingeren | 63.59 | Vincent Onos | SAV | 2005 |
| speerwerpen | 67.54 | Lars Timmerman | Spado | 2009 |
| 10-kamp | 7.280 | Bart Bennema | AAC '61 | 1996 |
| 4 x 100m | 41.97 | AAC | Amsterdam | 1988 |
| 4 x 400m | 3.18.75 | AAC | Amsterdam | 1984 |
| 4 x 800m | 7.41.75 | Hellas | Utrecht | 1981 |
| 1/2 marathon | 1.15.54 | Bart te Riele | Loopgr PK | 1992 |
| 10.000m snw | 47.35.2 | Frank van Ravensberg | AV Haarlem | 1979 |

Jongens-B

| | | | | |
|------|-------|-------------------|----------------|------|
| 100m | 10.73 | Daniel Ward | RK HAV | 2000 |
| 200m | 21.66 | Dennis Spillekom | Lycurgus | 2007 |
| 400m | 48.52 | Curtis Kock (AHO) | Rotterdam Atl. | 2006 |

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|----------------|----------|---------------------|----------|------|
| 800m | 1.51.93 | Bas Eefing | AAC '61 | 1999 |
| 1500m | 3.57.7 | Johan Kuypers | Festina | 1981 |
| 3000m | 8.40.0= | Johan Kuypers | Festina | 1982 |
| 2000m steeple | 5.59.79 | Jeroen van Dijke | THOR | 1993 |
| 110m horden | 14.00 | Rino Curiel | PSV | 1989 |
| 400m horden | 53.92 | Marius Kranendonk | Typhoon | 2005 |
| hoog | 2.06 | Roy van Meel | Ilion | 2007 |
| polshoog | 4.80 | Chris Tamminga | Sparta | 1991 |
| ver | 7.29 | Niels Kruller | AAC | 1992 |
| hss | 14.67 | Gregory Lede | Atletica | 1989 |
| hss | 14.67 | Randy Sedoc | AAC | 1992 |
| kogelstoten | 19.73 | Erik de Bruin | Typhoon | 1981 |
| discus | 59.48 | Erik de Bruin | Typhoon | 1980 |
| kogelslingeren | 65.16 | Mischa ter Horst | AV '34 | 1988 |
| speerwerpen | 65.00 | Lars Timmerman | Spado | 2008 |
| 9-kamp | 6.744 | Ludrick Berrenstein | PEC 1910 | 1999 |
| 5.000m snw | 25.58.89 | Vincent Onos | SAV | 2001 |

Vrouwen

| | | | | |
|----------------|----------|--------------------|----------------|------|
| 100m | 11.15 | Nelli Cooman | AVR | 1986 |
| 200m | 22.90 | Els Vader | THOR | 1984 |
| 400m | 51.68 | Gretha Tromp | Hera | 1991 |
| 800m | 2.01.75 | Ellen van Langen | ADA | 1990 |
| 1500m | 4.13.1= | Ilja Keizer | Vitesse | 1972 |
| 3000m | 8.59.90 | Christien Toonstra | ADA | 1992 |
| 5000m | 15.50.11 | Elly van Hulst | Olympia '48 | 1984 |
| 10.000m | 32.20.37 | Lornah Kiplagat | Hylas | 2006 |
| 3000m steeple | 9.49.64 | Miranda Boonstra | Prins Hendrik | 2006 |
| 100m horden | 13.01 | Marjan Olyslager | Sprint | 1985 |
| 400m horden | 55.17 | Ester Goossens | AV '34 | 1998 |
| hoog | 1.85 | Mieke van Doorn | De Spartaan | 1975 |
| | 1.85 | Mirjam van Laar | Achilles Top | 1997 |
| | 1.85 | Marjon Wijnsma | Olympia | 1989 |
| polshoog | 4.22 | Sandra van de Geer | Ilion | 2002 |
| ver | 6.57 | Mieke van de Kolk | DEM | 1989 |
| hss | 12.97 | Yvonne de Vreede | Haag Atletiek | 1998 |
| hss | | Larissa Bronkhorst | DEM | 1995 |
| kogelstoten | 18.59 | Lieja Tunks-Koeman | AAC | 2003 |
| discus | 63.88 | Corrie de Bruin | Ciko '66 | 1998 |
| kogelslingeren | 62.30 | Debby v.d. Schilt | Groningen Atl. | 2004 |
| speerwerpen | 55.31 | Kitty van Haperen | Attila | 1999 |
| 7-kamp | 6.092 | Jolanda Keizer | Phanos | 2005 |
| 4 x 100m | 45.91 | Argo '77 | Groningen | 1994 |
| 4 x 400m | 3.43.58 | Olympia '48 | Den Haag | 1981 |
| 4 x 800m | 8.45.20 | ADA | Amsterdam | 1984 |
| 1/2 marathon | 1.10.30 | Irma Heeren | Dynamica | 1997 |
| marathon | 2.28.45 | Nadezhda Wijenberg | TRR | 1999 |
| ekiden | 2.34.48 | De Bataven | Leiden | 1994 |

Meisjes-A

| | | | | |
|---------------|----------|--------------------|----------------|------|
| 100m | 11.54 | Petra Huybrechtse | KAV Holland | 1991 |
| 200m | 23.75 | Jacqueline Poelman | Argo '77 | 1992 |
| 400m | 54.16 | Annemarie Schulte | De Sperwers | 2003 |
| 800m | 2.05.01 | Krista Aukema | Spartacus | 1984 |
| 1500m | 4.25.52 | Krista Aukema | Spartacus | 1984 |
| 3000m | 9.27.13 | Adrienne Herzog | Fit | 2002 |
| 5000m | 16.52.46 | Adrienne Herzog | Fit | 2002 |
| 3000m steeple | 12.00,12 | Nikki Godschalk | THOR | 2007 |
| 100m horden | 13.61 | Petra Huybrechtse | KAV Holland | 1991 |
| 400m horden | 59.16 | Thelma Joziase | AV '34 | 1997 |
| hoog | 1.83 | Annemiek Bouma | Atmodes | 1974 |
| polshoog | 4.01 | Denise Groot | Unitas | 2008 |
| | | Denise Groot | Unitas | 2009 |
| ver | 6.20 | Mieke van de Kolk | DEM | 1985 |
| hss | 12.55 | Yvonne de Vreede | AV '40 | 1997 |
| kogelstoten | 17.58 | Corrie de Bruin | Rotterdam Atl. | 1995 |

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|----------------|---------|----------------------|----------------|------|
| discus | 57.26 | Corrie de Bruin | Rotterdam Atl. | 1995 |
| kogelslingeren | 53.14 | Nicky van der Schilt | Groningen Atl. | 2009 |
| speerwerpen | 50.62 | Bregje Crolla | Unitas | 2005 |
| 7-kamp | 5.584 | Yvonne Wisse | AAC | 2001 |
| 4 x 100m | 46.87 | DEM | Beverwijk | 1995 |
| 4 x 400m | 3.49.4= | ADA | Amsterdam | 1979 |

Meisjes-B

| | | | | |
|----------------|---------|----------------------|----------------|------|
| 100m | 11.85 | Jamile Samuel | Phanos | 2008 |
| 200m | 24.05 | Loreanne Kuhurima | Phanos | 2008 |
| 400m | 55.53 | Jorien Kranendijk | PEC 1910 | 1991 |
| 800m | 2.08.47 | Stella Jongmans | Sparta | 1988 |
| 1500m | 4.34.83 | Jessie Fairley | Loopgroep PK | 2006 |
| 100m horden | 13.58 | Marijke van Zon | DEM | 1984 |
| 400m horden | 61.34 | Leonie Schilder | AV Edam | 2007 |
| hoog | 1.80 | Jolanda Bleeker | DEM | 1983 |
| polshoog | 3.91 | Leonie Schilder | AV Edam | 2007 |
| ver | 6.11 | Deborah den Boer | ADA | 1991 |
| hss | 11.91 | Louise Taatgen | Groningen Atl. | 2009 |
| kogelstoten | 19.94 | Corrie de Bruin | AV Sliedrecht | 1993 |
| discus | 55.76 | Corrie de Bruin | AV Sliedrecht | 1993 |
| kogelslingeren | 58.01 | Nicky van der Schilt | Groningen Atl. | 2008 |
| speerwerpen | 51.38 | Evelien Dekkers | Achilles-EL | 2005 |
| 7-kamp | 5.455 | Yvonne Wisse | Dynamica | 1999 |

Beste prestaties ooit in Nederland

Mannen

| | | | | | |
|--------------------|----------------|-------------------------|------------|------------------|-----------------|
| 100m | 9.97 | Churandy Martina | AHO | Hengelo | 01-06-09 |
| 200m | 20.36 | Patrick van Balkom | Hellas | Apeldoorn | 27-06-99 |
| 400m | 44.43 | Jeremy Wariner | USA | Hengelo | 26-05-07 |
| 800m | 1.43.05 | Wilfred Bungei | KEN | Hengelo | 01-06-03 |
| 1.000 m | 2.15.23 | Rob Druppers | Hellas | Utrecht | 17-08-85 |
| 1.500m | 3.29.51 | Hicham El Guerrouj | MAR | Hengelo | 31-05-97 |
| 1 mijl | 3.50.39 | James Kwalia | KEN | Hengelo | 01-06-03 |
| 3.000m | 7.29.5= | Haile Gebrselassie | ETH | Hengelo | 31-05-97 |
| 2 mijl | 8.01.08 | Haile Gebrselassie | ETH | Hengelo | 31-05-97 |
| 5.000m | 12.37.35 | Kenenisa Bekele | ETH | Hengelo | 31-05-04 |
| 10.000m | 26.22.75 | Haile Gebrselassie | ETH | Hengelo | 31-05-98 |
| 20.000m | 57.24.2= | Jos Hermens | KNAU | Papendal | 01-05-76 |
| 1 uur | 20.944 | Jos Hermens | KNAU | Papendal | 01-05-76 |
| 2000m steeple | 5.24.12 | Bernard Barmasai | KEN | Kerkrade | 24-05-98 |
| 3000m steeple | 8.01,05 | Paul Kipsiele Koech | KEN | Hengelo | 26-05-07 |
| 110m horden | 13.18 | Allen Johnson | USA | Hengelo | 29-05-05 |
| 400m horden | 48.08 | Edwin Moses | USA | Hengelo | 19-07-87 |
| hoog | 2.32 | Svatoslav Ton | CZE | Hengelo | 28-05-06 |
| polshoog | 5.90 | Sergei Bubka | UKR | Hengelo | 28-06-92 |
| ver | 8.73 | Irving Saladino | PAN | Hengelo | 24-05-08 |
| hss | 17.24 | Christian Olsen | SWE | Amsterdam | 13-07-01 |
| kogelstoten | 21.59 | Reese Hoffa | USA | Hengelo | 01-06-09 |
| discus | 69.57 | Virgilijus Alekna | LTU | Hengelo | 29-05-05 |
| kogelslingeren | 80.90 | Igor Astapkovich | BLR | Hengelo | 28-05-00 |
| speer | 82.02 | Raymond Hecht | GER | Hengelo | 05-06-95 |
| 10-kamp | 8.585 | Andrei Kravchenko | BLR | Hengelo | 19-06-08 |
| 4 x 100m | 38.29 | Santa Monica | USA | Hengelo | 04-06-94 |
| 4 x 400m | 3.04.92 | Zwitserland | SUI | Sittard | 18-06-78 |
| 20.000m snw | 1.25.32,4 | Dirk Nicque | BEL | Tilburg | 06-04-97 |
| 1 uur snw | 14.720 | Jos Martens | BEL | Rotterdam | 20-03-88 |
| 2 uur snw | 26.983 | Arvydas Vaunauskas | LIT | Spijkenisse | 31-07-93 |
| wegatletiek | | | | | |
| 10 km | 27.07 | Micah Kogo | KEN | Brunssum | 01-04-07 |
| 15 km | 41.29 | Felix Limo | KEN | Nijmegen | 17-11-01 |
| | 41.22 (tt) | Haile Gebreselassi | ETH | Tilburg | 03-09-05 |
| 10 mijl | 44.24 | Haile Gebreselassi | ETH | Tilburg | 03-09-05 |
| 1/2 marathon | 58.35 | Samuel Wanjiru | KEN | Den Haag | 17-03-07 |
| marathon | 2.04.27 | Duncan Kibet | KEN | Rotterdam | 05-04-09 |
| | 2.04.27 | James Kwambai | KEN | Rotterdam | 05-04-09 |
| 100 km | 6.16.41 | Jean-Paul Praet | BEL | Winschoten | 12-09-92 |
| 6 uur | 91.593 | Marc Vanderlinden | BEL | Stein | 03-03-96 |
| 12 uur | 154.970 | Lucien Taelmans | BEL | Geldrop | 13-08-95 |
| 24 uur | 261.475 | Ron Teunisse | Suomi | Apeldoorn | 25-05-90 |
| 20 km snw | 1.21.51 | Bobby O'Leary | IRL | Sint-Oedenrode | 15-02-92 |
| 50 km snw | 3.57.58 | H. de Jonckheere | BEL | Goirle | 05-06-88 |

Vrouwen

| | | | | | |
|----------------------|-----------------|--------------------------|------------------|-----------------|-----------------|
| 100m | 10.97 | Merlene Ottey | JAM | Hengelo | 12-08-90 |
| 200m | 22.33 | Lyudmila Kondratyeva | SU | Sittard | 01-07-79 |
| 400m | 51.66 | Lee McConnel | GBR | Hengelo | 24-05-08 |
| 800m | 1.55.76 | Pamela Jelimo | KEN | Hengelo | 24-05-08 |
| 1.000 m | 2.34.65 | Mary Slaney | USA | Hengelo | 14-08-88 |
| 1.500m | 3.58.97 | Gelete Burka | ETH | Hengelo | 01-06-09 |
| 3.000m | 8.30.43 | Zarah Ouaziz | MAR | Hengelo | 31-05-98 |
| 5.000m | 14.35.37 | Meseret Defar | ETH | Hengelo | 28-05-06 |
| 10.000m | 29.53.80 | Meselech Melkamu | ETH | Utrecht | 14-06-09 |
| 1 uur | 16.884 | Hennie Zantinga | Impala | Drachten | 11-04-92 |
| 100m horden | 12.65 | Susanna Kallur | SWE | Hengelo | 29-05-05 |
| 400m horden | 54.41 | Kim Batten | USA | Hengelo | 31-05-97 |
| 3000m steeple | 9.38.40 | Miranda Boonstra | Nijm. Atl | Nijmegen | 29-05-09 |
| hoog | 2.03 | Heike Henkel | GER | Hengelo | 28-06-92 |
| polshoog | 4.55 | Silke Spiegelburg | GER | Hengelo | 01-06-09 |
| ver | 6.88 | Larisa Berezhnaya | UKR | Hengelo | 13-08-89 |
| hss | 14.31 | Simona la Mantia | ITA | Hengelo | 29-05-05 |
| kogelstoten | 21.05 | Helena Fibingerova | CSR | Nijmegen | 09-07-78 |
| discus | 67.42 | Ilke Wyludda | GER | Hengelo | 25-06-91 |
| kogelslingeren | 71.54 | Manuela Montebrun | FRA | Hengelo | 01-06-03 |
| speerwerpen | 63.13 | Karen Forkel | GER | Hengelo | 30-05-99 |
| 7-kamp | 6.875 | Larisa Nikitina | RUS | Helmond | 16-07-89 |
| 4 x 100m | 43.56 | Frankrijk | FRA | Sittard | 20-08-83 |
| 4 x 400m | 3.31.50 | Roemenie | ROM | Sittard | 20-08-83 |
| 5.000m snw | 21.15,60 | Anisya Kornikova | RUS | Hengelo | 19-07-07 |
| 10.000m snw | 43.27,20 | Anisya Kornikova | RUS | Hengelo | 19-07-07 |
| 1 uur snw | 12.066 | Perri Williams | IRL | Zaandam | 09-09-94 |
| wegatletiek | | | | | |
| 10 km | 30.44 | Lornah Kiplagat | Hylas, KEN | Voorthuizen | 24-07-02 |
| 15 km | 46.28 | Tirunesh Dibaba | ETH | Nijmegen | 15-11-09 |
| 10 mijl | 50.39 | Linet Masai | KEN | Zaandam | 20-09-09 |
| 1/2 marathon | 1.06.54 | Lornah Kiplagat | Hylas, KEN | Den Haag | 25-03-00 |
| 1 uur | 17.101 | Carla Beurskens | Scopias | Geleen | 21-05-95 |
| marathon | 2.20.47 | Miyoko Asahina | JPN | Rotterdam | 17-04-94 |
| 100 km | 7.00.47 | Ann Trason | USA | Winschoten | 17-09-95 |
| 6 uur | 77.727 | Birgit Lennartz | GER | Stein | 01-03-98 |
| 12 uur | 134.339 | Anni Loenstad | DEN | Geldrop | 17-08-96 |
| 24 uur | 231.008 | Sigrid Lomsky | GER | Apeldoorn | 29-05-92 |
| 20 km snelwandelen | 1.29.54 | Elisa Rigoudo | ITA | Amsterdam | 15-07-01 |
| | 1.29.54 | Christina Kokotou | GRE | Tilburg | 05-10-03 |

Beste prestaties in Nederland 2009

Baanatletiek mannen

| | | | | | |
|----------------|-----------|--------------------|-----|------------|----------|
| 100m | 9.97 | Churandy Martina | AHO | Hengelo | 01-06-09 |
| 200m | 20.50 | Dwain Chambers | GBR | Uden | 27-06-09 |
| 400m | 45.74 | Richard Strachan | GBR | Leiden | 13-06-09 |
| 800m | 1.43.10 | Abubaker Kaki | SUD | Hengelo | 01-06-09 |
| 1.000 m | 2.19.26 | Bram Som | NED | Lisse | 09-05-09 |
| 1.500m | 3.34.45 | Asbel Kiprop | POL | Hengelo | 01-06-09 |
| 1 mijl | 4.14.91 | Abdi Nageeye | NED | Nijmegen | 12-05-09 |
| 3.000m | 7.50.23 | Mark Christie | IRL | Leiden | 13-06-09 |
| 5.000m | 12.59.56 | Ali Abdosh | ETH | Hengelo | 01-06-09 |
| 10.000m | 27.09.40 | Ali Abdosh | ETH | Utrecht | 14-06-09 |
| 110m horden | 13.3 | Andy Turner | GBR | Hengelo | 01-06-09 |
| 400m horden | 49.83 | Brendan Cole | RSA | Amsterdam | 08-08-09 |
| 3000m steeple | 8.06.46 | Brimin Kipruto | KEN | Hengelo | 01-06-09 |
| hoog | 2.22 | Martijn Nuijens | NED | Zoetermeer | 13-09-09 |
| polshoog | 5.55 | Robbert Jan Jansen | NED | Uden | 17-05-09 |
| verspringen | 8.56 | Irving Saladino | PAN | Hengelo | 01-06-09 |
| hss | 16.47 | Fabian Florant | NED | Amsterdam | 01-08-09 |
| kogelstoten | 21.59 | Reese Hoffa | USA | Hengelo | 01-06-09 |
| discuswerpen | 64.04 | Erik Cadée | IRI | Zwolle | 17-05-09 |
| kogelslingeren | 73.25 | Frederic Pouzy | FRA | Leiden | 13-06-09 |
| speer | 80.66 | Eiriks Rags | LAT | Hengelo | 01-06-09 |
| 10-kamp | 7560 | Hans Olav Uldal | NOR | Woerden | 30-08-09 |
| 4 x 100m | 39.93 | Nat. Ploeg | NED | Amsterdam | 08-08-09 |
| 4 x 400m | 3.11.91 | R' dam Atletiek | NED | Den Haag | 17-05-09 |
| 10.000m snw | 47.10.4 | Jacques van Bremen | NED | Dordrecht | 15-03-09 |
| 20.000m snw | 1.39.23.9 | Harold van Beek | NED | Woerden | 30-08-09 |

Wegatletiek Mannen

| | | | | | |
|--------------|---------|---------------------------|-----|-----------------|----------|
| 10 km | 27.01 | Micah Kogo | KEN | Brunssum | 29-03-09 |
| 15 km | 42.14 | Sileshi Sihine | ETH | Nijmegen | 15-11-09 |
| | 42.14 | Nicholas Kiprono | KEN | Nijmegen | 15-11-09 |
| 10 mijl | 45.16 | Moses Masai | KEN | Zaandam | 20-09-09 |
| | 45.16 | Charles Kamathi | KEN | Zaandam | 20-09-09 |
| 20 km | 57.52 | Wilson Chebet | KEN | Alphen a/d Rijn | 08-03-09 |
| 1/2 marathon | 58.58 | Sammy Kitwara | KEN | Rotterdam | 13-09-09 |
| 25 km | 1.20.49 | Koen Neven | BEL | Meerssen | 13-09-09 |
| 30 km | 1.37.25 | Rik Ceulemans | BEL | Schoorl | 08-02-09 |
| marathon | 2.04.27 | Duncan Kibet | KEN | Rotterdam | 05-04-09 |
| | 2.04.27 | James Kwambai | KEN | Rotterdam | 05-04-09 |
| 50 km | 3.16.26 | Kris Cauwels | BEL | Winschoten | 12-09-09 |
| 100 km | 6.53.59 | Jaroslav Janicki | POL | Winschoten | 12-09-09 |
| 1 uur | 16.471 | Jan de Ruiter | NED | Schoonhoven | 29-08-09 |
| 6 uur | 85.004 | Alexey Belosludtsev | RUS | Stein | 01-03-09 |
| 12 uur | 119.847 | Rik Tijskens | BEL | Den Haag | 20-06-09 |
| 24 uur | 218.598 | Peter Rietveld | NED | Steenbergen | 09-05-09 |
| 20 km snw | 1.46.43 | Marcelino Sobczak | NED | Tilburg | 04-10-09 |
| 50 km snw | 4.34.21 | Jean-Franck Vanoosthuysen | FRA | Tilburg | 04-10-09 |

Baanatletiek Vrouwen

| | | | | | |
|----------------|----------|----------------------|-----------|------------|----------|
| 100m | 11.13 | Laverne Jones | ISV | Hengelo | 01-06-09 |
| | | Stephani Durst | USA | Hengelo | 01-06-09 |
| 200m | 22.46 | Laverne Jones | ISV | Hengelo | 01-06-09 |
| 400m | 53.45 | Kim Wall | GBR | Uden | 27-06-09 |
| 800m | 1.59.98 | Maryam Jamal | BRN | Hengelo | 01-06-09 |
| 1.000 m | 2.51.25 | Jaimie van Lieshout | NED | Utrecht | 10-07-09 |
| 1.500m | 3.58.97 | Gelete Burka | ETH | Hengelo | 01-06-09 |
| 3.000m | 9.11.65 | Lesley van Miert | NED | Utrecht | 13-06-09 |
| 5.000m | 15.53.04 | Ilse Pol | ETH | Wageningen | 03-06-09 |
| 10.000m | 29.53.80 | Meselech Melkamu | ETH | Utrecht | 14-06-09 |
| 100m horden | 12.74 | Christi Vukicevic | NOR | Hengelo | 01-06-09 |
| 400m horden | 57.16 | Michelle Carey | IRL | Uden | 27-06-09 |
| 3000m steeple | 9.38.40 | Miranda Boonstra | Nijm. Atl | Nijmegen | 29-05-09 |
| hoogspringen | 1.89 | Doreen Amata | NIG | Eindhoven | 12-07-09 |
| polshoog | 4.55 | Silke Spiegelburg | GER | Hengelo | 01-06-09 |
| verspringen | 6.74 | Fumi Jimoh | USA | Hengelo | 01-06-09 |
| hss | 13.13 | Katarina Iburguen | COL | Eindhoven | 12-07-09 |
| kogelstoten | 18.64 | Anca Heltne | ROM | Eindhoven | 12-07-09 |
| discuswerpen | 58.97 | Monique Jansen | NED | Amsterdam | 01-08-09 |
| kogelslingeren | 56.38 | Maaïke Schetters | NED | Amsterdam | 02-08-09 |
| speerwerpen | 54.71 | Bregje Crolla | NED | Amsterdam | 02-08-09 |
| 7-kamp | 5895 | Susan Coltman | CAN | Woerden | 30-08-09 |
| 4 x 100m | 44.92 | Nat. Ploeg | BEL | Leiden | 13-06-09 |
| 4 x 400m | 3.51.96 | Attila | NED | Amstelveen | 26-09-09 |
| 10.000m snw | 59.53.9 | Liesbeth van Leeuwen | NED | Dordrecht | 15-03-09 |

Wegatletiek Vrouwen

| | | | | | |
|--------------|-----------|------------------------|-----|-----------------|----------|
| 10 km | 31.15 | Mestawat Tufa | ETH | Tilburg | 06-09-09 |
| 15 km | 46.28 | Tirunesh Dibaba | ETH | Nijmegen | 15-11-09 |
| 10 mijl | 50.39 | Linet Masai | KEN | Zaandam | 20-09-09 |
| 20 km | 1.06.39 | Pauline Wangui | KEN | Alphen a/d Rijn | 08-03-09 |
| 1/2 marathon | 1.10.34 | Magdalene Munkuzi | KEN | Venlo | 22-03-09 |
| 25 km | 1.34.00 | Ingrid Prigge | NED | Losser | 05-04-09 |
| 30 km | % 2.02.03 | Miriam van Reijen | NED | Almere | 27-09-09 |
| | 2.04.46 | Anja van 't Schip | NED | Amsterdam | 06-09-09 |
| marathon | 2.26.30 | Nailya Yulamanova | RUS | Rotterdam | 05-04-09 |
| 50 km | * 4.06.42 | Conny Braekman | BEL | Amstelveen | 23-05-09 |
| | 4.06.47 | Simone Stoppler | GER | Winschoten | 12-09-09 |
| 100 km | 8.20.31 | Anne Cécile Fontaine | FRA | Winschoten | 12-09-09 |
| 6 uur | 73.836 | Julia Alter | GER | Stein | 01-03-09 |
| 12 uur | 81.772 | Regina van Geene | NED | Den Haag | 20-06-09 |
| 24 uur | 173.451 | Wilma Dierx | NED | Steenbergen | 09-05-09 |
| 20 km snw | 2.13.37 | Marleen Radder-Willems | NED | Olland | 08-03-09 |
| 50 km snw | 5.52.36 | Marleen Radder-Willems | NED | Olland | 08-03-09 |

% = in trimloop op ongecertificeerd parcours; * = in trimloop op gecertificeerd parcours

Ranglijsten 2009 baanatletiek

Mannen

100 meter mannen

| | | | | | | |
|--------|------|-------------|-----------------|--------------------------------|--------------------|----------|
| 9,97 | -0,1 | Churandy | Martina (AHO) | 03-07-84 R' dam Atletiek | Hengelo | 01-06-09 |
| 10,07 | 0,1 | Churandy | Martina (AHO) | | Mont Carlo (MON) | 28-07-09 |
| 10,13 | 1,3 | Churandy | Martina (AHO) | | Hengelo | 01-06-09 |
| 10,16 | 1,0 | Churandy | Martina (AHO) | | Lausanne (SUI) | 08-07-09 |
| 10,17 | -0,2 | Churandy | Martina (AHO) | | Parijs (FRA) | 17-07-09 |
| 10,19 | -0,5 | Churandy | Martina (AHO) | | Ponce (PUR) | 16-05-09 |
| 10,19 | 0,1 | Churandy | Martina (AHO) | | Berlijn (GER) | 15-08-09 |
| 10,20 | -0,2 | Churandy | Martina (AHO) | | Thessaloniki (GRE) | 12-09-09 |
| 10,26 | 0,0 | Churandy | Martina (AHO) | | Berlijn (GER) | 15-08-09 |
| 10,35 | -1,5 | Churandy | Martina (AHO) | | Baie Mahault (GUA) | 01-05-09 |
| (10/1) | | | | | | |
| 10,38 | 0,9 | Patrick van | Luijk | 17-09-84 R' dam Atletiek | Geneve (SUI) | 06-06-09 |
| 10,41 | 1,2 | Gregory | Sedoc | 16-10-81 AAC | Hoorn | 23-05-09 |
| 10,44 | -1,3 | Guus | Hoogmoed | 27-09-81 Phanos | Hilversum | 13-09-09 |
| 10,45 | 1,6 | Giovanni | Codrington | Neo 17-07-88 Groningen Atl | Bergen (NOR) | 21-06-09 |
| 10,50 | -0,7 | Caimin | Douglas | 11-05-77 Haag Atletiek | Sofia (BUL) | 09-06-09 |
| 10,52 | -0,9 | Rachmil van | Lamoen (AHO) | JA 15-12-91 R' dam Atletiek | Emmeloord | 27-06-09 |
| 10,55 | -1,5 | Lindell | Philip | JA 26-03-90 Phanos | Novi Sad (SRB) | 23-07-09 |
| 10,56 | 1,4 | Virgil | Spier | 08-01-81 AAC | Geneve (SUI) | 06-06-09 |
| 10,58 | 1,7 | Maarten | Heisen | 11-02-84 Clytoneus | Zeulenrode (GER) | 26-07-09 |
| (10) | | | | | | |
| 10,59 | -0,3 | Jerrel | Feller | Neo 09-06-87 Lycurgus | Leiden | 13-06-09 |
| 10,61 | 1,4 | Brian | Mariano (AHO) | 22-01-85 R' dam Atletiek | Hengelo | 01-06-09 |
| 10,61 | 1,8 | Prince | Kwidama (AHO) | 23-03-85 R' dam Atletiek | Eindhoven | 12-07-09 |
| 10,65 | 1,3 | Steven de | Jesus | 03-02-85 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 10,68 | 0,8 | Jerry | Joseph | 28-06-82 R' dam Atletiek | Uden | 27-06-09 |
| 10,70 | -1,3 | Obed | Martis (AHO) | Neo 13-04-87 R' dam Atletiek | Hilversum | 13-09-09 |
| 10,78 | -0,9 | Adrian | Rijken | Neo 26-09-89 Nea-Volharding | Oordegem (BEL) | 04-07-09 |
| 10,81 | 1,1 | Erik | Stevens | JA 01-01-91 Ilion | Nijmegen | 20-09-09 |
| 10,82 | 0,8 | Waldy | Lindeborg (AHO) | 09-12-82 R' dam Atletiek | Amsterdam | 08-08-09 |
| 10,83 | 1,3 | Bram | Peters | JB 06-02-92 Prins Hendrik | Lokeren | 01-06-09 |
| (20) | | | | | | |
| 10,83 | 1,3 | Joeri | Jaegers | JA 19-02-90 Atl. Maastricht | Oordegem (BEL) | 04-07-09 |
| 10,84 | 2,0 | Jairo | Duzant | 01-08-79 Haag Atletiek | El Paso (USA) | 28-03-09 |
| 10,84 | 1,9 | Geraldo | Hiwat | JA 14-02-91 AAC | Boise (USA) | 24-04-09 |
| 10,88 | -0,3 | Paulus | Matthijssen | 28-05-84 R' dam Atletiek | Hulst | 01-06-09 |
| 10,89 | 0,2 | Ingmar | Vos | 28-05-86 PAC | Götzis (AUT) | 30-05-09 |
| 10,89 | 0,8 | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Götzis (AUT) | 30-05-09 |
| 10,89 | 0,5 | Martijn | Hoogendam | JA 28-02-91 Clytoneus | Santpoort | 14-06-09 |
| 10,89 | 2,0 | Frits | Frederiks | Neo 07-10-89 AV Edam | Huizen | 21-06-09 |
| 10,90 | 0,6 | Jorén | Tromp | Neo 01-11-88 Lycurgus | Uden | 27-06-09 |
| 10,92 | 0,4 | Gregor van | Betuw | Neo 12-05-88 Ciko '66 | Vught | 21-05-09 |
| (30) | | | | | | |
| 10,92 | -0,4 | Jip | Baltissen | JA 22-01-91 Pallas '67 | Leiden | 13-06-09 |
| 10,95 | 2,0 | Stijn | Ram | JA 21-01-90 AV '34 | Heerde | 27-05-09 |
| 10,96 | 1,7 | Maxim | Ouwendijk | JB 21-10-92 PAC | Den Haag | 07-06-09 |
| 10,96 | -0,3 | Rik | Wester | 13-06-86 Phanos | Leiden | 13-06-09 |
| 10,98 | 1,2 | Sebastiaan | Steenberg | 06-12-85 AV Haaksbergen | Hengelo | 06-05-09 |
| 10,98 | 1,3 | Paul | Robers | Neo 14-04-88 Hanzesport | Nijmegen | 21-05-09 |
| 10,99 | -0,4 | Raggae | Monsels | Neo 02-05-87 Continental Sport | Leiden | 13-06-09 |
| 10,99 | 0,4 | Koen van | Erve | JA 07-02-91 Attila | Sittard | 21-06-09 |
| 10,99 | 1,7 | Michiel | Willaert | 31-10-78 RK HAV | Kortrijk (BEL) | 11-07-09 |
| 10,99 | 1,8 | Arjan | Timmers | 21-03-85 Eindhoven Atl. | Mol (BEL) | 25-07-09 |
| (40) | | | | | | |
| 10,99 | 0,8 | Duncan | Visser | Neo 04-02-87 Haag Atletiek | Amsterdam | 08-08-09 |
| 11,00 | 1,3 | Pelle | Rietveld | 04-02-85 Ilion | Coral Gables (USA) | 16-04-09 |
| 11,00 | 1,1 | Ben van der | Kleij | Neo 11-03-87 Sparta | Oordegem (BEL) | 04-07-09 |
| 11,00 | -0,1 | Ludrick | Berrenstein | 11-05-82 Achilles-Top | Kerkrade | 05-07-09 |

Statistisch jaarboek 2009

| | | | | | |
|---------------------------|---------------------|----------------|--------------------------------|-----------------|----------|
| 11,01 | 1,3 Sander | Pupella | JB 27-03-93 Energie | Lokeren | 01-06-09 |
| 11,01 | 1,6 Wouter | Brus | JA 30-09-91 Ciko '66 | Lokeren | 01-06-09 |
| 11,01 | -0,9 Nygell | Dumfries (AHO) | JA 02-02-90 R' dam Atletiek | Emmeloord | 27-06-09 |
| 11,02 | 1,6 Justin | Francois | 22-03-76 Groene Ster | Nieuwegein | 28-06-09 |
| 11,05 | 0,4 Ludo van der | Plaat | 03-07-83 Ilion | Hulst | 01-06-09 |
| 11,05 | 0,9 Jonathan | Pengel | 22-09-85 Phanos | Geneve (SUI) | 06-06-09 |
| (50) | | | | | |
| 11,07 | 0,6 Vincent | Kerssies | 11-07-80 SISU | Epe | 08-04-09 |
| 11,07 | 0,5 Seth | Baah | JA 20-10-91 Phanos | Santpoort | 14-06-09 |
| 11,07 | -1,4 Hensley | Paulina (AHO) | JB 26-06-93 R' dam Atletiek | Emmeloord | 27-06-09 |
| 11,08 | 0,7 Dennis | Spillekom | JA 07-08-90 Lycurgus | Lokeren | 01-06-09 |
| 11,09 | 0,6 Art van der | Pols | 25-07-84 PAC | Uden | 27-06-09 |
| 11,10 | -1,9 Marcel van der | Westen | 01-08-76 Phanos | Herentals (BEL) | 03-05-09 |
| 11,10 | 1,3 Victor | Strijbis | JB 23-10-92 Hera | Lokeren | 01-06-09 |
| 11,10 | 0,4 Pally de | Leuw | 22-09-76 Attila | Sittard | 21-06-09 |
| 11,11 | 1,1 Quinten | Stern | 22-01-77 AC TION | Nijmegen | 20-09-09 |
| 11,12 | 1,6 Jeroen | Piek | JA 15-05-90 PEC 1910 | Heerenveen | 23-05-09 |
| (60) | | | | | |
| 11,12 | 1,7 Christiaan | Meilink | JB 08-09-92 PAC | Den Haag | 07-06-09 |
| 11,13 | 0,6 Chris | Charlemagne | 26-12-82 Phanos | Hoorn | 23-05-09 |
| 11,13 | -0,3 Michael | Anpong | Neo 26-03-88 Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| 11,14 | -2,1 Daniël | Franken | Neo 11-01-87 AV '34 | Oordegem | 31-05-09 |
| 11,15 | 0,1 Eugène | Martineau | 14-05-80 Achilles-Top | Götzis (AUT) | 30-05-09 |
| 11,15 | 0,6 Bas van | Wilgen | 12-10-78 Sparta | Uden | 27-06-09 |
| 11,15 | 0,8 Daan | Westerveld | JA 04-09-91 Phanos | Oordegem (BEL) | 04-07-09 |
| 11,16 | 1,5 Johan | Polman | 31-08-86 Lycurgus | Castricum | 03-06-09 |
| 11,17 | 0,7 Jarno | Beuving | 13-02-85 Climax | Krommenie | 21-06-09 |
| 11,17 | 0,7 Dennis | Weijens | 31-10-85 AV '23 | Best | 04-07-09 |
| (70) | | | | | |
| 11,19 | -0,4 Erik | Knevel | 14-08-78 Suomi | Amersfoort | 21-06-09 |
| 11,20 | -0,6 Alwin | Roobeek | 12-06-84 AV '34 | Szczecin (POL) | 27-06-09 |
| 11,20 | 0,0 Rob van | Genderen | Neo 30-05-88 Caesar | Helmond | 02-07-09 |
| 11,20 | -0,6 Harm | Bruins | 22-03-84 Phanos | Amsterdam | 01-08-09 |
| 11,21 | -0,6 Kelvin | Tairou | JC 02-04-95 THOR | Tilburg | 01-06-09 |
| 11,21 | 0,5 Pascal van | Balen | JA 06-03-90 Hellas | Santpoort | 14-06-09 |
| 11,21 | 1,0 Pim | Jehee | Neo 04-05-88 AV Gouda | Uden | 27-06-09 |
| 11,21 | 1,1 Jelle van | Kesteren | 21-11-85 Sprint | Nijmegen | 20-09-09 |
| 11,22 | 0,6 Julio | Smid | JA 01-01-91 PEC 1910 | Epe | 08-04-09 |
| 11,23 | 0,8 Kingsley | Yeboah | JA 18-12-91 PAC | Ede | 17-05-09 |
| (80) | | | | | |
| 11,23 | 2,0 Frank | Dekker | Neo 29-05-88 Hollandia | Nijmegen | 21-05-09 |
| 11,23 | 0,4 Jeroen de | Borst | 01-11-82 Parthenon | Barendrecht | 31-05-09 |
| 11,24 | 0,4 Arjen | Joldersma | JA 01-01-90 AAC '61 | Nijmegen | 21-06-09 |
| 11,24 | 1,8 Sander | Varkevisser | 09-11-84 Nea-Volharding | Krommenie | 05-07-09 |
| 11,24 | 1,1 Daniel van | Leeuwen | 01-01-78 AAC | Nijmegen | 20-09-09 |
| 11,25 | 0,6 Johnny | Silié | M35 30-09-72 Lycurgus | Leiden | 10-05-09 |
| 11,25 | 1,8 Nana | Addae | Neo 06-05-89 Continental Sport | Krommenie | 05-07-09 |
| 11,25 | -0,6 Paul | Groen | Neo 23-09-89 GAC-Hilversum | Amsterdam | 01-08-09 |
| 11,25 | -2,4 Andro | Bosselaar | JA 11-02-91 PAC | Bergen op Zoom | 06-09-09 |
| 11,26 | 0,4 Elyssio | Ramos | JA 28-02-91 PAC | Delft | 14-06-09 |
| (90) | | | | | |
| 11,26 | -0,3 Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| 11,26 | 1,9 Werner | Andrea | M35 20-08-71 Phoenix | Zwolle | 29-08-09 |
| 11,27 | 1,7 John | Bijman | 02-07-82 Startbaan | Amsterdam | 19-04-09 |
| 11,27 | -0,6 Olaf van den | Bergh | JC 07-03-94 Marvel | Tilburg | 01-06-09 |
| 11,29 | 0,7 Kaj | Emanuel | Neo 15-01-88 Phanos | Zwolle | 17-05-09 |
| 11,29 | 1,1 Jerrel | Koenders | 08-10-77 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 11,29 | 1,0 Jesse | Caron | Neo 02-10-89 R' dam Atletiek | Utrecht | 04-09-09 |
| 11,30 | 0,9 Stefan | Schouten | Neo 03-02-88 Athlos | Dronten | 02-07-09 |
| 11,30 | 1,8 Robin | Coops | JA 09-09-90 Hellas | Amersfoort | 29-08-09 |
| 11,32 | -2,3 Lennart van | Dam | 21-04-83 Clytoneus | Hulst | 01-06-09 |
| (100) | | | | | |
| 11,32 | 2,0 Wik | Breure | JB 08-01-92 Pijnenburg | Huizen | 21-06-09 |
| geen windgegevens bekend: | | | | | |
| 10,30 | Rachmil van | Lamoen (AHO) | JA 15-12-91 R' dam Atletiek | Curaçao | 19-06-09 |

Statistisch jaarboek 2009

| | | | | | | |
|--|-------|----------------|----------------|--------------------------------|------------------|----------|
| 11,14 | | Waldy | Lindeborg | 09-12-82 R' dam Atletiek | Ede | 20-09-09 |
| 11,23 | | Jefrie | Buckle | JA 08-08-91 Ciko '66 | Assen | 10-05-09 |
| 11,23 | | Paul | Groen | Neo 23-09-89 GAC-Hilversum | Drachten | 17-05-09 |
| 11,27 | | Stefan | Schouten | Neo 03-02-88 Athlos | Ede | 20-09-09 |
| 11,30 | | Tom | Buys | JA 23-07-90 AV Zaanland | Purmerend | 05-04-09 |
| <i>betere handtijden:</i> | | | | | | |
| 10,8 | | Bjorn | Blauwhof | JA 10-12-90 Nea-Volharding | Purmerend | 28-08-09 |
| 10,9 | | Mark | Vlutters | Neo 21-05-89 Iphitos | Hengelo | 18-06-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 10,40 | w 2,1 | Caimin | Douglas | 11-05-77 Haag Atletiek | Sofia (BUL) | 09-06-09 |
| 10,45 | w 2,1 | Lindell | Philip | JA 26-03-90 Phanos | Amsterdam | 08-08-09 |
| 10,49 | w 2,1 | Brian | Mariano (AHO) | 22-01-85 R' dam Atletiek | Amsterdam | 08-08-09 |
| 10,59 | w 5,9 | Jairo | Duzant | 01-08-79 Haag Atletiek | El-Paso | 11-04-09 |
| 10,82 | w 5,5 | Wouter | Brus | JA 30-09-91 Ciko '66 | Emmen | 14-06-09 |
| 10,90 | w 4,7 | Koen van | Erve | JA 07-02-91 Attila | Nijmegen | 21-05-09 |
| 10,91 | w 4,7 | Raggae | Monsels | Neo 02-05-87 Continental Sport | Nijmegen | 21-05-09 |
| 10,94 | w 2,3 | Stijn | Ram | JA 21-01-90 AV '34 | Utrecht | 22-05-09 |
| 10,94 | w 2,9 | Hensley | Paulina (AHO) | JB 26-06-93 R' dam Atletiek | Weganan di Reino | 28-07-09 |
| 10,98 | w 5,5 | Arjen | Joldersma | JA 30-04-90 AAC '61 | Emmen | 14-06-09 |
| 10,98 | w 2,1 | Michael | Anpong | Neo 26-03-88 Eindhoven Atl. | Utrecht | 07-08-09 |
| 11,05 | w 5,5 | Jeroen | Piek | JA 15-05-90 PEC 1910 | Emmen | 14-06-09 |
| 11,05 | w 2,1 | Andro | Bosselaar | JA 11-02-91 PAC | Utrecht | 07-08-09 |
| 11,07 | w 5,5 | Jefrie | Buckle | JA 08-08-91 Ciko '66 | Emmen | 14-06-09 |
| 11,11 | w 2,3 | Elyssio | Ramos | JA 28-02-91 PAC | Utrecht | 22-05-09 |
| 11,11 | w 2,9 | Christiaan | Meilink | JB 08-09-92 PAC | Weganan di Reino | 28-07-09 |
| 11,13 | w 2,9 | Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Weganan di Reino | 28-07-09 |
| 11,20 | w 2,1 | Akwasi | Frimpong | 11-02-86 Continental Sport | Nijmegen | 21-05-09 |
| 11,21 | w 2,9 | Giorgan van | Lamoen (AHO) | JB 18-01-93 R' dam Atletiek | Weganan di Reino | 28-07-09 |
| 11,21 | w 2,1 | Frank | Aborah | JB 29-04-92 Continental Sport | Utrecht | 07-08-09 |
| 11,22 | w 4,7 | Robin | Coops | JA 09-09-90 Hellas | Nijmegen | 21-05-09 |
| 11,22 | w 5,5 | Niek ter | Horst | JA 13-09-90 AV Argo | Emmen | 14-06-09 |
| 11,28 | w 3,9 | Bas | Winkels | JA 27-03-91 PEC 1910 | Kampen | 22-04-09 |
| 11,30 | w 4,7 | Jeffrie | Buckle | JA 08-08-91 Ciko '66 | Nijmegen | 21-05-09 |
| 11,31 | w 4,7 | Erik | Crombag | 29-10-82 't Haasje | Nijmegen | 21-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 10,5 | o | Jarno | Beuving | 13-02-85 Climax | Ede | 03-10-09 |
| 10,7 | o | Hugo de | Haan | 06-11-84 Lycurgus | Krommenie | 04-10-09 |
| 10,9 | o | Bryan | Hissink | JC 13-06-94 AV Argo | Doetinchem | 03-10-09 |
| <i>buitenlanders bij nederlandse club:</i> | | | | | | |
| 10,37 | 0,5 | Kristof | Beyens (BEL) | 13-07-83 Unitas | Bergen (NOR) | 20-06-09 |
| 10,48 | 0,4 | Ryan | Shields (JAM) | 12-05-83 Haag Atletiek | Bremen (GER) | 24-05-09 |
| 10,93 | 0,8 | Alexander | Meisolle (GER) | Neo 08-08-88 Achilles-Top | Zevenbergen | 21-06-09 |
| 11,04 | 0,8 | Egnetious | Gaisha (GHA) | 20-06-83 PAC | Ede | 17-05-09 |
| 150 meter mannen | | | | | | |
| 15,62 | 0,9 | Giovanni | Codrington | Neo 17-07-88 Groningen Atl | Lisse | 09-05-09 |
| 15,63 | 1,9 | Patrick van | Luijk | 17-09-84 R' dam Atletiek | Lisse | 09-05-09 |
| 15,65 | 1,9 | Guus | Hoogmoed | 27-09-81 Phanos | Lisse | 09-05-09 |
| 15,70 | 0,9 | Virgil | Spier | 08-01-81 AAC | Lisse | 09-05-09 |
| 15,78 | 0,9 | Obed | Martis (AHO) | Neo 13-04-87 R' dam Atletiek | Lisse | 09-05-09 |
| 15,82 | 0,9 | Steven de | Jesus | 03-02-85 R' dam Atletiek | Lisse | 09-05-09 |
| 16,14 | 0,9 | Marcel van der | Westen | 01-08-76 Phanos | Lisse | 09-05-09 |
| 16,21 | 0,9 | Lindell | Philip | JA 26-03-90 Phanos | Lisse | 09-05-09 |
| 16,42 | 1,9 | Prince | Kwidama (AHO) | 23-03-85 R' dam Atletiek | Lisse | 09-05-09 |
| (10) | | | | | | |
| 16,51 | 1,2 | Andro | Bosselaar | JA 11-02-91 PAC | Utrecht | 10-07-09 |
| 16,51 | 1,2 | Werner | Andrea | M35 20-08-71 Phoenix | Utrecht | 10-07-09 |
| 16,59 | 0,9 | Koen van | Erve | JA 07-02-91 Attila | Lisse | 09-05-09 |
| 16,63 | 0,9 | Lennart van | Dam | 21-04-83 Clytoneus | Lisse | 09-05-09 |
| 16,66 | 1,2 | Justin | Francois | 22-03-76 Groene Ster | Utrecht | 10-07-09 |
| 16,77 | 1,2 | Pascal van | Balen | JA 06-03-90 Hellas | Utrecht | 10-07-09 |
| 16,86 | -0,2 | Rob van | Genderen | Neo 30-05-88 Caesar | Vught | 05-04-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 16,00 | w 2,6 | Adrian | Rijken | Neo 26-09-89 Nea-Volharding | Lisse | 09-05-09 |
| 16,28 | w 2,3 | Victor | Strijbis | JB 23-10-92 Hera | Lisse | 09-05-09 |
| 16,29 | w 2,3 | Joeri | Jaegers | JA 19-02-90 Atl. Maastricht | Lisse | 09-05-09 |

| | | | | | | | | |
|-------|---|-----|-------------|-------------|--------------|-------------------|-------|----------|
| 16,48 | w | 2,6 | Chris | Charlemagne | 26-12-82 | Phanos | Lisse | 09-05-09 |
| 16,49 | w | 2,3 | Johan | Polman | 31-08-86 | Lycurgus | Lisse | 09-05-09 |
| 16,50 | w | 2,6 | Bas van | Wilgen | 12-10-78 | Sparta | Lisse | 09-05-09 |
| 16,56 | w | 2,3 | Raggae | Monsels | Neo 02-05-87 | Continental Sport | Lisse | 09-05-09 |
| 16,59 | w | 2,3 | Paulus | Matthijssen | 28-05-84 | R' dam Atletiek | Lisse | 09-05-09 |
| 16,71 | w | 2,3 | Ben van der | Kleij | Neo 11-03-87 | Sparta | Lisse | 09-05-09 |

buitenlanders bij nederlandse club:

| | | | | | | | | |
|-------|---|-----|-----------|----------------|--------------|--------------|-------|----------|
| 15,63 | | 1,9 | Kristof | Beyens (BEL) | 13-07-83 | Unitas | Lisse | 09-05-09 |
| 15,92 | w | 2,6 | Alexander | Meisolle (GER) | Neo 08-08-88 | Achilles-Top | Lisse | 09-05-09 |

200 meter mannen

| | | | | | | | | |
|-------|--|------|-------------|---------------|-------------|-----------------|-----------------|----------|
| 20,52 | | 0,5 | Patrick van | Luijk | 17-09-84 | R' dam Atletiek | Geneve (SUI) | 06-06-09 |
| 20,56 | | 1,6 | Patrick van | Luijk | | | Malaga (ESP) | 27-06-09 |
| 20,68 | | 1,4 | Patrick van | Luijk | | | Heusden (BEL) | 18-07-09 |
| 20,76 | | -0,9 | Churandy | Martina (AHO) | 03-07-84 | R' dam Atletiek | Lausanne (SUI) | 08-07-09 |
| 20,87 | | 0,1 | Patrick van | Luijk | | | Hoorn | 23-05-09 |
| 20,88 | | -0,9 | Rachmil van | Lamoen (AHO) | JA 15-12-91 | R' dam Atletiek | Emmeloord | 28-06-09 |
| 20,91 | | -0,1 | Patrick van | Luijk | | | Barcelona (ESP) | 25-07-09 |
| 20,93 | | 0,4 | Patrick van | Luijk | | | Amsterdam | 02-08-09 |
| 21,01 | | 0,0 | Patrick van | Luijk | | | Amsterdam | 01-08-09 |
| 21,03 | | -4,6 | Patrick van | Luijk | | | Bergen (NOR) | 21-06-09 |

(10/3)

| | | | | | | | | |
|-------|--|-----|-----------|--------------|--------------|-----------------|----------------|----------|
| 21,14 | | 0,0 | Guus | Hoogmoed | 27-09-81 | Phanos | Cuxhaven (GER) | 22-07-09 |
| 21,20 | | 0,9 | Steven de | Jesus | 03-02-85 | R' dam Atletiek | Uden | 27-06-09 |
| 21,24 | | 1,7 | Curtis | Cock (AHO) | Neo 21-06-89 | | El Paso (USA) | 28-03-09 |
| 21,24 | | 1,9 | Jerrel | Feller | Neo 09-06-87 | Lycurgus | Krommenie | 05-07-09 |
| 21,29 | | 0,9 | Dennis | Spillekom | JA 07-08-90 | Lycurgus | Uden | 27-06-09 |
| 21,46 | | 0,4 | Obed | Martis (AHO) | Neo 13-04-87 | R' dam Atletiek | Amsterdam | 02-08-09 |
| 21,47 | | 0,4 | Giovanni | Codrington | Neo 17-07-88 | Groningen Atl | Amsterdam | 02-08-09 |

(10)

| | | | | | | | | |
|-------|--|------|---------|-----------|--------------|-------------------|----------------|----------|
| 21,58 | | 0,6 | Bram | Peters | JB 06-02-92 | Prins Hendrik | Tampere (FIN) | 24-07-09 |
| 21,58 | | 0,8 | Erik | Stevens | JA 11-03-91 | Ilion | Novi Sad (SRB) | 24-07-09 |
| 21,63 | | 1,9 | Paul | Robers | Neo 14-04-88 | Hanzesport | Nijmegen | 22-05-09 |
| 21,69 | | -0,6 | Raggae | Monsels | Neo 02-05-87 | Continental Sport | Uden | 27-06-09 |
| 21,70 | | 1,6 | Adrian | Rijken | Neo 26-09-89 | Nea-Volharding | Krommenie | 21-06-09 |
| 21,73 | | -1,0 | Joeri | Moerman | Neo 05-07-87 | AVON | Maastricht | 31-05-09 |
| 21,73 | | 1,1 | Lindell | Philip | JA 26-03-90 | Phanos | Amsterdam | 01-08-09 |
| 21,74 | | 1,9 | Joeri | Jaegers | JA 19-02-90 | Atl. Maastricht | Nijmegen | 22-05-09 |
| 21,77 | | 1,0 | Martijn | Hoogendam | JA 28-02-91 | Clytoneus | Oordegem (BEL) | 04-07-09 |
| 21,83 | | 1,6 | Virgil | Spier | 08-01-81 | AAC | Geneve (SUI) | 06-06-09 |

(20)

| | | | | | | | | |
|-------|--|------|----------------|----------------|--------------|-----------------|-----------------|----------|
| 21,83 | | 1,6 | Jelle | Heisen | 09-05-82 | Clytoneus | Krommenie | 21-06-09 |
| 21,83 | | -0,6 | Jorén | Tromp | Neo 01-11-88 | Lycurgus | Uden | 27-06-09 |
| 21,90 | | -0,9 | Nygell | Dumfries (AHO) | JA 02-02-90 | R' dam Atletiek | Emmeloord | 28-06-09 |
| 21,99 | | 0,9 | Ben van der | Kleij | Neo 11-03-87 | Sparta | Oordegem (BEL) | 04-07-09 |
| 21,99 | | 0,4 | Prince | Kwidama (AHO) | 23-03-85 | R' dam Atletiek | Gouda | 28-08-09 |
| 22,00 | | 0,3 | Michiel | Willaert | 31-10-78 | RK HAV | Ninove (BEL) | 08-08-09 |
| 22,06 | | 0,9 | Duncan | Visser | Neo 04-02-87 | Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 22,07 | | 0,6 | Marcel van der | Westen | 01-08-76 | Phanos | Herentals (BEL) | 03-05-09 |
| 22,09 | | 1,6 | Johan | Polman | 31-08-86 | Lycurgus | Castricum | 03-06-09 |
| 22,14 | | -0,6 | Bas van | Wilgen | 12-10-78 | Sparta | Uden | 27-06-09 |

(30)

| | | | | | | | | |
|-------|--|------|------------|---------------|--------------|-----------------|----------------|----------|
| 22,16 | | -1,0 | Jerry | Joseph | 28-06-82 | R' dam Atletiek | Eindhoven | 12-07-09 |
| 22,19 | | 0,9 | Sander | Pupella | JB 27-03-93 | Energie | Nieuwegein | 20-09-09 |
| 22,20 | | -2,2 | Tilo | Ruch | 06-04-83 | Achilles-Top | Den Haag | 17-05-09 |
| 22,23 | | 1,9 | Koen van | Erve | JA 07-02-91 | Attila | Nijmegen | 22-05-09 |
| 22,23 | | 0,7 | Wouter | Brus | JA 30-09-91 | Ciko '66 | Oordegem (BEL) | 04-07-09 |
| 22,25 | | 1,6 | Gregor van | Betuw | Neo 12-05-88 | Ciko '66 | Krommenie | 21-06-09 |
| 22,26 | | -1,1 | Victor | Strijbis | JB 23-10-92 | Hera | Emmeloord | 28-06-09 |
| 22,28 | | -1,1 | Hensley | Paulina (AHO) | JB 26-06-93 | R' dam Atletiek | Emmeloord | 28-06-09 |
| 22,28 | | 1,0 | Jordy | Hindriks | 30-06-81 | R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 22,28 | | -0,6 | Michael | Anpong | Neo 26-03-88 | Eindhoven Atl. | Mol (BEL) | 22-08-09 |

(40)

| | | | | | | | | |
|-------|--|------|---------|----------|----------|-------------|-------------|----------|
| 22,31 | | -0,6 | Vincent | Kerssies | 11-07-80 | SISU | Uden | 27-06-09 |
| 22,33 | | 0,3 | Bob | Keus | 22-08-75 | Olympus '70 | Spijkenisse | 19-04-09 |
| 22,33 | | 1,9 | Rik | Wester | 13-06-86 | Phanos | Leiden | 13-06-09 |

Statistisch jaarboek 2009

| | | | | | |
|-------|--------------------|-------------|--------------------------------|----------------|----------|
| 22,34 | -0,4 Eugene | Susanna | Neo 23-09-88 Eindhoven Atl. | Helmond | 02-07-09 |
| 22,34 | -0,9 Daan | Westerveld | JA 04-09-91 Phanos | Oordegem (BEL) | 04-07-09 |
| 22,34 | 0,6 Seth | Baah | JA 20-10-91 Phanos | Heiloo | 31-07-09 |
| 22,35 | -0,7 Jip | Baltissen | JA 22-01-91 Pallas '67 | Nijmegen | 21-06-09 |
| 22,38 | 1,9 Frits | Frederiks | Neo 07-10-89 AV Edam | Huizen | 21-06-09 |
| 22,40 | -1,6 Paulus | Matthijssen | 28-05-84 R' dam Atletiek | Hulst | 01-06-09 |
| 22,41 | 0,5 Maxim | Ouwendijk | JB 21-10-92 PAC | Utrecht | 13-06-09 |
| (50) | | | | | |
| 22,42 | 1,0 Chris | Charlemagne | 26-12-82 Phanos | Oordegem (BEL) | 04-07-09 |
| 22,43 | 1,9 Lars | Herreman | | Leiden | 13-06-09 |
| 22,43 | -2,5 Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Harderwijk | 21-06-09 |
| 22,50 | 1,6 Bjorn | Blauwhof | JA 10-12-90 Nea-Volharding | Castricum | 03-06-09 |
| 22,53 | 1,9 Sander | Varkevisser | 09-11-84 Nea-Volharding | Krommenie | 05-07-09 |
| 22,54 | 1,1 Sebastiaan | Steenberg | 06-12-85 AV Haaksbergen | Amsterdam | 01-08-09 |
| 22,55 | -0,7 Arjen | Joldersma | JA 01-01-90 AAC '61 | Nijmegen | 21-06-09 |
| 22,57 | 1,1 Harm | Bruins | 22-03-84 Phanos | Amsterdam | 01-08-09 |
| 22,58 | -1,1 Justin | Francois | 22-03-76 Groene Ster | Gouda | 21-05-09 |
| 22,58 | -0,6 Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| (60) | | | | | |
| 22,59 | 0,1 Werner | Andrea | M35 20-08-71 Phoenix | Lahti (FIN) | 03-08-09 |
| 22,61 | 0,9 Martijn | Bervoets | JB 04-03-92 De Keien | Nieuwegein | 20-09-09 |
| 22,62 | -0,7 Pascal | Remminga | JA 07-11-90 Aquilo | Nijmegen | 21-06-09 |
| 22,68 | 1,9 Erik | Crombag | 29-10-82 't Haasje | Nijmegen | 22-05-09 |
| 22,69 | -0,5 Jeroen | Piek | JA 15-05-90 PEC 1910 | Emmeloord | 28-06-09 |
| 22,70 | 1,3 Thomas | Kortbeek | 02-04-81 Prins Hendrik | Vught | 21-05-09 |
| 22,70 | 0,6 Nana | Addae | Neo 06-05-89 Continental Sport | Heiloo | 31-07-09 |
| 22,74 | -0,5 Stijn | Ram | JA 21-01-90 AV '34 | Zwolle | 17-05-09 |
| 22,75 | 1,1 Jasper van den | Wittenboer | Neo 04-09-87 De Keien | Uden | 27-06-09 |
| 22,76 | 0,0 Ingmar | Vos | 28-05-86 PAC | Utrecht | 01-05-09 |
| (70) | | | | | |
| 22,78 | -0,7 Elyssio | Ramos | JA 28-02-91 PAC | Emmeloord | 28-06-09 |
| 22,78 | 0,0 Jerrel | Koenders | 08-10-77 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 22,79 | -1,0 Christiaan | Meilink | JB 08-09-92 PAC | Emmeloord | 28-06-09 |
| 22,80 | 1,5 Joris | Reijnders | JA 05-03-91 Spiridon | Dongen | 24-04-09 |
| 22,81 | 1,9 Rik | Hopmans | 12-08-84 Asterix | Nijmegen | 22-05-09 |
| 22,81 | -0,1 Pascal van | Balen | JA 06-03-90 Hellas | Emmeloord | 28-06-09 |
| 22,82 | 1,9 Bjorn van | Doodewaerd | Neo 16-02-89 Lycurgus | Krommenie | 05-07-09 |
| 22,83 | 0,0 Joost van | Bennekom | 18-01-81 AC TION | Zutphen | 19-04-09 |
| 22,84 | 1,1 Jeroen | Klein | 07-01-83 AC TION | Amsterdam | 01-08-09 |
| 22,86 | -0,7 Jurian ter | Laare | 15-10-81 Ilion | Gouda | 12-06-09 |
| (80) | | | | | |
| 22,88 | 1,9 Joris | Sinnige | Neo 21-04-88 AV Castricum | Huizen | 21-06-09 |
| 22,89 | 1,6 Nils | Pennekamp | Neo 29-05-87 AV Haarl'meer | Leiden | 08-07-09 |
| 22,91 | -1,8 Lennart van | Dam | 21-04-83 Clytoneus | Hulst | 01-06-09 |
| 22,92 | 1,3 Johnny | Silié | M35 30-09-72 Lycurgus | Oosterhout | 14-06-09 |
| 22,92 | -0,3 Robin | Coops | JA 09-09-90 Hellas | Emmeloord | 28-06-09 |
| 22,93 | -2,5 Vincent | Vrijzen | Neo 15-07-89 Unitas | Veldhoven | 19-04-09 |
| 22,93 | 0,5 Javier | Agard (AHO) | JA 11-04-91 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 22,94 | -0,7 Revelinho | Eind | JA 07-04-90 Jahn II | Nijmegen | 21-06-09 |
| 22,94 | -1,0 Dennis | Weijens | 31-10-85 AV '23 | Wageningen | 26-06-09 |
| 22,95 | 0,5 Sander | Hage | 25-08-85 Sprint | Utrecht | 13-06-09 |
| (90) | | | | | |
| 22,95 | 0,0 Olaf van den | Bergh | JC 07-03-94 Marvel | Helmond | 02-07-09 |
| 22,97 | -0,7 Roben | Popkema | Neo 25-04-89 AV Gouda | Gouda | 12-06-09 |
| 22,98 | 1,9 Oskar | Jansen | Neo 18-12-88 AAC | Huizen | 21-06-09 |
| 22,99 | -1,3 Alwin | Roobeek | 12-06-84 AV '34 | Nijmegen | 12-05-09 |
| 22,99 | 0,4 Paul | Dekkers | 06-11-84 GAC-Gemert | Uden | 17-05-09 |
| 23,00 | 0,3 Bas | Uitbeijerse | JA 02-08-90 Haag Atletiek | Spijkenisse | 19-04-09 |
| 23,00 | 1,9 Erik | Knevel | 14-08-78 Suomi | Alkmaar | 17-05-09 |
| 23,01 | -1,3 Jesse | Caron | Neo 02-10-89 R' dam Atletiek | Rotterdam | 05-06-09 |
| 23,01 | 0,0 Willem | Heijboer | Neo 29-06-89 Atledo | Zevenbergen | 21-06-09 |
| 23,01 | -0,3 Christian | Hammers | JB 26-07-92 Achilles-Top | Zevenbergen | 21-06-09 |
| (100) | | | | | |
| 23,01 | 1,7 Twan van | Vastenhoven | Neo 13-06-89 AV Haarl'meer | Wageningen | 17-07-09 |
| 23,01 | -0,2 Daniel van | Leeuwen | 01-01-78 AAC | Nijmegen | 20-09-09 |

geen windgegevens bekend:

| | | | | | |
|-------|------------------|-----------------|------------------------------|------------------|----------|
| 21,75 | Geraldo | Hiwat | JA 14-02-91 AAC | Boise (USA) | 24-04-09 |
| 21,81 | Hensley | Paulina (AHO) | JB 26-06-93 R' dam Atletiek | Weganan di Reino | 30-07-09 |
| 21,93 | Waldy | Lindeborg (AHO) | 09-12-82 R' dam Atletiek | Utrecht | 04-09-09 |
| 21,95 | Brian | Mariano (AHO) | 22-01-85 R' dam Atletiek | Sittard | 21-06-09 |
| 22,03 | Jerry | Joseph | 28-06-82 R' dam Atletiek | Sittard | 21-06-09 |
| 22,30 | Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Weganan di Reino | 30-07-09 |
| 22,35 | Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Drachten | 17-05-09 |
| 22,44 | Rob van | Genderen | Neo 30-05-88 Caesar | Sittard | 21-06-09 |
| 22,68 | Christiaan | Meilink | JB 08-09-92 PAC | Weganan di Reino | 30-07-09 |
| 22,69 | Waldy | Lindeborg | 09-12-82 R' dam Atletiek | Ede | 20-09-09 |
| 22,85 | Jesse | Caron | Neo 02-10-89 R' dam Atletiek | Utrecht | 04-09-09 |
| 22,90 | Geoffrey van den | Berg | JA 26-11-91 Startbaan | Ede | 20-09-09 |
| 22,95 | Christian | Hammers | JB 26-07-92 Achilles-Top | Maastricht | 31-05-09 |
| 22,97 | Roben | Popkema | Neo 25-04-89 AV Gouda | Drachten | 17-05-09 |

betere handtijden:

| | | | | | |
|------|------|------------|--------------------|--------------|----------|
| 22,1 | Daan | Westerveld | JA 04-09-91 Phanos | Warmenhuizen | 19-06-09 |
| 22,7 | Alex | Zwolle | JA 22-06-90 AV '56 | Goes | 09-05-09 |

met teveel rugwind:

| | | | | | | |
|-------|-------|-------------|---------------|----------------------------|-------------|----------|
| 21,13 | w 2,4 | Jerrel | Feller | Neo 09-06-87 Lycurgus | Leiden | 13-06-09 |
| 21,50 | w 2,4 | Brian | Mariano (AHO) | 22-01-85 R' dam Atletiek | Leiden | 13-06-09 |
| 22,01 | w 2,7 | Bob | Keus | 22-08-75 Olympus '70 | Reeuwijk | 21-06-09 |
| 22,30 | w 4,9 | Joshua | Geerlings | JA 24-07-90 PAC | Rotterdam | 03-07-09 |
| 22,34 | w 2,2 | Werner | Andrea | M35 20-08-71 Phoenix | Lahti (FIN) | 03-08-09 |
| 22,84 | w 2,5 | Ralph | Uenk | Neo 12-06-88 Climax | Krommenie | 21-06-09 |
| 22,85 | w 4,5 | Akwasi | Frimpong | 11-02-86 Continental Sport | Nijmegen | 22-05-09 |
| 22,87 | w 3,4 | Eelco | Koelewijn | 21-09-80 AC TION | Zwolle | 29-08-09 |
| 22,97 | w 2,7 | Frank | Dekker | Neo 29-05-88 Hollandia | Nieuwegein | 20-09-09 |
| 22,98 | w 2,7 | Bas van den | Bergh | JB 15-06-92 Scopias | Nieuwegein | 20-09-09 |

buitenlanders bij nederlandse club:

| | | | | | | |
|-------|-------|-----------|----------------|---------------------------|-----------------|----------|
| 20,74 | -0,4 | Ryan | Shields (JAM) | 12-05-83 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 20,87 | -0,9 | Kristof | Beyens (BEL) | 13-07-83 Unitas | Bydgoszcz (POL) | 10-06-09 |
| 21,46 | 0,7 | Alexander | Meisolle (GER) | Neo 08-08-88 Achilles-Top | Ulm (GER) | 05-07-09 |
| 20,81 | w 2,2 | Kristof | Beyens (BEL) | 13-07-83 Unitas | Ostrava | 17-06-09 |

300 meter mannen

| | | | | | | |
|-------|------|----------------|--------------|------------------------------|------------------|----------|
| 33,48 | | Guus | Hoogmoed | 27-09-81 Phanos | Lisse | 09-05-09 |
| 33,96 | | Obed | Martis (AHO) | Neo 13-04-87 R' dam Atletiek | Lisse | 09-05-09 |
| 34,38 | | Steven | Zwerink | 29-07-82 AC TION | Lisse | 09-05-09 |
| 34,78 | | Vincent | Kerssies | 11-07-80 SISU | Epe | 08-04-09 |
| 35,06 | | Johan | Polman | 31-08-86 Lycurgus | Lisse | 09-05-09 |
| 35,07 | | Ingmar | Vos | 28-05-86 PAC | Brasschaat (BEL) | 26-07-09 |
| 35,30 | | Paulus | Matthijssen | 28-05-84 R' dam Atletiek | Lisse | 09-05-09 |
| 35,45 | | Daan de | Geus | Neo 26-05-87 Suomi | Lisse | 09-05-09 |
| 35,46 | | Duncan | Visser | Neo 04-02-87 Haag Atletiek | Brasschaat (BEL) | 26-07-09 |
| 35,50 | | Daniël | Franken | Neo 11-01-87 AV '34 | Epe | 08-04-09 |
| | (10) | | | | | |
| 35,62 | | Stefan | Schouten | Neo 03-02-88 Athlos | Epe | 08-04-09 |
| 35,68 | | Rob van | Genderen | Neo 30-05-88 Caesar | Vught | 05-04-09 |
| 35,68 | | Michiel | Willaert | 31-10-78 RK HAV | Vilvoorde (BEL) | 26-06-09 |
| 35,78 | | Ben van der | Kleij | Neo 11-03-87 Sparta | Lisse | 09-05-09 |
| 35,83 | | Lennart van | Dam | 21-04-83 Clytoneus | Lisse | 09-05-09 |
| 35,86 | | Joshua | Geerlings | JA 24-07-90 PAC | Lisse | 09-05-09 |
| 35,95 | | Alwin | Roobeek | 12-06-84 AV '34 | Epe | 08-04-09 |
| 35,96 | | Jasper van den | Wittenboer | Neo 04-09-87 De Keien | Vught | 05-04-09 |
| 36,11 | | Werner | Andrea | M35 20-08-71 Phoenix | Utrecht | 10-07-09 |
| 36,24 | | Paul | Groen | Neo 23-09-89 GAC-Hilversum | Lisse | 09-05-09 |
| | (20) | | | | | |
| 36,26 | | Bilal | Anrar | JA 12-08-90 Prins Hendrik | Vught | 05-04-09 |
| 36,27 | | Koen | Streekstra | Neo 15-07-88 Phanos | Utrecht | 10-07-09 |
| 36,29 | | Stefan de | Vries | JB 18-10-92 Altis | Amersfoort | 11-04-09 |
| 36,33 | | Justin | Francois | 22-03-76 Groene Ster | Breda | 14-04-09 |
| 36,36 | | Tim van | Bochove | 01-10-85 R' dam Atletiek | Lisse | 09-05-09 |
| 36,55 | | Martijn | Bervoets | JB 04-03-92 De Keien | Vught | 05-04-09 |
| 36,55 | | Jeroen | Piek | JA 15-05-90 PEC 1910 | Epe | 08-04-09 |
| 36,55 | | Chris | Charlemagne | 26-12-82 Phanos | Lisse | 09-05-09 |

Statistisch jaarboek 2009

| | | | | | |
|--|-----------------|-----------------|--------------------------------|--------------------|----------|
| 36,60 | Raimi | Westerhof | 12-10-86 Athlos | Epe | 08-04-09 |
| 36,61 | Revelinho | Eind | JA 07-04-90 Jahn II | Epe | 08-04-09 |
| (30) | | | | | |
| 36,73 | Tom | Kraaij | 03-01-86 Groningen Atl | Utrecht | 10-07-09 |
| 36,87 | Vincent van der | Vis | JA 04-07-90 SC Reeuwijk | Utrecht | 10-07-09 |
| <i>betere handtijden:</i> | | | | | |
| 36,1 | Vincent | Wolters | Neo 14-08-89 De Sperwers | Steenwijk | 17-07-09 |
| <i>buitenlanders bij nederlandse club:</i> | | | | | |
| 33,06 | Ryan | Shields (JAM) | 12-05-83 Haag Atletiek | Luik (BEL) | 15-07-09 |
| 34,25 | Alexander | Meisolle (GER) | Neo 08-08-88 Achilles-Top | Lisse | 09-05-09 |
| 400 meter mannen | | | | | |
| 46,55 | Bram | Som | 20-02-80 Atletico '73 | Harderwijk | 21-06-09 |
| 46,79 | Curtis | Cock (AHO) | Neo 21-06-89 | Albuquerque (USA) | 02-05-09 |
| 47,07 | Obed | Martis (AHO) | Neo 13-04-87 R' dam Atletiek | Leiden | 13-06-09 |
| 47,09 | Dennis | Spillekom | JA 07-08-90 Lycurgus | Hoorn | 23-05-09 |
| 47,16 | Steven de | Jesus | 03-02-85 R' dam Atletiek | Hoorn | 23-05-09 |
| 47,21 | Youssef el | Rhalfioui | 06-09-83 Phanos | Amsterdam | 08-08-09 |
| 47,26 | Joeri | Moerman | Neo 05-07-87 AVON | Eindhoven | 12-07-09 |
| 47,28 | Dennis | Spillekom | JA | Bergen (NOR) | 20-06-09 |
| 47,28 | Youssef el | Rhalfioui | | Zeulenrode (GER) | 26-07-09 |
| 47,39 | Steven | Jesus | | Nijmegen | 29-05-09 |
| (10/7) | | | | | |
| 47,50 | Robert | Lathouwers | 08-07-83 R' dam Atletiek | Nijmegen | 29-05-09 |
| 47,51 | Bob | Keus | 22-08-75 Olympus '70 | Uden | 27-06-09 |
| 47,61 | Guus | Hoogmoed | 27-09-81 Phanos | Hoorn | 23-05-09 |
| (10) | | | | | |
| 47,87 | Steven | Zwerink | 29-07-82 R' dam Atletiek | Hoorn | 23-05-09 |
| 47,87 | Bjorn | Blauwhof | JA 10-12-90 Nea-Volharding | Emmeloord | 28-06-09 |
| 47,90 | Ludrick | Berrenstein | 11-05-82 Achilles-Top | Amsterdam | 01-08-09 |
| 48,16 | Niels van | Dijk | Neo 29-07-88 Clytoneus | Leiden | 26-08-09 |
| 48,17 | Jelle | Heisen | 09-05-82 Clytoneus | Hoorn | 23-05-09 |
| 48,22 | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Kaunas (LTU) | 16-07-09 |
| 48,25 | Daniël | Franken | Neo 11-01-87 AV '34 | Oordegem | 31-05-09 |
| 48,25 | Vincent | Kerssies | 11-07-80 SISU | Wageningen | 03-06-09 |
| 48,41 | Johan | Polman | 31-08-86 Lycurgus | Amsterdam | 01-08-09 |
| 48,41 | Waldy | Lindeborg (AHO) | 09-12-82 R' dam Atletiek | Amsterdam | 01-08-09 |
| (20) | | | | | |
| 48,42 | Terrence | Agard (AHO) | JA 16-04-90 R' dam Atletiek | Emmeloord | 28-06-09 |
| 48,52 | Alwin | Roobeek | 12-06-84 AV '34 | Szczecin (POL) | 27-06-09 |
| 48,52 | Marius | Kranendonk | Neo 08-01-88 AAC | Krommenie | 05-07-09 |
| 48,53 | Duncan | Visser | Neo 04-02-87 Haag Atletiek | Amsterdam | 08-08-09 |
| 48,71 | Rikkert van | Rhee | 15-10-77 Energie | Barendrecht | 31-05-09 |
| 48,77 | Thomas | Kortbeek | 02-04-81 Prins Hendrik | Nijmegen | 29-05-09 |
| 48,77 | Jordy | Hindriks | 30-06-81 R' dam Atletiek | Leiden | 13-06-09 |
| 48,79 | Peter | Wolters | 07-04-81 Phanos | Uden | 27-06-09 |
| 48,81 | Eugene | Susanna | Neo 23-09-88 Eindhoven Atl. | Sittard | 21-06-09 |
| 48,89 | Pelle | Rietveld | 04-02-85 Ilion | Coral Gables (USA) | 16-04-09 |
| (30) | | | | | |
| 49,01 | Twan van | Vastenhoven | Neo 13-06-89 AV Haarl'meer | Uden | 27-06-09 |
| 49,03 | Lennart van | Dam | 21-04-83 Clytoneus | Uden | 27-06-09 |
| 49,07 | Stefan | Schouten | Neo 03-02-88 Athlos | Amsterdam | 01-08-09 |
| 49,08 | Daan de | Geus | Neo 26-05-87 Suomi | Amsterdam | 19-04-09 |
| 49,12 | Nana | Addae | Neo 06-05-89 Continental Sport | Uden | 27-06-09 |
| 49,14 | Marnix | Hebly | Neo 19-05-87 Phoenix | Uden | 27-06-09 |
| 49,18 | Maarten | Heisen | 11-02-84 Clytoneus | Wageningen | 17-07-09 |
| 49,22 | Jarno | Boutkam | JA 17-02-90 Hellas | Amstelveen | 10-05-09 |
| 49,26 | Arnoud | Okken | 20-04-82 Atletico '73 | Drachten | 17-05-09 |
| 49,34 | Thomas | Schuwer | JA 08-04-90 Scopias | Emmeloord | 28-06-09 |
| (40) | | | | | |
| 49,44 | Joris | Sinnige | Neo 21-04-88 AV Castricum | Amsterdam | 01-08-09 |
| 49,46 | Jurian ter | Laare | 15-10-81 Ilion | Zwolle | 17-05-09 |
| 49,47 | Martin | Oude Alink | 08-11-85 Groningen Atl | Wageningen | 17-07-09 |
| 49,49 | Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Dronten | 02-07-09 |
| 49,52 | Jesse | Caron | Neo 02-10-89 R' dam Atletiek | Eindhoven | 12-07-09 |
| 49,53 | Pim | Jehee | Neo 04-05-88 AV Gouda | Barendrecht | 31-05-09 |

| | | | | | | |
|---------------------------|----------------|-------------|--------------|-----------------|----------------|----------|
| 49,54 | Jerrel | Feller | Neo 09-06-87 | Lycurgus | Heerhugowaard | 05-06-09 |
| 49,59 | Ivo | Roovers | 05-02-79 | Sprint | Zevenbergen | 21-06-09 |
| 49,67 | Ludo van der | Plaat | 03-07-83 | Ilion | Szczecin (POL) | 27-06-09 |
| 49,68 | Jeroen | Klein | 07-01-83 | AC TION | Wageningen | 17-07-09 |
| (50) | | | | | | |
| 49,71 | Stefan de | Vries | JB 18-10-92 | Altis | Emmeloord | 28-06-09 |
| 49,71 | Remco | Mettes | Neo 19-06-87 | Hollandia | Krommenie | 05-07-09 |
| 49,72 | Ben van der | Kleij | Neo 11-03-87 | Sparta | Sittard | 21-06-09 |
| 49,73 | Jasper van den | Wittenboer | Neo 04-09-87 | De Keien | Valkenswaard | 19-04-09 |
| 49,74 | Jesper | Arts | JB 02-04-92 | LG Deurne | Uden | 03-05-09 |
| 49,75 | Pascal | Remminga | JA 07-11-90 | Aquilo | Emmeloord | 28-06-09 |
| 49,76 | Ramirez | Rivers | 19-10-79 | Ciko '66 | Naaldwijk | 19-04-09 |
| 49,81 | Martijn | Bervoets | JB 04-03-92 | De Keien | Emmeloord | 28-06-09 |
| 49,84 | Ralph | Uenk | Neo 12-06-88 | Climax | Krommenie | 21-06-09 |
| 49,89 | Joris | Reijnders | JA 05-03-91 | Spiridon | Zevenbergen | 21-06-09 |
| (60) | | | | | | |
| 49,92 | Victor | Bouwman | 18-09-86 | Groningen Atl | Harderwijk | 21-06-09 |
| 49,93 | Marijn van der | Putten | 01-10-75 | AV Haarl'meer | Hoorn | 23-05-09 |
| 49,94 | Wouter | Schuwert | JA 22-12-91 | Scopias | Maastricht | 31-05-09 |
| 49,98 | Alex | Zwolle | JA 22-06-90 | AV '56 | Zevenbergen | 21-06-09 |
| 49,99 | Ingmar | Vos | 28-05-86 | PAC | Berlijn (GER) | 19-08-09 |
| 50,04 | Rob van | Genderen | Neo 30-05-88 | Caesar | Nijmegen | 21-05-09 |
| 50,06 | Koen | Streekstra | Neo 15-07-88 | Phanos | Huizen | 05-06-09 |
| 50,06 | Wouter | Hoogkamer | 24-02-82 | De Spartaan | Krommenie | 21-06-09 |
| 50,07 | Ronald | Kuin | Neo 25-03-87 | Kronos | Nijmegen | 21-06-09 |
| 50,09 | Nils | Pennekamp | Neo 29-05-87 | AV Haarl'meer | Hilversum | 13-09-09 |
| (70) | | | | | | |
| 50,10 | Wesley | Zschöttche | JB 03-04-93 | AV Zaanland | Emmeloord | 28-06-09 |
| 50,17 | Roel | Verwer | 17-12-84 | AV Haaksbergen | Assen | 19-04-09 |
| 50,17 | Oskar | Jansen | Neo 18-12-88 | AAC | Den Haag | 17-05-09 |
| 50,17 | Paul | Dekkers | 06-11-84 | GAC-Gemert | Nijmegen | 21-05-09 |
| 50,17 | Joshua | Geerlings | JA 24-07-90 | PAC | Emmeloord | 28-06-09 |
| 50,18 | Eugène | Martineau | 14-05-80 | Achilles-Top | Götzis (AUT) | 30-05-09 |
| 50,19 | Brian | Vriend | JA 20-05-90 | Lycurgus | Lisse | 06-06-09 |
| 50,21 | Sander | Varkevisser | 09-11-84 | Nea-Volharding | Hoorn | 23-05-09 |
| 50,22 | Michel | Kerkdijk | Neo 18-02-87 | Phanos | Groningen | 19-06-09 |
| 50,24 | Tim van | Bochove | 01-10-85 | R' dam Atletiek | Uden | 27-06-09 |
| (80) | | | | | | |
| 50,31 | Jan van | Prooije | JA 07-02-90 | Climax | Apeldoorn | 03-07-09 |
| 50,33 | Arjan | Bloem | JA 08-01-90 | AAC '61 | Eindhoven | 12-07-09 |
| 50,45 | Tim van | Ommen | 03-01-86 | Hellas | Spijkenisse | 19-04-09 |
| 50,50 | Boyd | Declercq | 10-11-82 | AV Almere '81 | Harderwijk | 19-09-09 |
| 50,53 | Adriaan | Saman | 12-10-83 | AV '34 | Szczecin (POL) | 27-06-09 |
| 50,58 | Raimo | Westerhof | 12-10-86 | Athlos | Zwolle | 29-08-09 |
| 50,60 | Arne | Tveter | JA 23-11-90 | Spark | Utrecht | 22-05-09 |
| 50,62 | Erwin de | Jong | JA 23-01-90 | Spark | Nieuwegein | 17-05-09 |
| 50,62 | Jorian | Damen | JB 25-03-92 | Ciko '66 | Emmen | 14-06-09 |
| 50,65 | Sander | Pupella | JB 27-03-93 | Energie | Beveren (BEL) | 05-09-09 |
| (90) | | | | | | |
| 50,66 | Jeroen van | Calker | JB 30-07-92 | PEC 1910 | Zutphen | 07-06-09 |
| 50,67 | Jiri | Kemper | 01-02-77 | AV Zaanland | Amersfoort | 21-06-09 |
| 50,71 | Victor | Strijbis | JB 23-10-92 | Hera | Heerhugowaard | 05-06-09 |
| 50,75 | Lucien van | Zandvoort | 22-05-85 | AV Almere '81 | Wageningen | 03-06-09 |
| 50,75 | Gertjan | Bosscha | Neo 20-07-88 | AV Heerenveen | Utrecht | 13-06-09 |
| 50,77 | Jelle | Harpenau | Neo 25-05-89 | Hera | Amersfoort | 21-06-09 |
| 50,78 | Jesper | Greijdanus | Neo 06-04-87 | Vitalis | Dronten | 02-07-09 |
| 50,80 | Mark | Jacobs | JB 20-04-92 | GVAC | Sittard | 07-06-09 |
| 50,80 | Olaf van den | Bergh | JC 07-03-94 | Marvel | Utrecht | 13-06-09 |
| 50,81 | Jefrie | Buckle | JA 08-08-91 | Ciko '66 | Assen | 10-05-09 |
| (100) | | | | | | |
| 50,81 | Stefan | Wessel | Neo 03-05-87 | De Sperwers | Apeldoorn | 03-07-09 |
| 50,81 | Victor | Besters | JA 19-10-90 | Spado | Oordegem (BEL) | 26-09-09 |
| <i>betere handtijden:</i> | | | | | | |
| 49,6 | Alex | Zwolle | JA 22-06-90 | AV '56 | Hulst | 13-06-09 |
| 50,3 | Erwin de | Jong | JA 23-01-90 | Spark | Spijkenisse | 28-05-09 |

buitenlanders bij Nederlandse club:

| | | | | | |
|-------|-----------|----------------|---------------------------|--------------------|----------|
| 46,39 | Ryan | Shields (JAM) | 12-05-83 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 47,17 | Alexander | Meisolle (GER) | Neo 08-08-88 Achilles-Top | Wattenscheid (GER) | 28-06-09 |

800 meter mannen

| | | | | | |
|---------|-----------------|-------------|--------------------------------|---------------------|----------|
| 1.43,59 | Bram | Som | 20-02-80 Atletico '73 | Rieti (ITA) | 06-09-09 |
| 1.44,10 | Bram | Som | | Zurich (SUI) | 28-08-09 |
| 1.44,12 | Bram | Som | | Mont Carlo (MON) | 28-07-09 |
| 1.44,80 | Bram | Som | | Hengelo | 01-06-09 |
| 1.45,64 | Bram | Som | | Daegu | 25-09-09 |
| 1.45,78 | Bram | Som | | Shanghai (CHN) | 20-09-09 |
| 1.45,86 | Bram | Som | | Berlijn (GER) | 22-08-09 |
| 1.45,86 | Bram | Som | | Thessaloniki (GRE) | 12-09-09 |
| 1.46,33 | Bram | Som | | Berlijn (GER) | 20-08-09 |
| 1.46,45 | Robert | Lathouwers | 08-07-83 R' dam Atletiek | Hoorn | 23-05-09 |
| (10/2) | | | | | |
| 1.47,67 | Arnoud | Okken | 20-04-82 Atletico '73 | Hoorn | 23-05-09 |
| 1.48,00 | Youssef el | Rhalfioui | 06-09-83 Phanos | Uden | 27-06-09 |
| 1.48,82 | Nils | Pennekamp | Neo 29-05-87 AV Haarl'meer | Hoorn | 23-05-09 |
| 1.49,58 | Wouter de | Boer | 29-04-81 AC TION | Potchefstroom (RSA) | 23-01-09 |
| 1.49,62 | Ate van der | Burgt | 17-03-78 Tartlétos | Potchefstroom (RSA) | 23-01-09 |
| 1.49,75 | Hugo de | Haan | 06-11-84 Lycurgus | Leiden | 13-06-09 |
| 1.49,88 | Maarten van | Baardwijk | 13-02-85 Nijmegen Atletiek | Nijmegen | 29-05-09 |
| 1.49,94 | Johan de | Koning | M35 07-06-74 Sprint | Uden | 27-06-09 |
| (10) | | | | | |
| 1.50,03 | Jeffrey van der | Park | JA 23-06-91 Hera | Cele Ligure | 23-06-09 |
| 1.50,54 | Ronald | Droppert | Neo 13-02-88 AV '40 | Potchefstroom (RSA) | 23-01-09 |
| 1.50,64 | Victor | Bouwman | 18-09-86 Groningen Atl | Huizingen (BEL) | 16-08-09 |
| 1.50,78 | Lucien van | Zandvoort | 22-05-85 AV Almere '81 | Hoorn | 23-05-09 |
| 1.50,80 | Marijn van der | Putten | 01-10-75 AV Haarl'meer | Amsterdam | 01-08-09 |
| 1.50,85 | Guus | Janssen | 22-08-81 Nijmegen Atletiek | Utrecht | 01-05-09 |
| 1.50,88 | Paul | Boon | Neo 21-04-88 Hollandia | Uden | 27-06-09 |
| 1.50,94 | Bouke | Onstenk | 28-01-81 Hollandia | Oordegem (BEL) | 04-07-09 |
| 1.50,98 | Addis | Riet | JA 27-11-91 SAV | Oordegem (BEL) | 04-07-09 |
| 1.51,24 | Arjan | Bloem | JA 08-01-90 AAC '61 | Hoorn | 23-05-09 |
| (20) | | | | | |
| 1.51,37 | Tijs | Groen | 11-12-85 De Liemers | Kerkrade | 05-07-09 |
| 1.51,55 | René | Stokvis | Neo 25-01-87 AC TION | Hoorn | 23-05-09 |
| 1.51,78 | Thijmen | Kupers | JA 04-10-91 Atletico '73 | Hoorn | 23-05-09 |
| 1.51,82 | Nout | Jansen | Neo 04-10-89 Tartlétos | Oordegem (BEL) | 04-07-09 |
| 1.51,89 | Jelle | Harpenau | Neo 25-05-89 Hera | Leiden | 13-06-09 |
| 1.51,99 | Martijn | Arnoldussen | 22-02-82 Achilles-Top | Kerkrade | 05-07-09 |
| 1.52,00 | Ralph | Uenk | Neo 12-06-88 Climax | Utrecht | 01-05-09 |
| 1.52,15 | Mark | Nouws | JA 20-08-90 THOR | Ninove (BEL) | 08-08-09 |
| 1.52,54 | Jurjen | Polderman | JA 21-04-91 Clytoneus | Hoorn | 23-05-09 |
| 1.52,56 | Boyd | Declercq | 10-11-82 AV Almere '81 | Oordegem (BEL) | 04-07-09 |
| (30) | | | | | |
| 1.52,61 | Erwin de | Jong | JA 23-01-90 Spark | Leiden | 13-06-09 |
| 1.52,68 | Tjerk | Conijn | Neo 17-01-87 Lycurgus | Uden | 27-06-09 |
| 1.52,70 | Marnix | Hebly | Neo 19-05-87 Phoenix | Leiden | 13-06-09 |
| 1.52,83 | Jorian | Damen | JB 25-03-92 Ciko '66 | Tampere (FIN) | 22-07-09 |
| 1.52,92 | Sybren | Mulder | 17-02-83 Groningen Atl | Brasschaat (BEL) | 26-07-09 |
| 1.53,06 | Stefan | Wessel | Neo 03-05-87 De Sperwers | Leiden | 13-06-09 |
| 1.53,07 | Bas | Eefting | 16-05-82 Lycurgus | Hoorn | 23-05-09 |
| 1.53,15 | Gijs | Groen | Neo 16-01-87 Haag Atletiek | Nijmegen | 29-05-09 |
| 1.53,15 | Dennis van | Esch | 04-01-86 GAC-Gemert | Uden | 27-06-09 |
| 1.53,17 | Joep van | Oorschot | 26-12-86 Seven Hills RT | Oordegem (BEL) | 04-07-09 |
| (40) | | | | | |
| 1.53,20 | Michel | Kerkdijk | Neo 18-02-87 Phanos | Hoorn | 23-05-09 |
| 1.53,28 | Geert | Geytenbeek | Neo 23-09-87 Hellas | Leiden | 13-06-09 |
| 1.53,32 | Sjors | Kampen | 21-08-84 Groningen Atl | Uden | 27-06-09 |
| 1.53,53 | Wilfred van | Holst | Neo 01-07-88 De Gemzen | Wageningen | 18-09-09 |
| 1.53,60 | Wouter | Hoogkamer | 24-02-82 De Spartaan | Leiden | 13-06-09 |
| 1.53,64 | Jiri | Kemper | 01-02-77 AV Zaanland | Uden | 27-06-09 |
| 1.53,81 | Pascal | Noort | 31-08-83 Leiden Atletiek | Oordegem (BEL) | 04-07-09 |
| 1.53,87 | Laurens den | Ouden | Neo 25-08-87 Nijmegen Atletiek | Breda | 29-08-09 |

Statistisch jaarboek 2009

| | | | | | |
|--|----------------|-----------------|-------------------------------|------------------|----------|
| 1.53,96 | Raimo | Westerhof | 12-10-86 Athlos | Harderwijk | 21-06-09 |
| 1.54,04 | Michiel de | Ruiter | 23-07-86 Hera | Leiden | 13-06-09 |
| (50) | | | | | |
| 1.54,07 | Niels | Verwer | Neo 10-07-89 AV Castricum | Leiden | 13-06-09 |
| 1.54,25 | Marcel de | Jong | 08-01-86 AKU | Uden | 27-06-09 |
| 1.54,28 | Wouter | Visser | 10-08-83 PAC | Oordegem (BEL) | 04-07-09 |
| 1.54,39 | Quinten | Hennekam | JA 02-03-90 Parthenon | Brasschaat (BEL) | 26-07-09 |
| 1.54,45 | Stijn | Peeters | Neo 03-06-88 Sprint | Hulst | 01-06-09 |
| 1.54,51 | Andrew-Harris | Larassen | M35 23-09-70 Impala | Leiden | 13-06-09 |
| 1.54,51 | Raymond | Koen | 14-02-81 Noordkop | Leiden | 13-06-09 |
| 1.54,71 | Dennis | Weijers | 17-06-86 Phoenix | Utrecht | 01-05-09 |
| 1.54,89 | Wouter | Jansen | Neo 17-06-87 Attila | Hulst | 01-06-09 |
| 1.54,89 | Yunis | Taha Abu-Stitan | Neo 04-09-89 Noordkop | Leiden | 13-06-09 |
| (60) | | | | | |
| 1.54,90 | Pieter van | Langen | 25-07-82 AAC | Hoorn | 23-05-09 |
| 1.54,97 | Menno | Zuidema | Neo 07-01-87 Olympus '70 | Spijkenisse | 19-04-09 |
| 1.54,97 | Wilko | Zuidema | Neo 12-05-89 Olympus '70 | Reeuwijk | 21-06-09 |
| 1.55,01 | Tim van den | Berg | Neo 26-10-87 Prins Hendrik | Krommenie | 21-06-09 |
| 1.55,08 | Guus | Reyngoud | Neo 19-04-88 Hellas | Wageningen | 17-07-09 |
| 1.55,10 | Coos van | Buuren | 08-09-85 Leiden Atletiek | Leiden | 13-06-09 |
| 1.55,1 | Marnix | Engels | 21-01-80 Leiden Atletiek | Naaldwijk | 09-07-09 |
| 1.55,12 | Jasper | Sinnema | 10-01-86 De Sprinter | Hoorn | 23-05-09 |
| 1.55,13 | Jesper van der | Wielen | JA 02-08-91 Nijmegen Atletiek | Nijmegen | 12-05-09 |
| 1.55,13 | Niels van der | Geld | 28-04-84 Atverni | Wageningen | 03-06-09 |
| (70) | | | | | |
| 1.55,30 | Dennis ten | Bruggencate | 04-03-79 Trias | Hoorn | 23-05-09 |
| 1.55,31 | Ernst van | Beekhuizen | 31-10-81 AV '23 | Hoorn | 23-05-09 |
| 1.55,34 | Alwin | Roobeek | 12-06-84 AV '34 | Zwolle | 17-05-09 |
| 1.55,43 | Jesper | Arts | JB 02-04-92 LG Deurne | Nijmegen | 29-05-09 |
| 1.55,64 | Sven | Grundecken | 16-10-79 Leiden Atletiek | Leiden | 13-06-09 |
| 1.55,81 | Roel van | Opdorp | Neo 03-02-87 Leiden Atletiek | Leiden | 13-06-09 |
| 1.55,82 | Jeroen van | Calker | JB 30-07-92 PEC 1910 | Krommenie | 21-06-09 |
| 1.55,87 | Pim | Molenaar | Neo 30-11-87 Trias | Heiloo | 21-05-09 |
| 1.55,87 | Nils | Daas | JA 01-06-90 Atverni | Utrecht | 22-05-09 |
| 1.55,88 | Riccardo | Sprong | JB 01-06-93 Clytoneus | Hoorn | 23-05-09 |
| (80) | | | | | |
| 1.56,15 | Bart | Uiterwijk | 12-10-84 Hellas | Spijkenisse | 19-04-09 |
| 1.56,15 | Jelle | Schoemaker | Neo 06-11-87 Atletico '73 | Harderwijk | 21-06-09 |
| 1.56,16 | Olaf | Mesman | JA 10-09-91 PAC | Veldhoven | 19-04-09 |
| 1.56,20 | Alex | Zwolle | JA 22-06-90 AV '56 | Hulst | 01-06-09 |
| 1.56,35 | Erwin | Meijer | 13-05-84 Climax | Oordegem (BEL) | 04-07-09 |
| 1.56,57 | Ronald | Kuin | Neo 25-03-87 Kronos | Wageningen | 18-09-09 |
| 1.56,58 | Jaap | Witte | 11-12-82 AV Texel | Uden | 27-06-09 |
| 1.56,59 | Edwin van | Gurp | Neo 06-05-89 Sprint | Hulst | 01-06-09 |
| 1.56,72 | Bjorn | Blauwhof | JA 10-12-90 Nea-Volharding | Amsterdam | 08-08-09 |
| 1.56,81 | Simon | Nijland | Neo 13-09-88 AV Haarlem | Wageningen | 18-09-09 |
| (90) | | | | | |
| 1.56,88 | Ronald | Kleine Koerkamp | 04-05-75 Hanzesport | Wageningen | 03-06-09 |
| 1.56,89 | Jelle | Heisen | 09-05-82 Clytoneus | Naaldwijk | 19-04-09 |
| 1.56,90 | Menno | Schouten | JA 03-09-91 Lycurgus | Santpoort | 14-06-09 |
| 1.56,96 | Tom van | Oorschot | Neo 09-03-89 Seven Hills RT | Oordegem (BEL) | 04-07-09 |
| 1.56,99 | Ronald | Weevers | M35 13-10-69 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 1.57,04 | Ries van | Zon | 29-11-85 Climax | Naaldwijk | 19-04-09 |
| 1.57,09 | Jesper | Greijdanus | Neo 06-04-87 Vitalis | Utrecht | 04-09-09 |
| 1.57,22 | Dave | Klink | 27-06-84 Leiden Atletiek | Utrecht | 04-09-09 |
| 1.57,28 | Jeroen | Engels | 07-05-83 Prins Hendrik | Brasschaat (BEL) | 26-07-09 |
| 1.57,31 | Wouter | Ploeger | JB 10-10-92 AAC '61 | Groningen | 19-06-09 |
| (100) | | | | | |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | |
| 1.55,97 | Florian | Pehrs (GER) | Neo 14-07-89 AC TION | Hilversum | 13-09-09 |
| 1000 meter mannen | | | | | |
| 2.19,26 | Bram | Som | 20-02-80 Atletico '73 | Lisse | 09-05-09 |
| 2.20,27 | Arnoud | Okken | 20-04-82 Atletico '73 | Lisse | 09-05-09 |
| 2.22,73 | Nils | Pennekamp | Neo 29-05-87 AV Haarl'meer | Lisse | 09-05-09 |
| 2.23,30 | Hugo de | Haan | 06-11-84 Lycurgus | Lisse | 09-05-09 |

| | | | | | |
|--------------------------|----------------|----------------|--------------------------------|-------------------------|-----------------|
| 2.24,48 | Johan de | Koning | M35 07-06-74 Sprint | Zeile (BEL) | 22-08-09 |
| 2.27,37 | Ralph | Uenk | Neo 12-06-88 Climax | Lisse | 09-05-09 |
| 2.27,67 | Bas | Eefting | 16-05-82 Lycurgus | Lisse | 09-05-09 |
| 2.27,78 | Marnix | Engels | 21-01-80 Leiden Atletiek | Rotterdam | 03-07-09 |
| 2.28,47 | Marijn van der | Putten | 01-10-75 AV Haarl'meer | Lisse | 09-05-09 |
| 2.29,10 | Erwin de | Jong | JA 23-01-90 Spark | Rotterdam | 03-07-09 |
| (10) | | | | | |
| 2.29,20 | Menno | Zuidema | Neo 07-01-87 Olympus '70 | Lisse | 09-05-09 |
| 2.29,41 | Jiri | Kemper | 01-02-77 AV Zaanland | Lisse | 09-05-09 |
| 1500 meter mannen | | | | | |
| 3.40,77 | Guus | Janssen | 22-08-81 Nijmegen Atletiek | Uden | 27-06-09 |
| 3.41,04 | Arnoud | Okken | 20-04-82 Atletico '73 | Bergen (NOR) | 20-06-09 |
| 3.41,54 | <i>Arnoud</i> | <i>Okken</i> | | <i>Brasschaat (BEL)</i> | <i>26-07-09</i> |
| 3.42,19 | Abdi | Nageeye | Neo 02-03-89 AV '34 | Uden | 27-06-09 |
| 3.42,66 | Michel | Butter | 05-11-85 AV Castricum | Merksem (BEL) | 28-08-09 |
| 3.43,08 | <i>Guus</i> | <i>Janssen</i> | | <i>Nijmegen</i> | <i>29-05-09</i> |
| 3.43,17 | <i>Guus</i> | <i>Janssen</i> | | <i>Amsterdam</i> | <i>08-08-09</i> |
| 3.43,49 | Johan de | Koning | M35 07-06-74 Sprint | Oordegem (BEL) | 04-07-09 |
| 3.43,83 | <i>Abdi</i> | <i>Nageeye</i> | <i>Neo</i> | <i>Kaunas (LTU)</i> | <i>17-07-09</i> |
| 3.43,94 | Jesse van | Burg | Neo 09-03-88 Ilion | Oordegem (BEL) | 04-07-09 |
| (10/6) | | | | | |
| 3.44,12 | René | Stokvis | Neo 25-01-87 AC TION | Watford (GBR) | 13-06-09 |
| 3.44,30 | Tom | Wiggers | Neo 10-08-87 AV Castricum | Brasschaat (BEL) | 26-07-09 |
| 3.46,08 | Bram | Som | 20-02-80 Atletico '73 | Amsterdam | 02-08-09 |
| 3.46,28 | Sebastien | Schletterer | M35 21-12-72 Dynamica | Oordegem (BEL) | 04-07-09 |
| (10) | | | | | |
| 3.47,50 | Dennis | Licht | 30-05-84 Phanos | Oordegem (BEL) | 04-07-09 |
| 3.47,62 | Jurjen | Polderman | JA 21-04-91 Clytoneus | Nijmegen | 29-05-09 |
| 3.48,25 | Khalid | Choukoud | 23-03-86 Haag Atletiek | Amsterdam | 08-08-09 |
| 3.48,67 | Nout | Jansen | Neo 04-10-89 Tartlétos | Uden | 27-06-09 |
| 3.49,10 | Jesper van der | Wielen | JA 02-08-91 Nijmegen Atletiek | Kessel-Lo (BEL) | 06-06-09 |
| 3.49,12 | Bas | Eefting | 16-05-82 Lycurgus | Cuxhaven (GER) | 22-07-09 |
| 3.49,25 | Tijs | Groen | 11-12-85 De Liemers | Brasschaat (BEL) | 26-07-09 |
| 3.50,15 | Sybre | Mulder | 17-02-83 Groningen Atl | Hoorn | 23-05-09 |
| 3.50,19 | Michiel de | Ruiter | 23-07-86 Hera | Hoorn | 23-05-09 |
| 3.50,85 | Wouter | Jansen | Neo 17-06-87 Attila | Oordegem (BEL) | 04-07-09 |
| (20) | | | | | |
| 3.50,95 | Robert | Ton | 12-04-85 Phanos | Ninove (BEL) | 08-08-09 |
| 3.52,05 | Dennis | Weijers | 17-06-86 Phoenix | Uden | 27-06-09 |
| 3.52,48 | Erik | Niemeijer | 15-07-79 Sprint | Oordegem (BEL) | 04-07-09 |
| 3.52,49 | Erik | Negerman | 15-01-75 GAC-Hilversum | Eindhoven | 12-07-09 |
| 3.53,38 | Gert-Jan | Wassink | 12-12-85 AV Argo | Uden | 27-06-09 |
| 3.53,61 | Pim | Molenaar | Neo 30-11-87 Trias | Uden | 27-06-09 |
| 3.53,66 | Roy | Hoornweg | Neo 08-05-89 Passaat | Hoorn | 23-05-09 |
| 3.53,71 | Roel van | Opdorp | Neo 03-02-87 Leiden Atletiek | Oordegem (BEL) | 04-07-09 |
| 3.53,77 | Olaf | Mesman | JA 10-09-91 PAC | Lokeren | 01-06-09 |
| 3.53,77 | Quinten | Hennekam | JA 02-03-90 Parthenon | Oordegem (BEL) | 04-07-09 |
| (30) | | | | | |
| 3.53,91 | Niels | Verwer | Neo 10-07-89 AV Castricum | Brasschaat (BEL) | 26-07-09 |
| 3.54,52 | Bart | Uiterwijk | 12-10-84 Hellas | Eindhoven | 12-07-09 |
| 3.54,61 | Mark | Nouws | JA 20-08-90 THOR | Heusden (BEL) | 18-07-09 |
| 3.55,36 | Gijs | Groen | Neo 16-01-87 Haag Atletiek | Amsterdam | 01-08-09 |
| 3.55,50 | Nils | Daas | JA 01-06-90 Atverni | Kessel-Lo (BEL) | 06-06-09 |
| 3.55,52 | Stefan | Wessel | Neo 03-05-87 De Sperwers | Nijmegen | 29-05-09 |
| 3.56,14 | Laurens den | Ouden | Neo 25-08-87 Nijmegen Atletiek | Uden | 27-06-09 |
| 3.56,39 | Casper | Dirks | M35 31-03-73 Phanos | Oordegem (BEL) | 04-07-09 |
| 3.56,54 | Jelle | Kemper | Neo 18-10-88 Prins Hendrik | Uden | 27-06-09 |
| 3.56,65 | Guus | Reyngoud | Neo 19-04-88 Hellas | Nijmegen | 29-05-09 |
| (40) | | | | | |
| 3.56,76 | Ismaël | Chamali | 25-10-79 Haag Atletiek | Gent (BEL) | 21-07-09 |
| 3.56,96 | Ron | Szigetti | Neo 08-05-87 Attila | Oordegem (BEL) | 04-07-09 |
| 3.57,0 | Marnix | Engels | 21-01-80 Leiden Atletiek | Naaldwijk | 25-06-09 |
| 3.57,14 | Michel | Basemans | Neo 07-04-87 DES | Ninove (BEL) | 08-08-09 |
| 3.57,24 | Pascal | Noort | 31-08-83 Leiden Atletiek | Leiden | 08-07-09 |
| 3.57,30 | Sven van der | Vliet | Neo 25-09-88 AV Almere '81 | Hoorn | 23-05-09 |

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|--|-------------------|--------------|--------------|-------------------|------------------|----------|
| 3.57,46 | Joep van | Oorschot | 26-12-86 | Seven Hills RT | Nijmegen | 29-05-09 |
| 3.57,76 | Sven | Grundecken | 16-10-79 | Leiden Atletiek | Leiden | 08-07-09 |
| 3.57,87 | Wouter | Visser | 10-08-83 | PAC | Nijmegen | 15-09-09 |
| 3.58,08 | Jorit van | Malsen | Neo 02-10-88 | Hellas | Nijmegen | 29-05-09 |
| (50) | | | | | | |
| 3.58,19 | Joost van den | Ende | Neo 19-02-88 | Seven Hills RT | Nijmegen | 15-09-09 |
| 3.58,51 | Leon | Koch | JB 19-06-92 | AV Almere '81 | Heusden (BEL) | 18-07-09 |
| 3.58,60 | Olfert | Molenhuis | 28-09-83 | Groningen Atl | Utrecht | 13-06-09 |
| 3.58,86 | Timothy | Vergauwen | JB 25-03-92 | LT Ed Sligchers | Duffel (BEL) | 30-05-09 |
| 3.58,88 | Erwin | Meijer | 13-05-84 | Climax | Hoorn | 23-05-09 |
| 3.58,95 | Nick van | Tol | JA 04-05-90 | GAC-Hilversum | Hoorn | 23-05-09 |
| 3.58,95 | Alexander van der | Vooren | 04-12-85 | | Atverni | Uden |
| 3.59,06 | Ronald | Weevers | M35 13-10-69 | Prins Hendrik | Uden | 27-06-09 |
| 3.59,39 | Michiel | Otten | M40 26-10-68 | Prins Hendrik | Uden | 27-06-09 |
| 3.59,45 | Wesley | Pauel | JA 20-10-90 | AV Castricum | Brasschaat (BEL) | 26-07-09 |
| (60) | | | | | | |
| 3.59,62 | Wouter | Ploeger | JB 10-10-92 | AAC '61 | Utrecht | 13-06-09 |
| 3.59,74 | Hugo de | Haan | 06-11-84 | Lycurgus | Utrecht | 07-08-09 |
| 3.59,76 | Mart | Sijtsema | JA 12-09-91 | AV Heerenveen | Utrecht | 13-06-09 |
| 3.59,83 | Cees van | Maanen | 15-08-86 | Hellas | Uden | 27-06-09 |
| 3.59,89 | Benjamin | Romkes | M40 15-02-65 | AV Zaanland | Oorddegem (BEL) | 04-07-09 |
| 4.00,07 | Wouter | Dilling | JA 08-03-90 | Seven Hills RT | Nijmegen | 15-09-09 |
| 4.00,11 | Jeroen | Maas | 29-11-82 | Sprint | Utrecht | 07-08-09 |
| 4.00,39 | Bernard te | Boekhorst | M35 18-02-72 | Phoenix | Harderwijk | 19-09-09 |
| 4.00,52 | Christiaan | Bosselaar | 31-05-82 | KAV Holland | Amsterdam | 08-08-09 |
| 4.00,62 | Marcel de | Jong | 08-01-86 | AKU | Ninove (BEL) | 08-08-09 |
| (70) | | | | | | |
| 4.00,77 | Martijn | Arnoldussen | 22-02-82 | Achilles-Top | Nijmegen | 21-05-09 |
| 4.00,98 | Paul | Zwama | Neo 23-04-87 | Groningen Atl | Fresno | 02-05-09 |
| 4.00,99 | Ferdy van der | Heide | 28-10-85 | Hera | Hoorn | 23-05-09 |
| 4.01,20 | Jeffrey van der | Park | JA 23-06-91 | Hera | Emmeloord | 28-06-09 |
| 4.01,9 | Thomas | Poesiat | Neo 18-01-88 | Haag Atletiek | Naaldwijk | 25-06-09 |
| 4.02,06 | Marijn van der | Putten | 01-10-75 | AV Haarl'meer | Alkmaar | 17-05-09 |
| 4.02,23 | André | Diemeer | 25-01-83 | Lycurgus | Naaldwijk | 19-04-09 |
| 4.02,31 | Tom van | Oorschot | Neo 09-03-89 | Seven Hills RT | Nijmegen | 15-09-09 |
| 4.02,46 | Jeroen van | Calker | JB 30-07-92 | PEC 1910 | Utrecht | 07-08-09 |
| 4.02,49 | Ronald | Bassa | 11-02-75 | Prins Hendrik | Eindhoven | 12-07-09 |
| (80) | | | | | | |
| 4.02,56 | Rob | Maas | 20-09-84 | Sprint | Duffel (BEL) | 30-05-09 |
| 4.02,61 | Yennick | Wolthuizen | 16-12-84 | Dokev | Ninove (BEL) | 08-08-09 |
| 4.02,87 | Jordi | Baars | JB 09-01-92 | AV Aalsmeer | Ninove (BEL) | 08-08-09 |
| 4.02,92 | Noël | Keijzers | M35 22-05-73 | Prins Hendrik | Eindhoven | 12-07-09 |
| 4.03,35 | Mark | Buiks | 01-07-85 | Sprint | Brasschaat (BEL) | 26-07-09 |
| 4.04,05 | Mathias | Meijer | Neo 12-10-87 | Climax | Nijmegen | 15-09-09 |
| 4.04,14 | Dirk-Jan | Demkes | M35 02-02-73 | De Liemers | Uden | 27-06-09 |
| 4.04,55 | Thomas van der | Heijden | JA 18-10-90 | Sprint | Utrecht | 22-05-09 |
| 4.04,68 | Remi | Bouwmeester | 04-06-81 | AKU | Utrecht | 22-05-09 |
| 4.04,70 | Robin | Teunissen | JA 23-01-90 | ATV Venray | Duffel (BEL) | 30-05-09 |
| (90) | | | | | | |
| 4.04,7 | Martijn | Vos | 22-02-80 | Tilburg RR | Waalwijk | 09-06-09 |
| 4.04,85 | Lars | Paardekooper | JB 10-08-92 | AV '56 | Breda | 17-05-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | | |
| 3.44,76 | Florian | Pehrs (GER) | Neo 14-07-89 | AC TION | Leverkusen (GER) | 31-07-09 |
| 1 Engelse mijl mannen | | | | | | |
| 4.01,09 | Johan de | Koning | M35 07-06-74 | Sprint | Brasschaat (BEL) | 26-07-09 |
| 4.14,91 | Abdi | Nageeye | Neo 02-03-89 | AV '34 | Nijmegen | 12-05-09 |
| 4.18,08 | Iain | Murdoch | 10-07-80 | Hylas | Heerhugowaard | 05-06-09 |
| 4.18,15 | Pim | Molenaar | Neo 30-11-87 | Trias | Heerhugowaard | 05-06-09 |
| 4.28,65 | Jorit van | Malsen | Neo 02-10-88 | Hellas | Utrecht | 10-07-09 |
| 2000 meter mannen | | | | | | |
| 5.16,05 | Johan de | Koning | M35 07-06-74 | Sprint | Oudenaarde (BEL) | 20-06-09 |
| 5.45,02 | Niek den | Exter | JB 15-02-92 | Scheldesport | Ninove (BEL) | 13-06-09 |
| 3000 meter mannen | | | | | | |
| 7.52,67 | Guus | Janssen | 22-08-81 | Nijmegen Atletiek | Leiden | 13-06-09 |

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|---------|-------------------|-------------|-------------------------------|-----------------|----------|
| 7.57,07 | Abdi | Nageeye | Neo 02-03-89 AV '34 | Oordegem (BEL) | 04-07-09 |
| 7.59,28 | Abdi | Nageeye | Neo | Leiden | 13-06-09 |
| 7.59,80 | Michel | Butter | 05-11-85 AV Castricum | Leiden | 13-06-09 |
| 8.02,21 | Khalid | Choukoud | 23-03-86 Haag Atletiek | Leiden | 13-06-09 |
| 8.03,48 | Khalid | Choukoud | | Oordegem (BEL) | 04-07-09 |
| 8.06,28 | Tom | Wiggers | Neo 10-08-87 AV Castricum | Leiden | 13-06-09 |
| 8.07,64 | Abdi | Nageeye | Neo | Nijmegen | 29-05-09 |
| 8.08,24 | Tom | Wiggers | Neo | Rehlingen (GER) | 01-06-09 |
| 8.08,54 | Jesper van der | Wielen | JA 02-08-91 Nijmegen Atletiek | Leiden | 13-06-09 |
| (10/6) | | | | | |
| 8.18,17 | Roy | Hoornweg | Neo 08-05-89 Passaat | Nijmegen | 29-05-09 |
| 8.18,73 | Michiel de | Ruiter | 23-07-86 Hera | Nijmegen | 29-05-09 |
| 8.19,72 | Ronald | Schröer | 28-09-84 Hera | Kessel-Lo (BEL) | 06-06-09 |
| 8.20,25 | Orphan van | Faassen | 18-12-83 Lycurgus | Nijmegen | 29-05-09 |
| (10) | | | | | |
| 8.20,92 | Robert | Ton | 12-04-85 Phanos | Kessel-Lo (BEL) | 06-06-09 |
| 8.22,55 | Iain | Murdoch | 10-07-80 Hylas | Leiden | 13-06-09 |
| 8.22,95 | Erik | Niemeijer | 15-07-79 Sprint | Vught | 21-05-09 |
| 8.23,46 | Johan de | Koning | M35 07-06-74 Sprint | Breda | 29-08-09 |
| 8.23,58 | Thomas | Poesiat | Neo 18-01-88 Haag Atletiek | Lisse | 09-05-09 |
| 8.23,73 | Dennis | Weijers | 17-06-86 Phoenix | Nijmegen | 29-05-09 |
| 8.24,61 | Jorrit | Pels | Neo 23-06-87 R' dam Atletiek | Leiden | 13-06-09 |
| 8.24,67 | Jesse van | Burg | Neo 09-03-88 Ilion | Breda | 29-08-09 |
| 8.24,77 | Johan de | Koning | 07-06-74 Sprint | Duffel (BEL) | 30-05-09 |
| 8.24,80 | Pim | Molenaar | Neo 30-11-87 Trias | Leiden | 13-06-09 |
| (20) | | | | | |
| 8.25,13 | Michel | Basemans | Neo 07-04-87 DES | Kessel-Lo (BEL) | 06-06-09 |
| 8.25,20 | Jorit van | Malsen | Neo 02-10-88 Hellas | Leiden | 13-06-09 |
| 8.25,27 | Nick van | Tol | JA 04-05-90 GAC-Hilversum | Leiden | 13-06-09 |
| 8.27,04 | Gerwin van den | Hurk | 03-06-86 Prins Hendrik | Vught | 21-05-09 |
| 8.31,43 | Tijs | Groen | 11-12-85 De Liemers | Vught | 21-05-09 |
| 8.32,21 | Ismaël | Chamali | 25-10-79 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 8.33,26 | Wouter | Jansen | Neo 17-06-87 Attila | Leiden | 13-06-09 |
| 8.33,76 | Wesley | Paul | JA 20-10-90 AV Castricum | Nijmegen | 29-05-09 |
| 8.34,46 | Jeroen | Veldhuis | 20-10-75 AAC | Leiden | 13-06-09 |
| 8.34,74 | Erik | Negerman | 15-01-75 GAC-Hilversum | Dronten | 02-07-09 |
| (30) | | | | | |
| 8.34,88 | Joost van den | Ende | Neo 19-02-88 Seven Hills RT | Apeldoorn | 03-07-09 |
| 8.35,03 | Michiel | Otten | M40 26-10-68 Prins Hendrik | Vught | 21-05-09 |
| 8.35,10 | Abdi | Saïd Hassan | JA 01-07-91 SV Veendam | Leiden | 13-06-09 |
| 8.35,52 | Patrick | Stitzinger | 25-08-81 Pegasus | Maastricht | 31-05-09 |
| 8.35,61 | Rob | Maas | 20-09-84 Sprint | Vught | 21-05-09 |
| 8.36,51 | Diego | Miralles | 25-01-83 AAC | Utrecht | 07-08-09 |
| 8.36,76 | Christiaan | Bosselaar | 31-05-82 KAV Holland | Lisse | 09-05-09 |
| 8.37,03 | Timothy | Vergauwen | JB 25-03-92 LT Ed Sligchers | Vught | 21-05-09 |
| 8.37,10 | Jeroen | Maas | 29-11-82 Sprint | Vught | 21-05-09 |
| 8.37,15 | Sven van der | Vliet | Neo 25-09-88 AV Almere '81 | Utrecht | 13-06-09 |
| (40) | | | | | |
| 8.37,81 | Ferdy van der | Heide | 28-10-85 Hera | Nijmegen | 29-05-09 |
| 8.38,01 | Maikel van der | Steen | JB 31-05-92 LG Deurne | Breda | 29-08-09 |
| 8.38,14 | Ronald | Bassa | 11-02-75 Prins Hendrik | Vught | 21-05-09 |
| 8.38,23 | Ruben | Scheurwater | 19-02-80 Passaat | Oordegem (BEL) | 04-07-09 |
| 8.38,49 | Fulco de | Heus | 03-05-79 AV '23 | Breda | 29-08-09 |
| 8.38,90 | Alexander van der | Vooren | 04-12-85 | Atverni | Breda |
| 8.39,63 | Benjamin | Romkes | M40 15-02-65 AV Zaanland | Nijmegen | 29-05-09 |
| 8.39,93 | Gert-Jan | Wassink | 12-12-85 AV Argo | Utrecht | 13-06-09 |
| 8.39,99 | Wouter | Timmermans | JA 16-06-91 Unitas | Vught | 21-05-09 |
| 8.40,90 | Yennick | Wolthuizen | 16-12-84 Dokev | Kessel-Lo (BEL) | 06-06-09 |
| (50) | | | | | |
| 8.41,60 | Bram | Rouwen | 04-04-85 Hanzesport | Utrecht | 13-06-09 |
| 8.41,87 | Cees van | Maanen | 15-08-86 Hellas | Utrecht | 13-06-09 |
| 8.43,07 | Hans | Dilling | JB 26-07-92 Seven Hills RT | Utrecht | 13-06-09 |
| 8.44,43 | Nout | Jansen | Neo 04-10-89 Tartlétos | Vught | 21-05-09 |
| 8.44,68 | Raymon van den | Berg | 10-09-82 Prins Hendrik | Vught | 21-05-09 |
| 8.45,47 | Christian de | Lie | 31-07-76 AV Castricum | Duffel (BEL) | 30-05-09 |

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|--|----------------|-----------------|-------------------------------|-------------------------|-----------------|
| 8.45,89 | Pascal van | Troost | 11-12-85 Haag Atletiek | Lisse | 09-05-09 |
| 8.46,49 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Lisse | 09-05-09 |
| 8.46,91 | Wesley van der | Gouw | 30-04-85 Prins Hendrik | Amsterdam | 08-08-09 |
| 8.47,15 | Wouter | Gijsberts | 19-01-85 De Liemers | Vught | 21-05-09 |
| (60) | | | | | |
| 8.47,65 | Rik van | Laarhoven | 28-07-78 RK HAV | Vught | 21-05-09 |
| 8.47,67 | Marten | Korfage | Neo 07-03-88 Hera | Leiden | 13-06-09 |
| 8.48,42 | Jordi | Baars | JB 09-01-92 AV Aalsmeer | Breda | 29-08-09 |
| 8.48,48 | Eltjo van | Mechelen | 15-01-77 THOR | Vught | 21-05-09 |
| 8.48,63 | Ron | Szigetti | Neo 08-05-87 Attila | Leiden | 13-06-09 |
| 8.49,26 | Wouter | Dilling | JA 08-03-90 Seven Hills RT | Vught | 21-05-09 |
| 8.49,77 | Jelte | Brontsema | 05-12-79 Phanos | Utrecht | 13-06-09 |
| 8.49,98 | Roy van | Son | 13-10-75 Sprint | Breda | 29-08-09 |
| 8.50,09 | Alwin | Groen | Neo 19-02-89 Nova | Oordegem (BEL) | 04-07-09 |
| 8.50,11 | Casper | Dirks | M35 31-03-73 Phanos | Leiden | 13-06-09 |
| (70) | | | | | |
| 8.50,24 | Luc | Schout | Neo 05-05-87 Attila | Hulst | 01-06-09 |
| 8.50,48 | Tom van | Oorschot | Neo 09-03-89 Seven Hills RT | Utrecht | 13-06-09 |
| 8.50,56 | Wouter | Warndorff | JA 16-07-91 THOR | Vught | 21-05-09 |
| 8.51,32 | Robert | Planting | 27-03-81 Prins Hendrik | Mol (BEL) | 22-08-09 |
| 8.52,19 | Rik | Groenendijk | 22-07-80 AV Haarl'meer | Lisse | 09-05-09 |
| 8.53,17 | Milco | Driessen | Neo 26-07-88 AV Almere '81 | Leiden | 13-06-09 |
| 8.53,29 | Jurjen | Polderman | JA 21-04-91 Clytoneus | Bergen op Zoom | 06-09-09 |
| 8.54,59 | Melvin | Franken | JA 13-12-91 LT Ed Sligchers | Vught | 21-05-09 |
| 8.54,64 | Koen | Vossers | Neo 06-05-89 Hanzesport | Amsterdam | 08-08-09 |
| 8.55,10 | Niels de | Jong | Neo 04-01-88 Sprint | Breda | 29-08-09 |
| (80) | | | | | |
| 8.55,70 | Bart | Uiterwijk | 12-10-84 Hellas | Utrecht | 13-06-09 |
| 8.56,23 | Robin | Teunissen | JA 23-01-90 ATV Venray | Utrecht | 13-06-09 |
| 8.57,0 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Naaldwijk | 09-07-09 |
| 8.57,28 | Pim | Gouw | 27-12-85 Zuidwal | Huizen | 05-06-09 |
| 8.59,32 | Imo | Muller | 25-09-80 AAC | Lisse | 09-05-09 |
| 8.59,35 | Peter | Visser | M45 06-11-63 Start '78 | Dronten | 02-07-09 |
| 8.59,75 | Ralph | Apeldoorn | 01-09-76 DEM | Heiloo | 31-07-09 |
| 8.59,80 | Maikel van | Eekelen | Neo 03-04-87 Attila | Hulst | 01-06-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | |
| 8.18,30 | Florian | Pehrs (GER) | Neo 14-07-89 AC TION | Bochum (GER) | 02-08-09 |
| 5000 meter mannen | | | | | |
| 13.37,33 | Michel | Butter | 05-11-85 AV Castricum | Heusden (BEL) | 18-07-09 |
| 13.38,09 | <i>Michel</i> | <i>Butter</i> | | <i>Brasschaat (BEL)</i> | <i>26-07-09</i> |
| 13.39,33 | Khalid | Choukoud | 23-03-86 Haag Atletiek | Heusden (BEL) | 18-07-09 |
| 13.43,80 | Martin | Lauret | M35 27-10-71 Typhoon | Heusden (BEL) | 18-07-09 |
| 13.52,54 | <i>Michel</i> | <i>Butter</i> | | <i>Amsterdam</i> | <i>02-08-09</i> |
| 13.55,95 | Ronald | Schröder | 28-09-84 Hera | Heusden (BEL) | 18-07-09 |
| 13.58,78 | Abdi | Nageeye | Neo 02-03-89 AV '34 | Koblenz (GER) | 20-05-09 |
| 13.59,67 | <i>Michel</i> | <i>Butter</i> | | <i>Koblenz (GER)</i> | <i>20-05-09</i> |
| 14.00,00 | Patrick | Stitzinger | 25-08-81 Pegasus | Koblenz (GER) | 20-05-09 |
| 14.02,27 | <i>Khalid</i> | <i>Choukoud</i> | | <i>Amsterdam</i> | <i>02-08-09</i> |
| (10/6) | | | | | |
| 14.06,15 | Guus | Janssen | 22-08-81 Nijmegen Atletiek | Heusden (BEL) | 18-07-09 |
| 14.09,06 | Tom | Wiggers | Neo 10-08-87 AV Castricum | Koblenz (GER) | 20-05-09 |
| 14.12,13 | Robert | Ton | 12-04-85 Phanos | Heusden (BEL) | 18-07-09 |
| 14.19,14 | Roy | Hoornweg | Neo 08-05-89 Passaat | Merksem (BEL) | 28-08-09 |
| (10) | | | | | |
| 14.21,05 | Marco | Gielen | M35 30-05-70 Scopias | Amsterdam | 02-08-09 |
| 14.24,02 | Ruben | Scheurwater | 19-02-80 Passaat | Wageningen | 03-06-09 |
| 14.24,21 | Dennis | Weijers | 17-06-86 Phoenix | Amsterdam | 02-08-09 |
| 14.25,53 | Joost van den | Ende | Neo 19-02-88 Seven Hills RT | Heusden (BEL) | 18-07-09 |
| 14.26,15 | Jorrit | Pels | Neo 23-06-87 R' dam Atletiek | Heusden (BEL) | 18-07-09 |
| 14.26,23 | Paul | Zwama | Neo 23-04-87 Groningen Atl | Oordegem (BEL) | 04-07-09 |
| 14.26,31 | Christian de | Lie | 31-07-76 AV Castricum | Heusden (BEL) | 18-07-09 |
| 14.26,37 | Yennick | Wolthuizen | 16-12-84 Dokev | Heusden (BEL) | 18-07-09 |
| 14.29,20 | Erik | Negerman | 15-01-75 GAC-Hilversum | Heusden (BEL) | 18-07-09 |
| 14.29,47 | Jesper van der | Wielen | JA 02-08-91 Nijmegen Atletiek | Novi Sad (SRB) | 25-07-09 |
| (20) | | | | | |

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|--|--------------------------|------------------|------------------------------|----------------------|----------|
| 14.29,53 | Jorit van | Malsen | Neo 02-10-88 Hellas | Heusden (BEL) | 18-07-09 |
| 14.31,85 | Gert-Jan | Wassink | 12-12-85 AV Argo | Wageningen | 17-07-09 |
| 14.32,90 | Jeroen | Veldhuis | 20-10-75 AAC | Heusden (BEL) | 18-07-09 |
| 14.35,27 | Michel | Basemans | Neo 07-04-87 DES | Heusden-Zolder (BEL) | 18-07-09 |
| 14.35,59 | Gerwin van den | Hurk | 03-06-86 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 14.41,82 | Wesley | Pauel | JA 20-10-90 AV Castricum | Heusden (BEL) | 18-07-09 |
| 14.42,36 | Michiel | Otten | M40 26-10-68 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 14.44,74 | Marcel | Tesselaar | M40 26-06-69 Hera | Heusden (BEL) | 18-07-09 |
| 14.45,58 | Benjamin | Romkes | M40 15-02-65 AV Zaanland | Heusden (BEL) | 18-07-09 |
| 14.46,92 | Thomas | Poesiat | Neo 18-01-88 Haag Atletiek | Den Haag | 17-05-09 |
| (30) | | | | | |
| 14.50,24 | Pim | Molenaar | Neo 30-11-87 Trias | Amersfoort | 21-06-09 |
| 14.50,96 | Jesse van | Burg | Neo 09-03-88 Ilion | Nijmegen | 20-09-09 |
| 14.51,05 | Ian | Murdoch | 10-07-80 Hylas | Amersfoort | 21-06-09 |
| 14.52,04 | Jeroen | Maas | 29-11-82 Sprint | Brasschaat (BEL) | 26-07-09 |
| 14.52,60 | René | Stokvis | Neo 25-01-87 AC TION | Nijmegen | 20-09-09 |
| 14.53,50 | Ferdy van der | Heide | 28-10-85 Hera | Amersfoort | 21-06-09 |
| 14.55,07 | Rens | Dekkers | 29-11-81 Hera | Heusden (BEL) | 18-07-09 |
| 14.56,56 | Edgard | Creemers | 26-03-75 Leiden Atletiek | Amsterdam | 19-04-09 |
| 14.56,64 | Rob | Detert Oude Weme | 11-12-78 AAC | Nijmegen | 20-09-09 |
| 14.56,65 | Mike | Barsalyan | Neo 26-12-89 Noordkop | Amsterdam | 19-04-09 |
| (40) | | | | | |
| 14.57,70 | Olfert | Molenhuis | 28-09-83 Groningen Atl | Brasschaat (BEL) | 26-07-09 |
| 14.58,99 | Alexander van der Vooren | | 04-12-85 Atverni | Oordgem (BEL) | 04-07-09 |
| 15.02,98 | Siad | Hayek | Eindhoven Atl. | Gemert | 16-06-09 |
| 15.04,44 | Abdi | Saïd Hassan | JA 01-07-91 SV Veendam | Emmeloord | 28-06-09 |
| 15.04,50 | Alwin | Groen | Neo 19-02-89 Nova | Heusden (BEL) | 18-07-09 |
| 15.05,56 | Wouter | Timmermans | JA 16-06-91 Unitas | Wageningen | 03-06-09 |
| 15.06,92 | Jarno van | Miltenburg | Neo 09-04-88 Hellas | Uden | 27-06-09 |
| 15.08,35 | Alex van der | Meer | 03-05-77 Prins Hendrik | Wageningen | 03-06-09 |
| 15.10,71 | David | Hemstede | 17-04-79 Climax | Ede | 20-09-09 |
| 15.10,8 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Naaldwijk | 10-09-09 |
| (50) | | | | | |
| 15.10,94 | Pascal van | Troost | 11-12-85 Haag Atletiek | Uden | 27-06-09 |
| 15.12,11 | Fulco de | Heus | 03-05-79 AV '23 | Wageningen | 17-07-09 |
| 15.12,90 | Thijs | Feuth | 08-10-81 AC TION | Uden | 27-06-09 |
| 15.13,41 | Gerard | Cornelissen | M35 20-06-71 Phoenix | Vugt | 13-09-09 |
| 15.13,83 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Vugt | 13-09-09 |
| 15.14,10 | Milco | Driessen | Neo 26-07-88 AV Almere '81 | Uden | 27-06-09 |
| 15.15,12 | Cees van | Maanen | 15-08-86 Hellas | Wageningen | 03-06-09 |
| 15.16,09 | Sven van der | Vliet | Neo 25-09-88 AV Almere '81 | Amsterdam | 19-04-09 |
| 15.16,52 | Wesley van der | Gouw | 30-04-85 Prins Hendrik | Wageningen | 03-06-09 |
| 15.16,55 | Michiel van | Nispen | 14-10-82 Sprint | Zevenbergen | 21-06-09 |
| (60) | | | | | |
| 15.16,56 | Sjoerd | Marrewijk | Neo 24-11-89 Olympus '70 | Merksem (BEL) | 28-08-09 |
| 15.17,36 | Christiaan | Bosselaar | 31-05-82 KAV Holland | Amersfoort | 21-06-09 |
| 15.17,71 | Christiaan | Hemstede | 17-04-79 Climax | Zwolle | 17-05-09 |
| 15.18,19 | Jeroen | Reintjes | JA 01-03-90 Atletico '73 | Wageningen | 03-06-09 |
| 15.19,68 | Marten | Korfage | Neo 07-03-88 Hera | Wageningen | 03-06-09 |
| 15.19,74 | Wouter | Jansen | Neo 17-06-87 Attila | Ede | 20-09-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | |
| 14.24,96 | Florian | Pehrs (GER) | Neo 14-07-89 AC TION | Baunatal (GER) | 05-06-09 |
| 10.000 meter mannen | | | | | |
| 28.52,58 | Michel | Butter | 05-11-85 AV Castricum | Ribeira Brava (POR) | 06-06-09 |
| 29.22,23 | Martin | Lauret | M35 27-10-71 Typhoon | Ribeira Brava (POR) | 06-06-09 |
| 29.35,67 | Ronald | Schröer | 28-09-84 Hera | Utrecht | 14-06-09 |
| 29.51,21 | Marco | Gielen | M35 30-05-70 Scopias | Utrecht | 14-06-09 |
| 29.52,97 | Robert | Ton | 12-04-85 Phanos | Utrecht | 14-06-09 |
| 29.53,41 | Thomas | Poesiat | Neo 18-01-88 Haag Atletiek | Uden | 26-05-09 |
| 29.54,94 | Paul | Zwama | Neo 23-04-87 Groningen Atl | Walnut (USA) | 16-04-09 |
| 29.56,69 | Ruben | Scheurwater | 19-02-80 Passaat | Utrecht | 14-06-09 |
| 30.03,86 | Dennis | Weijers | 17-06-86 Phoenix | Utrecht | 14-06-09 |
| 30.18,52 | Michel | Basemans | Neo 07-04-87 DES | Utrecht | 14-06-09 |
| (10) | | | | | |
| 30.44,45 | Rob | Detert Oude Weme | 11-12-78 AAC | Utrecht | 14-06-09 |

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|---------------------------------------|---------------|---------------|------------------------------|-----------------|----------|
| 30.59,04 | Jeroen | Maas | 29-11-82 Sprint | Utrecht | 14-06-09 |
| 31.02,09 | Joost van den | Ende | Neo 19-02-88 Seven Hills RT | Uden | 26-05-09 |
| 31.13,04 | Christian de | Lie | 31-07-76 AV Castricum | Utrecht | 14-06-09 |
| 31.16,91 | Yennick | Wolthuizen | 16-12-84 Dokev | Utrecht | 14-06-09 |
| 31.21,84 | Gerard | Cornelissen | M35 20-06-71 Phoenix | Utrecht | 14-06-09 |
| 31.25,82 | Wesley | Pauel | JA 20-10-90 AV Castricum | Utrecht | 14-06-09 |
| 31.32,31 | Marcel | Tesselaar | M35 26-06-69 Hera | Utrecht | 14-06-09 |
| 32.07,95 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Lahti (FIN) | 04-08-09 |
| 32.18,13 | Alex van der | Meer | 03-05-77 Prins Hendrik | Utrecht | 14-06-09 |
| (20) | | | | | |
| 32.28,50 | Wouter | Timmermans | JA 16-06-91 Unitas | Utrecht | 14-06-09 |
| 32.39,84 | Arthur | Schramade | M35 21-09-69 Cifla | Utrecht | 14-06-09 |
| 32.43,48 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Utrecht | 14-06-09 |
| 33.04,26 | Jay | Sauer | M35 17-01-72 Cifla | Utrecht | 14-06-09 |
| 33.08,3 | Jan-Jouke | Vos | 18-08-82 AV Heerenveen | Steenwijk | 17-07-09 |
| 33.13,60 | Jeroen | Reintjes | JA 01-03-90 Atletico '73 | Utrecht | 14-06-09 |
| 33.24,89 | Adriaan | Fransen | JA 08-06-90 AAC '61 | Utrecht | 14-06-09 |
| 33.28,70 | Harald van | Doorn | M40 03-09-64 Lycurgus | Utrecht | 14-06-09 |
| 3000 meter snelwandelen mannen | | | | | |
| 12.43,73 | Jacques van | Bremen | 22-08-84 RWV | Amsterdam | 02-05-09 |
| 14.32,87 | Marcelino | Sobczak | M40 19-05-68 Unitas | Drunen | 25-06-09 |
| 14.32,88 | Victor | Mennen | M45 04-07-63 Unitas | Drunen | 25-06-09 |
| 14.37,48 | Jan | Cornelis | M50 31-01-56 AV Holten | Drunen | 25-06-09 |
| 14.59,6 | Pedro | Huntjens | M40 10-09-67 Unitas | Best | 04-07-09 |
| 15.29,48 | Frank van der | Gulik | 29-08-77 De LAT | Amsterdam | 02-05-09 |
| 15.51,6 | Theo | Koenis | M55 12-10-51 De LAT | Papendrecht | 06-06-09 |
| 16.01,32 | Dirk-Jan | Nieuwenhuizen | 16-10-75 DAK | Drunen | 25-06-09 |
| 16.41,2 | Marcel | Bunschoten | 08-12-78 De LAT | Vlaardingen | 16-05-09 |
| 16.44,96 | Alex | Wijsman | M60 03-02-48 De LAT | Amsterdam | 02-05-09 |
| (10) | | | | | |
| 16.52,3 | Hans van der | Knaap | M45 09-12-59 RWV | Best | 04-07-09 |
| 17.22,7 | Wilfried van | Bremen | Neo 11-02-87 RWV | Vlaardingen | 16-05-09 |
| 17.23,7 | Dennis van | Reeden | Neo 07-06-89 OLAT | Dordrecht | 12-09-09 |
| 17.39,2 | Jaap van | Broekhoven | 22-08-85 RWV | Papendrecht | 06-06-09 |
| 17.45,97 | Fred | Röhner | M55 11-09-50 Unitas | Drunen | 25-06-09 |
| 17.53,13 | Paul | Altena | M45 18-01-64 De LAT | Amsterdam | 02-05-09 |
| 17.55,2 | Huib van | Broekhoven | M45 19-06-61 RWV | Vlaardingen | 16-05-09 |
| 18.02,2 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |
| 18.02,3 | Robert van | Bremen | 11-12-82 RWV | Best | 04-07-09 |
| 18.07,7 | Ad van | Oijen | M65 31-05-44 AV Weert | Papendrecht | 06-06-09 |
| (20) | | | | | |
| 18.08,9 | Ron | Timmermans | 03-02-82 RWV | Dordrecht | 15-03-09 |
| 18.11,4 | André van | Slooten | 78 RWV | Vlaardingen | 16-05-09 |
| 18.13,24 | Wim van der | Bijl | M65 31-10-39 RWV | Drunen | 25-06-09 |
| 18.22,7 | Hans van | Wakeren | M60 02-03-49 Unitas | Best | 04-07-09 |
| 5000 meter snelwandelen mannen | | | | | |
| 21.36,57 | Jacques van | Bremen | 22-08-84 RWV | Amsterdam | 02-05-09 |
| 24.34,10 | Richard | Leijenaar | M50 26-05-59 RWV | Oosterhout | 13-06-09 |
| 24.51,52 | Marcelino | Sobczak | M40 19-05-68 Unitas | Oosterhout | 13-06-09 |
| 24.53,78 | Victor | Mennen | M45 04-07-63 Unitas | Oosterhout | 13-06-09 |
| 25.18,62 | Jan | Cornelis | M50 31-01-56 AV Holten | Oosterhout | 13-06-09 |
| 25.21,96 | Pedro | Huntjens | M40 10-09-67 Unitas | Best | 04-07-09 |
| 26.28,5 | Theo | Koenis | M55 12-10-51 De LAT | Papendrecht | 06-06-09 |
| 26.40,7 | Bauke te | Nijenhuis | M70 14-10-35 RWV | Dordrecht | 12-09-09 |
| 27.06,00 | Frank van der | Gulik | 29-08-77 De LAT | Amsterdam | 02-05-09 |
| 27.11,1 | Dennis van | Reeden | Neo 07-06-89 OLAT | Barendrecht | 31-05-09 |
| (10) | | | | | |
| 27.17,80 | Marcel | Bunschoten | 12-08-78 De LAT | Herentals (BEL) | 25-04-09 |
| 28.15,63 | Hans van der | Knaap | M45 09-12-59 RWV | Best | 04-07-09 |
| 28.33,06 | Boetje | Huliselan | M50 22-05-55 OLAT | Oosterhout | 13-06-09 |
| 28.42,90 | Jaap van | Broekhoven | 22-08-85 RWV | Gouda | 21-05-09 |
| 28.56,01 | Alex | Wijsman | M60 03-02-48 De LAT | Gouda | 21-05-09 |
| 29.01,6 | Wilfried van | Bremen | Neo 11-02-87 RWV | Papendrecht | 06-06-09 |
| 29.38,98 | Ton van | Andel | M50 02-09-58 RWV | Oosterhout | 13-06-09 |

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|----------|-------------|------------|---------------------|-----------------|----------|
| 29.43,22 | Robert van | Bremen | 11-12-82 RWV | Best | 04-07-09 |
| 29.57,5 | André van | Slooten | 78 RWV | Vlaardingen | 16-05-09 |
| 29.59,8 | Huib van | Broekhoven | M45 19-06-61 RWV | Vlaardingen | 16-05-09 |
| (20) | | | | | |
| 30.13,1 | Ron | Timmermans | 03-02-82 RWV | Dordrecht | 12-09-09 |
| 30.14,58 | John | Redeker | M40 07-09-64 DAK | Oosterhout | 13-06-09 |
| 30.23,5 | Wim van der | Bijl | M65 31-10-39 RWV | Papendrecht | 06-06-09 |
| 30.24,45 | Fred | Röhner | M55 11-09-50 Unitas | Oosterhout | 13-06-09 |
| 30.31,79 | Paul | Altena | M45 18-01-64 De LAT | Oosterhout | 13-06-09 |
| 30.42,6 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |
| 30.46,56 | Hans van | Wakeren | M60 02-03-49 Unitas | Herentals (BEL) | 31-05-09 |

10.000 meter snelwandelen mannen

| | | | | | |
|---------|---------------|------------|---------------------|-----------|----------|
| 47.10,4 | Jacques van | Bremen | 22-08-84 RWV | Dordrecht | 15-03-09 |
| 48.11,0 | Harold van | Beek | M45 14-04-62 RWV | Woerden | 30-08-09 |
| 53.09,8 | Marcelino | Sobczak | M40 19-05-68 Unitas | Dordrecht | 12-09-09 |
| 54.38,8 | Theo | Koenis | M55 12-10-51 De LAT | Dordrecht | 15-03-09 |
| 56.58,0 | Pedro | Huntjens | M40 10-09-67 Unitas | Dordrecht | 12-09-09 |
| 57.12,7 | Marcel | Bunschoten | 08-12-78 De LAT | Dordrecht | 15-03-09 |
| 58.53,9 | Dennis van | Reeden | Neo 07-06-89 OLAT | Dordrecht | 15-03-09 |
| 59.47,6 | Alex | Wijsman | M60 03-02-48 De LAT | Dordrecht | 15-03-09 |
| 59.52,8 | Wilfried van | Bremen | Neo 11-02-87 RWV | Dordrecht | 15-03-09 |
| 59.58,4 | Frank van der | Gulik | 29-08-77 De LAT | Dordrecht | 12-09-09 |
| (10) | | | | | |
| 61.52,7 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |

20.000 meter snelwandelen mannen

| | | | | | |
|-----------|---------------|------------|----------------------|-----------|----------|
| 1.39.23,9 | Harold van | Beek | M45 14-04-62 RWV | Woerden | 30-08-09 |
| 1.40.57,0 | Jacques van | Bremen | 22-08-84 RWV | Woerden | 30-08-09 |
| 1.44.21,8 | Marcelino | Sobczak | M40 19-05-68 Unitas | Woerden | 30-08-09 |
| 1.47.31,6 | Richard | Leijenaar | M50 26-05-59 RWV | Woerden | 30-08-09 |
| 1.49.43,3 | Pedro | Huntjens | M40 10-09-67 Unitas | Woerden | 30-08-09 |
| 1.57.36,0 | Theo | Koenis | M55 12-10-51 De LAT | Woerden | 30-08-09 |
| 1.59.59,7 | Frank van der | Gulik | 29-08-77 De LAT | Dordrecht | 12-09-09 |
| 2.06.15,3 | Jaap van | Broekhoven | 22-08-85 RWV | Dordrecht | 12-09-09 |
| 2.06.23,9 | Fred | Röhner | M55 11-09-50 Unitas | Woerden | 30-08-09 |
| 2.07.15,4 | Alex | Wijsman | M60 03-02-48 De LAT | Woerden | 30-08-09 |
| (10) | | | | | |
| 2.07.47,4 | Marcel | Bunschoten | 08-12-78 De LAT | Dordrecht | 12-09-09 |
| 2.08.57,3 | Boetje | Huliselan | M50 22-05-55 OLAT | Woerden | 30-08-09 |
| 2.10.13,3 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |
| 2.11.01,8 | Charles den | Uijl | M45 02-04-60 AAV '36 | Dordrecht | 12-09-09 |

30.000 meter snelwandelen mannen

| | | | | | |
|-----------|---------------|------------|---------------------|-----------|----------|
| 3.00.43,0 | Frank van der | Gulik | 29-08-77 De LAT | Dordrecht | 12-09-09 |
| 3.03.41,9 | Pedro | Huntjens | M40 10-09-67 Unitas | Dordrecht | 12-09-09 |
| 3.11.22,6 | Marcel | Bunschoten | 08-12-78 De LAT | Dordrecht | 12-09-09 |
| 3.20.38,8 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |
| 3.36.47,1 | Jaap | Visser | M70 27-07-37 RWV | Dordrecht | 12-09-09 |

1 uur snelwandelen mannen

| | | | | | |
|--------|--------------|------------|---------------------|-----------|----------|
| 12.694 | Jacques van | Bremen | 22-08-84 RWV | Dordrecht | 15-03-09 |
| 11.284 | Marcelino | Sobczak | M40 19-05-68 Unitas | Dordrecht | 15-03-09 |
| 10.999 | Theo | Koenis | M55 12-10-51 De LAT | Dordrecht | 15-03-09 |
| 10.531 | Marcel | Bunschoten | 08-12-78 De LAT | Dordrecht | 15-03-09 |
| 10.215 | Dennis van | Reeden | Neo 07-06-89 OLAT | Dordrecht | 15-03-09 |
| 10.041 | Alex | Wijsman | M60 03-02-48 De LAT | Dordrecht | 15-03-09 |
| 10.024 | Wilfried van | Bremen | Neo 11-02-87 RWV | Dordrecht | 15-03-09 |

2 uur snelwandelen mannen

| | | | | | |
|--------|---------------|------------|---------------------|-----------|----------|
| 22.170 | Marcelino | Sobczak | M40 19-05-68 Unitas | Dordrecht | 12-09-09 |
| 20.216 | Pedro | Huntjens | M40 10-09-67 Unitas | Dordrecht | 12-09-09 |
| 20.003 | Frank van der | Gulik | 29-08-77 De LAT | Dordrecht | 12-09-09 |
| 19.956 | Theo | Koenis | M55 12-10-51 De LAT | Dordrecht | 12-09-09 |
| 18.940 | Jaap van | Broekhoven | 22-08-85 RWV | Dordrecht | 12-09-09 |
| 18.784 | Marcel | Bunschoten | 08-12-78 De LAT | Dordrecht | 12-09-09 |
| 18.615 | Wilfried van | Bremen | Neo 11-02-87 RWV | Dordrecht | 12-09-09 |
| 18.464 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |

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|--|----------------|--------------|----------------------------|---------------|----------|
| 18.347 | Charles den | Uijl | M45 02-04-60 AAV '36 | Dordrecht | 12-09-09 |
| 17.007 | Jaap | Visser | M70 27-07-37 RWV | Dordrecht | 12-09-09 |
| (10) | | | | | |
| 16.840 | Nico | Schroten | M75 14-07-34 RWV | Dordrecht | 12-09-09 |
| 16.435 | Bauke te | Nijenhuis | M70 14-10-35 RWV | Dordrecht | 12-09-09 |
| 2000 meter steeple chase mannen | | | | | |
| 6.07,45 | Erik | Niemeijer | 15-07-79 Sprint | Beveren (BEL) | 05-09-09 |
| 3000 meter steeple chase mannen | | | | | |
| 9.06,30 | Roy | Hoorweg | Neo 08-05-89 Passaat | Amsterdam | 02-08-09 |
| 9.08,21 | Roy | Hoorweg | Neo | Uden | 27-06-09 |
| 9.15,67 | Olfert | Molenhuis | 28-09-83 Groningen Atl | Amsterdam | 02-08-09 |
| 9.16,34 | Iain | Murdoch | 10-07-80 Hylas | Alkmaar | 17-05-09 |
| 9.18,75 | Michiel de | Ruiter | 23-07-86 Hera | Alkmaar | 17-05-09 |
| 9.20,23 | Olfert | Molenhuis | | Uden | 27-06-09 |
| 9.21,60 | Noël | Keijzers | M35 22-05-73 Prins Hendrik | Naaldwijk | 19-04-09 |
| 9.22,78 | Gerwin van den | Hurk | 03-06-86 Prins Hendrik | Amsterdam | 02-08-09 |
| 9.27,36 | Michiel de | Ruiter | | Bergen (NOR) | 21-06-09 |
| 9.28,85 | Roy | Hoorweg | Neo | Ede | 17-05-09 |
| (10/6) | | | | | |
| 9.29,76 | Erik | Niemeijer | 15-07-79 Sprint | Den Haag | 17-05-09 |
| 9.38,15 | Sullivan | Smith | 16-09-76 Phanos | Krommenie | 21-06-09 |
| 9.39,02 | Fabian | Fiege | JA 23-07-91 Achilles-Top | Den Haag | 17-05-09 |
| 9.39,31 | Jan | Roos | 05-01-86 Tartlétos | Uden | 27-06-09 |
| (10) | | | | | |
| 9.40,09 | Jeroen van | Dijke | 06-04-76 Leiden Atletiek | Alkmaar | 17-05-09 |
| 9.40,15 | Imo | Muller | 25-09-80 AAC | Amsterdam | 02-08-09 |
| 9.40,97 | Solomon van | Blokland | Neo 21-04-88 AV '23 | Nijmegen | 21-05-09 |
| 9.40,99 | Christiaan | Hemstede | 17-04-79 Climax | Krommenie | 21-06-09 |
| 9.41,07 | Jan-Jouke | Vos | 18-08-82 AV Heerenveen | Groningen | 05-06-09 |
| 9.44,97 | Gaby van | Caulil | M35 10-06-70 Ciko '66 | Naaldwijk | 19-04-09 |
| 9.45,09 | Erik | Negerman | 15-01-75 GAC-Hilversum | Drachten | 17-05-09 |
| 9.45,89 | David | Hemstede | 17-04-79 Climax | Naaldwijk | 19-04-09 |
| 9.47,51 | Eric | Niemeijer | 15-07-79 Sprint | Nijmegen | 20-09-09 |
| 9.49,73 | Marnix | Engels | 21-01-80 Leiden Atletiek | Best | 04-07-09 |
| (20) | | | | | |
| 9.50,19 | Michel van der | Klein | M35 28-04-74 PAC | Ede | 17-05-09 |
| 9.58,19 | Cees van | Maanen | 15-08-86 Hellas | Den Haag | 17-05-09 |
| 9.58,38 | Casper | Dirks | M35 31-03-73 Phanos | Amsterdam | 05-07-09 |
| 9.58,56 | Bas | Kluitenberg | 23-11-86 Vitalis | Hoogeveen | 12-06-09 |
| 9.58,67 | Sjoerd | Marrewijk | Neo 24-11-89 Olympus '70 | Nieuwegein | 20-09-09 |
| 10.05,17 | Eelco de | Voogt | M35 04-11-69 Ilion | Krommenie | 21-06-09 |
| 10.07,95 | Niels de | Rijk | Neo 14-12-89 De Sperwers | Nieuwegein | 20-09-09 |
| 10.08,47 | Werner | Helvensteijn | 14-06-79 R' dam Atletiek | Ede | 17-05-09 |
| 10.11,27 | Emiel | Admiraal | JA 30-09-90 Trias | Castricum | 03-06-09 |
| 10.12,09 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Drachten | 17-05-09 |
| (30) | | | | | |
| 10.12,76 | Camiel | Kruiswijk | JA 22-09-90 BAV | Utrecht | 13-06-09 |
| 10.13,00 | Menno | Beck | Neo 05-02-88 Haag Atletiek | Den Haag | 17-05-09 |
| 10.13,50 | Peter | Visser | M45 06-11-63 Start '78 | Zwolle | 29-08-09 |
| 10.14,29 | Jeroen | Habers | JA 24-04-91 De Spartaan | Naaldwijk | 19-04-09 |
| 10.16,91 | Rik | Groenendijk | 22-07-80 AV Haarl'meer | Alkmaar | 17-05-09 |
| 10.16,96 | Teun | Sweere | Neo 26-09-89 Groene Ster | Ede | 17-05-09 |
| 10.17,04 | Mathias | Meijer | Neo 12-10-87 Climax | Ede | 20-09-09 |
| 10.19,24 | Rene | Jaasma | 25-07-84 Impala | Hoogeveen | 12-06-09 |
| 10.20,85 | Michel | Mooy | Neo 27-04-87 Clytoneus | Naaldwijk | 19-04-09 |
| 10.23,16 | Vincent | Trinthamer | 04-09-78 Sparta | Den Haag | 30-08-09 |
| (40) | | | | | |
| 10.24,12 | Ruben | Postma | 18-08-84 Athlos | Zwolle | 29-08-09 |
| 10.26,36 | Yassine | Abatourab | 01-07-84 R' dam Atletiek | Den Haag | 17-05-09 |
| 10.26,77 | Dion | Kramer | JA 30-07-90 Hylas | Emmeloord | 27-06-09 |
| 10.30,47 | Melvin van de | Voet | M35 09-05-73 AC TION | Den Haag | 17-05-09 |
| 10.31,62 | Simon van den | Enden | M35 05-09-74 Phoenix | Ede | 20-09-09 |
| 10.31,69 | Ronald | Kuin | Neo 25-03-87 Kronos | Hengelo | 06-05-09 |
| 10.32,71 | Elmar | Ruiter | JA 12-04-90 AV Heerenveen | Utrecht | 13-06-09 |

| | | | | | |
|----------|-----------------|------------|----------------------------|------------|----------|
| 10.33,30 | Arne | Mulder | JA 20-06-90 PEC 1910 | Ede | 20-09-09 |
| 10.34,09 | Thijs | Rood | 25-03-84 Vitalis | Hoogeveen | 12-06-09 |
| 10.37,55 | Wouter | Spaans | Neo 04-11-89 AV Haarl'meer | Nijmegen | 21-05-09 |
| (50) | | | | | |
| 10.39,99 | Siem | Uittenhout | 26-02-85 't Haasje | Groningen | 05-06-09 |
| 10.41,81 | Tony | Mauritz | JB 01-01-92 Haag Atletiek | Nieuwegein | 20-09-09 |
| 10.41,92 | Erwin | Sneek | JA 05-05-91 Startbaan | Ede | 20-09-09 |
| 10.42,28 | Chris | Henet | M50 18-03-59 Ciko '66 | Krommenie | 21-06-09 |
| 10.42,32 | Nico | Nimeijer | 04-06-84 Vitalis | Nijmegen | 21-05-09 |
| 10.43,07 | Martien van der | Hoorn | M55 18-03-53 De Spartaan | Castricum | 03-06-09 |
| 10.43,13 | Piet de | Reuver | Neo 01-02-89 AAC | Nieuwegein | 20-09-09 |
| 10.44,80 | Michel | Pannekeet | 22-01-80 Trias | Castricum | 03-06-09 |
| 10.47,15 | Toine van | Beckhoven | M35 01-01-70 Attila | Best | 04-07-09 |
| 10.50,65 | Corné | Haast | M45 01-11-59 Spado | Nieuwegein | 20-09-09 |

| | | | | | |
|----------|---------|-----------|-------------------------|------------|----------|
| (60) | | | | | |
| 10.52,14 | Jelle | Hanswijk | Neo 27-09-87 Climax | Groningen | 05-06-09 |
| 10.52,22 | Wilco | Steenwijk | 17-07-80 PEC 1910 | Nijmegen | 21-05-09 |
| 10.52,49 | Raymond | Koen | 14-02-81 Noordkop | Alkmaar | 17-05-09 |
| 10.55,92 | Vincent | Hendriks | 03-09-84 Vitalis | Groningen | 05-06-09 |
| 10.56,57 | Jamal | Malik | 15-01-81 Altis | Ede | 20-09-09 |
| 10.56,62 | Herman | Mooij | 31-01-84 AV '34 | Naaldwijk | 19-04-09 |
| 10.57,16 | Peter | Mijsberg | M40 18-08-65 Cifla | Best | 28-05-09 |
| 10.57,59 | Jeroen | Duif | 08-05-86 Gen. Michaëlis | Best | 28-05-09 |
| 10.57,72 | Ruud | Stam | 26-03-79 Lycurgus | Krommenie | 21-06-09 |
| 10.57,72 | Kelvin | Hilgehalt | 29-06-84 De Keien | Nieuwegein | 20-09-09 |

(70)
buitenlanders bij Nederlandse club:
 9.10,10 Florian Pehrs (GER) Neo 14-07-89 AC TION Papenburg (GER)28-08-09

110 meter horden 106,7 cm mannen

| | | | | | |
|-------|--------------|-------|--------------|----------------|----------|
| 13,40 | -0,2 Gregory | Sedoc | 16-10-81 AAC | Madrid (ESP) | 04-07-09 |
| 13,45 | 0,6 Gregory | Sedoc | | Berlijn (GER) | 20-08-09 |
| 13,45 | -0,4 Gregory | Sedoc | | Daegu | 25-09-09 |
| 13,47 | 0,4 Gregory | Sedoc | | Sofia (BUL) | 11-06-09 |
| 13,48 | 1,2 Gregory | Sedoc | | Shanghai (CHN) | 20-09-09 |
| 13,49 | -0,3 Gregory | Sedoc | | Hoorn | 23-05-09 |
| 13,51 | 1,9 Gregory | Sedoc | | Dessau (GER) | 02-06-09 |
| 13,52 | -0,4 Gregory | Sedoc | | Leiden | 13-06-09 |
| 13,53 | 0,5 Gregory | Sedoc | | Cuxhaven (GER) | 22-07-09 |
| 13,54 | 0,0 Gregory | Sedoc | | Berlijn (GER) | 19-08-09 |

| | | | | | |
|--------|--------------------|----------|----------------------------|----------------|----------|
| (10/1) | | | | | |
| 13,75 | 1,9 Mike van | Kruchten | Neo 07-04-87 Phanos | Heusden (BEL) | 18-07-09 |
| 13,79 | 1,9 Marcel van der | Westen | 01-08-76 Phanos | Heusden (BEL) | 18-07-09 |
| 13,93 | 0,3 Erik | Leeflang | Neo 10-08-89 Zuidwal | Oordegem (BEL) | 04-07-09 |
| 14,12 | 1,9 Purcy | Marte | 17-01-86 Nea-Volharding | Heusden (BEL) | 18-07-09 |
| 14,16 | -0,4 Jonathan | Pengel | 22-09-85 Phanos | Leiden | 13-06-09 |
| 14,28 | 1,1 Ruben | Esajas | 29-07-86 R' dam Atletiek | Ninove (BEL) | 08-08-09 |
| 14,49 | 0,3 Reinier | Bouma | Neo 02-06-88 AV Heerenveen | Nijmegen | 21-05-09 |
| 14,50 | 1,8 Bob | Altena | 11-02-86 Unitas | Best | 05-07-09 |
| 14,51 | 0,3 Ingmar | Vos | 28-05-86 PAC | Berlijn (GER) | 20-08-09 |

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|-------|------------------|--------------|--------------------------|----------------|----------|
| (10) | | | | | |
| 14,55 | 1,9 Eugène | Martineau | 14-05-80 Achilles-Top | Götzis (AUT) | 31-05-09 |
| 14,55 | 1,9 Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Götzis (AUT) | 31-05-09 |
| 14,82 | 0,4 Tjendo | Samuel | Neo 19-12-89 Phanos | Oordegem (BEL) | 04-07-09 |
| 14,87 | 1,6 Mike | Olsthoorn | 31-01-86 R' dam Atletiek | Sittard | 21-06-09 |
| 14,92 | 0,6 Tom | Peeters | 31-03-85 Sprint | Nijmegen | 20-09-09 |
| 14,94 | 0,4 Stefan | Nieuwland | Neo 05-09-88 Climax | Oordegem (BEL) | 04-07-09 |
| 14,95 | 0,6 Adriaan | Saman | 12-10-83 AV '34 | Nijmegen | 20-09-09 |
| 14,97 | 0,9 Ludo van der | Plaat | 03-07-83 Ilion | Szczecin (POL) | 28-06-09 |
| 15,03 | -1,2 Jeroen van | Veen | 19-05-86 Isala '96 | Amsterdam | 02-08-09 |
| 15,03 | -1,4 Robin | Oenema | JA 19-06-91 PEC 1910 | Eindhoven | 12-07-09 |

| | | | | | |
|-------|-------------|---------|-----------------------------|----------------|----------|
| (20) | | | | | |
| 15,07 | -0,3 Victor | Besters | JA 19-10-90 Spado | Oordegem (BEL) | 27-09-09 |
| 15,09 | 0,3 Alwin | Roobeek | 12-06-84 AV '34 | Szczecin (POL) | 28-06-09 |
| 15,12 | 1,6 Marc de | Vries | 01-11-78 AV Zaanland | Amsterdam | 19-04-09 |
| 15,13 | 1,6 Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Sittard | 21-06-09 |

| | | | | | |
|-------|--------------------|------------|------------------------------|----------------|----------|
| 15,17 | 0,3 Jan | Groot | Neo 12-12-88 Hollandia | Nijmegen | 21-05-09 |
| 15,21 | 0,3 Jan | Ormel | 19-12-86 Hellas | Nijmegen | 21-05-09 |
| 15,23 | -0,5 Ronald | Meijer | 20-01-82 Altis | Hoorn | 23-05-09 |
| 15,25 | 0,6 David | Martha | 01-01-86 AAC | Nijmegen | 20-09-09 |
| 15,32 | -0,6 Paul | Groen | Neo 23-09-89 GAC-Hilversum | Leiden | 13-06-09 |
| 15,37 | 0,6 Kees | Langeveld | Neo 26-01-87 AC TION | Nijmegen | 20-09-09 |
| (30) | | | | | |
| 15,44 | 1,6 Justin | Francois | 22-03-76 Groene Ster | Sittard | 21-06-09 |
| 15,47 | -1,8 Kevin | Woldberg | 13-02-80 PEC 1910 | Krommenie | 21-06-09 |
| 15,50 | -0,1 Remco | Wennink | Neo 04-02-89 PEC 1910 | Dronten | 02-07-09 |
| 15,53 | 0,6 Johan van den | Berg | 27-01-82 Ilion | Nijmegen | 20-09-09 |
| 15,60 | -1,8 Theo | Danes | 19-05-83 AV '23 | Krommenie | 21-06-09 |
| 15,66 | 1,6 Cyriel | Verberne | 04-12-84 Attila | Sittard | 21-06-09 |
| 15,70 | 1,0 Joeri | Voltman | 27-10-74 Atletico '73 | Harderwijk | 21-06-09 |
| 15,73 | 1,4 Arne van der | Meer | 27-10-84 De Spartaan | Krommenie | 21-06-09 |
| 15,76 | 0,1 Frans | Boumans | Neo 08-01-87 Achilles-Top | Den Haag | 17-05-09 |
| 15,80 | 1,1 Rik | Hanswijk | 27-03-84 Climax | Amersfoort | 30-08-09 |
| (40) | | | | | |
| 15,83 | 0,3 Jeroen | Schmitz | Neo 18-05-87 Ilion | Nijmegen | 21-05-09 |
| 15,85 | 1,0 Arnout | Smit | 20-05-79 Phoenix | Utrecht | 01-05-09 |
| 15,85 | 0,3 Cas | Willems | Neo 29-01-88 Caesar | Szczecin (POL) | 28-06-09 |
| 15,86 | 1,0 Axel | Boon | 20-02-86 Noordkop | Amsterdam | 19-04-09 |
| 15,87 | -1,5 Wicher | Nijkamp | JB 29-01-92 Spado | Gent (BEL) | 21-07-09 |
| 15,88 | -1,4 Thijs | Ros | 24-12-79 Clytoneus | Gouda | 21-05-09 |
| 15,90 | 0,2 Wouter | Schuwer | JA 22-12-91 Scopias | Zevenbergen | 21-06-09 |
| 15,97 | 0,3 Niko | Zuidema | Neo 12-05-89 Olympus '70 | Nijmegen | 21-05-09 |
| 16,01 | 2,0 Pim | Jehée | Neo 04-05-88 AV Gouda | Woerden | 30-08-09 |
| 16,09 | -0,8 Joep | Chatrou | JA 08-08-90 HAC | Veldhoven | 19-04-09 |
| (50) | | | | | |
| 16,12 | 0,0 Mathijs van | Campenhout | Neo 20-11-88 Sprint | Vught | 05-04-09 |
| 16,16 | -2,3 Jack | Lubberman | 28-11-79 De Sperwers | Zutphen | 19-04-09 |
| 16,16 | 1,4 Arno van | Steensel | M35 10-08-72 Prins Hendrik | Krommenie | 21-06-09 |
| 16,21 | -1,7 Frank | Stam | 26-03-79 Lycurgus | Krommenie | 21-06-09 |
| 16,22 | -0,6 Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Dronten | 10-06-09 |
| 16,33 | -0,7 Ernst | Moreels | 27-03-85 Atverni | Spijkenisse | 19-04-09 |
| 16,34 | 1,1 Jonathan | Huisman | 17-09-85 PEC 1910 | Best | 05-07-09 |
| 16,37 | 1,6 Maarten | Vermeulen | JA 28-12-91 Unitas | Sittard | 21-06-09 |
| 16,39 | 0,2 Tim | Mout | Neo 30-12-87 Altis | Amersfoort | 21-06-09 |
| 16,43 | 1,6 Koen | Aberkrom | Neo 15-04-88 Suomi | Amsterdam | 19-04-09 |
| (60) | | | | | |
| 16,45 | 0,6 Yuri | Thijssing | 28-01-78 Phanos | Nijmegen | 20-09-09 |
| 16,46 | 1,4 Timo de | Water | JA 05-11-91 Ilion | Krommenie | 21-06-09 |
| 16,46 | -1,7 Bjorn van | Doodewaerd | Neo 16-02-89 Lycurgus | Krommenie | 21-06-09 |
| 16,47 | -3,3 Jord | Buiting | JA 06-05-91 KAV Holland | Amersfoort | 21-06-09 |
| 16,49 | -1,3 Jonathan | Gan | JA 12-12-90 Nea-Volharding | Amsterdam | 19-04-09 |
| 16,52 | -1,2 Michiel | Heerema | M35 27-02-70 AV Gouda | Zutphen | 19-04-09 |
| 16,53 | 0,2 Lennart | Teunissen | 19-06-81 Altis | Amersfoort | 30-08-09 |
| 16,55 | -2,2 Robin van der | Sanden | JA 12-02-91 Achilles-EL | Dordrecht | 19-04-09 |
| 16,55 | 0,2 Paul van de | Gragt | Neo 18-02-89 Hylas | Amersfoort | 21-06-09 |
| 16,56 | 0,6 Marco de | Keijzer | Neo 13-08-88 R' dam Atletiek | Groningen | 05-06-09 |
| (70) | | | | | |
| 16,57 | 1,6 Eddy van | Oort | 31-05-83 AV '40 | Amsterdam | 19-04-09 |
| 16,57 | 0,3 Luuc | Overeem | Neo 09-11-89 AAC | Nijmegen | 21-05-09 |
| 16,57 | 0,2 Alain | Bettonviel | JA 08-03-91 Attila | Sittard | 21-06-09 |
| 16,65 | 0,0 Edo | Lambregts | 02-04-86 Startbaan | Amsterdam | 19-04-09 |
| 16,66 | 1,4 Eddy | Warmerdam | 21-02-78 De Spartaan | Krommenie | 21-06-09 |
| 16,71 | -0,6 Merlijn | Wittenberg | Neo 16-05-88 Achilles-EL | Roosendaal | 02-07-09 |
| 16,75 | -2,6 Bjorn | Vennema | JA 19-11-90 AAC | Amsterdam | 01-08-09 |
| 16,76 | 1,5 kai | Eduard | 24-07-78 Energie | Reeuwijk | 21-06-09 |
| 16,77 | -1,2 Martien van | Weert | M35 07-04-70 DAK | Veldhoven | 19-04-09 |
| 16,77 | 1,6 Siem | Uittenhout | 26-02-85 't Haasje | Sittard | 21-06-09 |
| (80) | | | | | |
| 16,79 | -2,2 Alex | Eradus | Neo 16-06-88 Groene Ster | Veldhoven | 19-04-09 |
| 16,81 | -2,2 Sammy | Ballak | 10-04-86 Unitas | Veldhoven | 19-04-09 |
| 16,81 | 0,9 Jasper van den | Wittenboer | Neo 04-09-87 De Keien | Valkenswaard | 19-04-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--------------|------------|--------------------------|-------|----------|
| 15,18 | Sven | Ootjers | M35 24-06-73 Trias | Ede | 20-09-09 |
| 15,48 | Theo | Danes | 19-05-83 AV '23 | Ede | 20-09-09 |
| 16,00 | Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Ede | 20-09-09 |
| 16,23 | Tim | Mout | Neo 30-12-87 Altis | Ede | 20-09-09 |
| 16,25 | Lars | Janssen | M35 15-05-73 Phoenix | Ede | 20-09-09 |
| 16,71 | Gaard van | Vugt | JB 18-03-93 Ciko '66 | Ede | 20-09-09 |
| 16,83 | Joost | Niekus | Neo 29-11-89 Flevo Delta | Assen | 19-04-09 |

met teveel rugwind:

| | | | | | |
|-------|---------------------|------------|----------------------------|----------------|----------|
| 15,01 | w 2,2 Paul | Groen | Neo 23-09-89 GAC-Hilversum | Harderwijk | 21-06-09 |
| 15,02 | w 2,3 Jeroen van | Veen | 19-05-86 Isala '96 | Lisse | 09-05-09 |
| 15,47 | w 2,4 Ernst | Moreels | 27-03-85 Atverni | Reeuwijk | 21-06-09 |
| 15,62 | w 2,3 Pim | Jehee | Neo 04-05-88 AV Gouda | Lisse | 09-05-09 |
| 15,95 | w 2,2 Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Harderwijk | 21-06-09 |
| 15,96 | w 2,3 Mathijs van | Campenhout | Neo 20-11-88 Sprint | Zevenbergen | 21-06-09 |
| 16,04 | w 3,4 Justin | Cok | JA 22-02-90 AV '47 | Reeuwijk | 21-06-09 |
| 16,05 | w 2,3 Robin van der | Sanden | JA 12-02-91 Achilles-EL | Zevenbergen | 21-06-09 |
| 16,09 | w 2,2 Jack | Lubberman | 28-11-79 De Sperwers | Harderwijk | 21-06-09 |
| 16,21 | w 2,2 Joost | Niekus | Neo 29-11-89 Flevo Delta | Nijmegen | 21-06-09 |
| 16,47 | w 2,9 Niels van | Ommen | 16-03-86 Spirit-OB | Oud-Beijerland | 08-04-09 |
| 16,73 | w 2,2 Ronald | Kuin | Neo 25-03-87 Kronos | Nijmegen | 21-06-09 |

in onderlinge wedstrijd:

| | | | | | |
|-------|----------|-----------|------------------------|------|----------|
| 15,71 | o Thomas | Kortbeek | 02-04-81 Prins Hendrik | Vugt | 27-09-09 |
| 15,2 | o Jarno | Beuving | 13-02-85 Climax | Ede | 03-10-09 |
| 15,9 | o Paul | Bolks | 17-03-85 Climax | Ede | 03-10-09 |
| 16,2 | o Jurgen | Versluijs | 13-01-84 Climax | Ede | 03-10-09 |

200 meter horden 76,2 cm mannen

| | | | | | |
|-------|-------------------|------------|----------------------------|-----------|----------|
| 24,37 | -0,2 Jonathan | Pengel | 22-09-85 Phanos | Hilversum | 13-09-09 |
| 24,54 | 2,0 Erik | Leeflang | Neo 10-08-89 Zuidwal | Huizen | 05-06-09 |
| 24,56 | 1,3 Daniël | Franken | Neo 11-01-87 AV '34 | Utrecht | 10-07-09 |
| 25,16 | -2,4 Oskar | Jansen | Neo 18-12-88 AAC | Hilversum | 13-09-09 |
| 25,30 | 1,3 Delano | Wouterse | JB 27-04-93 PAC | Utrecht | 10-07-09 |
| 25,45 | -2,4 Bart van der | Zanden | 06-05-81 Eindhoven Atl. | Hilversum | 13-09-09 |
| 25,50 | -2,4 Paul | Groen | Neo 23-09-89 GAC-Hilversum | Hilversum | 13-09-09 |
| 25,65 | -1,4 Pim | Jehee | Neo 04-05-88 AV Gouda | Hilversum | 13-09-09 |
| 25,77 | 1,3 Koen | Streekstra | Neo 15-07-88 Phanos | Utrecht | 10-07-09 |
| 25,93 | 2,0 Jarmo | Leeuwerink | Neo 14-08-87 AAC | Huizen | 05-06-09 |

(10)

| | | | | | |
|-------|---------------|-----------|----------------------------|-----------|----------|
| 25,94 | 2,0 Matthias | Weide | Neo 14-02-87 AAC | Huizen | 05-06-09 |
| 25,94 | -0,2 Ronald | Meijer | 20-01-82 Altis | Hilversum | 13-09-09 |
| 26,07 | 1,3 Niko | Zuidema | Neo 12-05-89 Olympus '70 | Utrecht | 10-07-09 |
| 26,17 | 1,3 Sybout | Wijma | Neo 26-03-87 AV Heerenveen | Utrecht | 10-07-09 |
| 26,33 | 1,3 Lennart | Teunissen | 19-06-81 Altis | Utrecht | 10-07-09 |
| 26,63 | -2,4 Thijs | Ros | 24-12-79 Clytoneus | Hilversum | 13-09-09 |
| 26,87 | 0,9 Ralph | Jacobs | 11-05-84 Atledo | Delft | 12-09-09 |
| 26,87 | 0,5 Toine van | Beckhoven | M35 01-01-70 Attila | Delft | 12-09-09 |
| 26,88 | -1,4 Bjorn | Vennema | JA 19-11-90 AAC | Hilversum | 13-09-09 |
| 26,99 | 2,0 Luuc | Overeem | Neo 09-11-89 AAC | Huizen | 05-06-09 |

(20)

met teveel rugwind:

| | | | | | |
|-------|--------------|----------|-----------------------|---------|----------|
| 26,48 | w 2,1 Jeroen | Schmitz | Neo 18-05-87 Ilion | Utrecht | 10-07-09 |
| 26,94 | w 2,1 Bodo | Verberkt | JA 16-12-91 Clytoneus | Utrecht | 10-07-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|--------|------|-----------------------|------------|----------|
| 25,3 | o Axel | Boon | 20-02-86 Noordkop | Den Helder | 04-10-09 |
| 26,7 | o Niek | Bron | Neo 16-06-89 Noordkop | Den Helder | 04-10-09 |

400 meter horden 91,4 cm mannen

| | | | | | |
|-------|---------|------------|------------------------|--------------------|----------|
| 50,94 | Thomas | Kortbeek | 02-04-81 Prins Hendrik | Rehlingen (GER) | 01-06-09 |
| 50,98 | Vincent | Kerssies | 11-07-80 SISU | Oordegem | 31-05-09 |
| 51,09 | Thomas | Kortbeek | | Vugt | 21-05-09 |
| 51,14 | Vincent | Kerssies | | Bergen (NOR) | 20-06-09 |
| 51,27 | Marius | Kranendonk | Neo 08-01-88 AAC | Celle Ligure (ITA) | 23-06-09 |
| 51,39 | Marius | Kranendonk | Neo | Kaunas (LTU) | 16-07-09 |
| 51,43 | Vincent | Kerssies | | Baunatal (GER) | 05-06-09 |
| 51,52 | Vincent | Kerssies | | Leiden | 13-06-09 |

| | | | | | |
|-------|---------------|-------------|----------------------------|---------------|----------|
| 51,58 | Marius | Kranendonk | Neo | Leiden | 13-06-09 |
| 52,46 | Jarno | Boutkam | JA 17-02-90 Hellas | Oordegem | 31-05-09 |
| | (10/4) | | | | |
| 52,49 | Revelinho | Eind | JA 07-04-90 Jahn II | Emmeloord | 26-06-09 |
| 52,79 | Quinten | Stern | 22-01-77 AC TION | Den Haag | 17-05-09 |
| 53,10 | Daniël | Franken | Neo 11-01-87 AV '34 | Uden | 27-06-09 |
| 53,17 | Martin | Oude Alink | 08-11-85 Groningen Atl | Lanaken (BEL) | 25-07-09 |
| 53,62 | Wouter | Schuwer | JA 22-12-91 Scopias | Nieuwegein | 20-09-09 |
| 53,69 | Tim van | Ommen | 03-01-86 Hellas | Leiden | 13-06-09 |
| | (10) | | | | |
| 53,74 | Jesper | Arts | JB 02-04-92 LG Deurne | Vught | 21-05-09 |
| 54,20 | Bart van der | Zanden | 06-05-81 Eindhoven Atl. | Leiden | 13-06-09 |
| 54,29 | Pieter van | Langen | 25-07-82 AAC | Leiden | 13-06-09 |
| 54,54 | Thijs | Ros | 24-12-79 Clytoneus | Zwolle | 17-05-09 |
| 54,58 | Oskar | Jansen | Neo 18-12-88 AAC | Uden | 27-06-09 |
| 54,59 | Justin | Cok | JA 22-02-90 AV '47 | Leiden | 13-06-09 |
| 54,64 | Koen | Streekstra | Neo 15-07-88 Phanos | Leiden | 13-06-09 |
| 54,94 | Alwin | Roobeek | 12-06-84 AV '34 | Nijmegen | 20-09-09 |
| 54,94 | Raimo | Westerhof | 12-10-86 Athlos | Ede | 20-09-09 |
| 55,07 | Martijn | Klaassen | 03-08-84 Phanos | Lanaken (BEL) | 25-07-09 |
| | (20) | | | | |
| 55,19 | Rik | Hanswijk | 27-03-84 Climax | Krommenie | 21-06-09 |
| 55,21 | Remco | Wennink | Neo 04-02-89 PEC 1910 | Amsterdam | 01-08-09 |
| 55,22 | Steven | Nuytinck | JA 28-01-91 AV '56 | Emmeloord | 26-06-09 |
| 55,47 | Matthias | Weide | Neo 14-02-87 AAC | Leiden | 13-06-09 |
| 55,48 | Victor | Besters | JA 19-10-90 Spado | Nieuwegein | 20-09-09 |
| 55,61 | Martijn | Bervoets | JB 04-03-92 De Keien | Nieuwegein | 20-09-09 |
| 55,70 | Duncan | Visser | Neo 04-02-87 Haag Atletiek | Merksem (BEL) | 28-08-09 |
| 55,78 | Remco | Mettes | Neo 19-06-87 Hollandia | Nieuwegein | 20-09-09 |
| 55,80 | Pim | Jehée | Neo 04-05-88 AV Gouda | Drachten | 17-05-09 |
| 55,81 | Niko | Zuidema | Neo 12-05-89 Olympus '70 | Amsterdam | 08-08-09 |
| | (30) | | | | |
| 55,87 | Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Drachten | 17-05-09 |
| 56,00 | Martijn | Peters | 28-01-86 Eindhoven Atl. | Ede | 17-05-09 |
| 56,18 | Arne | Tveter | JA 23-11-90 Spark | Vught | 21-05-09 |
| 56,33 | Jarmo | Leeuwerink | Neo 14-08-87 AAC | Uden | 27-06-09 |
| 56,43 | Toine van | Beckhoven | M35 01-01-70 Attila | Vught | 21-05-09 |
| 56,46 | Justin | Francois | 22-03-76 Groene Ster | Ede | 17-05-09 |
| 56,50 | Ruben | Esajas | 29-07-86 R' dam Atletiek | Den Haag | 17-05-09 |
| 56,84 | Dion | Kramer | JA 30-07-90 Hylas | Alkmaar | 03-07-09 |
| 56,86 | Johan van den | Berg | 27-01-82 Ilion | Nijmegen | 20-09-09 |
| 56,90 | Sander | Varkevisser | 09-11-84 Nea-Volharding | Lisse | 09-05-09 |
| | (40) | | | | |
| 56,95 | Luuc | Overeem | Neo 09-11-89 AAC | Lisse | 09-05-09 |
| 57,00 | Lennart van | Dam | 21-04-83 Clytoneus | Krommenie | 21-06-09 |
| 57,05 | Wesley | Zschöttche | JB 03-04-93 AV Zaanland | Alkmaar | 17-05-09 |
| 57,08 | Joeri | Voltman | 27-10-74 Atletico '73 | Drachten | 17-05-09 |
| 57,11 | Adriaan | Saman | 12-10-83 AV '34 | Lisse | 09-05-09 |
| 57,19 | Stefan van | Lieshout | Neo 28-04-88 Achilles-Top | Den Haag | 17-05-09 |
| 57,29 | Joris van | Vlerken | 02-03-80 GVAC | Eindhoven | 16-04-09 |
| 57,31 | Joeri | Neger | 06-06-80 Sprint | Nijmegen | 20-09-09 |
| 57,38 | Sybout | Wijma | Neo 26-03-87 AV Heerenveen | Amsterdam | 01-08-09 |
| 57,44 | Koen | Smet | JB 09-08-92 Phanos | Hoorn | 23-05-09 |
| | (50) | | | | |
| 57,60 | Frank | Stam | 26-03-79 Lycurgus | Zwolle | 17-05-09 |
| 57,61 | Jonathan | Huisman | 17-09-85 PEC 1910 | Ede | 20-09-09 |
| 57,67 | Jeroen van | Veen | 19-05-86 Isala '96 | Heerde | 27-05-09 |
| 57,68 | Lennart | Teunissen | 19-06-81 Altis | Ede | 20-09-09 |
| 57,69 | Bart van den | Wijngaard | Neo 18-08-89 Scorpio | Breda | 17-05-09 |
| 57,78 | Rene | Tijm | 19-01-85 Nova | Alkmaar | 03-07-09 |
| 57,85 | Matthias | Weide | Neo 14-02-87 GAC-Hilversum | Utrecht | 04-09-09 |
| 57,92 | Niels van | Ommen | 16-03-86 Spirit-OB | Breda | 17-05-09 |
| 57,96 | Niels | Ros | 10-07-86 R' dam Atletiek | Spijkenisse | 05-07-09 |
| 58,02 | Jeroen | Schmitz | Neo 18-05-87 Ilion | Zwolle | 17-05-09 |
| | (60) | | | | |

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|----------------------------|----------------|-------------|-----------------------------|-------------------------------|----------|
| 58,04 | Ronald | Meijer | 20-01-82 Altis | Amersfoort | 13-04-09 |
| 58,04 | Pepijn | Droog | 11-12-86 PAC | Ede | 17-05-09 |
| 58,07 | Edo | Lambregts | 02-04-86 Startbaan | Alkmaar | 17-05-09 |
| 58,37 | Ronald | Kuin | Neo 25-03-87 Kronos | Almelo | 17-05-09 |
| 58,41 | Frank van | Gasteren | 22-03-84 Phoenix | Ede | 20-09-09 |
| 58,51 | Stijn van | Opstal | JB 23-03-92 Prins Hendrik | Krommenie | 21-06-09 |
| 58,54 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Oosterhout | 14-06-09 |
| 58,55 | Jurgen van | Berkum | M40 04-09-67 Parthenon | Oosterhout | 14-06-09 |
| 58,70 | Jermaine | Luitwieler | Neo 13-03-89 Dynamica | Spijkenisse | 05-07-09 |
| 58,80 | Joram | Knigge | JA 24-01-90 AV '23 | Ede | 20-09-09 |
| (70) | | | | | |
| 58,88 | Maarten | Nabbe | Neo 07-07-89 O.S.S.-VOLO | Utrecht | 22-05-09 |
| 58,91 | Jaap | Hendriks | 17-02-84 PEC 1910 | Heerde | 27-05-09 |
| 58,97 | Maxim | Moinat | JA 20-03-91 AV Haarl'meer | Alkmaar | 17-05-09 |
| 59,14 | Peter | Kuin | JA 11-01-90 Trias | Eindhoven | 08-05-09 |
| 59,16 | Marnix | Engels | 21-01-80 Leiden Atletiek | Alkmaar | 17-05-09 |
| 59,31 | Ernst | Moreels | 27-03-85 Atverni | Nieuwegein | 17-05-09 |
| 59,42 | Glenn | Luitwieler | JA 08-05-91 Dynamica | Sint Niklaas (BEL) | 21-05-09 |
| 59,46 | Tom | Michielsen | Neo 21-01-87 Gloria | Eindhoven | 16-04-09 |
| 59,56 | Joost van der | Meer | 13-06-82 De Spartaan | Zwolle | 17-05-09 |
| 59,77 | Tim | Schellekens | JA 07-09-90 Atledo | Breda | 17-05-09 |
| (80) | | | | | |
| 59,83 | Erik-Jan van | Gelderen | JA 22-04-90 VAV | Emmeloord | 26-06-09 |
| 59,98 | Sietze van der | Goot | Neo 16-09-89 Impala | Groningen | 19-06-09 |
| 60,06 | Joni van | Loon | Neo 26-08-88 Cialfo | Utrecht | 22-05-09 |
| 60,29 | Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 01-08-09 |
| 60,37 | Kai | Eduard | 24-07-78 Energie | Nieuwegein | 17-05-09 |
| 60,37 | Merlijn | Wittenberg | Neo 16-05-88 Achilles-EL | Breda | 17-05-09 |
| 60,46 | Joep | Chatrou | JA 08-08-90 HAC | Ede | 17-05-09 |
| 60,54 | Bart van | Rookhuizen | M45 07-06-64 DEM | Oosterhout | 14-06-09 |
| 60,63 | Rens van | Dijk | JA 30-03-91 Altis | Utrecht | 22-05-09 |
| 60,68 | Ron | Kuper | 05-01-83 Altis | Utrecht | 22-05-09 |
| (90) | | | | | |
| 60,78 | Nanne de | Haan | 14-09-77 Ciko '66 | Amersfoort | 13-04-09 |
| 60,90 | Koen | Lentferink | 19-03-86 Ciko '66 | Krommenie | 21-06-09 |
| 60,94 | Jelle | Harpenau | Neo 25-05-89 Hera | Alkmaar | 17-05-09 |
| 60,95 | Lars | Cazander | JB 29-11-92 Hellas | Nieuwegein | 17-05-09 |
| <i>betere handtijden:</i> | | | | | |
| 56,5 | Dion | Kramer | JA 30-07-90 Hylas | Warmenhuizen | 19-06-09 |
| 58,3 | Axel | Boon | 20-02-86 Noordkop | Warmenhuizen | 19-06-09 |
| hoogsprongen mannen | | | | | |
| 2,29 | Martijn | Nuijens | 18-11-83 Unitas | Bergen (NOR) | 20-06-09 |
| 2,27 | Martijn | Nuijens | | Berlijn (GER) | 19-08-09 |
| 2,27 | Martijn | Nuijens | | Eberstadt (GER) | 29-08-09 |
| 2,24 | Martijn | Nuijens | | Forbach (FRA) | 31-05-09 |
| 2,23 | Martijn | Nuijens | | Berlijn (GER) | 21-08-09 |
| 2,22 | Martijn | Nuijens | | Zoetermeer | 13-09-09 |
| 2,21 | Martijn | Nuijens | | Kuortaneen Eliittikisat (FIN) | 13-06-09 |
| 2,21 | Martijn | Nuijens | | Amsterdam | 02-08-09 |
| 2,21 | Martijn | Nuijens | | Shanghai (CHN) | 20-09-09 |
| 2,20 | Martijn | Nuijens | | Barcelona (ESP) | 25-07-09 |
| (10/1) | | | | | |
| 2,19 | Jan-Peter | Larsen | 18-03-79 Ilion | Rehlingen (GER) | 01-06-09 |
| 2,15 | Wilbert | Pennings | 23-02-75 Attila | Gent (BEL) | 21-07-09 |
| 2,10 | Tieme | Klinkers | 09-04-86 Vitalis | Nieuwegein | 20-09-09 |
| 2,07 | Sven | Ootjers | M35 24-06-73 Trias | Amersfoort | 21-06-09 |
| 2,07 | Douwe-Jan | Amels | JA 16-09-91 Impala | Emmeloord | 27-06-09 |
| 2,06 | Ingmar | Vos | 28-05-86 PAC | Götzis (AUT) | 30-05-09 |
| 2,03 | Joost | Niekus | Neo 29-11-89 Flevo Delta | Zwolle | 29-08-09 |
| 2,02 | Jasper | Heesbeen | JB 23-01-92 Prins Hendrik | Tilburg | 01-06-09 |
| 2,01 | Sander | Maes | JB 21-12-92 Unitas | Huizingen (BEL) | 10-05-09 |
| (10) | | | | | |
| 2,01 | Jan-Berend | Luten | Neo 19-05-89 Impala | Heerenveen | 19-09-09 |
| 2,00 | Gerben | Klein | Neo 03-03-87 THOR | Amersfoort | 11-04-09 |
| 2,00 | Pim | Stevens | Neo 07-01-89 ATV Venray | Amersfoort | 13-04-09 |

| | | | | | |
|------|------|-----------------------|------------------------------|----------------|----------|
| 2,00 | | Tymon de Jonge | 17-02-80 Ilion | Naaldwijk | 19-04-09 |
| 2,00 | | Pieter Braun | JB 21-01-93 Sprint | Oss | 03-05-09 |
| 2,00 | | Martijn van Calker | Neo 17-11-89 PEC 1910 | Zwolle | 17-05-09 |
| 2,00 | | Eugène Martineau | 14-05-80 Achilles-Top | Götzis (AUT) | 30-05-09 |
| 2,00 | | Jurgen Versluijs | 13-01-84 Climax | Krommenie | 21-06-09 |
| 2,00 | | Leon Tukker | JB 30-04-92 Typhoon | Emmeloord | 28-06-09 |
| 2,00 | | Rob Binner | 27-04-85 Scopias | Nieuwegein | 20-09-09 |
| | (20) | | | | |
| 1,98 | | Ronald Meijer | 20-01-82 Altis | Hoorn | 23-05-09 |
| 1,98 | | Kevin Woldberg | 13-02-80 PEC 1910 | Lisse | 06-06-09 |
| 1,98 | | Cas Willems | Neo 29-01-88 Caesar | Szczecin (POL) | 27-06-09 |
| 1,98 | | Adriaan Saman | 12-10-83 AV '34 | Woerden | 29-08-09 |
| 1,98 | | Harald-Peter Bust | JB 03-06-92 Jahn II | Zoetermeer | 13-09-09 |
| 1,95 | | Marc de Vries | 01-11-78 AV Zaanland | Amersfoort | 11-04-09 |
| 1,95 | | Ralph Jacobs | 11-05-84 Atledo | Amersfoort | 11-04-09 |
| 1,95 | | Ruben Scholing | JA 22-09-91 PEC 1910 | Naaldwijk | 19-04-09 |
| 1,95 | | Theo Danes | 19-05-83 AV '23 | Naaldwijk | 19-04-09 |
| 1,95 | | Alex Eradus | Neo 16-06-88 Groene Ster | Veldhoven | 19-04-09 |
| | (30) | | | | |
| 1,95 | | Danny Groot | Neo 03-07-88 AV Edam | Amsterdam | 19-04-09 |
| 1,95 | | Jan Haye Klijnstra | 16-01-80 Groningen Atl | Zutphen | 19-04-09 |
| 1,95 | | Joost van Bennekom | 18-01-81 AC TION | Den Haag | 17-05-09 |
| 1,95 | | Johan Schönebaum | JB 19-02-93 AV Gouda | Amsterdam | 31-05-09 |
| 1,95 | | Niels Hanegraaf | JA 01-05-90 DJA | Tilburg | 01-06-09 |
| 1,95 | | Mitchell Vereijken | JA 03-01-90 Gen. Michaëlis | Tilburg | 01-06-09 |
| 1,95 | | Timo de Water | JA 05-11-91 Ilion | Emmeloord | 27-06-09 |
| 1,95 | | Niels Jansen | JB 18-04-92 MPM | Zwolle | 29-08-09 |
| 1,95 | | Roy van Meel | JA 20-03-90 Ilion | Bergen op Zoom | 06-09-09 |
| 1,92 | | Hans Koops | Neo 20-03-87 Jahn II | Hoorn | 23-05-09 |
| | (40) | | | | |
| 1,92 | | Ludo van der Plaats | 03-07-83 Ilion | Lisse | 06-06-09 |
| 1,92 | | Sjoerd Dekker | JB 22-02-92 Noordkop | Krommenie | 05-07-09 |
| 1,92 | | Robin Coops | JA 09-09-90 Hellas | Tuzla (BIH) | 19-09-09 |
| 1,92 | | Mark Jacobs | JB 20-04-92 GVAC | Enschede | 20-09-09 |
| 1,91 | | Eelco Sintnicolaas | Neo 07-04-87 AV '34 | Götzis (AUT) | 30-05-09 |
| 1,91 | | Randy van Geenen | JA 17-07-90 AV Almere '81 | Lisse | 06-06-09 |
| 1,91 | | Joost Ketel | JC 21-05-94 Achilles-EL | Papendrecht | 06-06-09 |
| 1,91 | | Daniël Leyba | JB 29-11-93 Haag Atletiek | Emmeloord | 28-06-09 |
| 1,91 | | Quincy van Driesten | JB 08-07-93 Altis | Emmeloord | 28-06-09 |
| 1,90 | | Dennis Prinsen | M35 03-08-73 Sprint | Breda | 14-04-09 |
| | (50) | | | | |
| 1,90 | | Ruud de Vries | 22-04-82 Phanos | Naaldwijk | 19-04-09 |
| 1,90 | | Geoffrey van den Berg | JA 26-11-91 Startbaan | Amsterdam | 19-04-09 |
| 1,90 | | Rens van Dijk | JA 30-03-91 Altis | Amsterdam | 19-04-09 |
| 1,90 | | Martijn Praamsma | JA 15-01-90 Startbaan | Amsterdam | 19-04-09 |
| 1,90 | | Niels Ran | Neo 14-03-88 AV Haarlem | Spijkenisse | 19-04-09 |
| 1,90 | | Rinze Venderbosch | Neo 26-04-88 Haag Atletiek | Spijkenisse | 19-04-09 |
| 1,90 | | Marco de Keijzer | Neo 13-08-88 R' dam Atletiek | Veldhoven | 19-04-09 |
| 1,90 | | Koen Amse | JA 23-04-90 DEM | Amsterdam | 19-04-09 |
| 1,90 | | Daan Assink | 27-08-74 AC TION | Zutphen | 19-04-09 |
| 1,90 | | Roland van Zuilen | JA 03-04-91 AV Gouda | Zutphen | 19-04-09 |
| | (60) | | | | |
| 1,90 | | Geert Heesters | JB 28-10-92 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 1,90 | | Jethro Obot | JC 13-02-94 Haag Atletiek | Beverwijk | 03-05-09 |
| 1,90 | | Geoffrey van Dipten | JA 27-11-91 Climax | Assen | 10-05-09 |
| 1,90 | | Anders van Riesen | JA 01-10-90 AV Argo | Assen | 10-05-09 |
| 1,90 | | Jan Ormel | 19-12-86 Hellas | Den Haag | 17-05-09 |
| 1,90 | | Alain Bettonviel | JA 08-03-91 Attila | Ede | 17-05-09 |
| 1,90 | | Ricardo Verheijen | JA 28-02-91 De Gemzen | Gemert | 23-05-09 |
| 1,90 | | Joram Knigge | JA 24-01-90 AV '23 | Amstelveen | 31-05-09 |
| 1,90 | | Sander Schutjes | Neo 31-10-88 AV Valkenswaard | Groningen | 05-06-09 |
| 1,90 | | Maarten Roeloffs | Neo 03-09-87 Achilles-EL | Zevenbergen | 21-06-09 |
| | (70) | | | | |
| 1,90 | | Wesley Zschöttche | JB 03-04-93 AV Zaanland | Zaandam | 05-07-09 |
| 1,90 | | Jeroen van Veen | 19-05-86 Isala '96 | Zwolle | 29-08-09 |

| | | | | | | |
|--|----------------|--------------------|------------------------|------------------------------|-------------------------|-----------------|
| 1,90 | Martijn van de | Peppel | M35 05-03-72 VAV | Harderwijk | 19-09-09 | |
| 1,90 | Emiel | Roobeek | 07-03-86 AV '34 | Nijmegen | 20-09-09 | |
| 1,89 | Alwin | Roobeek | 12-06-84 AV '34 | Lisse | 06-06-09 | |
| 1,88 | Bob | Altena | 11-02-86 Unitas | Best | 04-07-09 | |
| 1,88 | Dennis | Weijens | 31-10-85 AV '23 | Best | 04-07-09 | |
| 1,87 | Tom | Michielsens | Neo 21-01-87 Gloria | Gemert | 23-05-09 | |
| 1,86 | Pelle | Rietveld | 04-02-85 Ilion | Coral Gables (USA) | 16-04-09 | |
| 1,86 | Erik | Stevens | JA 11-03-91 Ilion | Lisse | 09-05-09 | |
| (80) | | | | | | |
| 1,86 | Pim | Jehee | Neo 05-04-88 AV Gouda | Gouda | 21-05-09 | |
| 1,86 | Bastiaan | Bretveld | Neo 25-05-89 Phanos | Hoorn | 23-05-09 | |
| 1,86 | Johan | Nieuwhof | M45 08-03-64 Startbaan | Oosterhout | 14-06-09 | |
| 1,86 | Joris | Hallegraeff | JB 23-03-93 Attila | Enschede | 20-09-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 1,95 | o | Jaap | Hendriks | 17-02-84 PEC 1910 | Zwolle | 26-09-09 |
| 1,90 | o | Jeroen | Engels | 07-05-83 Prins Hendrik | Breda | 26-09-09 |
| 1,90 | o | Mathijs van | Gageldonk | JA 22-05-91 Atledo | Dongen | 26-09-09 |
| 1,90 | o | Jasper de | Lange | Neo 16-05-88 AAV '36 | Alphen a/d Rijn | 03-10-09 |
| 1,90 | o | Bas | Kentie | JB 11-01-93 Fortuna | Vlaardingen | 04-10-09 |
| 1,90 | o | Yoeri | Stieglis | JA 06-06-90 Phanos | Amsterdam | 04-10-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | | |
| 2,26 | | Tim | Riedl (GER) | 22-02-84 Achilles-Top | Ulm (GER) | 05-07-09 |
| polsstokhoogspringen mannen | | | | | | |
| 5,56 | | Robbert Jan | Jansen | 22-07-83 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 5,55 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Uden</i> | <i>17-05-09</i> |
| 5,55 | | Wout van | Wengerden | Neo 16-02-87 Unitas | Aken (GER) | 02-09-09 |
| 5,50 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Lisse</i> | <i>09-05-09</i> |
| 5,50 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Vught</i> | <i>21-05-09</i> |
| 5,50 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Rehlingen (GER)</i> | <i>01-06-09</i> |
| 5,50 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Luik (BEL)</i> | <i>15-07-09</i> |
| 5,50 | | <i>Wout van</i> | <i>Wengerden</i> | <i>Neo</i> | <i>Leverkusen (GER)</i> | <i>31-07-09</i> |
| 5,42 | | <i>Wout van</i> | <i>Wengerden</i> | <i>Neo</i> | <i>Amsterdam</i> | <i>02-08-09</i> |
| 5,40 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Leiden</i> | <i>13-06-09</i> |
| 5,40 | | <i>Robbert Jan</i> | <i>Jansen</i> | | <i>Uden</i> | <i>27-06-09</i> |
| 5,40 | | <i>Wout van</i> | <i>Wengerden</i> | <i>Neo</i> | <i>Uden</i> | <i>27-06-09</i> |
| 5,40 | | <i>Wout van</i> | <i>Wengerden</i> | <i>Neo</i> | <i>Kaunas (LTU)</i> | <i>17-07-09</i> |
| 5,40 | | <i>Wout van</i> | <i>Wengerden</i> | <i>Neo</i> | <i>Cuxhaven (GER)</i> | <i>22-07-09</i> |
| (14/2) | | | | | | |
| 5,30 | | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Kaunas (LTU) | 17-07-09 |
| 5,27 | | Christian | Tamminga | M35 30-04-74 Haag Atletiek | Amsterdam | 02-08-09 |
| 5,10 | | Cyriel | Verberne | 04-12-84 Attila | Sittard | 21-06-09 |
| 5,10 | | Jorn | Bakker | Neo 19-02-87 Ilion | Kaunas (LTU) | 17-07-09 |
| 5,00 | | Eugène | Martineau | 14-05-80 Achilles-Top | Leiden | 13-06-09 |
| 4,86 | | Bob | Altena | 11-02-86 Unitas | Sittard | 06-06-09 |
| 4,82 | | Nils | Mulder | Neo 25-06-87 Haag Atletiek | Amsterdam | 02-08-09 |
| 4,70 | | Joël de | Water | Neo 30-05-89 Ilion | Uden | 27-06-09 |
| (10) | | | | | | |
| 4,60 | | Ludo van der | Plaat | 03-07-83 Ilion | Utrecht | 01-05-09 |
| 4,60 | | Timo de | Water | JA 05-11-91 Ilion | Vught | 21-05-09 |
| 4,52 | | Adriaan | Saman | 12-10-83 AV '34 | Amsterdam | 02-08-09 |
| 4,50 | | Ronald | Meijer | 20-01-82 Altis | Amsterdam | 19-04-09 |
| 4,50 | | Pim | Jehee | Neo 04-05-88 AV Gouda | Uden | 27-06-09 |
| 4,50 | | Kevin | Woldberg | 13-02-80 PEC 1910 | Ede | 20-09-09 |
| 4,45 | | Pelle | Rietveld | 04-02-85 Ilion | Breda | 29-08-09 |
| 4,43 | | Patrick | Geluk | JA 30-09-90 Ilion | Oordegem (BEL) | 04-07-09 |
| 4,40 | | Marc | Suvaal | M40 07-07-65 R' dam Atletiek | Lisse | 09-05-09 |
| 4,40 | | Johan van den | Berg | 27-01-82 Ilion | Utrecht | 22-05-09 |
| (20) | | | | | | |
| 4,40 | | Wanny dos | Santos | 21-04-80 R' dam Atletiek | Sittard | 21-06-09 |
| 4,40 | | Gilbert | Wijntjens | Neo 08-02-88 Phoenix | Harderwijk | 21-06-09 |
| 4,40 | | Ingmar | Vos | 28-05-86 PAC | Berlijn (GER) | 20-08-09 |
| 4,40 | | Victor | Besters | JA 19-10-90 Spado | Bergen op Zoom | 06-09-09 |
| 4,35 | | Paul | Husslage | 18-10-83 Sprint | Breda | 29-08-09 |
| 4,30 | | Dennis | Schrijnders | 18-10-85 Lycurgus | Naaldwijk | 19-04-09 |
| 4,30 | | Dennis | Schilder | 11-01-81 Isala '96 | Kampen | 22-04-09 |

Statistisch jaarboek 2009

| | | | | | |
|------|---------------|--------------|-----------------------------|----------------|----------|
| 4,30 | Bryan | Hage | JB 19-12-92 Ilion | Lisse | 09-05-09 |
| 4,23 | Chris | Leeuwenburgh | M45 04-10-62 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 4,23 | Rinze | Venderbosch | Neo 26-04-88 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| (30) | | | | | |
| 4,20 | Roel | Driever | Neo 16-05-87 AC TION | Zutphen | 19-04-09 |
| 4,20 | Brian | Vriend | JA 20-05-90 Lycurgus | Amstelveen | 10-05-09 |
| 4,20 | Alfred | Achtelik | M45 10-06-60 AC TION | Den Haag | 17-05-09 |
| 4,20 | Jonathan | Huisman | 17-09-85 PEC 1910 | Lisse | 07-06-09 |
| 4,20 | Marc de | Vries | 01-11-78 AV Zaanland | Zaandam | 05-07-09 |
| 4,20 | Kees | Langeveld | Neo 26-01-87 AC TION | Woerden | 30-08-09 |
| 4,20 | Tom | Roetman | JB 07-02-93 GAC-Hilversum | Enschede | 19-09-09 |
| 4,15 | Remco | Mallens | M35 23-02-70 Sprint | Breda | 29-08-09 |
| 4,10 | Robin | Stroet | 02-10-77 AV Haarl'meer | Amsterdam | 19-04-09 |
| 4,10 | Theo | Danes | 19-05-83 AV '23 | Lisse | 07-06-09 |
| (40) | | | | | |
| 4,10 | Sjoerd | Dolsma | Neo 02-09-89 Lycurgus | Krommenie | 05-07-09 |
| 4,10 | Cas | Willems | Neo 29-01-88 Caesar | Woerden | 30-08-09 |
| 4,05 | Leandor | Jonkers | Neo 02-12-89 Sprint | Drunen | 25-06-09 |
| 4,00 | Jurgen | Versluijs | 13-01-84 Climax | Naaldwijk | 19-04-09 |
| 4,00 | Thijs | Ros | 24-12-79 Clytoneus | Naaldwijk | 19-04-09 |
| 4,00 | Niels | Geursen | 23-02-79 Phanos | Den Haag | 17-05-09 |
| 4,00 | Joris van | Vlerken | 02-03-80 GVAC | Gemert | 24-05-09 |
| 4,00 | Jeroen | Janssen | Neo 29-09-88 Passaat | Amstelveen | 01-06-09 |
| 4,00 | Raymond | Oonincx | JA 18-06-91 Sprint | Helmond | 14-06-09 |
| 4,00 | Randy van | Geenen | JA 17-07-90 AV Almere '81 | Amersfoort | 30-08-09 |
| (50) | | | | | |
| 3,90 | Alwin | Roobeek | 12-06-84 AV '34 | Lisse | 07-06-09 |
| 3,90 | Rutger | Koppelaar | JB 01-05-93 Unitas | Sittard | 07-06-09 |
| 3,90 | Roy van | Schendel | JB 16-01-92 Prins Hendrik | Sittard | 07-06-09 |
| 3,90 | Thijs van der | Holst | 24-02-82 AV '23 | Krommenie | 21-06-09 |
| 3,90 | Sander | Kil | JB 02-09-92 Sprint | Tilburg | 01-07-09 |
| 3,90 | Mark | Jacobs | JB 20-04-92 GVAC | Best | 04-07-09 |
| 3,90 | Robin | Coops | JA 09-09-90 Hellas | Bergen op Zoom | 06-09-09 |
| 3,90 | Ewald | Koekkoek | JA 15-01-90 GAC-Hilversum | Bergen op Zoom | 06-09-09 |
| 3,86 | Rowan | Smal | JA 08-07-91 Nea-Volharding | Emmeloord | 28-06-09 |
| 3,80 | Jaap | Hendriks | 17-02-84 PEC 1910 | Utrecht | 22-05-09 |
| (60) | | | | | |
| 3,80 | Sam | Kranse | JB 11-09-92 PAC | Amsterdam | 31-05-09 |
| 3,80 | Jurry v.d. | Woude | Neo 08-11-89 AV NOP | Zaandam | 05-07-09 |
| 3,80 | Sammy | Ballak | 10-04-86 Unitas | Best | 05-07-09 |
| 3,80 | Lennart | Teunissen | 19-06-81 Altis | Amersfoort | 30-08-09 |
| 3,80 | Bart van der | Pasch | JB 24-05-92 Gen. Michaëlis | Enschede | 19-09-09 |
| 3,76 | Ivo | Harms | JA 26-09-90 Fortuna | Emmeloord | 28-06-09 |
| 3,70 | Eddy van | Oort | 31-05-83 AV '40 | Amsterdam | 19-04-09 |
| 3,70 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Veldhoven | 19-04-09 |
| 3,70 | Justin | Francois | 22-03-76 Groene Ster | Zevenbergen | 13-05-09 |
| 3,70 | Alain | Bettonviel | JA 08-03-91 Attila | Gemert | 24-05-09 |
| (70) | | | | | |
| 3,70 | Bart | Daalhuisen | 30-03-85 Hollandia | Krommenie | 05-07-09 |
| 3,70 | Joram | Knigge | JA 24-01-90 AV '23 | Best | 05-07-09 |
| 3,70 | Tim | Mout | Neo 30-12-87 Altis | Amersfoort | 30-08-09 |
| 3,65 | Mathijs van | Dijk | JB 11-11-93 GAC-Hilversum | Emmeloord | 27-06-09 |
| 3,60 | Paul | Groen | Neo 23-09-89 GAC-Hilversum | Almere | 05-04-09 |
| 3,60 | Stephan | Tijssen | JA 07-04-90 Startbaan | Amsterdam | 19-04-09 |
| 3,60 | Dennis | Coehoorn | JB 27-09-92 AC TION | Assen | 10-05-09 |
| 3,60 | Olav | Harmelwaard | JA 20-06-91 Nea-Volharding | Zeist | 17-05-09 |
| 3,60 | Robin van | Stralen | 11-01-82 Spark | Nieuwegein | 17-05-09 |
| 3,60 | Pieter | Braun | JB 21-01-93 Sprint | Gemert | 23-05-09 |
| (80) | | | | | |
| 3,60 | Lars van der | Pluijm | Neo 20-02-87 MPM | Gemert | 24-05-09 |
| 3,60 | Ruud de | Vries | 22-04-82 Phanos | Krommenie | 21-06-09 |
| 3,60 | Harbrandt | Haddingh | M35 09-12-71 Groningen Atl | Harderwijk | 21-06-09 |
| 3,60 | Ricardo | Geluk | JA 22-09-91 Ilion | Tilburg | 01-07-09 |
| 3,60 | Michael | Herijgers | JA 22-05-90 DJA | Tilburg | 01-07-09 |
| 3,60 | Bas | Huijben | JA 09-05-91 Attila | Bergen op Zoom | 06-09-09 |

Statistisch jaarboek 2009

| | | | | | |
|---------------------------------|--------------------|--------------|------------------------------|--------------------|----------|
| 3,60 | Alexander | Oldenmenger | 09-03-77 Spirit-OB | Delft | 13-09-09 |
| 3,60 | Rens | Krommendijk | JB 11-02-92 GAC-Hilversum | Enschede | 19-09-09 |
| 3,60 | Yuri | Thijssing | 28-01-78 Phanos | Nijmegen | 20-09-09 |
| 3,60 | Jasper van | Baar | 10-10-77 Trias | Ede | 20-09-09 |
| (90) | | | | | |
| 3,50 | Sander de | Borst | Neo 23-05-88 Parthenon | Breda | 17-05-09 |
| 3,50 | Hans van der | Linden | M45 16-03-64 DAK | Breda | 17-05-09 |
| 3,50 | Stefan van | Prooijen | Neo 21-09-89 Hercules | Breda | 17-05-09 |
| 3,50 | Edo | Lambregts | 02-04-86 Startbaan | Amstelveen | 01-06-09 |
| 3,50 | Ruud van | Noort | Neo 08-11-88 De Spartaan | Krommenie | 21-06-09 |
| 3,50 | Dennis | Veenker | JB 23-08-92 Impala | Harderwijk | 21-06-09 |
| 3,50 | Daan | Assink | 27-08-74 AC TION | Harderwijk | 21-06-09 |
| 3,50 | Jeroen | Heyster | JA 10-07-91 PAC | Spijkenisse | 05-07-09 |
| 3,50 | Cliff | Ellsworth | JB 17-04-93 Lycurgus | Enschede | 19-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 4,00 | o Jaap | Hendriks | 17-02-84 PEC 1910 | Zwolle | 27-09-09 |
| 3,90 | o Berry | Koolstra | 14-04-86 Ilion | Zoetermeer | 04-10-09 |
| 3,80 | o Jan | Harland | M50 06-07-59 Haag Atletiek | Den Haag | 11-10-09 |
| 3,80 | o Hans | Coolen | M45 29-09-63 Haag Atletiek | Den Haag | 11-10-09 |
| 3,60 | o Yuri | Engels | 11-02-86 Attila | Tilburg | 04-10-09 |
| 3,60 | o Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 04-10-09 |
| verspringen mannen | | | | | |
| 7,62 | 0,2 Jonathan | Pengel | 22-09-85 Phanos | Amsterdam | 02-08-09 |
| 7,59 | 0,8 Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Götzis (AUT) | 30-05-09 |
| 7,54 | -1,0 Fabian | Florant | 01-02-83 Haag Atletiek | Leiden | 13-06-09 |
| 7,53 | -0,5 Ingmar | Vos | 28-05-86 PAC | Götzis (AUT) | 30-05-09 |
| 7,49 | -1,0 Fabian | Florant | | Amsterdam | 02-08-09 |
| 7,41 | 0,8 Eugène | Martineau | 14-05-80 Achilles-Top | Berlijn (GER) | 19-08-09 |
| 7,40 | 0,6 Eugène | Martineau | | Götzis (AUT) | 30-05-09 |
| 7,37 | 2,0 Fabian | Florant | | Den Haag | 17-05-09 |
| 7,37 | 0,7 Sander | Schutjes | Neo 31-10-88 AV Valkenswaard | Amsterdam | 02-08-09 |
| 7,31 | 1,6 Jonathan | Pengel | | Amsterdam | 08-08-09 |
| (10/6) | | | | | |
| 7,18 | 0,7 Rogier van den | Berg | 01-04-79 Sparta | Amsterdam | 02-08-09 |
| 7,18 | 1,0 Joost van | Bennekom | 18-01-81 AC TION | Nijmegen | 20-09-09 |
| 7,17 | 0,6 Mark | Jacobs | JB 20-04-92 GVAC | Emmeloord | 26-06-09 |
| 7,10 | 0,5 Bram | Ruissen | JA 18-02-90 Ciko '66 | Göteborg (SWE) | 02-08-09 |
| (10) | | | | | |
| 7,09 | -3,4 Tom | Buys | JA 23-07-90 AV Zaanland | Amsterdam | 19-04-09 |
| 7,09 | 1,1 Jeroen de | Borst | 01-11-82 Parthenon | Breda | 17-05-09 |
| 7,08 | 0,0 Pelle | Rietveld | 04-02-85 Ilion | Coral Gables (USA) | 16-04-09 |
| 7,08 | 0,7 Stefan de | Vries | JB 18-10-92 Altis | Emmeloord | 26-06-09 |
| 7,04 | 1,7 Brian | Vriend | JA 20-05-90 Lycurgus | Lisse | 06-06-09 |
| 7,04 | 0,4 Jarno | Beuving | 13-02-85 Climax | Krommenie | 21-06-09 |
| 7,04 | 2,0 Yoeri | Stieglis | JA 06-06-90 Phanos | Emmeloord | 26-06-09 |
| 7,03 | 1,5 Johan van den | Berg | 27-01-82 Ilion | Hulst | 01-06-09 |
| 7,02 | 1,8 Ludo van der | Plaat | 03-07-83 Ilion | Lisse | 06-06-09 |
| 7,01 | 1,3 Laurens | Looije | M35 12-01-73 Ilion | Vught | 21-05-09 |
| (20) | | | | | |
| 6,99 | 1,4 Marc de | Vries | 01-11-78 AV Zaanland | Lisse | 09-05-09 |
| 6,98 | 0,9 Theo | Danes | 19-05-83 AV '23 | Hulst | 01-06-09 |
| 6,98 | 1,9 Adriaan | Saman | 12-10-83 AV '34 | Lisse | 06-06-09 |
| 6,95 | 0,9 Frans | Boumans | Neo 08-01-87 Achilles-Top | Lisse | 09-05-09 |
| 6,94 | -0,9 Kjell | Wolters | JC 18-04-94 PEC 1910 | Göteborg (SWE) | 02-08-09 |
| 6,93 | 1,1 Dennis | Weijens | 31-10-85 AV '23 | Naaldwijk | 19-04-09 |
| 6,92 | 1,2 Jasper de | Lange | Neo 16-05-88 AAV '36 | Amsterdam | 02-08-09 |
| 6,91 | 2,0 Pieter | Braun | JB 21-01-93 Sprint | Emmeloord | 26-06-09 |
| 6,90 | 0,7 Stijn van | Opstal | JB 23-03-92 Prins Hendrik | Vught | 21-05-09 |
| 6,89 | 2,0 Dennis | Prinsen | M35 03-08-73 Sprint | Steenbergen | 28-06-09 |
| (30) | | | | | |
| 6,87 | 1,2 Frank | Koopmans | 06-02-75 PEC 1910 | Krommenie | 21-06-09 |
| 6,86 | 1,8 Paul | Groen | Neo 23-09-89 GAC-Hilversum | Lisse | 06-06-09 |
| 6,86 | 0,4 Tijmen | Meijer | Neo 27-02-88 Nea-Volharding | Krommenie | 21-06-09 |
| 6,85 | 1,7 Robin | Coops | JA 09-09-90 Hellas | Lisse | 06-06-09 |
| 6,84 | -0,2 Marco | Oplanic | Neo 06-10-89 Lycurgus | Naaldwijk | 19-04-09 |

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|----------------------------------|-------------------|------------|----------------------------|------------------|----------|
| 6,82 | 1,2 Alwin | Roobeek | 12-06-84 AV '34 | Lisse | 06-06-09 |
| 6,82 | 0,1 Marius | Kranendonk | Neo 08-01-88 AAC | Nijmegen | 20-09-09 |
| 6,81 | 1,8 Jonathan | Huisman | 17-09-85 PEC 1910 | Lisse | 06-06-09 |
| 6,79 | 1,8 Harald-Peter | Bust | JB 03-06-92 Jahn II | Emmeloord | 26-06-09 |
| 6,75 | 1,1 Thijs | Ros | 24-12-79 Clytoneus | Hulst | 01-06-09 |
| (40) | | | | | |
| 6,74 | 1,5 Erik | Stevens | JA 11-03-91 Ilion | Amersfoort | 13-04-09 |
| 6,73 | 1,3 Olaf van der | Geest | JB 29-09-92 De Keien | Gemert | 23-05-09 |
| 6,72 | 1,6 Timo de | Water | JA 05-11-91 Ilion | Emmeloord | 26-06-09 |
| 6,71 | 0,0 Niels | Kruller | 17-05-75 AAC | Den Haag | 17-05-09 |
| 6,71 | -1,8 Niels | Teeler | 11-04-84 Energie | Nieuwegein | 17-05-09 |
| 6,71 | 0,3 Thomas | Hartman | JA 11-05-91 Clytoneus | Krommenie | 21-06-09 |
| 6,70 | 1,0 David van | Hetten | 06-08-86 R' dam Atletiek | Veldhoven | 19-04-09 |
| 6,70 | 0,5 Jelle van | Kesteren | 21-11-85 Sprint | Brasschaat (BEL) | 26-07-09 |
| 6,66 | 1,9 Ronald | Meijer | 20-01-82 Altis | Lisse | 06-06-09 |
| 6,66 | 0,3 Joeri | Voltman | 27-10-74 Atletico '73 | Harderwijk | 21-06-09 |
| (50) | | | | | |
| 6,60 | 1,7 Ivo | Roovers | 05-02-79 Sprint | Den Haag | 17-05-09 |
| 6,60 | 1,9 Nils | Mulder | Neo 25-06-87 Haag Atletiek | Reeuwijk | 21-06-09 |
| 6,59 | 0,0 Gilbert | Wijntjens | Neo 08-02-88 Phoenix | Harderwijk | 21-06-09 |
| 6,59 | 1,4 Robin | Lagrand | JA 15-02-91 Lycurgus | Emmeloord | 26-06-09 |
| 6,58 | 2,0 Pim | Jehée | Neo 04-05-88 AV Gouda | Lisse | 06-06-09 |
| 6,57 | 0,4 Elgin | Herfst | JA 21-06-91 PAC | Emmeloord | 26-06-09 |
| 6,57 | 1,2 Eelco | Koelewijn | 21-09-80 AC TION | Amsterdam | 08-08-09 |
| 6,56 | -1,3 Cas | Willems | Neo 29-01-88 Caesar | Szczecin (POL) | 27-06-09 |
| 6,55 | 0,3 Jasper | Kranendonk | JA 20-03-91 Typhoon | Emmeloord | 26-06-09 |
| 6,54 | 0,1 Wik | Breure | JB 08-01-92 Pijnenburg | Emmeloord | 26-06-09 |
| (60) | | | | | |
| 6,54 | 0,3 Alje | Kuiper | M45 30-09-60 Ilion | Krommenie | 05-07-09 |
| 6,52 | 0,2 Alwin | Papegaaij | 16-03-84 Isala '96 | Harderwijk | 21-06-09 |
| 6,52 | 0,2 Bart | Latour | JA 15-05-91 AV Almere '81 | Emmeloord | 26-06-09 |
| 6,51 | 1,6 Mike | Rumping | JB 01-01-92 Lycurgus | Krommenie | 03-05-09 |
| 6,51 | 0,2 Tim | Brouwer | 27-02-79 Eindhoven Atl. | Sittard | 21-06-09 |
| 6,51 | 0,2 Tom | Roetman | JB 07-02-93 GAC-Hilversum | Harderwijk | 21-06-09 |
| 6,51 | 1,1 Gavan | Koekkoek | JC 18-02-94 PAC | Amsterdam | 23-08-09 |
| 6,50 | 0,0 Pascal van | Balen | JA 06-03-90 Hellas | Utrecht | 13-06-09 |
| 6,48 | 0,1 Boudewijn van | Limpt | 01-03-82 Hollandia | Hoorn | 23-05-09 |
| 6,47 | 0,9 Pedro de | Almeida | 20-03-84 Phanos | Naaldwijk | 19-04-09 |
| (70) | | | | | |
| 6,46 | -0,8 Niek | Pluijmert | 19-01-84 Clytoneus | Zwolle | 17-05-09 |
| 6,45 | 1,1 Vincent | Vrijzen | Neo 15-07-89 Unitas | Veldhoven | 19-04-09 |
| 6,45 | 1,2 Tieme | Klinkers | 09-04-86 Vitalis | Nieuwegein | 20-09-09 |
| 6,44 | 1,0 Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Dronten | 10-06-09 |
| 6,43 | 0,3 Richard de | Bock | Neo 06-03-89 Noordkop | Amsterdam | 19-04-09 |
| 6,43 | 1,0 Jan | Ormel | 19-12-86 Hellas | Utrecht | 01-05-09 |
| 6,43 | -1,0 Lennart | Teunissen | 19-06-81 Altis | Hilversum | 13-09-09 |
| 6,42 | -0,8 Joost | Bouwman | 16-09-80 KAV Holland | Amsterdam | 19-04-09 |
| 6,42 | 1,7 Randy van | Geenen | JA 17-07-90 AV Almere '81 | Lisse | 06-06-09 |
| 6,42 | 1,0 Niels de | Graaf | JB 28-02-92 Atverni | Emmeloord | 26-06-09 |
| (80) | | | | | |
| <i>geen windgegevens bekend:</i> | | | | | |
| 7,19 | Geraldo | Hiwat | JA 14-02-91 AAC | Sparks (USA) | 03-04-09 |
| 6,82 | Kelvin | Tairou | JC 02-04-95 THOR | Terneuzen | 18-04-09 |
| 6,78 | Thomas | Hartman | JA 05-11-91 Clytoneus | Gouda | 21-05-09 |
| 6,76 | Niels | Teeler | 11-04-84 Energie | Spijkensisse | 19-04-09 |
| 6,76 | Thijs | Ros | 24-12-79 Clytoneus | Gouda | 21-05-09 |
| 6,72 | Robin | Lagrand | JA 15-02-91 Lycurgus | Heiloo | 21-05-09 |
| 6,68 | Bob | Altena | 11-02-86 Unitas | Best | 04-07-09 |
| 6,67 | Nils | Mulder | Neo 25-06-87 Haag Atletiek | Spijkensisse | 19-04-09 |
| 6,65 | Sander | Hage | 25-08-85 Sprint | Breda | 14-04-09 |
| 6,64 | Martijn | Reus | JA 23-01-90 Sprint | Breda | 19-09-09 |
| 6,61 | Bryan | Bastiaanse | Neo 15-06-89 Fortuna | Spijkensisse | 19-04-09 |
| 6,61 | Wik | Breure | JB 08-01-92 Pijnenburg | Haarlem | 07-06-09 |
| 6,60 | Gerben | Klein | Neo 03-03-87 THOR | Groningen | 05-06-09 |
| 6,57 | Jasper | Kranendonk | JA 20-03-91 Typhoon | Heerhugowaard | 10-05-09 |

| | | | | | |
|--|-------|------------------------|------------------------------|---------------------|----------|
| 6,56 | | Roland van Zuielen | JA 03-04-91 AV Gouda | Heerhugowaard | 10-05-09 |
| 6,55 | | Marc Jonker | Neo 20-02-88 Isala '96 | Zutphen | 19-04-09 |
| 6,54 | | Boudewijn van Limpt | 01-03-82 Hollandia | Heiloo | 21-05-09 |
| 6,48 | | Lars Groot | Neo 17-03-88 Trias | Heiloo | 21-05-09 |
| 6,48 | | Lennox Vellema | JB 15-01-93 Lycurgus | Amstelveen | 31-05-09 |
| 6,45 | | Tom Heijens | Neo 28-05-87 Hylas | Reeuwijk | 21-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 7,76 | w 3,5 | Eelco Sintnicolaas | Neo 07-04-87 AV '34 | Götzis (AUT) | 30-05-09 |
| 7,05 | w 2,3 | Frans Boumans | Neo 08-01-87 Achilles-Top | Den Haag | 17-05-09 |
| 7,04 | w 4,8 | Marc de Vries | 01-11-78 AV Zaanland | Alkmaar | 17-05-09 |
| 7,01 | w 2,1 | Dennis Weijens | 31-10-85 AV '23 | Naaldwijk | 19-04-09 |
| 7,01 | w 2,1 | Theo Danes | 19-05-83 AV '23 | Lisse | 06-06-09 |
| 6,99 | w 2,6 | Timo de Water | JA 05-11-91 Ilion | Emmeloord | 26-06-09 |
| 6,98 | w 2,7 | Erik Stevens | JA 11-03-91 Ilion | Bergen op Zoom | 06-09-09 |
| 6,97 | w 2,8 | Tijmen Meijer | Neo 27-02-88 Nea-Volharding | Amsterdam | 08-08-09 |
| 6,87 | w 3,8 | Robin Coops | JA 09-09-90 Hellas | Nijmegen | 22-05-09 |
| 6,77 | w 3,1 | Ivo Roovers | 05-02-79 Sprint | Dordrecht | 19-04-09 |
| 6,73 | w 3,4 | Bryan Bastiaanse | Neo 15-06-89 Fortuna | Nijmegen | 22-05-09 |
| 6,72 | w 4,0 | Pim Jehee | Neo 04-05-88 AV Gouda | Woerden | 29-08-09 |
| 6,71 | w 2,7 | Lennart Teunissen | 19-06-81 Altis | Amersfoort | 29-08-09 |
| 6,68 | w 2,4 | Erik Crombag | 29-10-82 't Haasje | Nijmegen | 22-05-09 |
| 6,66 | w 4,5 | Sander Hage | 25-08-85 Sprint | Nijmegen | 22-05-09 |
| 6,64 | w 4,1 | Elsworth Manuel | M40 27-11-68 R' dam Atletiek | Den Haag | 17-05-09 |
| 6,63 | w 2,8 | Cas Willems | Neo 29-01-88 Caesar | Woerden | 29-08-09 |
| 6,58 | w 3,1 | Niek Pluijmert | 19-01-84 Clytoneus | Nijmegen | 22-05-09 |
| 6,53 | w 3,6 | Tim Brouwer | 27-02-79 Eindhoven Atl. | Eindhoven | 08-05-09 |
| 6,46 | w 2,3 | Wicher Nijkamp | JB 29-01-92 Spado | Bergen op Zoom | 06-09-09 |
| 6,45 | w 3,1 | Mark Jonker | Neo 20-02-88 Isala '96 | Kampen | 22-04-09 |
| 6,43 | w 2,3 | Daniël Oldenstam | JB 31-08-93 Fortuna | Den Haag | 07-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 6,90 | o | Cas Willems | Neo 29-01-88 Caesar | Beek | 13-09-09 |
| 6,86 | o | Robbert Jan Jansen | 22-07-83 Prins Hendrik | Breda | 26-09-09 |
| 6,86 | o | Duncan Visser | Neo 04-02-87 Haag Atletiek | Den Haag | 10-10-09 |
| 6,68 | o | Ben 't Hart | JB 22-02-93 Sparta | Den Haag | 04-10-09 |
| 6,52 | o | Wesley Goedegebuure | JA 28-09-91 Unitas | Sittard | 27-09-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | |
| 7,43 | 1,5 | Egnetious Gaisha (GHA) | 20-06-83 PAC | Amsterdam | 08-08-09 |
| 7,27 | | Kristof Beyens (BEL) | 13-07-83 Unitas | Naim.Xhovmont (BEL) | 17-05-09 |
| 7,44 | w 3,2 | Egnetious Gaisha (GHA) | 20-06-83 PAC | Hilversum | 13-09-09 |
| hink-stap-sprong mannen | | | | | |
| 16,65 | 0,7 | Fabian Florant | 01-02-83 Haag Atletiek | Wesel (GER) | 01-06-09 |
| 16,47 | 1,7 | Fabian Florant | | Amsterdam | 01-08-09 |
| 16,42 | 0,4 | Fabian Florant | | USA | 09-05-09 |
| 16,41 | 1,6 | Fabian Florant | | Bergen (NOR) | 21-06-09 |
| 16,33 | 0,1 | Fabian Florant | | Uden | 27-06-09 |
| 16,06 | 0,9 | Fabian Florant | | Baunatal (GER) | 05-06-09 |
| 15,97 | 0,5 | Fabian Florant | | Eindhoven | 12-07-09 |
| 15,42 | 0,0 | Fabian Florant | | Luzern (SUI) | 15-07-09 |
| 14,95 | 1,1 | Lennart Teunissen | 19-06-81 Altis | Amsterdam | 01-08-09 |
| 14,64 | 0,4 | Sander Hage | 25-08-85 Sprint | Lanaken (BEL) | 25-07-09 |
| (10/3) | | | | | |
| 14,61 | 1,6 | Pascal van Balen | JA 06-03-90 Hellas | Amsterdam | 01-08-09 |
| 14,25 | 1,0 | David van Hetten | 06-08-86 R' dam Atletiek | Sittard | 21-06-09 |
| 14,25 | 0,4 | Jelle van Kesteren | 21-11-85 Sprint | Amsterdam | 01-08-09 |
| 14,23 | 1,6 | Timo de Water | JA 05-11-91 Ilion | Emmeloord | 28-06-09 |
| 14,18 | 0,3 | Pieter Braun | JB 21-01-93 Sprint | Emmeloord | 27-06-09 |
| 14,17 | 1,7 | Remco Aubert | 16-12-86 PAC | Amsterdam | 01-08-09 |
| 13,97 | 0,1 | Bryan Bastiaanse | Neo 15-06-89 Fortuna | Amsterdam | 01-08-09 |
| (10) | | | | | |
| 13,91 | 0,9 | Wik Breure | JB 08-01-92 Pijnenburg | Amstelveen | 10-05-09 |
| 13,90 | 1,7 | Frank Koopmans | 06-02-75 PEC 1910 | Naaldwijk | 19-04-09 |
| 13,88 | 1,5 | Norbert Hoven | Neo 30-05-88 AAC | Den Haag | 17-05-09 |
| 13,84 | 2,0 | Tim Brouwer | 27-02-79 Eindhoven Atl. | Sittard | 21-06-09 |
| 13,80 | -0,9 | Emiel Roobeek | 07-03-86 AV '34 | Nijmegen | 20-09-09 |
| 13,71 | -1,2 | Tijmen Meijer | Neo 27-02-88 Nea-Volharding | Uden | 27-06-09 |

| | | | | | |
|-------|----------------------|-------------|------------------------------|----------------|----------|
| 13,65 | 0,5 Jasper | Kranendonk | JA 20-03-91 Typhoon | Emmeloord | 28-06-09 |
| 13,60 | 1,8 Elsworth | Manuel | M40 27-11-68 R' dam Atletiek | Den Haag | 17-05-09 |
| 13,58 | 0,8 Joeri van der | Hoof | JB 08-09-93 De Wielingen | Emmeloord | 27-06-09 |
| 13,49 | 1,3 Tjendo | Samuel | Neo 19-12-89 Phanos | Naaldwijk | 19-04-09 |
| (20) | | | | | |
| 13,42 | -0,1 Pim | Jehee | Neo 04-05-88 AV Gouda | Harderwijk | 21-06-09 |
| 13,40 | 1,1 Harald-Peter | Bust | JB 03-06-92 Jahn II | Emmeloord | 27-06-09 |
| 13,38 | 0,2 Kingsley | Yeboah | JA 18-12-91 PAC | Emmeloord | 28-06-09 |
| 13,36 | 0,3 Alwin | Papegaaij | 16-03-84 Isala '96 | Harderwijk | 21-06-09 |
| 13,28 | 2,0 Wesley | Liefden | 26-01-78 R' dam Atletiek | Veldhoven | 19-04-09 |
| 13,27 | -1,2 Maarten | Bouwman | 01-05-84 Phanos | Dubnica (SVK) | 31-05-09 |
| 13,21 | 1,8 Tjeerd | Visser | JA 31-10-91 HAC | Emmeloord | 28-06-09 |
| 13,20 | 1,3 Rogier van den | Berg | 01-04-79 Sparta | Sittard | 21-06-09 |
| 13,20 | 0,3 Loek | Bellord | Neo 18-09-88 Hylas | Amersfoort | 21-06-09 |
| 13,17 | 0,8 Joram | Knigge | JA 24-01-90 AV '23 | Emmeloord | 28-06-09 |
| (30) | | | | | |
| 13,08 | 1,0 Gerben | Klein | Neo 03-03-87 THOR | Zevenbergen | 21-06-09 |
| 13,03 | 0,4 Jasper | Lohuis | 08-02-81 AC TION | Den Haag | 17-05-09 |
| 12,88 | 1,2 Almo | Daved | JB 24-05-92 AAC | Amstelveen | 10-05-09 |
| 12,87 | 0,7 Storm | Potkamp | JB 15-03-93 Ciko '66 | Emmeloord | 27-06-09 |
| 12,77 | 0,0 Tim | Schellekens | JA 07-09-90 Atledo | Zevenbergen | 21-06-09 |
| 12,75 | 0,0 Wenis | Mejri-Blom | JA 02-12-91 Spark | Heerhugowaard | 10-05-09 |
| 12,75 | -1,2 Remco | Mettes | Neo 19-06-87 Hollandia | Reeuwijk | 21-06-09 |
| 12,71 | 0,3 Koen | Amse | JA 23-04-90 DEM | Huizen | 21-06-09 |
| 12,68 | 0,6 Bas | Lok | JA 12-02-90 Lycurgus | Emmeloord | 28-06-09 |
| 12,65 | 1,0 Dennis | Schrijnders | 18-10-85 Lycurgus | Naaldwijk | 19-04-09 |
| (40) | | | | | |
| 12,65 | 1,0 Ben 't | Hart | JB 22-02-93 Sparta | Emmeloord | 27-06-09 |
| 12,61 | 0,0 Sven | Ootjers | M35 24-06-73 Trias | Amersfoort | 21-06-09 |
| 12,58 | 1,4 Erwin v.d. | Lee | 16-04-83 Attila | Sittard | 21-06-09 |
| 12,56 | 0,0 Bart van | Amelsvoort | Neo 23-10-87 Scorpio | Zevenbergen | 21-06-09 |
| 12,54 | 0,9 Lowie | Martin | Neo 30-09-87 Prins Hendrik | Naaldwijk | 19-04-09 |
| 12,54 | 1,7 Jurgen van | Berkum | M40 04-09-67 Parthenon | Dordrecht | 19-04-09 |
| 12,53 | 1,1 Olaf van der | Geest | JB 29-09-92 De Keien | Emmeloord | 27-06-09 |
| 12,53 | 1,7 Laurens | Holst | JA 11-03-90 Startbaan | Bergen op Zoom | 06-09-09 |
| 12,50 | 0,2 Niek | Pluijmer | 19-01-84 Clytoneus | Uden | 27-06-09 |
| 12,50 | 0,2 Berry | Koolstra | 14-04-86 Ilion | Nijmegen | 20-09-09 |
| (50) | | | | | |
| 12,49 | 0,8 Joey | Blangé | JA 04-09-91 Spirit-OB | Zevenbergen | 21-06-09 |
| 12,46 | 2,0 Simon | Bliek | JB 07-08-92 AV Gouda | Emmeloord | 27-06-09 |
| 12,45 | 0,3 Joris van | Vlerken | 02-03-80 GVAC | Valkenswaard | 19-04-09 |
| 12,45 | -0,2 Ewout | Revers | Neo 27-04-89 Zuidwal | Huizen | 05-06-09 |
| 12,41 | -0,7 Klaas-Jan | Brouwer | Neo 12-07-88 Jahn II | Assen | 19-04-09 |
| 12,39 | -0,1 Tieme | Klinkers | 09-04-86 Vitalis | Harderwijk | 21-06-09 |
| 12,39 | 1,5 Alex | Eradus | Neo 16-06-88 Groene Ster | Roosendaal | 02-07-09 |
| 12,38 | 0,6 Richard de | Bock | Neo 06-03-89 Noordkop | Amsterdam | 19-04-09 |
| 12,38 | 0,5 Harm | Heesbeen | JA 06-05-90 Prins Hendrik | Vught | 10-05-09 |
| 12,35 | 1,1 Koen | Michielsen | JA 29-11-91 Gloria | Zevenbergen | 21-06-09 |
| (60) | | | | | |
| 12,31 | 0,0 Eelco | Koelewijn | 21-09-80 AC TION | Harderwijk | 21-06-09 |
| 12,28 | 0,4 Bodo | Verberkt | JA 16-12-91 Clytoneus | Santpoort | 14-06-09 |
| 12,28 | 0,9 Marco | Jansen | JA 14-08-90 Pijnenburg | Huizen | 21-06-09 |
| 12,24 | 1,7 Berend | Reichman | JA 01-01-91 GAC-Hilversum | Emmeloord | 28-06-09 |
| 12,23 | 0,6 Matthias | Otter | Neo 20-01-87 Passaat | Veldhoven | 19-04-09 |
| 12,23 | 1,1 Rene de | Vos | 19-08-83 De Sperwers | Harderwijk | 21-06-09 |
| 12,19 | 0,0 Niels | Teeler | 11-04-84 Energie | Reeuwijk | 21-06-09 |
| 12,18 | 0,2 Geoffrey van den | Berg | JA 26-11-91 Startbaan | Amstelveen | 10-05-09 |
| 12,17 | 0,7 Joni van | Loon | Neo 26-08-88 Cialfo | Assen | 19-04-09 |
| 12,17 | 0,9 Bas van den | Bergh | JB 15-06-92 Scopias | Valkenswaard | 19-04-09 |
| (70) | | | | | |
| 12,10 | 0,7 Martijn | Rutgers | JB 13-05-92 AAC | Emmeloord | 27-06-09 |
| 12,06 | -0,1 Wouter | Blok | JA 06-02-91 Leiden Atletiek | Amersfoort | 21-06-09 |
| 12,05 | 1,6 Martijn | Koops | Neo 22-08-89 Flevo Delta | Nijmegen | 21-06-09 |
| 12,04 | 1,5 Bren Simon | Meijer | JB 05-01-93 Nea-Volharding | Amsterdam | 31-05-09 |
| 12,04 | 0,6 Rick | Verweij | 03-11-83 AV Wijchen | Nijmegen | 21-06-09 |

| | | | | | | |
|----------------------------------|------|--------------|------------|-----------------------------|-------------|----------|
| 12,00 | -2,1 | Rutger | Verbeij | 30-04-83 AV '47 | Reeuwijk | 21-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 14,38 | | Bryan | Bastiaanse | Neo 15-06-89 Fortuna | Spijkenisse | 19-04-09 |
| 13,66 | | Jan | Ormel | 19-12-86 Hellas | Spijkenisse | 19-04-09 |
| 13,37 | | Nils | Mulder | Neo 25-06-87 Haag Atletiek | Spijkenisse | 19-04-09 |
| 13,21 | | Thomas | Hartman | JA 11-05-91 Clytoneus | Zwolle | 17-05-09 |
| 13,12 | | Martijn | Hagoort | JA 24-12-90 Ilion | Naaldwijk | 14-05-09 |
| 13,05 | | Olaf van der | Geest | JB 29-09-92 De Keien | Tilburg | 01-06-09 |
| 13,03 | | Mark | Jacobs | JB 20-04-92 GVAC | Tilburg | 01-06-09 |
| 13,03 | | Dennis | Weijens | 31-10-85 AV '23 | Utrecht | 07-08-09 |
| 12,96 | | Bart van | Amelsvoort | Neo 23-10-87 Scorpio | Drunen | 25-06-09 |
| 12,94 | | Bas van den | Bergh | JB 15-06-92 Scopias | Zevenbergen | 21-06-09 |
| 12,82 | | Niek | Pluijmert | 19-01-84 Clytoneus | Naaldwijk | 14-05-09 |
| 12,71 | | Kevin van de | Wassenberg | Neo 21-06-87 Athlos | Heerde | 27-05-09 |
| 12,67 | | Niels | Ran | Neo 14-03-88 AV Haarlem | Spijkenisse | 19-04-09 |
| 12,66 | | Berry | Koolstra | 14-04-86 Ilion | Naaldwijk | 14-05-09 |
| 12,66 | | Ben 't | Hart | JB 22-02-93 Sparta | Groningen | 13-09-09 |
| 12,65 | | Jasper | Heesbeen | JB 23-01-92 Prins Hendrik | Tilburg | 01-06-09 |
| 12,58 | | Lars | Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |
| 12,50 | | Niels | Teeler | 11-04-84 Energie | Spijkenisse | 19-04-09 |
| 12,48 | | Joris de | Ruiter | 13-07-83 DEM | Beverwijk | 25-04-09 |
| 12,43 | | Paul | Bolks | 17-03-85 Climax | Zwolle | 17-05-09 |
| 12,43 | | Mitchell | Vereijken | JA 03-01-90 Gen. Michaëlis | Tilburg | 01-06-09 |
| 12,35 | | Bart van den | Wijngaard | Neo 18-08-89 Scorpio | Dongen | 24-04-09 |
| 12,35 | | Remco | Struik | 17-08-80 Hanzesport | Apeldoorn | 28-08-09 |
| 12,29 | | Rutger | Verbeij | 30-04-83 AV '47 | Spijkenisse | 19-04-09 |
| 12,28 | | Wander | Pal | 15-09-78 Phanos | Amsterdam | 05-07-09 |
| 12,23 | | Coen | Lauwers | JA 09-11-90 AV Reusel '69 | Zevenbergen | 21-06-09 |
| 12,23 | | Tom | Michielsen | Neo 21-01-87 Gloria | Drunen | 25-06-09 |
| 12,21 | | Wouter | Blok | JA 06-02-91 Leiden Atletiek | Leiden | 08-07-09 |
| 12,11 | | Nick | Bastiaanse | JA 14-04-91 Fortuna | Spijkenisse | 19-04-09 |
| 12,09 | | Marijn | Wouters | JA 22-08-90 Statina | Amersfoort | 04-07-09 |
| 12,07 | | Branco van | Minnen | JB 19-01-92 SISU | Emmen | 14-06-09 |
| 12,05 | | Bren Simon | Meijer | JB 05-01-93 Nea-Volharding | Heiloo | 03-05-09 |
| 12,04 | | Igor | Smits | JB 15-04-93 Hollandia | Alkmaar | 24-04-09 |

met teveel rugwind:

| | | | | | | |
|-------|-------|-----------|------------|----------------------------|----------------|----------|
| 15,02 | w 3,6 | Sander | Hage | 25-08-85 Sprint | Nijmegen | 21-05-09 |
| 14,40 | w 3,2 | Bryan | Bastiaanse | Neo 15-06-89 Fortuna | Nijmegen | 21-05-09 |
| 13,56 | w 2,2 | Raimo | Westerhof | 12-10-86 Athlos | Harderwijk | 21-06-09 |
| 13,48 | w 2,6 | Kingsley | Yeboah | JA 18-12-91 PAC | Emmeloord | 28-06-09 |
| 13,38 | w 3,5 | Martijn | Hagoort | JA 24-12-90 Ilion | Bergen op Zoom | 06-09-09 |
| 13,31 | w 4,0 | Tjeerd | Visser | JA 31-10-91 HAC | Veldhoven | 19-04-09 |
| 13,28 | w 2,9 | Gerben | Klein | Neo 03-03-87 THOR | Dordrecht | 19-04-09 |
| 13,13 | w 3,0 | Niek | Pluijmert | 19-01-84 Clytoneus | Nijmegen | 21-05-09 |
| 13,06 | w 3,8 | Theo | Danes | 19-05-83 AV '23 | Nijmegen | 21-05-09 |
| 12,96 | w 2,4 | Niels van | Ommen | 16-03-86 Spirit-OB | Dordrecht | 19-04-09 |
| 12,92 | w 2,9 | Sven | Ootjers | M35 24-06-73 Trias | Amsterdam | 19-04-09 |
| 12,88 | w 3,7 | Jasper de | Lange | Neo 16-05-88 AAV '36 | Nijmegen | 21-05-09 |
| 12,87 | w 3,2 | Bas | Lok | JA 12-02-90 Lycurgus | Emmeloord | 28-06-09 |
| 12,80 | w 2,1 | Ben 't | Hart | JB 22-02-93 Sparta | Den Haag | 07-06-09 |
| 12,72 | w 2,9 | Laurens | Holst | JA 11-03-90 Startbaan | Bergen op Zoom | 06-09-09 |
| 12,61 | w 2,2 | Stephan | Tijssen | JA 07-04-90 Startbaan | Amsterdam | 19-04-09 |
| 12,28 | w 2,3 | Eric | Beaart | M40 30-04-65 Prins Hendrik | Oosterhout | 13-06-09 |
| 12,23 | w 3,0 | Ivo van | Haaren | 08-03-82 KAV Holland | Amsterdam | 19-04-09 |

buitenlanders bij Nederlandse club:

| | | | | | | |
|-------|-----|-----|-------------|-----------------------|----------|----------|
| 14,52 | 0,7 | Tim | Riedl (GER) | 22-02-84 Achilles-Top | Den Haag | 17-05-09 |
|-------|-----|-----|-------------|-----------------------|----------|----------|

kogelstoten 7,25 kg mannen

| | | | | | | |
|-------|--|----------|------------|------------------------|-----------|----------|
| 18,21 | | Patrick | Groot | 08-03-80 Lycurgus | Vught | 21-05-09 |
| 18,20 | | Maarten | Persoon | Neo 15-03-87 Phanos | Uden | 27-06-09 |
| 18,20 | | Patrick | Groot | | Krommenie | 05-07-09 |
| 17,97 | | Maarten | Persoon | Neo | Krommenie | 05-07-09 |
| 17,91 | | Patrick | Groot | | Leiden | 13-06-09 |
| 17,83 | | Erik van | Vreumingen | 15-06-78 Haag Atletiek | Amsterdam | 02-08-09 |
| 17,81 | | Patrick | Groot | | Breda | 29-08-09 |
| 17,76 | | Maarten | Persoon | Neo | Hoorn | 23-05-09 |

Statistisch jaarboek 2009

| | | | | | |
|-------|---------------|------------------|------------------------------|--------------------|----------|
| 17,75 | Patrick | Groot | | Uden | 27-06-09 |
| 17,72 | Maarten | Persoon | Neo | Eindhoven | 12-07-09 |
| | (10/3) | | | | |
| 17,70 | Erik | Cadée | 15-02-84 Prins Hendrik | La Jolla (USA) | 12-05-09 |
| 17,49 | Patrick | Cronie | Neo 05-11-89 Phanos | Uden | 27-06-09 |
| 17,25 | Rene van der | Donk | 26-04-85 Prins Hendrik | Naaldwijk | 19-04-09 |
| 17,21 | Tom | Corstjens | 19-01-85 Achilles-Top | Tessenderlo (BEL) | 05-08-09 |
| 16,28 | Bas de | Vos | 16-09-75 AV Castricum | Krommenie | 05-07-09 |
| 15,45 | Stefan van | Lieshout | Neo 28-04-88 Achilles-Top | Den Haag | 17-05-09 |
| 15,28 | Wieger Jan de | Wit | 26-06-75 Impala | Drachten | 17-05-09 |
| | (10) | | | | |
| 15,21 | Bror van der | Zijde | Neo 13-02-89 Ilion | Leiden | 13-06-09 |
| 15,07 | Marcel | Mahie | M35 08-10-72 Noordkop | Alkmaar | 17-05-09 |
| 15,07 | Jeffrey | Wassenburg | 10-06-81 Noordkop | Alkmaar | 17-05-09 |
| 15,07 | Robin | Geertsma | 15-12-76 Lycurgus | Krommenie | 21-06-09 |
| 15,07 | Jan de | Wit | 26-06-75 Impala | Harderwijk | 21-06-09 |
| 15,06 | Jaap | Kuiper | 25-08-76 R' dam Atletiek | Ede | 20-09-09 |
| 14,99 | Stein | Kuiper | M40 03-03-69 Prins Hendrik | Oosterhout | 14-06-09 |
| 14,97 | Philipp | Ambach | 29-01-78 Haag Atletiek | Nieuwegein | 17-05-09 |
| 14,92 | Gerard | Sluiter | M35 13-01-73 Ciko '66 | Krommenie | 21-06-09 |
| 14,64 | Thierry | Kruithof | JA 11-04-91 Startbaan | Alkmaar | 17-05-09 |
| | (20) | | | | |
| 14,63 | Vincent | Jessen | Neo 26-01-89 Attila | Ede | 20-09-09 |
| 14,62 | Marcel | Dost | M35 28-09-69 AC TION | Haaksbergen | 12-05-09 |
| 14,62 | Bob | Altena | 11-02-86 Unitas | Beek | 13-05-09 |
| 14,37 | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Steenbergen | 28-06-09 |
| 14,31 | Paul | Olofsen | Neo 22-02-89 SAV | Den Helder | 28-08-09 |
| 14,31 | Eric | Gommans | 17-08-79 AC TION | Nijmegen | 20-09-09 |
| 14,24 | Ingmar | Vos | 28-05-86 PAC | Leiden | 23-04-09 |
| 14,15 | Leo van der | Blom | 18-11-79 R' dam Atletiek | Veldhoven | 19-04-09 |
| 14,13 | Jeroen | Sanders | 09-08-77 Sparta | Veldhoven | 19-04-09 |
| 14,06 | Eugène | Martineau | 14-05-80 Achilles-Top | Hoorn | 23-05-09 |
| | (30) | | | | |
| 14,05 | Ludo van der | Plaat | 03-07-83 Ilion | Lisse | 06-06-09 |
| 14,04 | Jasper | Christiaan (AHO) | 18-06-84 AAC | Den Haag | 17-05-09 |
| 13,90 | Remco van | Veldhuizen | M35 11-10-73 Ilion | Zwolle | 17-05-09 |
| 13,89 | Peter | Holthuijsen | M45 07-11-61 Scopias | Eindhoven | 26-04-09 |
| 13,87 | Ronald | Meijer | 20-01-82 Altis | Amsterdam | 19-04-09 |
| 13,87 | Elliot | Thijssen | M35 30-03-71 Hellas | Leiden | 10-05-09 |
| 13,80 | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Vught | 21-05-09 |
| 13,78 | Adriaan | Saman | 12-10-83 AV '34 | Lisse | 06-06-09 |
| 13,76 | Christian | Nusselder | 17-02-77 Atletico '73 | Zutphen | 19-04-09 |
| 13,50 | Daan | Slotboom | 03-06-81 Climax | Eindhoven | 16-04-09 |
| | (40) | | | | |
| 13,48 | Ronald | Huethorst | 10-03-82 AV '34 | Apeldoorn | 28-08-09 |
| 13,46 | Arjan | Dekker | 24-07-78 Achilles-Top | Weert | 13-04-09 |
| 13,33 | Gertjan | Onos | 25-03-82 Nea-Volharding | Zwolle | 17-05-09 |
| 13,33 | Jonathan | Huisman | 17-09-85 PEC 1910 | Lisse | 06-06-09 |
| 13,30 | Roland | Boon | M35 19-09-70 Athlos | Harderwijk | 21-06-09 |
| 13,28 | Niels v.d. | Kruk | 13-08-79 AV '40 | Amersfoort | 21-06-09 |
| 13,22 | Erik | Spaan | 26-05-74 AV Wijchen | Nijmegen | 14-04-09 |
| 13,15 | Winston | Hofmeester | M40 20-01-69 Haag Atletiek | Gouda | 12-06-09 |
| 13,07 | Alexander | Oldenmenger | 09-03-77 Spirit-OB | Zevenbergen | 21-06-09 |
| 13,01 | Kjell | Heinsius | 20-02-79 SAV | Alkmaar | 24-04-09 |
| | (50) | | | | |
| 13,01 | Arjan van | Harn | 03-08-81 GAC-Hilversum | Utrecht | 22-05-09 |
| 12,98 | Daan | Meijer | 17-02-83 AV '34 | Steenwijk | 11-10-09 |
| 12,94 | Martijn | Scheffers | M35 08-09-72 Leiden Atletiek | Leiden | 26-06-09 |
| 12,94 | Cas | Willems | Neo 29-01-88 Caesar | Beek | 09-09-09 |
| 12,87 | Theo | Danes | 19-05-83 AV '23 | Nijmegen | 22-05-09 |
| 12,85 | Frank | Koopmans | 06-02-75 PEC 1910 | Zwolle | 18-06-09 |
| 12,84 | Pelle | Rietveld | 04-02-85 Ilion | Coral Gables (USA) | 16-04-09 |
| 12,83 | Paul | Joosten | M35 27-08-70 Hylas | Alkmaar | 17-05-09 |
| 12,79 | Marco | Oplanic | Neo 06-10-89 Lycurgus | Naaldwijk | 19-04-09 |
| 12,79 | Ronald | Gram | M35 31-03-74 Sprint | Eindhoven | 26-04-09 |

| | | | | | | |
|-------|--------|--|---------------|-----------------------------|--------------------|----------|
| | (60) | | | | | |
| 12,73 | | Rene | Smit | 14-02-78 Hollandia | Spijkenisse | 19-04-09 |
| 12,68 | | Benny | Tapken | 12-01-83 Jahn II | Assen | 19-04-09 |
| 12,68 | | Kees | Langeveld | Neo 26-01-87 AC TION | Best | 04-07-09 |
| 12,66 | | Remco | Goetheer | JB 05-10-92 Passaat | Sittard | 21-06-09 |
| 12,65 | | Bart | Mateman | 16-12-86 Groningen Atl | Nijmegen | 22-05-09 |
| 12,63 | | Bram | Westland | 15-02-84 Hollandia | Hoorn | 12-06-09 |
| 12,60 | | Justin | Francois | 22-03-76 Groene Ster | Amersfoort | 29-08-09 |
| 12,51 | | Maarten | Klaver | 22-03-76 PAC | Ede | 17-05-09 |
| 12,49 | | Niels | Groot | 29-12-84 Spark | Zevenbergen | 13-05-09 |
| 12,47 | | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Amsterdam | 19-04-09 |
| | (70) | | | | | |
| 12,43 | | Cyriel | Verberne | 04-12-84 Attila | Ede | 17-05-09 |
| 12,42 | | Arnoud | Koot | M35 06-02-72 De Spartaan | Zwolle | 17-05-09 |
| 12,29 | | Marc | Elsbeek | M35 31-01-72 De Keien | Valkenswaard | 19-04-09 |
| 12,25 | | Jasper van | Baar | 10-10-77 Trias | Heiloo | 21-05-09 |
| 12,25 | | Roderik | Derksen | 19-04-82 AC TION | Harderwijk | 21-06-09 |
| 12,23 | | Henk Jan | Blom | M45 18-01-63 Hollandia | Nieuwegein | 20-09-09 |
| 12,22 | | Elco | Ridderbos | M45 21-04-64 AV '23 | Gemert | 23-05-09 |
| 12,20 | | Stephan | Wapperom | JA 11-12-90 Parthenon | Dordrecht | 19-04-09 |
| 12,20 | | Jan | Kuis | M40 06-08-68 PEC 1910 | Ede | 20-09-09 |
| 12,17 | | Lex | Verhoeven | M35 29-09-69 Groene Ster | Sittard | 21-06-09 |
| | (80) | | | | | |
| 12,16 | | Arnoud | Creemers | 09-04-82 Sprint | Nijmegen | 20-09-09 |
| 12,15 | | Michel | Leinders | M45 10-03-62 Unitas | Kerkrade | 04-04-09 |
| 12,13 | | Jeroen van | Belzen | 22-06-83 Dynamica | Eeklo (BEL) | 30-08-09 |
| 12,11 | | Eugene | Lommen | M40 27-11-67 De Keien | Nieuwegein | 20-09-09 |
| 12,08 | | Jeroen ten | Heuvel | M35 25-05-73 Flevo Delta | Dronten | 10-06-09 |
| 12,07 | | Pieter | Westerhof | 21-10-85 Energie | Nieuwegein | 20-09-09 |
| 12,02 | | Johan van den | Berg | 27-01-82 Ilion | Naaldwijk | 14-05-09 |
| 12,02 | | Ramon | Veneboer | 28-02-82 AV Haaksbergen | Nijmegen | 21-06-09 |
| 12,02 | | Victor | Besters | JA 19-10-90 Spado | Oordegem (BEL) | 26-09-09 |
| 12,01 | | Ben van | Sark | M40 24-02-66 AV Haaksbergen | Assen | 19-04-09 |
| | (90) | | | | | |
| 12,00 | | Rik | Grasmeijer | M40 29-12-66 AV '34 | Leiden | 10-05-09 |
| | | <i>in onderlinge wedstrijd:</i> | | | | |
| 13,82 | o | Jonathan | Pengel | 22-09-85 Phanos | Amsterdam | 04-10-09 |
| 13,14 | o | Tjendo | Samuel | Neo 19-12-89 Phanos | Amsterdam | 04-10-09 |
| 12,99 | o | Richard | Veldhuis | 05-06-77 AV '40 | Delft | 13-04-09 |
| 12,68 | o | Remy | Stieglis | 29-06-85 Phanos | Amsterdam | 04-10-09 |
| 12,62 | o | Niels | Groot | 29-12-84 Spark | Spijkenisse | 26-09-09 |
| 12,54 | o | Cyriel | Verberne | 04-12-84 Attila | Tilburg | 03-10-09 |
| 12,49 | o | Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 03-10-09 |
| 12,41 | o | Rick van | Ruiten | 24-01-85 De Spartaan | Lisse | 03-10-09 |
| 12,39 | o | Harm | Bruins | 22-03-84 Phanos | Amsterdam | 04-10-09 |
| 12,21 | o | Michel | Kuiper | M35 09-02-74 Phanos | Amsterdam | 04-10-09 |
| 12,10 | o | Vincent van | Blitterswijk | 08-05-79 De Spartaan | Lisse | 05-04-09 |
| 12,08 | o | Rik | Grasmeijer | M40 29-12-66 AV '34 | Apeldoorn | 26-09-09 |
| 12,04 | o | Marius | Kranendonk | Neo 08-01-88 AAC | Gorinchem | 17-10-09 |
| | | <i>buitenlanders bij Nederlandse club:</i> | | | | |
| 19,93 | | Gerret | Johnson (USA) | 24-05-84 AAC | Hoorn | 23-05-09 |
| | | discuswerpen 2 kg mannen | | | | |
| 65,61 | | Erik | Cadée | 15-02-84 Prins Hendrik | Chula (USA) | 28-04-09 |
| 64,42 | | Erik | Cadée | | Chula (USA) | 23-04-09 |
| 64,04 | | Erik | Cadée | | Zwolle | 17-05-09 |
| 64,00 | | Erik | Cadée | | Chula (USA) | 06-05-09 |
| 62,98 | | Erik | Cadée | | Hulst | 01-06-09 |
| 62,69 | | Erik | Cadée | | Vught | 21-05-09 |
| 62,66 | | Erik | Cadée | | Stadskanaal | 07-06-09 |
| 61,89 | | Erik | Cadée | | Los Realejos (ESP) | 15-03-09 |
| 61,89 | | Erik | Cadée | | Berlijn (GER) | 14-06-09 |
| 61,16 | | Erik | Cadée | | Bydgoszcz (Pol) | 10-06-09 |
| | (10/1) | | | | | |
| 58,87 | | Boudewijn | Luijten | Neo 25-08-88 Start '78 | Amsterdam | 01-08-09 |
| 57,45 | | Maarten | Persoon | Neo 15-03-87 Phanos | Rotterdam | 03-07-09 |

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|-------|---------------|------------------|--|-------------------|----------|
| 54,15 | Mike van der | Bilt | 23-10-76 Haag Atletiek | Hoorn | 23-05-09 |
| 50,71 | Tom | Corstjens | 19-01-85 Achilles-Top | Herentals (BEL) | 03-05-09 |
| 50,53 | Patrick | Cronie | Neo 05-11-89 Phanos | Amsterdam | 01-08-09 |
| 49,40 | Martijn | Scheffers | M35 08-09-72 Leiden Atletiek | Krommenie | 05-07-09 |
| 49,28 | Gerard | Sluiter | M35 13-01-73 Ciko '66 | Utrecht | 10-07-09 |
| 49,10 | Piet | Meijdam | M50 19-11-57 Hercules | Lisse | 09-05-09 |
| 47,12 | Robin | Geertsma | 15-12-76 Lycurgus | Amsterdam | 01-08-09 |
| (10) | | | | | |
| 46,63 | Stein | Kuiper | M40 03-03-69 Prins Hendrik | Oosterhout | 14-06-09 |
| 46,29 | Stephan | Dekker | Neo 17-02-87 Ilion | Steenwijk | 11-10-09 |
| 46,01 | Marcel | Dost | M35 28-09-69 AC TION | Hengelo | 18-06-09 |
| 45,69 | Sander | Stok | 09-12-82 AV '23 | Krommenie | 21-06-09 |
| 45,39 | Erik | Spaan | M35 26-05-74 AV Wijchen | Nijmegen | 21-06-09 |
| 45,30 | Bob | Altena | 11-02-86 Unitas | Best | 05-07-09 |
| 45,24 | Ivo de | Bruin | 07-03-86 Phanos | Vught | 21-05-09 |
| 45,01 | Ronald | Gram | M35 31-03-74 Sprint | Den Haag | 17-05-09 |
| 44,98 | Leo van der | Blom | 18-11-79 R' dam Atletiek | Den Haag | 17-05-09 |
| 44,94 | Eugène | Martineau | 14-05-80 Achilles-Top | Berlijn (GER) | 20-08-09 |
| (20) | | | | | |
| 43,51 | Tom van der | Haar | 11-05-86 PEC 1910 | Ede | 20-09-09 |
| 43,49 | Peter | Holthuijsen | M45 07-11-61 Scopias Übach-Palenberg (GER) | 18-06-09 | |
| 43,48 | Philipp | Ambach | 29-01-78 Haag Atletiek | Nieuwegein | 17-05-09 |
| 43,45 | Kjell | Heinsius | 20-02-79 SAV | Alkmaar | 24-04-09 |
| 43,35 | Ludo van der | Plaat | 03-07-83 Ilion | Hulst | 01-06-09 |
| 43,13 | Paul | Olofsen | Neo 22-02-89 SAV | Krommenie | 05-07-09 |
| 42,98 | Ronald | Huethorst | 10-03-82 AV '34 | Krommenie | 21-06-09 |
| 42,68 | Niels v.d. | Kruk | 13-08-79 AV '40 | Nieuwegein | 20-09-09 |
| 42,61 | Ingmar | Vos | 28-05-86 PAC | Amsterdam | 01-08-09 |
| 42,51 | Winston | Hofmeester | M40 20-01-69 Haag Atletiek | Leiden | 26-06-09 |
| (30) | | | | | |
| 42,22 | Jasper | Christiaan (AHO) | 18-06-84 AAC | Den Haag | 17-05-09 |
| 42,19 | Bror van der | Zijde | Neo 13-02-89 Ilion | Eindhoven | 12-07-09 |
| 42,07 | Vincent | Onos | 08-04-86 SAV | Eeklo (BEL) | 17-10-09 |
| 42,06 | Thierry | Kruithof | JA 11-04-91 Startbaan | Alkmaar | 17-05-09 |
| 42,03 | Kees | Langeveld | Neo 26-01-87 AC TION | Nijmegen | 20-09-09 |
| 41,93 | Theo | Danes | 19-05-83 AV '23 | Breda | 29-08-09 |
| 41,91 | Jeffrey | Wassenburg | 10-06-81 Noordkop | Amersfoort | 21-06-09 |
| 41,79 | Martijn | Langen | Neo 22-06-89 AAC '61 | Nijmegen | 21-06-09 |
| 41,48 | Michel | Leinders | M45 10-03-62 Unitas | Beek | 15-04-09 |
| 41,48 | Nicolai | Versloot | JB 16-01-92 Phanos | Nijmegen | 20-09-09 |
| (40) | | | | | |
| 41,42 | Johan van den | Berg | 27-01-82 Ilion | Gouda | 21-05-09 |
| 41,37 | Arnoud | Koot | M35 06-02-72 De Spartaan | Zwolle | 17-05-09 |
| 41,02 | Cas | Willems | Neo 29-01-88 Caesar | Herentals (BEL) | 03-05-09 |
| 40,82 | Daan | Meijer | 17-02-83 AV '34 | Steenwijk | 11-10-09 |
| 40,80 | Remco van | Veldhuizen | M35 11-10-73 Ilion | Hilversum | 13-09-09 |
| 40,77 | Jaap | Kuiper | 25-08-76 R' dam Atletiek | Ede | 20-09-09 |
| 40,68 | Ronald | Meijer | 20-01-82 Altis | Amersfoort | 30-08-09 |
| 40,52 | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Kaunas (LTU) | 17-07-09 |
| 40,37 | Henk Jan | Blom | M45 18-01-63 Hollandia | Hoorn | 05-04-09 |
| 40,31 | Alexander | Oldenmenger | 09-03-77 Spirit-OB | Zevenbergen | 21-06-09 |
| (50) | | | | | |
| 40,29 | Frank | Koopmans | 06-02-75 PEC 1910 | Wageningen | 26-06-09 |
| 40,19 | Thomas | Zaw | JA 01-11-90 Groningen Atl | Helsingborg (SWE) | 12-07-09 |
| 40,18 | Niels | Groot | 29-12-84 Spark | Spijkenisse | 17-09-09 |
| 40,13 | Rene van der | Donk | 26-04-85 Prins Hendrik | Krommenie | 21-06-09 |
| 40,09 | Bart | Mateman | 16-12-86 Groningen Atl | Groningen | 29-05-09 |
| 40,05 | Adriaan | Saman | 12-10-83 AV '34 | Apeldoorn | 03-07-09 |
| 39,78 | Jan de | Wit | 26-06-75 Impala | Harderwijk | 21-06-09 |
| 39,75 | Martin | Wijand | M35 16-09-71 AAC | Rotterdam | 29-08-09 |
| 39,56 | Jeroen | Sanders | 09-08-77 Sparta | Naaldwijk | 23-04-09 |
| 39,55 | Niels | Bakker | Neo 01-02-88 AV Gouda | Harderwijk | 21-06-09 |
| (60) | | | | | |
| 39,55 | Arnoud | Cremers | 09-04-82 Sprint | Breda | 29-08-09 |
| 39,49 | Leon | Versluijs | 04-04-86 Climax | Nijmegen | 22-05-09 |

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|--|----------------|------------------|------------------------------|-------------------|----------|
| 39,45 | Eugene | Lommen | M40 27-11-67 De Keien | Uden | 17-05-09 |
| 39,41 | Robbert | Wolvers | 10-11-82 Hera | Heiloo | 31-07-09 |
| 39,39 | Rino | Spin | M45 03-03-63 PEC 1910 | Epe | 08-04-09 |
| 39,38 | Pieter | Westerhof | 21-10-85 Energie | Reeuwijk | 21-06-09 |
| 39,17 | Stefan van | Lieshout | Neo 28-04-88 Achilles-Top | Beek | 13-05-09 |
| 39,05 | Albert van der | Mee | M45 29-01-60 Sprint | Steenbergen | 28-06-09 |
| 39,02 | Gertjan | Onos | 25-03-82 Nea-Volharding | Hoorn | 12-06-09 |
| 38,70 | Jasper van | Baar | 10-10-77 Trias | Ede | 20-09-09 |
| (70) | | | | | |
| 38,62 | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| 38,51 | Jasper | Rood | 29-11-77 Nijmegen Atletiek | Almelo | 17-05-09 |
| 38,46 | Colin | Schalken | 20-05-85 Prins Hendrik | Vught | 05-04-09 |
| 38,40 | Martijn | Baart | 04-04-83 AV Edam | Heiloo | 21-05-09 |
| 38,08 | Bas van der | Slikke | M40 14-04-67 Nea-Volharding | Krommenie | 21-06-09 |
| 38,00 | Theo | Goossens | M50 03-10-58 HAC | Ede | 17-05-09 |
| 37,94 | Rob | Zwijnenburg | M40 04-07-69 Avantri | Schoonhoven | 08-09-09 |
| 37,90 | Alwin | Roobeek | 12-06-84 AV '34 | Szczecin (POL) | 28-06-09 |
| 37,85 | Benjamin | Janssen | 25-12-85 Leiden Atletiek | Lisse | 29-05-09 |
| 37,68 | Lex | Verhoeven | M35 29-09-69 Groene Ster | Sittard | 21-06-09 |
| (80) | | | | | |
| 37,47 | Dennis | Endeman | 17-09-76 Isala '96 | Harderwijk | 21-06-09 |
| 37,43 | Wim | Coenen | M40 30-08-66 Swift | Roermond | 17-10-09 |
| 37,33 | Jeroen ten | Heuvel | M35 25-05-73 Flevo Delta | Nijmegen | 21-06-09 |
| 37,16 | Pelle | Rietveld | 04-02-85 Ilion | Tallahassee (USA) | 10-04-09 |
| 37,11 | Roland | Boon | M35 19-09-70 Athlos | Oosterhout | 14-06-09 |
| 37,08 | Erik van | Egmond | M40 01-06-68 Sparta | Sittard | 21-06-09 |
| 37,06 | Ruud van | Noort | Neo 08-11-88 De Spartaan | Leiden | 23-04-09 |
| 36,90 | Bas | Vos | JA 03-08-91 PEC 1910 | Krommenie | 21-06-09 |
| 36,90 | Stephan | Wapperom | JA 11-12-90 Parthenon | Zevenbergen | 21-06-09 |
| 36,85 | Benny | Tapken | 12-01-83 Jahn II | Nijmegen | 21-06-09 |
| (90) | | | | | |
| 36,80 | Stefan | Hummelink | JA 29-10-90 AV Haaksbergen | Nijmegen | 21-06-09 |
| 36,22 | Bram | Westland | 15-02-84 Hollandia | Hoorn | 12-06-09 |
| 36,19 | Rick | Vet | Neo 11-07-89 GAC-Hilversum | Harderwijk | 21-06-09 |
| 36,17 | Frans | Boumans | Neo 08-01-87 Achilles-Top | Beek | 13-05-09 |
| 36,16 | Christian | Nusselder | 17-02-77 Atletico '73 | Drachten | 17-05-09 |
| 36,03 | Ivo | Klooster | M40 14-11-66 AC Waterland | Zeist | 17-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 43,85 | o Vincent | Onos | 08-04-86 SAV | Grootebroek | 04-10-09 |
| 39,35 | o Rick van | Ruiten | 24-01-85 De Spartaan | Lisse | 04-10-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | |
| 63,65 | Jason | Tunks (CAN) | 07-05-75 AAC | London (CAN) | 07-05-09 |
| 36,30 | Sylvain | Ephimenco (FRA) | M50 24-11-56 R' dam Atletiek | Borken (GER) | 04-04-09 |
| kogelslingeren 7,25 kg mannen | | | | | |
| 67,22 | Ronald | Gram | M35 31-03-74 Sprint | Den Haag | 17-05-09 |
| 66,60 | Ronald | Gram | M35 | Eindhoven | 12-07-09 |
| 65,61 | Vincent | Onos | 08-04-86 SAV | Eeklo (BEL) | 10-10-09 |
| 65,61 | Vincent | Onos | | Eeklo (BEL) | 10-10-09 |
| 64,88 | Vincent | Onos | | Eeklo (BEL) | 17-10-09 |
| 64,75 | Ronald | Gram | M35 | Hilversum | 13-09-09 |
| 64,53 | Vincent | Onos | | Rotterdam | 31-10-09 |
| 64,52 | Vincent | Onos | | Apeldoorn | 03-10-09 |
| 64,45 | Ronald | Gram | M35 | Leiden | 13-06-09 |
| 64,41 | Vincent | Onos | | Amsterdam | 01-08-09 |
| (10/2) | | | | | |
| 60,14 | Maarten | Persoon | Neo 15-03-87 Phanos | Den Haag | 17-05-09 |
| 55,61 | Sander | Stok | 09-12-82 AV '23 | Breda | 29-08-09 |
| 53,93 | Rick | Vet | Neo 11-07-89 GAC-Hilversum | Rotterdam | 31-10-09 |
| 52,45 | Bror van der | Zijde | Neo 13-02-89 Ilion | Boskoop | 20-06-09 |
| 51,89 | Martin | Wijand | M35 16-09-71 AAC | Lahti (FIN) | 02-08-09 |
| 50,98 | Peter van | Noort | M50 23-01-55 De Spartaan | Zwolle | 17-05-09 |
| 50,64 | Jasper | Christiaan (AHO) | 18-06-84 AAC | Amsterdam | 01-08-09 |
| 50,52 | Richard | Bot | M40 23-05-67 SAV | Wageningen | 18-09-09 |
| (10) | | | | | |
| 49,88 | Erwin | Suvaal | M45 10-11-63 R' dam Atletiek | Lahti (FIN) | 01-08-09 |

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|--|----------------|-----------------|-------------------------------|-----------------------|-----------|
| 49,17 | Dennis van der | Schilt | Neo 29-12-87 Groningen Atl | Zutphen | 19-04-09 |
| 48,90 | Gertjan | Onos | 25-03-82 Nea-Volharding | Naaldwijk | 19-04-09 |
| 48,84 | Erik | Cadée | 15-02-84 Prins Hendrik | Breda | 29-08-09 |
| 48,64 | Dennis de | Jong | 02-08-82 PEC 1910 | Zwolle | 18-06-09 |
| 48,17 | Michel | Leinders | M45 10-03-62 Unitas | Kerkrade | 04-04-09 |
| 47,57 | Olaf | Kamphuis | Neo 30-03-87 't Haasje | Veldhoven | 19-04-09 |
| 46,02 | Maarten | Cornelissen | JB 25-01-92 AAC | Hilversum | 13-09-09 |
| 45,29 | Jeffrey | Wassenburg | 10-06-81 Noordkop | Amsterdam | 19-04-09 |
| 44,73 | Jan | Kuis | M40 06-08-68 PEC 1910 | Zwolle | 30-05-09 |
| (20) | | | | | |
| 43,83 | Paul | Olofsen | Neo 22-02-89 SAV | Grootebroek | 29-03-09 |
| 43,77 | John | Stegman | M45 01-03-61 R' dam Atletiek | Huckelhoven (GER) | 04-04-09 |
| 43,40 | Eric | Gommans | 17-08-79 AC TION | Nijmegen | 20-09-09 |
| 43,28 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Holtland (GER) | 12-09-09 |
| 42,55 | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Veldhoven | 19-04-09 |
| 42,41 | Erik van | Vreumingen | 15-06-78 Haag Atletiek | Den Haag | 17-05-09 |
| 42,37 | Peter | Holthuijsen | M45 07-11-61 Scopias | Eindhoven | 25-04-09 |
| 42,02 | Benno | Konink | M40 08-08-68 SISU | Zutphen | 31-10-09 |
| 41,93 | Patrick | Groot | 08-03-80 Lycurgus | Naaldwijk | 19-04-09 |
| 41,00 | Ivo | Klooster | M40 14-11-66 AC Waterland | Boskoop | 03-10-09 |
| (30) | | | | | |
| 40,82 | Albert van der | Mee | M45 29-01-60 Sprint | Steenbergen | 02-06-09 |
| 40,34 | Martijn | Beerens | 16-04-77 Sprint | Steenbergen | 02-06-09 |
| 40,25 | Arnoud | Koot | M35 06-02-72 De Spartaan | Eindhoven | 26-04-09 |
| 39,36 | Leon | Versluijs | 04-04-86 Climax | Wageningen | 26-06-09 |
| 39,33 | Rob | Zwijnenburg | M40 04-07-69 Avantri | Utrecht | 04-09-09 |
| 39,00 | Rinus | Schreuder | M65 15-11-41 Ciko '66 | Naaldwijk | 19-04-09 |
| 38,91 | Joost van | Gemereren | Neo 20-12-89 AV '47 | Boskoop | 03-10-09 |
| 38,80 | Remco van | Veldhuizen | M35 11-10-73 Ilion | Hilversum | 13-09-09 |
| 38,52 | Wim | Coenen | M40 30-08-66 Swift | Roermond | 17-10-09 |
| 38,23 | Olaf van | Egmond | M35 23-04-70 Sparta | Veldhoven | 19-04-09 |
| (40) | | | | | |
| 38,05 | Marcel | Dost | M35 28-09-69 AC TION | Den Haag | 17-05-09 |
| 37,90 | Jan Wieger de | Wit | 26-06-75 Impala | Zutphen | 19-04-09 |
| 37,69 | Harald | Gijtenbeek | M35 02-11-70 Altis | Wageningen | 18-09-09 |
| 37,20 | Theo | Goossens | M50 03-10-58 HAC | Veldhoven | 19-04-09 |
| 36,98 | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Amersfoort | 11-04-09 |
| 36,63 | Rene van der | Donk | 26-04-85 Prins Hendrik | Zwolle | 17-05-09 |
| 36,21 | Danny | Stotijn | M35 18-06-70 AV Haarl'meer | Amsterdam | 19-04-09 |
| 35,33 | August | Leckie | M50 28-11-57 Ilion | Naaldwijk | 19-04-09 |
| 35,02 | Pieter | Westerhof | 21-10-85 Energie | Barendrecht | 31-05-09 |
| 34,98 | Alexander | Oldenmenger | 09-03-77 Spirit-OB | Delft | 12-09-09 |
| (50) | | | | | |
| 34,84 | Roland | Boon | M35 19-09-70 Athlos | Eindhoven | 26-04-09 |
| 34,55 | Colin | Schalken | 20-05-85 Prins Hendrik | Naaldwijk | 19-04-09 |
| 34,37 | Marco | Bronswijk | M40 02-11-66 Olympus '70 | Grootebroek | 29-03-09 |
| 33,29 | Enrico van der | List | Neo 20-07-88 Achilles-EL | Roermond | 17-10-09 |
| 32,98 | Rick | Wassenaar | 17-01-76 AV '40 | Amsterdam | 19-04-09 |
| 32,13 | Ronald | Huethorst | 10-03-82 AV '34 | Nijmegen | 20-09-09 |
| 31,93 | Carel van der | Werf | M45 26-11-63 Phoenix | Zutphen | 19-04-09 |
| 31,15 | Jasper van | Baar | 10-10-77 Trias | Amsterdam | 19-04-09 |
| 30,94 | René | Peeters | M40 03-05-67 Atledo | Huizen | 03-10-09 |
| 30,93 | Thierry | Kruithof | JA 11-04-91 Startbaan | Amsterdam | 19-04-09 |
| (60) | | | | | |
| 30,67 | Alwin | Roobeek | 12-06-84 AV '34 | Naaldwijk | 19-04-09 |
| 30,46 | Dave | Elderenbosch | M40 18-08-69 AAC | Amsterdam | 03-10-09 |
| 30,30 | Jos | Muller | M40 19-03-67 AV Wieringermeer | Zutphen | 31-10-09 |
| 30,24 | Frank van | Dijk | M40 25-11-65 AV Edam | Eindhoven | 25-04-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 44,83 | o | Jan | Kuis | M40 06-08-68 PEC 1910 | Zwolle |
| 39,06 | o | Joost van | Gemereren | Neo 20-12-89 AV '47 | Boskoop |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | |
| 43,70 | Sylvain | Ephimenco (FRA) | M5024-11-56 | R' dam Atletiek | Rotterdam |
| speerwerpen 800 gram mannen | | | | | |
| 73,44 | Bjorn | Blommerde | Neo 06-07-87 Sprint | Breda | 29-08-09 |

Statistisch jaarboek 2009

| | | | | | |
|--------|--------------------|--------------|-------------------------------|-------------------|----------|
| 72,58 | Lars | Timmerman | JA 19-04-91 Spado | Novi Sad (SRB) | 23-07-09 |
| 72,27 | Jeroen | Blommerde | 17-12-84 Phanos | Lisse | 09-05-09 |
| 72,17 | Bjorn | Blommerde | Neo | Den Haag | 17-05-09 |
| 72,04 | Jeroen | Blommerde | | Bergen (NOR) | 21-06-09 |
| 72,02 | Jeroen | Blommerde | | Oordegem (BEL) | 04-07-09 |
| 71,78 | Jeroen | Blommerde | | Dubnica (SVK) | 31-05-09 |
| 71,66 | Bjorn | Blommerde | Neo | Hilversum | 13-09-09 |
| 71,57 | Jeroen | Blommerde | | Mol (BEL) | 22-08-09 |
| 71,52 | Bjorn | Blommerde | Neo | Amsterdam | 02-08-09 |
| (10/3) | | | | | |
| 70,14 | Eugène | Martineau | 14-05-80 Achilles-Top | Berlijn (GER) | 20-08-09 |
| 69,85 | Daan | Meijer | 17-02-83 AV '34 | Steenwijk | 11-10-09 |
| 69,30 | Leon | Versluijs | 04-04-86 Climax | Nijmegen | 21-05-09 |
| 69,24 | Ludo van der | Plaat | 03-07-83 Ilion | Szczecin (POL) | 28-06-09 |
| 68,42 | Elliott | Thijssen | M35 30-03-71 Hellas | Den Haag | 17-05-09 |
| 64,92 | Arjan | Dekkers | 01-09-86 Achilles-EL | Amsterdam | 02-08-09 |
| 64,40 | Willem | Zwetsloot | Neo 16-08-89 Leiden Atletiek | Leiden | 08-07-09 |
| (10) | | | | | |
| 64,27 | Ingmar | Vos | 28-05-86 PAC | Berlijn (GER) | 20-08-09 |
| 63,09 | Jesse | Schreurs | Neo 17-01-88 AAC | Lisse | 09-05-09 |
| 62,89 | Pascal | Stitzinger | 31-05-80 Achilles-Top | Kerkrade | 14-08-09 |
| 62,86 | Thijs | Ros | 24-12-79 Clytoneus | Hoorn | 23-05-09 |
| 61,80 | Pelle | Rietveld | 04-02-85 Ilion | Tallahassee (USA) | 10-04-09 |
| 61,51 | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Kaunas (LTU) | 17-07-09 |
| 61,17 | Christiaan van der | | Vaart Neo 19-01-87 | Spark | Gouda |
| 61,03 | Eugene | Lommen | M40 27-11-67 De Keien | Oosterhout | 13-06-09 |
| 60,49 | Theo | Danes | 19-05-83 AV '23 | Ede | 20-09-09 |
| 60,37 | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| (20) | | | | | |
| 59,53 | Tim ten | Berge | JA 31-01-90 De Sperwers | Groningen | 29-05-09 |
| 59,44 | Davey | Beuving | Neo 08-09-87 Climax | Veenendaal | 29-08-09 |
| 59,39 | Marc de | Vries | 01-11-78 AV Zaanland | Heiloo | 14-08-09 |
| 59,35 | Rene | Smit | 14-02-78 Hollandia | Spijkenisse | 19-04-09 |
| 58,98 | Ivo | Grootscholte | Neo 30-04-88 AV Voorsch'n '97 | Amsterdam | 05-07-09 |
| 58,92 | Rory van | Noort | 01-12-84 De Spartaan | Naaldwijk | 19-04-09 |
| 58,81 | Martijn | Bouwmeester | 11-03-86 Hera | Heerhugowaard | 05-06-09 |
| 58,75 | Mart ten | Berge | JA 27-04-91 De Sperwers | Emmeloord | 27-06-09 |
| 58,68 | Andrew | Kooijman | 18-04-85 Hellas | Lisse | 09-05-09 |
| 58,48 | Cas | Willems | Neo 29-01-88 Caesar | Herentals (BEL) | 03-05-09 |
| (30) | | | | | |
| 58,31 | Brian | Vriend | JA 20-05-90 Lycurgus | Emmeloord | 27-06-09 |
| 57,46 | Rick | Wassenaar | 17-01-76 AV '40 | Amsterdam | 19-04-09 |
| 57,01 | Bob | Altena | 11-02-86 Unitas | Herentals (BEL) | 03-05-09 |
| 56,85 | Tim | Zwiep | Neo 04-09-87 Spado | Dordrecht | 19-04-09 |
| 56,18 | Jasper van den | Wittenboer | Neo 04-09-87 De Keien | Zevenbergen | 21-06-09 |
| 55,97 | Jeroen ten | Heuvel | M35 25-05-73 Flevo Delta | Kampen | 22-04-09 |
| 55,87 | Daan | Cluistra | Neo 08-12-88 Triathlon | Hilversum | 13-09-09 |
| 55,61 | Adriaan | Saman | 12-10-83 AV '34 | Lisse | 07-06-09 |
| 55,47 | Thomas | Hartman | JA 11-05-91 Clytoneus | Bergen op Zoom | 06-09-09 |
| 55,42 | Edward | Schaap | 12-11-76 Haag Atletiek | Den Haag | 17-05-09 |
| (40) | | | | | |
| 55,37 | Matthias | Strauss | M35 07-04-71 AC TION | Zwolle | 28-06-09 |
| 55,11 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Lahti (FIN) | 08-08-09 |
| 54,87 | Dennis | Barnhoorn | JA 08-09-91 Trias | Emmeloord | 27-06-09 |
| 54,75 | Ronald | Huethorst | 10-03-82 AV '34 | Apeldoorn | 28-03-09 |
| 54,49 | Koen van | Veen | 18-03-84 Attila | Ede | 20-09-09 |
| 54,42 | Jonathan | Pengel | 22-09-85 Phanos | Naaldwijk | 19-04-09 |
| 54,32 | Thomas van | Ophem | JB 06-09-92 Hylas | Hoorn | 23-05-09 |
| 54,29 | Kay | Olofsen | JA 17-04-91 SAV | Grootebroek | 16-08-09 |
| 54,26 | Raoul | Wanrooy | JA 06-03-91 Sprint | Emmeloord | 27-06-09 |
| 53,77 | Frank | Koopmans | 06-02-75 PEC 1910 | Krommenie | 21-06-09 |
| (50) | | | | | |
| 53,36 | Jorén | Tromp | Neo 01-11-88 Lycurgus | Purmerend | 05-04-09 |
| 53,35 | Anner | Kroon | JA 31-08-90 Lycurgus | Helsingborg (SWE) | 11-07-09 |
| 53,03 | Purcy | Marte | 17-01-86 Nea-Volharding | Naaldwijk | 19-04-09 |

| | | | | | | |
|--|--------------|--------------|-------------------------------|------------------------------|-------------|----------|
| 53,02 | Sander | Koopmans | 12-10-84 Atverni | Amsterdam | 05-07-09 | |
| 52,66 | Laurens | Schampers | Neo 10-12-89 Groene Ster | Veldhoven | 19-04-09 | |
| 52,63 | Kees | Langeveld | Neo 26-01-87 AC TION | Best | 05-07-09 | |
| 52,57 | Alex van den | Boom | JA 26-05-90 AV '47 | Spijkensisse | 19-04-09 | |
| 52,51 | Timo de | Goede | Neo 26-08-88 Suomi | Heiloo | 14-08-09 | |
| 52,40 | Rob | Platenkamp | 04-04-84 MPM | Nijmegen | 21-06-09 | |
| 51,89 | Jeroen | Heyster | JA 10-07-91 PAC | Delft | 14-06-09 | |
| (60) | | | | | | |
| 51,65 | Ronald | Hertog (F44) | Neo 13-01-89 R' dam Atletiek | Lisse | 09-05-09 | |
| 51,62 | Marius | Kranendonk | Neo 08-01-88 AAC | Amsterdam | 03-10-09 | |
| 51,41 | Erik | Mulderij | 18-01-81 Altis | Amsterdam | 19-04-09 | |
| 51,36 | Max | Verlint | JB 01-04-92 Phanos | Amsterdam | 08-08-09 | |
| 51,31 | Gert | Engels | 24-01-86 Jahn II | Assen | 19-04-09 | |
| 51,26 | Dominique | Andriessen | JA 19-01-91 Pijnenburg | Santpoort | 14-06-09 | |
| 51,22 | Nick | Smit | JA 24-02-91 AV Aalsmeer | Emmeloord | 27-06-09 | |
| 50,75 | Pieter | Westerhof | 21-10-85 Energie | Spijkensisse | 19-04-09 | |
| 50,65 | Robin | Fasel | Neo 27-04-89 AV Voorsch'n '97 | Leiden | 27-05-09 | |
| 50,57 | Tim | Klinkhamer | Neo 12-10-87 AV Wijchen | Nijmegen | 21-06-09 | |
| (70) | | | | | | |
| 50,55 | Bart van den | Wijngaard | Neo 18-08-89 Scorpio | Zevenbergen | 21-06-09 | |
| 50,15 | Paul van | Beurden | JA 24-04-91 Attila | Vught | 10-05-09 | |
| 50,14 | Bart van | Nes | JA 26-11-90 R' dam Atletiek | Breda | 18-10-09 | |
| 49,82 | Kjell | Heinsius | 20-02-79 SAV | Hoorn | 05-04-09 | |
| 49,73 | Dimitri | Jonkers | JA 02-07-91 Sprint | Emmeloord | 27-06-09 | |
| 49,72 | Jarno | Beuving | 13-02-85 Climax | Naaldwijk | 19-04-09 | |
| 49,66 | Marc | Jonker | Neo 20-02-88 Isala '96 | Zutphen | 19-04-09 | |
| 49,63 | Ryan | Boon | JA 06-04-91 Fortuna | Reeuwijk | 21-06-09 | |
| 49,60 | Robin | Hengeveld | JA 15-11-90 Ciko '66 | Krommenie | 21-06-09 | |
| 49,54 | Rene van de | Ven | 01-01-84 AV Oirschot | Valkenswaard | 23-06-09 | |
| (80) | | | | | | |
| 49,46 | Daniël | Liefferink | Neo 05-02-88 R' dam Atletiek | Nijmegen | 21-05-09 | |
| 49,38 | Hugo | Kerkhof | Sprint | Breda | 18-10-09 | |
| 49,29 | Ivo | Faashen | 07-03-75 Caesar | Sittard | 21-06-09 | |
| 49,11 | Kik van | Swol | M35 16-04-70 Hylas | Alkmaar | 03-07-09 | |
| 48,96 | Tom | Heijens | Neo 28-05-87 Hylas | Spijkensisse | 19-04-09 | |
| 48,75 | Jeroen | Piek | JA 15-05-90 PEC 1910 | Assen | 10-05-09 | |
| 48,49 | Bram | Westland | 15-02-84 Hollandia | Alkmaar | 03-07-09 | |
| 48,42 | Eric | Beaart | M40 30-04-65 Prins Hendrik | Steenbergen | 28-06-09 | |
| 48,30 | Elco | Ridderbos | M45 21-04-64 AV '23 | Oosterhout | 13-06-09 | |
| 48,19 | Justin | Francois | 22-03-76 Groene Ster | Amersfoort | 30-08-09 | |
| (90) | | | | | | |
| 48,18 | Jeroen | Eerden | JA 18-03-90 AV Valkenswaard | Valkenswaard | 19-04-09 | |
| 48,15 | Niels | Kleijwegt | Neo 10-01-88 Pijnenburg | Huizen | 21-06-09 | |
| 48,12 | Daan | Assink | 27-08-74 AC TION | Den Haag | 17-05-09 | |
| 48,11 | Stefan | Hegenberg | 01-10-85 AC TION | Zutphen | 19-04-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 56,15 | o | Rick van | Ruiten | 24-01-85 De Spartaan | Lisse | 04-10-09 |
| 54,61 | o | Alex van den | Boom | JA 26-05-90 AV '47 | Boskoop | 26-09-09 |
| 53,70 | o | Marc | Jonker | Neo 20-02-88 Isala '96 | Kampen | 26-09-09 |
| 53,08 | o | Sander | Koopmans | 12-10-84 Atverni | Nieuwegein | 04-10-09 |
| 51,62 | o | Jarno | Beuving | 13-02-85 Climax | Ede | 03-10-09 |
| 51,32 | o | Richard | Veldhuis | 05-06-77 AV '40 | Delft | 04-10-09 |
| 51,30 | o | Neal | Karremans | JA 20-11-90 Sparta | Den Haag | 04-10-09 |
| 50,12 | o | Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 04-10-09 |
| 49,46 | o | John van | Rooij | M40 28-05-69 GVAC | Veldhoven | 20-09-09 |
| 48,47 | o | Martijn | Beerens | 16-04-77 Sprint | Breda | 27-09-09 |
| 48,16 | o | Cyriel | Verberne | 04-12-84 Attila | Tilburg | 04-10-09 |
| <i>buitenlanders bij Nederlandse club:</i> | | | | | | |
| 60,71 | | Keith | Beard (GBR) | M45 08-11-61 R' dam Atletiek | Roermond | 17-10-09 |
| gewichtwerpen 15,88 kg mannen | | | | | | |
| 18,76 | | Ronald | Gram | M35 31-03-74 Sprint | Eindhoven | 26-04-09 |
| 17,41 | | Vincent | Onos | 08-04-86 SAV | Eindhoven | 14-02-09 |
| 16,08 | | Jasper | Christiaan (AHO) | 18-06-84 AAC | Amsterdam | 03-10-09 |
| 15,32 | | Erwin | Suvaal | M45 10-11-63 R' dam Atletiek | Lahti (FIN) | 03-08-09 |
| 15,22 | | Martin | Wijand | M35 16-09-71 AAC | Lahti (FIN) | 04-08-09 |

| | | | | | |
|-------|----------------|-------------|------------------------------|--------------------|----------|
| 13,94 | Richard | Bot | M40 23-05-67 SAV | Lahti (FIN) | 03-08-09 |
| 13,68 | Bror van der | Zijde | Neo 13-02-89 Ilion | Amsterdam | 03-10-09 |
| 13,64 | Benno | Konink | M40 08-08-68 SISU | Zutphen | 31-10-09 |
| 13,32 | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| 13,17 | Peter | Holthuijsen | M45 07-11-61 Scopias | Aken (GER) | 21-03-09 |
| (10) | | | | | |
| 13,03 | Michel | Leinders | M45 10-03-62 Unitas | Eindhoven | 26-04-09 |
| 12,98 | Jan | Kuis | M40 06-08-68 PEC 1910 | Eindhoven | 26-04-09 |
| 12,94 | Rick | Vet | Neo 11-07-89 GAC-Hilversum | Eindhoven | 14-02-09 |
| 12,75 | John | Stegman | M45 01-03-61 R' dam Atletiek | Huckelhoven (GER) | 04-04-09 |
| 12,25 | Arnoud | Koot | M35 06-02-72 De Spartaan | Eindhoven | 26-04-09 |
| 12,09 | Albert van der | Mee | M45 29-01-60 Sprint | Sint Niklaas (BEL) | 31-10-09 |
| 12,06 | Remco van | Veldhuizen | M35 11-10-73 Ilion | Amsterdam | 03-10-09 |
| 11,97 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Eindhoven | 26-04-09 |
| 11,81 | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Sint-Niklaas (BEL) | 21-06-09 |
| 11,27 | Harald | Gijtenbeek | M35 02-11-70 Altis | Eindhoven | 14-02-09 |
| (20) | | | | | |
| 10,20 | Kees Jan | Versloot | M45 20-10-64 De Liemers | Zutphen | 31-10-09 |
| 10,11 | Roland | Boon | M35 19-09-70 Athlos | Eindhoven | 12-09-09 |
| 10,03 | René | Peeters | M40 03-05-67 Atledo | Sint Niklaas (BEL) | 31-10-09 |

buitenlanders bij Nederlandse club:

| | | | | | |
|-------|---------|-----------------|-------------|-----------------------------|--|
| 12,61 | Sylvain | Ephimenco (FRA) | M5024-11-56 | R' dam AtletiekBorken (GER) | |
|-------|---------|-----------------|-------------|-----------------------------|--|

10-kamp mannen

*100m * ver * kogel * hoog * 400m * 110mH * discus * polsh * speer * 1500m * windgegevens*

| | | | | | |
|--------|--------------|--------------|-----------------------|----------------|--|
| 8112 | Eelco | Sintnicolaas | Neo 07-04-87 AV '34 | Kaunas (LTU) | 17-07-09 |
| | | | | | <i>11,08 * 7,29 * 13,39 * 1,91 * 48,22 * 14,81 * 40,52 * 5,30 * 61,51 * 4.27,64 * -1,7 * 1,7 * 0,2</i> |
| 8083 | Eugène | Martineau | 14-05-80 Achilles-Top | Götzis (AUT) | 31-05-09 |
| | | | | | <i>11,15 * 7,40 * 13,87 * 2,00 * 50,18 * 14,55 * 43,80 * 4,80 * 65,86 * 4.37,63 * 0,1 * 0,6 * 1,9</i> |
| 8055 | Eugène | Martineau | | Berlijn (GER) | 20-08-09 |
| | | | | | <i>11,18 * 7,41 * 12,66 * 1,99 * 50,26 * 14,91 * 44,94 * 4,80 * 70,14 * 4.35,27 * -0,3 * 0,8 * 0,3</i> |
| 8052 | Eelco | Sintnicolaas | Neo | Götzis (AUT) | 31-05-09 |
| | | | | | <i>10,89 * 7,76 * 13,64 * 1,91 * 48,45 * 14,55 * 35,46 * 5,20 * 54,20 * 4.29,20 * 0,8 * 3,5 * 1,9</i> |
| 8009 | Ingmar | Vos | 28-05-86 PAC | Berlijn (GER) | 20-08-09 |
| | | | | | <i>10,90 * 7,21 * 13,78 * 2,02 * 49,99 * 14,51 * 42,39 * 4,40 * 64,27 * 4.28,51 * 0,0 * -0,4 * 0,3</i> |
| 8003 | Ingmar | Vos | | Götzis (AUT) | 31-05-09 |
| | | | | | <i>10,89 * 7,53 * 13,95 * 2,06 * 50,12 * 14,66 * 40,03 * 4,30 * 60,97 * 4.25,72 * 0,2 * -0,5 * 1,6</i> |
| 7623 | Ludo van der | Plaat | 03-07-83 Ilion | Szczecin (POL) | 28-06-09 |
| | | | | | <i>11,19 * 6,95 * 13,65 * 1,89 * 49,67 * 14,97 * 39,93 * 4,60 * 69,24 * 4.57,12 * 0,3 * 0,6 * 0,9</i> |
| 7537 | Ludo van der | Plaat | | Lisse | 07-06-09 |
| | | | | | <i>11,25 * 7,02 * 14,05 * 1,92 * 50,10 * 15,16 * 41,44 * 4,40 * 68,45 * 5.07,06 * -3,2 * 1,8 * -2,3</i> |
| 7502 | Eugène | Martineau | | Talence (FRA) | 20-09-09 |
| | | | | | <i>11,58 * 7,04 * 12,24 * 1,97 * 50,26 * 15,29 * 40,36 * 4,72 * 60,27 * 4.38,68 * -1,1 * 0,9 * 0,3</i> |
| 7299 | Adriaan | Saman | 12-10-83 AV '34 | Lisse | 07-06-09 |
| | | | | | <i>11,70 * 6,98 * 13,78 * 1,95 * 51,72 * 15,29 * 39,39 * 4,40 * 55,61 * 4.36,97 * -3,2 * 1,9 * -2,3</i> |
| (10/5) | | | | | |
| 7064 | Alwin | Roobeek | 12-06-84 AV '34 | Lisse | 07-06-09 |
| | | | | | <i>11,36 * 6,82 * 11,97 * 1,89 * 49,10 * 15,45 * 37,39 * 3,90 * 45,03 * 4.17,13 * -2,6 * 1,2 * -2,4</i> |
| 6911 | Theo | Danes | 19-05-83 AV '23 | Lisse | 07-06-09 |
| | | | | | <i>11,91 * 7,01 * 12,48 * 1,92 * 53,00 * 15,72 * 38,70 * 4,10 * 56,94 * 4.46,97 * -3,2 * 2,1 * -2,3</i> |
| 6882 | Ronald | Meijer | 20-01-82 Altis | Lisse | 07-06-09 |
| | | | | | <i>11,96 * 6,66 * 13,32 * 1,98 * 51,91 * 15,48 * 37,47 * 4,40 * 45,42 * 4.48,04 * -2,6 * 1,9 * -2,4</i> |
| 6877 | Cas | Willems | Neo 29-01-88 Caesar | Woerden | 30-08-09 |
| | | | | | <i>11,70 * 6,63 * 12,30 * 1,92 * 51,53 * 16,77 * 40,70 * 4,10 * 56,86 * 4.40,81 * 3 * 2,8 * 0,7</i> |
| 6623 | Kees | Langeveld | Neo 26-01-87 AC TION | Lisse | 07-06-09 |
| | | | | | <i>11,65 * 6,34 * 12,61 * 1,80 * 52,25 * 16,21 * 37,07 * 4,10 * 48,42 * 4.31,84 * -2,6 * -0,3 * -2,3</i> |
| (10) | | | | | |
| 6477 | Pim | Jehee | Neo 04-05-88 AV Gouda | Woerden | 30-08-09 |
| | | | | | <i>11,22 * 6,72 * 09,74 * 1,77 * 50,78 * 16,01 * 29,74 * 4,20 * 45,36 * 4.39,79 * 2,5 * 4 * 2</i> |
| 6413 | Victor | Besters | JA 19-10-90 Spado | Oordegem (BEL) | 27-09-09 |
| | | | | | <i>11,56 * 6,15 * 12,02 * 1,71 * 50,81 * 15,07 * 32,05 * 4,30 * 40,64 * 4.50,32 * -0,3 * -0,1 * -0,3</i> |
| 6380 | Justin | Francois | 22-03-76 Groene Ster | Amersfoort | 30-08-09 |
| | | | | | <i>11,04 * 6,32 * 12,60 * 1,75 * 52,08 * 15,58 * 34,37 * 3,60 * 48,19 * 5.07,12 * 1,8 * 1,4 * 1,1</i> |
| 6330 | Kevin | Woldberg | 13-02-80 PEC 1910 | Lisse | 07-06-09 |
| | | | | | <i>11,99 * 6,18 * 10,83 * 1,98 * 53,40 * 15,78 * 33,00 * 4,20 * 47,14 * 4.59,33 * -2,6 * 1 * -2,3</i> |
| 6246 | Jonathan | Huisman | 17-09-85 PEC 1910 | Lisse | 07-06-09 |

| | | | | | | |
|------|------------------------|----------------------|------------------------------|------------|--|---|
| 6151 | Marc de Vries | 01-11-78 AV Zaanland | Zaandam | 05-07-09 | 11,62 * 6,81 * 13,33 * 1,77 * 52,61 * 17,26 * 32,95 * 4,20 * 46,70 * 5.24,07 * -3,2 * 1,8 * -2,4 | |
| 6010 | Bart van den Wijngaard | Neo 18-08-89 Scorpio | Best | 05-07-09 | 11,73 * 6,59 * 10,57 * 1,90 * 55,72 * 15,63 * 31,00 * 4,20 * 56,54 * 5.50,10 * * * | |
| 5870 | Tim Mout | Neo 30-12-87 Altis | Amstelveen | 01-06-09 | 11,71 * 6,22 * 11,26 * 1,76 * 53,01 * 16,87 * 32,90 * 3,30 * 44,20 * 4.31,25 * 0,0 * * 0,9 | |
| 5850 | Edo Lambregts | 02-04-86 Startbaan | Amstelveen | 01-06-09 | 11,66 * 5,90 * 10,73 * 1,80 * 54,00 * 16,64 * 32,71 * 3,60 * 41,24 * 4.46,41 * -0,1 * * -0,7 | |
| 5774 | Thijs Ros | 24-12-79 Clytoneus | Woerden | 30-08-09 | 11,58 * 5,90 * 09,60 * 1,85 * 52,28 * 17,03 * 28,57 * 3,50 * 35,41 * 4.23,32 * -0,1 * * -0,7 | |
| (20) | 5751 | Jan Ormel | 19-12-86 Hellas | Amstelveen | 01-06-09 | 11,98 * 6,66 * 10,24 * 1,83 * 53,19 * 16,29 * 31,10 * 0,00 * 59,01 * 4.44,91 * 3,2 * 3 * 0,7 |
| | 5706 | Lennart Teunissen | 19-06-81 Altis | Amersfoort | 30-08-09 | 11,79 * 6,35 * 10,47 * 1,90 * 55,04 * 15,94 * 28,30 * 3,20 * 43,83 * 5.11,81 * -0,1 * * -0,7 |
| | 5415 | Jeroen Janssen | Neo 29-09-88 Passaat | Amstelveen | 01-06-09 | 11,66 * 6,71 * 10,01 * 1,60 * 53,74 * 16,53 * 26,71 * 3,80 * 36,75 * 4.51,39 * 1,7 * 2,7 * 0,2 |
| | 5409 | Joris van Vlerken | 02-03-80 GVAC | Gemert | 24-05-09 | 11,81 * 5,63 * 09,34 * 1,65 * 53,69 * 18,97 * 30,30 * 4,00 * 43,88 * 4.53,99 * -0,1 * * -0,1 |
| | 5386 | Marco de Keijzer | Neo 13-08-88 R' dam Atletiek | Amstelveen | 01-06-09 | 11,99 * 6,01 * 10,40 * 1,66 * 53,01 * 17,36 * 30,30 * 4,00 * 37,72 * 5.33,85 * -0,7 * 1,9 * 0,9 |
| | 5368 | Rik Hanswijk | 27-03-84 Climax | Amersfoort | 30-08-09 | 11,98 * 5,79 * 10,31 * 1,80 * 55,30 * 17,01 * 28,39 * 3,20 * 47,44 * 5.18,55 * -0,1 * * -0,1 |
| | 5344 | Marcel Roosen | M35 11-09-70 Eindhoven Atl. | Best | 05-07-09 | 11,54 * 5,81 * 07,91 * 1,81 * 52,24 * 15,80 * 24,15 * 2,70 * 29,04 * 4.38,67 * 1,8 * 2,0 * 1,1 |
| | 5280 | Dennis Weijens | 31-10-85 AV '23 | Best | 05-07-09 | 12,34 * 5,64 * 10,65 * 1,70 * 54,69 * 15,95 * 32,22 * 3,40 * 33,20 * 5.06,75 * 1,9 * * -1,3 |
| | 5211 | Edwin Eersel | 16-06-82 Passaat | Amstelveen | 01-06-09 | 11,17 * 6,44 * 09,29 * 1,88 * 53,71 * 19,56 * 26,82 * 2,80 * 39,22 * 5.19,14 * 0,7 * * 0,9 |
| | | | | | | 12,07 * 5,72 * 10,13 * 1,85 * 54,37 * 17,68 * 26,42 * 2,70 * 37,95 * 4.51,23 * -0,1 * * -0,7 |

in onderlinge wedstrijd:

| | | | | | |
|------|---------------------|----------------------------|----------|----------|--|
| 6446 | o Kevin Woldberg | 13-02-80 PEC 1910 | Zwolle | 27-09-09 | 11,90 * 6,14 * 11,22 * 1,95 * 52,53 * 15,88 * 31,31 * 4,30 * 45,74 * 4.40,91 * * * |
| 6293 | o Cyriel Verberne | 04-12-84 Attila | Tilburg | 04-10-09 | 11,83 * 6,08 * 12,54 * 1,85 * 53,94 * 16,27 * 34,00 * 4,90 * 48,16 * 5.37,03 * * * |
| 5889 | o Sven Ootjers | M35 24-06-73 Trias | Heiloo | 04-10-09 | 11,4= * 6,23 * 12,49 * 1,95 * 58,1= * 15,5= * 31,53 * 3,6o * 50,12 * 5.50,6= * * * |
| 5678 | o Duncan Visser | Neo 04-02-87 Haag Atletiek | Den Haag | 11-10-09 | 11,53 * 6,86 * 10,41 * 1,75 * 56,08 * 17,49 * 34,39 * 2,70 * 46,14 * 5.00,46 * * * |
| 5654 | o Thomas Kortbeek | 02-04-81 Prins Hendrik | Vught | 27-09-09 | 11,55 * 6,40 * 09,67 * 1,85 * 51,15 * 15,71 * 28,07 * 2,70 * 35,08 * 5.12,72 * * * |
| 5600 | o Ralph Jacobs | 11-05-84 Atleto | Dongen | 27-09-09 | 12,0= * 5,99 * 09,09 * 1,95 * 53,0= * 17,4= * 30,23 * 3,00 * 41,28 * 4.36,9= * * * |
| 5559 | o Arne van der Meer | 27-10-84 De Spartaan | Lisse | 04-10-09 | 11,4= * 6,11 * 10,88 * 1,70 * 53,3= * 16,4= * 29,43 * 2,40 * 44,07 * 4.45,8= * * * |
| 5508 | o Paul Husslage | 18-10-83 Sprint | Breda | 27-09-09 | 12,08 * 5,54 * 09,11 * 1,75 * 54,41 * 17,17 * 27,46 * 4,25 * 40,73 * 4.56,51 * * * |
| 5508 | o Jaap Hendriks | 17-02-84 PEC 1910 | Zwolle | 27-09-09 | 11,99 * 6,12 * 09,27 * 1,95 * 52,35 * 20,93 * 26,90 * 4,00 * 40,64 * 4.56,25 * * * |
| 5346 | o Remco Mettes | Neo 19-06-87 Hollandia | Hoorn | 04-10-09 | 11,6= * 5,78 * 09,06 * 1,74 * 51,6= * 16,9= * 26,41 * 2,50 * 35,47 * 4.27,9= * * * |
| 5294 | o Rinze Venderbosch | Neo 26-04-88 Haag Atletiek | Den Haag | 11-10-09 | 12,22 * 6,45 * 08,81 * 1,85 * 56,90 * 18,65 * 23,01 * 4,00 * 42,77 * 5.10,77 * * * |
| 5234 | o Marc Jonker | Neo 20-02-88 Isala '96 | Kampen | 26-09-09 | 11,4= * 6,12 * 10,66 * 1,75 * 56,4= * 18,3= * 31,18 * 2,40 * 53,70 * 5.25,1= * * * |

20-kamp mannen

| | | | | | |
|-------|---------------------|------------------------|-------|----------|---|
| | | | | | 100m * ver * 200mH * kogel * 5000m * 800m * hoog * 400m * kgsL * 3000mst * wind |
| | | | | | 110mH * discus * 200m * polsh * 3000m * 400mH * speer * 1500m * hss * 10.000m * wind |
| 10677 | Ralph Jacobs | 11-05-84 Atleto | Delft | 13-09-09 | 12,11 * 6,02 * 26,87 * 09,25 * 18.39,41 * 2.13,98 * 1,90 * 54,79 * 21,22 * 11.34,11 * 0,0 * * 0,9 |
| | | | | | 17,75 * 28,33 * 24,75 * 2,80 * 10.54,06 * 61,58 * 37,66 * 4.55,29 * 11,84 * 42.20,93 * -0,1 * 0,2 * |
| 9287 | Lukas van der Storm | 28-12-86 Prins Hendrik | Delft | 13-09-09 | 12,11 * 5,47 * 30,07 * 06,64 * 17.43,69 * 2.08,99 * 1,45 * 54,03 * 09,06 * 11.12,89 * 0,2 * * 0,9 |
| | | | | | 21,18 * 15,76 * 24,01 * 2,00 * 10.12,40 * 65,70 * 22,36 * 4.27,89 * 11,18 * 39.05,85 * 0,2 * 0,5 * |
| 9125 | Tom Michielsens | Neo 21-01-87 Gloria | Delft | 13-09-09 | |

| | |
|------|--|
| | 12,71 * 5,39 * 28,03 * 07,69 * 19.34,31 * 2.17,89 * 1,80 * 58,47 * 15,66 * 11.44,36 * 0,2 * * 0,7 |
| | 18,71 * 20,42 * 26,41 * 2,80 * 10.59,31 * 69,34 * 40,11 * 4.53,70 * 10,86 * 41.57,68 * 0,2 * 0,5 * |
| 9031 | Bart van Amelsvoort Neo 23-10-87 Scorpio Delft 13-09-09 |
| | 12,17 * 6,01 * 29,10 * 08,77 * 20.08,57 * 2.29,80 * 1,70 * 59,72 * 18,85 * 12.38,90 * 0,2 * * 0,9 |
| | 18,30 * 25,29 * 24,83 * 3,00 * 11.34,60 * 69,45 * 33,58 * 5.16,88 * 12,33 * 44.05,71 * 0,2 * 0,5 * |

4 x 100 meter clubteams mannen

| | | | | | |
|-------|----------------|----|-----------------|----------------|----------|
| 40,34 | Rotterdam | | R' dam Atletiek | Den Haag | 17-05-09 |
| 41,06 | Amsterdam | | Phanos | Amsterdam | 08-08-09 |
| 42,21 | Zoetermeer | | Ilion | Zwolle | 17-05-09 |
| 42,22 | Kerkrade | | Achilles-Top | Den Haag | 17-05-09 |
| 42,27 | Krommenie | | Lycurgus | Zwolle | 17-05-09 |
| 42,30 | Purmerend | | Nea-Volharding | Naaldwijk | 19-04-09 |
| 42,46 | Den Haag | | Sparta | Lisse | 09-05-09 |
| 42,50 | Den Haag | | Haag Atletiek | Den Haag | 17-05-09 |
| 42,60 | Maastricht | JA | Atl. Maastricht | Amstelveen | 26-09-09 |
| 42,93 | Apeldoorn | | AV '34 | Zwolle | 17-05-09 |
| (10) | | | | | |
| 42,94 | Vught | JA | Prins Hendrik | Vught | 21-05-09 |
| 42,99 | Enschede | | AC TION | Nijmegen | 20-09-09 |
| 43,00 | Woerden | | Clytoneus | Naaldwijk | 19-04-09 |
| 43,03 | Rotterdam | | PAC | Ede | 17-05-09 |
| 43,20 | Amsterdam | | AAC | Nijmegen | 20-09-09 |
| 43,50 | Utrecht | | Phoenix | Drachten | 17-05-09 |
| 43,58 | Arnhem | | Ciko '66 | Zwolle | 17-05-09 |
| 43,64 | Zwolle | | PEC 1910 | Zwolle | 17-05-09 |
| 43,71 | Utrecht | JA | Hellas | Amstelveen | 10-05-09 |
| 43,79 | Breda | | Sprint | Nijmegen | 20-09-09 |
| (20) | | | | | |
| 43,87 | Amstelveen | JA | Startbaan | Bergen op Zoom | 06-09-09 |
| 43,97 | Tilburg | | Attila | Ede | 17-05-09 |
| 44,06 | Haaksbergen | | AV Haaksbergen | Amstelveen | 26-09-09 |
| 44,10 | Almelo | | SISU | Almelo | 17-05-09 |
| 44,11 | Groningen | | Vitalis | Nieuwegein | 20-09-09 |
| 44,25 | Bergen op Zoom | | Spado | Nieuwegein | 20-09-09 |
| 44,28 | Heerlen | | AVON | Maastricht | 31-05-09 |
| 44,31 | Hoorn | | Hollandia | Nieuwegein | 20-09-09 |
| 44,36 | Sittard | | Unitas | Ede | 17-05-09 |
| 44,46 | Naaldwijk | | Olympus '70 | Nieuwegein | 20-09-09 |
| (30) | | | | | |
| 44,46 | Venlo | | Scopias | Nieuwegein | 20-09-09 |
| 44,49 | Amsterdam | | AV '23 | Naaldwijk | 19-04-09 |
| 44,50 | Eindhoven | | Eindhoven Atl. | Ede | 17-05-09 |
| 44,57 | Harderwijk | | Athlos | Drachten | 17-05-09 |
| 44,71 | Hilversum | | GAC-Hilversum | Drachten | 17-05-09 |
| 44,74 | Papendrecht | | Passaat | Ede | 17-05-09 |
| 44,92 | Haarlem | | KAV Holland | Alkmaar | 17-05-09 |
| 44,92 | Deurne | | LG Deurne | Uden | 17-05-09 |
| 44,99 | Ede | | Climax | Naaldwijk | 19-04-09 |
| 45,00 | Gouda | JA | AV Gouda | Delft | 14-06-09 |
| (40) | | | | | |
| 45,04 | Zevenbergen | | Groene Ster | Ede | 17-05-09 |
| 45,07 | Kampen | | Isala '96 | Drachten | 17-05-09 |
| 45,08 | Uden | | De Keien | Uden | 17-05-09 |
| 45,10 | Heiloo | | Trias | Alkmaar | 17-05-09 |
| 45,12 | Alkmaar | | Hylas | Alkmaar | 17-05-09 |
| 45,16 | Barendrecht | | Energie | Nieuwegein | 20-09-09 |
| 45,18 | Santpoort | | Suomi | Alkmaar | 17-05-09 |
| 45,20 | Hoofddorp | | AV Haarl'meer | Alkmaar | 17-05-09 |
| 45,20 | Oosterhout | | Scorpio | Breda | 17-05-09 |
| 45,25 | Stadskanaal | | Jahn II | Almelo | 17-05-09 |
| (50) | | | | | |
| 45,36 | Helmond | JA | HAC | Helmond | 14-06-09 |
| 45,39 | Dongen | | Atledo | Breda | 17-05-09 |
| 45,62 | Leiden | | Leiden Atletiek | Alkmaar | 17-05-09 |
| 45,62 | Vlaardingen | | Fortuna | Nieuwegein | 17-05-09 |

4 x 100 meter mannen

| | | | | | |
|-------|--|-----|------------|----------------|----------|
| 38,95 | | | Nat. Ploeg | Berlijn (GER) | 21-08-09 |
| | <i>Gregory Sedoc - Caimin Douglas - Guus Hoogmoed - Patrick van Luijk</i> | | | | |
| 39,02 | | | Nat. Ploeg | Bergen (NOR) | 20-06-09 |
| | <i>Gregory Sedoc - Caimin Douglas - Guus Hoogmoed - Patrick van Luijk</i> | | | | |
| 39,30 | | | Nat. Ploeg | Geneve (SUI) | 06-06-09 |
| | <i>Maarten Heisen - Caimin Douglas - Guus Hoogmoed - Patrick van Luijk</i> | | | | |
| 39,72 | | Neo | Nat. Ploeg | Kaunas (LTU) | 19-07-09 |
| | <i>Adrian Rijken - Giovanni Codrington - Jerrel Feller - Frits Frederiks</i> | | | | |
| 40,02 | | JA | Nat. ploeg | Novi Sad (SRB) | 26-07-09 |
| | <i>Lindell Philip - Dennis Spillekom - Jip Baltissen - Joeri Jaegers</i> | | | | |
| 40,32 | | | AHO | Uden | 27-06-09 |
| 41,87 | | | Militairen | Vught | 21-05-09 |
| 41,96 | | JB | Nat. Ploeg | Leiden | 13-06-09 |

4 x 200 meter clubteams mannen

| | | | | | | | |
|---------|--|--|------------|-----|---------------|------------|----------|
| 1.31,45 | | | Vught | JB | Prins Hendrik | Amstelveen | 27-09-09 |
| 1.31,55 | | | Arnhem | | Ciko '66 | Amstelveen | 27-09-09 |
| 1.31,69 | | | Hoofddorp | Neo | AV Haarl'meer | Amstelveen | 27-09-09 |
| 1.31,72 | | | Rotterdam | JB | PAC | Amstelveen | 27-09-09 |
| 1.33,61 | | | Amsterdam | JB | Phanos | Amstelveen | 27-09-09 |
| 1.34,39 | | | Amstelveen | | Startbaan | Amstelveen | 27-09-09 |
| 1.35,72 | | | Edam | | AV Edam | Amstelveen | 27-09-09 |
| 1.36,44 | | | Naaldwijk | | Olympus '70 | Amstelveen | 27-09-09 |
| 1.36,84 | | | Ede | | Climax | Amstelveen | 27-09-09 |
| 1.36,92 | | | Deurne | JB | LG Deurne | Amstelveen | 27-09-09 |

(10)

4 x 400 meter clubteams mannen

| | | | | | | | |
|---------|--|--|------------|----|-----------------|------------|----------|
| 3.11,91 | | | Rotterdam | | R' dam Atletiek | Den Haag | 17-05-09 |
| 3.15,30 | | | Amsterdam | | Phanos | Den Haag | 17-05-09 |
| 3.15,53 | | | Kerkrade | | Achilles-Top | Den Haag | 17-05-09 |
| 3.16,82 | | | Amsterdam | | AAC | Den Haag | 17-05-09 |
| 3.17,42 | | | Hoofddorp | | AV Haarl'meer | Amstelveen | 26-09-09 |
| 3.17,94 | | | Apeldoorn | | AV '34 | Krommenie | 21-06-09 |
| 3.19,89 | | | Krommenie | | Lycurgus | Krommenie | 21-06-09 |
| 3.20,18 | | | Zoetermeer | | Ilion | Krommenie | 21-06-09 |
| 3.23,13 | | | Ede | | Climax | Krommenie | 21-06-09 |
| 3.23,19 | | | Venlo | JA | Scopias | Amstelveen | 26-09-09 |

(10)

| | | | | | | | |
|---------|--|--|------------|--|----------------|------------|----------|
| 3.23,32 | | | Breda | | Sprint | Den Haag | 17-05-09 |
| 3.24,35 | | | Woerden | | Clytoneus | Zwolle | 17-05-09 |
| 3.25,40 | | | Enschede | | AC TION | Nijmegen | 20-09-09 |
| 3.25,69 | | | Den Haag | | Haag Atletiek | Den Haag | 17-05-09 |
| 3.25,80 | | | Harderwijk | | Athlos | Ede | 20-09-09 |
| 3.26,36 | | | Zwolle | | PEC 1910 | Ede | 20-09-09 |
| 3.26,37 | | | Arnhem | | Ciko '66 | Ede | 20-09-09 |
| 3.27,35 | | | Amstelveen | | Startbaan | Amstelveen | 26-09-09 |
| 3.27,83 | | | Purmerend | | Nea-Volharding | Zwolle | 17-05-09 |
| 3.27,96 | | | Heiloo | | Trias | Amstelveen | 26-09-09 |

(20)

| | | | | | | | |
|---------|--|--|------------|--|---------------|------------|----------|
| 3.28,28 | | | Amersfoort | | Altis | Ede | 20-09-09 |
| 3.28,67 | | | Lisse | | De Spartaan | Krommenie | 21-06-09 |
| 3.28,72 | | | Haarlem | | AV Haarlem | Amstelveen | 26-09-09 |
| 3.29,13 | | | Vught | | Prins Hendrik | Zwolle | 17-05-09 |
| 3.29,86 | | | Utrecht | | Hellas | Den Haag | 17-05-09 |
| 3.32,69 | | | Rotterdam | | PAC | Ede | 20-09-09 |
| 3.32,78 | | | Tilburg | | Attila | Ede | 20-09-09 |
| 3.33,44 | | | Utrecht | | Phoenix | Ede | 20-09-09 |
| 3.35,08 | | | Amsterdam | | AV '23 | Krommenie | 21-06-09 |
| 3.35,47 | | | Oosterhout | | Scorpio | Oosterhout | 12-05-09 |

(30)

4 x 400 meter mannen

| | | | | | | | |
|---------|--|--|--|--|------------|--------------|----------|
| 3.07,57 | | | | | Nat. Ploeg | Bergen (NOR) | 21-06-09 |
| | <i>Joeri Moerman - Steven de Jesus - Steven Zwerink - Dennis Spillekom</i> | | | | | | |

4 x 800 meter mannen

| | | | | | |
|---------|---------------|----|-----------------|------------|----------|
| 7.42,93 | Leiden | | Leiden Atletiek | Amstelveen | 27-09-09 |
| 7.44,44 | Breda | | Sprint | Amstelveen | 27-09-09 |
| 7.49,85 | Heerhugowaard | | Hera | Amstelveen | 27-09-09 |
| 7.57,37 | Ede | | Climax | Amstelveen | 27-09-09 |
| 8.06,03 | Hoofddorp | | AV Haarl'meer | Amstelveen | 27-09-09 |
| 8.19,36 | Winschoten | JA | Aquilo | Amstelveen | 27-09-09 |

4 x 1500 meter clubteams mannen

| | | | | | |
|----------|---------------|--|-----------------|------------|----------|
| 16.04,23 | Breda | | Sprint | Amstelveen | 26-09-09 |
| 16.11,40 | Nijmegen | | Seven Hills RT | Amstelveen | 26-09-09 |
| 16.30,17 | Leiden | | Leiden Atletiek | Amstelveen | 26-09-09 |
| 16.57,08 | Heerhugowaard | | Hera | Amstelveen | 26-09-09 |

zweedse estafette clubteams mannen

| | | | | | |
|--------------|----------------|----|-----------------|--------------|----------|
| 1.57,22 | Rotterdam | | R' dam Atletiek | Sittard | 21-06-09 |
| 1.57,70 | Harderwijk | | Athlos | Harderwijk | 21-06-09 |
| 1.58,86 | Naaldwijk | | Olympus '70 | Reeuwijk | 21-06-09 |
| 1.58,89 | Den Haag | | Sparta | Sittard | 21-06-09 |
| 1.58,90 | Utrecht | | Phoenix | Harderwijk | 21-06-09 |
| 1.59,83 | Santpoort | | Suomi | Amersfoort | 21-06-09 |
| 2.00,01 | Uden | | De Keien | Valkenswaard | 19-04-09 |
| 2.00,10 | Zaandam | | AV Zaanland | Amersfoort | 21-06-09 |
| 2.00,30 | Amsterdam | | AAC | Amstelveen | 27-09-09 |
| 2.00,37 (10) | Hoorn | | Hollandia | Reeuwijk | 21-06-09 |
| 2.00,46 | Amstelveen | | Startbaan | Amersfoort | 21-06-09 |
| 2.00,71 | Maastricht | | Atl. Maastricht | Amstelveen | 27-09-09 |
| 2.00,89 | Amsterdam | | Phanos | Amstelveen | 27-09-09 |
| 2.01,0 | Hoofddorp | | AV Haarl'meer | Amsterdam | 19-04-09 |
| 2.01,00 | Groningen | | Groningen Atl | Harderwijk | 21-06-09 |
| 2.01,02 | Enschede | | AC TION | Zutphen | 19-04-09 |
| 2.01,06 | Heerhugowaard | | Hera | Amersfoort | 21-06-09 |
| 2.01,28 | Kampen | | Isala '96 | Zutphen | 19-04-09 |
| 2.01,38 | Tilburg | | Attila | Veldhoven | 19-04-09 |
| 2.01,60 (20) | Gendringen | | Atletico '73 | Harderwijk | 21-06-09 |
| 2.01,67 | Breda | | Sprint | Dordrecht | 19-04-09 |
| 2.01,83 | Rotterdam | | PAC | Veldhoven | 19-04-09 |
| 2.01,85 | Vught | JA | Prins Hendrik | Amstelveen | 27-09-09 |
| 2.01,94 | Sittard | | Unitas | Sittard | 21-06-09 |
| 2.02,06 | Amersfoort | | Altis | Amersfoort | 21-06-09 |
| 2.02,40 | Zevenbergen | | Groene Ster | Sittard | 21-06-09 |
| 2.02,44 | Eindhoven | | Eindhoven Atl. | Sittard | 21-06-09 |
| 2.02,59 | Venlo | | Scopias | Valkenswaard | 19-04-09 |
| 2.02,90 | Gouda | | AV Gouda | Zutphen | 19-04-09 |
| 2.02,90 (30) | Hilversum | | GAC-Hilversum | Harderwijk | 21-06-09 |
| 2.02,93 | Veldhoven | | GVAC | Valkenswaard | 19-04-09 |
| 2.03,00 | Groningen | | Vitalis | Harderwijk | 21-06-09 |
| 2.03,29 | Den Haag | | Haag Atletiek | Spijkenisse | 19-04-09 |
| 2.03,36 | Oosterhout | | Scorpio | Dordrecht | 19-04-09 |
| 2.03,4 | Haarlem | | KAV Holland | Amsterdam | 19-04-09 |
| 2.03,61 | Beek | | Caesar | Sittard | 21-06-09 |
| 2.03,65 | Barendrecht | | Energie | Spijkenisse | 19-04-09 |
| 2.03,66 | Utrecht | | Hellas | Spijkenisse | 19-04-09 |
| 2.03,97 | Drachten | | Impala | Zutphen | 19-04-09 |
| 2.04,39 (40) | Dongen | | Atledo | Dordrecht | 19-04-09 |
| 2.04,42 | Leiden | | Leiden Atletiek | Amersfoort | 21-06-09 |
| 2.04,48 | Deurne | JB | LG Deurne | Amstelveen | 27-09-09 |
| 2.04,57 | Stadskanaal | | Jahn II | Nijmegen | 21-06-09 |
| 2.04,63 | Enschede | | Kronos | Nijmegen | 21-06-09 |
| 2.04,70 | Heiloo | | Trias | Amersfoort | 21-06-09 |
| 2.04,78 | Den Helder | | Noordkop | Amersfoort | 21-06-09 |
| 2.04,91 | Bergen op Zoom | | Spado | Dordrecht | 19-04-09 |
| 2.05,12 | Nieuwegein | | Atverni | Reeuwijk | 21-06-09 |
| 2.05,41 | Heerlen | | AVON | Valkenswaard | 19-04-09 |
| 2.05,50 (50) | Eindhoven | | Asterix | Valkenswaard | 19-04-09 |
| 2.05,53 | Alkmaar | | Hylas | Amersfoort | 21-06-09 |

| | | | | | | |
|---------|--|--------------|--|-------------------|-------------|----------|
| 2.05,54 | | Spijkenisse | | Spark | Spijkenisse | 19-04-09 |
| 2.05,58 | | Almere | | AV Almere '81 | Amsterdam | 19-04-09 |
| 2.05,72 | | Nijmegen | | 't Haasje | Veldhoven | 19-04-09 |
| 2.05,89 | | Haaksbergen | | AV Haaksbergen | Nijmegen | 21-06-09 |
| 2.05,94 | | Nijmegen | | Nijmegen Atletiek | Assen | 19-04-09 |
| 2.06,07 | | Papendrecht | | Passaat | Veldhoven | 19-04-09 |
| 2.06,15 | | Valkenswaard | | AV Valkenswaard | Zevenbergen | 21-06-09 |

zweedse estafette mannen

| | | | | | |
|---------|---------------------------|----|----------------------|------------------|----------|
| 1.59,67 | Hellas/Lycurgus/Clytoneus | JA | Combi-ploeg | Amstelveen | 27-09-09 |
| 2.00,74 | | JB | Nat. Ploeg | Weganan di Reino | 30-07-09 |
| 2.06,29 | | | Tartlétos/Pallas '67 | Nijmegen | 21-06-09 |

Mannen-masters M35-M39

100 meter mannen-masters M35-M39

| | | | | | | |
|-------|-----------------|------------|--------------|---------------|-------------|----------|
| 11,25 | 0,6 Johnny | Silié | M35 30-09-72 | Lycurgus | Leiden | 10-05-09 |
| 11,26 | 1,9 Werner | Andrea | M35 20-08-71 | Phoenix | Zwolle | 29-08-09 |
| 11,54 | 1,3 Sven | Ootjers | M35 24-06-73 | Trias | Heiloo | 17-07-09 |
| 11,55 | -1,0 Elliott | Oti | M35 21-11-72 | Prins Hendrik | Kerkrade | 10-05-09 |
| 11,66 | 1,7 Rob | Rolvink | M35 29-07-69 | Phoenix | Utrecht | 22-05-09 |
| 11,72 | -0,9 Philo | Jones | M35 22-01-73 | Phanos | Leiden | 10-05-09 |
| 11,76 | -0,9 Martijn de | Lange | M35 20-04-71 | Phoenix | Leiden | 10-05-09 |
| 11,79 | 1,6 Pedro | Ramos | M35 20-03-71 | PAC | Utrecht | 07-08-09 |
| 12,00 | 0,9 Johan de | Visser | M35 22-06-74 | Fortuna | Steenbergen | 28-06-09 |
| 12,04 | -0,4 Toine van | Beckhoven | M35 01-01-70 | Attila | Tilburg | 01-07-09 |
| | (10) | | | | | |
| 12,10 | 0,0 Lars | Janssen | M35 15-05-73 | Phoenix | Delft | 12-09-09 |
| 12,11 | -0,2 Harbrandt | Hadderingh | M35 09-12-71 | Groningen Atl | Zwolle | 28-06-09 |
| 12,13 | -1,3 Arno van | Steensel | M35 10-08-72 | Prins Hendrik | Vught | 13-09-09 |

geen windgegevens bekend:

| | | | | | | |
|-------|----------|----------|--------------|---------------|-------|----------|
| 11,87 | Arno van | Steensel | M35 10-08-72 | Prins Hendrik | Vught | 21-05-09 |
|-------|----------|----------|--------------|---------------|-------|----------|

150 meter mannen-masters M35-M39

| | | | | | | |
|-------|--------------|--------|--------------|---------------|---------|----------|
| 16,51 | 1,2 Werner | Andrea | M35 20-08-71 | Phoenix | Utrecht | 10-07-09 |
| 17,60 | -0,2 Elliott | Oti | M35 21-11-72 | Prins Hendrik | Vught | 05-04-09 |

200 meter mannen-masters M35-M39

| | | | | | | |
|-------|---------------------|-----------|--------------|---------------|-------------|----------|
| 22,59 | 0,1 Werner | Andrea | M35 20-08-71 | Phoenix | Lahti (FIN) | 03-08-09 |
| 22,92 | 1,3 Johnny | Silié | M35 30-09-72 | Lycurgus | Oosterhout | 14-06-09 |
| 23,64 | 0,6 Rob | Rolvink | M35 29-07-69 | Phoenix | Utrecht | 13-06-09 |
| 23,74 | -1,5 Elliott | Oti | M35 21-11-72 | Prins Hendrik | Krommenie | 21-06-09 |
| 23,98 | 1,3 Toine van | Beckhoven | M35 01-01-70 | Attila | Oosterhout | 14-06-09 |
| 24,07 | 1,9 Ger | Wessel | M35 06-03-70 | KAV Holland | Alkmaar | 17-05-09 |
| 24,58 | 0,0 Jeroen van de | Merwe | M35 27-02-71 | Haag Atletiek | Nieuwegein | 17-05-09 |
| 24,87 | 1,7 Lennert van der | Zee | M35 08-07-72 | AV Wijchen | Nijmegen | 21-06-09 |
| 24,94 | 1,1 Lars | Janssen | M35 15-05-73 | Phoenix | Heiloo | 31-07-09 |
| 25,24 | 0,9 Lex | Verhoeven | M35 29-09-69 | Groene Ster | Veldhoven | 19-04-09 |

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| | | | | | | |
|-------|--------------|--------|--------------|------------|--------|----------|
| 25,28 | 1,5 Dirk-Jan | Demkes | M35 02-02-73 | De Liemers | Almelo | 17-05-09 |
|-------|--------------|--------|--------------|------------|--------|----------|

geen windgegevens bekend:

| | | | | | | |
|-------|-----------|------------|--------------|---------------|----------|----------|
| 24,40 | Harbrandt | Hadderingh | M35 09-12-71 | Groningen Atl | Drachten | 17-05-09 |
|-------|-----------|------------|--------------|---------------|----------|----------|

met teveel rugwind:

| | | | | | | |
|-------|--------------|--------|--------------|---------|-------------|----------|
| 22,34 | w 2,2 Werner | Andrea | M35 20-08-71 | Phoenix | Lahti (FIN) | 03-08-09 |
| 25,05 | w 2,5 Edgar | Voogt | M35 25-08-70 | Fit | Huizen | 21-06-09 |

300 meter mannen-masters M35-M39

| | | | | | | |
|-------|---------|--------|--------------|---------------|---------|----------|
| 36,11 | Werner | Andrea | M35 20-08-71 | Phoenix | Utrecht | 10-07-09 |
| 38,40 | Elliott | Oti | M35 21-11-72 | Prins Hendrik | Vught | 05-04-09 |
| 39,94 | David | Bömer | M35 12-04-70 | DJA | Breda | 14-04-09 |

400 meter mannen-masters M35-M39

| | | | | | | |
|-------|---------------|-----------|--------------|--------------|------------|----------|
| 51,13 | Werner | Andrea | M35 20-08-71 | Phoenix | Leiden | 10-05-09 |
| 51,56 | Johnny | Silié | M35 30-09-72 | Lycurgus | Oosterhout | 13-06-09 |
| 52,32 | Toine van | Beckhoven | M35 01-01-70 | Attila | Oosterhout | 13-06-09 |
| 52,42 | Andrew-Harris | Larassen | M35 23-09-70 | Impala | Wageningen | 17-07-09 |
| 52,45 | Ger | Wessel | M35 06-03-70 | KAV Holland | Amersfoort | 21-06-09 |
| 53,15 | Diem | Kemper | M35 21-06-73 | AC Waterland | Huizen | 21-06-09 |

| | | | | | |
|-------|----------|------------|------------------------------|------------|----------|
| 53,39 | Michiel | Molevelt | M35 12-07-73 Leiden Atletiek | Leiden | 10-05-09 |
| 53,40 | Marco | Kortleever | M35 02-02-73 Leiden Atletiek | Leiden | 10-05-09 |
| 53,70 | Dimitri | Kemper | M35 21-06-73 AC Waterland | Oosterhout | 13-06-09 |
| 53,74 | Dirk-Jan | Demkes | M35 02-02-73 De Liemers | Nijmegen | 21-06-09 |

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| | | | | | |
|-------|---------------|---------|-----------------------------|-------------|----------|
| 53,74 | Lars | Janssen | M35 15-05-73 Phoenix | Utrecht | 07-08-09 |
| 54,00 | Jeroen van de | Merwe | M35 27-02-71 Haag Atletiek | Steenbergen | 28-06-09 |
| 54,69 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Best | 04-07-09 |

800 meter mannen-masters M35-M39

| | | | | | |
|---------|---------------|------------|------------------------------|---------------|----------|
| 1.49,94 | Johan de | Koning | M35 07-06-74 Sprint | Uden | 27-06-09 |
| 1.54,51 | Andrew-Harris | Larassen | M35 23-09-70 Impala | Leiden | 13-06-09 |
| 1.56,99 | Ronald | Weevers | M35 13-10-69 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 1.59,63 | Dirk-Jan | Demkes | M35 02-02-73 De Liemers | Wageningen | 03-06-09 |
| 1.59,80 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Vugt | 13-09-09 |
| 2.00,94 | Henk | Smalbrugge | M35 27-06-73 PEC 1910 | Utrecht | 22-05-09 |
| 2.02,41 | Michiel | Molevelt | M35 12-07-73 Leiden Atletiek | Leiden | 10-05-09 |

1000 meter mannen-masters M35-M39

| | | | | | |
|---------|------------|-----------|----------------------------|-------------|----------|
| 2.24,48 | Johan de | Koning | M35 07-06-74 Sprint | Zelee (BEL) | 22-08-09 |
| 2.38,6 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Naaldwijk | 10-09-09 |
| 2.44,6 | Fabian | Ernst | M35 06-10-71 AV Haarl'meer | Naaldwijk | 10-09-09 |

1500 meter mannen-masters M35-M39

| | | | | | |
|---------|---------------|-------------|----------------------------|-----------------|----------|
| 3.43,49 | Johan de | Koning | M35 07-06-74 Sprint | Oorddegem (BEL) | 04-07-09 |
| 3.46,28 | Sebastien | Schletterer | M35 21-12-72 Dynamica | Oorddegem (BEL) | 04-07-09 |
| 3.56,39 | Casper | Dirks | M35 31-03-73 Phanos | Oorddegem (BEL) | 04-07-09 |
| 3.59,06 | Ronald | Weevers | M35 13-10-69 Prins Hendrik | Uden | 27-06-09 |
| 4.00,39 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Harderwijk | 19-09-09 |
| 4.02,92 | Noël | Keijsers | M35 22-05-73 Prins Hendrik | Eindhoven | 12-07-09 |
| 4.04,14 | Dirk-Jan | Demkes | M35 02-02-73 De Liemers | Uden | 27-06-09 |
| 4.10,53 | Cor | Datema | M35 19-09-71 Prins Hendrik | Wageningen | 17-07-09 |
| 4.14,15 | Andrew-Harris | Larassen | M35 23-09-70 Impala | Heerde | 27-05-09 |
| 4.15,77 | Erwin | Sparreboom | M35 07-02-71 Olympus '70 | Naaldwijk | 28-05-09 |

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| | | | | | |
|---------|---------------|------------|------------------------------|------------|----------|
| 4.16,65 | Simon van den | Enden | M35 05-09-74 Phoenix | Eindhoven | 12-09-09 |
| 4.16,87 | Casper | Vroemen | M35 11-05-69 Leiden Atletiek | Leiden | 10-05-09 |
| 4.17,65 | Henk | Smalbrugge | M35 27-06-73 PEC 1910 | Wageningen | 26-06-09 |

1 Engelse mijl mannen-masters M35-M39

| | | | | | |
|---------|----------|--------|---------------------|------------------|----------|
| 4.01,09 | Johan de | Koning | M35 07-06-74 Sprint | Brasschaat (BEL) | 26-07-09 |
|---------|----------|--------|---------------------|------------------|----------|

2000 meter mannen-masters M35-M39

| | | | | | |
|---------|----------|--------|---------------------|------------------|----------|
| 5.16,05 | Johan de | Koning | M35 07-06-74 Sprint | Oudenaarde (BEL) | 20-06-09 |
|---------|----------|--------|---------------------|------------------|----------|

3000 meter mannen-masters M35-M39

| | | | | | |
|---------|-------------|-----------|--------------------------|--------------|----------|
| 8.23,46 | Johan de | Koning | M35 07-06-74 Sprint | Breda | 29-08-09 |
| 8.46,49 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Lisse | 09-05-09 |
| 8.50,11 | Casper | Dirks | M35 31-03-73 Phanos | Leiden | 13-06-09 |
| 9.01,02 | Arthur van | Dijk | M35 09-01-71 Olympus '70 | Hulst | 01-06-09 |
| 9.13,62 | Jean-Pierre | Hoebroer | M35 21-12-72 Spado | Duffel (BEL) | 30-05-09 |
| 9.15,19 | Koos | Verwey | M35 05-04-71 DAK | Drunen | 25-06-09 |
| 9.16,72 | Rob | Schilder | M35 02-10-69 SAV | Utrecht | 07-08-09 |

5000 meter mannen-masters M35-M39

| | | | | | |
|----------|------------|-------------|----------------------------|---------------|----------|
| 13.43,80 | Martin | Lauret | M35 27-10-71 Typhoon | Heusden (BEL) | 18-07-09 |
| 14.21,05 | Marco | Gielen | M35 30-05-70 Scopias | Amsterdam | 02-08-09 |
| 14.50,72 | Marcel | Tesselaar | M35 26-06-69 Hera | Koblenz (GER) | 20-05-09 |
| 15.13,41 | Gerard | Cornelissen | M35 20-06-71 Phoenix | Vugt | 13-09-09 |
| 15.13,83 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Vugt | 13-09-09 |
| 15.26,70 | Noël | Keijsers | M35 22-05-73 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 15.33,20 | Casper | Dirks | M35 31-03-73 Phanos | Heiloo | 14-08-09 |
| 15.35,32 | Koos | Verweij | M35 05-04-71 DAK | Oosterhout | 13-06-09 |
| 15.47,87 | Eelco de | Voogt | M35 04-11-69 Ilion | Zwolle | 17-05-09 |
| 15.50,47 | Gaby van | Caulil | M35 10-06-70 Ciko '66 | Zwolle | 17-05-09 |

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| | | | | | |
|----------|----------------|--------|------------------|----------|----------|
| 15.53,32 | Koos | Verwey | M35 05-04-71 DAK | Kerkrade | 10-05-09 |
| 15.54,39 | Michel van der | Klein | M35 28-04-74 PAC | Sittard | 21-06-09 |

10.000 meter mannen-masters M35-M39

| | | | | | |
|----------|------------|-------------|----------------------|-----------------------------|----------|
| 29.22,23 | Martin | Lauret | M35 27-10-71 Typhoon | Ribeira Brava (POR)06-06-09 | |
| 29.47,82 | Sanne | Torfs | M35 70 BEL | Uden | 26-05-09 |
| 29.51,21 | Marco | Gielen | M35 30-05-70 Scopias | Utrecht | 14-06-09 |
| 31.21,84 | Gerard | Cornelissen | M35 20-06-71 Phoenix | Utrecht | 14-06-09 |
| 31.32,31 | Marcel | Tesselaar | M35 26-06-69 Hera | Utrecht | 14-06-09 |
| 32.07,95 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Lahti (FIN) | 04-08-09 |
| 32.39,84 | Arthur | Schramade | M35 21-09-69 Cifla | Utrecht | 14-06-09 |
| 33.04,26 | Jay | Sauer | M35 17-01-72 Cifla | Utrecht | 14-06-09 |
| 34.05,83 | Marco van | Dongen | M35 18-11-69 Sprint | Utrecht | 14-06-09 |

3000 meter steeple chase mannen-masters M35-M39

| | | | | | |
|----------|----------------|-----------|----------------------------|-----------|----------|
| 9.21,60 | Noël | Keijsers | M35 22-05-73 Prins Hendrik | Naaldwijk | 19-04-09 |
| 9.44,97 | Gaby van | Caulil | M35 10-06-70 Ciko '66 | Naaldwijk | 19-04-09 |
| 9.50,19 | Michel van der | Klein | M35 28-04-74 PAC | Ede | 17-05-09 |
| 9.58,38 | Casper | Dirks | M35 31-03-73 Phanos | Amsterdam | 05-07-09 |
| 10.05,17 | Eelco de | Voogt | M35 04-11-69 Ilion | Krommenie | 21-06-09 |
| 10.12,09 | Bernard te | Boekhorst | M35 18-02-72 Phoenix | Drachten | 17-05-09 |
| 10.30,47 | Melvin van de | Voet | M35 09-05-73 AC TION | Den Haag | 17-05-09 |
| 10.31,62 | Simon van den | Enden | M35 05-09-74 Phoenix | Ede | 20-09-09 |
| 10.47,15 | Toine van | Beckhoven | M35 01-01-70 Attila | Best | 04-07-09 |

110 meter horden 99,1 cm mannen-masters M35-M39

| | | | | | |
|-------|----------------|-----------|----------------------------|------------|----------|
| 15,90 | -0,1 Lars | Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |
| 17,24 | -0,1 Toine van | Beckhoven | M35 01-01-70 Attila | Delft | 13-09-09 |
| 17,89 | 1,6 Dennis | Francois | M35 11-02-74 Groene Ster | Utrecht | 07-08-09 |
| 19,67 | 0,8 Matias | Hellman | M35 16-05-71 Haag Atletiek | Wageningen | 17-07-09 |

110 meter horden 106,7 cm mannen-masters M35-M39

| | | | | | |
|-------|------------------|----------|-----------------------------|-------------|----------|
| 15,13 | 1,6 Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Sittard | 21-06-09 |
| 16,16 | 1,4 Arno van | Steensel | M35 10-08-72 Prins Hendrik | Krommenie | 21-06-09 |
| 16,52 | -1,2 Michiel | Heerema | M35 27-02-70 AV Gouda | Zutphen | 19-04-09 |
| 16,77 | -1,2 Martien van | Weert | M35 07-04-70 DAK | Veldhoven | 19-04-09 |
| 17,02 | 0,0 Arno van | Steensel | M35 10-08-72 KAV Holland | Vught | 05-04-09 |
| 18,85 | -1,2 Dennis | Francois | M35 11-02-74 Groene Ster | Veldhoven | 19-04-09 |
| 19,27 | 0,7 Eddy | Weemhoff | M35 24-03-71 Hercules | Zevenbergen | 21-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|------|---------|----------------------|-----|----------|
| 15,18 | Sven | Ootjers | M35 24-06-73 Trias | Ede | 20-09-09 |
| 16,25 | Lars | Janssen | M35 15-05-73 Phoenix | Ede | 20-09-09 |

200 meter horden 76,2 cm mannen-masters M35-M39

| | | | | | |
|-------|---------------|-----------|----------------------|-------|----------|
| 26,87 | 0,5 Toine van | Beckhoven | M35 01-01-70 Attila | Delft | 12-09-09 |
| 27,04 | 0,5 Lars | Janssen | M35 15-05-73 Phoenix | Delft | 12-09-09 |

400 meter horden 91,4 cm mannen-masters M35-M39

| | | | | | |
|-------|-----------|-----------|-----------------------------|------------|----------|
| 56,43 | Toine van | Beckhoven | M35 01-01-70 Attila | Vught | 21-05-09 |
| 58,54 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Oosterhout | 14-06-09 |
| 61,68 | Bavo | Janss | M35 12-10-69 Prins Hendrik | Uden | 17-05-09 |
| 64,12 | Dennis | Francois | M35 11-02-74 Groene Ster | Breda | 17-05-09 |
| 64,91 | Lars | Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |

hoogspringen mannen-masters M35-M39

| | | | | | |
|------|----------------|-----------|-----------------------------|-------------|----------|
| 2,07 | Sven | Ootjers | M35 24-06-73 Trias | Amersfoort | 21-06-09 |
| 1,90 | Dennis | Prinsen | M35 03-08-73 Sprint | Breda | 14-04-09 |
| 1,90 | Martijn van de | Peppel | M35 05-03-72 VAV | Harderwijk | 19-09-09 |
| 1,76 | Michiel | Heerema | M35 27-02-70 AV Gouda | Gouda | 21-05-09 |
| 1,75 | Harbrandt | Haddingh | M35 09-12-71 Groningen Atl | Oosterhout | 14-06-09 |
| 1,75 | Lex | Verhoeven | M35 29-09-69 Groene Ster | Steenbergen | 28-06-09 |
| 1,70 | Dennis | Francois | M35 11-02-74 Groene Ster | Kerkrade | 10-05-09 |
| 1,70 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Best | 04-07-09 |
| 1,70 | Lars | Janssen | M35 15-05-73 Phoenix | Ede | 20-09-09 |
| 1,65 | Jeroen | Sengers | M35 07-07-71 Phoenix | Zwolle | 28-06-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|----------|-----------|--------------------------|-------------|----------|
| 1,77 | o Lex | Verhoeven | M35 29-09-69 Groene Ster | Zevenbergen | 27-09-09 |
| 1,77 | o Dennis | Francois | M35 11-02-74 Groene Ster | Zevenbergen | 27-09-09 |
| 1,65 | o Stefan | Pieper | M35 06-04-73 AV '34 | Apeldoorn | 26-09-09 |

polsstokhoogspringen mannen-masters M35-M39

| | | | | | |
|------|-----------|----------|----------------------------|-----------|----------|
| 5,27 | Christian | Tamminga | M35 30-04-74 Haag Atletiek | Amsterdam | 02-08-09 |
|------|-----------|----------|----------------------------|-----------|----------|

| | | | | | |
|------|-----------|------------|-----------------------------|------------|----------|
| 4,15 | Remco | Mallens | M35 23-02-70 Sprint | Breda | 29-08-09 |
| 3,70 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Veldhoven | 19-04-09 |
| 3,60 | Harbrandt | Hadderingh | M35 09-12-71 Groningen Atl | Harderwijk | 21-06-09 |
| 3,40 | Paul | Joosten | M35 27-08-70 Hylas | Amsterdam | 19-04-09 |
| 3,30 | Suat | Ozdirekcan | M35 30-12-71 Hellas | Den Haag | 17-05-09 |
| 3,20 | Lars | Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|------|---------|--------------------|--------|----------|
| 3,60 | o | Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 04-10-09 |
|------|---|------|---------|--------------------|--------|----------|

verspringen mannen-masters M35-M39

| | | | | | | |
|------|------|---------------|------------|-----------------------------|-------------|----------|
| 7,01 | 1,3 | Laurens | Looije | M35 12-01-73 Ilion | Vught | 21-05-09 |
| 6,89 | 2,0 | Dennis | Prinsen | M35 03-08-73 Sprint | Steenbergen | 28-06-09 |
| 6,10 | -0,4 | Philo | Jones | M35 22-01-73 Phanos | Leiden | 10-05-09 |
| 6,03 | 1,6 | Jeroen | Sengers | M35 07-07-71 Phoenix | Leiden | 10-05-09 |
| 6,02 | 0,8 | Lars | Janssen | M35 15-05-73 Phoenix | Den Haag | 30-08-09 |
| 6,00 | 1,3 | Robin van den | Berg | M35 01-07-72 Phanos | Amsterdam | 08-08-09 |
| 5,98 | 0,3 | Marcel | Roosen | M35 11-09-70 Eindhoven Atl. | Vught | 13-09-09 |
| 5,96 | 0,3 | Harbrandt | Hadderingh | M35 09-12-71 Groningen Atl | Zwolle | 28-06-09 |
| 5,96 | -0,2 | Erik v.d. | Berg | M35 30-08-74 Groene Ster | Vught | 13-09-09 |
| 5,85 | 1,0 | Toine van | Beckhoven | M35 01-01-70 Attila | Den Haag | 30-08-09 |

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| | | | | | | |
|------|------|-------------|-------------|----------------------------|------------|----------|
| 5,84 | -0,6 | Sven | Noordermeer | M35 19-02-74 Spark | Nieuwegein | 17-05-09 |
| 5,73 | 1,3 | Arno van | Steensel | M35 10-08-72 Prins Hendrik | Krommenie | 21-06-09 |
| 5,72 | -0,8 | Christian | Huijsman | M35 12-02-73 PAC | Vught | 13-09-09 |
| 5,67 | 1,0 | Olivier de | Hon | M35 03-09-72 AV '23 | Leiden | 10-05-09 |
| 5,67 | -1,1 | Marcel | Kremer | M35 25-12-73 AV '34 | Vught | 13-09-09 |
| 5,62 | -0,3 | Martien van | Weert | M35 07-04-70 DAK | Ede | 17-05-09 |
| 5,52 | -0,6 | Marco van | Stijn | M35 23-11-70 De Spartaan | Leiden | 10-05-09 |

geen windgegevens bekend:

| | | | | | | |
|------|--|-----------|-------------|----------------------|-------------|----------|
| 6,21 | | Lars | Janssen | M35 15-05-73 Phoenix | Delft | 12-09-09 |
| 6,03 | | Sven | Noordermeer | M35 19-02-74 Spark | Spijkenisse | 19-04-09 |
| 5,96 | | Toine van | Beckhoven | M35 01-01-70 Attila | Delft | 12-09-09 |

met teveel rugwind:

| | | | | | | | |
|------|---|-----|---------------|------|---------------------|-----------|----------|
| 6,19 | w | 3,1 | Robin van den | Berg | M35 01-07-72 Phanos | Amsterdam | 08-08-09 |
|------|---|-----|---------------|------|---------------------|-----------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|------|---|------------|----------|--------------------------|-------------|----------|
| 6,23 | o | Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 03-10-09 |
| 6,03 | o | Erik v.d. | Berg | M35 30-08-74 Groene Ster | Zevenbergen | 27-09-09 |
| 5,76 | o | Ronald van | Rijswijk | M35 05-07-70 AV '34 | Apeldoorn | 26-09-09 |

hink-stap-sprong mannen-masters M35-M39

| | | | | | | |
|-------|-----|------|---------|--------------------|------------|----------|
| 12,61 | 0,0 | Sven | Ootjers | M35 24-06-73 Trias | Amersfoort | 21-06-09 |
|-------|-----|------|---------|--------------------|------------|----------|

geen windgegevens bekend:

| | | | | | | |
|-------|--|-----------|------------|------------------------------|-------|----------|
| 12,58 | | Lars | Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |
| 11,59 | | Jean-Paul | Papamarkou | M35 13-04-71 R' dam Atletiek | Gouda | 28-08-09 |

met teveel rugwind:

| | | | | | | | |
|-------|---|-----|-----------|------------|------------------------------|------------|----------|
| 12,92 | w | 2,9 | Sven | Ootjers | M35 24-06-73 Trias | Amsterdam | 19-04-09 |
| 11,90 | w | 2,1 | Jean-Paul | Papamarkou | M35 13-04-71 R' dam Atletiek | Oosterhout | 13-06-09 |

kogelstoten 7,25 kg mannen-masters M35-M39

| | | | | | | |
|-------|--|-----------|------------|------------------------------|-------------|----------|
| 15,07 | | Marcel | Mahie | M35 08-10-72 Noordkop | Alkmaar | 17-05-09 |
| 14,92 | | Gerard | Sluiter | M35 13-01-73 Ciko '66 | Krommenie | 21-06-09 |
| 14,62 | | Marcel | Dost | M35 28-09-69 AC TION | Haaksbergen | 12-05-09 |
| 14,37 | | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Steenbergen | 28-06-09 |
| 13,90 | | Remco van | Veldhuizen | M35 11-10-73 Ilion | Zwolle | 17-05-09 |
| 13,87 | | Elliot | Thijssen | M35 30-03-71 Hellas | Leiden | 10-05-09 |
| 13,30 | | Roland | Boon | M35 19-09-70 Athlos | Harderwijk | 21-06-09 |
| 13,06 | | Erik | Spaan | M35 26-05-74 AV Wijchen | Nijmegen | 21-06-09 |
| 12,94 | | Martijn | Scheffers | M35 08-09-72 Leiden Atletiek | Leiden | 26-06-09 |
| 12,83 | | Paul | Joosten | M35 27-08-70 Hylas | Alkmaar | 17-05-09 |

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| | | | | | | |
|-------|--|------------|-----------|--------------------------|--------------|----------|
| 12,79 | | Ronald | Gram | M35 31-03-74 Sprint | Eindhoven | 26-04-09 |
| 12,47 | | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Amsterdam | 19-04-09 |
| 12,42 | | Arnoud | Koot | M35 06-02-72 De Spartaan | Zwolle | 17-05-09 |
| 12,29 | | Marc | Elsbeek | M35 31-01-72 De Keien | Valkenswaard | 19-04-09 |
| 12,17 | | Lex | Verhoeven | M35 29-09-69 Groene Ster | Sittard | 21-06-09 |
| 12,08 | | Jeroen ten | Heuvel | M35 25-05-73 Flevo Delta | Dronten | 10-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|--------|---------|---------------------|-----------|----------|
| 12,49 | o | Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 03-10-09 |
| 12,21 | o | Michel | Kuiper | M35 09-02-74 Phanos | Amsterdam | 04-10-09 |

discuswerpen 2 kg mannen-masters M35-M39

| | | | | | | |
|-------|--|-----------|------------|------------------------------|-----------|----------|
| 49,40 | | Martijn | Scheffers | M35 08-09-72 Leiden Atletiek | Krommenie | 05-07-09 |
| 49,28 | | Gerard | Sluiter | M35 13-01-73 Ciko '66 | Utrecht | 10-07-09 |
| 46,01 | | Marcel | Dost | M35 28-09-69 AC TION | Hengelo | 18-06-09 |
| 45,39 | | Erik | Spaan | M35 26-05-74 AV Wijchen | Nijmegen | 21-06-09 |
| 45,01 | | Ronald | Gram | M35 31-03-74 Sprint | Den Haag | 17-05-09 |
| 41,37 | | Arnoud | Koot | M35 06-02-72 De Spartaan | Zwolle | 17-05-09 |
| 40,80 | | Remco van | Veldhuizen | M35 11-10-73 Ilion | Hilversum | 13-09-09 |
| 39,75 | | Martin | Wijand | M35 16-09-71 AAC | Rotterdam | 29-08-09 |
| 38,62 | | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| 37,68 | | Lex | Verhoeven | M35 29-09-69 Groene Ster | Sittard | 21-06-09 |

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| | | | | | | |
|-------|--|-------------|------------|-----------------------------|------------|----------|
| 37,33 | | Jeroen ten | Heuvel | M35 25-05-73 Flevo Delta | Nijmegen | 21-06-09 |
| 37,11 | | Roland | Boon | M35 19-09-70 Athlos | Oosterhout | 14-06-09 |
| 36,45 | | Rob | Zwijenburg | M35 04-07-69 Avantri | Eindhoven | 26-04-09 |
| 35,71 | | Martien van | Weert | M35 07-04-70 DAK | Sittard | 21-06-09 |
| 34,76 | | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Eindhoven | 12-09-09 |
| 34,42 | | Marcel | Leijten | M35 11-01-70 Gen. Michaëlis | Uden | 17-05-09 |

kogelslingeren 7,25 kg mannen-masters M35-M39

| | | | | | | |
|-------|--|-----------|------------|-----------------------------|-------------|----------|
| 67,22 | | Ronald | Gram | M35 31-03-74 Sprint | Den Haag | 17-05-09 |
| 51,89 | | Martin | Wijand | M35 16-09-71 AAC | Lahti (FIN) | 02-08-09 |
| 42,55 | | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Veldhoven | 19-04-09 |
| 40,25 | | Arnoud | Koot | M35 06-02-72 De Spartaan | Eindhoven | 26-04-09 |
| 38,80 | | Remco van | Veldhuizen | M35 11-10-73 Ilion | Hilversum | 13-09-09 |
| 38,23 | | Olaf van | Egmond | M35 23-04-70 Sparta | Veldhoven | 19-04-09 |
| 38,05 | | Marcel | Dost | M35 28-09-69 AC TION | Den Haag | 17-05-09 |
| 37,69 | | Harald | Gijtenbeek | M35 02-11-70 Altis | Wageningen | 18-09-09 |
| 36,98 | | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Amersfoort | 11-04-09 |
| 36,21 | | Danny | Stotijn | M35 18-06-70 AV Haarl'meer | Amsterdam | 19-04-09 |

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| | | | | | | |
|-------|--|--------|------------|----------------------|-----------|----------|
| 34,84 | | Roland | Boon | M35 19-09-70 Athlos | Eindhoven | 26-04-09 |
| 31,41 | | Rob | Zwijenburg | M35 04-07-69 Avantri | Boskoop | 20-06-09 |

speerwerpen 800 gram mannen-masters M35-M39

| | | | | | | |
|-------|--|-------------|------------|-----------------------------|-------------|----------|
| 68,42 | | Elliott | Thijssen | M35 30-03-71 Hellas | Den Haag | 17-05-09 |
| 60,37 | | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| 55,97 | | Jeroen ten | Heuvel | M35 25-05-73 Flevo Delta | Kampen | 22-04-09 |
| 55,37 | | Matthias | Strauss | M35 07-04-71 AC TION | Zwolle | 28-06-09 |
| 49,11 | | Kik van | Swol | M35 16-04-70 Hylas | Alkmaar | 03-07-09 |
| 45,95 | | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Eindhoven | 26-04-09 |
| 44,75 | | Marcel | Dost | M35 28-09-69 AC TION | Haaksbergen | 12-05-09 |
| 44,44 | | Martien van | Weert | M35 07-04-70 DAK | Sittard | 21-06-09 |
| 43,85 | | Remco van | Veldhuizen | M35 11-10-73 Ilion | Zoetermeer | 05-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|------|---------|--------------------|--------|----------|
| 50,12 | o | Sven | Ootjers | M35 24-06-73 Trias | Heiloo | 04-10-09 |
|-------|---|------|---------|--------------------|--------|----------|

gewichtwerpen 15,88 kg mannen-masters M35-M39

| | | | | | | |
|-------|--|-----------|------------|-----------------------------|--------------------|----------|
| 18,76 | | Ronald | Gram | M35 31-03-74 Sprint | Eindhoven | 26-04-09 |
| 15,22 | | Martin | Wijand | M35 16-09-71 AAC | Lahti (FIN) | 04-08-09 |
| 13,32 | | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| 12,25 | | Arnoud | Koot | M35 06-02-72 De Spartaan | Eindhoven | 26-04-09 |
| 12,06 | | Remco van | Veldhuizen | M35 11-10-73 Ilion | Amsterdam | 03-10-09 |
| 11,81 | | Erwin | Bökenkamp | M35 23-10-69 AV Edam | Sint-Niklaas (BEL) | 21-06-09 |
| 11,27 | | Harald | Gijtenbeek | M35 02-11-70 Altis | Eindhoven | 14-02-09 |
| 10,11 | | Roland | Boon | M35 19-09-70 Athlos | Eindhoven | 12-09-09 |

werp-vijfkamp mannen-masters M35-M39

| | | | | | | |
|------|--|--------|------------|---------------------------------------|-------------|----------|
| 3568 | | Ronald | Gram | M35 31-03-74 Sprint | Eindhoven | 26-04-09 |
| | | | | 60,79 * 12,79 * 43,93 * 31,12 * 18,76 | | |
| 3354 | | Brian | Lesterhuis | M35 29-09-72 Eindhoven Atl. | Eindhoven | 26-04-09 |
| | | | | 41,29 * 14,24 * 38,62 * 60,37 * 13,32 | | |
| 3058 | | Martin | Wijand | M35 16-09-71 AAC | Lahti (FIN) | 06-08-09 |
| | | | | 49,98 * 11,02 * 39,43 * 37,68 * 14,89 | | |
| 2879 | | Arnoud | Koot | M35 06-02-72 De Spartaan | Eindhoven | 26-04-09 |

| | | | | | |
|------|---------------------------------------|----------------------|----------------------|---------------|----------|
| 2862 | 40,25 * 12,20 * 40,81 * 39,97 * 12,25 | Remco van Veldhuizen | M35 11-10-73 Ilion | Rotterdam | 29-08-09 |
| 2542 | 37,21 * 12,44 * 40,50 * 42,55 * 12,00 | Erwin Bökenkamp | M35 23-10-69 AV Edam | Stekene (BEL) | 22-08-09 |
| 2456 | 34,57 * 11,53 * 31,00 * 41,42 * 11,76 | Roland Boon | M35 19-09-70 Athlos | Eindhoven | 12-09-09 |
| 2340 | 30,63 * 11,87 * 35,95 * 38,27 * 10,11 | Harald Gijtenbeek | M35 02-11-70 Altis | Eindhoven | 26-04-09 |
| 2310 | 35,62 * 10,04 * 29,82 * 36,26 * 11,27 | Rob Zwijnenburg | M35 04-07-69 Avantri | Eindhoven | 26-04-09 |
| | 28,59 * 11,13 * 36,45 * 36,71 * 09,15 | | | | |

10-kamp mannen-masters M35-M39

| | | | | | |
|------|---|---------------------|-----------------------------|-------------|----------|
| 5647 | 12,34 * 5,64 * 10,65 * 1,70 * 54,69 * 15,95 * 32,22 * 3,40 * 33,20 * 5,06,75 * 1,9 * * -1,3 | Marcel Roosen | M35 11-09-70 Eindhoven Atl. | Best | 05-07-09 |
| 5637 | 12,10 * 6,21 * 09,95 * 1,65 * 55,73 * 15,90 * 28,71 * 3,20 * 38,49 * 5,10,95 * 0 * * 1,3 | Lars Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |
| 5109 | 12,11 * 5,96 * 08,60 * 1,60 * 54,97 * 17,24 * 22,88 * 2,80 * 37,30 * 5,08,98 * 0 * * 1,3 | Toine van Beckhoven | M35 01-01-70 Attila | Delft | 13-09-09 |
| 4996 | 11,97 * 5,71 * 10,48 * 1,74 * 64,39 * 16,29 * 28,31 * 2,50 * 42,09 * 5,48,04 * * * | Harbrandt Haddingh | M35 09-12-71 Groningen Atl | Stadskanaal | 30-08-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|--|--------------|--------------------|--------|----------|
| 6230 | 11,4= * 6,23 * 12,49 * 1,95 * 58,1= * 15,5= * 31,53 * 3,6o * 50,12 * 5,50,6= * * * | Sven Ootjers | M35 24-06-73 Trias | Heiloo | 04-10-09 |
|------|--|--------------|--------------------|--------|----------|

20-kamp mannen-masters M35-M39

| | | | | | |
|-------|--|---------------------|----------------------|-------|----------|
| 11199 | 100m * ver * 200mH * kogel * 5000m * 800m * hoog * 400m * kgsI * 3000mst * windgegevens 110mH * discus * 200m * polsh * 3000m * 400mH * speer * 1500m * hss * 10.000m * windgegevens | Lars Janssen | M35 15-05-73 Phoenix | Delft | 13-09-09 |
| 10722 | 12,10 * 6,21 * 27,04 * 09,95 * 19,18,77 * 2,14,28 * 1,65 * 55,73 * 26,71 * 12,17,84 * 0,0 * * 0,5 15,90 * 28,71 * 25,03 * 3,20 * 11,13,08 * 64,91 * 38,49 * 5,10,95 * 12,58 * 44,19,34 * 1,3 * -0,1 * 12,11 * 5,96 * 26,87 * 08,60 * 18,24,39 * 2,20,39 * 1,60 * 54,97 * 18,21 * 11,34,05 * 0,0 * * 0,5 17,24 * 22,88 * 24,67 * 2,80 * 11,02,49 * 62,85 * 37,30 * 5,08,98 * 11,18 * 41,54,14 * 1,3 * -0,1 * | Toine van Beckhoven | M35 01-01-70 Attila | Delft | 13-09-09 |

4 x 100 meter clubteams mannen-masters M35-M39

| | | | | | |
|-------|------------|-----|-----------|------------|----------|
| 46,13 | Breda | M35 | Sprint | Amstelveen | 26-09-09 |
| 47,29 | Amstelveen | M35 | Startbaan | Amstelveen | 26-09-09 |
| 48,32 | Veenendaal | M35 | VAV | Amstelveen | 26-09-09 |
| 51,02 | Amsterdam | M35 | AV '23 | Amsterdam | 02-05-09 |

4 x 200 meter clubteams mannen-masters M35-M39

| | | | | | |
|---------|------------|-----|-----------------|------------|----------|
| 1.39,08 | Amstelveen | M35 | Startbaan | Amstelveen | 27-09-09 |
| 1.43,75 | Leiden | M35 | Leiden Atletiek | Amstelveen | 27-09-09 |
| 1.48,15 | Veenendaal | M35 | VAV | Amstelveen | 27-09-09 |

4 x 400 meter clubteams mannen-masters M35-M39

| | | | | | |
|---------|------------|-----|-----------|------------|----------|
| 3.50,45 | Amstelveen | M35 | Startbaan | Amstelveen | 26-09-09 |
| 3.50,96 | Veenendaal | M35 | VAV | Amstelveen | 26-09-09 |

zweedse estafette clubteams mannen-masters M35-M39

| | | | | | |
|---------|------------|-----|----------------|----------|----------|
| 2.09,38 | Vught | M35 | Prins Hendrik | Kerkrade | 10-05-09 |
| 2.09,4 | Krommenie | M35 | Lycurgus | Leiden | 10-05-09 |
| 2.10,4 | Amsterdam | M35 | AV '23 | Leiden | 10-05-09 |
| 2.11,70 | Eindhoven | M35 | Eindhoven Atl. | Vugt | 13-09-09 |
| 2.12,10 | Utrecht | M35 | Phoenix | Vugt | 13-09-09 |
| 2.13,30 | Dordrecht | M35 | Parthenon | Vugt | 13-09-09 |
| 2.15,1 | Apeldoorn | M35 | AV '34 | Leiden | 10-05-09 |
| 2.15,10 | Enschede | M35 | AC TION | Zwolle | 28-06-09 |
| 2.15,10 | Weert | M35 | AV Weert | Vugt | 13-09-09 |
| 2.15,80 | Amstelveen | M35 | Startbaan | Zwolle | 28-06-09 |

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| | | | | | |
|---------|-------------|-----|---------------|-------------|----------|
| 2.16,8 | Landsmeer | M35 | AC Waterland | Leiden | 10-05-09 |
| 2.17,20 | Zevenbergen | M35 | Groene Ster | Vugt | 13-09-09 |
| 2.17,20 | Lisse | M35 | De Spartaan | Vugt | 13-09-09 |
| 2.17,53 | Den Haag | M35 | Haag Atletiek | Steenbergen | 28-06-09 |
| 2.18,0 | Utrecht | M35 | Hellas | Leiden | 10-05-09 |
| 2.18,53 | Drunen | M35 | DAK | Kerkrade | 10-05-09 |
| 2.18,85 | Vlaardingen | M35 | Fortuna | Steenbergen | 28-06-09 |

| | | | | | | |
|---------|------|------------|-----|-------------------|-------------|----------|
| 2.19,8 | | Wageningen | M35 | Pallas '67 | Leiden | 10-05-09 |
| 2.19,80 | | Rotterdam | M35 | PAC | Vugt | 13-09-09 |
| 2.20,11 | | Nijmegen | M35 | Nijmegen Atletiek | Zwolle | 28-06-09 |
| | (20) | | | | | |
| 2.20,3 | | Zeist | M35 | Fit | Leiden | 10-05-09 |
| 2.20,50 | | Leiden | M35 | Leiden Atletiek | Vugt | 13-09-09 |
| 2.21,2 | | Hilversum | M35 | GAC-Hilversum | Leiden | 10-05-09 |
| 2.21,79 | | Reeuwijk | M35 | SC Reeuwijk | Steenbergen | 28-06-09 |
| 2.24,53 | | Zundert | M35 | DJA | Kerkrade | 10-05-09 |

Mannen-masters M40-M44

100 meter mannen-masters M40-M44

| | | | | | | |
|----------------------------------|----------------|----------------|--------------|-------------------|-----------------|----------|
| 11,45 | 1,2 Matthijs | Seijlhouwer | M40 17-08-66 | KAV Holland | Oosterhout | 13-06-09 |
| 11,55 | 1,5 Richard | Janssens | M40 12-09-68 | Lycurgus | Castricum | 03-06-09 |
| 11,73 | 1,2 Arjan | Otten | M40 04-04-69 | Eindhoven Atl. | Oosterhout | 13-06-09 |
| 11,73 | 1,2 Co | Neijzen | M40 12-12-64 | Prins Hendrik | Oosterhout | 13-06-09 |
| 11,88 | -1,3 Jordi | Mimbrero Palop | M40 25-02-69 | Haag Atletiek | Gouda | 12-06-09 |
| 11,93 | 1,2 Maarten | Smitskamp | M40 22-06-65 | Startbaan | Oosterhout | 13-06-09 |
| 11,97 | 0,7 Robert | Moen | M40 07-01-65 | DEM | Grootebroek | 16-08-09 |
| 12,00 | 1,2 Robin | Verlegh | M40 18-05-66 | Nijmegen Atletiek | Oosterhout | 13-06-09 |
| 12,05 | 0,2 Jürgen | Engelmann | M40 22-09-65 | Atletico '73 | Wageningen | 26-06-09 |
| 12,24 | 0,7 Harry | Lenis | M40 21-12-65 | Flevo Delta | Epe | 08-04-09 |
| | (10) | | | | | |
| 12,26 | 1,2 Leo | Schuur | M40 24-08-64 | Isala '96 | Oosterhout | 13-06-09 |
| 12,26 | 1,2 Andre van | Wort | M40 20-07-66 | Nea-Volharding | Oosterhout | 13-06-09 |
| 12,26 | 1,4 Dik van de | Weerdhof | M40 20-06-67 | VAV | Wageningen | 17-07-09 |
| 12,27 | -0,9 Theo | Dingemans | M40 13-08-65 | Leiden Atletiek | Leiden | 10-05-09 |
| 12,29 | 0,2 Manfred | Mooyer | M40 24-03-68 | AV Edam | Lahti (FIN) | 28-07-09 |
| 12,49 | -1,6 Aydin | Zeyrek | M40 01-09-68 | AC TION | Zutphen | 19-04-09 |
| 12,51 | 2,0 Tony | Palacio-Serrat | M40 21-07-66 | Parthenon | Oosterhout | 13-06-09 |
| 12,53 | -0,3 Werner | Themen | M40 10-07-64 | AV '23 | Amsterdam | 02-05-09 |
| 12,60 | -0,9 Martin | Zwaal | M40 30-08-68 | GAC-Hilversum | Leiden | 10-05-09 |
| 12,60 | -0,9 Paul | Rump | M40 08-11-66 | Phanos | Leiden | 10-05-09 |
| | (20) | | | | | |
| 12,66 | 1,7 Hans de | Wit | M40 17-10-68 | AV '34 | Utrecht | 22-05-09 |
| 12,75 | -2,0 Gerdjan | Kipping | M40 19-12-67 | Atledo | Dordrecht | 19-04-09 |
| 12,81 | 1,4 Edwin van | Asten | M40 | 67 | Wageningen | 17-07-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 12,82 | Bert | Koster | M40 07-05-67 | HAC '63 | Hoogeveen | 12-06-09 |
| <i>betere handtijden:</i> | | | | | | |
| 12,0 | Andre van | Wort | M40 20-07-66 | Nea-Volharding | Grootebroek | 22-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 12,3 | o Hans de | Wit | M40 17-10-68 | AV '34 | Apeldoorn | 26-09-09 |
| 12,62 | o Frank | Fokkens | M40 11-09-68 | Startbaan | Amstelveen | 11-10-09 |
| 12,78 | o Frank | Mooij | M40 26-12-68 | AAV '36 | Alphen a/d Rijn | 03-10-09 |

200 meter mannen-masters M40-M44

| | | | | | | |
|-------|-------------------|----------------|--------------|-----------------|-------------|----------|
| 23,51 | 1,6 Richard | Janssens | M40 12-09-68 | Lycurgus | Castricum | 03-06-09 |
| 24,24 | 0,0 Dik van de | Weerdhof | M40 20-06-67 | VAV | Utrecht | 01-05-09 |
| 24,26 | 1,1 Arjan | Otten | M40 04-04-69 | Eindhoven Atl. | Oosterhout | 14-06-09 |
| 24,31 | 1,1 Co | Neijzen | M40 12-12-64 | Prins Hendrik | Oosterhout | 14-06-09 |
| 24,57 | -1,5 Jordi | Mimbrero Palop | M40 25-02-69 | Haag Atletiek | Gouda | 12-06-09 |
| 24,65 | 0,3 Robert | Moen | M40 07-01-65 | DEM | Oosterhout | 14-06-09 |
| 24,70 | 1,5 Gerdjan | Kipping | M40 19-12-67 | Atledo | Dongen | 24-04-09 |
| 24,75 | 0,2 Henk van | Dijk | M40 08-07-69 | Hera | Heiloo | 31-07-09 |
| 24,80 | 1,1 Rob | Langezaal | M40 20-07-66 | Hellas | Oosterhout | 14-06-09 |
| 24,93 | 1,7 Jan | Plat | M40 22-01-66 | PEC 1910 | Zwolle | 29-08-09 |
| | (10) | | | | | |
| 24,95 | 0,6 Manfred | Mooyer | M40 24-03-68 | AV Edam | Heiloo | 21-05-09 |
| 25,15 | 0,8 Andre van | Wort | M40 20-07-66 | Nea-Volharding | Huizen | 21-06-09 |
| 25,69 | 0,5 Tony | Palacio-Serrat | M40 21-07-66 | Parthenon | Zevenbergen | 21-06-09 |
| 25,89 | 1,9 Rob | Moggré | M40 12-11-65 | Trias | Castricum | 03-06-09 |
| 26,18 | 0,3 Ben | Bakker | M40 01-01-67 | Lycurgus | Heiloo | 31-07-09 |
| 26,61 | 0,5 Jos | Warmerdam | M40 14-04-65 | U-Track | Delft | 13-09-09 |
| 26,63 | 0,6 Willem-Jan de | Ruyter | M40 18-12-65 | Leiden Atletiek | Heiloo | 31-07-09 |

| | | | | | |
|----------------------------------|-----------|--------|----------------------------|-----------|----------|
| 26,84 | 1,9 Frank | Stam | M40 13-01-66 AV Castricum | Castricum | 03-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 24,91 | Werner | Themen | M40 10-07-64 AV '23 | Amsterdam | 02-05-09 |
| 25,12 | Harry | Lenis | M40 21-12-65 Flevo Delta | Assen | 19-04-09 |
| 25,73 | Martin | Zwaal | M40 30-08-68 GAC-Hilversum | Utrecht | 04-09-09 |
| 26,56 | Frank | Stam | M40 13-01-66 AV Castricum | Utrecht | 04-09-09 |

met teveel rugwind:

| | | | | | |
|-------|---------------------|--------|------------------------------|-------------|----------|
| 24,08 | w 2,2 Robert | Moen | M40 07-01-65 DEM | Grootebroek | 16-08-09 |
| 26,30 | w 2,9 Willem-Jan de | Ruyter | M40 18-12-65 Leiden Atletiek | Leiden | 08-07-09 |

300 meter mannen-masters M40-M44

| | | | | | |
|-------|---------|-----------|--------------------------|---------|----------|
| 37,48 | Lucas | Teunissen | M40 13-02-68 Sprint | Breda | 14-04-09 |
| 41,49 | Richard | Oerlemans | M40 24-04-67 SC Reeuwijk | Utrecht | 10-07-09 |
| 41,70 | Koen | Joose | M40 01-04-67 Phanos | Helmond | 13-04-09 |

betere handtijden:

| | | | | | |
|---------------------------------|----------|---------|-------------------------|------------|----------|
| 41,6 | Klaas de | Vries | M40 03-05-66 Impala | Steenwijk | 17-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 41,34 | o Jan | Buwalda | M40 11-02-68 Pallas '67 | Wageningen | 30-08-09 |

400 meter mannen-masters M40-M44

| | | | | | |
|-------|------------|----------|--------------------------|--------------|----------|
| 51,20 | Richard | Janssens | M40 12-09-68 Lycurgus | Hoorn | 23-05-09 |
| 53,45 | Werner | Themen | M40 10-07-64 AV '23 | Krommenie | 21-06-09 |
| 53,58 | Titus | Fierkens | M40 17-10-66 De Liemers | Duffel (BEL) | 30-05-09 |
| 53,93 | Jan | Plat | M40 22-01-66 PEC 1910 | Zwolle | 28-06-09 |
| 54,25 | Jurgen van | Berkum | M40 04-09-67 Parthenon | Steenbergen | 28-06-09 |
| 54,34 | Marc van | Gils | M40 05-06-67 LG Wijbosch | Oosterhout | 13-06-09 |
| 54,46 | Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 28-07-09 |
| 54,52 | Dik van de | Weerdhof | M40 20-06-67 VAV | Utrecht | 07-08-09 |
| 55,86 | Jan | Buwalda | M40 11-02-68 Pallas '67 | Wageningen | 26-06-09 |
| 56,10 | Gerdjan | Kipping | M40 19-12-67 Atledo | Dordrecht | 19-04-09 |

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| | | | | | |
|-------|-----------|--------------|--------------------------------|-------------|----------|
| 56,34 | Bennie | Potjes | M40 07-04-67 R' dam Atletiek | Naaldwijk | 28-05-09 |
| 56,38 | Ron de | Vaan | M40 12-10-68 DAK | Kerkrade | 10-05-09 |
| 56,40 | Hans de | Wit | M40 17-10-68 AV '34 | Eindhoven | 12-09-09 |
| 56,47 | Richard | Oerlemans | M40 24-04-67 SC Reeuwijk | Steenbergen | 28-06-09 |
| 57,08 | Jan | Konijnenburg | M40 04-12-65 Nijmegen Atletiek | Zwolle | 28-06-09 |
| 57,33 | Ronald | Wiering | M40 25-05-64 AV Zaanland | Zaandam | 08-05-09 |
| 57,38 | M.B. | Boer | M40 09-04-68 AV '34 | Leiden | 10-05-09 |
| 57,54 | Andre van | Wort | M40 20-07-66 Nea-Volharding | Amsterdam | 02-05-09 |
| 57,56 | Clemens | Kanne | M40 08-06-65 AC TION | Zwolle | 28-06-09 |
| 57,84 | Klaas de | Vries | M40 03-05-66 Impala | Oosterhout | 13-06-09 |

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| | | | | | |
|-------|-----------|---------|----------------------------|---------------|----------|
| 58,15 | Martin | Zwaal | M40 30-08-68 GAC-Hilversum | Leiden | 10-05-09 |
| 58,22 | Ben | Bakker | M40 01-01-67 Lycurgus | Krommenie | 05-07-09 |
| 58,30 | Marcel de | Wit | M40 11-02-69 SAV | Heerhugowaard | 05-06-09 |
| 58,39 | Frank | Fokkens | M40 11-09-68 Startbaan | Leiden | 26-08-09 |
| 58,44 | Roel | Carati | M40 16-02-68 DGLA | Amsterdam | 08-08-09 |

800 meter mannen-masters M40-M44

| | | | | | |
|---------|----------|----------|------------------------------|--------------|----------|
| 1.59,24 | Peter | Poppe | M40 02-04-66 R' dam Atletiek | Oosterhout | 14-06-09 |
| 1.59,37 | Werner | Themen | M40 10-07-64 AV '23 | Oosterhout | 14-06-09 |
| 1.59,39 | Titus | Fierkens | M40 17-10-66 De Liemers | Oosterhout | 14-06-09 |
| 1.59,81 | Jack van | Avendonk | M40 09-04-67 Attila | Oosterhout | 14-06-09 |
| 2.01,62 | Frank | Wiegman | M40 17-12-64 Leiden Atletiek | Utrecht | 22-05-09 |
| 2.03,99 | Ronald | Wiering | M40 25-05-64 AV Zaanland | Utrecht | 22-05-09 |
| 2.04,56 | Koen | Joose | M40 01-04-67 Phanos | Valkenswaard | 23-06-09 |
| 2.04,79 | Arend de | Jager | M40 30-10-65 Parthenon | Oosterhout | 14-06-09 |
| 2.05,66 | Marc van | Gils | M40 05-06-67 LG Wijbosch | Oosterhout | 14-06-09 |
| 2.05,71 | Ad | Peeters | M40 26-02-66 AV Valkenswaard | Helmond | 02-07-09 |

(10)

| | | | | | |
|---------|-----------------|-------------|------------------------------|---------------|----------|
| 2.05,73 | Bennie | Potjes | M40 07-04-67 R' dam Atletiek | Oosterhout | 14-06-09 |
| 2.06,27 | Jan | Buwalda | M40 11-02-68 Pallas '67 | Wageningen | 18-09-09 |
| 2.07,09 | Corné van | Kempen | M40 14-04-67 PAC | Oosterhout | 14-06-09 |
| 2.07,55 | Ruud | Beerepoot | M40 15-09-68 Hera | Heerhugowaard | 05-04-09 |
| 2.09,27 | Richard | Janssens | M40 12-09-68 Lycurgus | Utrecht | 01-05-09 |
| 2.09,74 | Mar-Hein van de | Wiel | M40 26-02-69 DAK | Vugt | 13-09-09 |
| 2.10,86 | Edsard van | Steenbergen | M40 09-09-65 Cialfo | Wageningen | 17-07-09 |

| | | | | | |
|--|-----------------|------------|------------------------------|----------------|----------|
| 2.10,92 | Manfred | Mooyer | M40 24-03-68 AV Edam | Krommenie | 05-07-09 |
| 2.11,4 | Herman de | Beer | M40 12-09-66 AV '40 | Naaldwijk | 09-07-09 |
| 2.11,59 | Marcel de | Wit | M40 11-02-69 SAV | Heiloo | 21-05-09 |
| (20) | | | | | |
| 1000 meter mannen-masters M40-M44 | | | | | |
| 2.41,23 | Koen | Joosse | M40 01-04-67 Phanos | Leiden | 26-08-09 |
| 2.46,59 | Marc van | Gils | M40 05-06-67 LG Wijbosch | Drunen | 25-06-09 |
| 2.48,23 | Mar-Hein van de | Wiel | M40 26-02-69 DAK | Drunen | 25-06-09 |
| 2.48,3 | Manfred | Mooyer | M40 24-03-68 AV Edam | Naaldwijk | 10-09-09 |
| 2.49,55 | Bennie | Potjes | M40 07-04-67 R' dam Atletiek | Rotterdam | 05-06-09 |
| 2.51,20 | Ad | Peeters | M40 26-02-66 AV Valkenswaard | Baarle-Nassau | 26-05-09 |
| 2.52,5 | Herman de | Beer | M40 12-09-66 AV '40 | Naaldwijk | 10-09-09 |
| 2.54,06 | Ruben | Romkes | M40 13-04-69 AV Zaanland | Leiden | 26-08-09 |
| 1500 meter mannen-masters M40-M44 | | | | | |
| 3.59,39 | Michiel | Otten | M40 26-10-68 Prins Hendrik | Uden | 27-06-09 |
| 3.59,89 | Benjamin | Romkes | M40 15-02-65 AV Zaanland | Oordegem (BEL) | 04-07-09 |
| 4.07,60 | Koen | Joosse | M40 01-04-67 Phanos | Oosterhout | 13-06-09 |
| 4.08,86 | Luc | Krotwaar | M40 25-01-68 Eindhoven Atl. | Kerkrade | 10-05-09 |
| 4.11,90 | Jack van | Avendonk | M40 09-04-67 Attila | Duffel (BEL) | 30-05-09 |
| 4.14,81 | Ruud | Beerepoot | M40 15-09-68 Hera | Heerhugowaard | 15-05-09 |
| 4.16,0 | Gerard de | Lange | M40 01-11-65 AV Waterweg | Naaldwijk | 25-06-09 |
| 4.16,05 | Ad | Peeters | M40 26-02-66 AV Valkenswaard | Uden | 27-06-09 |
| 4.17,08 | Werner | Themen | M40 10-07-64 AV '23 | Oosterhout | 13-06-09 |
| 4.17,4 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Naaldwijk | 25-06-09 |
| (10) | | | | | |
| 4.18,11 | Jack | Hopmans | M40 28-12-67 Spado | Oosterhout | 13-06-09 |
| 4.20,6 | Dennis | Postma | M40 28-09-68 Voorne Atletiek | Naaldwijk | 25-06-09 |
| 4.24,63 | Bennie | Potjes | M40 07-04-67 R' dam Atletiek | Ede | 17-05-09 |
| 4.25,15 | Mar-Hein van de | Wiel | M40 26-02-69 DAK | Eindhoven | 12-09-09 |
| 4.28,81 | Arjan | Bogaard | M40 02-02-68 AV '23 | Leiden | 10-05-09 |
| 4.30,34 | Marc van | Gils | M40 05-06-67 LG Wijbosch | Dongen | 24-04-09 |
| 4.30,5 | Jan van | Hoeven | M40 15-02-68 Olympus '70 | Naaldwijk | 25-06-09 |
| 4.31,3 | Ron van den | Berg | M40 09-10-65 AV Waterweg | Naaldwijk | 25-06-09 |
| 4.31,96 | Frank | Reintjes | M40 14-04-67 De Liemers | Utrecht | 04-09-09 |
| 4.32,59 | Alfred | Rekers | M40 16-10-65 PEC 1910 | Utrecht | 01-05-09 |
| (20) | | | | | |
| 4.33,95 | Frank | Staal | M40 09-02-66 Phoenix | Zwolle | 28-06-09 |
| 4.34,03 | Jelte | Kuijs | M40 04-05-68 Phanos | Zwolle | 28-06-09 |
| 1 Engelse mijl mannen-masters M40-M44 | | | | | |
| 4.42,88 | Tonnie | Stouten | M40 27-09-65 AV Veluwe | Utrecht | 10-07-09 |
| 4.47,39 | Koen | Joosse | M40 01-04-67 Phanos | Helmond | 13-04-09 |
| 2000 meter mannen-masters M40-M44 | | | | | |
| 6.17,0 | Jan | Zijderlaan | M40 02-02-68 Avantri | Leiden | 26-06-09 |
| 3000 meter mannen-masters M40-M44 | | | | | |
| 8.35,03 | Michiel | Otten | M40 26-10-68 Prins Hendrik | Vught | 21-05-09 |
| 8.39,63 | Benjamin | Romkes | M40 15-02-65 AV Zaanland | Nijmegen | 29-05-09 |
| 8.57,0 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Naaldwijk | 09-07-09 |
| 9.07,35 | Ruud | Beerepoot | M40 15-09-68 Hera | Castricum | 03-06-09 |
| 9.09,73 | Harald van | Doorn | M40 03-09-64 Lycurgus | Heiloo | 31-07-09 |
| 9.11,9 | Jack | Hopmans | M40 28-12-67 Spado | Roosendaal | 02-07-09 |
| 9.15,57 | Ad | Peeters | M40 26-02-66 AV Valkenswaard | Utrecht | 07-08-09 |
| 9.16,0 | Jack van | Avendonk | M40 09-04-67 Attila | Veldhoven | 07-05-09 |
| 9.17,2 | Gerard de | Lange | M40 01-11-65 AV Waterweg | Naaldwijk | 09-07-09 |
| 9.18,95 | Koen | Joosse | M40 01-04-67 Phanos | Utrecht | 07-08-09 |
| (10) | | | | | |
| 9.21,2 | Dennis | Postma | M40 28-09-68 Voorne Atletiek | Naaldwijk | 14-05-09 |
| 9.24,98 | Richard | Clevett | M40 01-04-66 Zuidwal | Huizen | 05-06-09 |
| 9.25,56 | Mar-Hein van de | Wiel | M40 26-02-69 DAK | Vught | 21-05-09 |
| 9.26,32 | Ronald de | Roos | M40 19-03-65 Hellas | Utrecht | 01-05-09 |
| 9.26,37 | Frank | Wiegman | M40 17-12-64 Leiden Atletiek | Utrecht | 01-05-09 |
| 9.29,2 | Ron van den | Berg | M40 09-10-65 AV Waterweg | Naaldwijk | 09-07-09 |
| 9.30,19 | Frank | Reintjes | M40 14-04-67 De Liemers | Apeldoorn | 03-07-09 |

5000 meter mannen-masters M40-M44

| | | | | | |
|----------|---------------|-----------|------------------------------|---------------|----------|
| 14.42,36 | Michiel | Otten | M40 26-10-68 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 14.44,74 | Marcel | Tesselaar | M40 26-06-69 Hera | Heusden (BEL) | 18-07-09 |
| 14.45,58 | Benjamin | Romkes | M40 15-02-65 AV Zaanland | Heusden (BEL) | 18-07-09 |
| 15.10,8 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Naaldwijk | 10-09-09 |
| 15.26,46 | Ruud | Beerepoot | M40 15-09-68 Hera | Amersfoort | 21-06-09 |
| 15.33,34 | Luc | Krotwaar | M40 25-01-68 Eindhoven Atl. | Eindhoven | 16-04-09 |
| 15.35,46 | Rachid | Mohammadi | M40 07-07-67 Atos | Amsterdam | 19-04-09 |
| 15.36,26 | Oskar de | Kuijjer | M40 12-11-66 Leiden Atletiek | Vugt | 13-09-09 |
| 15.36,85 | Tonnie | Stouten | M40 27-09-65 AV Veluwe | Wageningen | 17-07-09 |
| 15.39,25 | Peter van der | Velden | M40 29-11-68 AV Valkenswaard | Valkenswaard | 19-04-09 |

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| | | | | | |
|----------|------------|----------|------------------------------|------------|----------|
| 15.39,33 | Harald van | Doorn | M40 03-09-64 Lycurgus | Krommenie | 21-06-09 |
| 16.04,56 | Toon | Heeren | M40 08-03-67 LT Ed Sligchers | Wageningen | 18-09-09 |
| 16.06,8 | Dennis | Postma | M40 28-09-68 Voorne Atletiek | Naaldwijk | 10-09-09 |
| 16.12,57 | Ronald de | Roos | M40 19-03-65 Hellas | Utrecht | 22-05-09 |
| 16.14,10 | John van | Dijk | M40 04-01-69 AKU | Utrecht | 22-05-09 |
| 16.15,36 | Ad | Peeters | M40 26-02-66 AV Valkenswaard | Kerkrade | 14-08-09 |
| 16.15,38 | Koen | Joose | M40 01-04-67 Phanos | Eindhoven | 08-05-09 |
| 16.15,56 | Olivier | Jacques | M40 06-10-67 Nea-Volharding | Krommenie | 21-06-09 |
| 16.20,07 | Richard | Clevett | M40 01-04-66 Zuidwal | Leiden | 10-05-09 |
| 16.20,71 | Frank | Reintjes | M40 14-04-67 De Liemers | Wageningen | 17-07-09 |

(20)

| | | | | | |
|----------|------------|------------|--------------------------|------------|----------|
| 16.20,90 | Bart | Wassenberg | M40 09-03-67 Hellas | Zwolle | 28-06-09 |
| 16.24,7 | Gerard de | Lange | M40 01-11-65 AV Waterweg | Naaldwijk | 10-09-09 |
| 16.27,75 | Abdelhamid | Mohammadi | M40 07-07-67 Atos | Wageningen | 26-06-09 |

10.000 meter mannen-masters M40-M44

| | | | | | |
|----------|------------|---------|------------------------------|------------|----------|
| 32.43,48 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Utrecht | 14-06-09 |
| 33.28,70 | Harald van | Doorn | M40 03-09-64 Lycurgus | Utrecht | 14-06-09 |
| 34.22,0 | Tonnie | Stouten | M40 27-09-65 AV Veluwe | Harderwijk | 06-10-09 |
| 35.10,08 | Lutz | Lohse | M40 21-06-64 AV Texel | Utrecht | 14-06-09 |

3000 meter snelwandelen mannen-masters M40-M44

| | | | | | |
|----------|-----------|----------|---------------------|--------|----------|
| 14.32,87 | Marcelino | Sobczak | M40 19-05-68 Unitas | Drunen | 25-06-09 |
| 14.59,6 | Pedro | Huntjens | M40 10-09-67 Unitas | Best | 04-07-09 |

5000 meter snelwandelen mannen-masters M40-M44

| | | | | | |
|----------|-----------|----------|---------------------|------------|----------|
| 24.51,52 | Marcelino | Sobczak | M40 19-05-68 Unitas | Oosterhout | 13-06-09 |
| 25.21,96 | Pedro | Huntjens | M40 10-09-67 Unitas | Best | 04-07-09 |
| 30.14,58 | John | Redeker | M40 07-09-64 DAK | Oosterhout | 13-06-09 |

10.000 meter snelwandelen mannen-masters M40-M44

| | | | | | |
|---------|-----------|----------|---------------------|-----------|----------|
| 53.09,8 | Marcelino | Sobczak | M40 19-05-68 Unitas | Dordrecht | 12-09-09 |
| 56.58,0 | Pedro | Huntjens | M40 10-09-67 Unitas | Dordrecht | 12-09-09 |

20.000 meter snelwandelen mannen-masters M40-M44

| | | | | | |
|-----------|-----------|----------|---------------------|---------|----------|
| 1.44.21,8 | Marcelino | Sobczak | M40 19-05-68 Unitas | Woerden | 30-08-09 |
| 1.49.43,3 | Pedro | Huntjens | M40 10-09-67 Unitas | Woerden | 30-08-09 |

30.000 meter snelwandelen mannen-masters M40-M44

| | | | | | |
|-----------|-------|----------|---------------------|-----------|----------|
| 3.03.41,9 | Pedro | Huntjens | M40 10-09-67 Unitas | Dordrecht | 12-09-09 |
|-----------|-------|----------|---------------------|-----------|----------|

1 uur snelwandelen mannen-masters M40-M44

| | | | | | |
|--------|-----------|---------|---------------------|-----------|----------|
| 11.284 | Marcelino | Sobczak | M40 19-05-68 Unitas | Dordrecht | 15-03-09 |
|--------|-----------|---------|---------------------|-----------|----------|

2 uur snelwandelen mannen-masters M40-M44

| | | | | | |
|--------|-----------|----------|---------------------|-----------|----------|
| 22.170 | Marcelino | Sobczak | M40 19-05-68 Unitas | Dordrecht | 12-09-09 |
| 20.216 | Pedro | Huntjens | M40 10-09-67 Unitas | Dordrecht | 12-09-09 |

3000 meter steeple chase mannen-masters M40-M44

| | | | | | |
|----------|-------|----------|-----------------------------|------|----------|
| 10.57,16 | Peter | Mijsberg | M40 18-08-65 Cifla | Best | 28-05-09 |
| 11.57,89 | Geert | Peeters | M40 16-06-65 Eindhoven Atl. | Best | 28-05-09 |

110 meter horden 99,1 cm mannen-masters M40-M44

| | | | | | |
|-------|-----------|------------|----------------------|------------|----------|
| 17,95 | 0,1 Jos | Warmerdam | M40 14-04-65 U-Track | Oosterhout | 14-06-09 |
| 18,64 | 0,1 Niels | Binsbergen | M40 13-12-68 AAV '36 | Oosterhout | 14-06-09 |

met teveel rugwind:

| | | | | | |
|-------|---------------|--------|----------------------|-------------|----------|
| 17,36 | w 2,1 Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 29-07-09 |
|-------|---------------|--------|----------------------|-------------|----------|

110 meter horden 106,7 cm mannen-masters M40-M44

| | | | | | |
|-------|---------------|------------|----------------------|-----------|----------|
| 16,93 | 0,2 Oscar | Sinke | M40 24-02-69 Caesar | Sittard | 21-06-09 |
| 18,19 | 0,3 Jos | Warmerdam | M40 14-04-65 U-Track | Huizen | 21-06-09 |
| 19,94 | -0,5 Bart van | Rookhuizen | M40 07-06-64 DEM | Amsterdam | 19-04-09 |

200 meter horden 76,2 cm mannen-masters M40-M44

| | | | | | |
|-------|---------|-----------|----------------------|-------|----------|
| 29,97 | 0,5 Jos | Warmerdam | M40 14-04-65 U-Track | Delft | 12-09-09 |
|-------|---------|-----------|----------------------|-------|----------|

400 meter horden 91,4 cm mannen-masters M40-M44

| | | | | | |
|-------|------------|------------|------------------------|-------------|----------|
| 58,55 | Jurgen van | Berkum | M40 04-09-67 Parthenon | Oosterhout | 14-06-09 |
| 60,29 | Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 01-08-09 |
| 60,68 | Bart van | Rookhuizen | M40 07-06-64 DEM | Heiloo | 21-05-09 |
| 64,80 | Jos | Warmerdam | M40 14-04-65 U-Track | Oosterhout | 14-06-09 |

hoogspringen mannen-masters M40-M44

| | | | | | |
|------|-------------|-----------|--------------------------------|------------|----------|
| 1,85 | Leo | Schuur | M40 24-08-64 Isala '96 | Harderwijk | 21-06-09 |
| 1,75 | Edwin | Wien | M40 25-02-66 Nijmegen Atletiek | Leiden | 10-05-09 |
| 1,70 | Patrick | Schoo | M40 14-05-67 U-Track | Amsterdam | 19-04-09 |
| 1,70 | Stein | Kuiper | M40 03-03-69 Prins Hendrik | Amsterdam | 02-05-09 |
| 1,65 | Dick | Veer | M40 23-06-64 GAC-Hilversum | Leiden | 10-05-09 |
| 1,60 | Andre van | Wort | M40 20-07-66 Nea-Volharding | Zeist | 17-05-09 |
| 1,60 | Ron | Hofmans | M40 04-06-64 DAK | Breda | 17-05-09 |
| 1,60 | Pascal | Geursen | M40 29-07-68 Suomi | Oosterhout | 14-06-09 |
| 1,60 | Vincent van | Stijn | M40 11-05-65 De Spartaan | Zwolle | 28-06-09 |
| 1,55 | Jos | Warmerdam | M40 14-04-65 U-Track | Delft | 12-09-09 |

(10)

| | | | | | |
|------|---------|--------|----------------------|-------------|----------|
| 1,54 | Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 28-07-09 |
|------|---------|--------|----------------------|-------------|----------|

in onderlinge wedstrijd:

| | | | | | |
|------|---------|-------|----------------------|-----------------|----------|
| 1,75 | o Frank | Mooij | M40 26-12-68 AAV '36 | Alphen a/d Rijn | 03-10-09 |
|------|---------|-------|----------------------|-----------------|----------|

polsstokhoogspringen mannen-masters M40-M44

| | | | | | |
|------|----------|-----------|------------------------------|-------------|----------|
| 4,40 | Marc | Suvaal | M40 07-07-65 R' dam Atletiek | Lisse | 09-05-09 |
| 3,40 | Jos | Warmerdam | M40 14-04-65 U-Track | Utrecht | 01-05-09 |
| 3,10 | Benno | Konink | M40 08-08-68 SISU | Almelo | 17-05-09 |
| 3,00 | Kees Jan | Versloot | M40 20-10-64 De Liemers | Almelo | 17-05-09 |
| 2,50 | Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 29-07-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|---------|-------|----------------------|-----------------|----------|
| 2,60 | o Frank | Mooij | M40 26-12-68 AAV '36 | Alphen a/d Rijn | 04-10-09 |
|------|---------|-------|----------------------|-----------------|----------|

verspringen mannen-masters M40-M44

| | | | | | |
|------|----------------|-----------|------------------------------|-------------|----------|
| 6,38 | 1,0 Elsworth | Manuel | M40 27-11-68 R' dam Atletiek | Den Haag | 17-05-09 |
| 6,18 | 1,1 Maarten | Smitskamp | M40 22-06-65 Startbaan | Oosterhout | 14-06-09 |
| 5,94 | 1,8 Jurgen van | Berkum | M40 04-09-67 Parthenon | Steenbergen | 28-06-09 |
| 5,81 | 0,3 Jan | Plat | M40 22-01-66 PEC 1910 | Zwolle | 28-06-09 |
| 5,64 | 0,8 Co | Neijzen | M40 12-12-64 Prins Hendrik | Oosterhout | 14-06-09 |
| 5,60 | 0,8 Eric | Beaart | M40 30-04-65 Prins Hendrik | Oosterhout | 14-06-09 |
| 5,52 | 1,7 Arjan | Otten | M40 04-04-69 Eindhoven Atl. | Steenbergen | 28-06-09 |
| 5,47 | -1,2 Richel | Keijzers | M40 03-01-69 AV Weert | Vugt | 13-09-09 |
| 5,31 | 0,3 Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 28-07-09 |
| 5,26 | 0,9 Leo | Schuur | M40 24-08-64 Isala '96 | Kampen | 22-04-09 |

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| | | | | | |
|------|----------------|-----------|------------------------------|-------------|----------|
| 5,25 | 1,1 Pascal | Geursen | M40 29-07-68 Suomi | Utrecht | 10-07-09 |
| 5,22 | -0,7 Theo | Dingemans | M40 13-08-65 Leiden Atletiek | Leiden | 10-05-09 |
| 5,22 | 1,1 Dick | Veer | M40 23-06-64 GAC-Hilversum | Oosterhout | 14-06-09 |
| 5,10 | 0,3 Vincent de | Bruin | M40 01-02-68 AV '40 | Oosterhout | 14-06-09 |
| 5,09 | -0,7 Hans de | Wit | M40 17-10-68 AV '34 | Leiden | 10-05-09 |
| 5,05 | 13,0 Corné van | Kempen | M40 14-04-67 PAC | Steenbergen | 28-06-09 |

geen windgegevens bekend:

| | | | | | |
|------|---------|-----------|----------------------|-----------|----------|
| 5,65 | Pascal | Geursen | M40 29-07-68 Suomi | Alkmaar | 03-07-09 |
| 5,41 | Jos | Warmerdam | M40 14-04-65 U-Track | Delft | 12-09-09 |
| 5,15 | Patrick | Schoo | M40 14-05-67 U-Track | Amsterdam | 19-04-09 |

met teveel rugwind:

| | | | | | |
|------|------------------|--------|------------------------------|------------|----------|
| 6,64 | w 4,1 Elsworth | Manuel | M40 27-11-68 R' dam Atletiek | Den Haag | 17-05-09 |
| 6,15 | w 2,2 Jurgen van | Berkum | M40 04-09-67 Parthenon | Oosterhout | 14-06-09 |
| 5,16 | w 2,2 Harry | Lenis | M40 21-12-65 Flevo Delta | Assen | 19-04-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|-----------|-----------|------------------------|------------|----------|
| 6,19 | o Maarten | Smitskamp | M40 22-06-65 Startbaan | Amstelveen | 11-10-09 |
| 5,98 | o Robert | Moen | M40 07-01-65 DEM | Beverwijk | 02-10-09 |

| | | | | | | |
|------|---|-----------|-------|-----------------------------|-----------------|----------|
| 5,51 | o | Bert | Palm | M40 22-02-66 O.S.S.-VOLO | Den Bosch | 13-09-09 |
| 5,40 | o | Andre van | Wort | M40 20-07-66 Nea-Volharding | Purmerend | 04-10-09 |
| 5,38 | o | Frank | Mooij | M40 26-12-68 AAV '36 | Alphen a/d Rijn | 03-10-09 |

hink-stap-sprong mannen-masters M40-M44

| | | | | | | |
|-------|------|------------|-----------|------------------------------|------------|----------|
| 13,60 | 1,8 | Elsworth | Manuel | M40 27-11-68 R' dam Atletiek | Den Haag | 17-05-09 |
| 12,54 | 1,7 | Jurgen van | Berkum | M40 04-09-67 Parthenon | Dordrecht | 19-04-09 |
| 11,74 | 1,4 | Martijn | Church | M40 14-02-66 Nova | Huizen | 21-06-09 |
| 11,62 | 1,2 | Leo | Schuur | M40 24-08-64 Isala '96 | Dronten | 02-07-09 |
| 11,53 | -1,0 | Manfred | Mooyer | M40 24-03-68 AV Edam | Oosterhout | 13-06-09 |
| 10,97 | 1,6 | Jos | Warmerdam | M40 14-04-65 U-Track | Oosterhout | 13-06-09 |

geen windgegevens bekend:

| | | | | | | |
|-------|--|-------|--------|-------------------|---------|----------|
| 11,25 | | Benno | Konink | M40 08-08-68 SISU | Hengelo | 18-06-09 |
|-------|--|-------|--------|-------------------|---------|----------|

met teveel rugwind:

| | | | | | | |
|-------|-------|------|-------|----------------------------|------------|----------|
| 12,28 | w 2,3 | Eric | Beart | M40 30-04-65 Prins Hendrik | Oosterhout | 13-06-09 |
|-------|-------|------|-------|----------------------------|------------|----------|

kogelstoten 7,25 kg mannen-masters M40-M44

| | | | | | | |
|-------|--|----------|------------|-----------------------------|------------|----------|
| 14,99 | | Stein | Kuiper | M40 03-03-69 Prins Hendrik | Oosterhout | 14-06-09 |
| 13,15 | | Winston | Hofmeester | M40 20-01-69 Haag Atletiek | Gouda | 12-06-09 |
| 12,20 | | Jan | Kuis | M40 06-08-68 PEC 1910 | Ede | 20-09-09 |
| 12,11 | | Eugene | Lommen | M40 27-11-67 De Keien | Nieuwegein | 20-09-09 |
| 12,01 | | Ben van | Sark | M40 24-02-66 AV Haaksbergen | Assen | 19-04-09 |
| 12,00 | | Rik | Grasmeijer | M40 29-12-66 AV '34 | Leiden | 10-05-09 |
| 11,89 | | Erwin | Bökenkamp | M40 23-10-69 AV Edam | Zutphen | 31-10-09 |
| 11,87 | | Marc de | Ruiter | M40 03-04-69 Haag Atletiek | Vugt | 13-09-09 |
| 11,84 | | Erik van | Egmond | M40 01-06-68 Sparta | Sittard | 21-06-09 |
| 11,66 | | Pascal | Geursen | M40 29-07-68 Suomi | Castricum | 03-06-09 |

(10)

| | | | | | | |
|-------|--|-------|------------|--------------------------|-------------|----------|
| 11,61 | | Lex | Verhoeven | M40 10-03-67 Groene Ster | Zevenbergen | 13-05-09 |
| 11,46 | | Oscar | Sinke | M40 24-02-69 Caesar | Veldhoven | 19-04-09 |
| 11,29 | | Ron | Hofmans | M40 04-06-64 DAK | Breda | 17-05-09 |
| 11,25 | | Benno | Konink | M40 08-08-68 SISU | Assen | 19-04-09 |
| 11,15 | | Hans | Leenheer | M40 18-08-66 Hercules | Dordrecht | 19-04-09 |
| 11,08 | | Rob | Zwijenburg | M40 04-07-69 Avantri | Rotterdam | 29-08-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|----------|------------|----------------------|-------------|----------|
| 12,08 | o | Rik | Grasmeijer | M40 29-12-66 AV '34 | Apeldoorn | 26-09-09 |
| 11,39 | o | Rob | Zwijenburg | M40 04-07-69 Avantri | Schoonhoven | 03-10-09 |
| 11,05 | o | John van | Rooij | M40 28-05-69 GVAC | Veldhoven | 20-09-09 |

discuswerpen 2 kg mannen-masters M40-M44

| | | | | | | |
|-------|--|-------------|---------------|-----------------------------|-------------|----------|
| 46,63 | | Stein | Kuiper | M40 03-03-69 Prins Hendrik | Oosterhout | 14-06-09 |
| 42,51 | | Winston | Hofmeester | M40 20-01-69 Haag Atletiek | Leiden | 26-06-09 |
| 39,45 | | Eugene | Lommen | M40 27-11-67 De Keien | Uden | 17-05-09 |
| 38,08 | | Bas van der | Slikke | M40 14-04-67 Nea-Volharding | Krommenie | 21-06-09 |
| 37,94 | | Rob | Zwijenburg | M40 04-07-69 Avantri | Schoonhoven | 08-09-09 |
| 37,43 | | Wim | Coenen | M40 30-08-66 Swift | Roermond | 17-10-09 |
| 37,08 | | Erik van | Egmond | M40 01-06-68 Sparta | Sittard | 21-06-09 |
| 36,03 | | Ivo | Klooster | M40 14-11-66 AC Waterland | Zeist | 17-05-09 |
| 35,90 | | Jorge Luis | Salazar Duany | M40 28-03-67 Hylas | Amersfoort | 21-06-09 |
| 35,79 | | Lex | Verhoeven | M40 10-03-67 Groene Ster | Zevenbergen | 13-05-09 |

(10)

| | | | | | | |
|-------|--|------------|-----------|-------------------------------|-------------|----------|
| 35,40 | | Jan | Kuis | M40 06-08-68 PEC 1910 | Eindhoven | 26-04-09 |
| 35,37 | | Corné | Jacobs | M40 05-05-66 Scopias | Veldhoven | 07-05-09 |
| 34,43 | | Marco | Bronswijk | M40 02-11-66 Olympus '70 | Nieuwegein | 20-09-09 |
| 34,30 | | Kees Jan | Versloot | M40 20-10-64 De Liemers | Nijmegen | 21-06-09 |
| 33,86 | | Ben van | Sark | M40 24-02-66 AV Haaksbergen | Haaksbergen | 12-05-09 |
| 33,72 | | Benno | Konink | M40 08-08-68 SISU | Zutphen | 31-10-09 |
| 32,27 | | Henric van | Bruggen | M40 03-04-69 Zuidwal | Zwolle | 28-06-09 |
| 32,21 | | Jos | Muller | M40 19-03-67 AV Wieringermeer | Hoorn | 05-04-09 |
| 32,19 | | René | Peeters | M40 03-05-67 Atledo | Huizen | 03-10-09 |
| 32,17 | | Erwin | Bökenkamp | M40 23-10-69 AV Edam | Zutphen | 31-10-09 |

(20)

| | | | | | | |
|-------|--|-------|---------|------------------------|--------|----------|
| 32,03 | | Frank | Fokkens | M40 11-09-68 Startbaan | Leiden | 10-05-09 |
|-------|--|-------|---------|------------------------|--------|----------|

kogelslingeren 7,25 kg mannen-masters M40-M44

| | | | | | | |
|-------|--|---------|--------|-----------------------|------------|----------|
| 50,52 | | Richard | Bot | M40 23-05-67 SAV | Wageningen | 18-09-09 |
| 44,73 | | Jan | Kuis | M40 06-08-68 PEC 1910 | Zwolle | 30-05-09 |
| 42,02 | | Benno | Konink | M40 08-08-68 SISU | Zutphen | 31-10-09 |

| | | | | | |
|-------|-------|--------------|---------------------------|-------------|----------|
| 41,00 | Ivo | Klooster | M40 14-11-66 AC Waterland | Boskoop | 03-10-09 |
| 39,33 | Rob | Zwijenburg | M40 04-07-69 Avantri | Utrecht | 04-09-09 |
| 38,52 | Wim | Coenen | M40 30-08-66 Swift | Roermond | 17-10-09 |
| 35,66 | Erwin | Bökenkamp | M40 23-10-69 AV Edam | Zutphen | 31-10-09 |
| 34,37 | Marco | Bronswijk | M40 02-11-66 Olympus '70 | Grootebroek | 29-03-09 |
| 30,94 | René | Peeters | M40 03-05-67 Atledo | Huizen | 03-10-09 |
| 30,46 | Dave | Elderenbosch | M40 18-08-69 AAC | Amsterdam | 03-10-09 |

(10)

| | | | | | |
|-------|------------|--------|-------------------------------|-----------|----------|
| 30,30 | Jos | Muller | M40 19-03-67 AV Wieringermeer | Zutphen | 31-10-09 |
| 30,24 | Frank van | Dijk | M40 25-11-65 AV Edam | Eindhoven | 25-04-09 |
| 29,44 | Corné | Jacobs | M40 05-05-66 Scopias | Zutphen | 31-10-09 |
| 29,01 | Leon | Jansen | M40 04-12-65 R' dam Atletiek | Rotterdam | 11-04-09 |
| 28,58 | Jeroen van | Nadort | M40 30-04-64 Passaat | Veldhoven | 19-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-----|------|-----------------------|--------|----------|
| 44,83 | o | Jan | Kuis | M40 06-08-68 PEC 1910 | Zwolle | 27-09-09 |
|-------|---|-----|------|-----------------------|--------|----------|

speerwerpen 800 gram mannen-masters M40-M44

| | | | | | |
|-------|-----------|-----------|-----------------------------|-------------|----------|
| 61,03 | Eugene | Lommen | M40 27-11-67 De Keien | Oosterhout | 13-06-09 |
| 48,42 | Eric | Beaart | M40 30-04-65 Prins Hendrik | Steenbergen | 28-06-09 |
| 46,86 | Edo | Piek | M40 31-01-66 AV Weert | Eindhoven | 12-09-09 |
| 46,06 | Frank van | Dijk | M40 25-11-65 AV Edam | Eindhoven | 26-04-09 |
| 46,02 | Ben van | Sark | M40 24-02-66 AV Haaksbergen | Haaksbergen | 12-05-09 |
| 43,25 | Pascal | Geursen | M40 29-07-68 Suomi | Oosterhout | 13-06-09 |
| 42,12 | Marco | Bronswijk | M40 02-11-66 Olympus '70 | Spijkenisse | 19-04-09 |
| 41,96 | Ron | Hofmans | M40 04-06-64 DAK | Kerkrade | 10-05-09 |
| 41,94 | Stein | Kuiper | M40 03-03-69 Prins Hendrik | Amsterdam | 02-05-09 |
| 40,53 | Erwin | Bökenkamp | M40 23-10-69 AV Edam | Zutphen | 31-10-09 |
| 40,46 | Kees Jan | Versloot | M40 20-10-64 De Liemers | Assen | 19-04-09 |

(10)

| | | | | | |
|-------|------------|---------|------------------------------|-------------|----------|
| 39,95 | Oscar van | Ophem | M40 06-03-66 Hollandia | Eindhoven | 12-09-09 |
| 39,77 | Michel | Kooyman | M40 29-01-66 R' dam Atletiek | Naaldwijk | 14-05-09 |
| 38,88 | M.B. | Boer | M40 09-04-68 AV '34 | Leiden | 10-05-09 |
| 38,46 | Vincent de | Bruin | M40 01-02-68 AV '40 | Amsterdam | 02-05-09 |
| 38,35 | Michiel | Houdijk | M40 11-07-64 PAC | Steenbergen | 28-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|----------|-------|--------------------------|-----------|----------|
| 49,46 | o | John van | Rooij | M40 28-05-69 GVAC | Veldhoven | 20-09-09 |
| 41,23 | o | Robert | Moen | M40 07-01-65 DEM | Beverwijk | 02-10-09 |
| 40,93 | o | Bert | Palm | M40 22-02-66 O.S.S.-VOLO | Den Bosch | 13-09-09 |

gewichtwerpen 15,88 kg mannen-masters M40-M44

| | | | | | |
|-------|---------|---------|-----------------------|--------------------|----------|
| 13,94 | Richard | Bot | M40 23-05-67 SAV | Lahti (FIN) | 03-08-09 |
| 13,64 | Benno | Konink | M40 08-08-68 SISU | Zutphen | 31-10-09 |
| 12,98 | Jan | Kuis | M40 06-08-68 PEC 1910 | Eindhoven | 26-04-09 |
| 10,03 | René | Peeters | M40 03-05-67 Atledo | Sint Niklaas (BEL) | 31-10-09 |

werp-vijfkamp mannen-masters M40-M44

| | | | | | | |
|------|-----------|------------|--------------------------|-----------|----------|---------------------------------------|
| 2881 | Jan | Kuis | M40 06-08-68 PEC 1910 | Eindhoven | 26-04-09 | |
| | | | | | | 43,50 * 12,00 * 35,40 * 30,92 * 12,98 |
| 2781 | Benno | Konink | M40 08-08-68 SISU | Zutphen | 31-10-09 | |
| | | | | | | 42,02 * 10,85 * 33,72 * 30,32 * 13,64 |
| 2731 | Richard | Bot | M40 23-05-67 SAV | Eindhoven | 26-04-09 | |
| | | | | | | 47,29 * 10,00 * 27,54 * 32,91 * 13,44 |
| 2637 | Erwin | Bökenkamp | M40 23-10-69 AV Edam | Zutphen | 31-10-09 | |
| | | | | | | 35,66 * 11,89 * 32,17 * 40,53 * 09,87 |
| 2497 | Marco | Bronswijk | M40 02-11-66 Olympus '70 | Eindhoven | 26-04-09 | |
| | | | | | | 33,03 * 10,93 * 29,37 * 41,47 * 09,97 |
| 2453 | Frank van | Dijk | M40 25-11-65 AV Edam | Eindhoven | 26-04-09 | |
| | | | | | | 29,38 * 10,74 * 29,80 * 46,06 * 09,07 |
| 2392 | Rob | Zwijenburg | M40 04-07-69 Avantri | Rotterdam | 29-08-09 | |
| | | | | | | 28,31 * 11,08 * 36,29 * 33,13 * 09,44 |
| 2292 | Corné | Jacobs | M40 05-05-66 Scopias | Zutphen | 31-10-09 | |
| | | | | | | 29,44 * 10,69 * 32,97 * 31,39 * 09,44 |
| 2248 | René | Peeters | M40 03-05-67 Atledo | Huizen | 03-10-09 | |
| | | | | | | 30,94 * 09,92 * 32,19 * 30,65 * 09,52 |

10-kamp mannen-masters M40-M44

| | | | | | | |
|------|---------|--------|----------------------|-------------|----------|--|
| 5675 | Manfred | Mooyer | M40 24-03-68 AV Edam | Lahti (FIN) | 29-07-09 | |
| | | | | | | 12,29 * 5,31 * 09,99 * 1,54 * 54,46 * 17,36 * 28,94 * 2,50 * 32,97 * 4,42,37 * 0,2 * 0,3 * 2,1 |

| | | | | | |
|--|---------|------------|----------------------|-----------------|----------|
| 5077 | Jos | Warmerdam | M40 14-04-65 U-Track | Delft | 13-09-09 |
| 13,04 * 5,41 * 08,60 * 1,55 * 61,90 * 18,77 * 26,53 * 3,40 * 32,84 * 5.13,67 * 0,3 * * 0,6 | | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 4643 | o Frank | Mooij | M40 26-12-68 AAV '36 | Alphen a/d Rijn | 04-10-09 |
| 12,78 * 5,38 * 08,82 * 1,75 * 66,13 * 20,72 * 20,84 * 2,60 * 31,04 * 5.15,73 * * * | | | | | |
| 3899 | o Niels | Binsbergen | M40 13-12-68 AAV '36 | Alphen a/d Rijn | 04-10-09 |
| 13,35 * 4,74 * 06,94 * 1,45 * 63,99 * 19,90 * 23,11 * 1,90 * 30,33 * 5.34,65 * * * | | | | | |

20-kamp mannen-masters M40-M44

| | | | | | |
|--|-----|-----------|----------------------|-------|----------|
| 9728 | Jos | Warmerdam | M40 14-04-65 U-Track | Delft | 13-09-09 |
| 13,04 * 5,41 * 29,97 * 08,60 * 21.32,91 * 2.27,65 * 1,55 * 61,90 * 23,89 * 13.26,27 * 0,3 * * 0,5 | | | | | |
| 18,77 * 26,53 * 26,61 * 3,40 * 12.42,59 * 70,67 * 32,84 * 5.13,67 * 10,50 * 45.32,36 * 0,6 * 0,5 * | | | | | |

4 x 100 meter clubteams mannen-masters M40-M44

| | | | | | | |
|-------|--|--|-----|------------|-------|----------|
| 46,77 | | | M40 | Mannen 40+ | Vught | 21-05-09 |
|-------|--|--|-----|------------|-------|----------|

Mannen-masters M45-M49

100 meter mannen-masters M45-M49

| | | | | | |
|-------|------------------|------------|--------------------------------|----------------|----------|
| 11,64 | -1.1 Peter | Adams | M45 23-03-64 Sprint | Breda | 19-09-09 |
| 11,65 | -0,2 Kay | Schaafsma | M45 30-10-60 Sprint | Oordegem (BEL) | 04-07-09 |
| 11,74 | 0,2 Erik | Oostweegel | M45 29-04-60 Startbaan | Oosterhout | 13-06-09 |
| 12,06 | -0,2 Eric | Roeske | M45 26-09-60 Hellas | Oordegem (BEL) | 04-08-09 |
| 12,11 | 0,6 Wan | Bakx | M45 05-02-64 AC TION | Leiden | 10-05-09 |
| 12,16 | 0,2 René | Moor | M45 12-05-62 Ilion | Leiden | 26-08-09 |
| 12,33 | 0,2 René | Verkerke | M45 14-07-62 AV Gouda | Oosterhout | 13-06-09 |
| 12,65 | 1,6 Fred | Voordouw | M45 22-09-62 Statina | Nieuwegein | 28-06-09 |
| 12,70 | 1,0 Ton | Aker | M45 01-06-64 AV '47 | Oosterhout | 13-06-09 |
| 12,79 | 0,2 Marcel | Bellekom | M45 22-04-62 Hanzesport | Oosterhout | 13-06-09 |
| (10) | | | | | |
| 12,81 | 0,2 Uli | Flücht | M45 10-10-59 Nea-Volharding | Oosterhout | 13-06-09 |
| 12,85 | 1,7 Okke van der | Maas | M45 18-11-63 Fit | Utrecht | 04-09-09 |
| 12,87 | -2,5 Jim van der | Mee | M45 30-01-63 Noordkop | Alkmaar | 24-04-09 |
| 12,87 | -0,3 Carry | Megens | M45 24-09-61 Nijmegen Atletiek | Leiden | 10-05-09 |
| 12,90 | 1,1 Peter | Niekus | M45 25-07-59 Flevo Delta | Kampen | 22-04-09 |
| 13,02 | 1,5 Steve | Smith | M45 13-09-63 Leiden Atletiek | Heiloo | 14-08-09 |
| 13,09 | 1,2 Kees-Jan | Mol | M45 15-07-62 Dynamica | Zevenbergen | 21-06-09 |
| 13,12 | 0,4 Erik | Pieters | M45 24-04-61 Suomi | Heiloo | 21-05-09 |
| 13,14 | 1,3 Jacques | Zaman | M45 06-03-61 Scheldesport | Steenbergen | 28-06-09 |
| 13,21 | 0,9 Friedel | Horndt | M45 27-04-64 Achilles-Top | Steenbergen | 28-06-09 |

(20)
geen windgegevens bekend:

| | | | | | |
|-------|--------|-------|----------------------|-----------|----------|
| 13,22 | Bob de | Vries | M45 26-01-64 HAC '63 | Hoogeveen | 12-06-09 |
|-------|--------|-------|----------------------|-----------|----------|

betere handtijden:

| | | | | | |
|------|-------------|-------|---------------------------|---------|----------|
| 12,0 | Jim van der | Mee | M45 30-01-63 Noordkop | Schagen | 08-05-09 |
| 12,8 | Jacques | Zaman | M45 06-03-61 Scheldesport | Goes | 09-05-09 |

met teveel rugwind:

| | | | | | |
|-------|-----------|--------|-----------------------------|------------|----------|
| 12,63 | w 2,2 Ton | Aker | M45 01-06-64 AV '47 | Leiden | 08-07-09 |
| 12,71 | w 2,3 Uli | Flücht | M45 10-10-59 Nea-Volharding | Oosterhout | 13-06-09 |

150 meter mannen-masters M45-M49

| | | | | | |
|-------|-----|-----------|---------------------|-------|----------|
| 18,15 | Kay | Schaafsma | M45 30-10-60 Sprint | Breda | 14-04-09 |
|-------|-----|-----------|---------------------|-------|----------|

200 meter mannen-masters M45-M49

| | | | | | |
|-------|-------------------|------------|------------------------------|----------------|----------|
| 23,45 | -0,4 Kay | Schaafsma | M45 30-10-60 Sprint | Oordegem (BEL) | 04-07-09 |
| 24,79 | 1,0 René | Moor | M45 05-12-62 Ilion | Oosterhout | 14-06-09 |
| 24,97 | 1,0 Bert van | Lith | M45 15-01-63 Prins Hendrik | Oosterhout | 14-06-09 |
| 25,60 | -1,0 Jim van der | Mee | M45 30-01-63 Noordkop | Alkmaar | 24-04-09 |
| 25,76 | 1,7 Bart van | Rookhuizen | M45 07-06-64 DEM | Oosterhout | 14-06-09 |
| 26,05 | 1,0 Ton | Aker | M45 01-06-64 AV '47 | Castricum | 03-06-09 |
| 26,10 | 0,5 Fred | Voordouw | M45 22-09-62 Statina | Nieuwegein | 28-06-09 |
| 26,29 | 0,2 Dolf | Smid | M45 01-05-63 AAV '36 | Utrecht | 13-06-09 |
| 26,35 | -0,5 Okke van der | Maas | M45 18-11-63 Fit | Zeist | 17-05-09 |
| 26,36 | -0,6 Marcel | Bellekom | M45 22-04-62 Hanzesport | Wageningen | 26-06-09 |
| (10) | | | | | |
| 26,51 | -0,5 Uli | Flücht | M45 10-10-59 Nea-Volharding | Zeist | 17-05-09 |
| 26,55 | 1,7 Steve | Smith | M45 13-09-63 Leiden Atletiek | Oosterhout | 14-06-09 |

| | | | | | |
|---|----------------|-------------|------------------------------|---------------|----------|
| 26,61 | -0,4 René | Verkerke | M45 14-07-62 AV Gouda | Gouda | 28-08-09 |
| 26,66 | 0,7 Peter | Koopman | M45 27-07-63 LG Aart Stigter | Wageningen | 17-07-09 |
| 26,87 | 0,2 Erik | Pieters | M45 24-04-61 Suomi | Heiloo | 31-07-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 25,50 | René | Verkerke | M45 14-07-62 AV Gouda | Gouda | 21-05-09 |
| 25,58 | Erik | Oostweegel | M45 29-04-60 Startbaan | Harderwijk | 19-09-09 |
| <i>betere handtijden:</i> | | | | | |
| 26,9 | Jacques | Zaman | M45 06-03-61 Scheldesport | Goes | 09-05-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 25,76 | w 3,7 Ton | Aker | M45 01-06-64 AV '47 | Leiden | 08-07-09 |
| 300 meter mannen-masters M45-M49 | | | | | |
| 41,58 | Joris | Ivens | M45 18-03-60 AC Waalwijk '66 | Vught | 05-04-09 |
| 43,78 | Jack | Rodenburg | M45 16-04-64 Avantri | Utrecht | 10-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 42,4 | o Jim van der | Mee | M45 30-01-63 Noordkop | Den Helder | 04-10-09 |
| 400 meter mannen-masters M45-M49 | | | | | |
| 52,85 | Cees van | Pelt | M45 30-05-59 Prins Hendrik | Naaldwijk | 19-04-09 |
| 53,51 | Eric | Roeske | M45 26-09-60 Hellas | Harderwijk | 19-09-09 |
| 53,61 | Bert van | Lith | M45 15-01-63 Prins Hendrik | Oosterhout | 13-06-09 |
| 54,44 | Marijn | Michels | M45 21-10-63 Altis | Oosterhout | 13-06-09 |
| 54,51 | Werner | Themen | M45 10-07-64 AV '23 | Ede | 20-09-09 |
| 54,87 | Eric | Rademakers | M45 09-11-63 AV Weert | Kerkrade | 10-05-09 |
| 55,64 | René | Moor | M45 05-12-62 Ilion | Oosterhout | 13-06-09 |
| 56,92 | Corné | Haast | M45 01-11-59 Spado | Zevenbergen | 21-06-09 |
| 57,14 | Johan | Nieuwhof | M45 08-03-64 Startbaan | Zwolle | 28-06-09 |
| 57,29 | Falco | Rademaker | M45 31-03-63 Eindhoven Atl. | Oosterhout | 13-06-09 |
| (10) | | | | | |
| 57,39 | Marcel | Bellekom | M45 22-04-62 Hanzesport | Apeldoorn | 03-07-09 |
| 57,44 | Dolf | Smid | M45 01-05-63 AAV '36 | Wageningen | 18-09-09 |
| 57,61 | Roel | Noordam | M45 17-04-62 Fortuna | Oosterhout | 13-06-09 |
| 57,83 | Hans van de | Mortel | M45 11-07-61 LG Deurne | Uden | 17-05-09 |
| 57,83 | Jacques | Zaman | M45 06-03-61 Scheldesport | Oosterhout | 13-06-09 |
| 57,90 | Roger | Wardenburg | M45 11-09-62 AV '34 | Apeldoorn | 03-07-09 |
| 58,12 | Hans | Wesseling | M45 10-01-61 Leiden Atletiek | Leiden | 10-05-09 |
| 58,25 | Joris | Ivens | M45 18-03-60 AC Waalwijk '66 | Dongen | 24-04-09 |
| 58,33 | Ronald | Wiering | M45 25-05-64 AV Zaanland | Heerhugowaard | 05-06-09 |
| 58,56 | Hugo | Kusters | M45 30-11-62 Achilles-Top | Kerkrade | 10-05-09 |
| (20) | | | | | |
| 58,67 | Rudie | Jullens | M45 08-03-62 Pallas '67 | Nijmegen | 21-06-09 |
| 58,72 | Huub | Huikeshoven | M45 28-10-60 Atos | Leiden | 10-05-09 |
| 58,80 | Hugo van der | Loo | M45 22-05-62 PAC | Kerkrade | 10-05-09 |
| 59,12 | Jos | Louter | M45 02-04-63 Hollandia | Zwolle | 28-06-09 |
| 59,20 | Jack | Rodenburg | M45 16-04-64 Avatri | Spijkenisse | 17-09-09 |
| 800 meter mannen-masters M45-M49 | | | | | |
| 1.59,31 | Werner | Themen | M45 10-07-64 AV '23 | Utrecht | 07-08-09 |
| 2.02,93 | Corné | Haast | M45 01-11-59 Spado | Uden | 27-06-09 |
| 2.03,52 | Ronald | Wiering | M45 25-05-64 AV Zaanland | Krommenie | 05-07-09 |
| 2.04,54 | Marijn | Michels | M45 21-10-63 Altis | Amersfoort | 21-06-09 |
| 2.05,25 | Eric | Rademakers | M45 09-11-63 AV Weert | Steenbergen | 28-06-09 |
| 2.05,90 | Hans van de | Mortel | M45 11-07-61 LG Deurne | Oosterhout | 14-06-09 |
| 2.08,58 | Roger | Wardenburg | M45 11-09-62 AV '34 | Utrecht | 22-05-09 |
| 2.08,76 | Bert van | Lith | M45 15-01-63 Prins Hendrik | Utrecht | 01-05-09 |
| 2.09,50 | Michel van den | Bos | M45 30-05-64 Delta Sport | Hulst | 01-06-09 |
| 2.10,97 | Arno | Hulshof | M45 24-01-64 | Nijmegen | 15-09-09 |
| (10) | | | | | |
| 2.11,46 | Peter | Schipper | M45 25-07-61 Triathlon | Oosterhout | 14-06-09 |
| 2.12,91 | André | Verweij | M45 18-03-64 Startbaan | Zwolle | 28-06-09 |
| 2.13,36 | Dolf | Smid | M45 01-05-63 AAV '36 | Wageningen | 17-07-09 |
| 2.13,87 | Marco | Eskes | M45 20-11-62 AC Waterland | Heiloo | 21-05-09 |
| 2.13,90 | Falco | Rademaker | M45 31-03-63 Eindhoven Atl. | Vught | 13-09-09 |
| 2.14,92 | Gerbrand | Beunder | M45 27-08-63 Hollandia | Vught | 13-09-09 |
| 2.15,00 | Chris | Daanen | M45 06-11-59 Phoenix | Barendrecht | 31-05-09 |
| 2.16,82 | Jan | Kortekaas | M45 16-09-63 Leiden Atletiek | Utrecht | 04-09-09 |
| 2.17,32 | Roel | Noordam | M45 17-04-62 Fortuna | Steenbergen | 28-06-09 |

1000 meter mannen-masters M45-M49

| | | | | | |
|---------|----------------|-------------------|------------------------------|-----------------|----------|
| 2.44,40 | Ronald | Wiering | M45 25-05-64 AV Zaanland | Leiden | 26-08-09 |
| 2.49,1 | Eric | Rademakers | M45 09-11-63 AV Weert | Weert | 29-04-09 |
| 2.49,42 | Jan | Kortekaas | M45 16-09-63 Leiden Atletiek | Heiloo | 31-07-09 |
| 2.50,48 | Hans | Wesseling | M45 10-01-61 Leiden Atletiek | Heiloo | 31-07-09 |
| 2.51,28 | Michel van den | Bos | M45 30-05-64 Delta Sport | Rotterdam | 03-07-09 |
| 2.52,75 | Roger | Wardenburg | M45 11-09-62 AV '34 | Utrecht | 10-07-09 |
| 2.54,3 | Tim | Brouwer de Koning | M4512-03-61 | Leiden Atletiek | Leiden |
| 2.55,81 | Hans | Bos | M45 23-08-61 R' dam Atletiek | Rotterdam | 05-06-09 |
| 2.57,3 | Toon | Wouters | M45 21-05-61 DES | Weert | 06-10-09 |
| 2.57,94 | Bertil van | Nunen | M45 05-01-62 Spark | Rotterdam | 05-06-09 |

(10)

1500 meter mannen-masters M45-M49

| | | | | | |
|---------|-------------|-----------|------------------------------|------------|----------|
| 4.15,30 | Peter | Visser | M45 06-11-63 Start '78 | Heerenveen | 23-05-09 |
| 4.18,09 | Werner | Themen | M45 10-07-64 AV '23 | Eindhoven | 12-09-09 |
| 4.19,30 | Corné | Haast | M45 01-11-59 Spado | Nijmegen | 15-09-09 |
| 4.20,23 | Jan | Kortekaas | M45 16-09-63 Leiden Atletiek | Leiden | 10-05-09 |
| 4.22,45 | Henri | Havinga | M45 01-08-62 AV '40 | Naaldwijk | 28-05-09 |
| 4.24,67 | Hans van de | Mortel | M45 11-07-61 LG Deurne | Oosterhout | 13-06-09 |
| 4.26,7 | Marijn | Michels | M45 21-10-63 Altis | Amersfoort | 28-04-09 |
| 4.27,11 | Theo | Peeters | M45 20-11-61 AV Valkenswaard | Lommel | 02-05-09 |
| 4.27,2 | George | Eichhorn | M45 26-04-62 Haag Atletiek | Naaldwijk | 25-06-09 |
| 4.27,95 | Elebert | Noordam | M45 29-02-64 Ilion | Naaldwijk | 28-05-09 |

(10)

| | | | | | |
|---------|--------------------|-------------------|------------------------------|-----------------|----------|
| 4.28,5 | Michel van den | Bos | M45 30-05-64 Delta Sport | Naaldwijk | 25-06-09 |
| 4.29,19 | Tim | Brouwer de Koning | M4512-03-61 | Leiden Atletiek | Leiden |
| 4.29,88 | Marco | Peeters | M45 15-02-61 Eindhoven Atl. | Oosterhout | 13-06-09 |
| 4.30,66 | Marco | Eskes | M45 20-11-62 AC Waterland | Oosterhout | 13-06-09 |
| 4.31,05 | Chris | Daanen | M45 06-11-59 Phoenix | Leiden | 10-05-09 |
| 4.31,28 | Christiaan van der | Neut | M45 09-11-61 | Startbaan | Zwolle |
| 4.32,18 | Jos | Louter | M45 02-04-63 Hollandia | Zwolle | 28-06-09 |
| 4.34,52 | Marcus | Koopmanschap | M45 11-09-61 Leiden Atletiek | Leiden | 10-05-09 |
| 4.34,71 | Rudie | Jullens | M45 08-03-62 Pallas '67 | Zwolle | 28-06-09 |
| 4.36,34 | André | Roukema | M45 19-07-62 AV '23 | Leiden | 10-05-09 |

(20)

| | | | | | |
|---------|----------|-----------|------------------------|------------|----------|
| 4.36,4 | Peter | Schipper | M45 25-07-61 Triathlon | Amersfoort | 28-04-09 |
| 4.38,26 | Ruud van | Breukelen | M45 05-04-61 Hollandia | Leiden | 10-05-09 |
| 4.38,29 | Duk | Bekema | M45 08-02-61 Startbaan | Zwolle | 28-06-09 |

1 Engelse mijl mannen-masters M45-M49

| | | | | | |
|---------|-------------|---------|------------------------------|---------|----------|
| 4.42,86 | Hans van de | Mortel | M45 11-07-61 LG Deurne | Helmond | 13-04-09 |
| 4.53,10 | Chris | Daanen | M45 06-11-59 Phoenix | Utrecht | 10-07-09 |
| 4.56,58 | Don | Jassies | M45 08-04-62 R' dam Atletiek | Utrecht | 10-07-09 |

3000 meter mannen-masters M45-M49

| | | | | | |
|---------|-------|-------------------|------------------------------|-----------------|----------|
| 8.59,35 | Peter | Visser | M45 06-11-63 Start '78 | Dronten | 02-07-09 |
| 9.27,19 | Tim | Brouwer de Koning | M4512-03-61 | Leiden Atletiek | Leiden |
| 9.29,5 | Henri | Havinga | M45 01-08-62 AV '40 | Naaldwijk | 14-05-09 |
| 9.30,0 | Theo | Peeters | M45 20-11-61 AV Valkenswaard | Veldhoven | 07-05-09 |
| 9.35,46 | Don | Jassies | M45 08-04-62 R' dam Atletiek | Utrecht | 07-08-09 |
| 9.42,09 | Rudie | Jullens | M45 08-03-62 Pallas '67 | Utrecht | 13-06-09 |
| 9.42,26 | Chris | Daanen | M45 06-11-59 Phoenix | Utrecht | 13-06-09 |

5000 meter mannen-masters M45-M49

| | | | | | |
|----------|-------------|-------------------|------------------------------|-------------|----------|
| 15.32,52 | Peter | Visser | M45 06-11-63 Start '78 | Groningen | 19-06-09 |
| 15.56,54 | Tim | Brouwer de Koning | M45 12-03-61 Leiden Atletiek | Leiden | 10-05-09 |
| 16.04,48 | Hans van de | Mortel | M45 11-07-61 LG Deurne | Zevenbergen | 21-06-09 |
| 16.19,65 | Edwin van | Dort | M45 31-10-63 Phanos | Amsterdam | 05-07-09 |
| 16.27,22 | Henri | Havinga | M45 01-08-62 AV '40 | Oosterhout | 13-06-09 |
| 16.40,72 | Corné | Haast | M45 01-11-59 Spado | Dordrecht | 19-04-09 |
| 16.41,32 | Menno | Iedema | M45 03-07-63 Impala | Heerenveen | 23-05-09 |
| 16.47,36 | Jacob | Vos | M45 01-02-64 Groningen Atl | Vugt | 13-09-09 |
| 16.47,69 | Willem | Boon | M45 15-10-61 De Spartaan | Oosterhout | 13-06-09 |
| 16.52,29 | Pierre | Berntsen | M45 23-05-63 AV '23 | Leiden | 10-05-09 |

(10)

10.000 meter mannen-masters M45-M49

| | | | | | |
|----------|--------|-------------------|----------------------------|-----------------|----------|
| 33.51,63 | Aissa | Marguoum | M45 10-01-62 Parthenon | Utrecht | 14-06-09 |
| 33.54,75 | Tim | Brouwer de Koning | M45 12-03-61 | Leiden Atletiek | Utrecht |
| 34.02,63 | George | Eichhorn | M45 26-04-62 Haag Atletiek | Utrecht | 14-06-09 |
| 36.10,40 | Marco | Holterman | M45 28-11-61 AV Zaanland | Utrecht | 14-06-09 |

3000 meter snelwandelen mannen-masters M45-M49

| | | | | | |
|----------|--------------|------------|---------------------|-------------|----------|
| 14.32,88 | Victor | Mennen | M45 04-07-63 Unitas | Drunen | 25-06-09 |
| 16.52,3 | Hans van der | Knaap | M45 09-12-59 RWV | Best | 04-07-09 |
| 17.53,13 | Paul | Altena | M45 18-01-64 De LAT | Amsterdam | 02-05-09 |
| 17.55,2 | Huib van | Broekhoven | M45 19-06-61 RWV | Vlaardingen | 16-05-09 |

5000 meter snelwandelen mannen-masters M45-M49

| | | | | | |
|----------|--------------|------------|---------------------|-------------|----------|
| 24.53,78 | Victor | Mennen | M45 04-07-63 Unitas | Oosterhout | 13-06-09 |
| 28.15,63 | Hans van der | Knaap | M45 09-12-59 RWV | Best | 04-07-09 |
| 29.59,8 | Huib van | Broekhoven | M45 19-06-61 RWV | Vlaardingen | 16-05-09 |
| 30.31,79 | Paul | Altena | M45 18-01-64 De LAT | Oosterhout | 13-06-09 |

10.000 meter snelwandelen mannen-masters M45-M49

| | | | | | |
|---------|------------|------------|------------------|-----------|----------|
| 48.11,0 | Harold van | Beek | M45 14-04-62 RWV | Woerden | 30-08-09 |
| 64.18,1 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |

20.000 meter snelwandelen mannen-masters M45-M49

| | | | | | |
|-----------|-------------|------------|----------------------|-----------|----------|
| 1.39.23,9 | Harold van | Beek | M45 14-04-62 RWV | Woerden | 30-08-09 |
| 2.10.13,3 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |
| 2.11.01,8 | Charles den | Uijl | M45 02-04-60 AAV '36 | Dordrecht | 12-09-09 |

30.000 meter snelwandelen mannen-masters M45-M49

| | | | | | |
|-----------|----------|------------|------------------|-----------|----------|
| 3.20.38,8 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |
|-----------|----------|------------|------------------|-----------|----------|

1 uur snelwandelen mannen-masters M45-M49

| | | | | | |
|-------|----------|------------|------------------|-----------|----------|
| 9.902 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 15-03-09 |
|-------|----------|------------|------------------|-----------|----------|

2 uur snelwandelen mannen-masters M45-M49

| | | | | | |
|--------|-------------|------------|----------------------|-----------|----------|
| 18.464 | Huib van | Broekhoven | M45 19-06-61 RWV | Dordrecht | 12-09-09 |
| 18.347 | Charles den | Uijl | M45 02-04-60 AAV '36 | Dordrecht | 12-09-09 |

3000 meter steeple chase mannen-masters M45-M49

| | | | | | |
|----------|-------|--------|------------------------|------------|----------|
| 10.13,50 | Peter | Visser | M45 06-11-63 Start '78 | Zwolle | 29-08-09 |
| 10.50,65 | Corné | Haast | M45 01-11-59 Spado | Nieuwegein | 20-09-09 |

110 meter horden 99,1 cm mannen-masters M45-M49

| | | | | | |
|-------|---------------|----------|----------------------------|------------|----------|
| 16,66 | 0,1 Wan | Bakx | M45 05-02-64 AC TION | Oosterhout | 14-06-09 |
| 21,41 | -0,3 Minne de | Vries | M45 25-12-62 AV '40 | Delft | 13-09-09 |
| 21,57 | -3,2 Ger | Haaijer | M45 24-05-63 AV Reusel '69 | Best | 28-05-09 |
| 22,28 | -3,2 Hans | Cuijlits | M45 04-02-62 AV Reusel '69 | Best | 28-05-09 |

geen windgegevens bekend:

| | | | | | |
|------|-----|------|---------------------|-------------|----------|
| 20,7 | Ton | Aker | M45 01-06-64 AV '47 | Schoonhoven | 16-06-09 |
|------|-----|------|---------------------|-------------|----------|

400 meter horden 91,4 cm mannen-masters M45-M49

| | | | | | |
|-------|----------|-------------|-------------------|------------|----------|
| 60,54 | Bart van | Rookhuizen | M45 07-06-64 DEM | Oosterhout | 14-06-09 |
| 65,36 | Huib | Huikeshoven | M45 28-10-60 Atos | Oosterhout | 14-06-09 |

hoogspringen mannen-masters M45-M49

| | | | | | |
|------|----------|-----------|------------------------------|--------------|----------|
| 1,86 | Johan | Nieuwhof | M45 08-03-64 Startbaan | Oosterhout | 14-06-09 |
| 1,85 | Leo | Schuur | M45 24-08-64 Isala '96 | Zwolle | 29-08-09 |
| 1,70 | Kees-Jan | Mol | M45 15-07-62 Dynamica | Goes | 09-05-09 |
| 1,60 | Matthew | Versaggi | M45 07-12-63 Atl. Maastricht | Valkenswaard | 19-04-09 |
| 1,60 | Elco | Ridderbos | M45 21-04-64 AV '23 | Gemert | 23-05-09 |
| 1,60 | Henk Jan | Blom | M45 18-01-63 Hollandia | Zwolle | 28-06-09 |
| 1,60 | Jan | Harland | M45 06-07-59 Haag Atletiek | Steenbergen | 28-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|----------------|--------|-----------------------------|-------------|----------|
| 1,55 | o | Albert van der | Mee | M45 29-01-60 Sprint | Breda | 26-09-09 |
| 1,55 | o | Uli | Flücht | M45 10-10-59 Nea-Volharding | Purmerend | 04-10-09 |
| 1,52 | o | Ruud | Jacobs | M45 02-08-61 Groene Ster | Zevenbergen | 27-09-09 |

polsstokhoogspringen mannen-masters M45-M49

| | | | | | |
|------|--------------|--------------|----------------------------|----------------|----------|
| 4,23 | Chris | Leeuwenburgh | M45 04-10-62 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 4,20 | Alfred | Achtelik | M45 10-06-60 AC TION | Den Haag | 17-05-09 |
| 3,50 | Hans van der | Linden | M45 16-03-64 DAK | Breda | 17-05-09 |
| 3,20 | Niek de | Groot | M45 23-02-62 HAC | Veldhoven | 19-04-09 |
| 2,90 | Ruud | Jacobs | M45 02-08-61 Groene Ster | Oosterhout | 13-06-09 |

| | | | | | |
|--|------------------|-------------|--------------------------------|-----------------------|----------|
| 2,60 | Ger | Haaijer | M45 24-05-63 AV Reusel '69 | Uden | 17-05-09 |
| 2,60 | Paul | Niel | M45 9-8-1960 Eindhoven Atl. | Valkenswaard | 23-06-09 |
| 2,60 | Minne de | Vries | M45 25-12-62 AV '40 | Delft | 13-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 3,80 | o Hans | Coolen | M45 62 Haag Atletiek | Den Haag | 11-10-09 |
| verspringen mannen-masters M45-M49 | | | | | |
| 6,54 | 0,3 Alje | Kuiper | M45 30-09-60 Ilion | Krommenie | 05-07-09 |
| 5,89 | -0,5 Wan | Bakx | M45 05-02-64 AC TION | Vugt | 13-09-09 |
| 5,87 | 1,4 Jan | Harland | M45 06-07-59 Haag Atletiek | Steenbergen | 28-06-09 |
| 5,64 | 0,5 Huub | Huikeshoven | M45 28-10-60 Atos | Oosterhout | 14-06-09 |
| 5,46 | 0,7 Leo | Schuur | M45 24-08-64 Isala '96 | Zwolle | 29-08-09 |
| 5,35 | 0,4 Elco | Ridderbos | M45 21-04-64 AV '23 | Gemert | 23-05-09 |
| 5,24 | -1,6 Roel | Noordam | M45 17-04-62 Fortuna | Vugt | 13-09-09 |
| 5,20 | 0,7 Hans van der | Linden | M45 16-03-64 DAK | Kerkrade | 10-05-09 |
| 5,12 | -0,6 Ron | Schijfs | M45 07-04-60 DJA | Oosterhout | 14-06-09 |
| 5,08 | -0,3 Carry | Megens | M45 24-09-61 Nijmegen Atletiek | Leiden | 10-05-09 |
| (10) | | | | | |
| 5,03 | 0,6 Jos | Verweij | M45 14-03-63 Nijmegen Atletiek | Vugt | 13-09-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 5,53 | Mark van der | Krogt | M45 17-11-60 Ilion | Zoetermeer | 05-04-09 |
| hink-stap-sprong mannen-masters M45-M49 | | | | | |
| 11,40 | 0,8 Ron | Schijfs | M45 07-04-60 DJA | Oosterhout | 13-06-09 |
| 11,28 | -0,5 Elco | Ridderbos | M45 21-04-64 AV '23 | Oosterhout | 13-06-09 |
| kogelstoten 7,25 kg mannen-masters M45-M49 | | | | | |
| 13,89 | Peter | Holthuijsen | M45 07-11-61 Scopias | Eindhoven | 26-04-09 |
| 12,23 | Henk Jan | Blom | M45 18-01-63 Hollandia | Nieuwegein | 20-09-09 |
| 12,22 | Elco | Ridderbos | M45 21-04-64 AV '23 | Gemert | 23-05-09 |
| 12,15 | Michel | Leinders | M45 10-03-62 Unitas | Kerkrade | 04-04-09 |
| 11,46 | Albert van der | Mee | M45 29-01-60 Sprint | Eindhoven | 26-04-09 |
| 11,45 | Erwin | Suvaal | M45 10-11-63 R' dam Atletiek | Sint-Niklaas (BEL) | 21-06-09 |
| 11,28 | Rino | Spin | M45 03-07-63 PEC 1910 | Zwolle | 28-06-09 |
| 11,14 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Lahti (FIN) | 08-08-09 |
| 11,11 | Ron | Hofmans | M45 04-06-64 DAK | Drunen | 25-06-09 |
| 10,84 | Ton | Dreuning | M45 24-04-64 Flevo Delta | Nijmegen | 21-06-09 |
| (10) | | | | | |
| 10,52 | John van der | Zwet | M45 22-02-61 De Spartaan | Zwolle | 28-06-09 |
| 10,39 | Jim van der | Mee | M45 30-01-63 Noordkop | Den Helder | 28-08-09 |
| 10,36 | Hans | Vetter | M45 20-02-61 Phanos | Leiden | 10-05-09 |
| discuswerpen 2 kg mannen-masters M45-M49 | | | | | |
| 43,49 | Peter | Holthuijsen | M45 07-11-61 Scopias | Übach-Palenberg (GER) | 18-06-09 |
| 41,48 | Michel | Leinders | M45 10-03-62 Unitas | Beek | 15-04-09 |
| 40,37 | Henk Jan | Blom | M45 18-01-63 Hollandia | Hoorn | 05-04-09 |
| 39,39 | Rino | Spin | M45 03-03-63 PEC 1910 | Epe | 08-04-09 |
| 39,05 | Albert van der | Mee | M45 29-01-60 Sprint | Steenbergen | 28-06-09 |
| 35,85 | John van der | Zwet | M45 22-02-61 De Spartaan | Zwolle | 28-06-09 |
| 35,28 | Erwin | Suvaal | M45 11-10-63 R' dam Atletiek | Rotterdam | 29-08-09 |
| 34,97 | Jim van der | Mee | M45 30-01-63 Noordkop | Den Helder | 28-08-09 |
| 34,53 | Elco | Ridderbos | M45 21-04-64 AV '23 | Leiden | 10-05-09 |
| 34,22 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Lahti (FIN) | 08-08-09 |
| (10) | | | | | |
| 33,27 | Kees Jan | Versloot | M45 20-10-64 De Liemers | Zutphen | 31-10-09 |
| 31,96 | Hans van | Dijk | M45 30-05-61 AV Weert | Weert | 13-04-09 |
| 31,83 | Mark | Ratelband | M45 23-01-64 AV '34 | Zwolle | 28-06-09 |
| 31,21 | John | Stegman | M45 01-03-61 R' dam Atletiek | Huckelhoven (GER) | 04-04-09 |
| kogelslingeren 7,25 kg mannen-masters M45-M49 | | | | | |
| 49,88 | Erwin | Suvaal | M45 10-11-63 R' dam Atletiek | Lahti (FIN) | 01-08-09 |
| 48,17 | Michel | Leinders | M45 10-03-62 Unitas | Kerkrade | 04-04-09 |
| 43,77 | John | Stegman | M45 01-03-61 R' dam Atletiek | Huckelhoven (GER) | 04-04-09 |
| 43,28 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Holtland (GER) | 12-09-09 |
| 42,37 | Peter | Holthuijsen | M45 07-11-61 Scopias | Eindhoven | 25-04-09 |
| 40,82 | Albert van der | Mee | M45 29-01-60 Sprint | Steenbergen | 02-06-09 |
| 31,93 | Carel van der | Werf | M45 26-11-63 Phoenix | Zutphen | 19-04-09 |
| 27,55 | Jeroen van | Nadort | M45 30-04-64 Passaat | Breda | 18-10-09 |

| | | | | | |
|---|----------------|-------------|---|--------------------|---------------------|
| 26,65 | Kees Jan | Versloot | M45 20-10-64 De Liemers | Zutphen | 31-10-09 |
| speerwerpen 800 gram mannen-masters M45-M49 | | | | | |
| 60,71 | Keith | Beard (GBR) | M45 08-11-61 R' dam Atletiek | Roermond | 17-10-09 |
| 55,11 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Lahti (FIN) | 08-08-09 |
| 48,30 | Elco | Ridderbos | M45 21-04-64 AV '23 | Oosterhout | 13-06-09 |
| 47,23 | Henk Jan | Blom | M45 18-01-63 Hollandia | Hoorn | 05-04-09 |
| 46,84 | Paul de | Vries | M45 02-03-62 Haag Atletiek | Eindhoven | 12-09-09 |
| 43,75 | Albert van der | Mee | M45 29-01-60 Sprint | Oosterhout | 13-06-09 |
| 43,03 | Hans van | Dijk | M45 30-05-61 AV Weert | Oosterhout | 13-06-09 |
| 42,12 | Peter | Holthuijsen | M45 07-11-61 Scopias | Stekene (BEL) | 22-08-09 |
| 41,45 | Kees Jan | Versloot | M45 20-10-64 De Liemers | Zutphen | 31-10-09 |
| 41,44 | Rino | Spin | M45 03-03-63 PEC 1910 | Steenwijk | 05-06-09 |
| (10) | | | | | |
| 41,43 | Ron | Hofmans | M45 04-06-64 DAK | Steenbergen | 28-06-09 |
| 40,53 | Armand | Ellsworth | M45 23-03-61 Lycurgus | Zwolle | 28-06-09 |
| 40,22 | Mark | Ratelband | M45 23-01-64 AV '34 | Zwolle | 28-06-09 |
| 40,15 | Michel | Leinders | M45 10-03-62 Unitas | Sint-Niklaas (BEL) | 21-06-09 |
| 39,92 | Ron | Schijfs | M45 07-04-60 DJA | Oosterhout | 13-06-09 |
| 39,87 | Michiel | Houdijk | M45 11-07-64 PAC | Eindhoven | 12-09-09 |
| 39,27 | Ger | Haaijer | M45 24-05-63 AV Reusel '69 | Valkenswaard | 19-04-09 |
| 38,90 | Peter | Elschot | M45 26-10-60 Parthenon | Kerkrade | 10-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 47,79 | o Henk Jan | Blom | M45 18-01-63 Hollandia | Hoorn | 04-10-09 |
| gewichtwerpen 15,88 kg mannen-masters M45-M49 | | | | | |
| 15,32 | Erwin | Suvaal | M45 10-11-63 R' dam Atletiek | Lahti (FIN) | 03-08-09 |
| 13,17 | Peter | Holthuijsen | M45 07-11-61 Scopias | Aken (GER) | 21-03-09 |
| 13,03 | Michel | Leinders | M45 10-03-62 Unitas | Eindhoven | 26-04-09 |
| 12,75 | John | Stegman | M45 01-03-61 R' dam Atletiek | Huckelhoven (GER) | 04-04-09 |
| 12,09 | Albert van der | Mee | M45 29-01-60 Sprint | Sint Niklaas (BEL) | 31-10-09 |
| 11,97 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Eindhoven | 26-04-09 |
| 10,20 | Kees Jan | Versloot | M45 20-10-64 De Liemers | Zutphen | 31-10-09 |
| werp-vijfkamp mannen-masters M45-M49 | | | | | |
| 3525 | Peter | Holthuijsen | M45 07-11-61 Scopias | Stekene (BEL) | 22-08-09 |
| | | | <i>40,10 * 13,47 * 41,41 * 42,12 * 13,04</i> | | |
| 3476 | Michel | Leinders | M45 10-03-62 Unitas | Eindhoven | 26-04-09 |
| | | | <i>47,15 * 12,09 * 38,93 * 39,88 * 13,03</i> | | |
| 3304 | Onno | Heerlien | M45 18-02-64 Groningen Atl | Huizen | 03-10-09 |
| | | | <i>43,24 * 10,85 * 32,29 * 50,83 * 11,97</i> | | |
| 3276 | Erwin | Suvaal | M45 11-10-63 R' dam Atletiek | Huizen | 03-10-09 |
| | | | <i>47,34 * 11,35 * 34,71 * 30,30 * 14,63</i> | | |
| 3032 | Albert van der | Mee | M45 29-01-60 Sprint | Huizen | 03-10-09 |
| | | | <i>39,24 * 10,71 * 35,43 * 38,89 * 11,48</i> | | |
| 2755 | John | Stegman | M45 01-03-61 R' dam Atletiek | Huckelhoven (GER) | 04-04-09 |
| | | | <i>43,77 * 09,46 * 31,21 * 24,10 * 12,53</i> | | |
| 2659 | Kees Jan | Versloot | M45 20-10-64 De Liemers | Zutphen | 31-10-09 |
| | | | <i>26,65 * 10,07 * 33,27 * 41,45 * 10,20</i> | | |
| 5-kamp mannen-masters M45-M49 | | | | | |
| 2205 | Bob de | Vries | M45 26-01-64 HAC '63 | Schoonhoven | 05-07-09 |
| | | | <i>4,77 * 22,50 * 27,0 = * 18,10 * 5.43,8 = * * *</i> | | |
| 10-kamp mannen-masters M45-M49 | | | | | |
| 4435 | Minne de | Vries | M45 25-12-62 AV '40 | Delft | 13-09-09 |
| | | | <i>13,93 * 4,71 * 08,03 * 1,40 * 68,29 * 21,41 * 30,42 * 2,60 * 33,87 * 5.53,64 * 0,1 * * -0,3</i> | | |
| 20-kamp mannen-masters M45-M49 | | | | | |
| 8266 | Minne de | Vries | M45 25-12-62 AV '40 | Delft | 13-09-09 |
| | | | <i>13,93 * 4,71 * 33,17 * 08,03 * 21.32,63 * 2.45,59 * 1,40 * 68,29 * 13,37 * 13.54,82 * 0,1 * * 3,4</i> | | |
| | | | <i>21,41 * 25,36 * 30,42 * 2,60 * 12.40,72 * 77,27 * 33,87 * 5.53,64 * 09,30 * 50.11,24 * -0,3 * -0,2 *</i> | | |
| 6057 | Hans | Blom | M45 3-3-1967 Spirit-OB | Delft | 13-09-09 |
| | | | <i>14,92 * 3,91 * 38,94 * 06,52 * 19.06,5 * 2.32,29 * 1,25 * 67,49 * 10,90 * 13.28,85 * 0,3 * * 0,5</i> | | |
| | | | <i>28,67 * 14,07 * 29,85 * 0,00 * 11.06,53 * 89,81 * 22,07 * 5.06,84 * 07,07 * 41.28,05 * 0,6 * 0,5 *</i> | | |
| 4 x 100 meter clubteams mannen-masters M45-M49 | | | | | |
| 51,66 | | Amsterdam | M45 | AV '23 | Wageningen 18-09-09 |

Mannen-masters M50-M54

100 meter mannen-masters M50-M54

| | | | | | |
|-------|------|-----------------------|------------------------------|---------------|----------|
| 11,75 | 1,9 | Cees van Pelt | M50 30-05-59 Prins Hendrik | Oosterhout | 13-06-09 |
| 12,15 | 0,9 | Glenn Hoffman | M50 12-10-58 Scheldesport | Steenbergen | 28-06-09 |
| 12,49 | -2,3 | Helmut Drabben | M50 11-04-59 AV '23 | Oosterhout | 13-06-09 |
| 12,69 | 1,8 | Andre Lassooij | M50 22-03-58 GAC-Hilversum | Utrecht | 07-08-09 |
| 12,72 | 0,7 | Martin Vastenhouw | M50 01-03-58 AV NOP | Dronten | 02-07-09 |
| 12,73 | -0,6 | Rob de Weger | M50 08-05-59 AV '23 | Zwolle | 28-06-09 |
| 12,82 | 1,4 | Lucas Prins | M50 04-03-59 Haag Atletiek | Oosterhout | 13-06-09 |
| 12,82 | 1,6 | Peter Jellema | M50 24-10-57 Phoenix | Nieuwegein | 28-06-09 |
| 12,95 | 1,3 | Wim van den Wijngaard | M50 18-06-58 Scorpio | Steenbergen | 28-06-09 |
| 13,00 | 1,4 | Justus van Nierop | M50 01-04-58 DAK | Oosterhout | 13-06-09 |
| (10) | | | | | |
| 13,07 | 1,9 | Ryan Smits | M50 26-12-55 Groene Ster | Oosterhout | 13-06-09 |
| 13,11 | 0,5 | Bretton Randall | M50 09-11-54 Haag Atletiek | Steenbergen | 28-06-09 |
| 13,19 | 1,1 | Wim Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 08-08-09 |
| 13,23 | 0,2 | Michiel van Essen | M50 23-04-57 Leiden Atletiek | Leiden | 26-08-09 |
| 13,23 | 1,6 | Kees Meijer | M50 01-12-56 Nea-Volharding | Amersfoort | 29-08-09 |
| 13,23 | -0,4 | Peter Pesch | M50 09-07-59 LG Aart Stigter | Wageningen | 18-09-09 |
| 13,39 | 1,9 | Ger Keijzers | M50 14-08-58 LG Deurne | Oosterhout | 13-06-09 |
| 13,39 | -0,5 | Rijan Smits | M50 26-12-55 Groene Ster | Vugt | 13-09-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|--------------|--------------------------|-----------|----------|
| 12,49 | | Ricardo Hill | M50 09-10-55 Parthenon | Zierikzee | 08-09-09 |
| 13,00 | | Peter Niekus | M50 25-07-59 Flevo Delta | Zierikzee | 08-09-09 |

betere handtijden:

| | | | | | |
|------|--|-----------|------------------|-------|----------|
| 13,2 | | Dick Reus | M50 11-05-56 SAV | Hoorn | 05-04-09 |
|------|--|-----------|------------------|-------|----------|

in onderlinge wedstrijd:

| | | | | | |
|-------|---|---------------------------|----------------------------|-----------------|----------|
| 12,1 | o | Helmut Drabben | M50 11-04-59 AV '23 | Amsterdam | 04-10-09 |
| 12,6 | o | Fabrizio Mastracchi Manes | M50 09-03-58 AV '23 | Amsterdam | 04-10-09 |
| 12,98 | o | Jan Harland | M50 06-07-59 Haag Atletiek | Den Haag | 10-10-09 |
| 13,29 | o | Kees-Justus Vogel | M50 10-12-54 AAV '36 | Alphen a/d Rijn | 03-10-09 |
| 13,32 | o | Olaf Constandse | M50 01-05-55 Spirit-OB | Barendrecht | 03-10-09 |

150 meter mannen-masters M50-M54

| | | | | | |
|-------|-----|----------------|----------------------------|---------|----------|
| 19,57 | 1,7 | Andre Lassooij | M50 22-03-58 GAC-Hilversum | Utrecht | 10-07-09 |
|-------|-----|----------------|----------------------------|---------|----------|

geen windgegevens bekend:

| | | | | | |
|-------|--|-----------------------|----------------------|-------|----------|
| 19,58 | | Wim van den Wijngaard | M50 18-06-58 Scorpio | Breda | 14-04-09 |
|-------|--|-----------------------|----------------------|-------|----------|

200 meter mannen-masters M50-M54

| | | | | | |
|-------|------|-----------------------|------------------------------|-------------|----------|
| 24,09 | 1,0 | Cees van Pelt | M50 30-05-59 Prins Hendrik | Oosterhout | 14-06-09 |
| 25,44 | -0,5 | Glenn Hoffman | M50 12-10-58 Scheldesport | Terneuzen | 19-09-09 |
| 26,17 | -0,7 | Wim van den Wijngaard | M50 18-06-58 Scorpio | Gemert | 24-05-09 |
| 26,37 | 1,0 | Helmut Drabben | M50 11-04-59 AV '23 | Oosterhout | 14-06-09 |
| 26,51 | -0,1 | Martin Vastenhouw | M50 01-03-58 AV NOP | Dronten | 10-06-09 |
| 26,66 | 0,5 | Justus van Nierop | M50 01-04-58 DAK | Zevenbergen | 21-06-09 |
| 26,84 | -0,3 | Michiel van Essen | M50 23-04-57 Leiden Atletiek | Heiloo | 14-08-09 |
| 27,08 | -0,2 | Peter Pesch | M50 09-07-59 LG Aart Stigter | Wageningen | 18-09-09 |
| 27,15 | 1,0 | Andre Lassooij | M50 22-03-58 GAC-Hilversum | Oosterhout | 14-06-09 |
| 27,44 | 1,4 | Huib Leijssen | M50 19-05-55 AV '23 | Oosterhout | 14-06-09 |

(10)

| | | | | | |
|-------|------|---------------------------|-----------------------------|-----------|----------|
| 27,49 | 0,3 | Fabrizio Mastracchi Manes | M50 09-03-58 AV '23 | Amsterdam | 05-07-09 |
| 27,59 | -0,8 | Bretton Randall | M50 09-11-54 Haag Atletiek | Den Haag | 30-08-09 |
| 28,31 | -0,3 | Kees Meijer | M50 01-12-56 Nea-Volharding | Heiloo | 14-08-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|----------------|---------------------------|-----------|----------|
| 24,51 | | Wim Smit | M50 05-09-57 Achilles-Top | Kerkrade | 14-08-09 |
| 25,09 | | Glenn Hoffman | M50 12-10-58 Scheldesport | Zierikzee | 09-09-09 |
| 26,32 | | Helmut Drabben | M50 11-04-59 AV '23 | Amsterdam | 02-05-09 |
| 27,07 | | Peter Jellema | M50 24-10-57 Phoenix | Zierikzee | 09-09-09 |

betere handtijden:

| | | | | | |
|------|--|-----------|------------------|-------------|----------|
| 27,7 | | Dick Reus | M50 11-05-56 SAV | Grootebroek | 22-05-09 |
|------|--|-----------|------------------|-------------|----------|

met teveel rugwind:

| | | | | | |
|-------|-------|---------------|---------------------------|-----------|----------|
| 24,80 | w 2,6 | Glenn Hoffman | M50 12-10-58 Scheldesport | Mol (BEL) | 25-07-09 |
|-------|-------|---------------|---------------------------|-----------|----------|

300 meter mannen-masters M50-M54

| | | | | | |
|-------|--|-----------------------|----------------------|-------|----------|
| 40,44 | | Martin Vastenhouw | M50 01-03-58 AV NOP | Epe | 08-04-09 |
| 41,22 | | Wim van den Wijngaard | M50 18-06-58 Scorpio | Breda | 14-04-09 |

400 meter mannen-masters M50-M54

| | | | | | |
|-------|-------------|-------------|------------------------------|---------------|----------|
| 52,43 | Cees van | Pelt | M50 30-05-59 Prins Hendrik | Krommenie | 21-06-09 |
| 57,14 | Wim van den | Wijngaard | M50 18-06-58 Scorpio | Tilburg | 01-07-09 |
| 57,26 | Sander | Rietveld | M50 10-04-59 Atos | Krommenie | 05-07-09 |
| 58,22 | Helmut | Drabben | M50 11-04-59 AV '23 | Oosterhout | 13-06-09 |
| 59,14 | Michiel van | Essen | M50 23-04-57 Leiden Atletiek | Utrecht | 07-08-09 |
| 59,52 | Stan | Spangenberg | M50 30-03-59 Phanos | Zwolle | 28-06-09 |
| 59,68 | Huib | Leijssen | M50 19-05-55 AV '23 | Zwolle | 28-06-09 |
| 59,70 | Wim | Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 08-08-09 |
| 59,78 | Martin | Knoops | M50 10-07-56 PAC | Kerkrade | 10-05-09 |
| 59,82 | Martin | Vastenhouw | M50 01-03-58 AV NOP | Dronten | 02-07-09 |

(10)

| | | | | | |
|-------|-------------|----------|------------------------------|-----------|----------|
| 59,89 | Nico | Alberts | M50 24-04-55 PAC | Zierikzee | 10-09-09 |
| 60,66 | Bert de | Graaff | M50 27-09-56 AV Almere '81 | Zierikzee | 10-09-09 |
| 60,98 | Martien de | Schepper | M50 21-11-56 PAC | Eindhoven | 12-09-09 |
| 61,35 | Hans | Peeters | M50 22-01-58 AV Valkenswaard | Lommel | 02-05-09 |
| 61,40 | Leo van der | Westen | M50 12-04-56 Hanzesport | Leiden | 10-05-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-------|---------|---------------------------|-----------|----------|
| 58,8 | o | Glenn | Hoffman | M50 12-10-58 Scheldesport | Terneuzen | 26-09-09 |
|------|---|-------|---------|---------------------------|-----------|----------|

800 meter mannen-masters M50-M54

| | | | | | |
|---------|----------|-------------|------------------------------|--------------|----------|
| 2.10,49 | Stan | Spangenberg | M50 30-03-59 Phanos | Apeldoorn | 03-07-09 |
| 2.13,6 | Izaak de | Bruyne | M50 02-01-58 Altis | Amersfoort | 19-05-09 |
| 2.15,17 | Nico | Alberts | M50 24-04-55 PAC | Vugt | 13-09-09 |
| 2.16,19 | Theo van | Rossum | M50 14-04-58 AKU | Utrecht | 01-05-09 |
| 2.16,35 | Hans | Peeters | M50 22-01-58 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 2.17,00 | Henk van | Eck | M50 14-10-56 GAC-Gemert | Deurne | 14-05-09 |
| 2.19,07 | Chris | Henet | M50 18-03-59 Ciko '66 | Wageningen | 03-06-09 |
| 2.19,51 | Gerard | Smit | M50 11-12-57 Statina | Utrecht | 01-05-09 |
| 2.22,35 | Ger | Kragten | M50 15-04-55 Atos | Leiden | 10-05-09 |
| 2.22,42 | Jan | Poels | M50 25-07-56 ATV Venray | Oosterhout | 14-06-09 |

(10)

1000 meter mannen-masters M50-M54

| | | | | | |
|---------|--------------|---------|--------------------------------|----------|----------|
| 2.54,08 | Theo van der | Wielen | M50 15-11-57 Nijmegen Atletiek | Nijmegen | 14-04-09 |
| 2.56,2 | Hans | Peeters | M50 22-01-58 AV Valkenswaard | Weert | 28-04-09 |

1500 meter mannen-masters M50-M54

| | | | | | |
|---------|--------------|-------------|--------------------------------|-------------|----------|
| 4.28,23 | Ruud van der | Laan | M50 27-05-57 AV Almere '81 | Huizen | 05-06-09 |
| 4.29,66 | Theo van der | Wielen | M50 15-11-57 Nijmegen Atletiek | Wageningen | 26-06-09 |
| 4.31,23 | Henk van | Eck | M50 14-10-56 GAC-Gemert | Uden | 17-05-09 |
| 4.33,12 | Theo van | Rossum | M50 14-04-58 AKU | Utrecht | 22-05-09 |
| 4.33,93 | Stan | Spangenberg | M50 30-03-59 Phanos | Amsterdam | 05-07-09 |
| 4.34,52 | Rob van | Kooten | M50 06-03-59 Pallas '67 | Wageningen | 17-07-09 |
| 4.35,1 | Izaak de | Bruyne | M50 02-01-58 Altis | Amersfoort | 28-04-09 |
| 4.38,55 | Klaas | Talma | M50 21-05-59 Impala | Oosterhout | 13-06-09 |
| 4.38,84 | Paul | Fergus | M50 25-02-57 LG Deurne | Steenbergen | 28-06-09 |
| 4.40,12 | Leo | Jansen | M50 12-12-57 PAC | Steenbergen | 28-06-09 |

(10)

| | | | | | |
|---------|---------------|-------------|-------------------------|-------------|----------|
| 4.42,02 | Henk | Flipsen | M50 08-06-57 AV Weert | Steenbergen | 28-06-09 |
| 4.44,13 | Pieter van de | Wiel | M50 25-07-57 Hollandia | Leiden | 10-05-09 |
| 4.47,4 | Charles | Timmermans | M50 02-12-57 Pallas '93 | Naaldwijk | 25-06-09 |
| 4.51,19 | Tini de | Laat | M50 03-07-54 DAK | Oosterhout | 13-06-09 |
| 4.52,92 | Herman | Akkerman | M50 18-07-57 Hollandia | Eindhoven | 12-09-09 |
| 4.54,32 | Gerjan | Diepstraten | M50 20-11-58 Atledo | Steenbergen | 28-06-09 |

1 Engelse mijl mannen-masters M50-M54

| | | | | | |
|---------|-----------|----------|-----------------------|----------------|----------|
| 5.12,93 | Henk | Flipsen | M50 08-06-57 AV Weert | Neerpelt (BEL) | 01-06-09 |
| 5.15,86 | Peter van | Dartelen | M50 29-06-58 Energie | Utrecht | 10-07-09 |

3000 meter mannen-masters M50-M54

| | | | | | |
|----------|----------|---------|---------------------------|-----------|----------|
| 9.30,9 | Sjaak | Luteijn | M50 20-05-57 Loopgroep PK | Goes | 09-05-09 |
| 9.41,70 | Chris | Henet | M50 18-03-59 Ciko '66 | Vught | 21-05-09 |
| 9.46,0 | Henk van | Eck | M50 14-10-56 GAC-Gemert | Veldhoven | 07-05-09 |
| 9.59,28 | Peter | Huls | M50 07-12-58 Cifla | Nijmegen | 12-05-09 |
| 10.02,92 | Bert | Vink | M50 22-08-55 DEM | Heiloo | 21-05-09 |
| 10.08,69 | Ger | Kragten | M50 15-04-55 Atos | Utrecht | 01-05-09 |

5000 meter mannen-masters M50-M54

| | | | | | |
|----------|--------------|---------|--------------------------------|--------------|----------|
| 16.28,72 | Didier | Senay | M50 15-11-58 SV Veendam | Oosterhout | 13-06-09 |
| 16.29,55 | Chris | Henet | M50 18-03-59 Ciko '66 | Wageningen | 26-06-09 |
| 16.34,59 | Sjaak | Luteijn | M50 20-05-57 Loopgroep PK | Zierikzee | 10-09-09 |
| 16.47,8 | Izaak de | Bruyne | M50 02-01-58 Altis | Amersfoort | 14-04-09 |
| 16.53,67 | Rob | Barel | M50 23-12-57 VAV | Zierikzee | 10-09-09 |
| 16.55,06 | Henk van | Eck | M50 14-10-56 GAC-Gemert | Valkenswaard | 19-04-09 |
| 16.56,80 | Theo van der | Wielen | M50 15-11-57 Nijmegen Atletiek | Vugt | 13-09-09 |
| 17.00,81 | Ruud van der | Laan | M50 27-05-57 AV Almere '81 | Huizen | 21-06-09 |
| 17.00,88 | Bert van | Nunen | M50 10-03-57 De Keien | Zevenbergen | 21-06-09 |
| 17.15,48 | Bert van | Nuenen | M50 10-03-57 De Keien | Helmond | 02-07-09 |

(10)

| | | | | | |
|----------|---------------|-------------|-------------------------|-------------|----------|
| 17.16,04 | Ger | Kragten | M50 15-04-55 Atos | Utrecht | 22-05-09 |
| 17.33,15 | Pieter van de | Wiel | M50 25-07-57 Hollandia | Zwolle | 28-06-09 |
| 17.34,21 | Johan van | Straaten | M50 17-02-57 Energie | Spijkenisse | 19-04-09 |
| 17.34,32 | Hans | Verbaandert | M50 10-11-58 GVAC | Steenbergen | 28-06-09 |
| 17.37,49 | Bert | Vink | M50 22-08-55 DEM | Amsterdam | 19-04-09 |
| 17.41,49 | Kees | Elsinga | M50 04-04-57 AV '23 | Leiden | 10-05-09 |
| 17.42,47 | Rob van | Kooten | M50 06-03-59 Pallas '67 | Wageningen | 26-06-09 |

10.000 meter mannen-masters M50-M54

| | | | | | |
|----------|--------------|---------|--------------------------------|---------|----------|
| 34.43,89 | Chris | Henet | M50 18-03-59 Ciko '66 | Utrecht | 14-06-09 |
| 35.33,44 | Bert van | Nunen | M50 10-03-57 De Keien | Utrecht | 14-06-09 |
| 35.43,46 | Theo van der | Wielen | M50 15-11-57 Nijmegen Atletiek | Utrecht | 14-06-09 |
| 36.14,12 | Ger | Kragten | M50 15-04-55 Atos | Utrecht | 14-06-09 |

3000 meter snelwandelen mannen-masters M50-M54

| | | | | | |
|----------|--------|----------|------------------------|-----------|----------|
| 14.37,48 | Jan | Cornelis | M50 31-01-56 AV Holten | Drunen | 25-06-09 |
| 18.02,2 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |

5000 meter snelwandelen mannen-masters M50-M54

| | | | | | |
|----------|---------|-----------|------------------------|-------------|----------|
| 24.34,10 | Richard | Leijenaar | M50 26-05-59 RWV | Oosterhout | 13-06-09 |
| 25.18,62 | Jan | Cornelis | M50 31-01-56 Holten | Oosterhout | 13-06-09 |
| 25.28,0 | Jan | Cornelis | M50 31-01-56 AV Holten | Papendrecht | 06-06-09 |
| 28.33,06 | Boetje | Huliselan | M50 22-05-55 OLAT | Oosterhout | 13-06-09 |
| 29.38,98 | Ton van | Andel | M50 02-09-58 RWV | Oosterhout | 13-06-09 |
| 30.42,6 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |

10.000 meter snelwandelen mannen-masters M50-M54

| | | | | | |
|---------|--------|----------|------------------|-----------|----------|
| 61.52,7 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |
|---------|--------|----------|------------------|-----------|----------|

20.000 meter snelwandelen mannen-masters M50-M54

| | | | | | |
|-----------|---------|-----------|-------------------|---------|----------|
| 1.47.31,6 | Richard | Leijenaar | M50 26-05-59 RWV | Woerden | 30-08-09 |
| 2.08.57,3 | Boetje | Huliselan | M50 22-05-55 OLAT | Woerden | 30-08-09 |

1 uur snelwandelen mannen-masters M50-M54

| | | | | | |
|-------|--------|----------|------------------|-----------|----------|
| 9.693 | Gerrit | Riezebos | M50 15-02-59 RWV | Dordrecht | 15-03-09 |
|-------|--------|----------|------------------|-----------|----------|

3000 meter steeple chase mannen-masters M50-M54

| | | | | | |
|----------|-------|-------|-----------------------|-----------|----------|
| 10.42,28 | Chris | Henet | M50 18-03-59 Ciko '66 | Krommenie | 21-06-09 |
|----------|-------|-------|-----------------------|-----------|----------|

100 meter horden 91,4 cm mannen-masters M50-M54

| | | | | | | |
|-------|------|--------|------------|------------------------------|---------------|----------|
| 15,08 | -0,9 | Helmut | Drabben | M50 11-04-59 AV '23 | Lahti (FIN) | 07-08-09 |
| 16,90 | 1,7 | Lucas | Prins | M50 04-03-59 Haag Atletiek | Barendrecht | 31-05-09 |
| 17,10 | 0,2 | Kees | Meijer | M50 01-12-56 Nea-Volharding | Amersfoort | 29-08-09 |
| 18,54 | -0,4 | Gert | Velthuizen | M50 19-08-58 Leiden Atletiek | Amersfoort | 13-04-09 |
| 20,56 | -1,5 | Wim | Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 09-08-09 |
| 20,82 | 0,4 | Sjouke | Nauta | M50 11-10-55 Lionitas | Heerenveen | 19-09-09 |

geen windgegevens bekend:

| | | | | | | |
|-------|--|------|------------|------------------------------|------------|----------|
| 17,81 | | Gert | Velthuizen | M50 19-08-58 Leiden Atletiek | Oosterhout | 13-06-09 |
| 18,80 | | Ryan | Smits | M50 26-12-55 Groene Ster | Oosterhout | 13-06-09 |

betere handtijden:

| | | | | | | |
|------|--|--------|--------|--------------------------|------------|----------|
| 18,9 | | George | Valckx | M50 09-01-56 RK HAV | Hulst | 13-06-09 |
| 21,8 | | Jos | Geluk | M50 11-09-58 Delta Sport | Vlissingen | 27-06-09 |

met teveel rugwind:

| | | | | | | |
|-------|-------|-------|----------|-----------------------------|-----------|----------|
| 16,91 | w 2,6 | Kees | Meijer | M50 01-12-56 Nea-Volharding | Gemert | 24-05-09 |
| 21,63 | w 2,2 | Arjen | Koopstra | M50 02-05-54 Startbaan | Steenwijk | 04-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-------------|---------|----------------------------|-----------------|----------|
| 15,44 | o | Jan | Harland | M50 06-07-59 Haag Atletiek | Den Haag | 11-10-09 |
| 20,22 | o | Kees-Justus | Vogel | M50 10-12-54 AAV '36 | Alphen a/d Rijn | 04-10-09 |

| | | | | | | |
|---|-------|---------------|------------------|------------------------------|---------------|----------|
| 20,3 | o | Ger | Keijzers | M50 14-08-58 LG Deurne | Deurne | 04-10-09 |
| 20,55 | o | Olaf | Constandse | M50 01-05-55 Spirit-OB | Barendrecht | 04-10-09 |
| 110 meter horden 106,7 cm mannen-masters M50-M54 | | | | | | |
| 20,64 | -0,4 | Wim | Smit | M50 05-09-57 Achilles-Top | Valkenswaard | 19-04-09 |
| 200 meter horden 76,2 cm mannen-masters M50-M54 | | | | | | |
| 30,51 | -0,3 | Helmut | Drabben | M50 11-04-59 AV '23 | Huizen | 05-06-09 |
| 32,58 | 0,4 | Gert | Velthuizen | M50 19-08-58 Leiden Atletiek | Delft | 12-09-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 33,10 | | Fabrizio | Mastracchi Manes | M50 09-03-58 AV '23 | Lisse | 06-09-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 31,47 | w 2,3 | Gert | Velthuizen | M50 19-08-58 Leiden Atletiek | Utrecht | 10-07-09 |
| 400 meter horden 84 cm mannen-masters M50-M54 | | | | | | |
| 61,55 | | | Burgos | M50 59 | Lahti (FIN) | 01-08-09 |
| 71,77 | | Gert | Velthuizen | M50 19-08-58 Leiden Atletiek | Amersfoort | 13-04-09 |
| 73,53 | | Fabrizio | Mastracchi Manes | M50 09-03-58 AV '23 | Utrecht | 04-09-09 |
| <i>betere handtijden:</i> | | | | | | |
| 69,8 | | George | Valckx | M50 09-01-56 RK HAV | Vlissingen | 27-06-09 |
| 73,3 | | Jos | Geluk | M50 11-09-58 Delta Sport | Vlissingen | 27-06-09 |
| hoogspringen mannen-masters M50-M54 | | | | | | |
| 1,67 | | Helmut | Drabben | M50 11-04-59 AV '23 | Oosterhout | 14-06-09 |
| 1,65 | | Jeroen | Bronwasser | M50 05-02-59 Prins Hendrik | Vugt | 13-09-09 |
| 1,63 | | Erik | Endlich | M50 19-01-58 SISU | Zierikzee | 09-09-09 |
| 1,55 | | Jos | Geluk | M50 11-09-58 Delta Sport | Goes | 09-05-09 |
| 1,55 | | Jan | Harland | M50 06-07-59 Haag Atletiek | Vugt | 13-09-09 |
| 1,54 | | Wim | Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 08-08-09 |
| 1,51 | | Kees | Meijer | M50 01-12-56 Nea-Volharding | Gemert | 23-05-09 |
| 1,50 | | Dirk Jan | Giskes | M50 21-06-54 Nova | Amsterdam | 02-05-09 |
| 1,50 | | Peter van der | Heyden | M50 24-04-57 AC Waterland | Zeist | 17-05-09 |
| 1,50 | | Martin | Kreeft | M50 24-05-59 HAC '63 | Hoogeveen | 12-06-09 |
| (10) | | | | | | |
| 1,50 | | Ryan | Smits | M50 26-12-55 Groene Ster | Oosterhout | 14-06-09 |
| 1,50 | | Ger | Keijzers | M50 14-08-58 LG Deurne | Oosterhout | 14-06-09 |
| 1,45 | | Kees-Justus | Vogel | M50 10-12-54 AAV '36 | Rotterdam | 05-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 1,50 | o | Olaf | Constandse | M50 01-05-55 Spirit-OB | Barendrecht | 03-10-09 |
| polsstokhoogspringen mannen-masters M50-M54 | | | | | | |
| 3,20 | | Kees | Meijer | M50 01-12-56 Nea-Volharding | Gemert | 24-05-09 |
| 2,53 | | Wim | Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 09-08-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 3,80 | o | Jan | Harland | M50 06-07-59 Haag Atletiek | Den Haag | 11-10-09 |
| verspringen mannen-masters M50-M54 | | | | | | |
| 5,95 | 0,4 | Jeroen | Bronwasser | M50 05-02-59 Prins Hendrik | Vugt | 13-09-09 |
| 5,86 | -1,7 | Jan | Harland | M50 06-07-59 Haag Atletiek | Vugt | 13-09-09 |
| 5,55 | 0,1 | Rob de | Weger | M50 08-05-59 AV '23 | Zwolle | 28-06-09 |
| 5,45 | -0,7 | Helmut | Drabben | M50 11-04-59 AV '23 | Lahti (FIN) | 28-07-09 |
| 5,35 | -0,5 | Glenn | Hoffman | M50 12-10-58 Scheldesport | Steenbergen | 28-06-09 |
| 5,23 | -0,9 | Ton | Verkoeyen | M50 26-11-58 Prins Hendrik | Kerkrade | 10-05-09 |
| 5,20 | -0,1 | Jos de | Wit | M50 24-12-57 Pallas '67 | Zwolle | 28-06-09 |
| 5,17 | 0,3 | Kees | Meijer | M50 01-12-56 Nea-Volharding | Gemert | 23-05-09 |
| 5,16 | 0,1 | Peter van der | Heyden | M50 24-04-57 AC Waterland | Zwolle | 28-06-09 |
| 4,87 | 0,0 | Wim van den | Wijngaard | M50 18-06-58 Scorpio | Gemert | 24-05-09 |
| (10) | | | | | | |
| 4,80 | -0,9 | Jos | Geluk | M50 11-09-58 Delta Sport | Gemert | 24-05-09 |
| 4,75 | 0,2 | Hans | Gootjes | M50 11-06-59 Flevo Delta | Dronten | 02-07-09 |
| 4,65 | -1,2 | Wout van | Drunen | M50 12-08-54 HAC '63 | Leiden | 10-05-09 |
| 4,62 | 0,2 | Peter van | Veen | M50 08-12-56 Hellas | Zwolle | 28-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 5,29 | | Peter van der | Heyden | M50 24-04-57 AC Waterland | Amsterdam | 19-04-09 |
| 4,92 | | Wim | Smit | M50 05-09-57 Achilles-Top | Kerkrade | 14-08-09 |
| 4,86 | | Jos | Geluk | M50 11-09-58 Delta Sport | Oostburg | 11-07-09 |
| 4,71 | | Sjouke | Nauta | M50 11-10-55 Lionitas | Heerenveen | 19-09-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 4,99 | w 3,6 | Wim | Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 08-08-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-------------|------------|-----------------------------|-----------------|----------|
| 5,27 | o | Kees | Meijer | M50 01-12-56 Nea-Volharding | Purmerend | 04-10-09 |
| 5,12 | o | Wim van den | Wijngaard | M50 18-06-58 Scorpio | Oosterhout | 27-09-09 |
| 5,00 | o | Wim | Smit | M50 05-09-57 Achilles-Top | Kerkrade | 27-09-09 |
| 4,81 | o | Kees-Justus | Vogel | M50 10-12-54 AAV '36 | Alphen a/d Rijn | 03-10-09 |
| 4,73 | o | Olaf | Constandse | M50 01-05-55 Spirit-OB | Barendrecht | 03-10-09 |

hink-stap-sprong mannen-masters M50-M54

| | | | | | | |
|------|-----|----------|--------|--------------------------|------------|----------|
| 8,87 | 0,0 | Dirk Jan | Giskes | M50 21-06-54 Nova | Amsterdam | 02-05-09 |
| 8,48 | 1,0 | Ryan | Smits | M50 26-12-55 Groene Ster | Oosterhout | 13-06-09 |

kogelstoten 6 kg mannen-masters M50-M54

| | | | | | | |
|-------|--|---------------|-----------------|------------------------------|--------------------|----------|
| 14,25 | | Piet | Meijdam | M50 19-11-57 Hercules | Kerkrade | 10-05-09 |
| 12,67 | | Theo | Goossens | M50 03-10-58 HAC | Helmond | 02-07-09 |
| 12,20 | | Gerrit | Verdoes | M50 02-09-54 Leiden Atletiek | Leiden | 10-05-09 |
| 12,18 | | Sylvain | Ephimenco (FRA) | M50 24-11-56 R' dam Atletiek | Sint-Niklaas (BEL) | 21-06-09 |
| 11,63 | | Jack van der | Zijde | M50 04-06-57 Ilion | Gouda | 21-05-09 |
| 11,56 | | Albert | Lammers | M50 27-11-55 Parthenon | Kerkrade | 10-05-09 |
| 11,45 | | Wim | Roosen | M50 30-06-56 KAV Holland | Oosterhout | 14-06-09 |
| 11,14 | | Frans van der | Ham | M50 26-07-54 Avantri | Schoonhoven | 12-05-09 |
| 11,05 | | Dick | Reus | M50 11-05-56 SAV | Grootebroek | 16-08-09 |
| 10,96 | | Paul | Philips | M50 31-05-55 Scopias | Eindhoven | 26-04-09 |
| (10) | | | | | | |
| 10,86 | | Cees van | Blerck | M50 28-03-59 Scorpio | Eindhoven | 26-04-09 |
| 10,62 | | Ronald | Vetter | M50 08-08-55 AAC | Amsterdam | 03-10-09 |
| 10,46 | | Jos | Geluk | M50 11-09-58 Delta Sport | Goes | 09-05-09 |
| 10,40 | | Ger | Keijzers | M50 14-08-58 LG Deurne | Deurne | 14-05-09 |
| 10,38 | | Han van | Dijk | M50 29-03-55 Hanzesport | Leiden | 10-05-09 |
| 10,33 | | Ernst | Koldenhof | M50 12-09-56 Statina | Eindhoven | 26-04-09 |
| 10,12 | | Helmut | Drabben | M50 11-04-59 AV '23 | Lahti (FIN) | 28-07-09 |
| 10,06 | | Wim van den | Wijngaard | M50 18-06-58 Scorpio | Huizen | 03-10-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|------|-----------|-------------------|-----------|----------|
| 10,32 | o | Henk | Heyligers | M50 06-03-58 GVAC | Veldhoven | 20-09-09 |
|-------|---|------|-----------|-------------------|-----------|----------|

kogelstoten 7,25 kg mannen-masters M50-M54

| | | | | | | |
|-------|--|---------|-----------------|------------------------------|-------------|----------|
| 11,49 | | Theo | Goossens | M50 03-10-58 HAC | Sittard | 21-06-09 |
| 11,09 | | Sylvain | Ephimenco (FRA) | M50 24-11-56 R' dam Atletiek | Steenbergen | 02-06-09 |
| 10,70 | | Wim | Roosen | M50 30-06-56 KAV Holland | Amersfoort | 21-06-09 |

discuswerpen 1,5 kg mannen-masters M50-M54

| | | | | | | |
|-------|--|--------------|-----------------|------------------------------|--------------------|----------|
| 56,77 | | Piet | Meijdam | M50 19-11-57 Hercules | Lahti (FIN) | 01-08-09 |
| 46,89 | | Sylvain | Ephimenco (FRA) | M50 24-11-56 R' dam Atletiek | Sint-Niklaas (BEL) | 21-06-09 |
| 44,45 | | Theo | Goossens | M50 03-10-58 HAC | Helmond | 02-07-09 |
| 43,60 | | Wim de | Wolff | M50 29-11-58 AV Heerenveen | Steenwijk | 17-07-09 |
| 35,85 | | Gerrit | Verdoes | M50 02-09-54 Leiden Atletiek | Leiden | 23-04-09 |
| 34,85 | | Rijan | Smits | M50 26-12-55 Groene Ster | Steenbergen | 28-06-09 |
| 34,77 | | Henk | Heyligers | M50 06-03-58 GVAC | Steenbergen | 02-06-09 |
| 34,45 | | Cees van | Blerck | M50 28-03-59 Scorpio | Eindhoven | 26-04-09 |
| 34,07 | | Hans | Mulders | M50 08-07-55 Eindhoven Atl. | Eindhoven | 12-09-09 |
| 33,97 | | Ronald | Vetter | M50 08-08-55 AAC | Amsterdam | 03-10-09 |
| (10) | | | | | | |
| 33,49 | | Han van | Dijk | M50 29-03-55 Hanzesport | Zierikzee | 08-09-09 |
| 33,43 | | Wim | Roosen | M50 30-06-56 KAV Holland | Oosterhout | 14-06-09 |
| 32,87 | | Paul | Philips | M50 31-05-55 Scopias | Aken (GER) | 21-03-09 |
| 32,61 | | Ryan | Smits | M50 26-12-55 Groene Ster | Oosterhout | 14-06-09 |
| 32,30 | | Richard | Oly | M50 15-01-59 Trias | Heiloo | 21-05-09 |
| 31,37 | | Helmut | Drabben | M50 11-04-59 AV '23 | Wageningen | 18-09-09 |
| 30,95 | | Kees | Meijer | M50 01-12-56 Nea-Volharding | Amsterdam | 02-05-09 |
| 30,89 | | Jack van der | Zijde | M50 06-04-57 Ilion | Rotterdam | 29-08-09 |
| 30,60 | | Ernst | Koldenhof | M50 12-09-56 Statina | Papendrecht | 28-03-09 |
| 30,22 | | Dick | Reus | M50 11-05-56 SAV | Grootebroek | 16-08-09 |

(20)

discuswerpen 2 kg mannen-masters M50-M54

| | | | | | | |
|-------|--|---------|-----------------|------------------------------|--------------|----------|
| 49,10 | | Piet | Meijdam | M50 19-11-57 Hercules | Lisse | 09-05-09 |
| 38,00 | | Theo | Goossens | M50 03-10-58 HAC | Ede | 17-05-09 |
| 36,30 | | Sylvain | Ephimenco (FRA) | M50 24-11-56 R' dam Atletiek | Borken (GER) | 04-04-09 |

kogelslingeren 6 kg mannen-masters M50-M54

| | | | | | | |
|-------|--------------|-----------------|--------------|-----------------|--------------------|----------|
| 54,17 | Peter van | Noort | M50 23-01-55 | De Spartaan | Rotterdam | 11-04-09 |
| 47,94 | Sylvain | Ephimenco (FRA) | M50 24-11-56 | R' dam Atletiek | Sint-Niklaas (BEL) | 21-06-09 |
| 47,77 | Piet | Meijdam | M50 19-11-57 | Hercules | Lahti (FIN) | 07-08-09 |
| 45,78 | August | Leckie | M50 28-11-57 | Ilion | Boskoop | 03-10-09 |
| 45,16 | Ronald | Vetter | M50 08-08-55 | AAC | Amsterdam | 03-10-09 |
| 42,43 | Theo | Goossens | M50 03-10-58 | HAC | Eindhoven | 25-04-09 |
| 38,44 | Han van | Dijk | M50 29-03-55 | Hanzesport | Eindhoven | 25-04-09 |
| 36,16 | Jack van der | Zijde | M50 06-04-57 | Ilion | Rotterdam | 11-07-09 |
| 32,28 | Gert | Velthuizen | M50 19-08-58 | Leiden Atletiek | Eindhoven | 26-04-09 |
| 30,12 | Ernst | Koldenhof | M50 12-09-56 | Statina | Eindhoven | 26-04-09 |
| (10) | | | | | | |
| 28,54 | Wim van den | Wijngaard | M50 18-06-58 | Scorpio | Breda | 18-10-09 |
| 27,49 | Gert | Velthuizen | M50 19-08-58 | Spark | Zutphen | 31-10-09 |
| 27,05 | Paul | Philips | M50 31-05-55 | Scopias | Eindhoven | 26-04-09 |

kogelslingeren 7,25 kg mannen-masters M50-M54

| | | | | | | |
|-------|-----------|-----------------|--------------|-----------------|-----------|----------|
| 50,98 | Peter van | Noort | M50 23-01-55 | De Spartaan | Zwolle | 17-05-09 |
| 43,70 | Sylvain | Ephimenco (FRA) | M50 24-11-56 | R' dam Atletiek | Rotterdam | 31-10-09 |
| 37,20 | Theo | Goossens | M50 03-10-58 | HAC | Veldhoven | 19-04-09 |
| 35,33 | August | Leckie | M50 28-11-57 | Ilion | Naaldwijk | 19-04-09 |
| 25,41 | Gert | Velthuizen | M50 19-08-58 | Leiden Atletiek | Amsterdam | 19-04-09 |

speerwerpen 700 gram mannen-masters M50-M54

| | | | | | | |
|-------|--------------|-----------------|--------------|-----------------|-------------|----------|
| 49,39 | Wim | Roosen | M50 30-06-56 | KAV Holland | Oosterhout | 13-06-09 |
| 48,13 | Sylvain | Ephimenco (FRA) | M50 24-11-56 | R' dam Atletiek | Naaldwijk | 10-09-09 |
| 44,71 | Jos | Geluk | M50 11-09-58 | Delta Sport | Zierikzee | 10-09-09 |
| 43,49 | Henk | Heyligers | M50 06-03-58 | GVAC | Steenbergen | 28-06-09 |
| 42,74 | Jack van der | Zijde | M50 06-04-57 | Ilion | Oosterhout | 13-06-09 |
| 42,09 | Gerrit | Verdoes | M50 02-09-54 | Leiden Atletiek | Leiden | 10-05-09 |
| 40,78 | Piet | Meijdam | M50 19-11-57 | Hercules | Lahti (FIN) | 07-08-09 |
| 40,76 | Hans | Kremers | M50 01-01-58 | Prins Hendrik | Vught | 05-04-09 |
| 40,33 | Bretton | Randall | M50 09-11-54 | Haag Atletiek | Steenbergen | 28-06-09 |
| 39,88 | Helmut | Drabben | M50 11-04-59 | AV '23 | Lahti (FIN) | 29-07-09 |
| (10) | | | | | | |
| 39,13 | Erik | Endlich | M50 19-01-58 | SISU | Zierikzee | 10-09-09 |
| 38,87 | Ger | Keijzers | M50 14-08-58 | LG Deurne | Gemert | 24-05-09 |
| 38,35 | Kees | Meijer | M50 01-12-56 | Nea-Volharding | Purmerend | 05-04-09 |
| 37,40 | Wim van den | Wijngaard | M50 18-06-58 | Scorpio | Gemert | 24-05-09 |
| 33,95 | Paul | Philips | M50 31-05-55 | Scopias | Eindhoven | 26-04-09 |
| 33,16 | Bernard | Oerlemans | M50 31-05-57 | Atledo | Steenbergen | 28-06-09 |
| 33,03 | Jos de | Wit | M50 24-12-57 | Pallas '67 | Leiden | 10-05-09 |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|--------|------------|--------------|-----------|-------------|----------|
| 41,65 | o | Helmut | Drabben | M50 11-04-59 | AV '23 | Amsterdam | 04-10-09 |
| 34,62 | o | Olaf | Constandse | M50 01-05-55 | Spirit-OB | Barendrecht | 04-10-09 |

speerwerpen 800 gram mannen-masters M50-M54

| | | | | | | |
|-------|---------|-----------------|--------------|-----------------|------------|----------|
| 47,92 | Sylvain | Ephimenco (FRA) | M50 24-11-56 | R' dam Atletiek | Veldhoven | |
| 44,04 | Wim | Roosen | M50 30-06-56 | KAV Holland | Amersfoort | 21-06-09 |

gewichtwerpen 11,34 kg mannen-masters M50-M54

| | | | | | | |
|-------|--------------|-----------------|--------------|-----------------|--------------------|----------|
| 18,34 | Piet | Meijdam | M50 19-11-57 | Hercules | Lahti (FIN) | 04-08-09 |
| 15,61 | Sylvain | Ephimenco (FRA) | M50 24-11-56 | R' dam Atletiek | Sint-Niklaas (BEL) | 21-06-09 |
| 14,37 | Ronald | Vetter | M50 08-08-55 | AAC | Amsterdam | 03-10-09 |
| 14,30 | Jack van der | Zijde | M50 06-04-57 | Ilion | Eindhoven | 12-09-09 |
| 13,32 | Han van | Dijk | M50 29-03-55 | Hanzesport | Lahti (FIN) | 04-08-09 |
| 12,14 | Theo | Goossens | M50 03-10-58 | HAC | Eindhoven | 26-04-09 |
| 12,03 | Wim van den | Wijngaard | M50 18-06-58 | Scorpio | Eindhoven | 26-04-09 |
| 10,70 | Paul | Philips | M50 31-05-55 | Scopias | Eindhoven | 26-04-09 |
| 10,08 | Ernst | Koldenhof | M50 12-09-56 | Statina | Eindhoven | 26-04-09 |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|--------|------------|--------------|-----------------|-----------|----------|
| 12,83 | o | Albert | Lammers | M50 27-11-55 | Parthenon | Dordrecht | 16-06-09 |
| 10,14 | o | Gert | Velthuizen | M50 19-08-58 | Leiden Atletiek | Leiden | 30-06-09 |

gewichtwerpen 15,88 kg mannen-masters M50-M54

| | | | | | | |
|-------|---------|-----------------|--------------|-----------------|--------------|----------|
| 12,61 | Sylvain | Ephimenco (FRA) | M50 24-11-56 | R' dam Atletiek | Borken (GER) | 04-04-09 |
|-------|---------|-----------------|--------------|-----------------|--------------|----------|

werp-vijfkamp mannen-masters M50-M54

| | | | | |
|------|---------------------------------------|------------------------------|--------------------|----------|
| 3903 | Sylvain Ephimenco (FRA) | M50 24-11-56 R' dam Atletiek | Sint-Niklaas (BEL) | 21-06-09 |
| | 47,94 * 12,18 * 46,89 * 46,29 * 15,61 | | | |
| 3137 | Piet Meijdam | M50 19-11-57 Hercules | Lahti (FIN) | 07-08-09 |
| | 47,77 * 12,95 * 54,55 * 40,78 * DNS | | | |
| 3136 | Ronald Vetter | M50 08-08-55 AAC | Amsterdam | 03-10-09 |
| | 45,16 * 10,62 * 33,97 * 32,54 * 14,37 | | | |
| 3028 | Theo Goossens | M50 03-10-58 HAC | Eindhoven | 26-04-09 |
| | 39,86 * 12,10 * 42,29 * 25,15 * 12,14 | | | |
| 2952 | Jack van der Zijde | M50 06-04-57 Ilion | Rotterdam | 29-08-09 |
| | 33,89 * 10,94 * 30,89 * 39,92 * 13,30 | | | |
| 2632 | Han van Dijk | M50 29-03-55 Hanzesport | Lahti (FIN) | 07-08-09 |
| | 36,52 * 10,27 * 32,76 * 23,91 * 12,31 | | | |
| 2537 | Paul Philips | M50 31-05-55 Scopias | Eindhoven | 26-04-09 |
| | 27,05 * 10,96 * 30,33 * 33,95 * 10,70 | | | |
| 2506 | Wim van den Wijngaard | M50 18-06-58 Scorpio | Huizen | 03-10-09 |
| | 25,07 * 10,06 * 27,88 * 36,59 * 11,76 | | | |
| 2458 | Cees van Blerck | M50 28-03-59 Scorpio | Eindhoven | 26-04-09 |
| | 24,59 * 10,86 * 34,45 * 31,91 * 09,58 | | | |
| 2307 | Ernst Koldenhof | M50 12-09-56 Statina | Eindhoven | 26-04-09 |
| | 30,12 * 10,33 * 27,88 * 25,36 * 10,08 | | | |

5-kamp mannen-masters M50-M54

| | | | | |
|------|--|--------------------------|--------|----------|
| 3207 | Wim van den Wijngaard | M50 18-06-58 Scorpio | Gemert | 24-05-09 |
| | 4,87 * 37,40 * 26,17 * 26,91 * 5.04,89 * 0,0 * -0,7 * | | | |
| 3063 | Jos Geluk | M50 11-09-58 Delta Sport | Gemert | 24-05-09 |
| | 4,80 * 42,18 * 29,30 * 28,68 * 5.05,82 * -0,9 * -0,7 * | | | |
| 2914 | Ger Keijzers | M50 14-08-58 LG Deurne | Gemert | 24-05-09 |
| | 4,60 * 38,87 * 28,40 * 27,23 * 5.18,11 * 0,5 * -0,7 * | | | |

in onderlinge wedstrijd:

| | | | | |
|------|--|----------------------|------------|----------|
| 3214 | o Wim van den Wijngaard | M50 18-06-58 Scorpio | Oosterhout | 27-09-09 |
| | 5,12 * 36,81 * 26,8= * 26,66 * 5.00,2= * * * | | | |

10-kamp mannen-masters M50-M54

| | | | | |
|------|--|-----------------------------|---------------|----------|
| 6509 | Helmut Drabben | M50 11-04-59 AV '23 | Lahti (FIN) | 29-07-09 |
| | 12,55 * 5,45 * 10,12 * 1,66 * 60,01 * 15,72 * 31,04 * 2,10 * 39,88 * 5.38,95 * 0,3 * -0,7 * -0,4 | | | |
| 6015 | Kees Meijer | M50 01-12-56 Nea-Volharding | Gemert | 24-05-09 |
| | 13,40 * 5,17 * 08,72 * 1,51 * 61,69 * 16,91 * 29,56 * 3,20 * 37,92 * 5.55,92 * 0,4 * 0,3 * 2,6 | | | |
| 5269 | Wim Smit | M50 05-09-57 Achilles-Top | Dilbeek (BEL) | 09-08-09 |
| | 13,19 * 4,99 * 08,55 * 1,54 * 59,70 * 20,56 * 22,74 * 2,53 * 27,06 * 5.43,26 * 1,1 * 3,6 * -0,5 | | | |

in onderlinge wedstrijd:

| | | | | |
|------|--|----------------------------|-------------|----------|
| 5782 | o Jan Harland | M50 06-07-59 Haag Atletiek | Den Haag | 11-10-09 |
| | 12,98 * 5,58 * 09,23 * 1,55 * 65,31 * 15,44 * 24,12 * 3,80 * 24,52 * 7.48,58 * * * | | | |
| 4871 | o Ger Keijzers | M50 14-08-58 LG Deurne | Deurne | 04-10-09 |
| | 13,5= * 4,61 * 10,02 * 1,47 * 63,6= * 20,3= * 23,18 * 2,00 * 29,42 * 5.39,5= * * * | | | |
| 4149 | o Olaf Constandse | M50 01-05-55 Spirit-OB | Barendrecht | 04-10-09 |
| | 13,32 * 4,73 * 08,33 * 1,50 * 76,49 * 20,55 * 27,32 * 0,00 * 34,62 * 6.47,42 * * * | | | |

20-kamp mannen-masters M50-M54

| | | | | |
|------|--|------------------------------|-------|----------|
| 7998 | Gert Velthuizen | M50 19-08-58 Leiden Atletiek | Delft | 13-09-09 |
| | 13,90 * 4,47 * 32,58 * 07,52 * 24.33,68 * 2.47,98 * 1,30 * 68,69 * 27,47 * 16.12,03 * 0,1 * * 0,4 | | | |
| | 21,47 * 22,60 * 29,33 * 1,80 * 13.49,28 * 79,49 * 22,19 * 6.28,09 * 08,33 * 53.04,79 * 0,7 * 0,5 * | | | |

4 x 100 meter clubteams mannen-masters M50-M54

| | | | | | |
|-------|-------------|-----|---------|------------|----------|
| 49,82 | Amsterdam | M50 | AV '23 | Amstelveen | 26-09-09 |
| 61,73 | Barendrecht | M50 | Energie | Wageningen | 18-09-09 |

4 x 200 meter clubteams mannen-masters M50-M54

| | | | | | |
|---------|-------------|-----|---------|------------|----------|
| 1.44,96 | Amsterdam | M50 | AV '23 | Amstelveen | 27-09-09 |
| 2.11,50 | Barendrecht | M50 | Energie | Wageningen | 18-09-09 |

Mannen-masters M55-M59

100 meter mannen-masters M55-M59

| | | | | |
|-------|--------------------|----------------------------|-------------|----------|
| 12,90 | 0,8 Wim Threels | M55 26-02-52 GAC-Hilversum | Amterdam | 02-05-09 |
| 13,07 | -0,5 Ko Florusse | M55 30-05-50 Parthenon | Vugt | 13-09-09 |
| 13,42 | 1,4 Victor de Nijs | M55 12-10-52 Fortuna | Oosterhout | 13-06-09 |
| 13,89 | 0,4 Arjen Koopstra | M55 02-05-54 Startbaan | Barendrecht | 31-05-09 |

| | | | | | | |
|--|-------|-----------------|-------------|--------------------------------|-------------|----------|
| 14,08 | -0,9 | Fred van | Rossum | M55 03-10-53 AKU | Leiden | 10-05-09 |
| 14,32 | -0,3 | Peter | Groen | M55 02-07-49 AV '23 | Amsterdam | 02-05-09 |
| 14,37 | -0,9 | Jan | Jolink | M55 23-11-50 Atletico '73 | Leiden | 10-05-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 13,88 | | Arjen | Koopstra | M55 02-05-54 Startbaan | Harderwijk | 19-09-09 |
| 13,93 | | Simon | Sarken | M55 13-05-52 Eindhoven Atl. | Zierikzee | 08-09-09 |
| 14,04 | | Paul | Boer | M55 24-12-49 Avanti-Wilskracht | Zierikzee | 08-09-09 |
| 14,29 | | Ben | Corino | M55 12-08-54 Parthenon | Zierikzee | 08-09-09 |
| <i>betere handtijden:</i> | | | | | | |
| 13,4 | | Herman | Hommen | M55 21-10-51 AV Wieringermeer | Schagen | 08-05-09 |
| 14,2 | | Jan | Kreuk | M55 19-06-52 SAV | Grootebroek | 22-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 13,6 | o | Theo | Brusche | M55 24-04-52 Leiden Atletiek | Leiden | 11-10-09 |
| 200 meter mannen-masters M55-M59 | | | | | | |
| 26,10 | -0,7 | Wim | Threels | M55 26-02-52 GAC-Hilversum | Gemert | 24-05-09 |
| 28,59 | 0,0 | Arjen | Koopstra | M55 02-05-54 Startbaan | Oosterhout | 14-06-09 |
| 29,35 | 1,5 | Peter | Groen | M55 02-07-49 AV '23 | Amsterdam | 02-05-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 26,08 | | Wim | Threels | M55 26-02-52 GAC-Hilversum | Zierikzee | 09-09-09 |
| 26,19 | | Ben | Corino | M55 12-08-54 Parthenon | Zierikzee | 09-09-09 |
| 27,80 | | Victor de | Nijs | M55 12-10-52 Fortuna | Zierikzee | 09-09-09 |
| 29,36 | | Paul | Boer | M55 24-12-49 Avanti-Wilskracht | Zierikzee | 10-09-09 |
| <i>betere handtijden:</i> | | | | | | |
| 28,8 | | Jan | Kreuk | M55 19-06-52 SAV | Grootebroek | 22-05-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 30,00 | w 3,8 | Frans | Hoekstra | M55 08-10-52 Groningen Atl | Kampen | 22-04-09 |
| 300 meter mannen-masters M55-M59 | | | | | | |
| 46,26 | | Arjen | Koopstra | M55 02-05-54 Startbaan | Utrecht | 10-07-09 |
| 46,27 | | Frans | Hoekstra | M55 08-10-52 Groningen Atl | Epe | 08-04-09 |
| 400 meter mannen-masters M55-M59 | | | | | | |
| 56,07 | | Wim | Threels | M55 26-02-52 GAC-Hilversum | Huizen | 05-06-09 |
| 59,80 | | Piet van | Wijngaarden | M55 02-03-52 Avantri | Oosterhout | 13-06-09 |
| 60,20 | | Cees | Meijer | M55 03-09-52 SAV | Oosterhout | 13-06-09 |
| 62,57 | | Jan | Geluk | M55 06-08-50 Delta Sport | Zierikzee | 09-09-09 |
| 62,86 | | Victor de | Nijs | M55 12-10-52 Fortuna | Oosterhout | 13-06-09 |
| 64,76 | | Arjen | Koopstra | M55 02-05-54 Startbaan | Zwolle | 28-06-09 |
| 65,63 | | Wim | Schoots | M55 12-07-52 Phanos | Utrecht | 22-05-09 |
| 800 meter mannen-masters M55-M59 | | | | | | |
| 2.12,84 | | Martien van der | Hoorn | M55 18-03-53 De Spartaan | Oosterhout | 14-06-09 |
| 2.14,95 | | Wim | Threels | M55 26-02-52 GAC-Hilversum | Leiden | 10-05-09 |
| 2.16,21 | | Anton van | Rooij | M55 16-12-53 AV Castricum | Heiloo | 21-05-09 |
| 2.16,44 | | Cees | Meijer | M55 03-09-52 SAV | Oosterhout | 14-06-09 |
| 2.18,40 | | Frans | Hoekstra | M55 08-10-52 Groningen Atl | Zwolle | 28-06-09 |
| 2.19,26 | | Piet van | Wijngaarden | M55 02-03-52 Avantri | Oosterhout | 14-06-09 |
| 2.22,50 | | Hans | Beentjes | M55 23-06-52 AV Castricum | Oosterhout | 14-06-09 |
| 2.27,06 | | Arie | Snoek | M55 29-08-49 Hera | Heiloo | 21-05-09 |
| 1500 meter mannen-masters M55-M59 | | | | | | |
| 4.28,23 | | Martien van der | Hoorn | M55 18-03-53 De Spartaan | Zwolle | 28-06-09 |
| 4.34,00 | | Arjen | Koopstra | M55 02-05-54 Startbaan | Leiden | 10-05-09 |
| 4.42,53 | | Ad | Buijs | M55 20-09-52 Phoenix | Zwolle | 28-06-09 |
| 4.47,68 | | Cees | Meijer | M55 03-09-52 SAV | Oosterhout | 13-06-09 |
| 4.48,67 | | Frans | Hoekstra | M55 08-10-52 Groningen Atl | Apeldoorn | 03-07-09 |
| 4.51,36 | | Koen | Zonneveld | M55 17-07-53 NSL | Oosterhout | 13-06-09 |
| 5.00,66 | | Arie | Snoek | M55 29-08-49 Hera | Oosterhout | 13-06-09 |
| 5.01,41 | | Ad | Huysmans | M55 24-06-51 Fit | Zwolle | 28-06-09 |
| 5.02,49 | | Henk van der | Meijde | M55 30-07-50 LPK | Wageningen | 26-06-09 |
| 3000 meter mannen-masters M55-M59 | | | | | | |
| 9.56,59 | | Martien van der | Hoorn | M55 18-03-53 De Spartaan | Lisse | 06-09-09 |
| 9.59,59 | | Ad | Buijs | M55 20-09-52 Phoenix | Utrecht | 01-05-09 |
| 5000 meter mannen-masters M55-M59 | | | | | | |
| 16.36,29 | | Martien van den | Hoorn | M55 18-03-53 De Spartaan | Utrecht | 22-05-09 |
| 17.37,80 | | Ad | Buijs | M55 20-09-52 Phoenix | Leiden | 10-05-09 |

| | | | | | |
|----------|----------|------------|-----------------------------|------------|----------|
| 17.49,25 | Hans van | Gorp | M55 10-02-53 Tilburg RR | Oosterhout | 13-06-09 |
| 18.04,0 | Nico | Verstraten | M55 26-11-53 Scopias | Venlo | 21-05-09 |
| 18.10,68 | Ad | Huysmans | M55 24-06-51 Fit | Leiden | 10-05-09 |
| 18.19,30 | Wil | Rindt | M55 22-05-53 Eindhoven Atl. | Oosterhout | 13-06-09 |

10.000 meter mannen-masters M55-M59

| | | | | | |
|----------|-----|-----------------|----------------------|---------|----------|
| 36.42,10 | Jan | Zwarthoed-Troet | M55 10-12-53 AV Edam | Utrecht | 14-06-09 |
| 37.17,25 | Ad | Buijs | M55 20-09-52 Phoenix | Utrecht | 14-06-09 |

3000 meter snelwandelen mannen-masters M55-M59

| | | | | | |
|----------|---------|------------|---------------------|-------------|----------|
| 15.51,6 | Theo | Koenis | M55 12-10-51 De LAT | Papendrecht | 06-06-09 |
| 17.45,97 | Fred | Röhner | M55 11-09-50 Unitas | Drunen | 25-06-09 |
| 19.11,7 | Aad van | Leeuwen | M55 17-06-49 AV NOP | Dordrecht | 15-03-09 |
| 19.14,79 | Ad | Leermakers | M55 08-10-51 DAK | Drunen | 25-06-09 |
| 19.16,53 | Harry | Bijnen | M55 22-03-52 DAK | Drunen | 25-06-09 |

5000 meter snelwandelen mannen-masters M55-M59

| | | | | | |
|----------|---------|---------|---------------------|-------------|----------|
| 26.28,5 | Theo | Koenis | M55 12-10-51 De LAT | Papendrecht | 06-06-09 |
| 30.24,45 | Fred | Röhner | M55 11-09-50 Unitas | Oosterhout | 13-06-09 |
| 31.57,74 | Aad van | Leeuwen | M55 17-06-49 AV NOP | Amsterdam | 02-05-09 |

10.000 meter snelwandelen mannen-masters M55-M59

| | | | | | |
|---------|------|--------|---------------------|-----------|----------|
| 54.38,8 | Theo | Koenis | M55 12-10-51 De LAT | Dordrecht | 15-03-09 |
|---------|------|--------|---------------------|-----------|----------|

20.000 meter snelwandelen mannen-masters M55-M59

| | | | | | |
|-----------|------|--------|---------------------|---------|----------|
| 1.57.36,0 | Theo | Koenis | M55 12-10-51 De LAT | Woerden | 30-08-09 |
| 2.06.23,9 | Fred | Röhner | M55 11-09-50 Unitas | Woerden | 30-08-09 |

1 uur snelwandelen mannen-masters M55-M59

| | | | | | |
|--------|---------|---------|---------------------|-----------|----------|
| 10.999 | Theo | Koenis | M55 12-10-51 De LAT | Dordrecht | 15-03-09 |
| 9.312 | Fred | Röhner | M55 11-09-50 Unitas | Dordrecht | 15-03-09 |
| 9.250 | Aad van | Leeuwen | M55 17-06-49 AV NOP | Dordrecht | 15-03-09 |

2 uur snelwandelen mannen-masters M55-M59

| | | | | | |
|--------|------|--------|---------------------|-----------|----------|
| 19.956 | Theo | Koenis | M55 12-10-51 De LAT | Dordrecht | 12-09-09 |
|--------|------|--------|---------------------|-----------|----------|

3000 meter steeple chase mannen-masters M55-M59

| | | | | | |
|----------|-----------------|------------|--------------------------|------------|----------|
| 10.43,07 | Martien van der | Hoorn | M55 18-03-53 De Spartaan | Castricum | 03-06-09 |
| 12.16,99 | Nico | Verstraten | M55 26-11-53 Scopias | Oosterhout | 14-06-09 |

100 meter horden 91,4 cm mannen-masters M55-M59

| | | | | | |
|-------|-----------|-----------|------------------------|-------------|----------|
| 17,45 | 1,7 Arjen | Koopstra | M55 02-05-54 Startbaan | Barendrecht | 31-05-09 |
| 20,69 | -1,5 Bert | Vreeswijk | M55 11-07-50 Typhoon | Lahti (FIN) | 29-07-09 |

200 meter horden 76,2 cm mannen-masters M55-M59

| | | | | | |
|----------------------------------|-------------|----------|------------------------|-----------|----------|
| 32,18 | -1,4 Arjen | Koopstra | M55 02-05-54 Startbaan | Hilversum | 13-09-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 31,85 | Arjen | Koopstra | M55 02-05-54 Startbaan | Lisse | 06-09-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 31,52 | w 2,3 Arjen | Koopstra | M55 02-05-54 Startbaan | Utrecht | 10-07-09 |

400 meter horden 84 cm mannen-masters M55-M59

| | | | | | |
|-------|------|-----------|----------------------|------------|----------|
| 79,84 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Oosterhout | 14-06-09 |
|-------|------|-----------|----------------------|------------|----------|

hoogsprijngen mannen-masters M55-M59

| | | | | | |
|------|----------|----------|--------------------------------|-------------|----------|
| 1,72 | Jan | Huijbers | M55 20-05-51 GAC-Gemert | Lahti (FIN) | 04-08-09 |
| 1,60 | Jan | Geluk | M55 06-08-50 Delta Sport | Zierikzee | 09-09-09 |
| 1,50 | Theo | Brusche | M55 24-04-52 Leiden Atletiek | Zwolle | 28-06-09 |
| 1,48 | Dirk Jan | Giskes | M55 21-06-54 Nova | Lahti (FIN) | 28-07-09 |
| 1,40 | Paul | Boer | M55 24-12-49 Avanti-Wilskracht | Kampen | 22-04-09 |
| 1,38 | Hans | Spitzen | M55 23-11-52 Start '78 | Stadskanaal | 29-08-09 |

polstokhoogspringen mannen-masters M55-M59

| | | | | | |
|------|----------|-----------|---------------------------|-------------|----------|
| 3,40 | Marc van | Vliet | M55 24-02-52 AV Castricum | Amsterdam | 02-05-09 |
| 3,00 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Oosterhout | 13-06-09 |
| 2,50 | Jan | Huijbers | M55 20-05-51 GAC-Gemert | Uden | 17-05-09 |
| 2,40 | Dirk Jan | Giskes | M55 21-06-54 Nova | Lahti (FIN) | 29-07-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|-----------------|-----|---------------------|-------------|----------|
| 3,35 | o Frans van der | Ham | M55 26-07-54 Avanti | Schoonhoven | 03-10-09 |
|------|-----------------|-----|---------------------|-------------|----------|

verspringen mannen-masters M55-M59

| | | | | | |
|------|-----------|---------|------------------------------|------------|----------|
| 5,16 | -0,4 Theo | Brusche | M55 24-04-52 Leiden Atletiek | Oosterhout | 14-06-09 |
| 5,08 | -0,5 Wim | Threels | M55 26-02-52 GAC-Hilversum | Oosterhout | 14-06-09 |

| | | | | | | |
|------|------|----------|-----------|--------------------------------|-------------|----------|
| 5,04 | -1,3 | Jan | Huijbers | M55 20-05-51 GAC-Gemert | Oosterhout | 14-06-09 |
| 4,31 | -0,2 | Dirk Jan | Giskes | M55 21-06-54 Nova | Lahti (FIN) | 28-07-09 |
| 4,29 | -0,2 | Henk | Nordt | M55 03-07-49 Vet. Ned. | Leiden | 10-05-09 |
| 4,17 | 0,2 | Paul | Boer | M55 24-12-49 Avanti-Wilskracht | Kampen | 22-04-09 |
| 4,06 | -0,2 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Lahti (FIN) | 28-07-09 |

geen windgegevens bekend:

| | | | | | | |
|------|--|-------|------|---------------------|---------|----------|
| 4,12 | | Ad de | Laat | M55 26-03-53 Atledo | Tilburg | 01-07-09 |
|------|--|-------|------|---------------------|---------|----------|

met teveel rugwind:

| | | | | | | | |
|------|---|-----|-----|----------|-------------------------|------|----------|
| 5,06 | w | 3,7 | Jan | Huijbers | M55 20-05-51 GAC-Gemert | Uden | 17-05-09 |
|------|---|-----|-----|----------|-------------------------|------|----------|

hink-stap-sprong mannen-masters M55-M59

geen windgegevens bekend:

| | | | | | | |
|-------|--|-----|----------|-------------------------|-------------|----------|
| 10,45 | | Jan | Huijbers | M55 20-05-51 GAC-Gemert | Zevenbergen | 21-06-09 |
|-------|--|-----|----------|-------------------------|-------------|----------|

met teveel rugwind:

| | | | | | | | |
|-------|---|-----|-----|----------|-------------------------|------------|----------|
| 11,12 | w | 2,3 | Jan | Huijbers | M55 20-05-51 GAC-Gemert | Oosterhout | 13-06-09 |
|-------|---|-----|-----|----------|-------------------------|------------|----------|

kogelstoten 6 kg mannen-masters M55-M59

| | | | | | | |
|-------|--|----------|-----------|------------------------------|-------------|----------|
| 12,89 | | Ad de | Laat | M55 26-03-53 Atledo | Gouda | 28-08-09 |
| 12,72 | | Rob | Hermans | M55 21-06-53 Achilles-Top | Oosterhout | 14-06-09 |
| 12,69 | | Sjaak | Ruhl | M55 28-01-51 R' dam Atletiek | Leiden | 23-04-09 |
| 12,34 | | Gerrit | Verdoes | M55 02-09-54 Leiden Atletiek | Lisse | 25-09-09 |
| 10,86 | | Theo | Brusche | M55 24-04-52 Leiden Atletiek | Leiden | 23-04-09 |
| 10,78 | | Henk van | Bakel | M55 14-02-53 Scopias | Veldhoven | 07-05-09 |
| 10,70 | | Arno | Hissink | M55 24-09-50 PAC | Vugt | 13-09-09 |
| 10,53 | | Tony | Pracht | M55 02-09-53 Leiden Atletiek | Lisse | 29-05-09 |
| 10,00 | | Bert | Vreeswijk | M55 11-07-50 Typhoon | Lahti (FIN) | 28-07-09 |
| 9,91 | | Arjen | Koopstra | M55 02-05-54 Startbaan | Barendrecht | 31-05-09 |

(10)

| | | | | | | |
|------|--|-------------|---------|---------------------------|-------------------|----------|
| 9,87 | | John | Spronk | M55 30-06-53 Achilles-Top | Kerkrade | 10-05-09 |
| 9,82 | | Toon van de | Heijden | M55 02-07-50 DES | Tessenderlo (BEL) | 05-08-09 |

discuswerpen 1,5 kg mannen-masters M55-M59

| | | | | | | |
|-------|--|----------|---------|------------------------------|------------|----------|
| 41,58 | | Sjaak | Ruhl | M55 28-01-51 R' dam Atletiek | Lisse | 29-05-09 |
| 40,24 | | Tony | Pracht | M55 02-09-53 Leiden Atletiek | Heiloo | 17-07-09 |
| 40,24 | | Ad de | Laat | M55 26-03-53 Atledo | Gouda | 28-08-09 |
| 40,18 | | Rob | Hermans | M55 21-06-53 Achilles-Top | Oosterhout | 14-06-09 |
| 37,18 | | Jan van | Hoof | M55 12-07-49 Scopias | Venlo | 21-05-09 |
| 36,64 | | Henk van | Bakel | M55 14-02-53 Scopias | Eindhoven | 26-04-09 |
| 33,76 | | Gerrit | Verdoes | M55 02-09-54 Leiden Atletiek | Lisse | 25-09-09 |
| 32,42 | | Hans | Spitzen | M55 23-11-52 Start '78 | Groningen | 19-06-09 |
| 32,20 | | Theo | Brusche | M55 24-04-52 Leiden Atletiek | Lisse | 25-09-09 |
| 31,28 | | Arno | Hissink | M55 24-09-50 PAC | Kerkrade | 10-05-09 |

(10)

| | | | | | | |
|-------|--|-------------|--------|----------------------|------------|----------|
| 30,85 | | Hans de | Vries | M55 30-01-54 SAV | Amersfoort | 11-04-09 |
| 30,73 | | Gerhard van | Berkel | M55 01-02-53 Statina | Culemborg | 23-05-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|---------------|-----|----------------------|-------------|----------|
| 36,60 | o | Frans van der | Ham | M55 26-07-54 Avantri | Schoonhoven | 03-10-09 |
|-------|---|---------------|-----|----------------------|-------------|----------|

kogelslingeren 6 kg mannen-masters M55-M59

| | | | | | | |
|-------|--|----------|-----------|---------------------------|-------------|----------|
| 34,00 | | Henk van | Bakel | M55 14-02-53 Scopias | Eindhoven | 25-04-09 |
| 33,82 | | Bert | Vreeswijk | M55 11-07-50 Typhoon | Eindhoven | 25-04-09 |
| 33,47 | | John | Spronk | M55 30-06-53 Achilles-Top | Kerkrade | 04-04-09 |
| 30,98 | | Hans de | Vries | M55 30-01-54 SAV | Grootebroek | 29-03-09 |
| 23,94 | | Hans | Spitzen | M55 23-11-52 Start '78 | Zutphen | 31-10-09 |
| 23,55 | | Jan van | Hoof | M55 07-12-49 Scopias | Eindhoven | 12-09-09 |
| 21,73 | | Jan | Jolink | M55 23-11-50 Atletico '73 | Zutphen | 31-10-09 |
| 21,37 | | Dirk Jan | Giskes | M55 21-06-54 Nova | Den Helder | 28-08-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|------|---------|-----------------------|--------|----------|
| 29,38 | o | Henk | Brouwer | M55 14-09-53 Ciko '66 | Arnhem | 04-10-09 |
|-------|---|------|---------|-----------------------|--------|----------|

speerwerpen 700 gram mannen-masters M55-M59

| | | | | | | |
|-------|--|----------|----------|------------------------------|------------|----------|
| 50,44 | | Dirk | Kooreman | M55 10-08-52 AV Zaanland | Alkmaar | 03-07-09 |
| 44,37 | | Wim | Threels | M55 26-02-52 GAC-Hilversum | Oosterhout | 13-06-09 |
| 44,15 | | Henk van | Bakel | M55 14-02-53 Scopias | Zierikzee | 10-09-09 |
| 41,79 | | Glenn | Gentle | M55 05-01-52 Achilles-Top | Kerkrade | 10-05-09 |
| 36,64 | | Theo | Brusche | M55 24-04-52 Leiden Atletiek | Eindhoven | 12-09-09 |
| 35,45 | | Hans | Spitzen | M55 23-11-52 Start '78 | Heerenveen | 23-05-09 |
| 34,83 | | Jan | Jolink | M55 23-11-50 Atletico '73 | Leiden | 10-05-09 |

| | | | | | |
|-------|----------|-----------|------------------------------|-------------|----------|
| 34,60 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Oosterhout | 13-06-09 |
| 33,76 | Teun | Veth | M55 15-02-53 Passaat | Huizen | 03-10-09 |
| 33,69 | Tony | Pracht | M55 02-09-53 Leiden Atletiek | Zaandam | 18-09-09 |
| (10) | | | | | |
| 32,18 | Hans de | Vries | M55 30-01-54 SAV | Eindhoven | 26-04-09 |
| 31,81 | Dirk Jan | Giskes | M55 21-06-54 Nova | Lahti (FIN) | 29-07-09 |
| 31,46 | Arjen | Koopstra | M55 02-05-54 Startbaan | Oosterhout | 13-06-09 |

gewichtwerpen 11,34 kg mannen-masters M55-M59

| | | | | | |
|-------|----------|-----------|---------------------------|------------|----------|
| 12,72 | Henk van | Bakel | M55 14-02-53 Scopias | Zutphen | 31-10-09 |
| 10,93 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Eindhoven | 26-04-09 |
| 10,35 | Hans de | Vries | M55 30-01-54 SAV | Amersfoort | 11-04-09 |
| 9,30 | Hans | Spitzen | M55 23-11-52 Start '78 | Zutphen | 31-10-09 |
| 9,29 | Jan | Jolink | M55 23-11-50 Atletico '73 | Zutphen | 31-10-09 |

werp-vijfkamp mannen-masters M55-M59

| | | | | | |
|------|----------|-----------|---------------------------------------|-------------|----------|
| 3321 | Henk van | Bakel | M55 14-02-53 Scopias | Eindhoven | 26-04-09 |
| | | | 33,38 * 10,32 * 36,64 * 40,21 * 12,22 | | |
| 2811 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Lahti (FIN) | 08-08-09 |
| | | | 32,76 * 09,17 * 28,99 * 33,10 * 10,92 | | |
| 2556 | Hans | Spitzen | M55 23-11-52 Start '78 | Zutphen | 31-10-09 |
| | | | 23,94 * 08,85 * 31,08 * 34,08 * 09,30 | | |
| 2421 | Jan van | Hooft | M55 07-12-49 Scopias | Eindhoven | 12-09-09 |
| | | | 23,55 * 08,95 * 33,21 * 27,40 * 08,65 | | |
| 2405 | Hans de | Vries | M55 30-01-54 SAV | Eindhoven | 26-04-09 |
| | | | 27,01 * 07,83 * 27,03 * 32,18 * 09,16 | | |
| 2271 | Jan | Jolink | M55 23-11-50 Atletico '73 | Zutphen | 31-10-09 |
| | | | 21,73 * 08,13 * 24,26 * 32,29 * 09,29 | | |
| 2171 | Teun | Veth | M55 15-02-53 Passaat | Huizen | 03-10-09 |
| | | | 18,72 * 08,59 * 24,03 * 33,76 * 07,85 | | |

5-kamp mannen-masters M55-M59

| | | | | | |
|------|-----|---------|--|--------|----------|
| 3788 | Wim | Threels | M55 26-02-52 GAC-Hilversum | Gemert | 24-05-09 |
| | | | 5,07 * 40,64 * 26,10 * 29,73 * 5,02,44 * -0,7 * -0,7 * | | |

10-kamp mannen-masters M55-M59

| | | | | | |
|------|----------|-----------|---|-------------|----------|
| 5359 | Bert | Vreeswijk | M55 11-07-50 Typhoon | Lahti (FIN) | 29-07-09 |
| | | | 15,15 * 4,06 * 10,00 * 1,33 * 68,47 * 20,69 * 28,22 * 2,80 * 33,43 * 5,40,66 * -1,8 * -0,2 * -1,5 | | |
| 4868 | Dirk Jan | Giskes | M55 21-06-54 Nova | Lahti (FIN) | 29-07-09 |
| | | | 15,26 * 4,31 * 07,55 * 1,48 * 69,64 * 22,24 * 24,77 * 2,40 * 31,81 * 6,04,26 * * -0,2 * -2,1 | | |

Mannen-masters M60-M64

100 meter mannen-masters M60-M64

| | | | | | |
|-------|------------|--------------------|---------------------------|------------|----------|
| 12,71 | 1,1 Jan | Ties | M60 25-08-47 AAC '61 | Heerenveen | 19-09-09 |
| 13,08 | 1,3 Willem | Schoone | M60 01-12-45 Nova | Heiloo | 17-07-09 |
| 13,36 | 0,4 Anne | Lenis | M60 09-03-49 Hera | Heiloo | 21-05-09 |
| 13,54 | 0,4 Dirk | Klanker | M60 16-09-46 AV Castricum | Heiloo | 21-05-09 |
| 14,12 | -0,3 Wim | Schreuder Goedheyt | M60 19-07-45 Hellas | Leiden | 10-05-09 |
| 14,48 | 1,6 Kees | Verkerk | M60 19-06-49 AKU | Huizen | 21-06-09 |
| 14,51 | -0,4 Kees | Havermans | M60 26-01-48 Scorpio | Oosterhout | 12-05-09 |
| 14,54 | 0,1 Peter | Groen | M60 02-07-49 AV '23 | Lisse | 06-09-09 |
| 14,57 | -0,6 Onno | Waalewijn | M60 20-01-47 AV '23 | Zwolle | 28-06-09 |
| 14,58 | -0,4 Roelf | Akkerman | M60 03-02-45 AV Castricum | Leiden | 10-05-09 |

geen windgegevens bekend:

| | | | | | |
|-------|------|-----------|---------------------|-----------|----------|
| 14,19 | Onno | Waalewijn | M60 20-01-47 AV '23 | Zierikzee | 08-09-09 |
|-------|------|-----------|---------------------|-----------|----------|

met teveel rugwind:

| | | | | | |
|-------|--------------|--------------------|---------------------------|------------|----------|
| 12,92 | w 2,6 Willem | Schoone | M60 01-12-45 Nova | Oosterhout | 13-06-09 |
| 13,15 | w 2,6 Anne | Lenis | M60 09-03-49 Hera | Oosterhout | 13-06-09 |
| 13,34 | w 2,6 Dirk | Klanker | M60 16-09-46 AV Castricum | Oosterhout | 13-06-09 |
| 13,45 | w 2,6 Wim | Schreuder Goedheyt | M60 19-07-45 Hellas | Oosterhout | 13-06-09 |
| 14,03 | w 2,6 Kees | Havermans | M60 26-01-48 Scorpio | Oosterhout | 13-06-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|-------|----------|---------------------|--------------|----------|
| 13,3 | o Wim | Scholtes | M60 09-06-47 Sparta | Leidschendam | 05-04-09 |
|------|-------|----------|---------------------|--------------|----------|

200 meter mannen-masters M60-M64

| | | | | | |
|-------|-------------|---------|----------------------|------------|----------|
| 27,11 | 1,9 Jan | Ties | M60 25-08-47 AAC '61 | Oosterhout | 14-06-09 |
| 27,14 | -0,9 Willem | Schoone | M60 01-12-45 Nova | Zeist | 17-05-09 |

| | | | | | |
|---|-----------|-------------------|--------------------------------|-----------------|----------|
| 27,55 | 1,9 Anne | Lenis | M60 09-03-49 Hera | Oosterhout | 14-06-09 |
| 27,92 | 0,0 Dirk | Klanker | M60 16-09-46 AV Castricum | Heiloo | 21-05-09 |
| 28,05 | 1,9 Wim | Schreuder Goedhey | M60 19-07-45 Hellas | Oosterhout | 14-06-09 |
| 29,67 | 1,2 Kees | Havermans | M60 26-01-48 Scorpio | Dongen | 24-04-09 |
| 30,09 | 0,2 Onno | Waalewijn | M60 20-01-47 AV '23 | Heiloo | 31-07-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 26,51 | Jan | Ties | M60 25-08-47 AAC '61 | Heerenveen | 19-09-09 |
| 28,61 | Henny van | Verseveld | M60 20-02-46 Statina | Culemborg | 23-05-09 |
| 30,39 | Rob van | Mechelen | M60 31-07-46 THOR | Zierikzee | 10-09-09 |
| 30,84 | Kees | Verkerk | M60 19-06-49 AKU | Zierikzee | 10-09-09 |
| <i>betere handtijden:</i> | | | | | |
| 28,9 | Kees | Havermans | M60 26-01-48 Scorpio | Waalwijk | 09-06-09 |
| 400 meter mannen-masters M60-M64 | | | | | |
| 63,14 | Louis | Spek | M60 02-12-48 Fortuna | Oosterhout | 13-06-09 |
| 65,05 | P. | Boer | M60 | Zierikzee | 10-09-09 |
| 69,57 | Rob van | Mechelen | M60 31-07-46 THOR | Zierikzee | 10-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 69,46 | o Cees | Berg | M60 22-06-47 AAV '36 | Alphen a/d Rijn | 03-10-09 |
| 800 meter mannen-masters M60-M64 | | | | | |
| 2.19,69 | Hans | Smeets | M60 23-02-47 Achilles-Top | Steenbergen | 28-06-09 |
| 2.21,81 | Bert van | Venrooij | M60 17-04-49 Nijmegen Atletiek | Utrecht | 22-05-09 |
| 2.33,79 | Hans | Grapendaal | M60 11-09-48 DEM | Heiloo | 21-05-09 |
| 1500 meter mannen-masters M60-M64 | | | | | |
| 4.42,43 | Hans | Smeets | M60 23-02-47 Achilles-Top | Kerkrade | 14-08-09 |
| 4.51,34 | Bert van | Venrooij | M60 17-04-49 Nijmegen Atletiek | Utrecht | 01-05-09 |
| 4.56,27 | Roel | Timmers | M60 25-12-46 Vet. Ned. | Oosterhout | 13-06-09 |
| 5.25,91 | Eddy | Smit | M60 05-06-48 Delta Sport | Oosterhout | 13-06-09 |
| 3000 meter mannen-masters M60-M64 | | | | | |
| 10.54,79 | Rob | Kruis | M60 05-06-46 Typhoon | Gouda | 21-05-09 |
| 10.55,78 | Hans | Smeets | M60 23-02-47 Achilles-Top | Kerkrade | 28-08-09 |
| 5000 meter mannen-masters M60-M64 | | | | | |
| 17.47,59 | Bert | Schalkwijk | M60 09-04-48 AV Monn'ndam | Zierikzee | 10-09-09 |
| 18.32,09 | Roel | Timmers | M60 25-12-46 Vet. Ned. | Oosterhout | 13-06-09 |
| 18.59,69 | Bert van | Venrooij | M60 17-04-49 Nijmegen Atletiek | Wageningen | 03-06-09 |
| 10.000 meter mannen-masters M60-M64 | | | | | |
| 36.27,29 | Bert | Schalkwijk | M60 09-04-48 AV Monn'ndam | Utrecht | 14-06-09 |
| 39.45,75 | Dirk | Visser | M60 15-05-46 HC Amsterdam | Utrecht | 14-06-09 |
| 3000 meter snelwandelen mannen-masters M60-M64 | | | | | |
| 16.44,96 | Alex | Wijsman | M60 03-02-48 De LAT | Amsterdam | 02-05-09 |
| 18.22,7 | Hans van | Wakeren | M60 02-03-49 Unitas | Best | 04-07-09 |
| 18.37,83 | Ad van | Oijen | M60 31-05-44 AV Weert | Amsterdam | 02-05-09 |
| 19.37,2 | Aad van | Leeuwen | M60 17-06-49 AV NOP | Dordrecht | 12-09-09 |
| 5000 meter snelwandelen mannen-masters M60-M64 | | | | | |
| 28.56,01 | Alex | Wijsman | M60 03-02-48 De LAT | Gouda | 21-05-09 |
| 30.46,56 | Hans van | Wakeren | M60 02-03-49 Unitas | Herentals (BEL) | 31-05-09 |
| 31.03,53 | Rob | Frielink | M60 02-02-46 RWV | Oosterhout | 13-06-09 |
| 32.04,5 | Ad van | Oijen | M60 31-05-44 AV Weert | Dordrecht | 15-03-09 |
| 33.10,9 | Aad van | Leeuwen | M60 17-06-49 AV NOP | Dordrecht | 12-09-09 |
| 10.000 meter snelwandelen mannen-masters M60-M64 | | | | | |
| 59.47,6 | Alex | Wijsman | M60 03-02-48 De LAT | Dordrecht | 15-03-09 |
| 68.15,0 | Aad van | Leeuwen | M60 17-06-49 AV NOP | Dordrecht | 12-09-09 |
| 20.000 meter snelwandelen mannen-masters M60-M64 | | | | | |
| 2.07.15,4 | Alex | Wijsman | M60 03-02-48 De LAT | Woerden | 30-08-09 |
| 1 uur snelwandelen mannen-masters M60-M64 | | | | | |
| 10.041 | Alex | Wijsman | M60 03-02-48 De LAT | Dordrecht | 15-03-09 |
| 9.689 | Hans van | Wakeren | M60 02-03-49 Unitas | Dordrecht | 15-03-09 |
| 9.286 | Ad van | Oijen | M60 31-05-44 AV Weert | Dordrecht | 15-03-09 |
| 2000 meter steeple chase mannen-masters M60-M64 | | | | | |
| 7.18,90 | Steeff | Kijne | M60 31-05-49 R' dam Atletiek | Lahti (FIN) | 08-08-09 |

100 meter horden 84 cm mannen-masters M60-M64

19,29 o Cees Berg M60 22-06-47 AAV '36 Alphen a/d Rijn 04-10-09

300 meter horden 76,2 cm mannen-masters M60-M64

57,20 Onno Waalewijn M60 20-01-47 AV '23 Oosterhout 14-06-09

hoogsprijngen mannen-masters M60-M64

1,50 Rob Dekker M60 18-10-46 AV Castricum Amsterdam 02-05-09

1,48 René Hondelink M60 18-05-47 Cialfo Lahti (FIN) 06-08-09

1,45 Teo Maat M60 10-03-48 Fortuna Oosterhout 14-06-09

1,42 J Bouma M60 Zierikzee 09-09-09

1,36 Onno Waalewijn M60 20-01-47 AV '23 Zierikzee 09-09-09

polsstokhoogsprijngen mannen-masters M60-M64

2,20 o Cees Berg M60 22-06-47 AAV '36 Alphen a/d Rijn 04-10-09

verspringen mannen-masters M60-M64

5,03 -1,5 Willem Schoone M60 01-12-45 Nova Oosterhout 14-06-09

4,74 -0,8 Jan Ties M60 25-08-47 AAC '61 Oosterhout 14-06-09

4,53 -0,9 Rob Dekker M60 18-10-46 AV Castricum Oosterhout 14-06-09

4,09 -0,4 Kees Havermans M60 26-01-48 Scorpio Oosterhout 14-06-09

4,08 -1,1 René Hondelink M60 18-05-47 Cialfo Oosterhout 14-06-09

4,06 -0,7 Onno Waalewijn M60 20-01-47 AV '23 Leiden 10-05-09

3,97 0,3 Hans Veldmeijer M60 03-06-47 GAC-Hilversum Zwolle 28-06-09

geen windgegevens bekend:

5,00 Jan Ties M60 25-08-47 AAC '61 Zierikzee 10-09-09

4,49 Kees Havermans M60 26-01-48 Scorpio Baarle-Nassau 26-05-09

4,20 Onno Waalewijn M60 20-01-47 AV '23 Zierikzee 10-09-09

4,11 René Hondelink M60 18-05-47 Cialfo Zierikzee 10-09-09

in onderlinge wedstrijd:

4,09 o Cees Berg M60 22-06-47 AAV '36 Alphen a/d Rijn 03-10-09

hink-stap-sprong mannen-masters M60-M64

9,42 1,6 Kees Havermans M60 26-01-48 Scorpio Oosterhout 13-06-09

8,64 -1,0 Onno Waalewijn M60 20-01-47 AV '23 Amsterdam 02-05-09

8,10 1,3 Ruud van de Ven M60 26-10-48 Eindhoven Atl. Oosterhout 13-06-09

kogelstoten 5 kg mannen-masters M60-M64

13,23 Frans de Laat M60 22-06-46 Statina Huizen 05-06-09

12,55 Jan Titulaer M60 25-05-47 Scopias Zutphen 31-10-09

12,37 Jack Dekker M60 21-04-49 AV Castricum Zutphen 31-10-09

12,18 Teo Maat M60 10-03-48 Fortuna Oosterhout 14-06-09

11,84 Jacky Dekker M60 21-04-49 AV Castricum Heiloo 14-08-09

11,65 Martin Regtop M60 10-01-49 AC TION Oosterhout 14-06-09

11,53 Donald Segers M60 03-12-45 RK HAV Zierikzee 10-09-09

11,47 Kees Roosen M60 09-01-47 KAV Holland Oosterhout 14-06-09

11,34 Geert Oerlemans M60 30-09-48 Diomedon Zierikzee 10-09-09

11,30 Ruud van de Ven M60 26-10-48 Eindhoven Atl. Eindhoven 26-04-09

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10,84 Jan van Empel M60 29-08-44 GVAC Veldhoven 07-05-09

10,26 Roland Henriguez M60 29-10-46 GAC-Hilversum Leiden 10-05-09

10,04 Frans Klep M60 29-11-48 Scopias Zutphen 31-10-09

discuswerpen 1 kg mannen-masters M60-M64

47,87 Teo Maat M60 10-03-48 Fortuna Kerkrade 10-05-09

45,46 Jack Dekker M60 21-04-49 AV Castricum Zutphen 31-10-09

42,36 Frans de Laat M60 22-06-46 Statina Huizen 05-06-09

41,83 Geert Oerlemans M60 30-09-48 Diomedon Steenbergen 02-06-09

41,15 Martin Regtop M60 10-01-49 AC TION Zwolle 28-06-09

40,74 Jan Titulaer M60 25-05-47 Scopias Würselen (GER)02-06-09

39,35 Jacques Janssen M60 16-02-46 Scopias Zierikzee 08-09-09

38,35 Siert Wolters M60 08-05-48 AV Heerenveen Steenwijk 17-07-09

38,12 Donald Segers M60 03-12-45 RK HAV Eeklo (BEL) 10-10-09

37,10 Kees Betlem M60 26-01-46 Hellas Zwolle 28-06-09

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37,06 Frans Klep M60 29-11-48 Scopias Eindhoven 26-04-09

36,09 Frans Klep M60 29-11-48 Eindhoven Atl. Aken (GER) 21-03-09

35,48 Jan van Empel M60 29-08-44 GVAC Veldhoven 07-05-09

35,32 Ruud Postma M60 07-08-48 Prins Hendrik Steenbergen 28-06-09

| | | | | | |
|-------|--------------|------------|----------------------|--------|----------|
| 34,10 | Fred van der | Steenhoven | M60 30-01-48 Scorpio | Gemert | 24-05-09 |
| 32,13 | Frits van | Buuren | M60 31-01-46 AV '23 | Leiden | 10-05-09 |

kogelslingeren 5 kg mannen-masters M60-M64

| | | | | | |
|-------|--------------|------------|-----------------------------|-----------------------|----------|
| 46,25 | Wil van | Uijthoven | M60 01-08-49 Vet. Ned. | Rotterdam | 31-10-09 |
| 44,08 | Jan | Titulaer | M60 25-05-47 Scopias | Huckelhoven (GER) | 31-05-09 |
| 36,56 | Jack | Dekker | M60 21-04-49 AV Castricum | Zutphen | 31-10-09 |
| 34,72 | Frans | Klep | M60 29-11-48 Eindhoven Atl. | Übach-Palenberg (GER) | 26-09-09 |
| 32,78 | Frans | Klep | M60 29-11-48 Scopias | Helmond | 02-07-09 |
| 32,01 | Fred van der | Steenhoven | M60 30-01-48 Scorpio | Eindhoven | 25-04-09 |
| 31,02 | Donald | Segers | M60 03-12-45 RK HAV | Eeklo (BEL) | 10-10-09 |
| 29,94 | Geert | Oerlemans | M60 30-09-48 Diomedon | Steenbergen | 02-06-09 |
| 29,25 | Siert | Wolters | M60 08-05-48 AV Heerenveen | Groningen | 29-05-09 |
| 28,34 | Peter | Blakmoor | M60 06-01-45 Zuidwal | Huizen | 03-10-09 |

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| | | | | | |
|-------|-------------|-----|-----------------------------|-----------|----------|
| 27,55 | Ruud van de | Ven | M60 26-10-48 Eindhoven Atl. | Eindhoven | 26-04-09 |
|-------|-------------|-----|-----------------------------|-----------|----------|

speerwerpen 600 gram mannen-masters M60-M64

| | | | | | |
|-------|--------------|------------|-----------------------|------------|----------|
| 48,59 | Teo | Maat | M60 10-03-48 Fortuna | Oosterhout | 14-06-09 |
| 40,35 | Geert | Oerlemans | M60 30-09-48 Diomedon | Oosterhout | 14-06-09 |
| 39,25 | Klaas | Nienhuis | M60 16-09-45 Ciko '66 | Oosterhout | 13-06-09 |
| 39,17 | Martin | Regtop | M60 10-01-49 AC TION | Oosterhout | 14-06-09 |
| 38,31 | Jacques | Janssen | M60 16-02-46 Scopias | Oosterhout | 14-06-09 |
| 38,11 | Jan | Titulaer | M60 25-05-47 Scopias | Eindhoven | 12-09-09 |
| 37,41 | Fred van der | Steenhoven | M60 30-01-48 Scorpio | Eindhoven | 26-04-09 |
| 37,18 | Frans de | Laat | M60 22-06-46 Statina | Oosterhout | 14-06-09 |
| 35,05 | Frans | Klep | M60 29-11-48 Scopias | Oosterhout | 14-06-09 |
| 34,69 | Frits van | Buuren | M60 31-01-46 AV '23 | Zwolle | 28-06-09 |

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| | | | | | |
|-------|-------------|--------|-----------------------------|-----------------------|----------|
| 34,53 | Jan van | Empel | M60 19-08-44 GVAC | Kerkrade | 10-05-09 |
| 33,59 | Kees | Roosen | M60 09-01-47 KAV Holland | Oosterhout | 13-06-09 |
| 32,60 | Jack | Dekker | M60 21-04-49 AV Castricum | Zutphen | 31-10-09 |
| 32,07 | Ruud van de | Ven | M60 26-10-48 Eindhoven Atl. | Oosterhout | 14-06-09 |
| 31,21 | Rob | Dekker | M60 18-10-46 AV Castricum | Leiden | 10-05-09 |
| 30,66 | Frans | Klep | M60 29-11-48 Eindhoven Atl. | Übach-Palenberg (GER) | 26-09-09 |

gewichtwerpen 9,08 kg mannen-masters M60-M64

| | | | | | |
|-------|--------------|------------|-----------------------------|------------|----------|
| 16,82 | Jan | Titulaer | M60 25-05-47 Scopias | Aken (GER) | 21-03-09 |
| 15,07 | Wil van | Uijthoven | M60 01-08-49 Vet. Ned. | Eindhoven | 12-09-09 |
| 13,63 | Jack | Dekker | M60 21-04-49 AV Castricum | Eindhoven | 12-09-09 |
| 13,08 | Frans | Klep | M60 29-11-48 Eindhoven Atl. | Aken (GER) | 21-03-09 |
| 12,74 | Frans | Klep | M60 29-11-48 Scopias | Eindhoven | 12-09-09 |
| 11,94 | Donald | Segers | M60 03-12-45 RK HAV | Eindhoven | 12-09-09 |
| 11,65 | Ruud van de | Ven | M60 26-10-48 Eindhoven Atl. | Eindhoven | 26-04-09 |
| 11,13 | Fred van der | Steenhoven | M60 30-01-48 Scorpio | Eindhoven | 26-04-09 |
| 10,85 | Geert | Oerlemans | M60 30-09-48 Diomedon | Eindhoven | 26-04-09 |
| 10,07 | Herman | Bongertman | M60 03-05-45 Atverni | Eindhoven | 26-04-09 |

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| | | | | | |
|------|-------|----------|----------------------|--------|----------|
| 9,98 | Peter | Blakmoor | M60 06-01-45 Zuidwal | Huizen | 03-10-09 |
|------|-------|----------|----------------------|--------|----------|

werp-vijfkamp mannen-masters M60-M64

| | | | | | |
|------|--------------|------------|---------------------------------------|-----------------------|----------|
| 3958 | Jan | Titulaer | M60 25-05-47 Scopias | Stekene (BEL) | 22-08-09 |
| | | | 40,63 * 12,27 * 38,25 * 37,14 * 16,47 | | |
| 3653 | Jack | Dekker | M60 21-04-49 AV Castricum | Zutphen | 31-10-09 |
| | | | 36,56 * 12,37 * 45,46 * 32,60 * 12,11 | | |
| 3190 | Wil van | Uijthoven | M60 01-08-49 Vet. Ned. | Eindhoven | 12-09-09 |
| | | | 40,50 * 09,57 * 26,82 * 27,71 * 15,07 | | |
| 3125 | Frans | Klep | M60 29-11-48 Scopias | Übach-Palenberg (GER) | 26-09-09 |
| | | | 34,72 * 09,34 * 34,29 * 30,66 * 12,86 | | |
| 3057 | Geert | Oerlemans | M60 30-09-48 Diomedon | Sint-Niklaas (BEL) | 21-06-09 |
| | | | 26,60 * 10,31 * 40,04 * 32,68 * 10,83 | | |
| 2980 | Fred van der | Steenhoven | M60 30-01-48 Scorpio | Eindhoven | 26-04-09 |
| | | | 31,12 * 09,17 * 30,62 * 37,41 * 11,13 | | |
| 2913 | Donald | Segers | M60 03-12-45 RK HAV | Zutphen | 31-10-09 |
| | | | 29,09 * 10,88 * 34,67 * 26,00 * 11,19 | | |
| 2439 | Peter | Blakmoor | M60 06-01-45 Zuidwal | Huizen | 03-10-09 |
| | | | 28,34 * 08,85 * 27,54 * 23,05 * 09,98 | | |
| 2420 | Herman | Bongertman | M60 03-05-45 Atverni | Eindhoven | 26-04-09 |

| | | | | | |
|------|---------------------------------------|--|--------------|----------------|--------------------|
| | 21,56 * 09,59 * 26,52 * 27,55 * 10,07 | | | | |
| 2329 | Ruud van de Ven | | M60 26-10-48 | Eindhoven Atl. | Eindhoven 26-04-09 |
| | 27,55 * 11,30 * 00,00 * 27,47 * 11,65 | | | | |

10-kamp mannen-masters M60-M64

in onderlinge wedstrijd:

| | | | | | |
|------|---|-----------|--------------|---------|--|
| 4633 | o | Cees Berg | M60 22-06-47 | AAV '36 | Alphen a/d Rijn 04-10-09 |
| | | | | | 14,62 * 4,09 * 08,74 * 0,00 * 69,46 * 19,29 * 29,09 * 2,20 * 23,57 * 6,37,14 * * * |

Mannen-masters M65-M69

100 meter mannen-masters M65-M69

| | | | | | |
|-------|------|-----------------|--------------|-------------|---------------------|
| 14,47 | 1,2 | Wim Metselaar | M65 28-03-42 | AV Aalsmeer | Oosterhout 13-06-09 |
| 15,09 | 1,2 | Frans van Boven | M65 29-07-43 | THOR | Oosterhout 13-06-09 |
| 15,41 | -0,1 | Chris Mettrop | M65 16-03-42 | Spark | Gouda 28-08-09 |
| 15,67 | -0,6 | Willem Heemstra | M65 26-03-41 | DGLA | Zwolle 28-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|-----------------|--------------|--------|--------------------|
| 14,92 | | Frans van Boven | M65 29-07-43 | THOR | Zierikzee 08-09-09 |
| 15,25 | | Piet Verbeek | M65 27-11-43 | AV '56 | Zierikzee 08-09-09 |

betere handtijden:

| | | | | | |
|------|--|---------------|--------------|-------|--------------------|
| 15,1 | | Chris Mettrop | M65 16-03-42 | Spark | Naaldwijk 09-07-09 |
|------|--|---------------|--------------|-------|--------------------|

200 meter mannen-masters M65-M69

| | | | | | |
|-------|-----|-----------------|--------------|-------------|---------------------|
| 30,72 | 0,1 | Wim Metselaar | M65 28-03-42 | AV Aalsmeer | Heiloo 14-08-09 |
| 31,25 | 0,8 | Piet Verbeek | M65 27-11-43 | AV '56 | Oosterhout 14-06-09 |
| 31,83 | 0,8 | Frans van Boven | M65 29-07-43 | THOR | Oosterhout 14-06-09 |
| 31,97 | 0,8 | Willem Heemstra | M65 26-03-41 | DGLA | Oosterhout 14-06-09 |
| 32,49 | 0,8 | Chris Mettrop | M65 16-03-42 | Spark | Oosterhout 14-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|-----------------|--------------|--------|--------------------|
| 30,78 | | Frans van Boven | M65 29-07-43 | THOR | Zierikzee 10-09-09 |
| 31,19 | | Piet Verbeek | M65 27-11-43 | AV '56 | Zierikzee 10-09-09 |

betere handtijden:

| | | | | | |
|------|--|--------------------------|--------------|---------|----------------------|
| 31,9 | | Chris Mettrop | M65 16-03-42 | Spark | Naaldwijk 10-09-09 |
| 38,7 | | Henk de Leeuw-den Bouter | M65 19-04-43 | Avantri | Schoonhoven 05-07-09 |

400 meter mannen-masters M65-M69

| | | | | | |
|-------|--|-----------------|--------------|-------------|---------------------|
| 65,92 | | Wim Metselaar | M65 28-03-42 | AV Aalsmeer | Oosterhout 13-06-09 |
| 70,41 | | Piet Verbeek | M65 27-11-43 | AV '56 | Oosterhout 13-06-09 |
| 74,79 | | Chris Mettrop | M65 16-03-42 | Spark | Oosterhout 13-06-09 |
| 75,38 | | Willem Heemstra | M65 26-03-41 | DGLA | Leiden 10-05-09 |

800 meter mannen-masters M65-M69

| | | | | | |
|---------|--|---------------|--------------|-------------|--------------------|
| 2.27,3 | | Wim Metselaar | M65 28-03-42 | AV Aalsmeer | Den Bosch 18-10-09 |
| 2.41,46 | | Maarten Bömer | M65 04-03-43 | DJA | Tilburg 01-07-09 |

1000 meter mannen-masters M65-M69

| | | | | | |
|---------|--|---------------|--------------|-------------|------------------|
| 3.26,74 | | Wim Metselaar | M65 28-03-42 | AV Aalsmeer | Utrecht 10-07-09 |
|---------|--|---------------|--------------|-------------|------------------|

1500 meter mannen-masters M65-M69

| | | | | | |
|---------|--|---------------|--------------|--------------|----------------------|
| 5.31,38 | | Maarten Bömer | M65 04-03-43 | DJA | Steenbergen 28-06-09 |
| 6.04,68 | | Wim van Beek | M65 13-02-40 | AV Monn'ndam | Amsterdam 02-05-09 |
| 6.06,56 | | Henk Knapen | M65 12-02-44 | DES | Oosterhout 13-06-09 |

5000 meter mannen-masters M65-M69

| | | | | | |
|----------|--|-----------------|--------------|-----------|---------------------|
| 19.37,63 | | Johan Engelhart | M65 27-06-42 | Vet. Ned. | Oosterhout 13-06-09 |
| 20.03,21 | | Jan Keijzers | M65 01-02-42 | Sprint | Oosterhout 13-06-09 |
| 20.12,49 | | Maarten Bömer | M65 04-03-43 | DJA | Oosterhout 13-06-09 |

10.000 meter mannen-masters M65-M69

| | | | | | |
|----------|--|---------------|--------------|------|------------------|
| 42.30,11 | | Giel Vullings | M65 17-10-42 | AVON | Utrecht 14-06-09 |
|----------|--|---------------|--------------|------|------------------|

3000 meter snelwandelen mannen-masters M65-M69

| | | | | | |
|----------|--|------------------|--------------|----------|----------------------|
| 18.07,7 | | Ad van Oijen | M65 31-05-44 | AV Weert | Papendrecht 06-06-09 |
| 18.13,24 | | Wim van der Bijl | M65 31-10-39 | RWV | Drunen 25-06-09 |
| 19.55,22 | | Harry Seijkens | M65 07-05-44 | DAK | Drunen 25-06-09 |

5000 meter snelwandelen mannen-masters M65-M69

| | | | | | |
|----------|--|------------------|--------------|----------|----------------------|
| 30.23,5 | | Wim van der Bijl | M65 31-10-39 | RWV | Papendrecht 06-06-09 |
| 31.30,84 | | Ad van Oijen | M65 31-05-44 | AV Weert | Best 04-07-09 |
| 34.54,04 | | Harry Seijkens | M65 07-05-44 | DAK | Oosterhout 13-06-09 |

1 uur snelwandelen mannen-masters M65-M69

9.152 Wim van der Bijl M65 31-10-39 RWV Dordrecht 15-03-09

2000 meter steeple chase mannen-masters M65-M69

8.54,29 Frans Dijkman M65 24-05-44 Vet. Ned. Best 04-07-09

100 meter horden 84 cm mannen-masters M65-M69

22,81 Chris Mettrop M65 16-03-42 Spark Spijkenisse 25-06-09

300 meter horden 76,2 cm mannen-masters M65-M69

54,79 Frank Larsen M65 02-08-43 Ilion Oosterhout 14-06-09

57,18 Frans van Boven M65 29-07-43 THOR Oosterhout 14-06-09

60,57 Chris Mettrop M65 16-03-42 Spark Oosterhout 14-06-09

hoogspringen mannen-masters M65-M69

1,42 Kees Jägers M65 26-08-42 GAC-Hilversum Zierikzee 09-09-09

1,40 Frank Larsen M65 02-08-43 Ilion Oosterhout 14-06-09

1,39 Peter Blommestijn M65 23-05-42 R' dam Atletiek Zierikzee 09-09-09

1,36 Frans van Boven M65 29-07-43 THOR Zierikzee 09-09-09

1,25 Henk de Leeuw-den Bouter M65 19-04-43 Avantri Schoonhoven 08-09-09

in onderlinge wedstrijd:

1,40 o Frans van Boven M65 29-07-43 THOR Roosendaal 25-09-09

polsstokhoogspringen mannen-masters M65-M69

2,20 Frits Martens M65 05-06-42 Hollandia Oosterhout 13-06-09

verspringen mannen-masters M65-M69

3,76 Frans van Boven M65 29-07-43 THOR Zierikzee 10-09-09

3,42 Henk de Leeuw-den Bouter M65 19-04-43 Avantri Schoonhoven 05-07-09

in onderlinge wedstrijd:

4,20 o Peter van der Ham M65 14-03-44 Haag Atletiek Den Haag 10-10-09

3,45 o Frits Martens M65 05-06-42 Hollandia Hoorn 03-10-09

kogelstoten 5 kg mannen-masters M65-M69

11,82 Frits Martens M65 05-06-42 Hollandia Zierikzee 10-09-09

10,86 Peter Blommestijn M65 23-05-42 R' dam Atletiek Eindhoven 26-04-09

9,10 Feico Jansma M65 20-03-42 Vet. Ned. Groningen 19-06-09

8,91 Kees Jägers M65 26-08-42 GAC-Hilversum Zwolle 28-06-09

8,56 Henk de Leeuw-den Bouter M65 19-04-43 Avantri Reeuwijk 24-06-09

in onderlinge wedstrijd:

10,68 o Jan van Empel M65 29-08-44 GVAC Veldhoven 20-09-09

discuswerpen 1 kg mannen-masters M65-M69

42,56 Frits Martens M65 05-06-42 Hollandia Den Helder 28-08-09

39,15 Peter Blommestijn M65 23-05-42 R' dam Atletiek Rotterdam 24-04-09

37,19 Feico Jansma M65 20-03-42 Vet. Ned. Hoogeveen 12-06-09

34,67 Kees Jägers M65 26-08-42 GAC-Hilversum Leiden 10-05-09

33,61 Henk de Leeuw-den Bouter M65 19-04-43 Avantri Reeuwijk 24-06-09

29,95 Wim Schoemaker M65 01-07-42 AV '47 Reeuwijk 24-06-09

27,36 Hans Hes M65 13-07-43 Start '78 Hoogeveen 12-06-09

kogelslingeren 5 kg mannen-masters M65-M69

51,65 Rinus Schreuder M65 15-11-41 Ciko '66 Zwolle 23-07-09

38,25 Wim Schoemaker M65 01-07-42 AV '47 Boskoop 03-10-09

35,55 Peter Blommestijn M65 23-05-42 R' dam Atletiek Eindhoven 14-02-09

27,79 Frits Martens M65 05-06-42 Hollandia Eindhoven 26-04-09

23,38 Rens Haanstra M65 27-10-41 R' dam Atletiek Rotterdam 11-04-09

in onderlinge wedstrijd:

23,07 o Piet Barends M65 21-10-43 Hercules Dordrecht 04-10-09

kogelslingeren 7,25 kg mannen-masters M65-M69

39,00 Rinus Schreuder M65 15-11-41 Ciko '66 Naaldwijk 19-04-09

speerwerpen 600 gram mannen-masters M65-M69

41,15 Siegbert Gnoth (GER) M65 21-07-40 AC TION Zierikzee 10-09-09

38,87 Jan de Vries M65 05-04-44 Fit Oosterhout 13-06-09

36,47 Peter Blommestijn M65 23-05-42 R' dam Atletiek Eindhoven 26-04-09

36,44 Peter Spijker M65 27-06-41 AV Oss '78 Oosterhout 13-06-09

33,77 Henk de Leeuw-den Bouter M65 19-04-43 Avantri Schoonhoven 05-07-09

33,09 Frits Martens M65 05-06-42 Hollandia Oosterhout 13-06-09

32,73 Feico Jansma M65 20-03-42 Vet. Ned. Heerenveen 23-05-09

in onderlinge wedstrijd:

34,57 o Jan van Empel M65 29-08-44 GVAC Veldhoven 20-09-09

gewichtwerpen 9,08 kg mannen-masters M65-M69

14,91 Wim Schoemaker M65 01-07-42 AV '47 Boskoop 03-10-09

14,32 Peter Blommestijn M65 23-05-42 R' dam Atletiek Huizen 03-10-09

10,46 Frits Martens M65 05-06-42 Hollandia Eindhoven 26-04-09

in onderlinge wedstrijd:

15,20 o Wim Schoemaker M65 01-07-42 AV '47 Boskoop 26-09-09

werp-vijfkamp mannen-masters M65-M69

4084 Peter Blommestijn M65 23-05-42 R' dam Atletiek Eindhoven 26-04-09

34,70 * 10,86 * 38,30 * 36,47 * 14,27

3546 Frits Martens M65 05-06-42 Hollandia Eindhoven 26-04-09

27,79 * 10,95 * 38,91 * 32,23 * 10,46

3030 Wim Schoemaker M65 01-07-42 AV '47 Rotterdam 29-08-09

35,71 * 07,95 * 29,41 * 14,00 * 13,53

5-kamp mannen-masters M65-M69

2229 Henk de Leeuw-den Bouter M65 19-04-43 Avantri Schoonhoven 05-07-09

3,42 * 29,10 * 38,7= * 33,77 * 7,51,7= * * *

Mannen-masters M70-M74

100 meter mannen-masters M70-M74

15,56 1,9 Geert van Dijk M70 31-03-36 Vet. Ned. Oosterhout 13-06-09

16,51 1,9 Jan Slootbeek M70 08-03-36 GAC-Hilversum Oosterhout 13-06-09

met teveel rugwind:

16,26 w 2,7 Jan Slootbeek M70 08-03-36 GAC-Hilversum Amsterdam 02-05-09

200 meter mannen-masters M70-M74

33,25 -0,5 Geert van Dijk M70 31-03-36 Vet. Ned. Roosendaal 02-07-09

36,86 1,1 Jan Slootbeek M70 08-03-36 GAC-Hilversum Oosterhout 14-06-09

400 meter mannen-masters M70-M74

92,82 Lex Mohr M70 27-04-38 R' dam Atletiek Zierikzee 10-09-09

800 meter mannen-masters M70-M74

2.39,11 Lex Mohr M70 27-04-38 R' dam Atletiek Zierikzee 09-09-09

2.53,59 Rinus Joosse M70 01-08-39 AV '56 Zierikzee 09-09-09

1500 meter mannen-masters M70-M74

6.29,27 Gilles Bosman M70 23-06-39 THOR Roosendaal 17-09-09

3000 meter mannen-masters M70-M74

14.07,5 Gilles Bosman M70 23-06-39 THOR Roosendaal 02-07-09

5000 meter mannen-masters M70-M74

21.54,56 Rinus Joosse M70 01-08-39 AV '56 Zierikzee 10-09-09

3000 meter snelwandelen mannen-masters M70-M74

19.43,5 Tjabel Ras M70 02-10-35 RWV Dordrecht 15-03-09

19.44,4 Jaap Visser M70 27-07-37 RWV Dordrecht 12-09-09

20.02,4 Bauke te Nijenhuis M70 14-10-35 RWV Gouda 21-05-09

22.01,9 Bernard Krabbendam M70 11-08-34 De LAT Dordrecht 15-03-09

5000 meter snelwandelen mannen-masters M70-M74

26.40,7 Bauke te Nijenhuis M70 14-10-35 RWV Dordrecht 12-09-09

32.18,98 Klaas Bakker M70 16-05-37 OLAT Oosterhout 13-06-09

32.52,3 Tjabel Ras M70 02-10-35 RWV Dordrecht 15-03-09

33.10,5 Jaap Visser M70 27-07-37 RWV Dordrecht 12-09-09

36.57,4 Bernard Krabbendam M70 11-08-34 De LAT Dordrecht 15-03-09

10.000 meter snelwandelen mannen-masters M70-M74

68.14,6 Jaap Visser M70 27-07-37 RWV Dordrecht 12-09-09

72.45,0 Bauke te Nijenhuis M70 14-10-35 RWV Dordrecht 12-09-09

20.000 meter snelwandelen mannen-masters M70-M74

2.22.02,1 Jaap Visser M70 27-07-37 RWV Dordrecht

2.26.56,0 Bauke te Nijenhuis M70 14-10-35 RWV Dordrecht

30.000 meter snelwandelen mannen-masters M70-M74

3.36.47,1 Jaap Visser M70 27-07-37 RWV Dordrecht

1 uur snelwandelen mannen-masters M70-M74

| | | | | | |
|-------|---------|------------|---------------------|-----------|----------|
| 9.098 | Tjabel | Ras | M70 02-10-35 RWV | Dordrecht | 15-03-09 |
| 8.072 | Bernard | Krabbendam | M70 11-08-34 De LAT | Dordrecht | 15-03-09 |

2 uur snelwandelen mannen-masters M70-M74

| | | | | | |
|--------|----------|-----------|------------------|-----------|----------|
| 17.007 | Jaap | Visser | M70 27-07-37 RWV | Dordrecht | 12-09-09 |
| 16.435 | Bauke te | Nijenhuis | M70 14-10-35 RWV | Dordrecht | 12-09-09 |

verspringen mannen-masters M70-M74

| | | | | | | |
|------|------|-----------|-----------|----------------------------|------------|----------|
| 3,73 | -1,0 | Geert van | Dijk | M70 31-03-36 Vet. Ned. | Oosterhout | 14-06-09 |
| 3,20 | -0,4 | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Oosterhout | 14-06-09 |

geen windgegevens bekend:

| | | | | | | |
|------|--|-----|-----------|----------------------------|-----------|----------|
| 3,42 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Amsterdam | 02-05-09 |
|------|--|-----|-----------|----------------------------|-----------|----------|

hink-stap-sprong mannen-masters M70-M74

| | | | | | | |
|------|------|-----|-----------|----------------------------|-----------|----------|
| 7,32 | -1,6 | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Amsterdam | 02-05-09 |
|------|------|-----|-----------|----------------------------|-----------|----------|

kogelstoten 4 kg mannen-masters M70-M74

| | | | | | | |
|-------|--|-----|-----------|------------------------------|------------|----------|
| 12,73 | | Wim | Fokker | M70 15-07-36 Atverni | Amsterdam | 02-05-09 |
| 10,12 | | Jan | Pronk | M70 18-01-38 Trias | Oosterhout | 14-06-09 |
| 9,01 | | Lex | Mohr | M70 27-04-38 R' dam Atletiek | Zierikzee | 10-09-09 |
| 8,62 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Eindhoven | 12-09-09 |

discuswerpen 1 kg mannen-masters M70-M74

| | | | | | | |
|-------|--|-----|-----------|------------------------------|-----------|----------|
| 38,61 | | Jan | Pronk | M70 18-01-38 Trias | Eindhoven | 26-04-09 |
| 31,70 | | Wim | Fokker | M70 15-07-36 Atverni | Zierikzee | 08-09-09 |
| 30,00 | | Lex | Mohr | M70 27-04-38 R' dam Atletiek | Zierikzee | 08-09-09 |
| 21,51 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Eindhoven | 26-04-09 |

speerwerpen 500 gram mannen-masters M70-M74

| | | | | | | |
|-------|--|-----|-----------|------------------------------|-----------|----------|
| 35,60 | | Wim | Fokker | M70 15-07-36 Atverni | Zierikzee | 10-09-09 |
| 19,96 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Eindhoven | 26-04-09 |
| 19,93 | | Lex | Mohr | M70 27-04-38 R' dam Atletiek | Zierikzee | 10-09-09 |
| 19,50 | | Jan | Pronk | M70 18-01-38 Trias | Amsterdam | 02-05-09 |

kogelslingeren 4 kg mannen-masters M70-M74

| | | | | | | |
|-------|--|-----|-----------|----------------------------|-----------|----------|
| 37,39 | | Jan | Pronk | M70 18-01-38 Trias | Eindhoven | 26-04-09 |
| 31,28 | | Wim | Fokker | M70 15-07-36 Atverni | Huizen | 03-10-09 |
| 26,22 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Eindhoven | 25-04-09 |

gewichtwerpen 7,25 kg mannen-masters M70-M74

| | | | | | | |
|-------|--|-----|-----------|----------------------------|-----------|----------|
| 14,28 | | Jan | Pronk | M70 18-01-38 Trias | Zutphen | 31-10-09 |
| 12,00 | | Wim | Fokker | M70 15-07-36 Atverni | Huizen | 03-10-09 |
| 9,43 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Eindhoven | 26-04-09 |

werp-vijfkamp mannen-masters M70-M74

| | | | | | | |
|------|--|-----|-----------|--|-----------|----------|
| 3692 | | Jan | Pronk | M70 18-01-38 Trias | Eindhoven | 26-04-09 |
| | | | | <i>37,39 * 09,98 * 38,61 * 17,53 * 13,88</i> | | |
| 3642 | | Wim | Fokker | M70 15-07-36 Atverni | Eindhoven | 26-04-09 |
| | | | | <i>30,50 * 12,33 * 29,61 * 31,56 * 11,93</i> | | |
| 2472 | | Jan | Slootbeek | M70 08-03-36 GAC-Hilversum | Eindhoven | 26-04-09 |
| | | | | <i>24,45 * 08,56 * 21,51 * 19,96 * 09,43</i> | | |

5-kamp mannen-masters M70-M74

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-----------|------|---|---------|----------|
| 1987 | o | Geert van | Dijk | M70 31-03-36 Vet. Ned. | Woerden | 03-10-09 |
| | | | | <i>3,56 * 13,97 * 33,9= * 14,42 * 7.58,9= * * 3,1 *</i> | | |

Mannen-masters M75-M79

100 meter mannen-masters M75-M79

| | | | | | | |
|-------|------|------|----------|------------------------|------------|----------|
| 15,85 | -0,8 | Joop | Rüter | M75 19-04-33 PAC | Zierikzee | 08-09-09 |
| 20,99 | 1,9 | Gijs | Knoppert | M75 29-04-34 Vet. Ned. | Oosterhout | 13-06-09 |

200 meter mannen-masters M75-M79

| | | | | | | |
|-------|------|------|----------|------------------------|------------|----------|
| 31,76 | -1,6 | Joop | Rüter | M75 19-04-33 PAC | Zierikzee | 10-09-09 |
| 46,80 | 1,1 | Gijs | Knoppert | M75 29-04-34 Vet. Ned. | Oosterhout | 14-06-09 |

betere handtijden:

| | | | | | | |
|------|--|-----|-------|------------------------|-------------|----------|
| 39,7 | | Cor | Braak | M75 21-03-31 Vet. Ned. | Schoonhoven | 05-07-09 |
|------|--|-----|-------|------------------------|-------------|----------|

400 meter mannen-masters M75-M79

| | | | | | | |
|-------|--|------|-------|------------------|-----------|----------|
| 71,31 | | Joop | Rüter | M75 19-04-33 PAC | Zierikzee | 10-09-09 |
|-------|--|------|-------|------------------|-----------|----------|

5000 meter mannen-masters M75-M79

24.27,67 Kees Kortleve M75 31-10-33 AV '56 Zierikzee 10-09-09

3000 meter snelwandelen mannen-masters M75-M79

20.35,4 Nico Schroten M75 14-07-34 RWV Dordrecht 12-09-09

22.13,6 Wout van Wieringen M75 17-04-33 RWV Dordrecht 15-03-09

5000 meter snelwandelen mannen-masters M75-M79

34.26,0 Nico Schroten M75 14-07-34 RWV Dordrecht 12-09-09

37.21,6 Wout van Wieringen M75 17-04-33 RWV Dordrecht 15-03-09

10.000 meter snelwandelen mannen-masters M75-M79

70.06,5 Nico Schroten M75 14-07-34 RWV Dordrecht 12-09-09

79.54,0 Wout van Wieringen M75 17-04-33 RWV Dordrecht 12-09-09

20.000 meter snelwandelen mannen-masters M75-M79

2.23.30,9 Nico Schroten M75 14-07-34 RWV Dordrecht

1 uur snelwandelen mannen-masters M75-M79

7.900 Wout van Wieringen M75 17-04-33 RWV Dordrecht 15-03-09

2 uur snelwandelen mannen-masters M75-M79

16.840 Nico Schroten M75 14-07-34 RWV Dordrecht 12-09-09

polstokhoogspringen mannen-masters M75-M79

2,30 Kees van Giezen M75 14-02-34 GAC-Hilversum Purmerend 28-08-09

verspringen mannen-masters M75-M79

3,15 -1,0 Cor Braak M75 21-03-31 Vet. Ned. Oosterhout 14-06-09

kogelstoten 4 kg mannen-masters M75-M79

8,36 Cor Braak M75 21-03-31 Vet. Ned. Oosterhout 14-06-09

7,83 Jan Smit M75 22-09-31 Eindhoven Atl. Eindhoven 12-09-09

5,40 Gijs Knoppert M75 28-04-34 Vet. Ned. Steenwijk 11-10-09

in onderlinge wedstrijd:

8,11 o Joop v.d. Brink M75 18-07-32 Hercules Dordrecht 03-10-09

discuswerpen 1 kg mannen-masters M75-M79

30,34 Cor Braak M75 21-03-31 Vet. Ned. Schoonhoven 05-07-09

24,30 Jan Smit M75 22-09-31 Eindhoven Atl. Eindhoven 12-09-09

14,39 Gijs Knoppert M75 28-04-34 Vet. Ned. Amsterdam 02-05-09

in onderlinge wedstrijd:

21,25 o Joop v.d. Brink M75 18-07-32 Hercules Dordrecht 04-10-09

speerwerpen 500 gram mannen-masters M75-M79

31,68 Cor Braak M75 21-03-31 Vet. Ned. Amsterdam 02-05-09

17,06 Jan Smit M75 22-09-31 Eindhoven Atl. Eindhoven 12-09-09

13,70 Gijs Knoppert M75 28-04-34 Vet. Ned. Amsterdam 02-05-09

in onderlinge wedstrijd:

17,33 o Joop v.d. Brink M75 18-07-32 Hercules Dordrecht 04-10-09

kogelslingeren 4 kg mannen-masters M75-M79

25,09 Jan Smit M75 22-09-31 Eindhoven Atl. Eindhoven 12-09-09

19,54 Cor Braak M75 21-03-31 Vet. Ned. Eindhoven 12-09-09

in onderlinge wedstrijd:

21,04 o Joop v.d. Brink M75 18-07-32 Hercules Dordrecht 04-10-09

gewichtwerpen 7,25 kg mannen-masters M75-M79

9,43 Cor Braak M75 21-03-31 Vet. Ned. Eindhoven 12-09-09

9,32 Jan Smit M75 22-09-31 Eindhoven Atl. Eindhoven 12-09-09

in onderlinge wedstrijd:

7,30 o Joop v.d. Brink M75 18-07-32 Hercules Dordrecht 16-06-09

gewichtwerpen 9,08 kg mannen-masters M75-M79

in onderlinge wedstrijd:

8,39 o Joop v.d. Brink M75 18-07-32 Hercules Dordrecht 04-10-09

werp-vijfkamp mannen-masters M75-M79

3300 Cor Braak M75 21-03-31 Vet. Ned. Huizen 03-10-09

18,42 * 08,13 * 29,67 * 31,52 * 09,02

2893 Jan Smit M75 22-09-31 Eindhoven Atl. Eindhoven 12-09-09

25,09 * 07,83 * 24,30 * 17,06 * 09,32

5-kamp mannen-masters M75-M79

2641 Cor Braak M75 21-03-31 Vet. Ned. Schoonhoven 05-07-09
 3,06 * 30,34 * 39,7= * 29,56 * 9.47,7= * * *

Mannen-masters M80-M84

kogelstoten 3 kg mannen-masters M80-M84

8,47 Nico Storre M80 12-09-26 Vet. Ned. Papendrecht 29-08-09

kogelstoten 4 kg mannen-masters M80-M84

10,44 Nico Storre M80 12-09-26 Vet. Ned. Oosterhout 14-06-09

discuswerpen 1 kg mannen-masters M80-M84

21,65 Nico Storre M80 12-09-26 Vet. Ned. Oosterhout 14-06-09

speerwerpen 400 gram mannen-masters M80-M84

19,34 Nico Storre M80 09-12-26 Vet. Ned. Gouda 21-05-09

Mannen-masters M85-M89

1500 meter mannen-masters M85-M89

8.12,57 Jan van Heiningen M85 20-08-23 GAC-Hilversum Amsterdam 02-05-09

Jongens-A

100 meter jongens-A

| | | | | | | |
|-------|------|--------------------------|-------------|-------------------|----------------|----------|
| 10,52 | -0,9 | Rachmil van Lamoen (AHO) | 15-12-91 | R' dam Atletiek | Emmeloord | 27-06-09 |
| 10,55 | -1,5 | Lindell Philip | 26-03-90 | Phanos | Novi Sad (SRB) | 23-07-09 |
| 10,81 | 1,1 | Erik Stevens | 01-01-91 | Ilion | Nijmegen | 20-09-09 |
| 10,83 | 1,3 | Bram Peters | JB 06-02-92 | Prins Hendrik | Lokeren | 01-06-09 |
| 10,83 | 1,3 | Joeri Jaegers | 19-02-90 | Atl. Maastricht | Oordegem (BEL) | 04-07-09 |
| 10,84 | 1,9 | Geraldo Hiwat | 14-02-91 | AAC | Boise (USA) | 24-04-09 |
| 10,89 | 0,5 | Martijn Hoogendam | 28-02-91 | Clytoneus | Santpoort | 14-06-09 |
| 10,92 | -0,4 | Jip Baltissen | 22-01-91 | Pallas '67 | Leiden | 13-06-09 |
| 10,95 | 2,0 | Stijn Ram | 21-01-90 | AV '34 | Heerde | 27-05-09 |
| 10,96 | 1,7 | Maxim Ouwendijk | JB 21-10-92 | PAC | Den Haag | 07-06-09 |
| (10) | | | | | | |
| 10,99 | 0,4 | Koen van Erve | 07-02-91 | Attila | Sittard | 21-06-09 |
| 11,01 | 1,3 | Sander Pupella | JB 27-03-93 | Energie | Lokeren | 01-06-09 |
| 11,01 | 1,6 | Wouter Brus | 30-09-91 | Ciko '66 | Lokeren | 01-06-09 |
| 11,01 | -0,9 | Nygell Dumfries (AHO) | 02-02-90 | R' dam Atletiek | Emmeloord | 27-06-09 |
| 11,07 | 0,5 | Seth Baah | 20-10-91 | Phanos | Santpoort | 14-06-09 |
| 11,07 | -1,4 | Hensley Paulina (AHO) | JB 26-06-93 | R' dam Atletiek | Emmeloord | 27-06-09 |
| 11,08 | 0,7 | Dennis Spillekom | 07-08-90 | Lycurgus | Lokeren | 01-06-09 |
| 11,10 | 1,3 | Victor Strijbis | JB 23-10-92 | Hera | Lokeren | 01-06-09 |
| 11,12 | 1,6 | Jeroen Piek | 15-05-90 | PEC 1910 | Heerenveen | 23-05-09 |
| 11,12 | 1,7 | Christiaan Meilink | JB 08-09-92 | PAC | Den Haag | 07-06-09 |
| (20) | | | | | | |
| 11,15 | 0,8 | Daan Westerveld | 04-09-91 | Phanos | Oordegem (BEL) | 04-07-09 |
| 11,21 | -0,6 | Kelvin Tairou | JC 02-04-95 | THOR | Tilburg | 01-06-09 |
| 11,21 | 0,5 | Pascal van Balen | 06-03-90 | Hellas | Santpoort | 14-06-09 |
| 11,22 | 0,6 | Julio Smid | 01-01-91 | PEC 1910 | Epe | 08-04-09 |
| 11,23 | 0,8 | Kingsley Yeboah | 18-12-91 | PAC | Ede | 17-05-09 |
| 11,24 | 0,4 | Arjen Joldersma | 01-01-90 | AAC '61 | Nijmegen | 21-06-09 |
| 11,25 | -2,4 | Andro Bosselaar | 11-02-91 | PAC | Bergen op Zoom | 06-09-09 |
| 11,26 | 0,4 | Elyssio Ramos | 28-02-91 | PAC | Delft | 14-06-09 |
| 11,26 | -0,3 | Jonathan Mutebwa | JB 11-01-93 | Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| 11,27 | -0,6 | Olaf van den Bergh | JC 07-03-94 | Marvel | Tilburg | 01-06-09 |
| (30) | | | | | | |
| 11,30 | 1,8 | Robin Coops | 09-09-90 | Hellas | Amersfoort | 29-08-09 |
| 11,32 | 2,0 | Wik Breure | JB 08-01-92 | Pijnenburg | Huizen | 21-06-09 |
| 11,34 | 1,0 | Kjell Wolters | JC 18-04-94 | PEC 1910 | Göteborg (SWE) | 01-08-09 |
| 11,35 | 1,4 | Wicher Nijkamp | JB 29-01-92 | Spado | Tilburg | 01-06-09 |
| 11,35 | -1,4 | Frank Aborah | JB 29-04-92 | Continental Sport | Amstelveen | 26-07-09 |
| 11,35 | -0,1 | Mark Jacobs | JB 20-04-92 | GVAC | Enschede | 19-09-09 |
| 11,36 | 0,4 | Christian Hammers | JB 26-07-92 | Achilles-Top | Kerkrade | 05-07-09 |

| | | | | | |
|-------|-------------|----------|--------------------------|----------------------|----------|
| 11,39 | 0,4 Timo de | Water | 05-11-91 Ilion | Hulst | 01-06-09 |
| 11,39 | -0,1 Yorik | Jansen | 06-02-90 Atl. Maastricht | Kerkrade | 14-08-09 |
| 11,40 | 0,6 Robin | Oenema | 19-06-91 PEC 1910 | Epe | 08-04-09 |
| (40) | | | | | |
| 11,41 | 0,3 Brian | Vriend | 20-05-90 Lycurgus | Utrecht | 01-05-09 |
| 11,41 | -1,1 Bjorn | Blauwhof | 10-12-90 Nea-Volharding | Heerhugowaard | 05-06-09 |
| 11,42 | -0,4 Tom | Buys | 23-07-90 AV Zaanland | Amsterdam | 19-04-09 |
| 11,43 | 0,9 Bas | Winkels | 27-03-91 PEC 1910 | Dronten | 02-07-09 |
| 11,44 | -0,2 Jefrie | Buckle | 08-08-91 Ciko '66 | Nijmegen | 21-05-09 |
| 11,44 | 0,8 Bram | Ruissen | 18-02-90 Ciko '66 | Recklinghausen (GER) | 01-06-09 |
| 11,45 | 1,1 Bryan | Hissink | JC 13-06-94 AV Argo | Almelo | 05-09-09 |
| 11,46 | 0,4 Pascal | Remminga | 07-11-90 Aquilo | Nijmegen | 21-06-09 |
| 11,48 | 0,9 Jurgen | Wielart | JB 17-01-92 AV Haarlem | Haarlem | 07-06-09 |
| 11,48 | 0,3 Igor | Smits | JB 15-04-93 Hollandia | Krommenie | 05-07-09 |

(50)

met teveel rugwind:

| | | | | | |
|-------|----------------------|---------------|-------------------------------|------------------|----------|
| 10,45 | w 2,1 Lindell | Philip | 26-03-90 Phanos | Amsterdam | 08-08-09 |
| 10,82 | w 5,5 Wouter | Brus | 30-09-91 Ciko '66 | Emmen | 14-06-09 |
| 10,90 | w 4,7 Koen van | Erve | 07-02-91 Attila | Nijmegen | 21-05-09 |
| 10,94 | w 2,3 Stijn | Ram | 21-01-90 AV '34 | Utrecht | 22-05-09 |
| 10,94 | w 2,9 Hensley | Paulina (AHO) | JB 26-06-93 R' dam Atletiek | Weganan di Reino | 28-07-09 |
| 10,98 | w 5,5 Arjen | Joldersma | 30-04-90 AAC '61 | Emmen | 14-06-09 |
| 11,05 | w 5,5 Jeroen | Piek | 15-05-90 PEC 1910 | Emmen | 14-06-09 |
| 11,05 | w 2,1 Andro | Bosselaar | 11-02-91 PAC | Utrecht | 07-08-09 |
| 11,07 | w 5,5 Jefrie | Buckle | 08-08-91 Ciko '66 | Emmen | 14-06-09 |
| 11,11 | w 2,3 Elyssio | Ramos | 28-02-91 PAC | Utrecht | 22-05-09 |
| 11,11 | w 2,9 Christiaan | Meilink | JB 08-09-92 PAC | Weganan di Reino | 28-07-09 |
| 11,13 | w 2,9 Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Weganan di Reino | 28-07-09 |
| 11,21 | w 2,9 Giorgan van | Lamoen (AHO) | JB 18-01-93 R' dam Atletiek | Weganan di Reino | 28-07-09 |
| 11,21 | w 2,1 Frank | Aborah | JB 29-04-92 Continental Sport | Utrecht | 07-08-09 |
| 11,22 | w 4,7 Robin | Coops | 09-09-90 Hellas | Nijmegen | 21-05-09 |
| 11,22 | w 5,5 Niek ter | Horst | 13-09-90 AV Argo | Emmen | 14-06-09 |
| 11,28 | w 3,9 Bas | Winkels | 27-03-91 PEC 1910 | Kampen | 22-04-09 |
| 11,30 | w 4,7 Jeffrie | Buckle | 08-08-91 Ciko '66 | Nijmegen | 21-05-09 |
| 11,33 | w 2,3 Robin | Oenema | 19-06-91 PEC 1910 | Heerde | 27-05-09 |
| 11,43 | w 3,0 Jelmar van der | Wal | JB 01-01-93 Impala | Heerenveen | 19-09-09 |

in onderlinge wedstrijd:

| | | | | | |
|-------|--------------|-----------|-------------------------|----------------|----------|
| 10,9 | o Bryan | Hissink | JC 13-06-94 AV Argo | Doetinchem | 03-10-09 |
| 11,1 | o Wicher | Nijkamp | JB 29-01-92 Spado | Bergen op Zoom | 25-09-09 |
| 11,1 | o Igor | Smits | JB 15-04-93 Hollandia | Hoorn | 03-10-09 |
| 11,1 | o Martijn | Bervoets | JB 04-03-92 De Keien | Uden | 04-10-09 |
| 11,38 | o 2,7 Thomas | Kamermans | JB 16-05-92 Olympus '70 | Naaldwijk | 11-10-09 |

150 meter jongens-A

| | | | | | |
|-------|----------------------|-----------|---------------------|---------|----------|
| 16,21 | 0,9 Lindell | Philip | 26-03-90 Phanos | Lisse | 09-05-09 |
| 16,51 | 1,2 Andro | Bosselaar | 11-02-91 PAC | Utrecht | 10-07-09 |
| 16,59 | 0,9 Koen van | Erve | 07-02-91 Attila | Lisse | 09-05-09 |
| 16,77 | 1,2 Pascal van | Balen | 06-03-90 Hellas | Utrecht | 10-07-09 |
| 17,00 | 1,6 Geoffrey van den | Berg | 26-11-91 Startbaan | Utrecht | 10-07-09 |
| 17,06 | 1,6 Delano | Wouterse | JB 27-04-93 PAC | Utrecht | 10-07-09 |
| 17,17 | 0,7 Jelle | Venema | JB 27-11-93 Suomi | Utrecht | 10-07-09 |
| 17,38 | 1,6 Stephan | Tijssen | 07-04-90 Startbaan | Utrecht | 10-07-09 |
| 17,40 | 1,9 Mathijs | Huisman | JB 02-11-92 Passaat | Utrecht | 10-07-09 |

met teveel rugwind:

| | | | | | |
|-------|--------------|----------|--------------------------|-------|----------|
| 16,28 | w 2,3 Victor | Strijbis | JB 23-10-92 Hera | Lisse | 09-05-09 |
| 16,29 | w 2,3 Joeri | Jaegers | 19-02-90 Atl. Maastricht | Lisse | 09-05-09 |

200 meter jongens-A

| | | | | | |
|-------|------------------|----------------|---------------------------|----------------|----------|
| 20,88 | -0,9 Rachmil van | Lamoen (AHO) | 15-12-91 R' dam Atletiek | Emmeloord | 28-06-09 |
| 21,29 | 0,9 Dennis | Spillekom | 07-08-90 Lycurgus | Uden | 27-06-09 |
| 21,58 | 0,6 Bram | Peters | JB 06-02-92 Prins Hendrik | Tampere (FIN) | 24-07-09 |
| 21,58 | 0,8 Erik | Stevens | 11-03-91 Ilion | Novi Sad (SRB) | 24-07-09 |
| 21,73 | 1,1 Lindell | Philip | 26-03-90 Phanos | Amsterdam | 01-08-09 |
| 21,74 | 1,9 Joeri | Jaegers | 19-02-90 Atl. Maastricht | Nijmegen | 22-05-09 |
| 21,77 | 1,0 Martijn | Hoogendam | 28-02-91 Clytoneus | Oordegem (BEL) | 04-07-09 |
| 21,90 | -0,9 Nygell | Dumfries (AHO) | 02-02-90 R' dam Atletiek | Emmeloord | 28-06-09 |

| | | | | | |
|----------------------------------|----------------------|---------------|-------------------------------|------------------|----------|
| 22,19 | 0,9 Sander | Pupella | JB 27-03-93 Energie | Nieuwegein | 20-09-09 |
| 22,23 | 1,9 Koen van | Erve | 07-02-91 Attila | Nijmegen | 22-05-09 |
| (10) | | | | | |
| 22,23 | 0,7 Wouter | Brus | 30-09-91 Ciko '66 | Oordegem (BEL) | 04-07-09 |
| 22,26 | -1,1 Victor | Strijbis | JB 23-10-92 Hera | Emmeloord | 28-06-09 |
| 22,28 | -1,1 Hensley | Paulina (AHO) | JB 26-06-93 R' dam Atletiek | Emmeloord | 28-06-09 |
| 22,34 | -0,9 Daan | Westerveld | 04-09-91 Phanos | Oordegem (BEL) | 04-07-09 |
| 22,34 | 0,6 Seth | Baah | 20-10-91 Phanos | Heiloo | 31-07-09 |
| 22,35 | -0,7 Jip | Baltissen | 22-01-91 Pallas '67 | Nijmegen | 21-06-09 |
| 22,41 | 0,5 Maxim | Ouwendijk | JB 21-10-92 PAC | Utrecht | 13-06-09 |
| 22,50 | 1,6 Bjorn | Blauwhof | 10-12-90 Nea-Volharding | Castricum | 03-06-09 |
| 22,55 | -0,7 Arjen | Joldersma | 01-01-90 AAC '61 | Nijmegen | 21-06-09 |
| 22,58 | -0,6 Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| (20) | | | | | |
| 22,61 | 0,9 Martijn | Bervoets | JB 04-03-92 De Keien | Nieuwegein | 20-09-09 |
| 22,62 | -0,7 Pascal | Remminga | 07-11-90 Aquilo | Nijmegen | 21-06-09 |
| 22,69 | -0,5 Jeroen | Piek | 15-05-90 PEC 1910 | Emmeloord | 28-06-09 |
| 22,74 | -0,5 Stijn | Ram | 21-01-90 AV '34 | Zwolle | 17-05-09 |
| 22,78 | -0,7 Elyssio | Ramos | 28-02-91 PAC | Emmeloord | 28-06-09 |
| 22,79 | -1,0 Christiaan | Meilink | JB 08-09-92 PAC | Emmeloord | 28-06-09 |
| 22,80 | 1,5 Joris | Reijnders | 05-03-91 Spiridon | Dongen | 24-04-09 |
| 22,81 | -0,1 Pascal van | Balen | 06-03-90 Hellas | Emmeloord | 28-06-09 |
| 22,92 | -0,3 Robin | Coops | 09-09-90 Hellas | Emmeloord | 28-06-09 |
| 22,93 | 0,5 Javier | Agard (AHO) | 11-04-91 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| (30) | | | | | |
| 22,94 | -0,7 Revelinho | Eind | 07-04-90 Jahn II | Nijmegen | 21-06-09 |
| 22,95 | 0,0 Olaf van den | Bergh | JC 07-03-94 Marvel | Helmond | 02-07-09 |
| 23,00 | 0,3 Bas | Uitbeijerse | 02-08-90 Haag Atletiek | Spijkenisse | 19-04-09 |
| 23,01 | -0,3 Christian | Hammers | JB 26-07-92 Achilles-Top | Zevenbergen | 21-06-09 |
| 23,06 | 0,3 Geoffrey van den | Berg | 26-11-91 Startbaan | Heiloo | 14-08-09 |
| 23,09 | -0,1 Stefan de | Vries | JB 18-10-92 Altis | Amersfoort | 13-04-09 |
| 23,09 | 1,4 Alex | Zwolle | 22-06-90 AV '56 | Breda | 17-05-09 |
| 23,10 | -0,2 Marlon | Blaaspijp | 14-06-91 Nijmegen Atletiek | Nijmegen | 15-09-09 |
| 23,11 | 1,7 Wouter | Schuwert | 22-12-91 Scopias | Uden | 17-05-09 |
| 23,13 | 0,0 Wicher | Nijkamp | JB 29-01-92 Spado | Zevenbergen | 21-06-09 |
| (40) | | | | | |
| 23,13 | 0,0 Giorgan van | Lamoen (AHO) | JB 18-01-93 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 23,15 | -2,5 Joshua | Geerlings | 24-07-90 PAC | Veldhoven | 19-04-09 |
| 23,15 | -0,8 Frank | Aborah | JB 29-04-92 Continental Sport | Oordegem | 31-05-09 |
| 23,17 | -0,1 Sten | Stein | JB 14-09-92 Impala | Harderwijk | 21-06-09 |
| 23,18 | -0,1 Elgin | Herfst | 21-06-91 PAC | Emmeloord | 28-06-09 |
| 23,18 | -0,3 Bryan | Hissink | JC 13-06-94 AV Argo | Portimao (POR) | 21-07-09 |
| 23,18 | -0,2 Niek ter | Horst | 13-09-90 AV Argo | Nijmegen | 15-09-09 |
| 23,19 | -1,1 Jan | Westerdiep | JB 15-01-93 Phanos | Emmeloord | 28-06-09 |
| 23,19 | 0,4 Jurgen | Wielart | JB 17-01-92 AV Haarlem | Krommenie | 05-07-09 |
| 23,21 | -0,3 Bas | Winkels | 27-03-91 PEC 1910 | Emmeloord | 28-06-09 |
| (50) | | | | | |
| <i>geen windgegevens bekend:</i> | | | | | |
| 21,75 | Geraldo | Hiwat | 14-02-91 AAC | Boise (USA) | 24-04-09 |
| 21,81 | Hensley | Paulina (AHO) | JB 26-06-93 R' dam Atletiek | Weganan di Reino | 30-07-09 |
| 22,30 | Jonathan | Mutebwa | JB 11-01-93 Eindhoven Atl. | Weganan di Reino | 30-07-09 |
| 22,68 | Christiaan | Meilink | JB 08-09-92 PAC | Weganan di Reino | 30-07-09 |
| 22,90 | Geoffrey van den | Berg | 26-11-91 Startbaan | Ede | 20-09-09 |
| 22,95 | Christian | Hammers | JB 26-07-92 Achilles-Top | Maastricht | 31-05-09 |
| <i>betere handtijden:</i> | | | | | |
| 22,1 | Daan | Westerveld | 04-09-91 Phanos | Warmenhuizen | 19-06-09 |
| 22,7 | Alex | Zwolle | 22-06-90 AV '56 | Goes | 09-05-09 |
| 22,9 | Bas van den | Bergh | JB 15-06-92 Scopias | Venlo | 21-05-09 |
| 22,9 | Jan | Westerdiep | JB 15-01-93 Phanos | Warmenhuizen | 19-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 22,30 | w 4,9 Joshua | Geerlings | 24-07-90 PAC | Rotterdam | 03-07-09 |
| 22,98 | w 2,7 Bas van den | Bergh | JB 15-06-92 Scopias | Nieuwegein | 20-09-09 |
| 23,02 | w 2,7 Jan | Westerdiep | JB 15-01-93 Phanos | Hoorn | 12-06-09 |
| 23,12 | w 2,5 Bas van | Rijn | JB 07-03-92 AV '34 | Krommenie | 21-06-09 |
| 23,16 | w 4,5 Jeffrie | Buckle | 08-08-91 Ciko '66 | Nijmegen | 22-05-09 |

300 meter jongens-A

| | | | | | |
|-------|------------------|-----------|------------------------|------------|----------|
| 35,86 | Joshua | Geerlings | 24-07-90 PAC | Lisse | 09-05-09 |
| 36,26 | Bilal | Anrar | 12-08-90 Prins Hendrik | Vught | 05-04-09 |
| 36,29 | Stefan de | Vries | JB 18-10-92 Altis | Amersfoort | 11-04-09 |
| 36,55 | Martijn | Bervoets | JB 04-03-92 De Keien | Vught | 05-04-09 |
| 36,55 | Jeroen | Piek | 15-05-90 PEC 1910 | Epe | 08-04-09 |
| 36,61 | Revelinho | Eind | 07-04-90 Jahn II | Epe | 08-04-09 |
| 36,87 | Vincent van der | Vis | 04-07-90 SC Reeuwijk | Utrecht | 10-07-09 |
| 37,05 | Stephen | Tijssen | 07-04-90 Startbaan | Utrecht | 10-07-09 |
| 37,07 | Geoffrey van den | Berg | 26-11-91 Startbaan | Utrecht | 10-07-09 |
| 37,30 | Joris | Reijnders | 05-03-91 Spiridon | Vught | 05-04-09 |
| (10) | | | | | |
| 37,32 | Didier | Nibbering | 12-12-91 Isala '96 | Epe | 08-04-09 |
| 37,46 | Pieter | Braun | JB 21-01-93 Sprint | Breda | 14-04-09 |
| 37,50 | Wouter van der | Graaf | 20-06-90 Atverni | Utrecht | 10-07-09 |

400 meter jongens-A

| | | | | | |
|-------|-----------------|-------------|---------------------------|----------------|----------|
| 47,09 | Dennis | Spillekom | 07-08-90 Lycurgus | Hoorn | 23-05-09 |
| 47,87 | Bjorn | Blauwhof | 10-12-90 Nea-Volharding | Emmeloord | 28-06-09 |
| 48,42 | Terrence | Agard (AHO) | 16-04-90 R' dam Atletiek | Emmeloord | 28-06-09 |
| 49,22 | Jarno | Boutkam | 17-02-90 Hellas | Amstelveen | 10-05-09 |
| 49,34 | Thomas | Schuwer | 08-04-90 Scopias | Emmeloord | 28-06-09 |
| 49,71 | Stefan de | Vries | JB 18-10-92 Altis | Emmeloord | 28-06-09 |
| 49,74 | Jesper | Arts | JB 02-04-92 LG Deurne | Uden | 03-05-09 |
| 49,75 | Pascal | Remminga | 07-11-90 Aquilo | Emmeloord | 28-06-09 |
| 49,81 | Martijn | Bervoets | JB 04-03-92 De Keien | Emmeloord | 28-06-09 |
| 49,89 | Joris | Reijnders | 05-03-91 Spiridon | Zevenbergen | 21-06-09 |
| (10) | | | | | |
| 49,94 | Wouter | Schuwer | 22-12-91 Scopias | Maastricht | 31-05-09 |
| 49,98 | Alex | Zwolle | 22-06-90 AV '56 | Zevenbergen | 21-06-09 |
| 50,10 | Wesley | Zschöttche | JB 03-04-93 AV Zaanland | Emmeloord | 28-06-09 |
| 50,17 | Joshua | Geerlings | 24-07-90 PAC | Emmeloord | 28-06-09 |
| 50,19 | Brian | Vriend | 20-05-90 Lycurgus | Lisse | 06-06-09 |
| 50,31 | Jan van | Prooije | 07-02-90 Climax | Apeldoorn | 03-07-09 |
| 50,33 | Arjan | Bloem | 08-01-90 AAC '61 | Eindhoven | 12-07-09 |
| 50,60 | Arne | Tveter | 23-11-90 Spark | Utrecht | 22-05-09 |
| 50,62 | Erwin de | Jong | 23-01-90 Spark | Nieuwegein | 17-05-09 |
| 50,62 | Jorian | Damen | JB 25-03-92 Ciko '66 | Emmen | 14-06-09 |
| (20) | | | | | |
| 50,65 | Sander | Pupella | JB 27-03-93 Energie | Beveren (BEL) | 05-09-09 |
| 50,66 | Jeroen van | Calker | JB 30-07-92 PEC 1910 | Zutphen | 07-06-09 |
| 50,71 | Victor | Strijbis | JB 23-10-92 Hera | Heerhugowaard | 05-06-09 |
| 50,80 | Mark | Jacobs | JB 20-04-92 GVAC | Sittard | 07-06-09 |
| 50,80 | Olaf van den | Bergh | JC 07-03-94 Marvel | Utrecht | 13-06-09 |
| 50,81 | Jefrie | Buckle | 08-08-91 Ciko '66 | Assen | 10-05-09 |
| 50,81 | Victor | Besters | 19-10-90 Spado | Oordegem (BEL) | 26-09-09 |
| 50,85 | Patrick van der | Gaag | 01-06-90 AV Almere '81 | Hoorn | 23-05-09 |
| 50,86 | Jeffrey van der | Park | 23-06-91 Hera | Heerhugowaard | 05-06-09 |
| 50,92 | Didier | Nibbering | 12-12-91 Isala '96 | Huizen | 05-06-09 |
| (30) | | | | | |
| 50,92 | Jurgen | Wielart | JB 17-01-92 AV Haarlem | Emmeloord | 28-06-09 |
| 50,92 | Remko | Donga | 09-05-90 Ilion | Krommenie | 05-07-09 |
| 50,97 | Daan | Westerveld | 04-09-91 Phanos | Amstelveen | 10-05-09 |
| 50,99 | Reinier | Blik | 07-02-91 AV Gouda | Barendrecht | 31-05-09 |
| 51,01 | Bilal | Anrar | 12-08-90 Prins Hendrik | Krommenie | 21-06-09 |
| 51,08 | Thijmen | Kupers | 04-10-91 Atletico '73 | Zutphen | 19-04-09 |
| 51,25 | Bram | Peters | JB 06-02-92 Prins Hendrik | Groningen | 13-09-09 |
| 51,29 | Cliff | Ellsworth | JB 17-04-93 Lycurgus | Emmeloord | 27-06-09 |
| 51,31 | Bas van | Rijn | JB 07-03-92 AV '34 | Emmeloord | 27-06-09 |
| 51,35 | Joris | Petterson | 20-12-91 Atletico '73 | Harderwijk | 21-06-09 |
| (40) | | | | | |
| 51,38 | Jeroen | Piek | 15-05-90 PEC 1910 | Bergen op Zoom | 06-09-09 |
| 51,40 | Pieter | Braun | JB 21-01-93 Sprint | Dongen | 24-04-09 |
| 51,42 | Bas | Uitbeijerse | 02-08-90 Haag Atletiek | Nieuwegein | 20-09-09 |
| 51,45 | Javier | Agard (AHO) | 11-04-91 R' dam Atletiek | Emmeloord | 27-06-09 |
| 51,47 | Bas | Visserman | 27-02-91 AV Oss '78 | Emmeloord | 27-06-09 |

| | | | | | |
|-------|---------|-----------|--------------------|------------|----------|
| 51,50 | Elyssio | Ramos | 28-02-91 PAC | Utrecht | 22-05-09 |
| 51,55 | Addis | Riet | 27-11-91 SAV | Nieuwegein | 17-05-09 |
| 51,55 | Erik | Looij | 18-01-90 Suomi | Emmeloord | 27-06-09 |
| 51,58 | Martijn | Hoogendam | 28-02-91 Clytoneus | Santpoort | 14-06-09 |
| 51,58 | Jeroen | Rodenburg | 27-04-91 Altis | Leiden | 26-08-09 |

(50)

betere handtijden:

| | | | | | |
|------|----------|--------|-----------------|--------------|----------|
| 49,6 | Alex | Zwolle | 22-06-90 AV '56 | Hulst | 13-06-09 |
| 50,3 | Erwin de | Jong | 23-01-90 Spark | Spijkensisse | 28-05-09 |

800 meter jongens-A

| | | | | | |
|---------|-----------------|-----------|----------------------------|------------------|----------|
| 1.50,03 | Jeffrey van der | Park | 23-06-91 Hera | Cele Ligure | 23-06-09 |
| 1.50,98 | Addis | Riet | 27-11-91 SAV | Oordegem (BEL) | 04-07-09 |
| 1.51,24 | Arjan | Bloem | 08-01-90 AAC '61 | Hoorn | 23-05-09 |
| 1.51,78 | Thijmen | Kupers | 04-10-91 Atletico '73 | Hoorn | 23-05-09 |
| 1.52,15 | Mark | Nouws | 20-08-90 THOR | Ninove (BEL) | 08-08-09 |
| 1.52,54 | Jurjen | Polderman | 21-04-91 Clytoneus | Hoorn | 23-05-09 |
| 1.52,61 | Erwin de | Jong | 23-01-90 Spark | Leiden | 13-06-09 |
| 1.52,83 | Jorian | Damen | JB 25-03-92 Ciko '66 | Tampere (FIN) | 22-07-09 |
| 1.54,39 | Quinten | Hennekam | 02-03-90 Parthenon | Brasschaat (BEL) | 26-07-09 |
| 1.55,13 | Jesper van der | Wielen | 02-08-91 Nijmegen Atletiek | Nijmegen | 12-05-09 |

(10)

| | | | | | |
|---------|------------|-----------|-------------------------|-----------|----------|
| 1.55,43 | Jesper | Arts | JB 02-04-92 LG Deurne | Nijmegen | 29-05-09 |
| 1.55,82 | Jeroen van | Calker | JB 30-07-92 PEC 1910 | Krommenie | 21-06-09 |
| 1.55,87 | Nils | Daas | 01-06-90 Atverni | Utrecht | 22-05-09 |
| 1.55,88 | Riccardo | Sprong | JB 01-06-93 Clytoneus | Hoorn | 23-05-09 |
| 1.56,16 | Olaf | Mesman | 10-09-91 PAC | Veldhoven | 19-04-09 |
| 1.56,20 | Alex | Zwolle | 22-06-90 AV '56 | Hulst | 01-06-09 |
| 1.56,72 | Bjorn | Blauwhof | 10-12-90 Nea-Volharding | Amsterdam | 08-08-09 |
| 1.56,90 | Menno | Schouten | 03-09-91 Lycurgus | Santpoort | 14-06-09 |
| 1.57,31 | Wouter | Ploeger | JB 10-10-92 AAC '61 | Groningen | 19-06-09 |
| 1.57,40 | Jeroen | Vochteloo | JB 15-11-93 Invictus | Nijmegen | 29-05-09 |

(20)

| | | | | | |
|---------|----------------|-----------|------------------------|------------|----------|
| 1.57,40 | Didier | Nibbering | 12-12-91 Isala '96 | Utrecht | 13-06-09 |
| 1.57,43 | Cosmo van | Berkel | 02-02-90 AV Gouda | Emmeloord | 27-06-09 |
| 1.57,55 | Jelle | Verwiel | 15-01-90 Hellas | Wageningen | 03-06-09 |
| 1.57,60 | Jeroen | Rodenburg | 27-04-91 Altis | Hilversum | 13-09-09 |
| 1.57,72 | Bilal | Anrar | 12-08-90 Prins Hendrik | Vught | 10-05-09 |
| 1.57,83 | Niels van | Hoorn | 14-09-91 AAC '61 | Emmeloord | 27-06-09 |
| 1.58,11 | Wouter van der | Graaf | 19-06-90 Atverni | Krommenie | 05-07-09 |
| 1.58,15 | Lars | Cazander | JB 29-11-92 Hellas | Emmeloord | 26-06-09 |
| 1.58,25 | Arne | Tveter | 23-11-90 Spark | Reeuwijk | 21-06-09 |
| 1.58,37 | Pascal | Remminga | 07-11-90 Aquilo | Utrecht | 04-09-09 |

(30)

| | | | | | |
|---------|--------------|------------|------------------------|------------|----------|
| 1.58,45 | Nick van | Tol | 04-05-90 GAC-Hilversum | Harderwijk | 21-06-09 |
| 1.58,52 | Kasper | Neeleman | 11-12-91 AV Haarl'meer | Wageningen | 18-09-09 |
| 1.58,75 | Youri | Oolbekkink | JC 06-03-94 Hanzesport | Hilversum | 13-09-09 |
| 1.58,80 | Gijs | Straver | JB 23-07-92 Clytoneus | Santpoort | 14-06-09 |
| 1.58,80 | Steven | Nuytinck | 28-01-91 AV '56 | Gent (BEL) | 21-07-09 |
| 1.58,81 | Menno | Hunneman | JB 20-10-92 AAC '61 | Emmeloord | 26-06-09 |
| 1.58,86 | Robin | Teunissen | 23-01-90 ATV Venray | Wageningen | 03-06-09 |
| 1.58,94 | Olaf van den | Bergh | JC 07-03-94 Marvel | Utrecht | 22-05-09 |
| 1.59,12 | Seb | Wiggemans | JB 31-01-92 Hanzesport | Utrecht | 01-05-09 |
| 1.59,16 | Edward | Appelman | 01-10-90 Trias | Amstelveen | 10-05-09 |

(40)

| | | | | | |
|---------|----------------|------------|---------------------------|---------------|----------|
| 1.59,16 | Rik | Heijnen | 12-08-90 Atletiek Helden | Kerkrade | 05-07-09 |
| 1.59,25 | Ward van de | Wiel | 05-04-91 Sprint | Utrecht | 13-06-09 |
| 1.59,27 | Daniel | Oosterhoff | 06-09-91 Aquilo | Utrecht | 22-05-09 |
| 1.59,27 | Leon | Koch | JB 19-06-92 AV Almere '81 | Utrecht | 13-06-09 |
| 1.59,27 | Niek den | Exter | JB 15-02-92 Scheldesport | Heusden (BEL) | 18-07-09 |
| 1.59,29 | David | Vonk | 09-08-90 Zuidwal | Hilversum | 13-09-09 |
| 1.59,31 | Erwin | Adan | JB 19-01-92 Dynamica | Duffel (BEL) | 30-05-09 |
| 1.59,31 | Thomas van der | Stap | JB 26-10-92 Hellas | Utrecht | 07-08-09 |
| 1.59,34 | Sten | Schaper | JB 16-07-92 AV Argo | Hoorn | 23-05-09 |
| 1.59,35 | Erwin | Sneek | 05-05-91 Startbaan | Amstelveen | 10-05-09 |

(50)

1000 meter jongens-A

| | | | | |
|----------------------|------------------------|-----------------------------|--------------------|----------|
| 2.29,10 | Erwin de Jong | 23-01-90 Spark | Rotterdam | 03-07-09 |
| 2.30,60 | Jorian Damen | JB 25-03-92 Ciko '66 | Utrecht | 10-07-09 |
| 2.33,00 | Lars Cazander | JB 29-11-92 Hellas | Utrecht | 10-07-09 |
| 2.33,03 | Thomas van der Heijden | 18-10-90 Sprint | Breda | 14-04-09 |
| 2.33,31 | Riccardo Sprong | JB 01-06-93 Clytoneus | Lisse | 09-05-09 |
| 2.33,60 | Nick van Tol | 04-05-90 GAC-Hilversum | Lisse | 09-05-09 |
| 2.33,89 | Menno Hunneman | JB 20-10-92 AAC '61 | Utrecht | 10-07-09 |
| 2.33,97 | Rik Heijnen | 12-08-90 Atletiek Helden | Oedt (GER) | 24-06-09 |
| 2.34,90 | Mart Sijtsema | 12-09-91 AV Heerenveen | Utrecht | 10-07-09 |
| 2.35,00 | Edward Appelman | 01-10-90 Trias | Utrecht | 10-07-09 |
| (10) | | | | |
| 2.37,04 | Ward van de Wiel | 05-04-91 Sprint | Breda | 14-04-09 |
| 2.37,59 | Menno Schouten | 03-09-91 Lycurgus | Heiloo | 31-07-09 |
| 2.37,99 | Emiel Admiraal | 30-09-90 Trias | Utrecht | 10-07-09 |
| 2.38,90 | Pieter van Oirschot | JB 30-01-92 Gen. Michaëlis | Utrecht | 10-07-09 |
| 2.39,81 | Jaap Gerben Vellinga | JC 28-07-94 Horror | Heiloo | 31-07-09 |
| 2.39,98 | Jorijn de Mare | JC 28-01-94 Atverni | Utrecht | 10-07-09 |
| 1500 meter jongens-A | | | | |
| 3.47,62 | Jurjen Polderman | 21-04-91 Clytoneus | Nijmegen | 29-05-09 |
| 3.49,10 | Jesper van der Wielen | 02-08-91 Nijmegen Atletiek | Kessel-Lo (BEL) | 06-06-09 |
| 3.53,77 | Olaf Mesman | 10-09-91 PAC | Lokeren | 01-06-09 |
| 3.53,77 | Quinten Hennekam | 02-03-90 Parthenon | Oordegem (BEL) | 04-07-09 |
| 3.54,61 | Mark Nouws | 20-08-90 THOR | Heusden (BEL) | 18-07-09 |
| 3.55,50 | Nils Daas | 01-06-90 Atverni | Kessel-Lo (BEL) | 06-06-09 |
| 3.58,51 | Leon Koch | JB 19-06-92 AV Almere '81 | Heusden (BEL) | 18-07-09 |
| 3.58,86 | Timothy Vergauwen | JB 25-03-92 LT Ed Sligchers | Duffel (BEL) | 30-05-09 |
| 3.58,95 | Nick van Tol | 04-05-90 GAC-Hilversum | Hoorn | 23-05-09 |
| 3.59,45 | Wesley Pael | 20-10-90 AV Castricum | Brasschaat (BEL) | 26-07-09 |
| (10) | | | | |
| 3.59,62 | Wouter Ploeger | JB 10-10-92 AAC '61 | Utrecht | 13-06-09 |
| 3.59,76 | Mart Sijtsema | 12-09-91 AV Heerenveen | Utrecht | 13-06-09 |
| 4.00,07 | Wouter Dilling | 08-03-90 Seven Hills RT | Nijmegen | 15-09-09 |
| 4.01,20 | Jeffrey van der Park | 23-06-91 Hera | Emmeloord | 28-06-09 |
| 4.02,46 | Jeroen van Calker | JB 30-07-92 PEC 1910 | Utrecht | 07-08-09 |
| 4.02,87 | Jordi Baars | JB 09-01-92 AV Aalsmeer | Ninove (BEL) | 08-08-09 |
| 4.04,55 | Thomas van der Heijden | 18-10-90 Sprint | Utrecht | 22-05-09 |
| 4.04,70 | Robin Teunissen | 23-01-90 ATV Venray | Duffel (BEL) | 30-05-09 |
| 4.04,85 | Lars Paardekooper | JB 10-08-92 AV '56 | Breda | 17-05-09 |
| 4.05,49 | Wouter Warndorff | 16-07-91 THOR | Oordegem (BEL) | 04-07-09 |
| (20) | | | | |
| 4.06,05 | Jeroen Rodenburg | 27-04-91 Altis | Utrecht | 07-08-09 |
| 4.06,13 | Lars Cazander | JB 29-11-92 Hellas | Bergen op Zoom | 06-09-09 |
| 4.06,37 | Niek den Exter | JB 15-02-92 Scheldesport | Sint Niklaas (BEL) | 21-05-09 |
| 4.06,43 | Wouter Timmermans | 16-06-91 Unitas | Eindhoven | 12-07-09 |
| 4.06,55 | Hans Dilling | JB 26-07-92 Seven Hills RT | Nijmegen | 29-05-09 |
| 4.06,69 | Thijmen Kupers | 04-10-91 Atletico '73 | Emmeloord | 28-06-09 |
| 4.08,29 | Maikel van der Steen | JB 31-05-92 LG Deurne | Kerkrade | 14-08-09 |
| 4.09,15 | Brian Kamstra | JB 05-07-93 AAC '61 | Hoorn | 23-05-09 |
| 4.09,74 | David Vonk | 09-08-90 Zuidwal | Utrecht | 01-05-09 |
| 4.10,05 | Martin Lunenburg | 15-11-90 De Sperwers | Emmeloord | 28-06-09 |
| (30) | | | | |
| 4.10,23 | Cosmo van Berkel | 02-02-90 AV Gouda | Naaldwijk | 28-05-09 |
| 4.10,74 | Alwin Roovers | JB 24-10-92 LT Ed Sligchers | Wageningen | 18-09-09 |
| 4.11,08 | Erwin Adan | JB 19-01-92 Dynamica | Ninove (BEL) | 08-08-09 |
| 4.12,05 | Ruben Tock | JB 09-10-92 Spado | Breda | 17-05-09 |
| 4.12,74 | Freek Lier | JC 11-04-94 Hanzesport | Hoorn | 23-05-09 |
| 4.12,86 | Jorijn de Mare | JC 28-01-94 Atverni | Utrecht | 13-06-09 |
| 4.12,86 | Seb Wiggemans | JB 31-01-92 Hanzesport | Apeldoorn | 03-07-09 |
| 4.12,95 | Jouri Schoemaker | 25-10-90 Sprint | Helmond | 14-06-09 |
| 4.13,13 | Tony Mauritz | JB 19-07-92 Haag Atletiek | Utrecht | 13-06-09 |
| 4.13,28 | Pieter van Oirschot | JB 30-01-92 Gen. Michaëlis | Utrecht | 13-06-09 |
| (40) | | | | |
| 4.13,67 | Melvin Franken | 13-12-91 LT Ed Sligchers | Duffel (BEL) | 30-05-09 |
| 4.13,74 | Rik Heijnen | 12-08-90 Atletiek Helden | Eindhoven | 12-07-09 |

| | | | | | | |
|---------|-------------|--------------|-------------|--------------|------------|----------|
| 4.13,99 | Riccardo | Sprong | JB 01-06-93 | Clytoneus | Santpoort | 14-06-09 |
| 4.14,09 | Youri | Oolbekkink | JC 06-03-94 | Hanzesport | Utrecht | 07-08-09 |
| 4.14,33 | Tim | Suijkerbuijk | 15-10-91 | Pijnenburg | Utrecht | 22-05-09 |
| 4.14,33 | Didier | Nibbering | 12-12-91 | Isala '96 | Harderwijk | 19-09-09 |
| 4.14,41 | Jelmer de | Vries | 03-01-91 | Hanzesport | Hoorn | 23-05-09 |
| 4.14,47 | Jeffrey | Spaltman | JB 29-03-92 | Hylas | Den Helder | 28-08-09 |
| 4.14,77 | Jeroen | Reintjes | 01-03-90 | Atletico '73 | Drachten | 17-05-09 |
| 4.15,07 | Ward van de | Wiel | 05-04-91 | Sprint | Emmeloord | 27-06-09 |

(50)

1 Engelse mijl jongens-A

| | | | | | | |
|---------|--------|-----------|----------|----------------|-----------|----------|
| 4.31,8 | Martin | Lunenburg | 15-11-90 | De Sperwers | Steenwijk | 17-07-09 |
| 4.35,11 | Wouter | Dilling | 08-03-90 | Seven Hills RT | Nijmegen | 12-05-09 |

2000 meter jongens-A

| | | | | | | |
|---------|----------|-----------|-------------|----------------|--------------|----------|
| 5.45,02 | Niek den | Exter | JB 15-02-92 | Scheldesport | Ninove (BEL) | 13-06-09 |
| 5.59,10 | Jeroen | Rodenburg | 27-04-91 | Altis | Vught | 05-04-09 |
| 6.07,46 | Joeri | Spoor | 24-11-90 | Eindhoven Atl. | Vught | 05-04-09 |
| 6.11,00 | Wouter | Heinrich | JB 18-09-93 | AKU | Zaandam | 08-05-09 |

3000 meter jongens-A

| | | | | | | |
|---------|----------------|-------------|-------------|-------------------|----------|----------|
| 8.08,54 | Jesper van der | Wielen | 02-08-91 | Nijmegen Atletiek | Leiden | 13-06-09 |
| 8.25,27 | Nick van | Tol | 04-05-90 | GAC-Hilversum | Leiden | 13-06-09 |
| 8.33,76 | Wesley | Pauel | 20-10-90 | AV Castricum | Nijmegen | 29-05-09 |
| 8.35,10 | Abdi | Saïd Hassan | 01-07-91 | SV Veendam | Leiden | 13-06-09 |
| 8.37,03 | Timothy | Vergauwen | JB 25-03-92 | LT Ed Sligchers | Vught | 21-05-09 |
| 8.38,01 | Maikel van der | Steen | JB 31-05-92 | LG Deurne | Breda | 29-08-09 |
| 8.39,99 | Wouter | Timmermans | 16-06-91 | Unitas | Vught | 21-05-09 |
| 8.43,07 | Hans | Dilling | JB 26-07-92 | Seven Hills RT | Utrecht | 13-06-09 |
| 8.48,42 | Jordi | Baars | JB 09-01-92 | AV Aalsmeer | Breda | 29-08-09 |
| 8.49,26 | Wouter | Dilling | 08-03-90 | Seven Hills RT | Vught | 21-05-09 |

(10)

| | | | | | | |
|---------|-----------------|-----------|-------------|-----------------|----------------|----------|
| 8.50,56 | Wouter | Warndorff | 16-07-91 | THOR | Vught | 21-05-09 |
| 8.53,29 | Jurjen | Polderman | 21-04-91 | Clytoneus | Bergen op Zoom | 06-09-09 |
| 8.54,59 | Melvin | Franken | 13-12-91 | LT Ed Sligchers | Vught | 21-05-09 |
| 8.56,23 | Robin | Teunissen | 23-01-90 | ATV Venray | Utrecht | 13-06-09 |
| 9.00,0 | Jeffrey van der | Park | 23-06-91 | Hera | Schagen | 08-05-09 |
| 9.01,17 | Jeroen | Reintjes | 01-03-90 | Atletico '73 | Nijmegen | 12-05-09 |
| 9.01,68 | Lex | Sinnige | JB 15-12-92 | AV Weert | Utrecht | 13-06-09 |
| 9.02,06 | Mark | Nouws | 20-08-90 | THOR | Breda | 29-08-09 |
| 9.07,79 | Ruben | Tock | JB 09-10-92 | Spado | Utrecht | 01-05-09 |
| 9.08,76 | Adriaan | Fransen | 08-06-90 | AAC '61 | Dronten | 02-07-09 |

(20)

| | | | | | | |
|---------|----------------|----------------|-------------|-----------------|------------|----------|
| 9.10,05 | Jesse van de | Ven | JB 01-05-93 | Spado | Utrecht | 01-05-09 |
| 9.11,61 | Tim | Bolink | JB 09-04-92 | Hellas | Emmeloord | 26-06-09 |
| 9.11,84 | Edwin de | Vries | JB 11-12-92 | AV Almere '81 | Vught | 21-05-09 |
| 9.12,06 | Tom | Koetsenruijter | JB 12-08-93 | THOR | Emmeloord | 26-06-09 |
| 9.12,30 | Thomas van der | Heijden | 18-10-90 | Sprint | Vught | 10-05-09 |
| 9.13,56 | Frank | Blikslager | JB 26-12-92 | Groningen Atl | Emmeloord | 26-06-09 |
| 9.15,2 | Tommy | Staal | JC 18-08-94 | Delta Sport | Goes | 09-05-09 |
| 9.15,72 | Emiel | Admiraal | 30-09-90 | Trias | Amstelveen | 10-05-09 |
| 9.17,38 | Rik | Heijnen | 12-08-90 | Atletiek Helden | Maastricht | 31-05-09 |
| 9.20,4 | Eric | Roeloffs | 14-12-90 | LT Ed Sligchers | Naaldwijk | 14-05-09 |

(30)

| | | | | | | |
|---------|----------|--------------|-------------|---------------|-----------|----------|
| 9.20,6 | Niek den | Exter | JB 15-02-92 | Scheldesport | Terneuzen | 04-04-09 |
| 9.22,11 | Hidde | Bergman | JB 27-03-92 | Aquilo | Heerde | 27-05-09 |
| 9.22,4 | Lars | Paardekooper | JB 10-08-92 | AV '56 | Goes | 09-05-09 |
| 9.22,70 | Stephan | Breet | JB 07-01-92 | Flevo Delta | Heerde | 27-05-09 |
| 9.22,83 | Lars | Cazander | JB 29-11-92 | Hellas | Nijmegen | 12-05-09 |
| 9.23,29 | Tony | Mauritz | JB 19-07-92 | Haag Atletiek | Utrecht | 07-08-09 |
| 9.23,45 | Vincent | Maalderink | 20-08-91 | Hanzesport | Heerde | 27-05-09 |
| 9.24,47 | Wouter | Doesburg | JB 5-9-1992 | ASV Eibergen | Utrecht | 13-06-09 |
| 9.24,76 | Joran | Klaver | JC 21-02-94 | Hera | Almelo | 05-09-09 |
| 9.25,76 | Maico | Suijkerbuijk | JB 14-09-92 | THOR | Emmeloord | 26-06-09 |

(40)

| | | | | | | |
|---------|----------|-------|-------------|------------|-----------|----------|
| 9.26,33 | Niek | Aarts | 04-06-91 | ATV Venray | Apeldoorn | 03-07-09 |
| 9.27,13 | Gijs van | Roos | JB 21-01-92 | DAK | Vught | 21-05-09 |

| | | | | | |
|---------|----------|--------------|---------------------------|-------------|----------|
| 9.27,27 | Fenno | Polderman | JB 02-07-93 Clytoneus | Santpoort | 14-06-09 |
| 9.28,2 | Jeroen | Rodenburg | 27-04-91 Altis | Amersfoort | 31-03-09 |
| 9.28,66 | Remi van | Balen | 07-11-91 Hellas | Tuzla (BIH) | 19-09-09 |
| 9.29,7 | Tim | Suijkerbuijk | 15-10-91 Pijnenburg | Amersfoort | 31-03-09 |
| 9.29,74 | Michael | Kroon | 24-10-90 De Liemers | Apeldoorn | 03-07-09 |
| 9.29,97 | Wadie | Moussaoui | JC 05-03-94 Prins Hendrik | Apeldoorn | 03-07-09 |

5000 meter jongens-A

| | | | | | |
|----------|----------------|-------------|-----------------------------|----------------|----------|
| 14.29,47 | Jesper van der | Wielen | 02-08-91 Nijmegen Atletiek | Novi Sad (SRB) | 25-07-09 |
| 14.41,82 | Wesley | Pauel | 20-10-90 AV Castricum | Heusden (BEL) | 18-07-09 |
| 15.04,44 | Abdi | Saïd Hassan | 01-07-91 SV Veendam | Emmeloord | 28-06-09 |
| 15.05,56 | Wouter | Timmermans | 16-06-91 Unitas | Wageningen | 03-06-09 |
| 15.18,19 | Jeroen | Reintjes | 01-03-90 Atletico '73 | Wageningen | 03-06-09 |
| 15.31,55 | Timothy | Vergauwen | JB 25-03-92 LT Ed Sligchers | Wageningen | 18-09-09 |
| 15.34,64 | Nick van | Tol | 04-05-90 GAC-Hilversum | Oordegem (BEL) | 04-07-09 |
| 15.39,73 | Adriaan | Fransen | 08-06-90 AAC '61 | Wageningen | 03-06-09 |
| 15.50,72 | Melvin | Franken | 13-12-91 LT Ed Sligchers | Wageningen | 17-07-09 |
| 15.54,28 | Jeroen | Rodenburg | 27-04-91 Altis | Amersfoort | 21-06-09 |

(10)

| | | | | | |
|----------|-----------|--------------|--------------------------|------------|----------|
| 15.56,77 | Ruud | Boom | 03-01-91 Daventria | Wageningen | 26-06-09 |
| 15.59,80 | Rik | Heijnen | 12-08-90 Atletiek Helden | Wageningen | 03-06-09 |
| 16.01,7 | Thijs | Theunissen | 20-11-91 MPM | Hengelo | 18-06-09 |
| 16.07,00 | Vincent | Maalderink | 20-08-91 Hanzesport | Wageningen | 03-06-09 |
| 16.25,26 | Joeri | Wolf | 21-02-91 Flevo Delta | Nijmegen | 21-06-09 |
| 16.26,6 | Tim | Suijkerbuijk | 15-10-91 Pijnenburg | Amersfoort | 14-04-09 |
| 16.27,11 | Erik v.d. | Heijden | 20-12-91 Tilburg RR | Utrecht | 22-05-09 |
| 16.27,84 | Milan | Stawicki | JB 28-07-92 Gloria | Uden | 26-05-09 |
| 16.31,95 | Hans van | Hateren | JB 20-10-92 De Spartaan | Zwolle | 17-05-09 |
| 16.33,09 | Lex | Sinnige | JB 15-12-92 AV Weert | Utrecht | 04-09-09 |

(20)

| | | | | | |
|----------|--------------|------------|---------------------------|------------|----------|
| 16.35,24 | Roel | Wijmenga | JB 19-06-92 Unitas | Sittard | 21-06-09 |
| 16.35,57 | Koen | Veldhuis | 24-12-91 Athletics | Wageningen | 17-07-09 |
| 16.35,80 | Peter de | Vries | 09-10-90 Unitas | Veldhoven | 19-04-09 |
| 16.35,95 | Nick | Hoogedoorn | JC 11-06-94 Running 2000 | Utrecht | 22-05-09 |
| 16.38,50 | Sten van den | Thillart | 14-01-91 DAK | Veldhoven | 19-04-09 |
| 16.40,29 | Cornelis | Scheltinga | 29-04-91 Seven Hills RT | Wageningen | 17-07-09 |
| 16.42,95 | Frank | Futselaar | 16-07-91 Ciko '66 | Emmeloord | 28-06-09 |
| 16.42,95 | Edwin de | Vries | JB 11-12-92 AV Almere '81 | Heiloo | 14-08-09 |
| 16.43,01 | Michael | Kroon | 24-10-90 De Liemers | Nijmegen | 21-06-09 |
| 16.45,4 | Mitchell | Thiel | JC 11-07-94 Pijnenburg | Amersfoort | 14-04-09 |

(30)

| | | | | | |
|----------|--------|------------|------------------------|--------------|----------|
| 16.45,88 | Kasper | Neeleman | 11-12-91 AV Haarl'meer | Amsterdam | 19-04-09 |
| 16.46,34 | Camiel | Kruiswijk | 22-09-90 BAV | Utrecht | 04-09-09 |
| 16.47,44 | Martin | Lunenborg | 15-11-90 De Sperwers | Utrecht | 04-09-09 |
| 16.47,90 | Jens | Verschuren | 24-11-90 GAC-Gemert | Valkenswaard | 19-04-09 |

10.000 meter jongens-A

| | | | | | |
|----------|---------|------------|-----------------------|---------|----------|
| 31.25,82 | Wesley | Pauel | 20-10-90 AV Castricum | Utrecht | 14-06-09 |
| 32.28,50 | Wouter | Timmermans | 16-06-91 Unitas | Utrecht | 14-06-09 |
| 33.13,60 | Jeroen | Reintjes | 01-03-90 Atletico '73 | Utrecht | 14-06-09 |
| 33.24,89 | Adriaan | Fransen | 08-06-90 AAC '61 | Utrecht | 14-06-09 |

3000 meter snelwandelen jongens-A

| | | | | | |
|---------|-------|----------|-----------------|-----------|----------|
| 19.55,8 | Jordi | Huntjens | JD 22-05-95 RWV | Dordrecht | 12-09-09 |
|---------|-------|----------|-----------------|-----------|----------|

3000 meter steeple chase jongens-A

| | | | | | |
|----------|--------|-----------|----------------------------|------------|----------|
| 9.39,02 | Fabian | Fiege | 23-07-91 Achilles-Top | Den Haag | 17-05-09 |
| 10.11,27 | Emiel | Admiraal | 30-09-90 Trias | Castricum | 03-06-09 |
| 10.12,76 | Camiel | Kruiswijk | 22-09-90 BAV | Utrecht | 13-06-09 |
| 10.14,29 | Jeroen | Habers | 24-04-91 De Spartaan | Naaldwijk | 19-04-09 |
| 10.26,77 | Dion | Kramer | 30-07-90 Hylas | Emmeloord | 27-06-09 |
| 10.32,71 | Elmar | Ruiter | 12-04-90 AV Heerenveen | Utrecht | 13-06-09 |
| 10.33,30 | Arne | Mulder | 20-06-90 PEC 1910 | Ede | 20-09-09 |
| 10.41,81 | Tony | Mauritz | JB 01-01-92 Haag Atletiek | Nieuwegein | 20-09-09 |
| 10.41,92 | Erwin | Sneek | 05-05-91 Startbaan | Ede | 20-09-09 |
| 11.07,56 | Jordi | Klomp | JB 05-02-92 Nea-Volharding | Naaldwijk | 19-04-09 |

(10)

| | | | | | |
|----------|-----|--------|--------------------|-------------|----------|
| 11.21,79 | Tim | Bolink | JB 09-04-92 Hellas | Tuzla (BIH) | 19-09-09 |
|----------|-----|--------|--------------------|-------------|----------|

| | | | | | |
|----------|----------------|-----------|-------------------------|-----------|----------|
| 11,28,15 | Daan | Crombach | 12-10-91 Gen. Michaëlis | Best | 28-05-09 |
| 11,29,39 | Matthijs | Beerepoot | 07-11-90 Climax | Emmeloord | 27-06-09 |
| 11,29,69 | Gijs van | Rooij | JB 21-01-92 DAK | Ede | 17-05-09 |
| 11,51,55 | Daniel van der | Veen | 21-09-90 Lycurgus | Naaldwijk | 19-04-09 |
| 11,53,52 | Viktor | Beelen | 20-04-90 AV '56 | Groningen | 05-06-09 |

110 meter horden 99,1 cm jongens-A

| | | | | | |
|-------|----------------|----------|--------------------|----------------|----------|
| 14,46 | -0,4 Revelinho | Eind | 07-04-90 Jahn II | Emmeloord | 28-06-09 |
| 14,58 | -0,4 Robin | Oenema | 19-06-91 PEC 1910 | Emmeloord | 28-06-09 |
| 14,77 | -0,4 Jarno | Boutkam | 17-02-90 Hellas | Emmeloord | 28-06-09 |
| 14,80 | -0,2 Victor | Besters | 19-10-90 Spado | Oordegem (BEL) | 27-08-09 |
| 14,84 | -0,2 Wicher | Nijkamp | JB 29-01-92 Spado | Oordegem (BEL) | 27-08-09 |
| 14,92 | -1,1 Brian | Vriend | 20-05-90 Lycurgus | Emmeloord | 28-06-09 |
| 14,93 | -1,1 Thierry | Kruithof | 11-04-91 Startbaan | Emmeloord | 28-06-09 |
| 15,04 | -0,5 Pieter | Braun | JB 21-01-93 Sprint | Vught | 10-05-09 |
| 15,06 | -0,5 Mark | Jacobs | JB 20-04-92 GVAC | Vught | 10-05-09 |
| 15,11 | 1,0 Koen | Smet | JB 09-08-92 Phanos | Santpoort | 14-06-09 |

(10)

| | | | | | |
|-------|----------------|---------|---------------------------|----------------|----------|
| 15,11 | 0,6 Jord | Buiting | 06-05-91 KAV Holland | Mannheim (GER) | 14-06-09 |
| 15,13 | -0,5 Stijn van | Opstal | JB 23-03-92 Prins Hendrik | Vught | 10-05-09 |
| 15,14 | 1,7 Robin | Coops | 09-09-90 Hellas | Amersfoort | 30-08-09 |
| 15,17 | 0,3 Timo de | Water | 05-11-91 Ilion | Delft | 14-06-09 |
| 15,26 | -0,4 Justin | Cok | 22-02-90 AV '47 | Emmeloord | 28-06-09 |
| 15,27 | -1,0 Erik | Stevens | 11-03-91 Ilion | Bergen op Zoom | 06-09-09 |
| 15,32 | -0,1 Joep | Chatrou | 08-08-90 HAC | Helmond | 14-06-09 |
| 15,38 | 0,4 Tim | Dekker | JB 29-09-93 AV Gouda | Heerhugowaard | 10-05-09 |
| 15,41 | 1,0 Mike | Rumping | JB 01-01-92 Lycurgus | Santpoort | 14-06-09 |
| 15,51 | 0,5 Randy van | Geenen | 17-07-90 AV Almere '81 | Gemert | 24-05-09 |

(20)

| | | | | | |
|-------|--------------------|-------------|-------------------------|----------------|----------|
| 15,56 | -1,1 Jonathan | Gan | 12-12-90 Nea-Volharding | Emmeloord | 28-06-09 |
| 15,66 | 0,0 Wouter | Schuwer | 22-12-91 Scopias | Helmond | 14-06-09 |
| 15,79 | -0,6 Robin van der | Sanden | 12-02-91 Achilles-EL | Roosendaal | 02-07-09 |
| 15,82 | -1,1 Bjorn | Vennema | 19-11-90 AAC | Emmeloord | 28-06-09 |
| 15,84 | 0,0 Delano | Wouterse | JB 27-04-93 PAC | Delft | 14-06-09 |
| 15,88 | 1,1 Maarten | Vermeulen | 28-12-91 Unitas | Vught | 10-05-09 |
| 15,90 | -0,8 Joris | Hallegraeff | JB 23-03-93 Attila | Bergen op Zoom | 06-09-09 |
| 15,91 | 0,4 Koen van der | Lugt | 30-01-91 Fortuna | Heerhugowaard | 10-05-09 |
| 15,98 | 1,7 Thomas | Buters | JB 24-01-92 Suomi | Santpoort | 14-06-09 |
| 16,01 | 0,4 Alain | Bettonviel | 08-03-91 Attila | Best | 05-07-09 |

(30)

| | | | | | |
|-------|------------------|------------|------------------------|---------------|----------|
| 16,12 | 0,8 Matthijs | Beerepoot | 07-11-90 Climax | Wageningen | 17-07-09 |
| 16,17 | 1,7 Peter | Kuin | 11-01-90 Trias | Santpoort | 14-06-09 |
| 16,21 | 0,9 Joram | Knigge | 24-01-90 AV '23 | Best | 05-07-09 |
| 16,22 | 1,0 Joël van | Goor | 24-10-90 Hellas | Santpoort | 14-06-09 |
| 16,26 | -0,6 Alle | Koperdraad | 17-01-91 GAC-Hilversum | Amstelveen | 10-05-09 |
| 16,26 | 0,3 Stef van der | Schaaf | JB 26-12-92 VAV | Santpoort | 14-06-09 |
| 16,29 | -1,1 Wouter de | Roo | 08-03-91 Isala '96 | Emmeloord | 28-06-09 |
| 16,30 | 1,0 Stephan | Tijssen | 07-04-90 Startbaan | Amstelveen | 10-05-09 |
| 16,34 | 1,0 Tijs | Lips | 18-03-91 Suomi | Santpoort | 14-06-09 |
| 16,40 | 0,4 Norodin | Ty | 02-04-90 PAC | Heerhugowaard | 10-05-09 |

(40)

| | | | | | |
|-------|--------------|---------|------------------------|---------------|----------|
| 16,42 | 0,0 Alan | Diddens | 29-06-91 AV Gouda | Delft | 14-06-09 |
| 16,46 | 0,0 Ivo | Harms | 26-09-90 Fortuna | Best | 05-07-09 |
| 16,54 | 0,0 Gert-Jan | Procee | 12-07-91 Altis | Amstelveen | 10-05-09 |
| 16,68 | 0,4 Patrick | Geluk | 30-09-90 Ilion | Heerhugowaard | 10-05-09 |
| 16,75 | 1,7 Harry | Bontje | 26-01-90 GAC-Hilversum | Santpoort | 14-06-09 |
| 16,83 | -0,3 Bram | Popkema | JB 03-01-92 AV Gouda | Delft | 14-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--------------|--------|--------------------------|------------|----------|
| 15,55 | Harald-Peter | Bust | JB 03-06-92 Jahn II | Assen | 10-05-09 |
| 16,15 | Gaard van | Vugt | JB 18-03-93 Ciko '66 | Assen | 10-05-09 |
| 16,44 | Kir | Rosman | 05-12-90 Atl. Maastricht | Maastricht | 31-05-09 |
| 16,44 | Tom | Buys | 23-07-90 AV Zaanland | Zaandam | 05-07-09 |
| 16,73 | Thomas | Kok | 22-11-90 AAC '61 | Assen | 10-05-09 |

betere handtijden:

| | | | | | |
|------|-----------|--------|------------------------|-------------|----------|
| 15,2 | Randy van | Geenen | 17-01-90 AV Almere '81 | Almere | 05-04-09 |
| 16,6 | Dennis | Buys | 07-07-91 Avantri | Schoonhoven | 04-07-09 |

met teveel rugwind:

| | | | | | | |
|-------|-------|--------------|------|----------------------|-------|----------|
| 15,33 | w 3,1 | Harald-Peter | Bust | JB 03-06-92 Jahn II | Emmen | 14-06-09 |
| 15,74 | w 2,2 | Gaard van | Vugt | JB 18-03-93 Ciko '66 | Emmen | 14-06-09 |

200 meter horden 76,2 cm jongens-A

| | | | | | | |
|-------|------|--------|----------|-----------------|-----------|----------|
| 25,30 | 1,3 | Delano | Wouterse | JB 27-04-93 PAC | Utrecht | 10-07-09 |
| 26,88 | -1,4 | Bjorn | Vennema | 19-11-90 AAC | Hilversum | 13-09-09 |

geen windgegevens bekend:

met teveel rugwind:

| | | | | | | |
|-------|-------|----------|----------|--------------------|---------|----------|
| 26,94 | w 2,1 | Bodo | Verberkt | 16-12-91 Clytoneus | Utrecht | 10-07-09 |
| 27,09 | w 2,1 | Rens van | Dijk | 30-03-91 Altis | Utrecht | 10-07-09 |

400 meter horden 91,4 cm jongens-A

| | | | | | | |
|-------|------|--------------|-------------|---------------------------|--------------------|----------|
| 52,46 | | Jarno | Boutkam | 17-02-90 Hellas | Oordegem | 31-05-09 |
| 52,49 | | Revelinho | Eind | 07-04-90 Jahn II | Emmeloord | 26-06-09 |
| 53,62 | | Wouter | Schuwer | 22-12-91 Scopias | Nieuwegein | 20-09-09 |
| 53,74 | | Jesper | Arts | JB 02-04-92 LG Deurne | Vugt | 21-05-09 |
| 54,59 | | Justin | Cok | 22-02-90 AV '47 | Leiden | 13-06-09 |
| 55,22 | | Steven | Nuytinck | 28-01-91 AV '56 | Emmeloord | 26-06-09 |
| 55,48 | | Victor | Besters | 19-10-90 Spado | Nieuwegein | 20-09-09 |
| 55,61 | | Martijn | Bervoets | JB 04-03-92 De Keien | Nieuwegein | 20-09-09 |
| 56,18 | | Arne | Tveter | 23-11-90 Spark | Vugt | 21-05-09 |
| 56,84 | (10) | Dion | Kramer | 30-07-90 Hylas | Alkmaar | 03-07-09 |
| 57,05 | | Wesley | Zschöttche | JB 03-04-93 AV Zaanland | Alkmaar | 17-05-09 |
| 57,44 | | Koen | Smet | JB 09-08-92 Phanos | Hoorn | 23-05-09 |
| 58,51 | | Stijn van | Opstal | JB 23-03-92 Prins Hendrik | Krommenie | 21-06-09 |
| 58,80 | | Joram | Knigge | 24-01-90 AV '23 | Ede | 20-09-09 |
| 58,97 | | Maxim | Moinat | 20-03-91 AV Haarl'meer | Alkmaar | 17-05-09 |
| 59,14 | | Peter | Kuin | 11-01-90 Trias | Eindhoven | 08-05-09 |
| 59,42 | | Glenn | Luitwieler | 08-05-91 Dynamica | Sint Niklaas (BEL) | 21-05-09 |
| 59,77 | | Tim | Schellekens | 07-09-90 Atledo | Breda | 17-05-09 |
| 59,83 | | Erik-Jan van | Gelderen | 22-04-90 VAV | Emmeloord | 26-06-09 |
| 60,46 | (20) | Joep | Chatrou | 08-08-90 HAC | Ede | 17-05-09 |
| 60,63 | | Rens van | Dijk | 30-03-91 Altis | Utrecht | 22-05-09 |
| 60,95 | | Lars | Cazander | JB 29-11-92 Hellas | Nieuwegein | 17-05-09 |
| 61,04 | | Erwin | Sneek | 05-05-91 Startbaan | Ede | 20-09-09 |
| 61,98 | | Koen | Michielsen | 29-11-91 Gloria | Tilburg | 01-06-09 |
| 62,03 | | Bjorn | Vennema | 19-11-90 AAC | Utrecht | 04-09-09 |
| 62,22 | | Thomas | Donse | 23-08-90 AV Haarl'meer | Heiloo | 21-05-09 |
| 62,43 | | Tyko | Schook | JB 29-03-92 De Keien | Uden | 17-05-09 |
| 62,44 | | Daniël | Muilwijk | 14-05-91 Flevo Delta | Almelo | 17-05-09 |
| 62,82 | | Jonathan | Deloo | 13-05-91 De Spartaan | Emmeloord | 26-06-09 |
| 62,94 | (30) | Jelle | Meerman | 28-02-91 Fortuna | Nieuwegein | 17-05-09 |
| 63,69 | | Joren | Oosterlaken | 03-04-91 Sparta | Ede | 17-05-09 |
| 64,04 | | Rens | Krommendijk | JB 11-02-92 GAC-Hilversum | Drachten | 17-05-09 |
| 64,06 | | Nick | Bastiaanse | 14-04-91 Fortuna | Nieuwegein | 17-05-09 |
| 64,43 | | Bart | Bemthuis | 23-09-90 AV Haaksbergen | Almelo | 17-05-09 |
| 64,61 | | Tom | Hummel | JB 10-05-93 Achilles-EL | Breda | 17-05-09 |
| 64,94 | | Marcel | Visser | 27-11-91 Fit | Utrecht | 04-09-09 |
| 65,10 | | Thom | Heijnen | 19-06-90 Unitas | Ede | 17-05-09 |

betere handtijden:

| | | | | | | |
|------|--|------|--------|----------------|--------------|----------|
| 56,5 | | Dion | Kramer | 30-07-90 Hylas | Warmenhuizen | 19-06-09 |
|------|--|------|--------|----------------|--------------|----------|

hoogspringen jongens-A

| | | | | | | |
|------|------|--------------|------------|---------------------------|-----------------|----------|
| 2,07 | | Douwe-Jan | Amels | 16-09-91 Impala | Emmeloord | 27-06-09 |
| 2,02 | | Jasper | Heesbeen | JB 23-01-92 Prins Hendrik | Tilburg | 01-06-09 |
| 2,01 | | Sander | Maes | JB 21-12-92 Unitas | Huizingen (BEL) | 10-05-09 |
| 2,00 | | Pieter | Braun | JB 21-01-93 Sprint | Oss | 03-05-09 |
| 2,00 | | Leon | Tukker | JB 30-04-92 Typhoon | Emmeloord | 28-06-09 |
| 1,98 | | Harald-Peter | Bust | JB 03-06-92 Jahn II | Zoetermeer | 13-09-09 |
| 1,95 | | Ruben | Scholing | 22-09-91 PEC 1910 | Naaldwijk | 19-04-09 |
| 1,95 | | Johan | Schönebaum | JB 19-02-93 AV Gouda | Amsterdam | 31-05-09 |
| 1,95 | | Niels | Hanegraaf | 01-05-90 DJA | Tilburg | 01-06-09 |
| 1,95 | | Mitchell | Vereijken | 03-01-90 Gen. Michaëlis | Tilburg | 01-06-09 |
| 1,95 | (10) | Timo de | Water | 05-11-91 Ilion | Emmeloord | 27-06-09 |
| 1,95 | | Niels | Jansen | JB 18-04-92 MPM | Zwolle | 29-08-09 |

| | | | | | |
|---------------------------------------|-----------------------|-------------|-----------------------------|----------------------|----------------------|
| 1,95 | Roy van | Meel | 20-03-90 Ilion | Bergen op Zoom | 06-09-09 |
| 1,92 | Sjoerd | Dekker | JB 22-02-92 Noordkop | Krommenie | 05-07-09 |
| 1,92 | Robin | Coops | 09-09-90 Hellas | Tuzla (BIH) | 19-09-09 |
| 1,92 | Mark | Jacobs | JB 20-04-92 GVAC | Enschede | 20-09-09 |
| 1,91 | Randy van | Geenen | 17-07-90 AV Almere '81 | Lisse | 06-06-09 |
| 1,91 | Joost | Ketel | JC 21-05-94 Achilles-EL | Papendrecht | 06-06-09 |
| 1,91 | Daniël | Leyba | JB 29-11-93 Haag Atletiek | Emmeloord | 28-06-09 |
| 1,91 | Quincy van | Driesten | JB 08-07-93 Altis | Emmeloord | 28-06-09 |
| (20) | | | | | |
| 1,90 | Geoffrey van den Berg | | 26-11-91 Startbaan | Amsterdam | 19-04-09 |
| 1,90 | Rens van | Dijk | 30-03-91 Altis | Amsterdam | 19-04-09 |
| 1,90 | Martijn | Praamsma | 15-01-90 Startbaan | Amsterdam | 19-04-09 |
| 1,90 | Koen | Amse | 23-04-90 DEM | Amsterdam | 19-04-09 |
| 1,90 | Roland van | Zuilen | 03-04-91 AV Gouda | Zutphen | 19-04-09 |
| 1,90 | Geert | Heesters | JB 28-10-92 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 1,90 | Jethro | Obot | JC 13-02-94 Haag Atletiek | Beverwijk | 03-05-09 |
| 1,90 | Geoffrey van | Dipten | 27-11-91 Climax | Assen | 10-05-09 |
| 1,90 | Anders van | Riesen | 01-10-90 AV Argo | Assen | 10-05-09 |
| 1,90 | Alain | Bettonviel | 08-03-91 Attila | Ede | 17-05-09 |
| (30) | | | | | |
| 1,90 | Ricardo | Verheijen | 28-02-91 De Gemzen | Gemert | 23-05-09 |
| 1,90 | Joram | Knigge | 24-01-90 AV '23 | Amstelveen | 31-05-09 |
| 1,90 | Wesley | Zschöttche | JB 03-04-93 AV Zaanland | Zaandam | 05-07-09 |
| 1,86 | Erik | Stevens | 11-03-91 Ilion | Lisse | 09-05-09 |
| 1,86 | Joris | Hallegraeff | JB 23-03-93 Attila | Enschede | 20-09-09 |
| 1,85 | Mathijs van | Gageldonk | 22-05-91 Atledo | Vught | 05-04-09 |
| 1,85 | Stef van der | Schaaf | JB 26-12-92 VAV | Amersfoort | 13-04-09 |
| 1,85 | Robin van der | Sanden | 12-02-91 Achilles-EL | Breda | 14-04-09 |
| 1,85 | Jeroen van | Kaam | 16-10-90 Sprint | Breda | 14-04-09 |
| 1,85 | Timo | Looijen | JC 07-07-94 AC Waterland | Haarlem | 18-04-09 |
| (40) | | | | | |
| 1,85 | Fabian | Wolsink | JB 28-05-93 AC TION | Enschede | 03-05-09 |
| 1,85 | Bas | Zwartelé | JB 19-06-92 Sprint | Vught | 10-05-09 |
| 1,85 | Jelmer van der | Sande | JB 10-11-93 Prins Hendrik | Vught | 10-05-09 |
| 1,85 | Jelle | Venema | JB 27-11-93 Suomi | Alkmaar | 17-05-09 |
| 1,85 | Lennox | Vellema | JB 15-01-93 Lycurgus | Amstelveen | 01-06-09 |
| 1,85 | Robin | Bak | JB 16-02-92 Nea-Volharding | Amstelveen | 01-06-09 |
| 1,85 | Yannick | Hurkmans | JB 21-03-92 Olympus '70 | Delft | 14-06-09 |
| 1,85 | Matisse de | Boer | JB 28-09-93 Horror | Groningen | 19-06-09 |
| 1,85 | Vincent | Koehorst | JB 02-03-93 AC TION | Groningen | 13-09-09 |
| 1,85 | Bas | Huijben | 09-05-91 Attila | Ede | 20-09-09 |
| (50) | | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 1,90 | o | Mathijs van | Gageldonk | 22-05-91 Atledo | Dongen 26-09-09 |
| 1,90 | o | Bas | Kentie | JB 11-01-93 Fortuna | Vlaardingen 04-10-09 |
| 1,90 | o | Yoeri | Stieglis | 06-06-90 Phanos | Amsterdam 04-10-09 |
| 1,85 | o | Kjell | Wolters | JC 18-04-94 PEC 1910 | Zwolle 26-09-09 |
| 1,85 | o | Jorn | Reedijk | 14-05-91 AV '40 | Delft 04-10-09 |
| polsstokhoogspringen jongens-A | | | | | |
| 4,60 | Timo de | Water | 05-11-91 Ilion | Vught | 21-05-09 |
| 4,43 | Patrick | Geluk | 30-09-90 Ilion | Oordegem (BEL) | 04-07-09 |
| 4,40 | Victor | Besters | 19-10-90 Spado | Bergen op Zoom | 06-09-09 |
| 4,30 | Bryan | Hage | JB 19-12-92 Ilion | Lisse | 09-05-09 |
| 4,20 | Brian | Vriend | 20-05-90 Lycurgus | Amstelveen | 10-05-09 |
| 4,20 | Tom | Roetman | JB 07-02-93 GAC-Hilversum | Enschede | 19-09-09 |
| 4,00 | Raymond | Oonincx | 18-06-91 Sprint | Helmond | 14-06-09 |
| 4,00 | Randy van | Geenen | 17-07-90 AV Almere '81 | Amersfoort | 30-08-09 |
| 3,90 | Rutger | Koppelaar | JB 01-05-93 Unitas | Sittard | 07-06-09 |
| 3,90 | Roy van | Schendel | JB 16-01-92 Prins Hendrik | Sittard | 07-06-09 |
| (10) | | | | | |
| 3,90 | Sander | Kil | JB 02-09-92 Sprint | Tilburg | 01-07-09 |
| 3,90 | Mark | Jacobs | JB 20-04-92 GVAC | Best | 04-07-09 |
| 3,90 | Robin | Coops | 09-09-90 Hellas | Bergen op Zoom | 06-09-09 |
| 3,90 | Ewald | Koekkoek | 15-01-90 GAC-Hilversum | Bergen op Zoom | 06-09-09 |
| 3,86 | Rowan | Smal | 08-07-91 Nea-Volharding | Emmeloord | 28-06-09 |

Statistisch jaarboek 2009

| | | | | | | |
|------|------|---------------------------------|-------------|-----------------------------|----------------|----------|
| 3,80 | | Sam | Kranse | JB 11-09-92 PAC | Amsterdam | 31-05-09 |
| 3,80 | | Bart van der | Pasch | JB 24-05-92 Gen. Michaëlis | Enschede | 19-09-09 |
| 3,76 | | Ivo | Harms | 26-09-90 Fortuna | Emmeloord | 28-06-09 |
| 3,70 | | Alain | Bettonviel | 08-03-91 Attila | Gemert | 24-05-09 |
| 3,70 | | Joram | Knigge | 24-01-90 AV '23 | Best | 05-07-09 |
| | (20) | | | | | |
| 3,65 | | Mathijs van | Dijk | JB 11-11-93 GAC-Hilversum | Emmeloord | 27-06-09 |
| 3,60 | | Stephan | Tijssen | 07-04-90 Startbaan | Amsterdam | 19-04-09 |
| 3,60 | | Dennis | Coehoorn | JB 27-09-92 AC TION | Assen | 10-05-09 |
| 3,60 | | Olav | Harmelwaard | 20-06-91 Nea-Volharding | Zeist | 17-05-09 |
| 3,60 | | Pieter | Braun | JB 21-01-93 Sprint | Gemert | 23-05-09 |
| 3,60 | | Ricardo | Geluk | 22-09-91 Ilion | Tilburg | 01-07-09 |
| 3,60 | | Michael | Herijgers | 22-05-90 DJA | Tilburg | 01-07-09 |
| 3,60 | | Bas | Huijben | 09-05-91 Attila | Bergen op Zoom | 06-09-09 |
| 3,60 | | Rens | Krommendijk | JB 11-02-92 GAC-Hilversum | Enschede | 19-09-09 |
| 3,50 | | Dennis | Veenker | JB 23-08-92 Impala | Harderwijk | 21-06-09 |
| | (30) | | | | | |
| 3,50 | | Jeroen | Heyster | 10-07-91 PAC | Spijkenisse | 05-07-09 |
| 3,50 | | Cliff | Ellsworth | JB 17-04-93 Lycurgus | Enschede | 19-09-09 |
| 3,40 | | Clim de | Vor | JB 11-03-93 GAC-Hilversum | Almere | 05-04-09 |
| 3,40 | | Alle | Koperdraad | 17-01-91 GAC-Hilversum | Almere | 05-04-09 |
| 3,40 | | Geoffrey van | Dipten | 27-11-91 Climax | Assen | 10-05-09 |
| 3,40 | | Lennart van | Sluis | JB 21-01-92 Typhoon | Delft | 14-06-09 |
| 3,40 | | Ferry van | Dipten | JB 28-02-93 Climax | Zaandam | 04-07-09 |
| 3,40 | | Menno | Vloon | JC 11-05-94 Lycurgus | Amsterdam | 23-08-09 |
| 3,40 | | Joram van | Leeuwen | JB 21-05-93 AAC '61 | Zwolle | 29-08-09 |
| 3,30 | | Michael | Ketting | 08-04-91 Fortuna | Vlaardingen | 29-03-09 |
| | (40) | | | | | |
| 3,30 | | Ricardo | Verheijen | 28-02-91 De Gemzen | Kampen | 22-04-09 |
| 3,30 | | Martijn | Rutgers | JB 13-05-92 AAC | Gemert | 23-05-09 |
| 3,30 | | Robin | Bak | JB 16-02-92 Nea-Volharding | Amstelveen | 31-05-09 |
| 3,30 | | Mart | Overbeek | JB 03-03-92 Avantri | Schoonhoven | 04-07-09 |
| 3,30 | | Robin | Scholten | JB 03-11-92 AV Wijchen | Best | 04-07-09 |
| 3,30 | | Sven | Visser | JB 14-12-92 AV Wijchen | Best | 04-07-09 |
| 3,30 | | Luuk de | Vos | JC 06-01-94 R' dam Atletiek | Amsterdam | 23-08-09 |
| 3,30 | | Nils | Stok | JC 04-06-94 PAC | Almelo | 05-09-09 |
| | | <i>in onderlinge wedstrijd:</i> | | | | |
| 3,41 | o | Lennart van | Sluis | JB 21-01-92 Typhoon | Gorinchem | 17-10-09 |
| 3,35 | o | Mart | Overbeek | JB 03-03-92 Avantri | Schoonhoven | 03-10-09 |
| | | verspringen jongens-A | | | | |
| 7,17 | 0,6 | Mark | Jacobs | JB 20-04-92 GVAC | Emmeloord | 26-06-09 |
| 7,10 | 0,5 | Bram | Ruissen | 18-02-90 Ciko '66 | Göteborg (SWE) | 02-08-09 |
| 7,09 | -3,4 | Tom | Buys | 23-07-90 AV Zaanland | Amsterdam | 19-04-09 |
| 7,08 | 0,7 | Stefan de | Vries | JB 18-10-92 Altis | Emmeloord | 26-06-09 |
| 7,04 | 1,7 | Brian | Vriend | 20-05-90 Lycurgus | Lisse | 06-06-09 |
| 7,04 | 2,0 | Yoeri | Stieglis | 06-06-90 Phanos | Emmeloord | 26-06-09 |
| 6,94 | -0,9 | Kjell | Wolters | JC 18-04-94 PEC 1910 | Göteborg (SWE) | 02-08-09 |
| 6,91 | 2,0 | Pieter | Braun | JB 21-01-93 Sprint | Emmeloord | 26-06-09 |
| 6,90 | 0,7 | Stijn van | Opstal | JB 23-03-92 Prins Hendrik | Vught | 21-05-09 |
| 6,85 | 1,7 | Robin | Coops | 09-09-90 Hellas | Lisse | 06-06-09 |
| | (10) | | | | | |
| 6,79 | 1,8 | Harald-Peter | Bust | JB 03-06-92 Jahn II | Emmeloord | 26-06-09 |
| 6,74 | 1,5 | Erik | Stevens | 11-03-91 Ilion | Amersfoort | 13-04-09 |
| 6,73 | 1,3 | Olaf van der | Geest | JB 29-09-92 De Keien | Gemert | 23-05-09 |
| 6,72 | 1,6 | Timo de | Water | 05-11-91 Ilion | Emmeloord | 26-06-09 |
| 6,71 | 0,3 | Thomas | Hartman | 11-05-91 Clytoneus | Krommenie | 21-06-09 |
| 6,59 | 1,4 | Robin | Lagrand | 15-02-91 Lycurgus | Emmeloord | 26-06-09 |
| 6,57 | 0,4 | Elgin | Herfst | 21-06-91 PAC | Emmeloord | 26-06-09 |
| 6,55 | 0,3 | Jasper | Kranendonk | 20-03-91 Typhoon | Emmeloord | 26-06-09 |
| 6,54 | 0,1 | Wik | Breure | JB 08-01-92 Pijnenburg | Emmeloord | 26-06-09 |
| 6,52 | 0,2 | Bart | Latour | 15-05-91 AV Almere '81 | Emmeloord | 26-06-09 |
| | (20) | | | | | |
| 6,51 | 1,6 | Mike | Rumping | JB 01-01-92 Lycurgus | Krommenie | 03-05-09 |
| 6,51 | 0,2 | Tom | Roetman | JB 07-02-93 GAC-Hilversum | Harderwijk | 21-06-09 |
| 6,51 | 1,1 | Gavan | Koekkoek | JC 18-02-94 PAC | Amsterdam | 23-08-09 |

| | | | | | |
|------|----------------------|------------|--------------------------|----------------|----------|
| 6,50 | 0,0 Pascal van | Balen | 06-03-90 Hellas | Utrecht | 13-06-09 |
| 6,42 | 1,7 Randy van | Geenen | 17-07-90 AV Almere '81 | Lisse | 06-06-09 |
| 6,42 | 1,0 Niels de | Graaf | JB 28-02-92 Atverni | Emmeloord | 26-06-09 |
| 6,38 | 0,2 Filip van der | Hoven | JC 04-08-94 Hera | Enschede | 19-09-09 |
| 6,43 | 1,0 Daniël | Oldenstam | JB 31-08-93 Fortuna | Den Haag | 07-06-09 |
| 6,34 | 1,2 Ben 't | Hart | JB 22-02-93 Sparta | Groningen | 13-09-09 |
| 6,33 | 1,5 Tjeerd | Visser | 31-10-91 HAC | Tilburg | 01-06-09 |
| (30) | | | | | |
| 6,33 | 1,1 Igor | Smits | JB 15-04-93 Hollandia | Nieuwegein | 20-09-09 |
| 6,28 | -0,7 Koen de | Jong | JC 08-04-94 AV Wijchen | Enschede | 20-06-09 |
| 6,26 | 0,3 Joeri van der | Hoof | JB 08-09-93 De Wielingen | Hulst | 01-06-09 |
| 6,26 | 1,9 Bjorn | Vennema | 19-11-90 AAC | Lisse | 06-06-09 |
| 6,24 | -0,1 Victor | Besters | 19-10-90 Spado | Dilbeek (BEL) | 08-08-09 |
| 6,23 | 1,4 Christiaan | Meilink | JB 08-09-92 PAC | Den Haag | 07-06-09 |
| 6,21 | 1,5 Geoffrey van den | Berg | 26-11-91 Startbaan | Bergen op Zoom | 06-09-09 |
| 6,20 | 1,1 Mathijs | Huisman | JB 02-11-92 Passaat | Oss | 03-05-09 |
| 6,18 | 1,6 Alain | Bettonviel | 08-03-91 Attila | Tilburg | 01-06-09 |
| 6,16 | 1,0 Wicher | Nijkamp | JB 29-01-92 Spado | Bergen op Zoom | 06-09-09 |

(40)

geen windgegevens bekend:

| | | | | | |
|------|---------------|--------------|-----------------------------|---------------|----------|
| 7,19 | Geraldo | Hiwat | 14-02-91 AAC | Sparks (USA) | 03-04-09 |
| 6,82 | Kelvin | Tairou | JC 02-04-95 THOR | Terneuzen | 18-04-09 |
| 6,78 | Thomas | Hartman | 05-11-91 Clytoneus | Gouda | 21-05-09 |
| 6,72 | Robin | Lagrand | 15-02-91 Lycurgus | Heiloo | 21-05-09 |
| 6,64 | Martijn | Reus | 23-01-90 Sprint | Breda | 19-09-09 |
| 6,61 | Wik | Breure | JB 08-01-92 Pijnenburg | Haarlem | 07-06-09 |
| 6,57 | Jasper | Kranendonk | 20-03-91 Typhoon | Heerhugowaard | 10-05-09 |
| 6,56 | Roland van | Zuilen | 03-04-91 AV Gouda | Heerhugowaard | 10-05-09 |
| 6,48 | Lennox | Vellema | JB 15-01-93 Lycurgus | Amstelveen | 31-05-09 |
| 6,41 | Filip van der | Hoven | JC 04-08-94 Hera | Amsterdam | 23-08-09 |
| 6,37 | Bas van den | Bergh | JB 15-06-92 Scopias | Best | 04-07-09 |
| 6,37 | Joeri van der | Hoof | JB 08-09-93 De Wielingen | Oostburg | 11-07-09 |
| 6,31 | Sipke | Groos | 12-11-91 Impala | Zutphen | 19-04-09 |
| 6,30 | Wesley | Goedegebuure | 28-09-91 Unitas | Helmond | 02-07-09 |
| 6,27 | Steven | Nuytinck | 28-01-91 AV '56 | Roosendaal | 02-07-09 |
| 6,26 | Ivo | Harms | 26-09-90 Fortuna | Vlaardingen | 29-03-09 |
| 6,22 | Reinier | Bliet | 07-02-91 AV Gouda | Delft | 14-06-09 |
| 6,21 | Stephan | Tijssen | 07-04-90 Startbaan | Amersfoort | 21-06-09 |
| 6,18 | Sean | Alvarado | JB 06-08-93 R' dam Atletiek | Gouda | 21-05-09 |

met teveel rugwind:

| | | | | | |
|------|-----------------|------------|---------------------|----------------|----------|
| 6,99 | w 2,6 Timo de | Water | 05-11-91 Ilion | Emmeloord | 26-06-09 |
| 6,98 | w 2,7 Erik | Stevens | 11-03-91 Ilion | Bergen op Zoom | 06-09-09 |
| 6,87 | w 3,8 Robin | Coops | 09-09-90 Hellas | Nijmegen | 22-05-09 |
| 6,46 | w 2,3 Wicher | Nijkamp | JB 29-01-92 Spado | Bergen op Zoom | 06-09-09 |
| 6,43 | w 2,3 Daniël | Oldenstam | JB 31-08-93 Fortuna | Den Haag | 07-06-09 |
| 6,35 | w 2,1 Jorn | Reedijk | 14-05-91 AV '40 | Nieuwegein | 20-09-09 |
| 6,20 | w 2,3 Bas | Huijben | 09-05-91 Attila | Lisse | 06-06-09 |
| 6,19 | w 2,7 Ferry van | Dipten | JB 28-02-93 Climax | Enschede | 03-05-09 |
| 6,15 | w 2,7 Jan | Westerdiep | JB 15-01-93 Phanos | Amsterdam | 08-08-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|------------|--------------|---------------------|-------------|----------|
| 6,68 | o Ben 't | Hart | JB 22-02-93 Sparta | Den Haag | 04-10-09 |
| 6,52 | o Wesley | Goedegebuure | 28-09-91 Unitas | Sittard | 27-09-09 |
| 6,31 | o Ivo | Harms | 26-09-90 Fortuna | Vlaardingen | 03-10-09 |
| 6,30 | o Bas | Kentie | JB 11-01-93 Fortuna | Vlaardingen | 03-10-09 |
| 6,28 | o Robbert | Lommelen | JB 13-11-92 Unitas | Sittard | 27-09-09 |
| 6,25 | o Neal | Karremans | 20-11-90 Sparta | Den Haag | 04-10-09 |
| 6,15 | o Rens van | Dijk | 30-03-91 Altis | Amersfoort | 03-10-09 |

hink-stap-sprong jongens-A

| | | | | | |
|-------|-------------------|------------|--------------------------|------------|----------|
| 14,61 | 1,6 Pascal van | Balen | 06-03-90 Hellas | Amsterdam | 01-08-09 |
| 14,23 | 1,6 Timo de | Water | 05-11-91 Ilion | Emmeloord | 28-06-09 |
| 14,18 | 0,3 Pieter | Braun | JB 21-01-93 Sprint | Emmeloord | 27-06-09 |
| 13,91 | 0,9 Wik | Breure | JB 08-01-92 Pijnenburg | Amstelveen | 10-05-09 |
| 13,65 | 0,5 Jasper | Kranendonk | 20-03-91 Typhoon | Emmeloord | 28-06-09 |
| 13,58 | 0,8 Joeri van der | Hoof | JB 08-09-93 De Wielingen | Emmeloord | 27-06-09 |
| 13,40 | 1,1 Harald-Peter | Bust | JB 03-06-92 Jahn II | Emmeloord | 27-06-09 |

| | | | | | |
|-------|-----------------------------------|-------------|----------------------------|----------------|----------|
| 13,38 | 0,2 Kingsley | Yeboah | 18-12-91 PAC | Emmeloord | 28-06-09 |
| 13,21 | 1,8 Tjeerd | Visser | 31-10-91 HAC | Emmeloord | 28-06-09 |
| 13,17 | 0,8 Joram | Knigge | 24-01-90 AV '23 | Emmeloord | 28-06-09 |
| | (10) | | | | |
| 12,88 | 1,2 Almo | Daved | JB 24-05-92 AAC | Amstelveen | 10-05-09 |
| 12,87 | 0,7 Storm | Potkamp | JB 15-03-93 Ciko '66 | Emmeloord | 27-06-09 |
| 12,77 | 0,0 Tim | Schellekens | 07-09-90 Atledo | Zevenbergen | 21-06-09 |
| 12,75 | 0,0 Wenis | Mejri-Blom | 02-12-91 Spark | Heerhugowaard | 10-05-09 |
| 12,71 | 0,3 Koen | Amse | 23-04-90 DEM | Huizen | 21-06-09 |
| 12,68 | 0,6 Bas | Lok | 12-02-90 Lycurgus | Emmeloord | 28-06-09 |
| 12,65 | 1,0 Ben 't | Hart | JB 22-02-93 Sparta | Emmeloord | 27-06-09 |
| 12,53 | 1,1 Olaf van der | Geest | JB 29-09-92 De Keien | Emmeloord | 27-06-09 |
| 12,53 | 1,7 Laurens | Holst | 11-03-90 Startbaan | Bergen op Zoom | 06-09-09 |
| 12,49 | 0,8 Joey | Blangé | 04-09-91 Spirit-OB | Zevenbergen | 21-06-09 |
| | (20) | | | | |
| 12,46 | 2,0 Simon | Blik | JB 07-08-92 AV Gouda | Emmeloord | 27-06-09 |
| 12,38 | 0,5 Harm | Heesbeen | 06-05-90 Prins Hendrik | Vught | 10-05-09 |
| 12,35 | 1,1 Koen | Michielsen | 29-11-91 Gloria | Zevenbergen | 21-06-09 |
| 12,28 | 0,4 Bodo | Verberkt | 16-12-91 Clytoneus | Santpoort | 14-06-09 |
| 12,28 | 0,9 Marco | Jansen | 14-08-90 Pijnenburg | Huizen | 21-06-09 |
| 12,24 | 1,7 Berend | Reichman | 01-01-91 GAC-Hilversum | Emmeloord | 28-06-09 |
| 12,18 | 0,2 Geoffrey van den | Berg | 26-11-91 Startbaan | Amstelveen | 10-05-09 |
| 12,17 | 0,9 Bas van den | Bergh | JB 15-06-92 Scopias | Valkenswaard | 19-04-09 |
| 12,10 | 0,7 Martijn | Rutgers | JB 13-05-92 AAC | Emmeloord | 27-06-09 |
| 12,06 | -0,1 Wouter | Blok | 06-02-91 Leiden Atletiek | Amersfoort | 21-06-09 |
| | (30) | | | | |
| 12,04 | 1,5 Bren Simon | Meijer | JB 05-01-93 Nea-Volharding | Amsterdam | 31-05-09 |
| | <i>geen windgegevens bekend:</i> | | | | |
| 13,21 | Thomas | Hartman | 11-05-91 Clytoneus | Zwolle | 17-05-09 |
| 13,12 | Martijn | Hagoort | 24-12-90 Ilion | Naaldwijk | 14-05-09 |
| 13,05 | Olaf van der | Geest | JB 29-09-92 De Keien | Tilburg | 01-06-09 |
| 13,03 | Mark | Jacobs | JB 20-04-92 GVAC | Tilburg | 01-06-09 |
| 12,94 | Bas van den | Bergh | JB 15-06-92 Scopias | Zevenbergen | 21-06-09 |
| 12,66 | Ben 't | Hart | JB 22-02-93 Sparta | Groningen | 13-09-09 |
| 12,65 | Jasper | Heesbeen | JB 23-01-92 Prins Hendrik | Tilburg | 01-06-09 |
| 12,43 | Mitchell | Vereijken | 03-01-90 Gen. Michaëlis | Tilburg | 01-06-09 |
| 12,23 | Coen | Lauwers | 09-11-90 AV Reusel '69 | Zevenbergen | 21-06-09 |
| 12,21 | Wouter | Blok | 06-02-91 Leiden Atletiek | Leiden | 08-07-09 |
| 12,11 | Nick | Bastiaanse | 14-04-91 Fortuna | Spijkenisse | 19-04-09 |
| 12,09 | Marijn | Wouters | 22-08-90 Statina | Amersfoort | 04-07-09 |
| 12,07 | Branco van | Minnen | JB 19-01-92 SISU | Emmen | 14-06-09 |
| 12,05 | Bren Simon | Meijer | JB 05-01-93 Nea-Volharding | Heiloo | 03-05-09 |
| 12,04 | Igor | Smits | JB 15-04-93 Hollandia | Alkmaar | 24-04-09 |
| | <i>met teveel rugwind:</i> | | | | |
| 13,48 | w 2,6 Kingsley | Yeboah | 18-12-91 PAC | Emmeloord | 28-06-09 |
| 13,38 | w 3,5 Martijn | Hagoort | 24-12-90 Ilion | Bergen op Zoom | 06-09-09 |
| 13,31 | w 4,0 Tjeerd | Visser | 31-10-91 HAC | Veldhoven | 19-04-09 |
| 12,87 | w 3,2 Bas | Lok | 12-02-90 Lycurgus | Emmeloord | 28-06-09 |
| 12,80 | w 2,1 Ben 't | Hart | JB 22-02-93 Sparta | Den Haag | 07-06-09 |
| 12,72 | w 2,9 Laurens | Holst | 11-03-90 Startbaan | Bergen op Zoom | 06-09-09 |
| 12,61 | w 2,2 Stephan | Tijssen | 07-04-90 Startbaan | Amsterdam | 19-04-09 |
| | kogelstoten 6 kg jongens-A | | | | |
| 19,11 | Robert-Jan | Vos | 20-06-90 AV Weert | Leiden | 13-06-09 |
| 17,06 | Thierry | Kruithof | 11-04-91 Startbaan | Emmeloord | 27-06-09 |
| 15,13 | Roland van | Zuilen | 03-04-91 AV Gouda | Gouda | 28-08-09 |
| 14,77 | Kay | Olofsen | 17-04-91 SAV | Krommenie | 05-07-09 |
| 14,69 | Remco | Goetheer | JB 05-10-92 Passaat | Utrecht | 04-09-09 |
| 14,42 | Bas | Vos | 03-08-91 PEC 1910 | Emmen | 14-06-09 |
| 14,38 | Lars | Timmerman | 19-04-91 Spado | Vught | 10-05-09 |
| 14,23 | Stephan | Wapperom | 11-12-90 Parthenon | Krommenie | 24-10-09 |
| 14,22 | Brian | Vriend | 20-05-90 Lycurgus | Lisse | 06-06-09 |
| 13,70 | Jorn | Reedijk | 14-05-91 AV '40 | Heerhugowaard | 10-05-09 |
| | (10) | | | | |
| 13,27 | Arnoud | Damsteegt | 23-04-91 AAC '61 | Emmen | 14-06-09 |
| 13,18 | Dennis | Barnhoorn | 08-09-91 Trias | Lisse | 06-09-09 |

| | | | | | | | |
|---------------------------------------|-------------|-----------------------|-------------|-----------------|-------------------|----------------|----------|
| 13,09 | Nicolai | Versloot | JB 16-01-92 | Phanos | Santpoort | 14-06-09 | |
| 12,78 | Guido | Bakker | 05-02-90 | Leiden Atletiek | Heerhugowaard | 10-05-09 | |
| 12,60 | Glenn | Dutrieux | 04-04-90 | Spado | Tilburg | 01-06-09 | |
| 12,53 | Tim | Schellekens | 07-09-90 | Atledo | Reusel | 28-06-09 | |
| 12,47 | Anner | Kroon | 31-08-90 | Lycurgus | Helsingborg (SWE) | 11-07-09 | |
| 12,44 | Erik | Zonneveld | 26-11-90 | Hellas | Amstelveen | 10-05-09 | |
| 12,42 | Joeri | Coolen | 05-04-91 | Attila | Vught | 10-05-09 | |
| 12,31 | Sven | Kooiman | JB 30-01-92 | Clytoneus | Bergen op Zoom | 06-09-09 | |
| (20) | | | | | | | |
| 12,30 | Lennox | Vellema | JB 15-01-93 | Lycurgus | Amstelveen | 10-05-09 | |
| 12,27 | Thomas | Zaw | 01-11-90 | Groningen Atl | Steenwijk | 11-10-09 | |
| 12,25 | Dirk van de | Wouw | 11-11-90 | HAC | Vught | 10-05-09 | |
| 12,22 | Ricardo | Verheijen | 28-02-91 | De Gemzen | Epe | 08-04-09 | |
| 12,14 | Stephan | Tijssen | 07-04-90 | Startbaan | Bergen op Zoom | 06-09-09 | |
| 12,12 | Thomas | Hoogerbrugge | JB 15-02-93 | Lycurgus | Bergen op Zoom | 06-09-09 | |
| 12,07 | Hans | Verheijde | 16-11-90 | Ilion | Zoetermeer | 05-04-09 | |
| 12,06 | Joshua | Geerlings | 24-07-90 | PAC | Heerhugowaard | 10-05-09 | |
| 12,05 | Joey | Blangé | 04-09-91 | Spirit-OB | Schoonhoven | 04-07-09 | |
| 12,03 | Bart ter | Huurne | 21-11-90 | ATV Venray | Venlo | 09-09-09 | |
| (30) | | | | | | | |
| 12,02 | Victor | Besters | 19-10-90 | Spado | Oordegem (BEL) | 26-09-09 | |
| 11,93 | Bjorn | Vennema | 19-11-90 | AAC | Amersfoort | 29-08-09 | |
| 11,88 | Randy van | Geenen | 17-07-90 | AV Almere '81 | Lisse | 06-06-09 | |
| 11,85 | Alle | Koperdraad | 17-01-91 | GAC-Hilversum | Amersfoort | 13-04-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | | |
| 12,36 | o | Yoeri | Stieglis | 06-06-90 | Phanos | Amsterdam | 04-10-09 |
| discuswerpen 1,75 kg jongens-A | | | | | | | |
| 52,43 | Roland van | Zuilen | 03-04-91 | AV Gouda | Emmeloord | 27-06-09 | |
| 48,33 | Thierry | Kruithof | 11-04-91 | Startbaan | Emmeloord | 27-06-09 | |
| 46,28 | Thomas | Zaw | 01-11-90 | Groningen Atl | Groningen | 19-06-09 | |
| 45,35 | Robert-Jan | Vos | 20-06-90 | AV Weert | Maastricht | 31-05-09 | |
| 44,80 | Nicolai | Versloot | JB 16-01-92 | Phanos | Santpoort | 14-06-09 | |
| 43,11 | Stephan | Wapperom | 11-12-90 | Parthenon | Papendrecht | 29-08-09 | |
| 42,18 | Bas | Vos | 03-08-91 | PEC 1910 | Harderwijk | 19-09-09 | |
| 41,94 | Maxime | Wang | 06-12-90 | Nea-Volharding | Heiloo | 21-05-09 | |
| 41,42 | Anner | Kroon | 31-08-90 | Lycurgus | Lisse | 28-08-09 | |
| 40,51 | Stefan | Hummelink | 29-10-90 | AV Haaksbergen | Hengelo | 18-06-09 | |
| (10) | | | | | | | |
| 39,72 | Kay | Olofsen | 17-04-91 | SAV | Grootebroek | 16-08-09 | |
| 39,71 | Dennis | Barnhoorn | 08-09-91 | Trias | Emmeloord | 27-06-09 | |
| 39,24 | Brian | Vriend | 20-05-90 | Lycurgus | Santpoort | 14-06-09 | |
| 38,68 | Ricardo | Verheijen | 28-02-91 | De Gemzen | Harderwijk | 19-09-09 | |
| 38,38 | Etienne | Orbons | JB 15-05-92 | Achilles-Top | Roermond | 17-10-09 | |
| 38,14 | Thomas | Hoogerbrugge | JB 15-02-93 | Lycurgus | Helsingborg (SWE) | 12-07-09 | |
| 38,14 | Joey | Blangé | 04-09-91 | Spirit-OB | Breda | 18-10-09 | |
| 37,36 | Erik | Zonneveld | 26-11-90 | Hellas | Bergen op Zoom | 06-09-09 | |
| 36,24 | Arnout | Nugteren | 23-08-91 | Energie | Emmeloord | 27-06-09 | |
| 36,02 | Arnoud | Damsteegt | 23-04-91 | AAC '61 | Steenwijk | 11-10-09 | |
| (20) | | | | | | | |
| 35,68 | Robin | Coops | 09-09-90 | Hellas | Amersfoort | 30-08-09 | |
| 35,47 | Matthijs | Rodenburg | JB 09-04-93 | AAC | Santpoort | 14-06-09 | |
| 35,44 | Jonathan | Deloo | 13-05-91 | De Spartaan | Lisse | 29-05-09 | |
| 34,94 | Randy van | Geenen | 17-07-90 | AV Almere '81 | Gemert | 24-05-09 | |
| 34,49 | Remco | Goetheer | JB 05-10-92 | Passaat | Gouda | 28-08-09 | |
| 34,32 | Wik | Breure | JB 20-05-92 | Pijnenburg | Santpoort | 14-06-09 | |
| 34,22 | Bjorn | Vennema | 19-11-90 | AAC | Amsterdam | 03-10-09 | |
| 33,98 | Glenn | Dutrieux | 04-04-90 | Spado | Bergen op Zoom | 06-09-09 | |
| 33,86 | Victor | Besters | 19-10-90 | Spado | Lisse | 07-06-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | | |
| 39,15 | o | Lars | Timmerman | 19-04-91 | Spado | Bergen op Zoom | 26-09-09 |
| kogelslingeren 6 kg jongens-A | | | | | | | |
| 46,02 | Maarten | Cornelissen (7,25 kg) | JB 25-01-92 | AAC | Hilversum | 13-09-09 | |
| 40,34 | Anner | Kroon | 31-08-90 | Lycurgus | Krommenie | 24-10-09 | |
| 39,19 | Kay | Olofsen | 17-04-91 | SAV | Den Helder | 28-08-09 | |

| | | | | | |
|-------|----------|----------------------|--------------------------|-------------|----------|
| 38,70 | Bart van | Nes | 26-11-90 R' dam Atletiek | Breda | 18-10-09 |
| 37,70 | Hille | Groendijk | 02-04-91 Pallas '67 | Wageningen | 18-09-09 |
| 33,40 | Tim | Schellekens | 07-09-90 Atledo | Vught | 05-04-09 |
| 30,93 | Thierry | Kruithof (7,25 kg) | 11-04-91 Startbaan | Amsterdam | 19-04-09 |
| 28,52 | Bjorn | Vennema | 19-11-90 AAC | Amsterdam | 03-10-09 |
| 28,00 | Thom | Commadeur | 25-02-91 Hera | Grootebroek | 29-03-09 |
| 27,80 | Roy | Janssen (7,25 kg) JB | 18-03-92 KAV Holland | Amsterdam | 19-04-09 |

(10)

| | | | | | |
|-------|------|--------|--------------------|-------|----------|
| 26,33 | Joey | Blangé | 04-09-91 Spirit-OB | Breda | 18-10-09 |
|-------|------|--------|--------------------|-------|----------|

speerwerpen 800 gram jongens-A

| | | | | | |
|-------|------------|-----------|----------------------|-------------------|----------|
| 72,58 | Lars | Timmerman | 19-04-91 Spado | Novi Sad (SRB) | 23-07-09 |
| 59,53 | Tim ten | Berge | 31-01-90 De Sperwers | Groningen | 29-05-09 |
| 58,75 | Mart ten | Berge | 27-04-91 De Sperwers | Emmeloord | 27-06-09 |
| 58,31 | Brian | Vriend | 20-05-90 Lycurgus | Emmeloord | 27-06-09 |
| 55,47 | Thomas | Hartman | 11-05-91 Clytoneus | Bergen op Zoom | 06-09-09 |
| 54,87 | Dennis | Barnhoorn | 08-09-91 Trias | Emmeloord | 27-06-09 |
| 54,32 | Thomas van | Ophem | JB 06-09-92 Hylas | Hoorn | 23-05-09 |
| 54,29 | Kay | Olofsen | 17-04-91 SAV | Grootebroek | 16-08-09 |
| 54,26 | Raoul | Wanrooy | 06-03-91 Sprint | Emmeloord | 27-06-09 |
| 53,35 | Anner | Kroon | 31-08-90 Lycurgus | Helsingborg (SWE) | 11-07-09 |

(10)

| | | | | | |
|-------|--------------|------------|--------------------------|-------------|----------|
| 52,57 | Alex van den | Boom | 26-05-90 AV '47 | Spijkenisse | 19-04-09 |
| 51,89 | Jeroen | Heyster | 10-07-91 PAC | Delft | 14-06-09 |
| 51,36 | Max | Verlint | JB 01-04-92 Phanos | Amsterdam | 08-08-09 |
| 51,26 | Dominique | Andriessen | 19-01-91 Pijnenburg | Santpoort | 14-06-09 |
| 51,22 | Nick | Smit | 24-02-91 AV Aalsmeer | Emmeloord | 27-06-09 |
| 50,15 | Paul van | Beurden | 24-04-91 Attila | Vught | 10-05-09 |
| 50,14 | Bart van | Nes | 26-11-90 R' dam Atletiek | Breda | 18-10-09 |
| 49,73 | Dimitri | Jonkers | 02-07-91 Sprint | Emmeloord | 27-06-09 |
| 49,63 | Ryan | Boon | 06-04-91 Fortuna | Reeuwijk | 21-06-09 |
| 49,60 | Robin | Hengeveld | 15-11-90 Ciko '66 | Krommenie | 21-06-09 |

(20)

| | | | | | |
|-------|--------------|------------|-------------------------------|----------------|----------|
| 48,75 | Jeroen | Piek | 15-05-90 PEC 1910 | Assen | 10-05-09 |
| 48,18 | Jeroen | Eerden | 18-03-90 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 47,59 | Daan | Hagenstein | JB 04-08-92 GAC-Hilversum | Bergen op Zoom | 06-09-09 |
| 47,01 | Sipke | Groos | 12-11-91 Impala | Emmeloord | 27-06-09 |
| 46,90 | Tobias | Kamphuis | 26-07-91 Nijmegen Atletiek | Nijmegen | 14-04-09 |
| 46,73 | Bart van der | Pasch | JB 24-05-92 Gen. Michaëlis | Valkenswaard | 19-04-09 |
| 46,07 | Bas | Huijben | 09-05-91 Attila | Gemert | 24-05-09 |
| 45,34 | Ward | Melssen | JB 13-04-93 Nijmegen Atletiek | Nijmegen | 21-06-09 |
| 44,97 | Stefan | Hummelink | 29-10-90 AV Haaksbergen | Assen | 10-05-09 |
| 44,73 | Roland van | Zuilen | 03-04-91 AV Gouda | Gouda | 05-04-09 |

(30)

| | | | | | |
|-------|----------|-----------|------------------------|------------|----------|
| 44,39 | Denis | Loogman | JB 27-02-92 Suomi | Amstelveen | 10-05-09 |
| 44,24 | Laurens | Holst | 11-03-90 Startbaan | Amersfoort | 21-06-09 |
| 44,09 | Thomas | Zaw | 01-11-90 Groningen Atl | Steenwijk | 11-10-09 |
| 44,05 | Matthijs | Beerepoot | 07-11-90 Climax | Wageningen | 17-07-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|--------------|-----------|--------------------|----------------|----------|
| 54,61 | o | Alex van den | Boom | 26-05-90 AV '47 | Boskoop | 26-09-09 |
| 51,30 | o | Neal | Karremans | 20-11-90 Sparta | Den Haag | 04-10-09 |
| 45,17 | o | Thierry | Kruithof | 11-04-91 Startbaan | Amstelveen | 11-10-09 |
| 44,68 | o | Wicher | Nijkamp | JB 29-01-92 Spado | Bergen op Zoom | 26-09-09 |
| 44,59 | o | Timo van | Diermen | 14-06-91 Atverni | Nieuwegein | 04-10-09 |
| 44,46 | o | Joey | Blangé | 04-09-91 Spirit-OB | Barendrecht | 04-10-09 |

10-kamp jongens-A

| | | | | | |
|------|-----------|---|------------------------|------------|---|
| | | <i>100m * ver * kogel * hoog * 400m * 110mH * discus * polsh * speer * 1500m * windgegevens</i> | | | |
| 7115 | Brian | Vriend | 20-05-90 Lycurgus | Lisse | 07-06-09 |
| | | | | | <i>11,50 * 7,04 * 14,22 * 1,79 * 50,19 * 15,36 * 37,51 * 4,20 * 50,65 * 4,40,04 * -2,3 * 1,7 * -2,6</i> |
| 6531 | Robin | Coops | 09-09-90 Hellas | Lisse | 07-06-09 |
| | | | | | <i>11,39 * 6,85 * 10,82 * 1,91 * 51,77 * 15,62 * 32,63 * 3,80 * 41,85 * 4,43,14 * -2,3 * 1,7 * -2,6</i> |
| 6243 | Randy van | Geenen | 17-07-90 AV Almere '81 | Amersfoort | 30-08-09 |
| | | | | | <i>11,67 * 6,02 * 11,61 * 1,87 * 53,50 * 15,69 * 33,19 * 4,00 * 42,10 * 4,50,00 * 1,7 * 0,9 * 1,7</i> |
| 6209 | Victor | Besters | 19-10-90 Spado | Lisse | 07-06-09 |
| | | | | | <i>11,81 * 6,00 * 11,98 * 1,76 * 52,26 * 15,52 * 33,86 * 4,20 * 39,21 * 4,54,95 * -2,3 * 0,7 * -2,6</i> |

| | | | | | |
|------|--|------------|--------------------|--------|----------|
| 5831 | Joram | Knigge | 24-01-90 AV '23 | Best | 05-07-09 |
| | 12,09 * 5,81 * 10,96 * 1,90 * 54,75 * 16,21 * 31,80 * 3,70 * 41,90 * 4.57,84 * 0,0 * 0,9 | | | | |
| 5728 | Bjorn | Vennema | 19-11-90 AAC | Lisse | 07-06-09 |
| | 11,78 * 6,26 * 11,89 * 1,67 * 52,91 * 16,78 * 31,69 * 3,00 * 43,29 * 4.54,44 * -2,3 * 1,9 * -1,8 | | | | |
| 5452 | Ricardo | Verheijen | 28-02-91 De Gemzen | Gemert | 24-05-09 |
| | 12,33 * 5,95 * 11,47 * 1,90 * 55,30 * 18,75 * 33,99 * 3,30 * 42,65 * 5.10,28 * 0,4 * 0,5 | | | | |
| 5360 | Joep | Chatrou | 08-08-90 HAC | Gemert | 24-05-09 |
| | 12,09 * 5,88 * 09,74 * 1,75 * 53,59 * 15,99 * 26,55 * 2,80 * 36,68 * 4.49,83 * -0,3 * 0,5 | | | | |
| 5307 | Alain | Bettonviel | 08-03-91 Attila | Best | 05-07-09 |
| | 11,93 * 6,07 * 10,46 * 1,80 * 57,57 * 16,01 * 31,05 * 3,20 * 32,85 * 5.22,46 * 0,0 * 0,4 | | | | |
| 5292 | Bas | Huijben | 09-05-91 Attila | Gemert | 24-05-09 |
| | 12,07 * 5,69 * 09,56 * 1,81 * 54,23 * 17,10 * 29,76 * 3,10 * 46,07 * 5.25,31 * -0,3 * 0,4 | | | | |

(10)

| | | | | | |
|------|--|-------------|-----------------|------------|----------|
| 5159 | Tim | Schellekens | 07-09-90 Atleto | Gemert | 24-05-09 |
| | 12,07 * 5,44 * 11,62 * 1,78 * 56,64 * 17,05 * 29,14 * 3,10 * 30,42 * 4.57,88 * 0,4 * 0,5 | | | | |
| 5126 | Rens van | Dijk | 30-03-91 Altis | Amersfoort | 30-08-09 |
| | 12,07 * 5,85 * 11,23 * 1,84 * 59,28 * 16,99 * 31,05 * 2,90 * 36,41 * 5.21,44 * 2,6 * 1,6 * 2,8 | | | | |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|--|-------------|--------------------|-------------|----------|
| 5621 | o | Thierry | Kruithof | 11-04-91 Startbaan | Amstelveen | 11-10-09 |
| | | 11,6= * 5,63 * 14,95 * 1,75 * 56,26 * 15,72 * 36,68 * 2,80 * 45,17 * 5.46,6= * * * | | | | |
| 5343 | o | Bas | Huijben | 09-05-91 Attila | Tilburg | 04-10-09 |
| | | 11,81 * 5,78 * 10,16 * 1,85 * 55,46 * 16,94 * 26,93 * 3,40 * 43,85 * 5.34,24 * * * | | | | |
| 5284 | o | Erwin | Sneek | 05-05-91 Startbaan | Amstelveen | 11-10-09 |
| | | 12,0= * 5,44 * 10,63 * 1,55 * 53,78 * 17,44 * 30,28 * 2,90 * 41,96 * 4.27,9= * * * | | | | |
| 5222 | o | Ivo | Harms | 26-09-90 Fortuna | Vlaardingen | 04-10-09 |
| | | 12,03 * 6,31 * 09,35 * 1,69 * 56,71 * 16,98 * 26,97 * 3,60 * 36,20 * 5.14,33 * * * | | | | |
| 5176 | o | Tim | Schellekens | 07-09-90 Atleto | Dongen | 27-09-09 |
| | | 11,3= * 5,58 * 11,52 * 1,80 * 59,1= * 16,7= * 30,28 * 3,20 * 32,95 * 5.21,4= * * * | | | | |
| 5100 | o | Joey | Blangé | 04-09-91 Spirit-OB | Barendrecht | 04-10-09 |
| | | 12,47 * 5,76 * 11,38 * 1,65 * 57,10 * 18,67 * 35,19 * 2,40 * 44,46 * 4.43,73 * * * | | | | |

20-kamp jongens-A

100m * ver * 200mH * kogel * 5000m * 800m * hoog * 400m * kgsI * 3000mst * windgegevens
110mH * discus * 200m * polsh * 3000m * 400mH * speer * 1500m * hss * 10.000m * windgegevens

| | | | | | |
|------|---|--------|----------------------|-------|----------|
| 9194 | Joey | Blangé | 04-09-91 Spirit-OB | Delft | 13-09-09 |
| | 12,87 * 5,74 * 30,82 * 11,38 * 19.05,19 * 2.23,11 * 1,65 * 59,13 * 24,95 * 12.34,62 * 0,2 * 1,2 20,71 * 31,40 * 25,82 * 2,40 * 11.07,14 * 68,09 * 40,40 * 5.05,13 * 12,17 * 41.56,09 * 1,1 * 1,5 * | | | | |
| 8963 | Jeroen | Habers | 24-04-91 De Spartaan | Delft | 13-09-09 |
| | 13,16 * 5,16 * 31,00 * 09,18 * 17.43,75 * 2.14,60 * 1,50 * 57,53 * 20,07 * 11.01,99 * 0,2 * 1,2 21,93 * 23,56 * 26,05 * 2,20 * 10.13,05 * 68,83 * 37,85 * 4.48,85 * 09,46 * 38.40,59 * 1,1 * 1,5 * | | | | |

4 x 100 meter clubteams jongens-A

| | | | | | |
|-------|----------------|-----------------|----------------|----------|----------|
| 42,60 | Maastricht | Atl. Maastricht | Amstelveen | 26-09-09 | |
| 42,94 | Vught | Prins Hendrik | Vught | 21-05-09 | |
| 43,05 | Amsterdam | Phanos | Amstelveen | 26-09-09 | |
| 43,57 | Rotterdam | PAC | Heerhugowaard | 10-05-09 | |
| 43,71 | Utrecht | Hellas | Amstelveen | 10-05-09 | |
| 43,79 | Zwolle | PEC 1910 | Bergen op Zoom | 06-09-09 | |
| 43,87 | Amstelveen | Startbaan | Bergen op Zoom | 06-09-09 | |
| 43,92 | Arnhem | Ciko '66 | Emmen | 14-06-09 | |
| 44,00 | Zoetermeer | Ilion | Delft | 14-06-09 | |
| 44,38 | Woerden | Clytoneus | Santpoort | 14-06-09 | |
| | (10) | | | | |
| 44,84 | Amsterdam | AAC | Amstelveen | 26-09-09 | |
| 44,95 | Bergen op Zoom | Spado | Bergen op Zoom | 06-09-09 | |
| 45,00 | Gouda | AV Gouda | Delft | 14-06-09 | |
| 45,20 | Tilburg | Attila | Bergen op Zoom | 06-09-09 | |
| 45,30 | Hilversum | GAC-Hilversum | Amstelveen | 10-05-09 | |
| 45,36 | Krommenie | JB | Lycurgus | Haarlem | 07-06-09 |
| 45,36 | Helmond | HAC | Helmond | 14-06-09 | |
| 45,57 | Breda | Sprint | Vught | 10-05-09 | |
| 45,70 | Ede | Climax | Emmen | 14-06-09 | |
| 45,72 | Assen | AAC '61 | Assen | 10-05-09 | |
| | (20) | | | | |
| 45,73 | Soest | Pijnenburg | Amstelveen | 10-05-09 | |
| 45,89 | Santpoort | Suomi | Santpoort | 14-06-09 | |

| | | | | | |
|-------|-----------|----|-------------------|---------------|----------|
| 45,90 | Deurne | JB | LG Deurne | Sittard | 07-06-09 |
| 45,93 | Uden | JB | De Keien | Sittard | 07-06-09 |
| 45,95 | Leiden | | Leiden Atletiek | Heerhugowaard | 10-05-09 |
| 46,01 | Nijmegen | JB | Nijmegen Atletiek | Amstelveen | 26-09-09 |
| 46,02 | Den Haag | JB | Haag Atletiek | Amstelveen | 26-09-09 |
| 46,03 | Apeldoorn | JB | AV '34 | Wageningen | 07-06-09 |
| 46,08 | Venlo | | Scopias | Helmond | 14-06-09 |
| 46,13 | Naaldwijk | | Olympus '70 | Heerhugowaard | 10-05-09 |

(30)

| | | | | | |
|-------|----------------|----|----------------|---------------|----------|
| 46,29 | Vlaardingen | | Fortuna | Heerhugowaard | 10-05-09 |
| 46,29 | Veenendaal | | VAV | Amstelveen | 10-05-09 |
| 46,29 | Veldhoven | | GVAC | Vught | 10-05-09 |
| 46,41 | Amersfoort | JB | Triathlon | Amstelveen | 26-09-09 |
| 46,42 | Stadskanaal | | Jahn II | Assen | 10-05-09 |
| 46,51 | Sittard | | Unitas | Vught | 10-05-09 |
| 46,60 | Oud Beijerland | JB | Spirit-OB | Tilburg | 01-06-09 |
| 46,78 | Haaksbergen | | AV Haaksbergen | Assen | 10-05-09 |
| 46,78 | Amsterdam | JC | AV '23 | Gemert | 12-09-09 |
| 46,79 | Enschede | JB | AC TION | Wageningen | 07-06-09 |

(40)

4 x 100 meter jongens-A

| | | | | | |
|-------|--|----|------------|----------------|----------|
| 40,02 | | | Nat. ploeg | Novi Sad (SRB) | 26-07-09 |
| | <i>Lindell Philip - Dennis Spillekom - Jip Baltissen - Joeri Jaegers</i> | | | | |
| 41,96 | | JB | Nat. Ploeg | Leiden | 13-06-09 |
| 43,94 | | JC | Nat. Ploeg | Almelo | 05-09-09 |
| 44,87 | | JC | Rijmond | Papendrecht | 06-06-09 |
| 46,64 | | JC | Overijssel | Amsterdam | 23-08-09 |

4 x 200 meter clubteams jongens-A

| | | | | | |
|---------|-----------|----|-------------------|------------|----------|
| 1.31,45 | Vught | JB | Prins Hendrik | Amstelveen | 27-09-09 |
| 1.31,72 | Rotterdam | JB | PAC | Amstelveen | 27-09-09 |
| 1.33,61 | Amsterdam | JB | Phanos | Amstelveen | 27-09-09 |
| 1.36,52 | Arnhem | JB | Ciko '66 | Amstelveen | 27-09-09 |
| 1.36,92 | Deurne | JB | LG Deurne | Amstelveen | 27-09-09 |
| 1.37,47 | Den Haag | JB | Sparta | Amstelveen | 27-09-09 |
| 1.38,10 | Nijmegen | JB | Nijmegen Atletiek | Amstelveen | 27-09-09 |
| 1.38,36 | Hoofddorp | JB | AV Haarl'meer | Amstelveen | 27-09-09 |
| 1.38,76 | Helmond | JB | HAC | Amstelveen | 27-09-09 |

4 x 400 meter clubteams jongens-A

| | | | | | |
|---------|------------|----|---------------|-------------|----------|
| 3.23,19 | Venlo | | Scopias | Amstelveen | 26-09-09 |
| 3.27,00 | Arnhem | | Ciko '66 | Amstelveen | 26-09-09 |
| 3.30,61 | Amsterdam | | AAC | Amstelveen | 26-09-09 |
| 3.31,77 | Amstelveen | | Startbaan | Amstelveen | 26-09-09 |
| 3.32,55 | Hoofddorp | | AV Haarl'meer | Amstelveen | 26-09-09 |
| 3.35,38 | Ede | | Climax | Amstelveen | 26-09-09 |
| 3.36,97 | Utrecht | | Hellas | Tuzla (BIH) | 19-09-09 |
| 3.37,25 | Amstelveen | JB | Startbaan | Amstelveen | 26-09-09 |
| 3.37,87 | Amersfoort | JB | Triathlon | Amstelveen | 26-09-09 |
| 3.40,23 | Soest | JB | Pijnenburg | Amstelveen | 26-09-09 |

(10)

4 x 800 meter jongens-A

| | | | | | |
|---------|------------|----|-----------------|------------|----------|
| 8.19,36 | Winschoten | | Aquilo | Amstelveen | 27-09-09 |
| 8.21,99 | Hoofddorp | | AV Haarl'meer | Amstelveen | 27-09-09 |
| 8.55,22 | Rotterdam | | R' dam Atletiek | Amstelveen | 27-09-09 |
| 8.58,05 | Vught | JC | Prins Hendrik | Amstelveen | 27-09-09 |

zweedse estafette clubteams jongens-A

| | | | | | |
|---------|-------------|----|---------------|------------|----------|
| 2.01,85 | Vught | | Prins Hendrik | Amstelveen | 27-09-09 |
| 2.03,34 | Amstelveen | | Startbaan | Amstelveen | 27-09-09 |
| 2.03,39 | Rotterdam | | PAC | Amstelveen | 27-09-09 |
| 2.03,40 | Amsterdam | | AAC | Amstelveen | 27-09-09 |
| 2.03,89 | Amsterdam | JB | Phanos | Amstelveen | 27-09-09 |
| 2.04,48 | Deurne | JB | LG Deurne | Amstelveen | 27-09-09 |
| 2.06,88 | Ede | | Climax | Amstelveen | 27-09-09 |
| 2.07,21 | Grootebroek | | SAV | Amstelveen | 27-09-09 |

| | | | | | | |
|------------------------------------|--|---------------------------|----|-------------|------------------|----------|
| 2.07,96 | | Naaldwijk | | Olympus '70 | Amstelveen | 27-09-09 |
| 2.08,73 | | Apeldoorn | | AV '34 | Amstelveen | 27-09-09 |
| (10) | | | | | | |
| 2.08,95 | | Zwolle | | PEC 1910 | Kampen | 22-04-09 |
| 2.10,27 | | Amersfoort | JB | Triathlon | Amstelveen | 27-09-09 |
| 2.10,87 | | Den Haag | JB | Sparta | Amstelveen | 27-09-09 |
| zweedse estafette jongens-A | | | | | | |
| 1.59,67 | | Hellas/Lycurgus/Clytoneus | | Combi-ploeg | Amstelveen | 27-09-09 |
| 2.00,74 | | | JB | Nat. Ploeg | Weganan di Reino | 30-07-09 |

Jongens-B

100 meter jongens-B

| | | | | | | |
|-------|-------------------|---------------|----|----------------------------|----------------|----------|
| 10,83 | 1,3 Bram | Peters | | 06-02-92 Prins Hendrik | Lokeren | 01-06-09 |
| 10,96 | 1,7 Maxim | Ouwendijk | | 21-10-92 PAC | Den Haag | 07-06-09 |
| 11,01 | 1,3 Sander | Pupella | | 27-03-93 Energie | Lokeren | 01-06-09 |
| 11,07 | -1,4 Hensley | Paulina (AHO) | | 26-06-93 R' dam Atletiek | Emmeloord | 27-06-09 |
| 11,10 | 1,3 Victor | Strijbis | | 23-10-92 Hera | Lokeren | 01-06-09 |
| 11,12 | 1,7 Christiaan | Meilink | | 08-09-92 PAC | Den Haag | 07-06-09 |
| 11,21 | -0,6 Kelvin | Tairou | JC | 02-04-95 THOR | Tilburg | 01-06-09 |
| 11,26 | -0,3 Jonathan | Mutebwa | | 11-01-93 Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| 11,27 | -0,6 Olaf van den | Bergh | JC | 07-03-94 Marvel | Tilburg | 01-06-09 |
| 11,32 | 2,0 Wik | Breure | | 08-01-92 Pijnenburg | Huizen | 21-06-09 |
| (10) | | | | | | |
| 11,34 | 1,0 Kjell | Wolters | JC | 18-04-94 PEC 1910 | Göteborg (SWE) | 01-08-09 |
| 11,35 | 1,4 Wicher | Nijkamp | | 29-01-92 Spado | Tilburg | 01-06-09 |
| 11,35 | -1,4 Frank | Aborah | | 29-04-92 Continental Sport | Amstelveen | 26-07-09 |
| 11,35 | -0,1 Mark | Jacobs | | 20-04-92 GVAC | Enschede | 19-09-09 |
| 11,36 | 0,4 Christian | Hammers | | 26-07-92 Achilles-Top | Kerkrade | 05-07-09 |
| 11,45 | 1,1 Bryan | Hissink | JC | 13-06-94 AV Argo | Almelo | 05-09-09 |
| 11,48 | 0,9 Jurgen | Wielart | | 17-01-92 AV Haarlem | Haarlem | 07-06-09 |
| 11,48 | 0,3 Igor | Smits | | 15-04-93 Hollandia | Krommenie | 05-07-09 |
| 11,50 | 1,4 Tom | Roetman | | 07-02-93 GAC-Hilversum | Krommenie | 03-05-09 |
| 11,50 | -0,1 Joomay | Odjo | | 17-11-92 Phanos | Emmeloord | 27-06-09 |
| (20) | | | | | | |
| 11,54 | 1,7 Jan | Westerdiep | | 15-01-93 Phanos | Hoorn | 12-06-09 |
| 11,55 | 1,7 Bas van | Rijn | | 07-03-92 AV '34 | Utrecht | 22-05-09 |
| 11,57 | 1,6 Sten | Stein | | 14-09-92 Impala | Heerenveen | 23-05-09 |
| 11,57 | 1,5 Coen | Disberg | | 19-05-92 GAC-Hilversum | Haarlem | 07-06-09 |
| 11,58 | 1,4 Mike | Rumping | | 01-01-92 Lycurgus | Krommenie | 03-05-09 |

geen windgegevens bekend:

| | | | | | | |
|-------|----------------|--------|--|------------------------|-----------|----------|
| 11,52 | Nathan van der | Heide | | 25-03-92 Start '78 | Hoogeveen | 12-06-09 |
| 11,58 | Stijn van | Opstal | | 23-03-92 Prins Hendrik | Vught | 21-05-09 |

beter handtijden:

| | | | | | | |
|------|------|-------|--|--------------------|---------|----------|
| 11,2 | Igor | Smits | | 15-04-93 Hollandia | Schagen | 08-05-09 |
|------|------|-------|--|--------------------|---------|----------|

met teveel rugwind:

| | | | | | | |
|-------|----------------------|---------------|----|----------------------------|------------------|----------|
| 10,94 | w 2,9 Hensley | Paulina (AHO) | | 26-06-93 R' dam Atletiek | Weganan di Reino | 28-07-09 |
| 11,11 | w 2,9 Christiaan | Meilink | | 08-09-92 PAC | Weganan di Reino | 28-07-09 |
| 11,13 | w 2,9 Jonathan | Mutebwa | | 11-01-93 Eindhoven Atl. | Weganan di Reino | 28-07-09 |
| 11,21 | w 2,9 Giorgan van | Lamoen (AHO) | | 18-01-93 R' dam Atletiek | Weganan di Reino | 28-07-09 |
| 11,21 | w 2,1 Frank | Aborah | | 29-04-92 Continental Sport | Utrecht | 07-08-09 |
| 11,43 | w 3,0 Jelmar van der | Wal | | 01-01-93 Impala | Heerenveen | 19-09-09 |
| 11,49 | w 3,0 Nathan van der | Heide | | 25-03-92 Start '78 | Heerenveen | 19-09-09 |
| 11,50 | w 2,7 Filip van den | Hoven | JC | 04-08-94 Hera | Woerden | 29-08-09 |
| 11,54 | w 3,0 Sten | Stein | | 14-09-92 Impala | Heerenveen | 19-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|--------------|-----------|----|----------------------|----------------|----------|
| 11,64 | o Jeroen | Brus | | 30-03-93 Ciko '66 | Arnhem | 04-10-09 |
| 10,9 | o Bryan | Hissink | JC | 13-06-94 AV Argo | Doetinchem | 03-10-09 |
| 11,1 | o Wicher | Nijkamp | | 29-01-92 Spado | Bergen op Zoom | 25-09-09 |
| 11,1 | o Igor | Smits | | 15-04-93 Hollandia | Hoorn | 03-10-09 |
| 11,1 | o Martijn | Bervoets | | 04-03-92 De Keien | Uden | 04-10-09 |
| 11,38 | o 2,7 Thomas | Kamermans | | 16-05-92 Olympus '70 | Naaldwijk | 11-10-09 |

150 meter jongens-B

| | | | | | | |
|-------|------------|----------|--|--------------|---------|----------|
| 17,06 | 1,6 Delano | Wouterse | | 27-04-93 PAC | Utrecht | 10-07-09 |
|-------|------------|----------|--|--------------|---------|----------|

| | | | | | |
|----------------------------------|-------------------|---------------|----------------------------|------------------|----------|
| 17,17 | 0,7 Jelle | Venema | 27-11-93 Suomi | Utrecht | 10-07-09 |
| 17,40 | 1,9 Mathijs | Huisman | 02-11-92 Passaat | Utrecht | 10-07-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 17,44 | Thomas | Kempe | JC 12-08-94 Dynamica | Terneuzen | 19-09-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 16,28 | w 2,3 Victor | Strijbis | 23-10-92 Hera | Lisse | 09-05-09 |
| 200 meter jongens-B | | | | | |
| 21,58 | 0,6 Bram | Peters | 06-02-92 Prins Hendrik | Tampere (FIN) | 24-07-09 |
| 22,19 | 0,9 Sander | Pupella | 27-03-93 Energie | Nieuwegein | 20-09-09 |
| 22,26 | -1,1 Victor | Strijbis | 23-10-92 Hera | Emmeloord | 28-06-09 |
| 22,28 | -1,1 Hensley | Paulina (AHO) | 26-06-93 R' dam Atletiek | Emmeloord | 28-06-09 |
| 22,41 | 0,5 Maxim | Ouwendijk | 21-10-92 PAC | Utrecht | 13-06-09 |
| 22,58 | -0,6 Jonathan | Mutebwa | 11-01-93 Eindhoven Atl. | Mol (BEL) | 22-08-09 |
| 22,61 | 0,9 Martijn | Bervoets | 04-03-92 De Keien | Nieuwegein | 20-09-09 |
| 22,79 | -1,0 Christiaan | Meilink | 08-09-92 PAC | Emmeloord | 28-06-09 |
| 22,95 | 0,0 Olaf van den | Bergh | JC 07-03-94 Marvel | Helmond | 02-07-09 |
| 23,01 | -0,3 Christian | Hammers | 26-07-92 Achilles-Top | Zevenbergen | 21-06-09 |
| (10) | | | | | |
| 23,09 | -0,1 Stefan de | Vries | 18-10-92 Altis | Amersfoort | 13-04-09 |
| 23,13 | 0,0 Wicher | Nijkamp | 29-01-92 Spado | Zevenbergen | 21-06-09 |
| 23,13 | 0,0 Giorgan van | Lamoen (AHO) | 18-01-93 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 23,15 | -0,8 Frank | Aborah | 29-04-92 Continental Sport | Oordegem | 31-05-09 |
| 23,17 | -0,1 Sten | Stein | 14-09-92 Impala | Harderwijk | 21-06-09 |
| 23,18 | -0,3 Bryan | Hissink | JC 13-06-94 AV Argo | Portimao (POR) | 21-07-09 |
| 23,19 | -1,1 Jan | Westerdiep | 15-01-93 Phanos | Emmeloord | 28-06-09 |
| 23,19 | 0,4 Jurgen | Wielart | 17-01-92 AV Haarlem | Krommenie | 05-07-09 |
| 23,23 | 1,6 Asmiou | Atcha Garbati | 31-10-93 THOR | Zevenbergen | 21-06-09 |
| 23,26 | 0,0 Jelle | Venema | 27-11-93 Suomi | Heiloo | 31-07-09 |
| (20) | | | | | |
| 23,30 | 0,2 Mike | Rumping | 01-01-92 Lycurgus | Krommenie | 05-07-09 |
| 23,35 | 0,3 Delano | Wouterse | 27-04-93 PAC | Gouda | 21-05-09 |
| 23,36 | -1,0 Alexander | Siteur | 12-01-92 Triathlon | Emmeloord | 28-06-09 |
| 23,44 | 0,3 Rick | Hendriks | 13-02-93 LG Deurne | Tilburg | 01-06-09 |
| 23,46 | 2,0 Wesley | Zschöttche | 03-04-93 AV Zaanland | Amsterdam | 19-04-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 21,81 | Hensley | Paulina (AHO) | 26-06-93 R' dam Atletiek | Weganan di Reino | 30-07-09 |
| 22,30 | Jonathan | Mutebwa | 11-01-93 Eindhoven Atl. | Weganan di Reino | 30-07-09 |
| 22,68 | Christiaan | Meilink | 08-09-92 PAC | Weganan di Reino | 30-07-09 |
| 22,95 | Christian | Hammers | 26-07-92 Achilles-Top | Maastricht | 31-05-09 |
| <i>betere handtijden:</i> | | | | | |
| 22,9 | Bas van den | Bergh | 15-06-92 Scopias | Venlo | 21-05-09 |
| 22,9 | Jan | Westerdiep | 15-01-93 Phanos | Warmenhuizen | 19-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 22,98 | w 2,7 Bas van den | Bergh | 15-06-92 Scopias | Nieuwegein | 20-09-09 |
| 23,02 | w 2,7 Jan | Westerdiep | 15-01-93 Phanos | Hoorn | 12-06-09 |
| 23,12 | w 2,5 Bas van | Rijn | 07-03-92 AV '34 | Krommenie | 21-06-09 |
| 300 meter jongens-B | | | | | |
| 36,29 | Stefan de | Vries | 18-10-92 Altis | Amersfoort | 11-04-09 |
| 36,55 | Martijn | Bervoets | 04-03-92 De Keien | Vught | 05-04-09 |
| 37,46 | Pieter | Braun | 21-01-93 Sprint | Breda | 14-04-09 |
| 37,58 | Rick | Hendriks | 13-02-93 LG Deurne | Helmond | 13-04-09 |
| 37,72 | Mathijs | Huisman | 02-11-92 Passaat | Utrecht | 10-07-09 |
| 37,86 | Sven | Maliepaard | 05-04-93 Passaat | Utrecht | 10-07-09 |
| 37,91 | Joost de | Jong | JC 22-06-94 Pallas '67 | Utrecht | 10-07-09 |
| 37,97 | Bart van der | Pasch | 24-05-92 Gen. Michaëlis | Helmond | 13-04-09 |
| 38,15 | Arend-Jan | Spierenburg | JC 16-06-95 Cialfo | Epe | 08-04-09 |
| 400 meter jongens-B | | | | | |
| 49,71 | Stefan de | Vries | 18-10-92 Altis | Emmeloord | 28-06-09 |
| 49,74 | Jesper | Arts | 02-04-92 LG Deurne | Uden | 03-05-09 |
| 49,81 | Martijn | Bervoets | 04-03-92 De Keien | Emmeloord | 28-06-09 |
| 50,10 | Wesley | Zschöttche | 03-04-93 AV Zaanland | Emmeloord | 28-06-09 |
| 50,62 | Jorian | Damen | 25-03-92 Ciko '66 | Emmen | 14-06-09 |
| 50,65 | Sander | Pupella | 27-03-93 Energie | Beveren (BEL) | 05-09-09 |
| 50,66 | Jeroen van | Calker | 30-07-92 PEC 1910 | Zutphen | 07-06-09 |

| | | | | | |
|-----------------------------|----------------|--------------|----------------------------|---------------|----------|
| 50,71 | Victor | Strijbis | 23-10-92 Hera | Heerhugowaard | 05-06-09 |
| 50,80 | Mark | Jacobs | 20-04-92 GVAC | Sittard | 07-06-09 |
| 50,80 | Olaf van den | Bergh | JC 07-03-94 Marvel | Utrecht | 13-06-09 |
| (10) | | | | | |
| 50,92 | Jurgen | Wielart | 17-01-92 AV Haarlem | Emmeloord | 28-06-09 |
| 51,25 | Bram | Peters | 06-02-92 Prins Hendrik | Groningen | 13-09-09 |
| 51,29 | Cliff | Ellsworth | 17-04-93 Lycurgus | Emmeloord | 27-06-09 |
| 51,31 | Bas van | Rijn | 07-03-92 AV '34 | Emmeloord | 27-06-09 |
| 51,40 | Pieter | Braun | 21-01-93 Sprint | Dongen | 24-04-09 |
| 51,75 | Jelle | Venema | 27-11-93 Suomi | Santpoort | 14-06-09 |
| 51,81 | Menno | Hunneman | 20-10-92 AAC '61 | Zutphen | 07-06-09 |
| 51,81 | Bob van | Pelt | 20-04-93 Attila | Best | 04-07-09 |
| 52,02 | Frank | Aborah | 29-04-92 Continental Sport | Amstelveen | 26-07-09 |
| 52,11 | Dior | Adel | 23-06-92 Phanos | Hilversum | 13-09-09 |
| (20) | | | | | |
| 52,21 | Giorgan van | Lamoen (AHO) | 18-01-93 R' dam Atletiek | Emmeloord | 27-06-09 |
| 52,43 | Rick | Hendriks | 13-02-93 LG Deurne | Sittard | 07-06-09 |
| 52,44 | Bram | Haver | 14-11-92 HAC | Helmond | 14-06-09 |
| 52,55 | Bas van den | Bergh | 15-06-92 Scopias | Uden | 17-05-09 |
| 52,84 | Koen | Smet | 09-08-92 Phanos | Santpoort | 14-06-09 |
| <i>betere handtijden:</i> | | | | | |
| 52,3 | Jan-Willem | Roelse | 12-10-92 Dynamica | Hulst | 13-06-09 |
| 800 meter jongens-B | | | | | |
| 1.52,83 | Jorian | Damen | 25-03-92 Ciko '66 | Tampere (FIN) | 22-07-09 |
| 1.55,43 | Jesper | Arts | 02-04-92 LG Deurne | Nijmegen | 29-05-09 |
| 1.55,82 | Jeroen van | Calker | 30-07-92 PEC 1910 | Krommenie | 21-06-09 |
| 1.55,88 | Riccardo | Sprong | 01-06-93 Clytoneus | Hoorn | 23-05-09 |
| 1.57,31 | Wouter | Ploeger | 10-10-92 AAC '61 | Groningen | 19-06-09 |
| 1.57,40 | Jeroen | Vochteloo | 15-11-93 Invictus | Nijmegen | 29-05-09 |
| 1.58,15 | Lars | Cazander | 29-11-92 Hellas | Emmeloord | 26-06-09 |
| 1.58,75 | Youri | Oolbekkink | JC 06-03-94 Hanzesport | Hilversum | 13-09-09 |
| 1.58,80 | Gijs | Straver | 23-07-92 Clytoneus | Santpoort | 14-06-09 |
| 1.58,81 | Menno | Hunneman | 20-10-92 AAC '61 | Emmeloord | 26-06-09 |
| (10) | | | | | |
| 1.58,94 | Olaf van den | Bergh | JC 07-03-94 Marvel | Utrecht | 22-05-09 |
| 1.59,12 | Seb | Wiggemans | 31-01-92 Hanzesport | Utrecht | 01-05-09 |
| 1.59,27 | Leon | Koch | 19-06-92 AV Almere '81 | Utrecht | 13-06-09 |
| 1.59,27 | Niek den | Exter | 15-02-92 Scheldesport | Heusden (BEL) | 18-07-09 |
| 1.59,31 | Erwin | Adan | 19-01-92 Dynamica | Duffel (BEL) | 30-05-09 |
| 1.59,31 | Thomas van der | Stap | 26-10-92 Hellas | Utrecht | 07-08-09 |
| 1.59,34 | Sten | Schaper | 16-07-92 AV Argo | Hoorn | 23-05-09 |
| 1.59,39 | Fenno | Polderman | 02-07-93 Clytoneus | Hilversum | 13-09-09 |
| 1.59,47 | Teun | Geurts | 19-02-93 Seven Hills RT | Wageningen | 17-07-09 |
| 1.59,51 | Wesley | Zschöttche | 03-04-93 AV Zaanland | Leiden | 13-06-09 |
| (20) | | | | | |
| 1.59,62 | Lars | Paardekoper | 10-08-92 AV '56 | Oss | 03-05-09 |
| 1.59,67 | Jordi | Baars | 09-01-92 AV Aalsmeer | Hilversum | 13-09-09 |
| 1.59,84 | Tony | Mauritz | 19-07-92 Haag Atletiek | Wageningen | 03-06-09 |
| 1.59,93 | Jeffrey | Spaltman | 29-03-92 Hylas | Heiloo | 14-08-09 |
| 2.00,75 | Steve | Bakker | 09-09-92 Suomi | Emmeloord | 26-06-09 |
| 1000 meter jongens-B | | | | | |
| 2.30,60 | Jorian | Damen | 25-03-92 Ciko '66 | Utrecht | 10-07-09 |
| 2.33,00 | Lars | Cazander | 29-11-92 Hellas | Utrecht | 10-07-09 |
| 2.33,31 | Riccardo | Sprong | 01-06-93 Clytoneus | Lisse | 09-05-09 |
| 2.33,89 | Menno | Hunneman | 20-10-92 AAC '61 | Utrecht | 10-07-09 |
| 2.38,90 | Pieter van | Oirschot | 30-01-92 Gen. Michaëlis | Utrecht | 10-07-09 |
| 2.39,81 | Jaap Gerben | Vellinga | JC 28-07-94 Horror | Heiloo | 31-07-09 |
| 2.39,98 | Ferijn de | Mare | JC 28-01-94 Atverni | Utrecht | 10-07-09 |
| 2.40,60 | Fenno | Polderman | 02-07-93 Clytoneus | Utrecht | 10-07-09 |
| 2.40,92 | Freek | Lier | JC 11-04-94 Hanzesport | Utrecht | 10-07-09 |
| 2.41,34 | Hamza | Foulouh | JC 14-08-94 U-Track | Utrecht | 10-07-09 |
| (10) | | | | | |
| 1500 meter jongens-B | | | | | |
| 3.58,51 | Leon | Koch | 19-06-92 AV Almere '81 | Heusden (BEL) | 18-07-09 |

Statistisch jaarboek 2009

| | | | | | |
|---|----------------|----------------|---------------------------|--------------------|----------|
| 3.58,86 | Timothy | Vergauwen | 25-03-92 LT Ed Sligchers | Duffel (BEL) | 30-05-09 |
| 3.59,62 | Wouter | Ploeger | 10-10-92 AAC '61 | Utrecht | 13-06-09 |
| 4.02,46 | Jeroen van | Calker | 30-07-92 PEC 1910 | Utrecht | 07-08-09 |
| 4.02,87 | Jordi | Baars | 09-01-92 AV Aalsmeer | Ninove (BEL) | 08-08-09 |
| 4.04,85 | Lars | Paardekooper | 10-08-92 AV '56 | Breda | 17-05-09 |
| 4.06,13 | Lars | Cazander | 29-11-92 Hellas | Bergen op Zoom | 06-09-09 |
| 4.06,37 | Niek den | Exter | 15-02-92 Scheldesport | Sint Niklaas (BEL) | 21-05-09 |
| 4.06,55 | Hans | Dilling | 26-07-92 Seven Hills RT | Nijmegen | 29-05-09 |
| 4.08,29 | Maikel van der | Steen | 31-05-92 LG Deurne | Kerkrade | 14-08-09 |
| (10) | | | | | |
| 4.09,15 | Brian | Kamstra | 05-07-93 AAC '61 | Hoorn | 23-05-09 |
| 4.10,74 | Alwin | Roovers | 24-10-92 LT Ed Sligchers | Wageningen | 18-09-09 |
| 4.11,08 | Erwin | Adan | 19-01-92 Dynamica | Ninove (BEL) | 08-08-09 |
| 4.12,05 | Ruben | Tock | 09-10-92 Spado | Breda | 17-05-09 |
| 4.12,74 | Freek | Lier | JC 11-04-94 Hanzesport | Hoorn | 23-05-09 |
| 4.12,86 | Jorijn de | Mare | JC 28-01-94 Atverni | Utrecht | 13-06-09 |
| 4.12,86 | Seb | Wiggemans | 31-01-92 Hanzesport | Apeldoorn | 03-07-09 |
| 4.13,13 | Tony | Mauritz | 19-07-92 Haag Atletiek | Utrecht | 13-06-09 |
| 4.13,28 | Pieter van | Oirschot | 30-01-92 Gen. Michaëlis | Utrecht | 13-06-09 |
| 4.13,99 | Riccardo | Sprong | 01-06-93 Clytoneus | Santpoort | 14-06-09 |
| (20) | | | | | |
| 4.14,09 | Youri | Oolbekkink | JC 06-03-94 Hanzesport | Utrecht | 07-08-09 |
| 4.14,47 | Jeffrey | Spaltman | 29-03-92 Hylas | Den Helder | 28-08-09 |
| 4.15,46 | Hidde | Bergman | 27-03-92 Aquilo | Utrecht | 22-05-09 |
| 4.16,19 | Fenno | Polderman | 02-07-93 Clytoneus | Emmeloord | 27-06-09 |
| 4.16,30 | Edwin de | Vries | 11-12-92 AV Almere '81 | Huizen | 05-06-09 |
| 2000 meter jongens-B | | | | | |
| 5.45,02 | Niek den | Exter | 15-02-92 Scheldesport | Ninove (BEL) | 13-06-09 |
| 3000 meter jongens-B | | | | | |
| 8.37,03 | Timothy | Vergauwen | 25-03-92 LT Ed Sligchers | Vught | 21-05-09 |
| 8.38,01 | Maikel van der | Steen | 31-05-92 LG Deurne | Breda | 29-08-09 |
| 8.43,07 | Hans | Dilling | 26-07-92 Seven Hills RT | Utrecht | 13-06-09 |
| 8.48,42 | Jordi | Baars | 09-01-92 AV Aalsmeer | Breda | 29-08-09 |
| 9.01,68 | Lex | Sinnige | 15-12-92 AV Weert | Utrecht | 13-06-09 |
| 9.07,79 | Ruben | Tock | 09-10-92 Spado | Utrecht | 01-05-09 |
| 9.10,05 | Jesse van de | Ven | 01-05-93 Spado | Utrecht | 01-05-09 |
| 9.11,61 | Tim | Bolink | 09-04-92 Hellas | Emmeloord | 26-06-09 |
| 9.11,84 | Edwin de | Vries | 11-12-92 AV Almere '81 | Vught | 21-05-09 |
| 9.12,06 | Tom | Koetsenruijter | 12-08-93 THOR | Emmeloord | 26-06-09 |
| (10) | | | | | |
| 9.13,56 | Frank | Blikslager | 26-12-92 Groningen Atl | Emmeloord | 26-06-09 |
| 9.15,2 | Tommy | Staal | JC 18-08-94 Delta Sport | Goes | 09-05-09 |
| 9.20,6 | Niek den | Exter | 15-02-92 Scheldesport | Terneuzen | 04-04-09 |
| 9.22,11 | Hidde | Bergman | 27-03-92 Aquilo | Heerde | 27-05-09 |
| 9.22,4 | Lars | Paardekooper | 10-08-92 AV '56 | Goes | 09-05-09 |
| 9.22,70 | Stephan | Breet | 07-01-92 Flevo Delta | Heerde | 27-05-09 |
| 9.22,83 | Lars | Cazander | 29-11-92 Hellas | Nijmegen | 12-05-09 |
| 9.23,29 | Tony | Mauritz | 19-07-92 Haag Atletiek | Utrecht | 07-08-09 |
| 9.24,47 | Wouter | Doesburg | 5-9-1992 ASV Eibergen | Utrecht | 13-06-09 |
| 9.24,76 | Joran | Klaver | JC 21-02-94 Hera | Almelo | 05-09-09 |
| (20) | | | | | |
| 9.25,76 | Maico | Suijkerbuijk | 14-09-92 THOR | Emmeloord | 26-06-09 |
| 9.27,13 | Gijs van | Rooij | 21-01-92 DAK | Vught | 21-05-09 |
| 9.27,27 | Fenno | Polderman | 02-07-93 Clytoneus | Santpoort | 14-06-09 |
| 9.29,97 | Wadie | Moussaoui | JC 05-03-94 Prins Hendrik | Apeldoorn | 03-07-09 |
| 9.32,34 | Olaf | Bosma | 31-03-92 Zuidwal | Emmeloord | 26-06-09 |
| 3000 meter snelwandelen jongens-B | | | | | |
| 19.55,8 | Jordi | Huntjens | JD 22-05-95 RWV | Dordrecht | 12-09-09 |
| 2000 meter steeple chase jongens-B | | | | | |
| 6.37,60 | Arjo | Koekoek | 07-09-92 HAC '63 | Hoogeveen | 12-06-09 |
| 6.37,89 | Jaap Gerben | Vellinga | JC 28-07-94 Horror | Hoogeveen | 12-06-09 |
| 6.38,75 | Wouter | Heinrich | 18-09-93 AKU | Emmeloord | 28-06-09 |
| 6.44,76 | David | Hofstee | 04-02-93 Impala | Hoogeveen | 12-06-09 |
| 7.01,36 | Tom | Rademaker | 17-10-93 HAC | Emmeloord | 28-06-09 |

| | | | | | | |
|---|---------|--------------|-----------------------|----------------|-------------------|-----------------------|
| 7.06,33 | Jordi | Klomp | 05-02-92 | Nea-Volharding | Emmeloord | 28-06-09 |
| 7.10,87 | Jasper | Smits | 22-11-92 | Pijnenburg | Emmeloord | 28-06-09 |
| 7.31,66 | Maurice | Jantjes | 28-02-93 | Lycurgus | Emmeloord | 28-06-09 |
| 110 meter horden 91,4 cm jongens-B | | | | | | |
| 14,36 | 1,4 | Wicher | Nijkamp | 29-01-92 | Spado | Amsterdam 31-05-09 |
| 14,41 | 0,9 | Mark | Jacobs | 20-04-92 | GVAC | Uden 03-05-09 |
| 14,48 | 0,9 | Pieter | Braun | 21-01-93 | Sprint | Best 07-06-09 |
| 14,49 | 0,9 | Stijn van | Opstal | 23-03-92 | Prins Hendrik | Uden 03-05-09 |
| 14,62 | 0,8 | Jesper | Arts | 02-04-92 | LG Deurne | Uden 03-05-09 |
| 14,70 | -0,2 | Koen | Smet | 09-08-92 | Phanos | Emmeloord 28-06-09 |
| 14,75 | -0,6 | Delano | Wouterse | 27-04-93 | PAC | Emmeloord 28-06-09 |
| 14,99 | -0,6 | Tim | Dekker | 29-09-93 | AV Gouda | Emmeloord 28-06-09 |
| 15,03 | -0,2 | Harald-Peter | Bust | 03-06-92 | Jahn II | Emmeloord 28-06-09 |
| 15,05 | -1,6 | Lennox | Vellema | 15-01-93 | Lycurgus | Emmeloord 28-06-09 |
| (10) | | | | | | |
| 15,10 | 0,8 | Gaard van | Vugt | 18-03-93 | Ciko '66 | Wageningen 07-06-09 |
| 15,14 | 1,1 | Mike | Rumping | 01-01-92 | Lycurgus | Haarlem 07-06-09 |
| 15,21 | -1,3 | Martijn | Bervoets | 04-03-92 | De Keien | Sittard 07-06-09 |
| 15,38 | 0,0 | Joris | Hallegraeff | 23-03-93 | Attila | Enschede 20-09-09 |
| 15,40 | 1,8 | Tom | Roetman | 07-02-93 | GAC-Hilversum | Haarlem 07-06-09 |
| 15,41 | -0,2 | Ferry van | Dipten | 28-02-93 | Climax | Emmeloord 28-06-09 |
| 15,43 | 1,3 | Bart van der | Pasch | 24-05-92 | Gen. Michaëlis | Best 05-07-09 |
| 15,47 | 0,7 | Stef van der | Schaaf | 26-12-92 | VAV | Amersfoort 13-04-09 |
| 15,66 | 0,8 | Robin | Scholten | 03-11-92 | AV Wijchen | Wageningen 07-06-09 |
| 15,94 | 1,5 | Bas van den | Bergh | 15-06-92 | Scopias | Best 05-07-09 |
| (20) | | | | | | |
| 15,96 | -0,6 | Max | Dijkstra | 30-09-92 | Nijmegen Atletiek | Emmeloord 28-06-09 |
| 15,98 | 1,7 | Thomas | Buters (99,1 cm) | 24-01-92 | Suomi | Santpoort 14-06-09 |
| 16,03 | 0,0 | Wesley | Zschöttche | 03-04-93 | AV Zaanland | Enschede 20-09-09 |
| 16,05 | 0,0 | Olaf van der | Geest | 29-09-92 | De Keien | Gemert 24-05-09 |
| 16,07 | 0,8 | Joris | Koenders | 11-05-92 | AC TION | Wageningen 07-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 15,47 | | Glenn | Boessen | JC 06-04-94 | Unitas | Groningen 13-09-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 16,01 | w 3,6 | Bram | Popkema | 03-01-92 | AV Gouda | Den Haag 07-06-09 |
| 400 meter horden 84 cm jongens-B | | | | | | |
| 52,72 | | Jesper | Arts | 02-04-92 | LG Deurne | Amsterdam 31-05-09 |
| 55,29 | | Wesley | Zschöttche | 03-04-93 | AV Zaanland | Emmeloord 26-06-09 |
| 55,56 | | Koen | Smet | 09-08-92 | Phanos | Emmeloord 26-06-09 |
| 55,61 | | Martijn | Bervoets (91,4 cm) | 04-03-92 | De Keien | Nieuwegein 20-09-09 |
| 55,98 | | Cliff | Ellsworth | 17-04-93 | Lycurgus | Emmeloord 26-06-09 |
| 57,31 | | Mark | Jacobs | 20-04-92 | GVAC | Eindhoven 16-04-09 |
| 57,54 | | Delano | Wouterse | 27-04-93 | PAC | Amsterdam 31-05-09 |
| 58,05 | | Bart van der | Pasch | 24-05-92 | Gen. Michaëlis | Amsterdam 31-05-09 |
| 58,51 | | Stijn van | Opstal (91,4 cm) | 23-03-92 | Prins Hendrik | Krommenie 21-06-09 |
| 59,50 | | Stefan de | Vries | 18-10-92 | Altis | Utrecht 04-09-09 |
| (10) | | | | | | |
| 59,97 | | Thomas | Ticheloven | JC 18-02-94 | AAC '61 | Emmeloord 26-06-09 |
| 60,26 | | Stef van der | Schaaf | 26-12-92 | VAV | Amersfoort 13-04-09 |
| 60,95 | | Lars | Cazander (91,4 cm) | 29-11-92 | Hellas | Nieuwegein 17-05-09 |
| 61,00 | | Martijn | Rutgers | 13-05-92 | AAC | Emmeloord 26-06-09 |
| 61,11 | | Bram | Popkema | 03-01-92 | AV Gouda | Utrecht 22-05-09 |
| 61,15 | | Dominique | Corjanus | 07-08-92 | Flevo Delta | Heerde 27-05-09 |
| 61,37 | | Robbin | Blaauw | 03-05-93 | Aquilo | Emmeloord 26-06-09 |
| 61,44 | | Jurgen | Wielart | 17-01-92 | AV Haarlem | Utrecht 04-09-09 |
| 61,80 | | Mathijs | Huisman | 02-11-92 | Passaat | Utrecht 22-05-09 |
| 62,43 | | Tyko | Schook (91,4 cm) | 29-03-92 | De Keien | Uden 17-05-09 |
| (20) | | | | | | |
| 64,04 | | Rens | Krommendijk (91,4 cm) | 11-02-92 | | GAC-HilversumDrachten |
| 64,46 | | Victor | Lampe | JC 09-07-94 | Fit | Utrecht 04-09-09 |
| 64,48 | | Menno van | Beelen | 24-04-92 | De Spartaan | Emmeloord 26-06-09 |
| 64,61 | | Tom | Hummel (91,4 cm) | 10-05-93 | Achilles-EL | Breda 17-05-09 |
| 64,86 | | Roeland v.d. | Harst | 23-12-93 | Antilope | Gouda 28-08-09 |
| <i>betere handtijden:</i> | | | | | | |

| | | | | | |
|------|------------|--------|-------------------|------------|----------|
| 60,3 | Jan-Willem | Roelse | 12-10-92 Dynamica | Vlissingen | 27-06-09 |
| 63,4 | Frits | Bakker | 13-01-92 AV '56 | Vlissingen | 27-06-09 |

hoogspringen jongens-B

| | | | | | |
|------|--------------|------------|-------------------------|-----------------|----------|
| 2,02 | Jasper | Heesbeen | 23-01-92 Prins Hendrik | Tilburg | 01-06-09 |
| 2,01 | Sander | Maes | 21-12-92 Unitas | Huizingen (BEL) | 10-05-09 |
| 2,00 | Pieter | Braun | 21-01-93 Sprint | Oss | 03-05-09 |
| 2,00 | Leon | Tukker | 30-04-92 Typhoon | Emmeloord | 28-06-09 |
| 1,98 | Harald-Peter | Bust | 03-06-92 Jahn II | Zoetermeer | 13-09-09 |
| 1,95 | Johan | Schönebaum | 19-02-93 AV Gouda | Amsterdam | 31-05-09 |
| 1,95 | Niels | Jansen | 18-04-92 MPM | Zwolle | 29-08-09 |
| 1,92 | Sjoerd | Dekker | 22-02-92 Noordkop | Krommenie | 05-07-09 |
| 1,92 | Mark | Jacobs | 20-04-92 GVAC | Enschede | 20-09-09 |
| 1,91 | Joost | Ketel | JC 21-05-94 Achilles-EL | Papendrecht | 06-06-09 |

(10)

| | | | | | |
|------|--------------|-------------|---------------------------|--------------|----------|
| 1,91 | Daniël | Leyba | 29-11-93 Haag Atletiek | Emmeloord | 28-06-09 |
| 1,91 | Quincy van | Driesten | 08-07-93 Altis | Emmeloord | 28-06-09 |
| 1,90 | Geert | Heesters | 28-10-92 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 1,90 | Jethro | Obot | JC 13-02-94 Haag Atletiek | Beverwijk | 03-05-09 |
| 1,90 | Wesley | Zschöttche | 03-04-93 AV Zaanland | Zaandam | 05-07-09 |
| 1,86 | Joris | Hallegraeff | 23-03-93 Attila | Enschede | 20-09-09 |
| 1,85 | Stef van der | Schaaf | 26-12-92 VAV | Amersfoort | 13-04-09 |
| 1,85 | Timo | Looijen | JC 07-07-94 AC Waterland | Haarlem | 18-04-09 |
| 1,85 | Fabian | Wolsink | 28-05-93 AC TION | Enschede | 03-05-09 |
| 1,85 | Bas | Zwartelé | 19-06-92 Sprint | Vught | 10-05-09 |

(20)

| | | | | | |
|------|----------------|----------|-------------------------|------------|----------|
| 1,85 | Jelmer van der | Sande | 10-11-93 Prins Hendrik | Vught | 10-05-09 |
| 1,85 | Jelle | Venema | 27-11-93 Suomi | Alkmaar | 17-05-09 |
| 1,85 | Lennox | Vellema | 15-01-93 Lycurgus | Amstelveen | 01-06-09 |
| 1,85 | Robin | Bak | 16-02-92 Nea-Volharding | Amstelveen | 01-06-09 |
| 1,85 | Yannick | Hurkmans | 21-03-92 Olympus '70 | Delft | 14-06-09 |
| 1,85 | Matisse de | Boer | 28-09-93 Horror | Groningen | 19-06-09 |
| 1,85 | Vincent | Koehorst | 02-03-93 AC TION | Groningen | 13-09-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|---------|---------|----------------------|-------------|----------|
| 1,90 | o Bas | Kentie | 11-01-93 Fortuna | Vlaardingen | 04-10-09 |
| 1,85 | o Kjell | Wolters | JC 18-04-94 PEC 1910 | Zwolle | 26-09-09 |

polstokhoogspringen jongens-B

| | | | | | |
|------|--------------|-----------|-------------------------|-----------|----------|
| 4,30 | Bryan | Hage | 19-12-92 Ilion | Lisse | 09-05-09 |
| 4,20 | Tom | Roetman | 07-02-93 GAC-Hilversum | Enschede | 19-09-09 |
| 3,90 | Rutger | Koppelaar | 01-05-93 Unitas | Sittard | 07-06-09 |
| 3,90 | Roy van | Schendel | 16-01-92 Prins Hendrik | Sittard | 07-06-09 |
| 3,90 | Sander | Kil | 02-09-92 Sprint | Tilburg | 01-07-09 |
| 3,90 | Mark | Jacobs | 20-04-92 GVAC | Best | 04-07-09 |
| 3,80 | Sam | Kranse | 11-09-92 PAC | Amsterdam | 31-05-09 |
| 3,80 | Bart van der | Pasch | 24-05-92 Gen. Michaëlis | Enschede | 19-09-09 |
| 3,65 | Mathijs van | Dijk | 11-11-93 GAC-Hilversum | Emmeloord | 27-06-09 |
| 3,60 | Dennis | Coehoorn | 27-09-92 AC TION | Assen | 10-05-09 |

(10)

| | | | | | |
|------|-------------|-------------|------------------------|------------|----------|
| 3,60 | Pieter | Braun | 21-01-93 Sprint | Gemert | 23-05-09 |
| 3,60 | Rens | Krommendijk | 11-02-92 GAC-Hilversum | Enschede | 19-09-09 |
| 3,50 | Dennis | Veenker | 23-08-92 Impala | Harderwijk | 21-06-09 |
| 3,50 | Cliff | Ellsworth | 17-04-93 Lycurgus | Enschede | 19-09-09 |
| 3,40 | Pim de | Vor | 11-03-93 GAC-Hilversum | Almere | 05-04-09 |
| 3,40 | Lennart van | Sluis | 21-01-92 Typhoon | Delft | 14-06-09 |
| 3,40 | Ferry van | Dipten | 28-02-93 Climax | Zaandam | 04-07-09 |
| 3,40 | Menno | Vloon | JC 11-05-94 Lycurgus | Amsterdam | 23-08-09 |
| 3,40 | Joram van | Leeuwen | 21-05-93 AAC '61 | Zwolle | 29-08-09 |
| 3,30 | Martijn | Rutgers | 13-05-92 AAC | Gemert | 23-05-09 |

(20)

| | | | | | |
|------|---------|----------|-----------------------------|-------------|----------|
| 3,30 | Robin | Bak | 16-02-92 Nea-Volharding | Amstelveen | 31-05-09 |
| 3,30 | Mart | Overbeek | 03-03-92 Avanti | Schoonhoven | 04-07-09 |
| 3,30 | Robin | Scholten | 03-11-92 AV Wijchen | Best | 04-07-09 |
| 3,30 | Sven | Visser | 14-12-92 AV Wijchen | Best | 04-07-09 |
| 3,30 | Luuk de | Vos | JC 06-01-94 R' dam Atletiek | Amsterdam | 23-08-09 |
| 3,30 | Nils | Stok | JC 04-06-94 PAC | Almelo | 05-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-------------|----------|------------------|-------------|----------|
| 3,41 | o | Lennart van | Sluis | 21-01-92 Typhoon | Gorinchem | 17-10-09 |
| 3,35 | o | Mart | Overbeek | 03-03-92 Avanti | Schoonhoven | 03-10-09 |

verspringen jongens-B

| | | | | | | |
|------|------|--------------|---------|------------------------|----------------|----------|
| 7,17 | 0,6 | Mark | Jacobs | 20-04-92 GVAC | Emmeloord | 26-06-09 |
| 7,08 | 0,7 | Stefan de | Vries | 18-10-92 Altis | Emmeloord | 26-06-09 |
| 6,94 | -0,9 | Kjell | Wolters | JC 18-04-94 PEC 1910 | Göteborg (SWE) | 02-08-09 |
| 6,91 | 2,0 | Pieter | Braun | 21-01-93 Sprint | Emmeloord | 26-06-09 |
| 6,90 | 0,7 | Stijn van | Opstal | 23-03-92 Prins Hendrik | Vught | 21-05-09 |
| 6,79 | 1,8 | Harald-Peter | Bust | 03-06-92 Jahn II | Emmeloord | 26-06-09 |
| 6,73 | 1,3 | Olaf van der | Geest | 29-09-92 De Keien | Gemert | 23-05-09 |
| 6,54 | 0,1 | Wik | Breure | 08-01-92 Pijnenburg | Emmeloord | 26-06-09 |
| 6,51 | 1,6 | Mike | Rumping | 01-01-92 Lycurgus | Krommenie | 03-05-09 |
| 6,51 | 0,2 | Tom | Roetman | 07-02-93 GAC-Hilversum | Harderwijk | 21-06-09 |

(10)

| | | | | | | |
|------|------|---------------|-----------|------------------------|------------|----------|
| 6,51 | 1,1 | Gavan | Koekkoek | JC 18-02-94 PAC | Amsterdam | 23-08-09 |
| 6,42 | 1,0 | Niels de | Graaf | 28-02-92 Atverni | Emmeloord | 26-06-09 |
| 6,38 | 0,2 | Filip van der | Hoven | JC 04-08-94 Hera | Enschede | 19-09-09 |
| 6,43 | 1,0 | Daniël | Oldenstam | 31-08-93 Fortuna | Den Haag | 07-06-09 |
| 6,34 | 1,2 | Ben 't | Hart | 22-02-93 Sparta | Groningen | 13-09-09 |
| 6,33 | 1,1 | Igor | Smits | 15-04-93 Hollandia | Nieuwegein | 20-09-09 |
| 6,28 | -0,7 | Koen de | Jong | JC 08-04-94 AV Wijchen | Enschede | 20-06-09 |
| 6,26 | 0,3 | Joeri van der | Hooft | 08-09-93 De Wielingen | Hulst | 01-06-09 |
| 6,23 | 1,4 | Christiaan | Meilink | 08-09-92 PAC | Den Haag | 07-06-09 |
| 6,20 | 1,1 | Mathijs | Huisman | 02-11-92 Passaat | Oss | 03-05-09 |

(20)

| | | | | | | |
|------|------|-----------|-------------|-------------------|----------------|----------|
| 6,16 | 1,0 | Wicher | Nijkamp | 29-01-92 Spado | Bergen op Zoom | 06-09-09 |
| 6,14 | 1,2 | Bram | Denissen | 20-06-93 Atledo | Dordrecht | 19-04-09 |
| 6,12 | -1,0 | Lennox | Vellema | 15-01-93 Lycurgus | Amstelveen | 10-05-09 |
| 6,11 | 0,1 | Ferry van | Dipten | 28-02-93 Climax | Wageningen | 07-06-09 |
| 6,11 | -0,2 | Joris | Hallegraeff | 23-03-93 Attila | Enschede | 19-09-09 |

geen windgegevens bekend:

| | | | | | | |
|------|--|---------------|----------|--------------------------|------------|----------|
| 6,82 | | Kelvin | Tairou | JC 02-04-95 THOR | Terneuzen | 18-04-09 |
| 6,61 | | Wik | Breure | 08-01-92 Pijnenburg | Haarlem | 07-06-09 |
| 6,48 | | Lennox | Vellema | 15-01-93 Lycurgus | Amstelveen | 31-05-09 |
| 6,41 | | Filip van der | Hoven | JC 04-08-94 Hera | Amsterdam | 23-08-09 |
| 6,37 | | Bas van den | Bergh | 15-06-92 Scopias | Best | 04-07-09 |
| 6,37 | | Joeri van der | Hooft | 08-09-93 De Wielingen | Oostburg | 11-07-09 |
| 6,18 | | Sean | Alvarado | 06-08-93 R' dam Atletiek | Gouda | 21-05-09 |
| 6,11 | | Robin | Scholten | 03-11-92 AV Wijchen | Best | 04-07-09 |

met teveel rugwind:

| | | | | | | |
|------|---|----------------|------------|---------------------|----------------|----------|
| 6,46 | w | 2,3 Wicher | Nijkamp | 29-01-92 Spado | Bergen op Zoom | 06-09-09 |
| 6,43 | w | 2,3 Daniël | Oldenstam | 31-08-93 Fortuna | Den Haag | 07-06-09 |
| 6,19 | w | 2,7 Ferry van | Dipten | 28-02-93 Climax | Enschede | 03-05-09 |
| 6,15 | w | 2,7 Jan | Westerdiep | 15-01-93 Phanos | Amsterdam | 08-08-09 |
| 6,13 | w | 3,9 Jesper | Arts | 02-04-92 LG Deurne | Amersfoort | 29-08-09 |
| 6,12 | w | 2,5 Robin | Scholten | 03-11-92 AV Wijchen | Nijmegen | 21-06-09 |
| 6,11 | w | 3,2 Kai van de | Wiel | 23-11-93 Sprint | Tilburg | 01-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|---------|----------|---------------------------|-------------|----------|
| 6,68 | o | Ben 't | Hart | 22-02-93 Sparta | Den Haag | 04-10-09 |
| 6,30 | o | Bas | Kentie | 11-01-93 Fortuna | Vlaardingen | 03-10-09 |
| 6,28 | o | Robbert | Lommelen | 13-11-92 Unitas | Sittard | 27-09-09 |
| 6,11 | o | Jethro | Obot | JC 13-02-94 Haag Atletiek | Den Haag | 10-10-09 |

hink-stap-sprong jongens-B

| | | | | | | |
|-------|-----|---------------|---------|-----------------------|--------------|----------|
| 14,18 | 0,3 | Pieter | Braun | 21-01-93 Sprint | Emmeloord | 27-06-09 |
| 13,91 | 0,9 | Wik | Breure | 08-01-92 Pijnenburg | Amstelveen | 10-05-09 |
| 13,58 | 0,8 | Joeri van der | Hooft | 08-09-93 De Wielingen | Emmeloord | 27-06-09 |
| 13,40 | 1,1 | Harald-Peter | Bust | 03-06-92 Jahn II | Emmeloord | 27-06-09 |
| 12,88 | 1,2 | Almo | Daved | 24-05-92 AAC | Amstelveen | 10-05-09 |
| 12,87 | 0,7 | Storm | Potkamp | 15-03-93 Ciko '66 | Emmeloord | 27-06-09 |
| 12,65 | 1,0 | Ben 't | Hart | 22-02-93 Sparta | Emmeloord | 27-06-09 |
| 12,53 | 1,1 | Olaf van der | Geest | 29-09-92 De Keien | Emmeloord | 27-06-09 |
| 12,46 | 2,0 | Simon | Bliek | 07-08-92 AV Gouda | Emmeloord | 27-06-09 |
| 12,17 | 0,9 | Bas van den | Bergh | 15-06-92 Scopias | Valkenswaard | 19-04-09 |

| | | | | | |
|-------|-----|-------------------|-------------------------|-----------|----------|
| (10) | | | | | |
| 12,10 | 0,7 | Martijn Rutgers | 13-05-92 AAC | Emmeloord | 27-06-09 |
| 12,04 | 1,5 | Bren Simon Meijer | 05-01-93 Nea-Volharding | Amsterdam | 31-05-09 |
| 11,92 | 0,0 | Jan Westerdiep | 15-01-93 Phanos | Santpoort | 14-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|--------------------|-------------------------|-------------|----------|
| 13,05 | | Olaf van der Geest | 29-09-92 De Keien | Tilburg | 01-06-09 |
| 13,03 | | Mark Jacobs | 20-04-92 GVAC | Tilburg | 01-06-09 |
| 12,94 | | Bas van den Bergh | 15-06-92 Scopias | Zevenbergen | 21-06-09 |
| 12,66 | | Ben 't Hart | 22-02-93 Sparta | Groningen | 13-09-09 |
| 12,65 | | Jasper Heesbeen | 23-01-92 Prins Hendrik | Tilburg | 01-06-09 |
| 12,07 | | Branco van Minnen | 19-01-92 SISU | Emmen | 14-06-09 |
| 12,05 | | Bren Simon Meijer | 05-01-93 Nea-Volharding | Heiloo | 03-05-09 |
| 12,04 | | Igor Smits | 15-04-93 Hollandia | Alkmaar | 24-04-09 |

met teveel rugwind:

| | | | | | |
|-------|-------|-----------------|------------------------|----------|----------|
| 12,80 | w 2,1 | Ben 't Hart | 22-02-93 Sparta | Den Haag | 07-06-09 |
| 11,94 | w 2,2 | Reinier Valstar | 19-04-93 Haag Atletiek | Den Haag | 07-06-09 |

kogelstoten 5 kg jongens-B

| | | | | | |
|-------|--|----------------------|--------------------------|------------|----------|
| 16,77 | | Olaf van der Geest | 29-09-92 De Keien | Enschede | 19-09-09 |
| 16,74 | | Roy Spijkerman | 08-05-92 Daventria | Emmeloord | 28-06-09 |
| 16,15 | | Remco Goetheer | 05-10-92 Passaat | Krommenie | 05-07-09 |
| 15,59 | | Ivo Willemsen | 12-04-93 Sparta | Groningen | 13-09-09 |
| 15,57 | | Etienne Orbons | 15-05-92 Achilles-Top | Emmeloord | 28-06-09 |
| 15,56 | | Nicolai Versloot | 16-01-92 Phanos | Hoorn | 12-06-09 |
| 15,00 | | Harald-Peter Vellema | 15-01-93 Lycurgus | Krommenie | 05-07-09 |
| 14,69 | | Harald-Peter Bust | 03-06-92 Jahn II | Emmeloord | 28-06-09 |
| 14,36 | | Matthijs Vos | 03-05-92 AAC '61 | Zutphen | 07-06-09 |
| 14,10 | | Niels Peeters | 24-02-92 Atl. Maastricht | Maastricht | 31-05-09 |

| | | | | | |
|-------|--|----------------------|-------------------------|---------------|----------|
| (10) | | | | | |
| 13,90 | | Sjoerd Willig | 09-06-92 Zuidwal | Zaandam | 04-07-09 |
| 13,81 | | Robin Bak | 16-02-92 Nea-Volharding | Amstelveen | 31-05-09 |
| 13,80 | | Matthijs Rodenburg | 09-04-93 AAC | Heiloo | 31-07-09 |
| 13,78 | | Thomas Hoogerbrugge | 15-02-93 Lycurgus | Emmeloord | 28-06-09 |
| 13,59 | | Jasper Huisman | 11-02-92 Nea-Volharding | Heerhugowaard | 07-06-09 |
| 13,57 | | Martijn Blom | 17-10-92 SAV | Heiloo | 03-05-09 |
| 13,57 | | Sven Kooiman | 30-01-92 Clytoneus | Utrecht | 10-07-09 |
| 13,52 | | Jim van Oostrom | 06-06-93 AV '23 | Krommenie | 05-07-09 |
| 13,22 | | Maarten Cornelissen | 25-01-92 AAC | Leiden | 23-04-09 |
| 13,08 | | Vincent v.d. Kerkhof | 11-03-93 LG Deurne | Tilburg | 01-06-09 |

| | | | | | |
|-------|--|-------------------|------------------------|------------------|----------|
| (20) | | | | | |
| 12,92 | | Jarno Bolk | 25-01-92 AVON | Beek | 09-09-09 |
| 12,92 | | Joris Hallegraeff | 23-03-93 Attila | Enschede | 19-09-09 |
| 12,88 | | Menno van Beelen | 24-04-92 De Spartaan | Lisse | 29-05-09 |
| 12,88 | | Jasper Heesbeen | 23-01-92 Prins Hendrik | Weganan di Reino | 28-07-09 |
| 12,74 | | Mark Jacobs | 20-04-92 GVAC | Enschede | 19-09-09 |

in onderlinge wedstrijd:

| | | | | | |
|-------|---|------------------|------------------------|-------------|----------|
| 13,00 | o | Jasper Heesbeen | 23-01-92 Prins Hendrik | Vught | 26-09-09 |
| 12,89 | o | Ruben Coppens | 03-07-93 GAC-Hilversum | Hilversum | 04-10-09 |
| 12,74 | o | Tristan Steegman | 30-03-92 Energie | Barendrecht | 03-10-09 |

discuswerpen 1,5 kg jongens-B

| | | | | | |
|-------|--|---------------------|--------------------------|------------|----------|
| 52,46 | | Nicolai Versloot | 16-01-92 Phanos | Emmeloord | 28-06-09 |
| 50,99 | | Etienne Orbons | 15-05-92 Achilles-Top | Maastricht | 31-05-09 |
| 47,23 | | Olaf van der Geest | 29-09-92 De Keien | Uden | 03-05-09 |
| 45,82 | | Thomas Hoogerbrugge | 15-02-93 Lycurgus | Lisse | 28-08-09 |
| 43,66 | | Pieter Braun | 21-01-93 Sprint | Enschede | 20-09-09 |
| 43,19 | | Ewoud van der Wal | 07-04-93 AV Heerenveen | Steenwijk | 05-06-09 |
| 42,89 | | Maarten Cornelissen | 25-01-92 AAC | Emmeloord | 28-06-09 |
| 41,56 | | Harald-Peter Bust | 03-06-92 Jahn II | Steenwijk | 17-07-09 |
| 41,37 | | Roy Spijkerman | 08-05-92 Daventria | Emmeloord | 28-06-09 |
| 41,16 | | Niels Peeters | 24-02-92 Atl. Maastricht | Maastricht | 31-05-09 |

| | | | | | |
|-------|--|--------------------|-------------------------|------------|----------|
| (10) | | | | | |
| 40,43 | | Matthijs Rodenburg | 09-04-93 AAC | Heiloo | 31-07-09 |
| 40,42 | | Wik Breure | 08-01-92 Pijnenburg | Amersfoort | 30-08-09 |
| 40,15 | | Robin Bak | 16-02-92 Nea-Volharding | Enschede | 20-09-09 |
| 40,02 | | Sjoerd Willig | 06-09-92 Zuidwal | Almere | 05-04-09 |

| | | | | | | |
|-------|-----------|-------------|----------|---------|-----------|----------|
| 40,01 | Thomas | Scheffer | 03-05-93 | Iphitos | Edam | 31-10-09 |
| 39,69 | Jim van | Oostrom | 06-06-93 | AV '23 | Leiden | 26-08-09 |
| 39,63 | Matthijs | Vos | 03-05-92 | AAC '61 | Groningen | 19-06-09 |
| 39,54 | Joris | Hallegraeff | 23-03-93 | Attila | Enschede | 20-09-09 |
| 39,32 | Ivo | Willemsen | 12-04-93 | Sparta | Amsterdam | 31-05-09 |
| 39,06 | Marnix de | Vries | 12-04-92 | HAC '63 | Steenwijk | 04-04-09 |

(20)

| | | | | | | |
|-------|----------|----------|-------------|-----------------|-------------|----------|
| 38,47 | Mark | Bakker | 03-02-92 | AV Gouda | Gouda | 12-06-09 |
| 38,37 | Sven | Kooiman | 30-01-92 | Clytoneus | Utrecht | 10-07-09 |
| 38,11 | Tim | Dekker | 29-09-93 | AV Gouda | Schoonhoven | 05-07-09 |
| 38,11 | Erik van | Ham | 05-02-92 | AV Valkenswaard | Rotterdam | 29-08-09 |
| 38,03 | Dennis | Hemelaar | JC 02-12-94 | AAC | Helmond | 02-07-09 |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|--------|----------|----------|------------|-------------|----------|
| 38,56 | o | Remco | Goetheer | 05-10-92 | Passaat | Papendrecht | 26-09-09 |
| 38,43 | o | Kaj de | Vries | 24-08-93 | AV Wijchen | Oss | 03-10-09 |

kogelslingeren 5 kg jongens-B

| | | | | | | |
|-------|--------------|--------------|-------------|-----------------|-------------------|----------|
| 65,92 | Maarten | Cornelissen | 25-01-92 | AAC | Leiden | 13-06-09 |
| 47,94 | Jim van | Oostrom | 06-06-93 | AV '23 | Boskoop | 20-06-09 |
| 45,97 | Djaro | Leinders | 07-07-93 | Unitas | Helmond | 02-07-09 |
| 44,82 | Thomas | Hoogerbrugge | 15-02-93 | Lycurgus | Helsingborg (SWE) | 10-07-09 |
| 44,70 | Dennis | Hemelaar | JC 02-12-94 | AAC | Emmeloord | 28-06-09 |
| 44,53 | Roy | Janssen | 18-03-92 | KAV Holland | Krommenie | 05-07-09 |
| 43,17 | Erik van | Ham | 05-02-92 | AV Valkenswaard | Rotterdam | 31-10-09 |
| 36,37 | Fynn van | Buuren | 17-06-93 | Pallas '67 | Emmeloord | 28-06-09 |
| 35,93 | Ruben | Overbeeke | 30-05-93 | Hercules | Rotterdam | 11-07-09 |
| 34,73 | Olaf van der | Geest | 29-09-92 | De Keien | Helmond | 02-07-09 |

(10)

| | | | | | | |
|-------|-----------|-------------------|----------|----------------|----------------|----------|
| 30,52 | Bart | Hanswijk | 25-04-93 | Climax | Emmeloord | 28-06-09 |
| 30,20 | Jan | Tuyp | 30-01-93 | AV Edam | Krommenie | 05-07-09 |
| 29,81 | Daniël | Blokland | 07-02-92 | Hercules | Boskoop | 20-06-09 |
| 27,82 | Jarno | Bolk | 25-01-92 | AVON | Kerkrade | 04-04-09 |
| 27,40 | Martijn | Blom | 17-10-92 | SAV | Grootebroek | 22-05-09 |
| 26,91 | Philippe | Massaar | 05-11-93 | Climax | Wageningen | 26-06-09 |
| 26,07 | Nick | Rademakers | 25-07-92 | Achilles-Top | Maastricht | 31-05-09 |
| 23,70 | Sven | Kooiman (7,25 kg) | 30-01-92 | Clytoneus | Naaldwijk | 19-04-09 |
| 23,11 | Henri van | Son | 28-04-93 | Eindhoven Atl. | Eindhoven | 12-09-09 |
| 22,82 | Tyas | Sijbranda | 02-09-92 | AV '40 | Portimao (POR) | 19-07-09 |

(20)

| | | | | | | |
|-------|--------|------------|-------------|----------------|-------------|----------|
| 22,69 | Bas | Roelen | 20-07-92 | Eindhoven Atl. | Eindhoven | 12-09-09 |
| 22,62 | Jesse | Pfrommer | 19-11-92 | Atledo | Breda | 18-10-09 |
| 22,46 | Jeremy | Bronswijk | JC 29-07-95 | Olympus '70 | Barendrecht | 31-05-09 |
| 22,39 | Zino | Thomassen | 27-04-92 | Eindhoven Atl. | Eindhoven | 12-09-09 |
| 21,98 | Luc | Constandse | 03-05-92 | Spirit-OB | Breda | 18-10-09 |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|------|--------|----------|-------------|-----------|----------|
| 27,01 | o | Rolf | Koenen | 13-03-93 | Olympus '70 | Naaldwijk | 11-10-09 |
|-------|---|------|--------|----------|-------------|-----------|----------|

speerwerpen 700 gram jongens-B

| | | | | | | |
|-------|--------------|------------|----------|-------------------|-----------|----------|
| 64,90 | Alain de | Deugd | 06-10-93 | Achilles-EL | Emmeloord | 28-06-09 |
| 60,51 | Max | Verlint | 01-04-92 | Phanos | Emmeloord | 28-06-09 |
| 59,19 | Robin | Bak | 16-02-92 | Nea-Volharding | Hoorn | 23-05-09 |
| 57,39 | Thomas van | Ophem | 06-09-92 | Hylas | Emmeloord | 28-06-09 |
| 56,10 | Bart van der | Pasch | 24-05-92 | Gen. Michaëlis | Best | 28-05-09 |
| 55,94 | Jurriaan | Wouters | 18-04-93 | Triathlon | Emmeloord | 28-06-09 |
| 55,65 | Maurice | Zwart | 19-01-93 | Sprint | Breda | 18-10-09 |
| 51,63 | Daan | Hagenstein | 04-08-92 | GAC-Hilversum | Apeldoorn | 28-08-09 |
| 51,36 | Ward | Melssen | 13-04-93 | Nijmegen Atletiek | Apeldoorn | 28-08-09 |
| 50,92 | Jesper | Arts | 02-04-92 | LG Deurne | Sittard | 07-06-09 |

(10)

| | | | | | | |
|-------|--------|-------------|----------|----------------|------------|----------|
| 50,13 | Rens | Krommendijk | 11-02-92 | GAC-Hilversum | Enschede | 20-09-09 |
| 49,76 | Mark | Jacobs | 20-04-92 | GVAC | Veldhoven | 07-05-09 |
| 49,65 | Zino | Thomassen | 27-04-92 | Eindhoven Atl. | Eindhoven | 12-09-09 |
| 48,97 | Lennox | Vellema | 15-01-93 | Lycurgus | Amstelveen | 01-06-09 |
| 48,95 | Wesley | Zschöttche | 03-04-93 | AV Zaanland | Enschede | 20-09-09 |
| 48,92 | Don | Keijzers | 02-08-92 | ATV Venray | Maastricht | 31-05-09 |
| 48,82 | Pieter | Braun | 21-01-93 | Sprint | Breda | 14-04-09 |

Statistisch jaarboek 2009

| | | | | | |
|-------|--------------|----------|--------------------|-------------|----------|
| 48,74 | Wart | Weeren | 29-01-92 Triathlon | Grootebroek | 16-08-09 |
| 48,25 | Mark | Kuijpers | 30-03-92 Gloria | Dongen | 24-04-09 |
| 47,81 | Thomas | Scheffer | 03-05-93 Iphitos | Nijverdal | 11-09-09 |
| (20) | | | | | |
| 47,55 | Harald-Peter | Bust | 03-06-92 Jahn II | Heerenveen | 19-09-09 |
| 47,37 | Storm | Potkamp | 15-03-93 Ciko '66 | Wageningen | 07-06-09 |
| 47,18 | Joris | Anema | 26-02-92 DEM | Heiloo | 14-08-09 |
| 47,06 | Matthijs | Vos | 03-05-92 AAC '61 | Emmeloord | 03-05-09 |
| 47,00 | Mark | Bakker | 02-03-92 AV Gouda | Gouda | 12-06-09 |

9-kamp jongens-B

| | | | | | |
|---------------------------------|--------------|-------------|--|-------------|----------|
| | | | <i>100m * ver * kogel * polsh*110mH*discus* hoog *speer* 1500m * windgegevens</i> | | |
| 6165 | Mark | Jacobs | 20-04-92 GVAC | Enschede | 20-09-09 |
| | | | <i>11,35 * 7,11 * 12,74 * 3,90 * 14,78 * 31,89 * 1,92 * 49,46 * 4.51,47 * -0,1 * 0,6 * -0,1</i> | | |
| 6016 | Pieter | Braun | 21-01-93 Sprint | Enschede | 20-09-09 |
| | | | <i>11,87 * 6,79 * 12,42 * 3,30 * 14,83 * 43,66 * 1,98 * 43,08 * 4.47,93 * -0,2 * 0,3 * -0,1</i> | | |
| 5692 | Lennox | Vellema | 15-01-93 Lycurgus | Amstelveen | 01-06-09 |
| | | | <i>11,73 * 6,48 * 14,04 * 3,00 * 15,15 * 36,28 * 1,85 * 48,97 * 5.02,88 * -0,1 * * -1,0</i> | | |
| 5638 | Olaf van der | Geest | 29-09-92 De Keien | Gemert | 24-05-09 |
| | | | <i>11,89 * 5,86 * 15,78 * 3,20 * 16,05 * 44,55 * 1,86 * 42,86 * 5.07,60 * -1,8 * -0,7 * 0,0</i> | | |
| 5579 | Joris | Hallegraeff | 23-03-93 Attila | Enschede | 20-09-09 |
| | | | <i>11,65 * 6,11 * 12,92 * 3,00 * 15,38 * 39,54 * 1,86 * 39,19 * 4.43,14 * -0,1 * -0,2 * 0,0</i> | | |
| 5533 | Jesper | Arts | 02-04-92 LG Deurne | Amersfoort | 30-08-09 |
| | | | <i>11,58 * 6,13 * 11,16 * 2,90 * 14,67 * 32,29 * 1,72 * 47,77 * 4.25,11 * 1,7 * 3,9 * 1,2</i> | | |
| 5412 | Tom | Roetman | 07-02-93 GAC-Hilversum | Enschede | 20-09-09 |
| | | | <i>11,62 * 6,20 * 10,72 * 4,20 * 15,61 * 28,35 * 1,80 * 39,17 * 4.55,47 * -0,1 * 0,5 * -0,1</i> | | |
| 5404 | Wik | Breure | 08-01-92 Pijnenburg | Amersfoort | 30-08-09 |
| | | | <i>11,46 * 6,48 * 12,00 * 2,80 * 16,68 * 40,42 * 1,78 * 45,53 * 4.58,02 * 1,8 * 1,9 * 1,2</i> | | |
| 5387 | Robin | Bak | 16-02-92 Nea-Volharding | Amstelveen | 01-06-09 |
| | | | <i>12,43 * 5,61 * 13,81 * 3,30 * 17,19 * 34,31 * 1,85 * 56,60 * 4.44,28 * -1,2 * * -1,0</i> | | |
| 5354 | Bart van der | Pasch | 24-05-92 Gen. Michaëlis | Enschede | 20-09-09 |
| | | | <i>12,09 * 5,94 * 11,18 * 3,80 * 15,53 * 36,26 * 1,62 * 47,62 * 4.50,00 * -0,1 * 0,3 * -0,1</i> | | |
| (10) | | | | | |
| 5281 | Ferry van | Dipten | 28-02-93 Climax | Zaandam | 05-07-09 |
| | | | <i>11,92 * 5,82 * 11,22 * 3,40 * 15,74 * 33,88 * 1,80 * 45,04 * 4.52,39 * * *</i> | | |
| 5230 | Wesley | Zschöttche | 03-04-93 AV Zaanland | Enschede | 20-09-09 |
| | | | <i>12,13 * 5,69 * 11,56 * 3,00 * 16,03 * 26,20 * 1,80 * 48,95 * 4.17,70 * 0,1 * -0,6 * 0,0</i> | | |
| 5128 | Harald-Peter | Bust | 03-06-92 Jahn II | Stadskanaal | 30-08-09 |
| | | | <i>11,91 * 6,58 * 14,74 * 3,00 * 15,25 * 35,41 * 1,92 * 43,24 * DNF * * *</i> | | |
| 5098 | Cliff | Ellsworth | 17-04-93 Lycurgus | Enschede | 20-09-09 |
| | | | <i>11,89 * 5,88 * 11,50 * 3,50 * 16,18 * 26,75 * 1,71 * 34,92 * 4.26,08 * 0,1 * 0,1 * 0,0</i> | | |
| 5064 | Rens | Krommendijk | 11-02-92 GAC-Hilversum | Enschede | 20-09-09 |
| | | | <i>12,17 * 5,75 * 12,12 * 3,60 * 16,81 * 28,45 * 1,71 * 50,13 * 4.58,41 * -0,2 * 0,4 * -0,4</i> | | |
| 5023 | Jeroen | Megens | 07-01-93 Nijmegen Atletiek | Enschede | 20-09-09 |
| | | | <i>12,28 * 5,93 * 12,22 * 3,20 * 17,07 * 32,94 * 1,71 * 41,70 * 4.41,64 * -0,1 * -0,2 * -0,4</i> | | |
| 4969 | Robin | Scholten | 03-11-92 AV Wijchen | Best | 05-07-09 |
| | | | <i>11,85 * 6,11 * 09,69 * 3,30 * 16,22 * 23,47 * 1,80 * 41,65 * 4.46,32 * -0,5 * * -0,8</i> | | |
| 4857 | Sam | Kranse | 11-09-92 PAC | Gemert | 24-05-09 |
| | | | <i>12,08 * 5,75 * 11,13 * 3,50 * 16,61 * 28,91 * 1,68 * 35,73 * 4.47,37 * -1,2 * -1,4 * 1,1</i> | | |
| 4814 | Dennis | Coehoorn | 27-09-92 AC TION | Enschede | 20-09-09 |
| | | | <i>11,78 * 5,98 * 10,33 * 3,50 * 17,63 * 26,65 * 1,71 * 40,74 * 4.55,56 * -0,2 * 0,2 * -0,4</i> | | |
| 4804 | Max | Dijkstra | 30-09-92 Nijmegen Atletiek | Enschede | 20-09-09 |
| | | | <i>12,32 * 5,70 * 11,55 * 3,10 * 16,38 * 33,17 * 1,68 * 36,82 * 4.54,81 * -0,2 * 0,2 * 0,0</i> | | |
| (20) | | | | | |
| 4715 | Tim | Dekker | 29-09-93 AV Gouda | Schoonhoven | 05-07-09 |
| | | | <i>12,0= * 5,75 * 10,00 * 2,50 * 15,5= * 38,11 * 1,83 * 30,65 * 5.10,6= * * *</i> | | |
| 4680 | Tristan | Steegman | 30-03-92 Energie | Amersfoort | 30-08-09 |
| | | | <i>12,39 * 5,62 * 11,87 * 3,10 * 18,17 * 30,10 * 1,72 * 44,06 * 4.56,03 * 2,4 * 3,4 * 0,2</i> | | |
| 4644 | Joris | Koenders | 11-05-92 AC TION | Amersfoort | 30-08-09 |
| | | | <i>12,62 * 5,81 * 11,09 * 3,10 * 16,37 * 33,36 * 1,60 * 41,46 * 5.13,97 * 1,2 * 3,1 * 1,2</i> | | |
| 4587 | Mart | Overbeek | 03-03-92 Avantri | Schoonhoven | 05-07-09 |
| | | | <i>12,0= * 5,78 * 11,03 * 3,30 * 16,8= * 27,42 * 1,56 * 39,96 * 5.01,2= * * *</i> | | |
| 4543 | Sven | Visser | 14-12-92 AV Wijchen | Amersfoort | 30-08-09 |
| | | | <i>12,69 * 5,51 * 10,36 * 3,30 * 17,95 * 31,14 * 1,63 * 40,47 * 4.45,28 * 1,2 * 2,3 * 0,3</i> | | |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 4760 | o Bram | Denissen | 20-06-93 Atleodo | Dongen | 27-09-09 |

| | | | | | | | |
|------|---|--|-----------------|----------|---------------|-------|----------|
| 4553 | o | 11,8= * 5,88 * 10,07 * 2,60 * 16,3= * 31,72 * 1,80 * 46,27 * 5.16,3= * * * | Jasper Heesbeen | 23-01-92 | Prins Hendrik | Vught | 27-09-09 |
| | | 12,49 * 5,85 * 13,00 * 2,40 * 17,04 * 32,52 * 1,90 * 41,45 * 6.05,19 * * * | | | | | |

4 x 100 meter clubteams jongens-B

| | | | | | | | |
|-------|------|--|----------------|----|-------------------|---------------|----------|
| 43,61 | | | Rotterdam | | PAC | Den Haag | 07-06-09 |
| 44,83 | | | Arnhem | | Ciko '66 | Amstelveen | 26-09-09 |
| 45,17 | | | Vught | | Prins Hendrik | Uden | 03-05-09 |
| 45,36 | | | Krommenie | | Lycurgus | Haarlem | 07-06-09 |
| 45,79 | | | Breda | | Sprint | Best | 07-06-09 |
| 45,90 | | | Deurne | | LG Deurne | Sittard | 07-06-09 |
| 45,93 | | | Uden | | De Keien | Sittard | 07-06-09 |
| 46,01 | | | Nijmegen | | Nijmegen Atletiek | Amstelveen | 26-09-09 |
| 46,02 | | | Den Haag | | Haag Atletiek | Amstelveen | 26-09-09 |
| 46,03 | | | Apeldoorn | | AV '34 | Wageningen | 07-06-09 |
| | (10) | | | | | | |
| 46,05 | | | Hilversum | | GAC-Hilversum | Groningen | 13-09-09 |
| 46,07 | | | Gouda | | AV Gouda | Groningen | 13-09-09 |
| 46,25 | | | Zwolle | | PEC 1910 | Zutphen | 07-06-09 |
| 46,31 | | | Amsterdam | JC | Phanos | Amstelveen | 27-09-09 |
| 46,41 | | | Amersfoort | | Triathlon | Amstelveen | 26-09-09 |
| 46,51 | | | Soest | | Pijnenburg | Haarlem | 07-06-09 |
| 46,60 | | | Oud Beijerland | | Spirit-OB | Tilburg | 01-06-09 |
| 46,77 | | | Naaldwijk | | Olympus '70 | Den Haag | 07-06-09 |
| 46,77 | | | Assen | | AAC '61 | Zutphen | 07-06-09 |
| 46,78 | | | Amsterdam | JC | AV '23 | Gemert | 12-09-09 |
| | (20) | | | | | | |
| 46,79 | | | Enschede | | AC TION | Wageningen | 07-06-09 |
| 46,91 | | | Veenendaal | | VAV | Amstelveen | 26-09-09 |
| 46,92 | | | Vlaardingen | | Fortuna | Den Haag | 07-06-09 |
| 46,97 | | | Santpoort | | Suomi | Heerhugowaard | 07-06-09 |
| 47,05 | | | Ede | | Climax | Wageningen | 07-06-09 |

4 x 100 meter jongens-B

| | | | | | | | |
|-------|--|--|--|----|------------|-------------|----------|
| 41,96 | | | | | Nat. Ploeg | Leiden | 13-06-09 |
| 43,94 | | | | JC | Nat. Ploeg | Almelo | 05-09-09 |
| 44,87 | | | | JC | Rijmond | Papendrecht | 06-06-09 |
| 46,64 | | | | JC | Overijssel | Amsterdam | 23-08-09 |
| 47,00 | | | | JC | Braboos | Amsterdam | 23-08-09 |

4 x 200 meter clubteams jongens-B

| | | | | | | | |
|---------|--|--|-----------|--|-------------------|------------|----------|
| 1.31,45 | | | Vught | | Prins Hendrik | Amstelveen | 27-09-09 |
| 1.31,72 | | | Rotterdam | | PAC | Amstelveen | 27-09-09 |
| 1.33,61 | | | Amsterdam | | Phanos | Amstelveen | 27-09-09 |
| 1.36,52 | | | Arnhem | | Ciko '66 | Amstelveen | 27-09-09 |
| 1.36,92 | | | Deurne | | LG Deurne | Amstelveen | 27-09-09 |
| 1.37,47 | | | Den Haag | | Sparta | Amstelveen | 27-09-09 |
| 1.38,10 | | | Nijmegen | | Nijmegen Atletiek | Amstelveen | 27-09-09 |
| 1.38,36 | | | Hoofddorp | | AV Haarl'meer | Amstelveen | 27-09-09 |
| 1.38,76 | | | Helmond | | HAC | Amstelveen | 27-09-09 |

4 x 400 meter clubteams jongens-B

| | | | | | | | |
|---------|--|--|------------|--|------------|------------|----------|
| 3.37,25 | | | Amstelveen | | Startbaan | Amstelveen | 26-09-09 |
| 3.37,87 | | | Amersfoort | | Triathlon | Amstelveen | 26-09-09 |
| 3.40,23 | | | Soest | | Pijnenburg | Amstelveen | 26-09-09 |

zweedse estafette clubteams jongens-B

| | | | | | | | |
|---------|--|--|-----------|--|-----------|------------|----------|
| 2.03,89 | | | Amsterdam | | Phanos | Amstelveen | 27-09-09 |
| 2.04,48 | | | Deurne | | LG Deurne | Amstelveen | 27-09-09 |
| 2.04,74 | | | Rotterdam | | PAC | Amstelveen | 27-09-09 |

zweedse estafette jongens-B

| | | | | | | | |
|---------|--|--|--|--|------------|------------------|----------|
| 2.00,74 | | | | | Nat. Ploeg | Weganan di Reino | 30-07-09 |
|---------|--|--|--|--|------------|------------------|----------|

Jongens-C

100 meter jongens-C

| | | | | | |
|---|---------------------|-------------|--------------------------|----------------|----------|
| 11,21 | -0,6 Kelvin | Tairou | 02-04-95 THOR | Tilburg | 01-06-09 |
| 11,27 | -0,6 Olaf van den | Bergh | 07-03-94 Marvel | Tilburg | 01-06-09 |
| 11,34 | 1,0 Kjell | Wolters | 18-04-94 PEC 1910 | Göteborg (SWE) | 01-08-09 |
| 11,45 | 1,1 Bryan | Hissink | 13-06-94 AV Argo | Almelo | 05-09-09 |
| 11,62 | 0,0 Filip van der | Hoven | 04-08-94 Hera | Enschede | 19-09-09 |
| 11,69 | 0,8 Thomas | Kempe | 12-08-94 Dynamica | Terneuzen | 19-09-09 |
| 11,72 | 0,7 Joshua | Gul | 17-04-94 Phanos | Utrecht | 13-06-09 |
| 11,72 | 0,8 Gavan | Koekkoek | 18-02-94 PAC | Gemert | 12-09-09 |
| 11,74 | Thomas van de | Poel | 17-03-94 PAC | Papendrecht | 06-06-09 |
| 11,75 | Jeffrey van | Oorschot | 23-06-95 Spado | Papendrecht | 06-06-09 |
| (10) | | | | | |
| 11,77 | 0,2 Nadim van | Minnen | 22-11-94 SISU | Enschede | 04-07-09 |
| 11,79 | -0,6 Melroy | Braat | 16-02-94 Diomedon | Tilburg | 01-06-09 |
| 11,82 | 0,5 Yannick | Mahieu | 17-03-95 Phanos | Utrecht | 01-05-09 |
| 11,87 | -1,1 Jerom | Theunissen | 21-11-94 Atl. Maastricht | Uden | 20-06-09 |
| 11,88 | Thomas | Ticheloven | 18-02-94 AAC '61 | Hoogeveen | 12-06-09 |
| 11,90 | 1,3 Kas | Woudstra | 10-03-94 Phoenix | Nieuwegein | 28-06-09 |
| 11,96 | -1,3 Robin | Hummel | 17-04-95 Achilles-EL | Amsterdam | 23-08-09 |
| 11,96 | 0,0 Lars | Rumawatine | 27-02-94 MPM | Enschede | 19-09-09 |
| 11,97 | -0,6 Stefan | Benders | 31-01-95 HAC | Tilburg | 01-06-09 |
| 11,97 | -1,3 Tarik | Bayoumi | 27-03-94 AAC | Amsterdam | 23-08-09 |
| (20) | | | | | |
| 11,97 | 0,0 Menno | Vloon | 11-05-94 Lycurgus | Enschede | 19-09-09 |
| 12,00 | 1,7 Menno van der | Steen | 09-01-94 Suomi | Heiloo | 03-05-09 |
| 12,01 | -0,6 Wouter | Schouwenaar | 28-07-94 Flevo Delta | Heerenveen | 23-05-09 |
| 12,01 | 1,2 Ruben van | Dijk | 03-03-95 AV '34 | Wageningen | 07-06-09 |
| 12,04 | 2,0 Arend-Jan | Spierenburg | 16-06-95 Cialfo | Dronten | 10-06-09 |
| 12,04 | 0,6 Joost | Ketel | 21-05-94 Achilles-EL | Bergen op Zoom | 04-07-09 |
| 12,04 | 0,8 Edwin van | Bemden | 01-05-95 AV '56 | Terneuzen | 19-09-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 11,88 | 0,8 Thomas van de | Poel | 17-03-94 PAC | Gemert | 12-09-09 |
| 11,93 | 0,0 Thomas | Ticheloven | 18-02-94 AAC '61 | Enschede | 19-09-09 |
| 12,04 | 0,6 Jeffrey van | Oorschot | 23-06-95 Spado | Bergen op Zoom | 04-07-09 |
| <i>betere handtijden:</i> | | | | | |
| 11,4 | Nadim van | Minnen | 22-11-94 SISU | Eibergen | 07-06-09 |
| 11,4 | Wouter | Schouwenaar | 28-07-94 Flevo Delta | Harderwijk | 13-06-09 |
| 11,5 | Arend-Jan | Spierenburg | 16-06-95 Cialfo | Harderwijk | 13-06-09 |
| 11,6 | Menno | Vloon | 11-05-94 Lycurgus | Krommenie | 29-08-09 |
| 11,6 | Kas | Woudstra | 10-03-94 Phoenix | Krommenie | 29-08-09 |
| 11,7 | Stijn | Uijen | 23-11-94 AV Holten | Nijverdal | 04-04-09 |
| 11,7 | Lars | Rumawatine | 27-02-94 MPM | Nijverdal | 04-04-09 |
| 11,8 | Jeroen | Cornelissen | 01-02-94 OSM '75 | Veenendaal | 04-07-09 |
| 11,8 | Melchior | Keijdener | 29-04-94 Altis | Krommenie | 29-08-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 11,50 | w 2,7 Filip van den | Hoven | 04-08-94 Hera | Woerden | 29-08-09 |
| 11,65 | w 3,0 Gavan | Koekkoek | 18-02-94 PAC | Naaldwijk | 30-08-09 |
| 11,69 | w 2,4 Thomas van de | Poel | 17-03-94 PAC | Barendrecht | 18-04-09 |
| 11,70 | w 3,5 Joshua | Gul | 17-04-94 Phanos | Haarlem | 18-04-09 |
| 11,80 | w 3,0 Kas | Woudstra | 10-03-94 Phoenix | Heerhugowaard | 20-06-09 |
| 11,94 | w 2,8 Jon | Schouwenaar | 17-06-94 Startbaan | Woerden | 29-08-09 |
| 12,04 | w 3,0 Rick van | Alphen | 17-06-94 Hellas | Heerhugowaard | 20-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 10,9 | o Bryan | Hissink | 13-06-94 AV Argo | Doetinchem | 03-10-09 |
| 11,4 | o Youri | Oolbekkink | 06-03-94 Hanzesport | Zutphen | 03-10-09 |
| 11,73 | o Jerom | Theunissen | 21-11-94 Atl. Maastricht | Maastricht | 27-09-09 |
| 11,6 | o Ruben van | Dijk | 03-03-95 AV '34 | Apeldoorn | 26-09-09 |
| 11,93 | o Robin | Hummel | 17-04-95 Achilles-EL | Etten-leur | 26-09-09 |
| 11,7 | o Sam | Rees | 13-04-94 AV '23 | Amsterdam | 04-10-09 |
| 11,97 | o Rick van | Alphen | 17-06-94 Hellas | Utrecht | 03-10-09 |
| 11,99 | o Melchior | Keijdener | 29-04-94 Altis | Amersfoort | 03-10-09 |

150 meter jongens-C

| | | | | | | |
|-------|---------------|-----------|----------|---------------|----------------|----------|
| 17,44 | Thomas | Kempe | 12-08-94 | Dynamica | Terneuzen | 19-09-09 |
| 17,96 | Kas | Woudstra | 10-03-94 | Phoenix | Utrecht | 05-07-09 |
| 18,06 | 1,9 Joost de | Jong | 22-06-94 | Pallas '67 | Utrecht | 10-07-09 |
| 18,20 | Emilio | Wille | 16-12-94 | Scorpio | Terneuzen | 19-09-09 |
| 18,28 | Edwin van | Bemden | 01-05-95 | AV '56 | Terneuzen | 19-09-09 |
| 18,33 | Joshua | Gul | 17-04-94 | Phanos | Beverwijk | 25-04-09 |
| 18,37 | Thomas van de | Poel | 17-03-94 | PAC | Oud Beijerland | 25-04-09 |
| 18,47 | 1,2 Danny | Moons | 31-01-94 | GAC-Hilversum | Utrecht | 10-07-09 |
| 18,53 | 1,7 Kris | Riemersma | 28-07-94 | De Keien | Amersfoort | 29-08-09 |
| 18,53 | Jasper | Knibbeler | 07-06-94 | RK HAV | Terneuzen | 19-09-09 |

(10)

| | | | | | | |
|-------|--------------|--------|----------|-----------|---------|----------|
| 18,73 | 0,7 Victor | Lampe | 09-07-94 | Fit | Utrecht | 10-07-09 |
| 18,74 | -1,6 Maarten | Ritter | 21-05-94 | Triathlon | Best | 04-07-09 |

betere handtijden:

| | | | | | | |
|------|---------------|-------------|----------|-------------|-------------|----------|
| 17,5 | Jon | Schouwenaar | 17-06-94 | Startbaan | Heiloo | 26-06-09 |
| 17,5 | Vester van | Heijningen | 26-02-94 | KAV Holland | Heiloo | 26-06-09 |
| 17,8 | Menno van der | Steen | 09-01-94 | Suomi | Heiloo | 26-06-09 |
| 17,9 | Job | Beintema | 24-05-95 | Trias | Heiloo | 26-06-09 |
| 18,0 | Rein | Bassant | 26-09-94 | Avantri | Schoonhoven | 12-05-09 |
| 18,5 | Nathan | Diambudiaku | 27-04-95 | Hylas | Heiloo | 26-06-09 |
| 18,6 | Daniël | Lam | 03-10-94 | Phanos | Heiloo | 26-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|-----------|------------|----------|-----------|------------|----------|
| 17,8 | o Maarten | Ritter | 21-05-94 | Triathlon | Amersfoort | 04-10-09 |
| 18,4 | o Patrick | Zweckhorst | 30-03-94 | Triathlon | Amersfoort | 04-10-09 |

800 meter jongens-C

| | | | | | | |
|---------|--------------|------------|----------|--------------|-----------|----------|
| 1.58,75 | Youri | Oolbekkink | 06-03-94 | Hanzesport | Hilversum | 13-09-09 |
| 1.58,94 | Olaf van den | Bergh | 07-03-94 | Marvel | Utrecht | 22-05-09 |
| 2.02,12 | Jorijn de | Mare | 28-01-94 | Atverni | Utrecht | 07-08-09 |
| 2.02,35 | Mitchell | Thiel | 11-07-94 | Pijnenburg | Utrecht | 13-06-09 |
| 2.03,23 | Joost de | Jong | 22-06-94 | Pallas '67 | Enschede | 04-07-09 |
| 2.03,87 | Joran | Klaver | 21-02-94 | Hera | Leiden | 13-06-09 |
| 2.04,23 | Jaap Gerben | Vellinga | 28-07-94 | Horror | Dronen | 02-07-09 |
| 2.04,70 | Timo | Looijen | 07-07-94 | AC Waterland | Heiloo | 14-08-09 |
| 2.05,33 | Hamza | Foulouh | 14-08-94 | U-Track | Emmeloord | 26-06-09 |
| 2.05,77 | Freek | Lier | 11-04-94 | Hanzesport | Leiden | 13-06-09 |

(10)

| | | | | | | |
|---------|-------------|------------|----------|-------------------|------------|----------|
| 2.06,01 | Gerrit | Wolbers | 08-12-94 | Spartacus | Apeldoorn | 28-08-09 |
| 2.06,40 | Milan | Mazurel | 06-06-94 | AV Edam | Amsterdam | 23-08-09 |
| 2.06,53 | Rik van der | Steen | 01-06-94 | LG Deurne | Uden | 20-06-09 |
| 2.06,58 | Ashwin | Wemmers | 31-03-94 | Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 2.07,45 | Casper van | Well | 01-02-94 | Nijmegen Atletiek | Wageningen | 17-07-09 |
| 2.07,61 | Bart van | Nunen | 24-09-95 | Spark | Zoetermeer | 20-06-09 |
| 2.07,95 | Jelle | Sijm | 21-01-94 | KAV Holland | Wageningen | 17-07-09 |
| 2.08,05 | Wiebe de | Heer | 08-06-95 | Atletico '73 | Enschede | 04-07-09 |
| 2.08,46 | Thomas | Ticheloven | 18-02-94 | AAC '61 | Heerenveen | 20-06-09 |
| 2.08,51 | Houd | Benyahya | 15-02-94 | Suomi | Wageningen | 18-09-09 |

(20)

| | | | | | | |
|---------|-------------|------------|----------|---------------|-------------|----------|
| 2.09,10 | Tommy | Staal | 18-08-94 | Delta Sport | Hulst | 04-07-09 |
| 2.09,1 | Lars | Rumawatine | 27-02-94 | MPM | Eibergen | 26-09-09 |
| 2.09,25 | Roy van der | Have | 29-01-94 | Fortuna | Papendrecht | 06-06-09 |
| 2.09,27 | Robert | Bons | 17-08-95 | Energie | Utrecht | 13-06-09 |
| 2.09,6 | Lex-Jan ten | Brink | 14-01-94 | SISU | Almelo | 13-06-09 |
| 2.09,70 | Flip v.d. | Kerkhof | 08-09-94 | Prins Hendrik | Helmond | 25-07-09 |

1000 meter jongens-C

| | | | | | | |
|---------|-------------|----------|----------|-------------------|-------------|----------|
| 2.39,81 | Jaap Gerben | Vellinga | 28-07-94 | Horror | Heiloo | 31-07-09 |
| 2.39,98 | Jorijn de | Mare | 28-01-94 | Atverni | Utrecht | 10-07-09 |
| 2.40,92 | Freek | Lier | 11-04-94 | Hanzesport | Utrecht | 10-07-09 |
| 2.41,34 | Hamza | Foulouh | 14-08-94 | U-Track | Utrecht | 10-07-09 |
| 2.42,09 | Tommy | Staal | 18-08-94 | Delta Sport | Utrecht | 10-07-09 |
| 2.42,11 | Mitchell | Thiel | 11-07-94 | Pijnenburg | Utrecht | 10-07-09 |
| 2.43,03 | Joost de | Jong | 22-06-94 | Pallas '67 | Amstelveen | 01-06-09 |
| 2.44,98 | Roy van der | Have | 29-01-94 | Fortuna | Barendrecht | 28-06-09 |
| 2.45,71 | Ashwin | Wemmers | 31-03-94 | Nijmegen Atletiek | Nijmegen | 29-05-09 |

| | | | | | |
|---------|--------------|-------------|--------------------------|------------|----------|
| 2.45,84 | Robert | Bons | 17-08-95 Energie | Rotterdam | 03-07-09 |
| (10) | | | | | |
| 2.47,67 | Luuk de | Vos | 06-01-94 R' dam Atletiek | Enschede | 20-09-09 |
| 2.47,70 | Thomas | Ticheloven | 18-02-94 AAC '61 | Enschede | 20-09-09 |
| 2.48,80 | Joran | Klaver | 21-02-94 Hera | Heiloo | 31-07-09 |
| 2.49,3 | Milan | Mazurel | 06-06-94 AV Edam | Naaldwijk | 10-09-09 |
| 2.49,39 | Youri | Oolbekkink | 06-03-94 Hanzesport | Almelo | 05-09-09 |
| 2.49,46 | Nino | Kraaijer | 09-03-94 Lycurgus | Utrecht | 10-07-09 |
| 2.49,47 | Thomas | Potma | JD 20-04-96 Energie | Amsterdam | 06-09-09 |
| 2.49,48 | Bart van | Nunen | 24-09-95 Spark | Utrecht | 10-07-09 |
| 2.50,09 | Olaf van den | Bergh | 07-03-94 Prins Hendrik | Almelo | 05-09-09 |
| 2.51,29 | Jon | Schouwenaar | 17-06-94 Startbaan | Amstelveen | 01-06-09 |

| | | | | | |
|---------|------------|-------------|----------------------------|----------|----------|
| (20) | | | | | |
| 2.51,30 | Niels | Cloosterman | 10-02-94 Nijmegen Atletiek | Nijmegen | 29-05-09 |
| 2.51,36 | Jordy | Vijfschaft | 17-03-94 Groningen Atl | Utrecht | 10-07-09 |
| 2.51,41 | Lars | Rumawatine | 27-02-94 MPM | Enschede | 20-09-09 |
| 2.51,60 | Milco | Hahury | 03-10-95 Nijmegen Atletiek | Utrecht | 10-07-09 |
| 2.51,69 | Casper van | Well | 01-02-94 Nijmegen Atletiek | Nijmegen | 29-05-09 |

1500 meter jongens-C

| | | | | | |
|---------|-------------|------------|------------------------|------------|----------|
| 4.12,74 | Freek | Lier | 11-04-94 Hanzesport | Hoorn | 23-05-09 |
| 4.12,86 | Jorijn de | Mare | 28-01-94 Atverni | Utrecht | 13-06-09 |
| 4.14,09 | Youri | Oolbekkink | 06-03-94 Hanzesport | Utrecht | 07-08-09 |
| 4.16,49 | Hamza | Foulouh | 14-08-94 U-Track | Wageningen | 18-09-09 |
| 4.16,95 | Joran | Klaver | 21-02-94 Hera | Utrecht | 07-08-09 |
| 4.18,41 | Jaap Gerben | Vellinga | 28-07-94 Horror | Heerenveen | 19-09-09 |
| 4.18,5 | Tommy | Staal | 18-08-94 Delta Sport | Hulst | 13-06-09 |
| 4.21,44 | Nick | Hoogedoorn | 11-06-94 Running 2000 | Wageningen | 17-07-09 |
| 4.21,81 | Mitchell | Thiel | 11-07-94 Pijnenburg | Krommenie | 03-05-09 |
| 4.21,96 | Wadie | Moussaoui | 05-03-94 Prins Hendrik | Eindhoven | 12-07-09 |

| | | | | | |
|---------|-------------|------------|----------------------------|------------|----------|
| (10) | | | | | |
| 4.23,17 | Rik van der | Steen | 01-06-94 LG Deurne | Amsterdam | 22-08-09 |
| 4.24,14 | Bart van | Nunen | 24-09-95 Spark | Utrecht | 13-06-09 |
| 4.26,38 | Rob | Spin | 22-03-95 LAAC Twente | Wageningen | 17-07-09 |
| 4.27,04 | Curtis | Burks | 10-03-94 GAC-Hilversum | Utrecht | 22-05-09 |
| 4.27,88 | Nino | Kraaijer | 09-03-94 Lycurgus | Amsterdam | 22-08-09 |
| 4.28,18 | Merlijn | Dekker | 07-10-94 AV Almere '81 | Utrecht | 22-05-09 |
| 4.28,26 | Ashwin | Wemmers | 31-03-94 Nijmegen Atletiek | Nijmegen | 15-09-09 |
| 4.29,36 | Yared | Stifanos | 11-07-94 Hellas | Utrecht | 22-05-09 |
| 4.30,49 | Jordy | Vijfschaft | 17-03-94 Groningen Atl | Utrecht | 13-06-09 |
| 4.30,96 | Milco | Hahury | 03-10-95 Nijmegen Atletiek | Nijmegen | 15-09-09 |

| | | | | | |
|---------|--------|------------|------------------------|------------|----------|
| (20) | | | | | |
| 4.31,09 | Lars | Gerritsen | 06-01-94 Hercules | Best | 07-06-09 |
| 4.31,36 | Niek | Blikslager | 13-06-95 Groningen Atl | Amsterdam | 22-08-09 |
| 4.33,04 | Melvin | Seevinck | 12-05-94 De Liemers | Amsterdam | 22-08-09 |
| 4.33,85 | Sander | Brouwers | 12-11-94 Prins Hendrik | Wageningen | 17-07-09 |
| 4.34,2 | Gerrit | Wolbers | 08-12-94 Spartacus | Heerenveen | 11-04-09 |

3000 meter snelwandelen jongens-C

| | | | | | |
|---------|-------|----------|-----------------|-----------|----------|
| 19.55,8 | Jordi | Huntjens | JD 22-05-95 RWV | Dordrecht | 12-09-09 |
|---------|-------|----------|-----------------|-----------|----------|

100 meter horden 84 cm jongens-C

| | | | | | |
|-------|----------------|-----------|----------------------------|-----------|----------|
| 13,42 | 1,7 Kjell | Wolters | 18-04-94 PEC 1910 | Almelo | 05-09-09 |
| 13,78 | Glenn | Boessen | 06-04-94 Unitas | Sittard | 12-07-09 |
| 14,08 | 1,7 Yannick | Mahieu | 17-03-95 Phanos | Almelo | 05-09-09 |
| 14,13 | 0,3 Rutger | Bien | 30-01-94 AV '23 | Amsterdam | 22-08-09 |
| 14,20 | -2,0 Victor | Halfide | 18-06-94 AV '23 | Best | 05-07-09 |
| 14,21 | 1,3 Lex | Mens | 10-06-94 PAC | Gemert | 12-09-09 |
| 14,21 | -0,5 Menno | Vloon | 11-05-94 Lycurgus | Enschede | 20-09-09 |
| 14,22 | 0,9 Koen de | Jong | 08-04-94 AV Wijchen | Enschede | 04-07-09 |
| 14,22 | 1,2 Maarten | Ottenhoff | 03-08-94 Eindhoven Atl. | Eindhoven | 04-07-09 |
| 14,25 | 1,3 Sebastiaan | Mulder | 12-06-94 Nijmegen Atletiek | Gemert | 12-09-09 |

| | | | | | |
|-------|---------------|-------------|-------------------|------------|----------|
| (10) | | | | | |
| 14,26 | 0,7 Jorrit | Blonk | 19-05-94 Lycurgus | Amstelveen | 01-06-09 |
| 14,31 | 0,9 Arend-Jan | Spierenburg | 16-06-95 Cialfo | Enschede | 04-07-09 |
| 14,32 | 1,7 Joshua | Gul | 17-04-94 Phanos | Santpoort | 16-05-09 |
| 14,35 | -0,2 Thomas | Ticheloven | 18-02-94 AAC '61 | Enschede | 20-09-09 |

| | | | | | |
|---|-------|------------------------|----------------------------|---------------|----------|
| 14,36 | 0,9 | Ruben van Dijk | 03-03-95 AV '34 | Enschede | 04-07-09 |
| 14,38 | -0,1 | Melchior Keijdeners | 29-04-94 Altis | Enschede | 20-09-09 |
| 14,54 | -0,1 | Filip van der Hoven | 04-08-94 Hera | Enschede | 20-09-09 |
| 14,56 | 0,3 | Thomas Kempe | 12-08-94 Dynamica | Amsterdam | 22-08-09 |
| 14,56 | -0,2 | Lars Rumawatine | 27-02-94 MPM | Amsterdam | 22-08-09 |
| 14,57 | 0,7 | Luuk de Vos | 06-01-94 R' dam Atletiek | Amstelveen | 01-06-09 |
| (20) | | | | | |
| 14,59 | 0,3 | Tarik Bayoumi | 27-03-94 AAC | Amsterdam | 22-08-09 |
| 14,59 | 0,3 | Joran van der Sluis | 21-01-94 Phoenix | Amsterdam | 22-08-09 |
| 14,65 | 2,0 | Nieno Schuur | 20-10-95 AV Almere '81 | Purmerend | 20-06-09 |
| 14,66 | | Mark Schellekens | 05-06-94 Atledo | Eindhoven | 06-06-09 |
| 14,67 | -0,2 | Daniël Lam | 03-10-94 Phanos | Enschede | 20-09-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 13,98 | -0,2 | Glenn Boessen | 06-04-94 Unitas | Amsterdam | 22-08-09 |
| 14,69 | -0,4 | Mark Schellekens | 05-06-94 Atledo | Gemert | 24-05-09 |
| <i>betere handtijden:</i> | | | | | |
| 14,4 | | Edwin van Bemden | 01-05-95 AV '56 | Vlissingen | 27-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 14,05 | w 2,9 | Jorrit Blonk | 19-05-94 Lycurgus | Heerhugowaard | 20-06-09 |
| 14,47 | w 2,2 | Alain van Tholl | 20-05-94 AV '23 | Best | 05-07-09 |
| 14,56 | w 2,1 | Daniël Lam | 03-10-94 Phanos | Nieuwegein | 28-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 13,74 | o | Glenn Boessen | 06-04-94 Unitas | Sittard | 27-09-09 |
| 300 meter horden 76,2 cm jongens-C | | | | | |
| 40,12 | | Tarik Bayoumi | 27-03-94 AAC | Amsterdam | 23-08-09 |
| 41,07 | | Thomas Ticheloven | 18-02-94 AAC '61 | Amsterdam | 23-08-09 |
| 41,33 | | Jon Schouwenaar | 17-06-94 Startbaan | Amsterdam | 23-08-09 |
| 41,50 | | Glenn Boessen | 06-04-94 Unitas | Lanaken (BEL) | 25-07-09 |
| 41,64 | | Arend-Jan Spierenburg | 16-06-95 Cialfo | Amsterdam | 23-08-09 |
| 41,79 | | Joost de Jong | 22-06-94 Pallas '67 | Enschede | 04-07-09 |
| 41,82 | | Edwin van Bemden | 01-05-95 AV '56 | Papendrecht | 29-08-09 |
| 42,35 | | Sebastiaan Mulder | 12-06-94 Nijmegen Atletiek | Amsterdam | 23-08-09 |
| 42,42 | | Lars Rumawatine | 27-02-94 MPM | Amsterdam | 23-08-09 |
| 42,51 | | Job Beintema | 24-05-95 Trias | Amsterdam | 23-08-09 |
| (10) | | | | | |
| 43,21 | | Melchior Keijdeners | 29-04-94 Altis | Amersfoort | 13-04-09 |
| 43,62 | | Lex Mens | 10-06-94 PAC | Leiden | 08-07-09 |
| 43,77 | | Vester van Heijningen | 26-02-94 KAV Holland | Amsterdam | 23-08-09 |
| 44,39 | | Koen van den Meiracker | 15-01-94 Spark | Spijkenisse | 05-07-09 |
| 44,60 | | Steven van Kesteren | 28-03-94 Atletico '73 | Enschede | 04-07-09 |
| 44,5 | | Thomas Kempe | 12-08-94 Dynamica | Vlissingen | 27-06-09 |
| 45,01 | | Emilio Wille | 16-12-94 Scorpio | Lisse | 06-09-09 |
| 44,8 | | Ruben van Dijk | 03-03-95 AV '34 | Apeldoorn | 28-03-09 |
| 45,09 | | Joran van der Sluis | 21-01-94 Phoenix | Amsterdam | 23-08-09 |
| 45,24 | | Casper van Well | 01-02-94 Nijmegen Atletiek | Amsterdam | 23-08-09 |
| (20) | | | | | |
| 45,80 | | Max van der Voet | 20-03-95 De Spartaan | Lisse | 06-09-09 |
| 45,6 | | Thom Slot | 09-08-95 Trias | Santpoort | 18-09-09 |
| 46,00 | | Wouter de Bever | 30-05-94 Prins Hendrik | Vught | 21-05-09 |
| 45,8 | | Maarten van der Winden | 21-08-95 AV Haarl'meer | Santpoort | 18-09-09 |
| 46,08 | | Flip v.d. Kerkhof | 08-09-94 Prins Hendrik | Vught | 21-05-09 |
| hoogspringen jongens-C | | | | | |
| 1,91 | | Joost Ketel | 21-05-94 Achilles-EL | Papendrecht | 06-06-09 |
| 1,90 | | Jethro Obot | 13-02-94 Haag Atletiek | Beverwijk | 03-05-09 |
| 1,85 | | Timo Looijen | 07-07-94 AC Waterland | Haarlem | 18-04-09 |
| 1,81 | | Gijs Tops | 27-11-94 AV Reusel '69 | Reusel | 28-06-09 |
| 1,80 | | Menno van der Steen | 09-01-94 Suomi | Santpoort | 16-05-09 |
| 1,80 | | Thomas Ticheloven | 18-02-94 AAC '61 | Zutphen | 07-06-09 |
| 1,78 | | Wouter de Bever | 30-05-94 Prins Hendrik | Helmond | 25-07-09 |
| 1,76 | | Danny Winters | 08-04-94 Flevo Delta | Harderwijk | 13-06-09 |
| 1,75 | | Luuk de Vos | 06-01-94 R' dam Atletiek | Veenendaal | 04-04-09 |
| 1,75 | | Melroy Braat | 16-02-94 Diomedon | Terneuzen | 18-04-09 |
| (10) | | | | | |
| 1,75 | | Yared Stifanos | 11-07-94 Hellas | Almere | 18-04-09 |

| | | | | | |
|------|-------------|-------------|-------------------------|-------------|----------|
| 1,75 | Koen de | Jong | 08-04-94 AV Wijchen | Zevenaar | 09-05-09 |
| 1,75 | Mark | Schellekens | 05-06-94 Atledo | Gemert | 23-05-09 |
| 1,75 | Jorrit | Blonk | 19-05-94 Lycurgus | Amstelveen | 31-05-09 |
| 1,75 | Jeroen | Boumans | 16-01-95 Sparta | Delft | 04-07-09 |
| 1,75 | Bas van der | Lubbe | 15-12-94 Gen. Michaëlis | Amsterdam | 22-08-09 |
| 1,75 | Trystan de | Weerd | 17-07-95 Athlos | Amsterdam | 22-08-09 |
| 1,75 | Lars | Rumawatine | 27-02-94 MPM | Stadskanaal | 29-08-09 |
| 1,75 | Eric | Stam | 16-09-94 Noordkop | Woerden | 29-08-09 |
| 1,75 | Stijn | Bom | 17-01-94 PEC 1910 | Zwolle | 29-08-09 |

(20)

| | | | | | |
|------|----------------|-------------|-------------------------|------------|----------|
| 1,70 | Thom | Jenster | 11-06-94 GAC-Hilversum | Amersfoort | 13-04-09 |
| 1,70 | Melvin | Kuijpers | 19-07-94 Sparta | Gouda | 18-04-09 |
| 1,70 | Bas van der | Meer | 26-01-94 SC Reeuwijk | Gouda | 18-04-09 |
| 1,70 | Tommie van den | Bedem | 10-07-94 Altis | Almere | 18-04-09 |
| 1,70 | Andre | Sarnatskiy | 30-01-94 Groningen Atl | Groningen | 18-04-09 |
| 1,70 | Bas | Büthker | 14-02-94 Eindhoven Atl. | Oss | 18-04-09 |
| 1,70 | David | Alkema | 27-05-94 AV '23 | Santpoort | 16-05-09 |
| 1,70 | Jon | Schouwenaar | 17-06-94 Startbaan | Santpoort | 16-05-09 |
| 1,70 | Nathan | Diambudiaku | 27-04-95 Hylas | Den Helder | 16-05-09 |
| 1,70 | Ingmar van der | Geest | 15-08-94 De Keien | Tilburg | 01-06-09 |

(30)

| | | | | | |
|------|---------|---------|----------------------|------------|----------|
| 1,70 | Kevin | Licher | 13-11-94 Flevo Delta | Harderwijk | 13-06-09 |
| 1,70 | Martijn | Goddijn | 27-07-94 Climax | Ede | 19-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-------|---------|----------------------|---------|----------|
| 1,85 | o | Kjell | Wolters | 18-04-94 PEC 1910 | Zwolle | 26-09-09 |
| 1,70 | o | Arjan | Huijgen | 10-06-94 Flevo Delta | Dronten | 25-09-09 |

polstokhoogspringen jongens-C

| | | | | | |
|------|-----------|-------------|--------------------------|-----------|----------|
| 3,40 | Menno | Vloon | 11-05-94 Lycurgus | Amsterdam | 23-08-09 |
| 3,30 | Luuk de | Vos | 06-01-94 R' dam Atletiek | Amsterdam | 23-08-09 |
| 3,30 | Nils | Stok | 04-06-94 PAC | Almelo | 05-09-09 |
| 3,10 | Thom | Jenster | 11-06-94 GAC-Hilversum | Amsterdam | 23-08-09 |
| 2,90 | Glenn | Boessen | 06-04-94 Unitas | Sittard | 06-06-09 |
| 2,90 | Mark | Schellekens | 05-06-94 Atledo | Tilburg | 01-07-09 |
| 2,90 | Rens | Woltjes | 11-04-94 Phoenix | Amsterdam | 23-08-09 |
| 2,90 | Bart | Heijes | 25-01-95 Passaat | Amsterdam | 23-08-09 |
| 2,90 | Alain van | Tholl | 20-05-94 AV '23 | Amsterdam | 23-08-09 |
| 2,90 | Pieter | Mijnhout | 25-02-94 GAC-Hilversum | Amsterdam | 23-08-09 |

(10)

| | | | | | |
|------|------------|------------|------------------------|---------------|----------|
| 2,90 | Erik de | Groot | 01-06-94 Ilion | Amsterdam | 23-08-09 |
| 2,90 | Christian | Oberdorfer | 19-02-95 GAC-Hilversum | Amsteveen | 30-08-09 |
| 2,80 | Koen | Jacobs | 20-03-94 Groene Ster | Breda | 14-04-09 |
| 2,80 | Thomas | Ticheloven | 18-02-94 AAC '61 | Emmeloord | 03-05-09 |
| 2,70 | Kas | Woudstra | 10-03-94 Phoenix | Heerhugowaard | 07-06-09 |
| 2,70 | Jorrit | Blonk | 19-05-94 Lycurgus | Hoorn | 12-06-09 |
| 2,70 | Joris | Ketelaars | 08-02-94 GAC-Hilversum | Amsteveen | 30-08-09 |
| 2,60 | Johannes | Lang | 13-02-94 Unitas | Sittard | 06-06-09 |
| 2,50 | Daniël | Kil | 06-06-95 Sprint | Amsterdam | 23-08-09 |
| 2,40 | Vester van | Heijningen | 26-02-94 KAV Holland | Haarlem | 07-06-09 |

(20)

| | | | | | |
|------|--------|----------|-----------------------|-----------|----------|
| 2,40 | Emiel | Rigter | JD 25-02-96 BAV | Utrecht | 05-07-09 |
| 2,40 | Timo | Looijen | 07-07-94 AC Waterland | Purmerend | 28-08-09 |
| 2,40 | Melvin | Kuijpers | 19-07-94 Sparta | Groningen | 13-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|--------|-------|-------------------|-----------|----------|
| 2,90 | o | Jorrit | Blonk | 19-05-94 Lycurgus | Krommenie | 03-10-09 |
| 2,30 | o | Daan | Kwant | 12-09-94 Lycurgus | Krommenie | 03-10-09 |

verspringen jongens-C

| | | | | | | |
|------|------|---------------|------------|------------------------|----------------|----------|
| 6,94 | -0,9 | Kjell | Wolters | 18-04-94 PEC 1910 | Göteborg (SWE) | 02-08-09 |
| 6,82 | | Kelvin | Tairou | 02-04-95 THOR | Terneuzen | 18-04-09 |
| 6,51 | 1,1 | Gavan | Koekkoek | 18-02-94 PAC | Amsterdam | 23-08-09 |
| 6,41 | | Filip van der | Hoven | 04-08-94 Hera | Amsterdam | 23-08-09 |
| 6,28 | -0,7 | Koen de | Jong | 08-04-94 AV Wijchen | Enschede | 20-06-09 |
| 6,07 | 1,1 | Wouter de | Bever | 30-05-94 Prins Hendrik | Amsterdam | 23-08-09 |
| 6,05 | 0,0 | Thomas | Ticheloven | 18-02-94 AAC '61 | Enschede | 19-09-09 |
| 6,04 | | Jethro | Obot | 13-02-94 Haag Atletiek | Papendrecht | 28-03-09 |

| | | | | | | |
|---|-------|----------------|-------------|--------------------------|------------------|----------|
| 6,00 | | Melroy | Braat | 16-02-94 Diomedon | Gemert | 23-05-09 |
| 5,94 | | Melchior | Keijdenser | 29-04-94 Altis | Krommenie | 29-08-09 |
| | (10) | | | | | |
| 5,89 | | Lex | Mens | 10-06-94 PAC | Amstelveen | 31-05-09 |
| 5,89 | | Timo | Looijen | 07-07-94 AC Waterland | Edam | 14-06-09 |
| 5,86 | | Wouter | Schouwenaar | 28-07-94 Flevo Delta | Heerenveen | 20-06-09 |
| 5,84 | | Menno | Vloon | 11-05-94 Lycurgus | Krommenie | 29-08-09 |
| 5,83 | | Olaf van den | Bergh | 07-03-94 Marvel | Uden | 05-04-09 |
| 5,79 | | Emilio | Wille | 16-12-94 Scorpio | Lisse | 06-09-09 |
| 5,78 | | Andre | Sarnatskiy | 30-01-94 Groningen Atl | Emmeloord | 03-05-09 |
| 5,77 | 0,8 | Luc | Baardman | 09-02-94 Clytoneus | Amsterdam | 23-08-09 |
| 5,74 | | Stefan | Benders | 31-01-95 HAC | Heerlen | 06-09-09 |
| 5,72 | | Bas van der | Lubbe | 15-12-94 Gen. Michaëlis | Best | 04-07-09 |
| | (20) | | | | | |
| 5,72 | 0,0 | Jeroen | Boumans | 16-01-95 Sparta | Hoorn | 12-09-09 |
| 5,71 | 0,3 | Jeffrey van | Oorschot | 23-06-95 Spado | Bergen op Zoom | 04-07-09 |
| 5,70 | -1,5 | Ruben van | Dijk | 03-03-95 AV '34 | Enschede | 04-07-09 |
| 5,70 | -0,8 | Alain van | Tholl | 20-05-94 AV '23 | Amsterdam | 23-08-09 |
| 5,67 | | Lars | Rumawatine | 27-02-94 MPM | Gemert | 23-05-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | | |
| 6,38 | 0,2 | Filip van der | Hoven | 04-08-94 Hera | Enschede | 19-09-09 |
| 5,95 | 0,2 | Jethro | Obot | 13-02-94 Haag Atletiek | Amsterdam | 23-08-09 |
| 5,89 | 0,0 | Melchior | Keijdenser | 29-04-94 Altis | Enschede | 19-09-09 |
| 5,75 | 0,6 | Andre | Sarnatskiy | 30-01-94 Groningen Atl | Zutphen | 07-06-09 |
| 5,67 | -1,0 | Lars | Rumawatine | 27-02-94 MPM | Enschede | 20-06-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 5,74 | w 2,5 | Eric | Stam | 16-09-94 Noordkop | Woerden | 29-08-09 |
| 5,72 | w 5,2 | Jeroen | Boumans | 16-01-95 Sparta | Woerden | 29-08-09 |
| 5,70 | w 3,5 | Jon | Schouwenaar | 17-06-94 Startbaan | Woerden | 29-08-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 6,11 | o | Jethro | Obot | 13-02-94 Haag Atletiek | Den Haag | 10-10-09 |
| 5,89 | o | Jon | Schouwenaar | 17-06-94 Startbaan | Amstelveen | 10-10-09 |
| 5,88 | o | Wouter | Schouwenaar | 28-07-94 Flevo Delta | Dronen | 25-09-09 |
| 5,85 | o | Alain van | Tholl | 20-05-94 AV '23 | Amsterdam | 04-10-09 |
| 5,81 | o | Emilio | Wille | 16-12-94 Scorpio | Oosterhout | 26-09-09 |
| 5,74 | o | Bryan | Hissink | 13-06-94 AV Argo | Doetinchem | 03-10-09 |
| 5,69 | o | Joost de | Jong | 22-06-94 Pallas '67 | Wageningen | 30-08-09 |
| 5,69 | o | Rik | Jansen | 09-02-94 Unitas | Sittard | 27-09-09 |
| kogelstoten 4 kg jongens-C | | | | | | |
| 15,63 | | Joey | Slats | 19-09-94 PAC | Almelo | 05-09-09 |
| 15,22 | | Dennis | Hemelaar | 02-12-94 AAC | Hoorn | 12-09-09 |
| 15,15 | | Filip van der | Hoven | 04-08-94 Hera | Enschede | 19-09-09 |
| 14,55 | | Jethro | Obot | 13-02-94 Haag Atletiek | Gouda | 18-04-09 |
| 14,14 | | Ingmar van der | Geest | 15-08-94 De Keien | Enschede | 19-09-09 |
| 14,13 | | Menno | Vloon | 11-05-94 Lycurgus | Amsterdam | 23-08-09 |
| 13,75 | | Thimo | Cazander | 04-11-94 Hellas | Woerden | 16-05-09 |
| 13,65 | | Menno van der | Steen | 09-01-94 Suomi | Amsterdam | 23-08-09 |
| 13,47 | | Kris | Riemersma | 28-07-94 De Keien | Uden | 20-06-09 |
| 13,14 | | Luuk de | Vos | 06-01-94 R' dam Atletiek | Schoonhoven | 08-09-09 |
| | (10) | | | | | |
| 12,99 | | Bas van der | Lubbe | 15-12-94 Gen. Michaëlis | Amsterdam | 23-08-09 |
| 12,96 | | Thomas | Ticheloven | 18-02-94 AAC '61 | Stadskanaal | 29-08-09 |
| 12,96 | | Mark | Schellekens | 05-06-94 Atledo | Enschede | 19-09-09 |
| 12,92 | | Lex | Mens | 10-06-94 PAC | Amstelveen | 31-05-09 |
| 12,84 | | Jelmer | Koedood | 23-04-94 Olympus '70 | Zoetermeer | 20-06-09 |
| 12,80 | | Remco | Bakker | 15-06-94 De Spartaan | Amsterdam | 23-08-09 |
| 12,61 | | Coen | Gelijns | 11-12-94 Achilles-EL | Tilburg | 01-06-09 |
| 12,56 | | Denzel | Comenentia | 25-11-95 AAC | Amsterdam | 03-10-09 |
| 12,53 | | Melroy | Braat | 16-02-94 Diomedon | Gemert | 23-05-09 |
| 12,48 | | Haike | Franssen | 16-11-94 GVAC | Diepenbeek (BEL) | 04-10-09 |
| | (20) | | | | | |
| 12,46 | | Stijn | Bom | 17-01-94 PEC 1910 | Hoorn | 12-09-09 |
| 12,30 | | Bauke | Visser | 17-11-94 Passaat | Breda | 20-06-09 |
| 12,25 | | Melchior | Keijdenser | 29-04-94 Altis | Best | 04-07-09 |
| 12,10 | | Jorrit van den | Born | 07-11-94 AV '40 | Krommenie | 24-10-09 |

| | | | | | | |
|---------------------------------|---|----------------|-------------|------------------------|-------------|----------|
| 12,08 | | Glenn | Tertoolen | 22-03-95 Fortuna | Vlaardingen | 29-03-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 14,21 | o | Kjell | Wolters | 18-04-94 PEC 1910 | Zwolle | 26-09-09 |
| 13,14 | o | Mark | Schellekens | 05-06-94 Atledo | Dongen | 26-09-09 |
| 12,71 | o | Melroy | Braat | 16-02-94 Diomedon | Steenbergen | 26-09-09 |
| 12,51 | o | Stijn | Bom | 17-01-94 PEC 1910 | Zwolle | 26-09-09 |
| 12,37 | o | Jorrit van den | Born | 07-11-94 AV '40 | Delft | 04-10-09 |
| 12,19 | o | Joris | Ketelaars | 08-02-94 GAC-Hilversum | Hilversum | 04-10-09 |

discuswerpen 1 kg jongens-C

| | | | | | | |
|-------|--|---------------|------------|----------------------------|-------------|----------|
| 52,81 | | Luuk de | Vos | 06-01-94 R' dam Atletiek | Almelo | 05-09-09 |
| 46,87 | | Dennis | Hemelaar | 02-12-94 AAC | Amsterdam | 18-04-09 |
| 46,24 | | Filip van der | Hoven | 04-08-94 Hera | Enschede | 20-09-09 |
| 45,08 | | Patrick | Zweekhorst | 30-03-94 Triathlon | Veenendaal | 29-08-09 |
| 44,65 | | Rick van den | Bedem | 03-09-94 Altis | Amsterdam | 23-08-09 |
| 44,61 | | Thimo | Cazander | 04-11-94 Hellas | Hoorn | 12-09-09 |
| 43,89 | | Joey | Slats | 19-09-94 PAC | Barendrecht | 18-04-09 |
| 43,14 | | Jorrit | Nugteren | 08-11-94 Energie | Amsterdam | 23-08-09 |
| 42,40 | | Sander v.d. | Wijdeven | 21-01-94 Nijmegen Atletiek | Nijmegen | 19-09-09 |
| 42,38 | | Joris | Ketelaars | 08-02-94 GAC-Hilversum | Zaandam | 05-07-09 |

(10)

| | | | | | | |
|-------|--|----------------|-------------|-------------------------|-----------|----------|
| 42,10 | | Ingmar van der | Geest | 15-08-94 De Keien | Deurne | 18-10-09 |
| 41,67 | | Lars | Rumawatine | 27-02-94 MPM | Eibergen | 26-09-09 |
| 41,49 | | Menno | Vloon | 11-05-94 Lycurgus | Enschede | 20-09-09 |
| 41,35 | | Bauke | Visser | 17-11-94 Passaat | Breda | 20-06-09 |
| 40,80 | | Mark | Schellekens | 05-06-94 Atledo | Amsterdam | 23-08-09 |
| 40,74 | | Haike | Franssen | 16-11-94 GVAC | Tilburg | 01-06-09 |
| 40,13 | | Ivar | Spin | 21-06-94 PEC 1910 | Zwolle | 18-04-09 |
| 40,06 | | Bas van der | Lubbe | 15-12-94 Gen. Michaëlis | Deurne | 18-10-09 |
| 39,83 | | Ricardo | Aberkrom | 22-03-94 AV Edam | Edam | 31-10-09 |
| 39,80 | | Kris | Riemersma | 28-07-94 De Keien | Helmond | 25-07-09 |

(20)

| | | | | | | |
|-------|--|--------|------------|-----------------------|------------|----------|
| 39,74 | | Thomas | Ticheloven | 18-02-94 AAC '61 | Amstelveen | 01-06-09 |
| 39,30 | | Timo | Looijen | 07-07-94 AC Waterland | Purmerend | 28-08-09 |
| 39,22 | | Hoite | Kuipéri | 18-04-94 AV Gouda | Reeuwijk | 24-06-09 |
| 39,05 | | Melroy | Braat | 16-02-94 Diomedon | Enschede | 20-09-09 |
| 38,91 | | Eric | Stam | 16-09-94 Noordkop | Woerden | 30-08-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|--------|---------|-------------------|-------------|----------|
| 43,51 | o | Kjell | Wolters | 18-04-94 PEC 1910 | Zwolle | 27-09-09 |
| 43,40 | o | Hoite | Kuipéri | 18-04-94 AV Gouda | Gouda | 04-10-09 |
| 41,74 | o | Ivar | Spin | 21-06-94 PEC 1910 | Zwolle | 27-09-09 |
| 39,78 | o | Melroy | Braat | 16-02-94 Diomedon | Steenbergen | 27-09-09 |
| 38,95 | o | Berend | Koele | 10-04-94 AV '47 | Boskoop | 12-09-09 |

kogelslingeren 4 kg jongens-C

| | | | | | | |
|-------|--|--------------|------------|--------------------------|-----------|----------|
| 54,20 | | Dennis | Hemelaar | 02-12-94 AAC | Almelo | 05-09-09 |
| 38,85 | | Ivar | Spin | 21-06-94 PEC 1910 | Zwolle | 29-08-09 |
| 32,62 | | Jeremy | Bronswijk | 29-07-95 Olympus '70 | Amsterdam | 22-08-09 |
| 32,18 | | Rick van den | Bedem | 03-09-94 Altis | Krommenie | 24-10-09 |
| 31,91 | | Denzel | Comenentia | 25-11-95 AAC | Amsterdam | 03-10-09 |
| 31,83 | | Ricardo | Aberkrom | 22-03-94 AV Edam | Krommenie | 05-07-09 |
| 31,81 | | Luuk de | Vos | 06-01-94 R' dam Atletiek | Rotterdam | 31-10-09 |
| 30,82 | | Thomas | Kwakman | 03-06-94 AV Edam | Krommenie | 24-10-09 |
| 28,93 | | Sven | Olofsen | 12-09-94 SAV | Amsterdam | 22-08-09 |
| 28,28 | | Stefan | Heijne | 02-02-94 Lycurgus | Amsterdam | 22-08-09 |

(10)

| | | | | | | |
|-------|--|----------|----------|------------------------|-----------|----------|
| 28,01 | | Menno | Vloon | 11-05-94 Lycurgus | Krommenie | 24-10-09 |
| 22,90 | | Wiek van | Gemert | 09-03-95 Groningen Atl | Groningen | 03-04-09 |
| 22,86 | | Martin | Schokker | 07-03-95 AV Edam | Krommenie | 24-10-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-------------|-----------|----------------------|-----------|----------|
| 33,31 | o | Jeremy | Bronswijk | 29-07-95 Olympus '70 | Naaldwijk | 11-10-09 |
| 26,87 | o | Max van der | Voet | 20-03-95 De Spartaan | Leiden | 30-06-09 |
| 24,39 | o | Jasper de | Booij | 11-10-94 Ilion | Dordrecht | 04-10-09 |

speerwerpen 600 gram jongens-C

| | | | | | | |
|-------|--|------|---------|-----------------------|-----------|----------|
| 53,61 | | Coen | Gelijns | 11-12-94 Achilles-EL | Amsterdam | 22-08-09 |
| 52,63 | | Timo | Looijen | 07-07-94 AC Waterland | Almelo | 05-09-09 |

| | | | | | | |
|---------------------------------|-------------|-------------|-----------------------------|--------------------|------------|----------|
| 50,24 | Mark | Schellekens | 05-06-94 Atledo | Gemert | 24-05-09 | |
| 50,12 | Andreas de | Jong | 10-05-95 AV '23 | Purmerend | 20-06-09 | |
| 50,09 | Luuk de | Vos | 06-01-94 R' dam Atletiek | Amsterdam | 22-08-09 | |
| 48,55 | Milo | Koster | 19-10-94 PAC | Gemert | 12-09-09 | |
| 48,24 | Jasper | Knibbeler | 07-06-94 RK HAV | Amsterdam | 22-08-09 | |
| 45,89 | Jeffrey van | Oorschot | 23-06-95 Spado | Diepenbeek (BEL) | 04-10-09 | |
| 45,68 | Thomas | Ticheloven | 18-02-94 AAC '61 | Stadskanaal | 30-08-09 | |
| 44,90 | Jesse | Beuman | 24-03-94 AV '40 | Portimao (POR) | 20-07-09 | |
| (10) | | | | | | |
| 44,63 | Thom | Jenster | 11-06-94 GAC-Hilversum | Amsterdam | 22-08-09 | |
| 44,15 | Sven | Rumawatine | 30-05-95 MPM | Steenwijk | 11-10-09 | |
| 43,90 | Bradley | Groenestein | 01-02-94 Altis | Amsterdam | 22-08-09 | |
| 43,80 | Menno | Vloon | 11-05-94 Lycurgus | Enschede | 20-09-09 | |
| 43,74 | Bas van der | Lubbe | 15-12-94 Gen. Michaëlis | Amsterdam | 22-08-09 | |
| 43,48 | Jorrit | Nugteren | 08-11-94 Energie | Zoetermeer | 20-06-09 | |
| 43,33 | Lars | Paalvast | 04-12-95 Passaat | Waalwijk | 16-05-09 | |
| 43,18 | Joost | Borneman | 28-11-94 MPM | Nijverdal | 11-09-09 | |
| 42,80 | Tom van de | Berg | 09-08-95 Spado | Amsterdam | 22-08-09 | |
| 42,74 | Kay | Geluk | JD 23-01-96 R' dam Atletiek | Zoetermeer | 20-06-09 | |
| (20) | | | | | | |
| 42,48 | Glenn | Tertoolen | 22-03-95 Fortuna | Barendrecht | 28-06-09 | |
| 42,47 | Joris | Afman | 11-02-94 PEC 1910 | Kampen | 16-05-09 | |
| 42,12 | Lars | Rumawatine | 27-02-94 MPM | Steenwijk | 11-10-09 | |
| 41,63 | Yannick | Mahieu | 17-03-95 Phanos | Enschede | 20-09-09 | |
| 41,60 | Flip v.d. | Kerkhof | 08-09-94 Prins Hendrik | Gemert | 12-09-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 46,53 | o | Menno | Vloon | 11-05-94 Lycurgus | Krommenie | 04-10-09 |
| 45,32 | o | Bradley | Groenestein | 01-02-94 Altis | Amersfoort | 03-10-09 |
| 44,25 | o | Kjell | Wolters | 18-04-94 PEC 1910 | Zwolle | 27-09-09 |
| 41,97 | o | Patrick | Zweekhorst | 30-03-94 Triathlon | Amersfoort | 04-10-09 |

8-kamp jongens-C

| <i>100m * ver * kogel * hoog * 100mH * discus * speer * 1000m * windgegevens</i> | | | | | | |
|---|----------------|-------------|--------------------------|----------|--|----------|
| 6000 | Thomas | Ticheloven | 18-02-94 AAC '61 | Enschede | | 20-09-09 |
| <i>11,93 * 6,05 * 12,74 * 1,75 * 14,35 * 37,20 * 44,50 * 2.47,70 * 0,0 * 0,0 * -0,2</i> | | | | | | |
| 5930 | Filip van der | Hoven | 04-08-94 Hera | Enschede | | 20-09-09 |
| <i>11,62 * 6,38 * 15,15 * 1,60 * 14,54 * 46,24 * 34,01 * 3.00,94 * 0,0 * 0,2 * -0,1</i> | | | | | | |
| 5848 | Luuk de | Vos | 06-01-94 R' dam Atletiek | Enschede | | 20-09-09 |
| <i>12,70 * 5,46 * 12,89 * 1,60 * 14,58 * 49,47 * 49,07 * 2.47,67 * -1,2 * -0,7 * -0,5</i> | | | | | | |
| 5711 | Timo | Looijen | 07-07-94 AC Waterland | Zaandam | | 05-07-09 |
| <i>12,31 * 5,74 * 10,65 * 1,85 * 15,01 * 36,41 * 43,10 * 2.53,39 * * *</i> | | | | | | |
| 5705 | Lars | Rumawatine | 27-02-94 MPM | Enschede | | 20-09-09 |
| <i>11,96 * 5,60 * 11,41 * 1,65 * 14,65 * 39,77 * 41,41 * 2.51,41 * 0,0 * 1,0 * -0,2</i> | | | | | | |
| 5633 | Mark | Schellekens | 05-06-94 Atledo | Gemert | | 24-05-09 |
| <i>12,59 * 5,44 * 12,29 * 1,75 * 14,69 * 37,35 * 50,24 * 3.06,47 * -2,2 * * -0,4</i> | | | | | | |
| 5623 | Menno | Vloon | 11-05-94 Lycurgus | Enschede | | 20-09-09 |
| <i>11,97 * 5,47 * 14,04 * 1,65 * 14,21 * 41,49 * 43,80 * 3.25,59 * 0,0 * -0,1 * -0,5</i> | | | | | | |
| 5614 | Melroy | Braat | 16-02-94 Diomedon | Gemert | | 24-05-09 |
| <i>12,03 * 6,00 * 12,53 * 1,75 * 14,86 * 35,45 * 33,25 * 3.01,00 * -3,4 * * 0,6</i> | | | | | | |
| 5570 | Bas van der | Lubbe | 15-12-94 Gen. Michaëlis | Woerden | | 30-08-09 |
| <i>12,10 * 5,59 * 12,92 * 1,70 * 15,00 * 37,40 * 38,93 * 3.04,41 * 3,5 * 3,7 * 2,0</i> | | | | | | |
| 5532 | Eric | Stam | 16-09-94 Noordkop | Woerden | | 30-08-09 |
| <i>12,14 * 5,74 * 11,20 * 1,75 * 15,10 * 38,91 * 39,40 * 3.09,30 * 2,8 * 2,5 * 1,1</i> | | | | | | |
| (10) | | | | | | |
| 5467 | Lex | Mens | 10-06-94 PAC | Enschede | | 20-09-09 |
| <i>12,26 * 5,53 * 11,71 * 1,60 * 14,32 * 36,23 * 39,33 * 3.03,71 * -0,7 * -0,4 * -0,5</i> | | | | | | |
| 5417 | Yannick | Mahieu | 17-03-95 Phanos | Enschede | | 20-09-09 |
| <i>11,88 * 5,66 * 11,90 * 1,55 * 14,37 * 34,63 * 41,63 * 3.18,46 * -0,7 * -1,2 * -0,5</i> | | | | | | |
| 5388 | Ingmar van der | Geest | 15-08-94 De Keien | Enschede | | 20-09-09 |
| <i>12,47 * 5,54 * 14,14 * 1,60 * 15,81 * 38,60 * 39,36 * 3.08,46 * -1,2 * 0,0 * -0,1</i> | | | | | | |
| 5307 | Berend | Koele | 10-04-94 AV '47 | Enschede | | 20-09-09 |
| <i>12,21 * 5,64 * 11,27 * 1,60 * 14,94 * 36,25 * 33,38 * 3.06,43 * -1,2 * 0,8 * -0,1</i> | | | | | | |
| 5247 | Melchior | Keijdener | 29-04-94 Altis | Best | | 05-07-09 |
| <i>12,26 * 5,75 * 12,25 * 1,65 * 15,14 * 33,63 * 26,99 * 3.06,26 * 0,0 * * 0,3</i> | | | | | | |
| 5235 | Daniël | Lam | 03-10-94 Phanos | Enschede | | 20-09-09 |
| <i>12,65 * 5,62 * 11,37 * 1,55 * 14,67 * 33,08 * 38,76 * 3.09,22 * -1,2 * 0,9 * -0,2</i> | | | | | | |

Statistisch jaarboek 2009

| | | | | |
|------|---|---------------------|-------------|----------|
| 5229 | Trystan de Weerd | 17-07-95 Athlos | Enschede | 20-09-09 |
| | <i>12,45 * 5,53 * 09,96 * 1,70 * 14,86 * 29,93 * 34,99 * 3.03,26 * -0,7 * -0,4 * -0,1</i> | | | |
| 5193 | Jorrit Blonk | 19-05-94 Lycurgus | Amstelveen | 01-06-09 |
| | <i>12,29 * 5,61 * 10,09 * 1,75 * 14,26 * 34,45 * 27,14 * 3.20,44 * -0,8 * * 0,7</i> | | | |
| 5187 | Menno van der Steen | 09-01-94 Suomi | Zaandam | 05-07-09 |
| | <i>12,06 * 5,57 * 11,59 * 1,75 * 15,83 * 30,41 * 30,10 * 3.12,38 * * *</i> | | | |
| 5177 | Jon Schouwenaar | 17-06-94 Startbaan | Zaandam | 05-07-09 |
| | <i>12,28 * 5,44 * 10,39 * 1,65 * 15,01 * 29,07 * 29,31 * 2.55,30 * * *</i> | | | |
| (20) | | | | |
| 5153 | Stefan Benders | 31-01-95 HAC | Best | 05-07-09 |
| | <i>12,16 * 5,60 * 10,77 * 1,60 * 15,39 * 37,70 * 33,32 * 3.21,13 * -0,4 * * -0,2</i> | | | |
| 5112 | Joost de Jong | 22-06-94 Pallas '67 | Barendrecht | 28-06-09 |
| | <i>12,30 * 5,26 * 09,79 * 1,50 * 15,40 * 28,87 * 33,68 * 2.45,51 * * *</i> | | | |
| 5099 | Jeroen Boumans | 16-01-95 Sparta | Delft | 05-07-09 |
| | <i>12,58 * 5,63 * 10,95 * 1,75 * 15,53 * 22,58 * 36,45 * 3.09,63 * * *</i> | | | |
| 5091 | Thomas van de Poel | 17-03-94 PAC | Amstelveen | 01-06-09 |
| | <i>12,13 * 5,05 * 11,55 * 1,55 * 15,66 * 35,85 * 32,02 * 3.06,06 * -1,1 * * 0,7</i> | | | |
| 5058 | Milo Koster | 19-10-94 PAC | Barendrecht | 28-06-09 |
| | <i>13,05 * 5,31 * 11,11 * 1,60 * 16,14 * 30,91 * 44,23 * 3.07,93 * * *</i> | | | |

met teveel rugwind:

| | | | | |
|------|--|-----------------|---------|----------|
| 5122 | W Jeroen Boumans | 16-01-95 Sparta | Woerden | 30-08-09 |
| | <i>12,59 * 5,72 * 10,79 * 1,65 * 15,19 * 26,95 * 35,36 * 3.09,51 * 3,5 * 5,2 * 2,0</i> | | | |

in onderlinge wedstrijd:

| | | | | |
|------|--|------------------------|----------|----------|
| 6113 | o Kjell Wolters | 18-04-94 PEC 1910 | Zwolle | 27-09-09 |
| | <i>11,57 * 6,44 * 14,21 * 1,85 * 13,81 * 43,51 * 44,25 * 3.23,88 * * *</i> | | | |
| 5319 | o Jethro Obot | 13-02-94 Haag Atletiek | Den Haag | 11-10-09 |
| | <i>12,32 * 6,11 * 13,25 * 1,85 * 16,34 * 35,87 * 28,28 * 3.23,3 * * *</i> | | | |
| 5120 | o Stijn Bom | 17-01-94 PEC 1910 | Zwolle | 27-09-09 |
| | <i>12,42 * 5,43 * 12,51 * 1,70 * 16,81 * 28,63 * 33,81 * 3.03,51 * * *</i> | | | |
| 5076 | o Joris Afman | 11-02-94 PEC 1910 | Zwolle | 27-09-09 |
| | <i>12,42 * 4,80 * 11,07 * 1,60 * 15,25 * 26,92 * 41,90 * 3.03,31 * * *</i> | | | |

4 x 100 meter clubteams jongens-C

| | | | | |
|-------|-------------|----------------|---------------|----------|
| 45,74 | Rotterdam | PAC | Amstelveen | 27-09-09 |
| 46,31 | Amsterdam | Phanos | Amstelveen | 27-09-09 |
| 46,32 | Vught | Prins Hendrik | Amstelveen | 27-09-09 |
| 46,72 | Zwolle | PEC 1910 | Hoorn | 12-09-09 |
| 46,78 | Amsterdam | AV '23 | Gemert | 12-09-09 |
| 47,33 | Eindhoven | Eindhoven Atl. | Gemert | 12-09-09 |
| 47,44 | Dronten | Flevo Delta | Heerenveen | 20-06-09 |
| 47,52 | Uden | De Keien | Hoorn | 12-09-09 |
| 47,89 | Barendrecht | Energie | Amstelveen | 27-09-09 |
| 48,00 | Utrecht | Phoenix | Heerhugowaard | 20-06-09 |

(10)

| | | | | |
|-------|-------------|-------------------|---------------|----------|
| 48,03 | Sittard | Unitas | Uden | 20-06-09 |
| 48,08 | Maastricht | Atl. Maastricht | Uden | 20-06-09 |
| 48,23 | Krommenie | Lycurgus | Hoorn | 12-09-09 |
| 48,42 | Groningen | Groningen Atl | Gemert | 12-09-09 |
| 48,45 | Amersfoort | Altis | Heerhugowaard | 20-06-09 |
| 48,48 | Den Haag | Sparta | Hoorn | 12-09-09 |
| 48,60 | Breda | Sprint | Gemert | 12-09-09 |
| 48,64 | Nijmegen | Nijmegen Atletiek | Gemert | 12-09-09 |
| 48,65 | Utrecht | Hellas | Heerhugowaard | 20-06-09 |
| 48,66 | Papendrecht | Passaat | Breda | 20-06-09 |

(20)

| | | | | |
|-------|------------|-----------------|---------------|----------|
| 48,88 | Amsterdam | AAC | Amstelveen | 27-09-09 |
| 48,93 | Amersfoort | Triathlon | Heerhugowaard | 20-06-09 |
| 48,94 | Leiden | Leiden Atletiek | Zoetermeer | 20-06-09 |
| 48,96 | Haarlem | KAV Holland | Purmerend | 20-06-09 |
| 49,00 | Hilversum | GAC-Hilversum | Purmerend | 20-06-09 |

4 x 100 meter jongens-C

| | | | | |
|-------|---|------------|-------------|----------|
| 43,94 | | Nat. Ploeg | Almelo | 05-09-09 |
| | <i>Thomas Kempe - Olaf van den Bergh - Melroy Braat - Kjell Wolters</i> | | | |
| 44,87 | | Rijmond | Papendrecht | 06-06-09 |
| 46,64 | | Overijssel | Amsterdam | 23-08-09 |

| | | | | | |
|---------------------------|--|--|---------------------|-------------|----------|
| 47,00 | | | Braboos | Amsterdam | 23-08-09 |
| 47,22 | | | Zeeland | Papendrecht | 06-06-09 |
| 48,32 | | | Zuid-Holland Midden | Papendrecht | 06-06-09 |
| <i>betere handtijden:</i> | | | | | |
| 48,4 | | | SISU - MPM | Haaksbergen | 12-09-09 |

Jongens-D

80 meter jongens-D

| | | | | | | |
|-------|------|----------------|---------------|--------------------------|-------------|----------|
| 9,89 | 0,7 | Hugo | Maathuis | 08-02-96 Atl. Maastricht | Enschede | 19-09-09 |
| 10,24 | 0,7 | Sybren | Blok | 25-06-96 PAC | Enschede | 19-09-09 |
| 10,25 | | Evbako | Ogbeide | 25-02-97 Parthenon | Papendrecht | 06-06-09 |
| 10,25 | 0,7 | Thomas | Potma | 20-04-96 Energie | Enschede | 19-09-09 |
| 10,29 | | Robert van der | Meer | 15-01-96 Fortuna | Papendrecht | 06-06-09 |
| 10,35 | | Saeed | Shokoya | 26-05-96 Groningen Atl | Steenwijk | 16-05-09 |
| 10,35 | 0,7 | Bart | Bosch | 20-04-96 PAC | Enschede | 19-09-09 |
| 10,38 | 0,9 | Joost | Janssen | 08-01-96 Prins Hendrik | Gemert | 12-09-09 |
| 10,39 | | Rowin | Koekoek | 13-07-96 HAC '63 | Steenwijk | 16-05-09 |
| 10,41 | -1,2 | Evan van de | Poel | 10-07-96 PAC | Enschede | 19-09-09 |
| 10,41 | 1,4 | Steven | Roelse | 24-05-96 Dynamica | Terneuzen | 19-09-09 |
| 10,42 | 1,3 | Riangel | Janga | 02-08-96 Ilion | Gemert | 12-09-09 |
| 10,47 | 0,7 | Lucas | Leemhuis | 09-02-96 Hera | Enschede | 19-09-09 |
| 10,47 | 1,5 | Emiel | Rigter | 25-02-96 BAV | Enschede | 19-09-09 |
| 10,48 | | Siem | Sikkenga | 11-05-96 MPM | Stadskanaal | 29-08-09 |
| 10,49 | 0,6 | Henry | Blume | 10-08-96 AV Heerenveen | Heerenveen | 19-09-09 |
| 10,57 | 0,3 | Laurens | Abbink | 07-07-96 Hollandia | Amsterdam | 06-09-09 |
| 10,59 | | Bas | Vugts | 02-02-96 AV Monn'ndam | Purmerend | 05-04-09 |
| 10,60 | 1,5 | Mark | Grasmeijer | 19-05-96 AV '34 | Enschede | 19-09-09 |
| 10,61 | 1,7 | Ilan | Langedijk | 11-03-96 Suomi | Hoorn | 12-09-09 |
| 10,62 | | Dennis den | Boer | 25-03-96 Parthenon | Papendrecht | 06-06-09 |
| 10,62 | | Jorick | Melchers | 31-03-96 Sparta | Delft | 04-07-09 |
| 10,4 | | Pepe van de | Kerkhof | 26-05-96 Prins Hendrik | Den Bosch | 18-10-09 |
| 10,66 | 1,7 | Jasper | Koopmans | 09-02-96 Hellas | Hoorn | 12-09-09 |
| 10,68 | 1,5 | Justin | Kraaijenbrink | 28-05-96 AV '47 | Enschede | 19-09-09 |

mindere prestaties met bekende windgegevens:

| | | | | | | |
|-------|------|----------------|----------|------------------------|-------------|----------|
| 10,30 | 0,7 | Robert van der | Meer | 15-01-96 Fortuna | Enschede | 19-09-09 |
| 10,41 | 0,4 | Rowin | Koekoek | 13-07-96 HAC '63 | Heerenveen | 19-09-09 |
| 10,45 | -0,7 | Saeed | Shokoya | 26-05-96 Groningen Atl | Heerenveen | 20-06-09 |
| 10,45 | 2,0 | Evbako | Ogbeide | 25-02-97 Parthenon | Nieuwegein | 28-06-09 |
| 10,51 | 1,6 | Siem | Sikkenga | 11-05-96 MPM | Barendrecht | 30-05-09 |
| 10,67 | 0,4 | Dennis den | Boer | 25-03-96 Parthenon | Amsterdam | 06-09-09 |

betere handtijden:

| | | | | | | |
|------|--|---------|------------|------------------------|------------|----------|
| 10,0 | | Rowin | Koekoek | 13-07-96 HAC '63 | Leeuwarden | 26-09-09 |
| 10,0 | | Joost | Janssen | 08-01-96 Prins Hendrik | Den Bosch | 18-10-09 |
| 10,2 | | Siem | Sikkenga | 11-05-96 MPM | Eibergen | 07-06-09 |
| 10,4 | | Ricardo | Buijnsters | 28-02-97 Groene Ster | Terneuzen | 18-04-09 |

met teveel rugwind:

| | | | | | | |
|-------|-------|----------------|-----------|---------------------|---------------|----------|
| 10,19 | w 3,5 | Robert van der | Meer | 15-01-96 Fortuna | Barendrecht | 18-04-09 |
| 10,44 | w 2,3 | Jorick | Melchers | 31-03-96 Sparta | Barendrecht | 30-05-09 |
| 10,48 | w 3,7 | Ilan | Langedijk | 11-03-96 Suomi | Heerhugowaard | 20-06-09 |
| 10,59 | w 2,3 | Guido de | Bruijn | 12-03-96 Energie | Barendrecht | 30-05-09 |
| 10,62 | w 3,7 | Jasper | Koopmans | 09-02-96 Hellas | Heerhugowaard | 20-06-09 |
| 10,67 | w 5,1 | Tom de | Boer | 01-01-96 Zuidwal | Amsterdam | 18-04-09 |
| 10,67 | w 2,2 | Mark | Stammes | 14-03-96 Pijnenburg | Amersfoort | 29-08-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|------------|------------|------------------------|-------------|----------|
| 10,3 | o | Mark | Grasmeijer | 19-05-96 AV '34 | Apeldoorn | 26-09-09 |
| 10,54 | o | Jordan | Dorff | | Utrecht | 03-10-09 |
| 10,60 | o | Jasper | Koopmans | 09-02-96 Hellas | Utrecht | 03-10-09 |
| 10,61 | o | Ricardo | Buijnsters | 28-02-97 Groene Ster | Zevenbergen | 27-09-09 |
| 10,4 | o | Tim | Bluekens | 17-08-97 Climax | Ede | 03-10-09 |
| 10,64 | o | Michen | Biesaart | 05-06-97 Ilion | Zoetermeer | 03-10-09 |
| 10,4 | o | Henry | Bluma | 10-08-96 AV Heerenveen | Heerenveen | 03-10-09 |
| 10,66 | o | Alessandro | Lentze | 02-04-96 Ilion | Zoetermeer | 03-10-09 |
| 10,68 | o | Evan | Boessen | 15-03-97 Unitas | Sittard | 27-09-09 |

600 meter jongens-D

| | | | | | |
|---------|--------|-------------|----------------------------|-------------|----------|
| 1.31,36 | Thomas | Potma | 20-04-96 Energie | Leiden | 08-07-09 |
| 1.33,88 | Mike | Foppen | 29-11-96 Nijmegen Atletiek | Vught | 05-04-09 |
| 1.37,57 | Jasper | Koopmans | 09-02-96 Hellas | Amersfoort | 29-08-09 |
| 1.38,02 | Thijs | Verwoerd | 17-04-96 PAC | Papendrecht | 28-03-09 |
| 1.39,1 | Martin | Flipsen | 28-05-96 AV Weert | Weert | 01-09-09 |
| 1.39,33 | Mats | Fierkens | 24-04-96 De Liemers | Ede | 19-09-09 |
| 1.41,59 | Benno | Snepvangers | 05-05-96 Scorpio | Helmond | 13-04-09 |
| 1.42,62 | Frank | Gelens | 23-08-96 Leiden Atletiek | Leiden | 08-07-09 |

1000 meter jongens-D

| | | | | | |
|---------|----------------|----------|----------------------------|---------------|----------|
| 2.49,47 | Thomas | Potma | 20-04-96 Energie | Amsterdam | 06-09-09 |
| 2.55,06 | Mark | Houwaart | 10-01-96 Aquilo | Papenburg | 25-09-09 |
| 2.55,94 | Mats | Fierkens | 24-04-96 De Liemers | Nijmegen | 15-09-09 |
| 2.56,00 | Martin | Flipsen | 28-05-96 AV Weert | Amsterdam | 06-09-09 |
| 2.56,77 | Mike | Foppen | 29-11-96 Nijmegen Atletiek | Enschede | 20-06-09 |
| 2.59,44 | Thomas van der | Meulen | 08-09-97 AV NOP | Emmeloord | 03-10-09 |
| 2.59,46 | Ryan | Clarke | 17-11-97 AV Castricum | Heerhugowaard | 20-06-09 |
| 2.59,90 | Jasper | Koopmans | 09-02-96 Hellas | Heerhugowaard | 20-06-09 |
| 3.00,13 | Lars van der | Poel | 20-01-96 Spado | Amsterdam | 06-09-09 |
| 3.01,20 | Robin | Pastoor | 05-04-96 Atletico '73 | Enschede | 04-07-09 |

(10)

| | | | | | |
|---------|--------------|-----------|--------------------------|---------------|----------|
| 3.02,80 | Hugo | Maathuis | 08-02-96 Atl. Maastricht | Enschede | 20-09-09 |
| 3.03,17 | Jonas | Bakker | 16-02-96 AV '40 | Zoetermeer | 20-06-09 |
| 3.03,29 | Koen | Jansen | 30-01-96 Pallas '67 | Amsterdam | 06-09-09 |
| 3.03,52 | Rody de | Wolff | 09-04-97 AV Heerenveen | Stadskanaal | 30-08-09 |
| 3.03,79 | Koen van der | Meijden | 11-01-96 Spado | Amsterdam | 06-09-09 |
| 3.04,75 | Mels | Lambregts | 30-10-96 THOR | Amsterdam | 06-09-09 |
| 3.04,96 | Laurens | Koeman | 26-01-97 AV '40 | Zoetermeer | 20-06-09 |
| 3.05,12 | Rob | Honcoop | 24-03-96 Spiridon | Breda | 20-06-09 |
| 3.05,33 | Thijs | Verwoerd | 17-04-96 PAC | Papendrecht | 06-06-09 |
| 3.05,71 | Tom van | Ommeren | JPA 10-12-98 THOR | Heusden (BEL) | 18-07-09 |

(20)

| | | | | | |
|---------|----------------|-------------|----------------------|-------------|----------|
| 3.05,8 | Yassime | Loukili | 05-03-96 Atverni | Veenendaal | 04-07-09 |
| 3.05,94 | Loek van | Zevenbergen | 05-08-96 Fortuna | Barendrecht | 28-06-09 |
| 3.06,30 | Daniel | Oderkerk | 23-03-96 AV '34 | Amsterdam | 06-09-09 |
| 3.06,33 | Tony van | Diepen | 17-04-96 Hera | Purmerend | 20-06-09 |
| 3.06,64 | Jelmer van der | Linden | 15-10-96 Statina | Amsterdam | 06-09-09 |
| 3.06,65 | Roel | Huijsmans | 12-04-96 Flevo Delta | Barendrecht | 28-06-09 |

3000 meter snelwandelen jongens-D

| | | | | | |
|---------|-------|----------|--------------|-----------|----------|
| 19.55,8 | Jordi | Huntjens | 22-05-95 RWV | Dordrecht | 12-09-09 |
|---------|-------|----------|--------------|-----------|----------|

80 meter horden 76,2 cm jongens-D

| | | | | | |
|-------|-------------|------------|--------------------------|-------------|----------|
| 11,82 | 1,9 Emiel | Rigter | 25-02-96 BAV | Purmerend | 20-06-09 |
| 11,93 | -1,3 Sybren | Blok | 25-06-96 PAC | Amsterdam | 06-09-09 |
| 12,04 | 1,4 Lucas | Leemhuis | 09-02-96 Hera | Amstelveen | 01-06-09 |
| 12,29 | 2,0 Thomas | Potma | 20-04-96 Energie | Barendrecht | 30-05-09 |
| 12,34 | 0,9 Steven | Eleonora | 22-04-96 Ilion | Gemert | 12-09-09 |
| 12,42 | -0,2 Mark | Grasmeijer | 19-05-96 AV '34 | Enschede | 20-09-09 |
| 12,52 | -0,1 Steven | Roelse | 24-05-96 Dynamica | Hoorn | 12-09-09 |
| 12,62 | Bart | Bosch | 20-04-96 PAC | Barendrecht | 28-06-09 |
| 12,82 | Hugo | Maathuis | 08-02-96 Atl. Maastricht | Stadskanaal | 30-08-09 |
| 12,92 | -0,2 Kay | Geluk | 23-01-96 R' dam Atletiek | Enschede | 20-09-09 |

(10)

| | | | | | |
|-------|-----------------|---------------|---------------------------|-------------|----------|
| 13,01 | 0,5 Evan | Boessen | 15-03-97 Unitas | Kerkrade | 18-04-09 |
| 13,02 | Evan van de | Poel | 10-07-96 PAC | Barendrecht | 28-06-09 |
| 13,04 | 0,7 Justin | Kraaijenbrink | 28-05-96 AV '47 | Gouda | 18-04-09 |
| 13,07 | 0,1 Mathijs | Dirks | 20-07-96 AV Voorsch'n '97 | Amsterdam | 06-09-09 |
| 13,09 | 2,0 Thijs | Verwoerd | 17-04-96 PAC | Barendrecht | 30-05-09 |
| 13,11 | 1,9 Mick | Hoeben | 04-07-96 GAC-Hilversum | Purmerend | 20-06-09 |
| 13,12 | Kay | Smits | 31-03-97 Unitas | Sittard | 12-07-09 |
| 13,13 | 0,1 Stan | Does | 24-02-96 Leiden Atletiek | Amsterdam | 06-09-09 |
| 13,13 | 0,0 Pepe van de | Kerkhof | 26-05-96 Prins Hendrik | Enschede | 20-09-09 |
| 13,14 | Kevin | Winiarczyk | 04-03-96 Leiden Atletiek | Utrecht | 05-07-09 |

(20)

| | | | | | |
|-------|----------|------|------------------|-----------|----------|
| 13,27 | -0,5 Luc | Reij | 18-10-97 Phoenix | Amsterdam | 06-09-09 |
|-------|----------|------|------------------|-----------|----------|

| | | | | | | |
|-------|-------------|----------|----------|---------------|-------------|----------|
| 13,28 | Bas van de | Burgt | 23-04-96 | GAC-Gemert | Gemert | 11-07-09 |
| 13,33 | 0,3 Anco de | Boer | 18-10-96 | Flevo Delta | Enschede | 04-07-09 |
| 13,39 | Arjan | Roona | 25-02-96 | Groningen Atl | Stadskanaal | 30-08-09 |
| 13,39 | 0,6 Maxwell | Onbekent | 03-07-97 | Haag Atletiek | Amsterdam | 06-09-09 |

geen windgegevens bekend:

| | | | | | | |
|-------|------------------|------------|----------|-----------------|------------|----------|
| 12,72 | 0,0 Bart | Bosch | 20-04-96 | PAC | Enschede | 20-09-09 |
| 13,03 | -0,2 Evan van de | Poel | 10-07-96 | PAC | Enschede | 20-09-09 |
| 13,21 | -1,7 Kevin | Winiarczyk | 04-03-96 | Leiden Atletiek | Zoetermeer | 20-06-09 |
| 13,28 | -0,1 Hugo | Maathuis | 08-02-96 | Atl. Maastricht | Hoorn | 12-09-09 |
| 13,33 | 0,7 Bas van de | Burgt | 23-04-96 | GAC-Gemert | Uden | 20-06-09 |
| 13,35 | 1,6 Kay | Smits | 31-03-97 | Unitas | Amsterdam | 06-09-09 |

betere handtijden:

| | | | | | | |
|------|-----|------|----------|---------|-----------|----------|
| 13,0 | Luc | Reij | 18-10-97 | Phoenix | Krommenie | 30-08-09 |
|------|-----|------|----------|---------|-----------|----------|

met teveel rugwind:

| | | | | | | |
|-------|--------------|------|----------|-----|-----------|----------|
| 11,88 | w 3,6 Sybren | Blok | 25-06-96 | PAC | Naaldwijk | 30-08-09 |
|-------|--------------|------|----------|-----|-----------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|-------|----------|---------|----------|-----------------|-----------|----------|
| 13,04 | o Stan | Does | 24-02-96 | Leiden Atletiek | Leiden | 11-10-09 |
| 13,23 | o Evbako | Ogbeide | 25-02-97 | Parthenon | Dordrecht | 04-10-09 |

1000 meter hindernisloop jongens-D

| | | | | | | |
|---------|------------|--------------|----------|--------------|-----------|----------|
| 3.19,96 | Steven | Roelse | 24-05-96 | Dynamica | Terneuzen | 19-09-09 |
| 3.22,34 | Roel | Huijsmans | 12-04-96 | Flevo Delta | Amsterdam | 06-09-09 |
| 3.23,58 | Thierry | Willigenburg | 23-04-96 | Triathlon | Amsterdam | 06-09-09 |
| 3.25,16 | Jarick | Stoop | 27-12-96 | Flevo Delta | Amsterdam | 06-09-09 |
| 3.26,31 | Kris de | Kreek | 21-01-97 | Scheldesport | Terneuzen | 19-09-09 |
| 3.26,67 | Loek van | Zevenbergen | 05-08-96 | Fortuna | Amsterdam | 06-09-09 |
| 3.27,41 | Lennart de | Looze | 12-01-96 | Startbaan | Leiden | 26-08-09 |
| 3.27,84 | Timber van | Tilburg | 16-12-96 | Startbaan | Leiden | 26-08-09 |

hoogspringen jongens-D

| | | | | | | |
|------|--------------|-----------|----------|------------------|-------------|----------|
| 1,65 | Jesse | Rigter | 06-01-96 | AAC | Amsterdam | 06-09-09 |
| 1,60 | Robin | Janse | 12-01-96 | Dynamica | Terneuzen | 18-04-09 |
| 1,60 | Rodney | Hoogterp | 24-02-97 | Impala | Steenwijk | 16-05-09 |
| 1,60 | Lars van der | Poel | 20-01-96 | Spado | Uden | 06-06-09 |
| 1,60 | Tony van | Diepen | 17-04-96 | Hera | Purmerend | 20-06-09 |
| 1,60 | Thomas | Potma | 20-04-96 | Energie | Barendrecht | 28-06-09 |
| 1,60 | Mathijs | Dirks | 20-07-96 | AV Voorsch'n '97 | Delft | 05-07-09 |
| 1,60 | Daan | Stapersma | 05-01-97 | Fortuna | Hoorn | 12-09-09 |
| 1,57 | Steven | Roelse | 24-05-96 | Dynamica | Vlissingen | 27-06-09 |
| 1,56 | Bas van de | Burgt | 23-04-96 | GAC-Gemert | Deurne | 18-10-09 |

(10)

| | | | | | | |
|------|----------------|---------------|----------|-----------------|--------------|----------|
| 1,55 | Justin | Kraaijenbrink | 28-05-96 | AV '47 | Gouda | 18-04-09 |
| 1,55 | Hugo | Maathuis | 08-02-96 | Atl. Maastricht | Kerkrade | 18-04-09 |
| 1,55 | Huub | Schoonen | 05-07-96 | Achilles-EL | Terneuzen | 18-04-09 |
| 1,55 | Kay | Geluk | 23-01-96 | R' dam Atletiek | Amstelveen | 01-06-09 |
| 1,55 | Sam van der | Pasch | 29-01-96 | Gen. Michaëlis | Eindhoven | 06-06-09 |
| 1,55 | Roel | Wouters | 02-02-96 | Clytoneus | Purmerend | 20-06-09 |
| 1,55 | Tim | Hoogenboom | 07-11-96 | Olympus '70 | Leidschendam | 27-06-09 |
| 1,55 | Robert van der | Meer | 15-01-96 | Fortuna | Barendrecht | 28-06-09 |
| 1,55 | Sven van | Adrichem | 14-10-96 | AV '40 | Delft | 05-07-09 |
| 1,55 | Stan | Does | 24-02-96 | Leiden Atletiek | Leiden | 26-08-09 |

(20)

| | | | | | | |
|------|-------------|-------------|----------|---------------|-----------|----------|
| 1,55 | Thijs | Roymans | 19-01-97 | AV Reusel '69 | Amsterdam | 06-09-09 |
| 1,55 | Timo | Korsen | 29-04-97 | Suomi | Amsterdam | 06-09-09 |
| 1,55 | Loek van | Zevenbergen | 05-08-96 | Fortuna | Enschede | 20-09-09 |
| 1,52 | Richard van | Driel | 24-03-96 | Hercules | Den Bosch | 18-10-09 |
| 1,51 | Gijs | Langkamp | 20-01-96 | Daventria | Enschede | 04-07-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|--------------|--------------|----------|-------------|-------------|----------|
| 1,60 | o Steven | Roelse | 24-05-96 | Dynamica | Vlissingen | 26-09-09 |
| 1,60 | o Alessandro | Lentze | 02-04-96 | Ilion | Zoetermeer | 04-10-09 |
| 1,55 | o Huub | Schoonen | 05-07-96 | Achilles-EL | Etten-Leur | 28-03-09 |
| 1,55 | o Jelle | Smit | 16-09-96 | Scorpio | Oosterhout | 27-09-09 |
| 1,55 | o Mike | Sonnenschein | 18-03-96 | Fortuna | Vlaardingen | 04-10-09 |

verspringen jongens-D

| | | | | | | |
|------|----------------|----------|----------|---------|-------------|----------|
| 5,48 | Robert van der | Meer | 15-01-96 | Fortuna | Papendrecht | 06-06-09 |
| 5,34 | Lucas | Leemhuis | 09-02-96 | Hera | Amsterdam | 06-09-09 |

| | | | | | |
|---|--------------------|-------------|--------------------------|----------------|----------|
| 5,30 | Thomas | Potma | 20-04-96 Energie | Vlaardingen | 16-05-09 |
| 5,27 | Emiel | Rigter | 25-02-96 BAV | Almere | 05-04-09 |
| 5,26 | Loek van | Zevenbergen | 05-08-96 Fortuna | Amsterdam | 06-09-09 |
| 5,26 | Rodney | Hoogterp | 24-02-97 Impala | Leeuwarden | 26-09-09 |
| 5,23 | Evan | Boessen | 15-03-97 Unitas | Sittard | 12-07-09 |
| 5,14 | Steven | Eleonora | 22-04-96 Ilion | Amsterdam | 06-09-09 |
| 5,14 | Kevin | Winiarczyk | 04-03-96 Leiden Atletiek | Amsterdam | 06-09-09 |
| 5,12 | -0,3 Sybren | Blok | 25-06-96 PAC | Enschede | 19-09-09 |
| | (10) | | | | |
| 5,11 | Joost | Janssen | 08-01-96 Prins Hendrik | Den Bosch | 18-10-09 |
| 5,10 | Arjan | Roona | 25-02-96 Groningen Atl | Stadskanaal | 06-06-09 |
| 5,07 | Kay | Geluk | 23-01-96 R' dam Atletiek | Rotterdam | 24-04-09 |
| 5,07 | Kay | Smits | 31-03-97 Unitas | Sittard | 12-07-09 |
| 5,06 | Thijs | Verwoerd | 17-04-96 PAC | Barendrecht | 30-05-09 |
| 5,01 | Steven | Roelse | 24-05-96 Dynamica | Terneuzen | 19-09-09 |
| 4,98 | Ryan | Jong | 02-10-96 Altis | Amsterdam | 06-09-09 |
| 4,97 | Hugo | Maathuis | 08-02-96 Atl. Maastricht | Stadskanaal | 29-08-09 |
| 4,96 | Tim | Bluekens | 17-08-97 Climax | Amsterdam | 06-09-09 |
| 4,95 | Evbako | Ogbeide | 25-02-97 Parthenon | Tilburg | 18-04-09 |
| | (20) | | | | |
| 4,95 | -0,4 Gijs | Langkamp | 20-01-96 Daventria | Enschede | 04-07-09 |
| 4,93 | Jesse | Rigter | 06-01-96 AAC | Amsterdam | 06-09-09 |
| 4,92 | Jorick | Melchers | 31-03-96 Sparta | Barendrecht | 30-05-09 |
| 4,92 | Bart | Bosch | 20-04-96 PAC | Barendrecht | 27-06-09 |
| 4,90 | Pepe van de | Kerkhof | 26-05-96 Prins Hendrik | Den Bosch | 18-10-09 |
| 4,90 | Laurens | Koeman | 26-01-97 AV '40 | Den Bosch | 18-10-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 5,35 | 0,6 Robert van der | Meer | 15-01-96 Fortuna | Enschede | 19-09-09 |
| 5,30 | 0,5 Lucas | Leemhuis | 09-02-96 Hera | Enschede | 19-09-09 |
| 5,20 | 0,2 Thomas | Potma | 20-04-96 Energie | Enschede | 19-09-09 |
| 5,00 | 0,0 Steven | Roelse | 24-05-96 Dynamica | Hoorn | 12-09-09 |
| 4,98 | 1,7 Emiel | Rigter | 25-02-96 BAV | Woerden | 29-08-09 |
| 4,92 | 0,5 Steven | Eleonora | 22-04-96 Ilion | Enschede | 19-09-09 |
| kogelstoten 3 kg jongens-D | | | | | |
| 15,20 | Emiel | Rigter | 25-02-96 BAV | Gemert | 12-09-09 |
| 13,28 | Lucas | Leemhuis | 09-02-96 Hera | Enschede | 20-09-09 |
| 12,97 | Shaquille | Bleecke | 13-05-96 AV Almere '81 | Steenwijk | 11-10-09 |
| 12,78 | Joris van den | Hoven | 21-07-96 Hera | Amsterdam | 06-09-09 |
| 12,56 | Kay | Geluk | 23-01-96 R' dam Atletiek | Woerden | 30-08-09 |
| 12,45 | Evan van de | Poel | 10-07-96 PAC | Gemert | 12-09-09 |
| 12,43 | Jeremy | Hagen | 27-11-96 Fortuna | Hoorn | 12-09-09 |
| 12,27 | Robert van der | Meer | 15-01-96 Fortuna | Barendrecht | 30-05-09 |
| 12,11 | Sybren | Blok | 25-06-96 PAC | Oud Beijerland | 17-06-09 |
| 11,95 | Stefan | Visser | 30-10-96 Aquilo | Heerenveen | 19-09-09 |
| | (10) | | | | |
| 11,77 | Rowin | Koekoek | 13-07-96 HAC '63 | Heerenveen | 19-09-09 |
| 11,76 | Sander | Blom | 26-04-96 GAC-Hilversum | Krommenie | 24-10-09 |
| 11,75 | Hugo | Maathuis | 08-02-96 Atl. Maastricht | Best | 05-07-09 |
| 11,71 | Gido | Pranger | 05-01-96 AV Almere '81 | Woerden | 16-05-09 |
| 11,60 | Maurice de | Haan | 03-07-96 Leiden Atletiek | Lisse | 16-05-09 |
| 11,60 | Rody de | Wolff | 09-04-97 AV Heerenveen | Steenwijk | 11-10-09 |
| 11,28 | Tey | Berendschot | 08-08-97 Atl. Maastricht | Amsterdam | 06-09-09 |
| 10,96 | Thomas | Potma | 20-04-96 Energie | Enschede | 20-09-09 |
| 10,95 | Joeri | Strik | 29-03-96 GAC-Hilversum | Gemert | 12-09-09 |
| 10,95 | Jelle | Smit | 16-09-96 Scorpio | Hoorn | 12-09-09 |
| | (20) | | | | |
| 10,90 | Bas | Vugts | 02-02-96 AV Monn'ndam | Purmerend | 05-04-09 |
| 10,64 | Martijn van den | Houten | 16-07-96 Delta Sport | Vlissingen | 16-05-09 |
| 10,53 | Koen van de | Meijden | 11-01-96 Spado | Hoorn | 12-09-09 |
| 10,44 | Marijn van den | Born | 02-09-97 AV '40 | Eindhoven | 06-06-09 |
| 10,39 | Steven | Eleonora | 22-04-96 Ilion | Delft | 05-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 11,45 | o Jelle | Smit | 16-09-96 Scorpio | Oosterhout | 27-09-09 |
| 10,97 | o Joeri | Strik | 29-03-96 GAC-Hilversum | Hilversum | 03-10-09 |
| 10,93 | o Sven van | Adrichem | 14-10-96 AV '40 | Delft | 04-10-09 |

| | | | | | | |
|-------|---|----------|-------------|------------------------|-------------|----------|
| 10,87 | o | Niels | Velthuizen | 16-07-96 Impala | Drachten | 10-10-09 |
| 10,81 | o | Riangel | Janga | 02-08-96 Ilion | Zoetermeer | 04-10-09 |
| 10,79 | o | Mick | Hoeben | 04-07-96 GAC-Hilversum | Hilversum | 03-10-09 |
| 10,44 | o | Loek van | Zevenbergen | 05-08-96 Fortuna | Vlaardingen | 04-10-09 |

discuswerpen 1 kg jongens-D

| | | | | | | |
|-------|--|--------------|----------|--------------------------|----------------|----------|
| 37,89 | | Evan van der | Poel | 10-07-96 PAC | Amsterdam | 06-09-09 |
| 37,03 | | Kay | Geluk | 23-01-96 R' dam Atletiek | Spijkensisse | 17-09-09 |
| 36,66 | | Stefan | Visser | 30-10-96 Aquilo | Amsterdam | 06-09-09 |
| 35,25 | | Rody de | Wolff | 09-04-97 AV Heerenveen | Amsterdam | 06-09-09 |
| 34,36 | | Shaquille | Bleecke | 13-05-96 AV Almere '81 | Amsterdam | 06-09-09 |
| 33,30 | | Jeremy | Hagen | 27-11-96 Fortuna | Amsterdam | 06-09-09 |
| 30,74 | | Sander | Blom | 26-04-96 GAC-Hilversum | Krommenie | 24-10-09 |
| 30,62 | | Lucas | Leemhuis | 09-02-96 Hera | Heerhugowaard | 13-09-09 |
| 30,26 | | Jorick | Melchers | 31-03-96 Sparta | Hoorn | 12-09-09 |
| 30,17 | | Sybren | Blok | 25-06-96 PAC | Oud Beijerland | 17-06-09 |

(10)

| | | | | | | |
|-------|--|----------------|-----------|--------------------------|------------|----------|
| 29,69 | | Joris van den | Hoven | 21-07-96 Hera | Amsterdam | 06-09-09 |
| 29,38 | | Wout | Zijlstra | 25-11-97 Horror | Heerenveen | 19-09-09 |
| 29,02 | | Jelle | Smit | 16-09-96 Scorpio | Amsterdam | 06-09-09 |
| 29,00 | | Rik | Roelen | 05-05-96 Eindhoven Atl. | Amsterdam | 06-09-09 |
| 28,38 | | Maurice de | Haan | 03-07-96 Leiden Atletiek | Amsterdam | 06-09-09 |
| 27,54 | | Gido | Pranger | 05-01-96 AV Almere '81 | Almere | 05-04-09 |
| 27,47 | | Sam | Beard | 22-07-96 Clytoneus | Leiden | 26-08-09 |
| 27,25 | | Duco | Furda | 07-06-96 PEC 1910 | Enschede | 04-07-09 |
| 27,23 | | Marijn van den | Born | 02-09-97 AV '40 | Zaandam | 18-09-09 |
| 26,56 | | Bas | Westbroek | 31-07-96 Passaat | Amsterdam | 06-09-09 |

(20)

| | | | | | | |
|-------|--|-------------|-----------|-------------------------|-----------|----------|
| 26,54 | | Mees | Ritmeijer | 15-02-96 AV '23 | Purmerend | 20-06-09 |
| 26,43 | | Timo | Korsen | 29-04-97 Suomi | Castricum | 13-09-09 |
| 26,07 | | Koen van | Ligten | 22-03-97 Ciko '66 | Nijmegen | 19-09-09 |
| 25,89 | | Emiel | Rigter | 25-02-96 BAV | Dronen | 04-04-09 |
| 25,75 | | Sam van der | Pasch | 29-01-96 Gen. Michaëlis | Eindhoven | 06-06-09 |
| 25,75 | | Daan van | Krevelen | 23-07-96 Atledo | Breda | 20-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|--------|--------|------------------------|-----------|----------|
| 31,70 | o | Sander | Blom | 26-04-96 GAC-Hilversum | Hilversum | 03-10-09 |
| 27,56 | o | Mick | Hoeben | 04-07-96 GAC-Hilversum | Hilversum | 03-10-09 |

kogelslingeren 3 kg jongens-D

| | | | | | | |
|-------|--|------------|----------|-------------------|-----------|----------|
| 33,30 | | Kay | Geluk | 23-01-96 AAV '36 | Rotterdam | 31-10-09 |
| 21,92 | | Kevin | Vroege | 03-03-96 AAV '36 | Rotterdam | 24-01-09 |
| 21,71 | | Lars | Gilissen | 01-09-96 Lycurgus | Krommenie | 24-10-09 |
| 17,84 | | Jasper van | Manen | 11-08-97 AV '47 | Boskoop | 20-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|----------|--------------|--------------------------|--------|----------|
| 20,14 | o | Matthijs | Jansen | 20-10-96 Leiden Atletiek | Leiden | 30-06-09 |
| 18,62 | o | Koen | Ravensbergen | 06-12-96 Leiden Atletiek | Leiden | 30-06-09 |
| 18,20 | o | Dimitri | Imanse | 08-09-96 De Spartaan | Leiden | 30-06-09 |

speerwerpen 400 gram jongens-D

| | | | | | | |
|-------|--|----------|-------------|--------------------------|------------|----------|
| 49,53 | | Sam | Beard | 22-07-96 Clytoneus | Woerden | 29-08-09 |
| 46,85 | | Sybren | Blok | 25-06-96 PAC | Naaldwijk | 30-08-09 |
| 46,77 | | Lucas | Leemhuis | 09-02-96 Hera | Den Helder | 16-05-09 |
| 46,12 | | Kay | Geluk | 23-01-96 R' dam Atletiek | Enschede | 19-09-09 |
| 43,15 | | Emiel | Rigter | 25-02-96 BAV | Amstelveen | 31-05-09 |
| 41,37 | | Rik | Roelen | 05-05-96 Eindhoven Atl. | Uden | 20-06-09 |
| 40,91 | | Loek van | Zevenbergen | 05-08-96 Fortuna | Enschede | 19-09-09 |
| 38,79 | | Jeremy | Hagen | 27-11-96 Fortuna | Naaldwijk | 30-08-09 |
| 38,65 | | Rody de | Wolff | 09-04-97 AV Heerenveen | Steenwijk | 11-10-09 |
| 38,09 | | Steven | Eleonora | 22-04-96 Ilion | Gemert | 12-09-09 |

(10)

| | | | | | | |
|-------|--|-------------|------------|--------------------------|-------------|----------|
| 38,05 | | Daan van | Krevelen | 23-07-96 Atledo | Amsterdam | 06-09-09 |
| 37,31 | | Evan van de | Poel | 10-07-96 PAC | Naaldwijk | 30-08-09 |
| 36,81 | | Niels | Velthuizen | 16-07-96 Impala | Steenwijk | 16-05-09 |
| 36,72 | | Stefan | Visser | 30-10-96 Aquilo | Heerenveen | 19-09-09 |
| 36,13 | | Stan | Does | 24-02-96 Leiden Atletiek | Gemert | 12-09-09 |
| 35,65 | | Mark | Grasmeijer | 19-05-96 AV '34 | Stadskanaal | 29-08-09 |
| 35,59 | | Jelle | Smit | 16-09-96 Scorpio | Uden | 06-06-09 |

Statistisch jaarboek 2009

| | | | | | | |
|---------------------------------|-------------|-----------|----------|-----------------|-------------|----------|
| 35,52 | Bas | Westbroek | 31-07-96 | Passaat | Amsterdam | 06-09-09 |
| 35,51 | Pepe van de | Kerkhof | 26-05-96 | Prins Hendrik | Gemert | 23-05-09 |
| 35,48 | Sam van der | Pasch | 29-01-96 | Gen. Michaëlis | Oss | 18-04-09 |
| (20) | | | | | | |
| 35,40 | Dimitri | Imanse | 08-09-96 | De Spartaan | Leiden | 18-04-09 |
| 35,24 | Wouter | Aarts | 22-02-96 | AV '23 | Santpoort | 16-05-09 |
| 35,10 | Kay | Smits | 31-03-97 | Unitas | Enschede | 19-09-09 |
| 35,05 | David | Richter | 28-06-96 | STB | Venray | 07-06-09 |
| 34,64 | Tijs | Geluk | 29-08-96 | Delta Sport | Hulst | 04-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 41,13 | o Jelle | Smit | 16-09-96 | Scorpio | Oosterhout | 26-09-09 |
| 39,24 | o Jeremy | Hagen | 27-11-96 | Fortuna | Vlaardingen | 03-10-09 |
| 36,87 | o Stan | Does | 24-02-96 | Leiden Atletiek | Leiden | 10-10-09 |

7-kamp jongens-D

| | | | | | | |
|---|--|---------------|----------|------------------|-------------|----------|
| <i>80m * ver * speer * 80mH * hoog * kogel * 1000m * windgegevens</i> | | | | | | |
| 4648 | Lucas | Leemhuis | 09-02-96 | Hera | Enschede | 20-09-09 |
| | <i>10,47 * 5,30 * 43,40 * 12,12 * 1,45 * 13,28 * 3.07,88 * 0,7 * 0,5 * 0,0</i> | | | | | |
| 4558 | Emiel | Rigter | 25-02-96 | BAV | Enschede | 20-09-09 |
| | <i>10,47 * 4,85 * 38,59 * 11,89 * 1,50 * 13,67 * 3.10,81 * 1,5 * 0,0 * 0,0</i> | | | | | |
| 4508 | Thomas | Potma | 20-04-96 | Energie | Barendrecht | 28-06-09 |
| | <i>10,41 * 5,26 * 31,92 * 12,76 * 1,60 * 10,39 * 2.56,04 * * *</i> | | | | | |
| 4508 | Sybre | Blok | 25-06-96 | PAC | Enschede | 20-09-09 |
| | <i>10,24 * 5,12 * 42,76 * 12,05 * 1,45 * 11,78 * 3.19,06 * 0,7 * -0,3 * 0,0</i> | | | | | |
| 4433 | Kay | Geluk | 23-01-96 | R' dam Atletiek | Enschede | 20-09-09 |
| | <i>10,79 * 4,80 * 46,12 * 12,92 * 1,50 * 12,45 * 3.08,88 * 1,5 * 0,6 * -0,2</i> | | | | | |
| 4403 | Hugo | Maathuis | 08-02-96 | Atl. Maastricht | Stadskanaal | 30-08-09 |
| | <i>10,07 * 4,97 * 34,34 * 12,82 * 1,50 * 10,94 * 3.06,54 * * *</i> | | | | | |
| 4317 | Robert van der | Meer | 15-01-96 | Fortuna | Enschede | 20-09-09 |
| | <i>10,30 * 5,35 * 30,22 * 13,51 * 1,55 * 11,90 * 3.15,32 * 0,7 * 0,6 * 0,0</i> | | | | | |
| 4249 | Loek van | Zevenbergen | 05-08-96 | Fortuna | Enschede | 20-09-09 |
| | <i>10,69 * 4,77 * 40,91 * 13,40 * 1,55 * 10,07 * 3.10,22 * 1,5 * 0,5 * 0,0</i> | | | | | |
| 4154 | Steven | Eleonora | 22-04-96 | Ilion | Enschede | 20-09-09 |
| | <i>10,69 * 4,92 * 35,80 * 12,85 * 1,45 * 09,51 * 3.10,90 * -1,2 * 0,5 * -0,2</i> | | | | | |
| 4140 | Evan van de | Poel | 10-07-96 | PAC | Enschede | 20-09-09 |
| | <i>10,41 * 4,74 * 29,20 * 13,03 * 1,40 * 12,00 * 3.08,57 * -1,2 * 0,4 * -0,2</i> | | | | | |
| (10) | | | | | | |
| 4123 | Justin | Kraaijenbrink | 28-05-96 | AV '47 | Enschede | 20-09-09 |
| | <i>10,68 * 4,62 * 33,36 * 13,12 * 1,55 * 09,77 * 3.10,98 * 1,5 * 0,2 * -0,2</i> | | | | | |
| 4093 | Mark | Grasmeijer | 19-05-96 | AV '34 | Stadskanaal | 30-08-09 |
| | <i>10,80 * 4,47 * 35,65 * 13,01 * 1,50 * 10,34 * 3.12,22 * * *</i> | | | | | |
| 3984 | Rody de | Wolff | 09-04-97 | AV Heerenveen | Enschede | 20-09-09 |
| | <i>11,00 * 4,53 * 34,16 * 14,26 * 1,50 * 10,45 * 3.05,79 * -1,2 * 0,4 * 0,0</i> | | | | | |
| 3960 | Bart | Bosch | 20-04-96 | PAC | Enschede | 20-09-09 |
| | <i>10,35 * 4,65 * 29,66 * 12,72 * 1,35 * 09,89 * 3.18,80 * 0,7 * -0,4 * 0,0</i> | | | | | |
| 3893 | Sven van | Adrichem | 14-10-96 | AV '40 | Delft | 05-07-09 |
| | <i>11,30 * 4,50 * 28,50 * 13,40 * 1,55 * 09,57 * 3.09,72 * * *</i> | | | | | |
| 3885 | Mathijs | Dirks | 20-07-96 | AV Voorsch'n '97 | Delft | 05-07-09 |
| | <i>11,11 * 4,47 * 33,52 * 13,59 * 1,60 * 09,02 * 3.23,61 * * *</i> | | | | | |
| 3884 | Pepe van de | Kerkhof | 26-05-96 | Prins Hendrik | Enschede | 20-09-09 |
| | <i>10,86 * 4,64 * 29,23 * 13,13 * 1,40 * 10,05 * 3.16,44 * -1,2 * 0,0 * 0,0</i> | | | | | |
| 3804 | Rik | Taam | 17-01-97 | Nea-Volharding | Amstelveen | 01-06-09 |
| | <i>10,98 * 4,85 * 31,44 * 14,18 * 1,50 * 09,69 * 3.31,02 * 0,2 * * -2,4</i> | | | | | |
| 3749 | Jorick | Melchers | 31-03-96 | Sparta | Delft | 05-07-09 |
| | <i>10,62 * 4,72 * 27,53 * 14,31 * 1,40 * 09,54 * 3.20,12 * * *</i> | | | | | |
| 3736 | Kay | Smits | 31-03-97 | Unitas | Best | 05-07-09 |
| | <i>11,14 * 4,84 * 30,52 * 13,41 * 1,45 * 09,59 * 3.40,25 * -1,4 * * -0,2</i> | | | | | |
| (20) | | | | | | |
| 3730 | Guido de | Bruijn | 12-03-96 | Energie | Barendrecht | 28-06-09 |
| | <i>10,93 * 4,71 * 27,41 * 13,63 * 1,40 * 08,61 * 3.16,97 * * *</i> | | | | | |
| 3719 | Rowin | Koekoek | 13-07-96 | HAC '63 | Stadskanaal | 30-08-09 |
| | <i>10,58 * 4,64 * 23,56 * 14,58 * 1,40 * 10,67 * 3.17,91 * * *</i> | | | | | |
| 3718 | Mick | Hoeben | 04-07-96 | GAC-Hilversum | Amstelveen | 01-06-09 |
| | <i>10,70 * 4,55 * 27,94 * 13,56 * 1,40 * 10,10 * 3.33,28 * -0,2 * * 1,4</i> | | | | | |
| 3687 | Frank | Gelens | 23-08-96 | Leiden Atletiek | Woerden | 30-08-09 |
| | <i>11,01 * 4,69 * 29,08 * 14,59 * 1,45 * 08,14 * 3.14,60 * 2,7 * 2,4 * 0,6</i> | | | | | |

| | | | | | | |
|---------------------------------|---|-----------|----------|-----------------|-------------|----------|
| 3671 | Roel | Huijsmans | 12-04-96 | Flevo Delta | Barendrecht | 28-06-09 |
| | 11,13 * 4,62 * 26,19 * 13,87 * 1,35 * 08,58 * 3.06,65 * * * | | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 3965 | o Stan | Does | 24-02-96 | Leiden Atletiek | Leiden | 11-10-09 |
| | 10,98 * 4,50 * 36,86 * 13,04 * 1,53 * 08,72 * 3.21,0= * * * | | | | | |
| 3750 | o Jeremy | Hagen | 27-11-96 | Fortuna | Vlaardingen | 04-10-09 |
| | 11,48 * 4,39 * 39,24 * 13,86 * 1,45 * 11,86 * 3.45,08 * * * | | | | | |
| 3693 | o Jasper | Koopmans | 09-02-96 | Hellas | Utrecht | 04-10-09 |
| | 10,60 * 4,86 * 19,92 * 13,82 * 1,30 * 08,19 * 3.00,78 * * * | | | | | |

4 x 80 meter clubteams jongens-D

| | | | | | |
|-------|--|----------------|-----------------|---------------|----------|
| 39,60 | | Rotterdam | PAC | Gemert | 12-09-09 |
| 40,17 | | Zoetermeer | Ilion | Amstelveen | 27-09-09 |
| 41,26 | | Vught | Prins Hendrik | Gemert | 12-09-09 |
| 41,87 | | Leiden | Leiden Atletiek | Zoetermeer | 20-06-09 |
| 41,94 | | Vlaardingen | Fortuna | Hoorn | 12-09-09 |
| 42,00 | | Vlissingen | Dynamica | Hulst | 04-07-09 |
| 42,02 | | Maastricht | Atl. Maastricht | Uden | 20-06-09 |
| 42,13 | | Heerhugowaard | Hera | Amstelveen | 27-09-09 |
| 42,48 | | Barendrecht | Energie | Zoetermeer | 20-06-09 |
| 42,49 | | Santpoort | Suomi | Hoorn | 12-09-09 |
| (10) | | | | | |
| 42,90 | | Delft | AV '40 | Zoetermeer | 20-06-09 |
| 43,11 | | Tilburg | Attila | Uden | 06-06-09 |
| 43,11 | | Den Haag | Sparta | Hoorn | 12-09-09 |
| 43,17 | | Groningen | Groningen Atl | Heerenveen | 20-06-09 |
| 43,24 | | Almere | AV Almere '81 | Amstelveen | 27-09-09 |
| 43,26 | | Dronten | Flevo Delta | Heerenveen | 20-06-09 |
| 43,34 | | Bergen op Zoom | Spado | Hoorn | 12-09-09 |
| 43,35 | | Drachten | Impala | Gemert | 12-09-09 |
| 43,36 | | Baarn | BAV | Purmerend | 20-06-09 |
| 43,44 | | Lisse | De Spartaan | Zoetermeer | 20-06-09 |
| (20) | | | | | |
| 43,49 | | Oosterhout | Scorpio | Waalwijk | 16-05-09 |
| 43,51 | | Hilversum | GAC-Hilversum | Gemert | 12-09-09 |
| 43,53 | | Eindhoven | Eindhoven Atl. | Uden | 20-06-09 |
| 43,56 | | Utrecht | Hellas | Heerhugowaard | 20-06-09 |
| 43,65 | | Boskoop | AV '47 | Spijkenisse | 16-05-09 |

4 x 80 meter jongens-D

| | | | | | |
|-------|--|--|---------------------|-------------|----------|
| 40,05 | | | Rijnmond | Papendrecht | 06-06-09 |
| 42,17 | | | Dordrecht | Papendrecht | 06-06-09 |
| 42,31 | | | Zuid-Holland Midden | Papendrecht | 06-06-09 |

Vrouwen

100 meter vrouwen

| | | | | | | |
|--------|-------------------|-----------|--------------|-------------------|-----------------------|----------|
| 11,77 | 1,8 Femke van der | Meij | 20-05-85 | Suomi | Leiden | 13-06-09 |
| 11,79 | 1,2 Dafne | Schippers | MB 15-06-92 | Hellas | Leiden | 13-06-09 |
| 11,86 | -0,1 Esther | Akihary | Neo 14-04-87 | Unitas | Uden | 27-06-09 |
| 11,91 | -0,4 Dafne | Schippers | MB | | <i>Emmeloord</i> | 27-06-09 |
| 11,93 | 1,5 Kadene | Vassell | Neo 29-01-89 | Phanos | Breda | 29-08-09 |
| 11,96 | 0,2 Jo-Ann | Plet | 10-06-86 | Phanos | Leiden | 13-06-09 |
| 11,97 | 1,3 Jamile | Samuel | MB 24-04-92 | Phanos | Oordegem (BEL) | 04-07-09 |
| 11,97 | -1,5 Jamile | Samuel | MB | | <i>Novi Sad (SRB)</i> | 23-07-09 |
| 11,97 | 0,2 Kadene | Vassell | Neo | | <i>Amsterdam</i> | 01-08-09 |
| 11,97 | 1,9 Jamile | Samuel | MB | | <i>Breda</i> | 29-08-09 |
| (10/6) | | | | | | |
| 11,99 | 1,2 Eva | Lubbers | MB 06-02-92 | AKU | Leiden | 13-06-09 |
| 12,03 | -0,4 Yvonne | Wisse | 06-06-82 | De Spartaan | Hoorn | 23-05-09 |
| 12,03 | 0,8 Nikki van | Leeuwen | Neo 04-08-89 | R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 12,05 | 0,7 Loreanne | Kuhurima | MA 07-05-91 | Phanos | Oordegem (BEL) | 04-07-09 |
| (10) | | | | | | |
| 12,05 | 0,7 Anouk | Hagen | MA 30-04-90 | Nijmegen Atletiek | Oordegem (BEL) | 04-07-09 |
| 12,08 | 0,7 Eugenie | Kool | 18-05-84 | Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 12,15 | 1,1 Yaël van | Pelt | MA 30-05-90 | Atl. Maastricht | Lokeren | 01-06-09 |

| | | | | | |
|---|----------------------|---------------|-------------------------------|------------------------|----------|
| 12,19 | 0,8 Tamara | Klomp | Neo 01-11-89 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 12,20 | -0,4 Berthe | Makizodila | MB 14-06-92 Triathlon | Amersfoort | 13-04-09 |
| 12,22 | -0,2 Laurien | Hoos | 18-08-83 Hera | Fresnoy-le-Grand (FRA) | 20-06-09 |
| 12,25 | 0,4 Janice | Babel | MB 10-11-92 Phanos | Lokeren | 01-06-09 |
| 12,26 | 0,3 Karin | Ruckstuhl | 02-11-80 AAC | Hoorn | 23-05-09 |
| 12,26 | 0,8 Nikki | Timmers | Neo 24-05-88 Eindhoven Atl. | Utrecht | 13-06-09 |
| 12,27 | 0,4 Marit | Dopheide | MA 28-12-90 AC TION | Harderwijk | 21-06-09 |
| (20) | | | | | |
| 12,30 | 1,8 Lieke | Bakker | Neo 01-08-89 PEC 1910 | Oordegem (BEL) | 04-07-09 |
| 12,32 | 2,0 Jaleasa | Comenentia | Neo 04-09-89 AAC | Nijmegen | 21-05-09 |
| 12,32 | 0,3 Paula | Schouten | 01-02-86 Phanos | Leiden | 13-06-09 |
| 12,33 | 0,3 Judith | Bosker | MA 27-10-90 AAC '61 | Leiden | 13-06-09 |
| 12,34 | 1,4 Naomi | Klomp | MB 16-11-93 Energie | Den Haag | 07-06-09 |
| 12,35 | 1,2 Carola van | Wagtendonk | MA 21-05-91 Hera | Leiden | 13-06-09 |
| 12,37 | -0,4 Naomi | Sedney | MC 17-12-94 Ilion | Emmeloord | 27-06-09 |
| 12,37 | 0,5 Femke | Klop | MA 10-05-90 Unitas | Gent (BEL) | 21-07-09 |
| 12,37 | 0,8 Shimada | Bajon | Neo 09-01-88 Atverni | Utrecht | 07-08-09 |
| 12,38 | 0,3 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 13-06-09 |
| (30) | | | | | |
| 12,39 | 1,8 Stéphanie | Beuling | MA 26-02-91 PEC 1910 | Kampen | 22-04-09 |
| 12,41 | -0,3 Kyoma | Wang | Neo 07-06-87 Atverni | Oordegem (BEL) | 04-07-09 |
| 12,42 | 1,2 Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Amsterdam | 08-08-09 |
| 12,44 | -1,7 Marloes | Duijn | MB 18-06-93 SAV | Amersfoort | 21-06-09 |
| 12,45 | -0,3 Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| 12,46 | 0,9 Suzanne | Thierry | 17-10-86 DEM | Utrecht | 01-05-09 |
| 12,47 | 0,5 Laura | Molenaar | 23-07-86 AV Gouda | Gent (BEL) | 21-07-09 |
| 12,50 | 2,0 Joyce | Puts | 05-01-85 Asterix | Nijmegen | 21-05-09 |
| 12,50 | 0,6 Jolanda | Nobels | MB 09-02-93 Energie | Amsterdam | 31-05-09 |
| 12,50 | -0,9 Anouk | Vetter | MB 04-02-93 AAC | Emmeloord | 27-06-09 |
| (40) | | | | | |
| 12,54 | -0,9 Tara van | Schie | MA 12-09-90 AAC | Vught | 21-05-09 |
| 12,54 | 1,2 Nicky van | Leuveren | MA 20-05-90 Phanos | Santpoort | 14-06-09 |
| 12,54 | 0,8 Annemiek | Strijker | Neo 08-02-89 AAC '61 | Oordegem (BEL) | 04-07-09 |
| 12,55 | -0,7 Naomi | Derks | MA 01-11-90 Nijmegen Atletiek | Naaldwijk | 19-04-09 |
| 12,55 | 1,7 Sharda | Zuurbier | MA 14-11-91 Dokev | Hoorn | 12-06-09 |
| 12,56 | 2,0 Nicole | Kroonenburg | Neo 14-03-89 SAV | Nijmegen | 21-05-09 |
| 12,57 | 0,6 Natalia van | Houts | MC 26-06-95 LG Deurne | Helmond | 02-07-09 |
| 12,58 | 0,4 Miranda de | Regt | MB 29-09-93 De Spartaan | Amsterdam | 31-05-09 |
| 12,58 | 0,3 Angelique | Hogeveen-Smit | V40 19-12-67 Phanos | Leiden | 13-06-09 |
| 12,59 | 1,0 Annelies | Fortuin | Neo 01-08-88 PEC 1910 | Epe | 08-04-09 |
| (50) | | | | | |
| 12,59 | 1,3 Ashley | Rijnsburger | MC 22-02-94 AV Almere '81 | Utrecht | 22-05-09 |
| 12,59 | -0,3 Judith | Vis | 21-06-80 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 12,59 | 0,4 Nancy van | Petersen | MB 10-05-92 Cialfo | Wageningen | 17-07-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 12,43 | Marloes | Duijn | MB 18-06-93 SAV | Ede | 20-09-09 |
| <i>beter handtijden:</i> | | | | | |
| 12,2 | Sharda | Zuurbier | MA 14-11-91 Dokev | Schagen | 08-05-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 11,73 | w 2,1 Jamile | Samuel | MB 24-04-92 Phanos | Amsterdam | 02-08-09 |
| 11,89 | w 2,1 Kadene | Vassell | Neo 29-01-89 Phanos | Amsterdam | 02-08-09 |
| 12,32 | w 2,1 Shimada | Bajon | Neo 09-01-88 Atverni | Nieuwegein | 28-06-09 |
| 12,55 | w 3,8 Wilmke | Boersma | MA 18-03-91 Horror | Heusden (BEL) | 18-07-09 |
| 12,58 | w 3,8 Moniek | Riemersma | Neo 12-01-87 't Haasje | Heusden (BEL) | 18-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 12,51 | o 1,9 Lianne van der | Lugt | Neo 22-06-88 Olympus '70 | Naaldwijk | 11-10-09 |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 12,29 | 1,3 Esther | Dankwah (GHA) | 25-06-82 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 150 meter vrouwen | | | | | |
| 17,72 | 1,7 Ashley | Rijnsburger | MC 22-02-94 AV Almere '81 | Amersfoort | 29-08-09 |
| 17,79 | 0,1 Femke van der | Meij | 20-05-85 Suomi | Lisse | 09-05-09 |
| 17,88 | 0,1 Dafne | Schippers | MB 15-06-92 Hellas | Lisse | 09-05-09 |
| 18,18 | 1,0 Suzanne | Thierry | 17-10-86 DEM | Lisse | 09-05-09 |
| 18,32 | -0,5 Jo-Ann | Plet | 10-06-86 Phanos | Lisse | 09-05-09 |
| 18,34 | 1,0 Judith | Bosker | MA 27-10-90 AAC '61 | Lisse | 09-05-09 |

| | | | | | |
|---------------------------------|------------------|----------------|-------------------------------|------------------|----------|
| 18,34 | 1,0 Lieke | Bakker | Neo 01-08-89 PEC 1910 | Lisse | 09-05-09 |
| 18,35 | 1,0 Eugenie | Kool | 18-05-84 Haag Atletiek | Lisse | 09-05-09 |
| 18,36 | 0,1 Karin | Ruckstuhl | 02-11-80 AAC | Lisse | 09-05-09 |
| 18,40 | -0,5 Yaël van | Pelt | MA 30-05-90 Atl. Maastricht | Lisse | 09-05-09 |
| (10) | | | | | |
| 18,41 | -0,5 Marit | Dopheide | MA 28-12-90 AC TION | Lisse | 09-05-09 |
| 18,44 | 0,1 Janice | Babel | MB 10-11-92 Phanos | Lisse | 09-05-09 |
| 18,50 | -0,5 Nikki van | Leeuwen | Neo 04-08-89 R' dam Atletiek | Lisse | 09-05-09 |
| 18,51 | 1,0 Paula | Schouten | 01-02-86 Phanos | Lisse | 09-05-09 |
| 18,55 | -0,5 Jaleasa | Comenentia | Neo 04-09-89 AAC | Lisse | 09-05-09 |
| 18,56 | -0,5 Annemiek | Strijker | Neo 08-02-89 AAC '61 | Lisse | 09-05-09 |
| 18,65 | 1,2 Joyce | Puts | 05-01-85 Asterix | Utrecht | 10-07-09 |
| 18,76 | -0,5 Suzanne de | Sevren Jacquet | Neo 14-06-89 Isala '96 | Lisse | 09-05-09 |
| 18,77 | 1,0 Carola van | Wagtendonk | MA 21-05-91 Hera | Lisse | 09-05-09 |
| 18,81 | -0,5 Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Lisse | 09-05-09 |
| (20) | | | | | |
| 18,84 | 0,6 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 27-05-09 |
| 18,91 | -0,3 Brenda | Baar | Neo 19-07-87 AV '23 | Lisse | 09-05-09 |
| 18,92 | 1,2 Kyoma | Wang | Neo 07-06-87 Atverni | Utrecht | 10-07-09 |
| 19,01 | -0,5 Shimada | Bajon | Neo 09-01-88 Atverni | Lisse | 09-05-09 |
| 19,06 | 0,0 Vera van den | Haak | MC 13-01-95 Sparta | Enschede | 19-09-09 |
| 19,14 | -0,5 Nicole | Kroonenburg | Neo 14-03-89 SAV | Lisse | 09-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 18,85 | o Naomi | Sedney | MC 17-12-94 Ilion | Zoetermeer | 03-10-09 |
| 200 meter vrouwen | | | | | |
| 23,76 | 1,5 Yvonne | Wisse | 06-06-82 De Spartaan | Götzis (AUT) | 30-05-09 |
| 23,95 | 1,1 Kadene | Vassell | Neo 29-01-89 Phanos | Kaunas (LTU) | 18-07-09 |
| 24,08 | -0,3 Kadene | Vassell | Neo | Amsterdam | 01-08-09 |
| 24,11 | -0,5 Kadene | Vassell | Neo | Amsterdam | 02-08-09 |
| 24,13 | 1,0 Kadene | Vassell | Neo | Leiden | 13-06-09 |
| 24,21 | -0,2 Kadene | Vassell | Neo | Oordegem (BEL) | 04-07-09 |
| 24,21 | 0,9 Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| 24,26 | 0,3 Loreanne | Kuhurima | MA 07-05-91 Phanos | Novi Sad (SRB) | 24-07-09 |
| 24,31 | 0,3 Eva | Lubbers | MB 06-02-92 AKU | Amersfoort | 13-04-09 |
| 24,31 | -0,5 Esther | Akihary | Neo 14-04-87 Unitas | Uden | 27-06-09 |
| (10/6) | | | | | |
| 24,58 | 0,3 Berthe | Makizodila | MB 14-06-92 Triathlon | Amersfoort | 13-04-09 |
| 24,70 | 1,0 Yaël van | Pelt | MA 30-05-90 Atl. Maastricht | Leiden | 13-06-09 |
| 24,78 | 0,5 Tamara | Klomp | Neo 01-11-89 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 24,92 | -2,1 Marit | Dopheide | MA 28-12-90 AC TION | Harderwijk | 21-06-09 |
| (10) | | | | | |
| 24,96 | 1,0 Nicky van | Leuveren | MA 20-05-90 Phanos | Leiden | 13-06-09 |
| 24,98 | 0,5 Lieke | Bakker | Neo 01-08-89 PEC 1910 | Oordegem (BEL) | 04-07-09 |
| 25,00 | -0,5 Anouk | Hagen | MA 30-04-90 Nijmegen Atletiek | Amsterdam | 02-08-09 |
| 25,04 | -0,1 Naomi | Klomp | MB 16-11-93 Energie | Emmeloord | 28-06-09 |
| 25,08 | -0,8 Suzanne | Thierry | 17-10-86 DEM | Brasschaat (BEL) | 26-07-09 |
| 25,09 | 0,6 Paula | Schouten | 01-02-86 Phanos | Leiden | 13-06-09 |
| 25,10 | -1,7 Amanda | Spiljard | Neo 18-09-89 Attila | Kaunas (LTU) | 18-07-09 |
| 25,13 | -0,5 Karin | Ruckstuhl | 02-11-80 AAC | Uden | 27-06-09 |
| 25,17 | 0,4 Janice | Babel | MB 10-11-92 Phanos | Hoorn | 23-05-09 |
| 25,21 | -0,1 Remona | Fransen | 25-11-85 De Spartaan | Lisse | 06-06-09 |
| (20) | | | | | |
| 25,21 | -0,1 Iris van | Daalen | MB 12-10-93 PAC | Emmeloord | 28-06-09 |
| 25,22 | -0,5 Madiea | Ghafoor | MB 09-09-92 Continental Sport | Krommenie | 05-07-09 |
| 25,25 | 0,0 Stéphanie | Beuling | MA 26-02-91 PEC 1910 | Dronen | 10-06-09 |
| 25,30 | 0,7 Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 25,36 | -2,1 Tara van | Schie | MA 12-09-90 AAC | Lisse | 06-06-09 |
| 25,38 | -1,9 Suzanne de | Sevren Jacquet | Neo 14-06-89 Isala '96 | Amsterdam | 01-08-09 |
| 25,46 | 1,0 Jaleasa | Comenentia | Neo 04-09-89 AAC | Nijmegen | 22-05-09 |
| 25,48 | 1,3 Nicole | Kroonenburg | Neo 14-03-89 SAV | Amersfoort | 21-06-09 |
| 25,49 | -0,1 Miranda de | Regt | MB 29-09-93 De Spartaan | Emmeloord | 28-06-09 |
| 25,54 | 1,0 Nikki | Timmers | Neo 24-05-88 Eindhoven Atl. | Sittard | 21-06-09 |
| (30) | | | | | |
| 25,54 | -0,9 Judith | Bosker | MA 27-10-90 AAC '61 | Emmeloord | 28-06-09 |
| 25,56 | 0,4 Joyce | Puts | 05-01-85 Asterix | Helmond | 02-07-09 |

| | | | | | | |
|---|-------|---------------|-----------------|-------------------------------|---------------------------|----------|
| 25,57 | -0,9 | Marloes | Duijn | MB 18-06-93 SAV | Amsterdam | 05-07-09 |
| 25,57 | -1,4 | Laurien | Hoos | 18-08-83 Hera | Eindhoven | 12-07-09 |
| 25,60 | -0,6 | Naomi | Derks | MA 01-11-90 Nijmegen Atletiek | Naaldwijk | 19-04-09 |
| 25,60 | -1,6 | Judith | Baarssen | 29-10-78 Unitas | Den Haag | 17-05-09 |
| 25,60 | 1,2 | Brenda | Baar | Neo 19-07-87 AV '23 | Woerden | 29-08-09 |
| 25,62 | 1,0 | Linda van de | Lagemaat | MA 29-11-90 Pallas '67 | Szczecin (POL) | 27-06-09 |
| 25,64 | 0,3 | Naomi | Driessen | MA 21-04-90 Unitas | Gent (BEL) | 21-07-09 |
| 25,66 | 1,0 | Lisanne de | Witte | MB 10-09-92 Trias | Castricum | 03-06-09 |
| (40) | | | | | | |
| 25,66 | -0,3 | Kyoma | Wang | Neo 07-06-87 Atverni | Amsterdam | 01-08-09 |
| 25,67 | 0,5 | Shimada | Bajon | Neo 09-01-88 Atverni | Oordegem (BEL) | 04-07-09 |
| 25,70 | -0,5 | Charissa | Czech | 21-04-86 Noordkop | Krommenie | 05-07-09 |
| 25,72 | 1,1 | Jolanda | Nobels | MB 09-02-93 Energie | Nieuwegein | 20-09-09 |
| 25,86 | 1,3 | Marloes van | Kessel | 21-06-82 Leiden Atletiek | Amersfoort | 21-06-09 |
| 25,86 | -1,5 | Femke | Klop | MA 10-05-90 Unitas | Emmeloord | 28-06-09 |
| 25,88 | -2,1 | Laura | Molenaar | 23-07-86 AV Gouda | Harderwijk | 21-06-09 |
| 25,90 | -1,2 | Patricia | Krolis | 19-05-86 R' dam Atletiek | Eindhoven | 08-05-09 |
| 25,91 | -0,3 | Wilmke | Boersma | MA 18-03-91 Horror | Emmeloord | 28-06-09 |
| 25,92 | 1,2 | Nelleke | Bosch | Neo 21-06-89 AV '34 | Heerde | 27-05-09 |
| (50) | | | | | | |
| 25,92 | 0,4 | Stephany | Suykerbuyk | Neo 01-10-89 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 25,89 | | Wilmke | Boersma | MA 18-03-91 Horror | Heerenveen | 19-09-09 |
| <i>betere handtijden:</i> | | | | | | |
| 24,5 | | Madiea | Ghafoor | MB 09-09-92 Continental Sport | Weganan di Reino | 30-07-09 |
| 25,5 | | Marieke | Riemens | 04-05-86 AV '56 | Hulst | 13-06-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 24,76 | w 2,3 | Nicky van | Leuveren | MA 20-05-90 Phanos | Heiloo | 21-05-09 |
| 25,16 | w 2,6 | Remona | Fransen | 25-11-85 De Spartaan | Woerden | 29-08-09 |
| 25,36 | w 4,7 | Jaleasa | Comenentia | Neo 04-09-89 AAC | Nijmegen | 22-05-09 |
| 25,41 | w 2,2 | Esther van de | Lycke | Neo 19-08-89 AV '23 | Amsterdam | 19-04-09 |
| 25,52 | w 2,6 | Babs | Egbers | Neo 07-06-88 AV '34 | Woerden | 29-08-09 |
| 25,62 | w 2,4 | Nancy van | Petersen | MB 10-05-92 Cialfo | Wageningen | 17-07-09 |
| 25,78 | w 3,7 | Marloes van | Kessel | 21-06-82 Leiden Atletiek | Leiden | 08-07-09 |
| 25,91 | w 2,3 | Marian | Zandberg | MA 28-07-90 AV Heerenveen | Nijmegen | 21-06-09 |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | | |
| 24,24 | 1,4 | Ruky | Abdulai (CAN) | 08-08-82 Haag Atletiek | Stanford (USA) | 02-05-09 |
| 24,94 | -0,2 | Esther | Dankwah (GHA) | 25-06-82 Haag Atletiek | Oordegem (BEL) | 04-07-09 |
| 25,04 | -0,5 | Susan | Coltman (CAN) | 10-04-81 AAC '61 | Desenzano del Garda (ITA) | 09-05-09 |
| 24,84 | | Susan | Coltman (CAN) | 10-04-81 AAC '61 | Arles (FRA) | 06-06-09 |
| 300 meter vrouwen | | | | | | |
| 38,15 | | Sanne | Verstegen | 10-11-85 R' dam Atletiek | Brasschaat (BEL) | 26-07-09 |
| 38,66 | | Suzanne | Thierry | 17-10-86 DEM | Lisse | 09-05-09 |
| 39,52 | | Marit | Dopheide | MA 28-12-90 AC TION | Lisse | 09-05-09 |
| 39,54 | | Kaira | Boddy | Neo 29-07-88 KAV Holland | Lisse | 09-05-09 |
| 39,75 | | Romara van | Noort | 11-09-86 De Spartaan | Lisse | 09-05-09 |
| 39,85 | | Amanda | Spiljard | Neo 18-09-89 Attila | Vught | 05-04-09 |
| 39,88 | | Nicky van | Leuveren | MA 20-05-90 Phanos | Lokeren | 01-06-09 |
| 40,44 | | Tamara | Klomp | Neo 01-11-89 R' dam Atletiek | Lisse | 09-05-09 |
| 40,54 | | Paula | Schouten | 01-02-86 Phanos | Lisse | 09-05-09 |
| 40,90 | | Judith | Baarssen | 29-10-78 Unitas | Utrecht | 10-07-09 |
| (10) | | | | | | |
| 41,14 | | Stéphanie | Beuling | MA 26-02-91 PEC 1910 | Epe | 08-04-09 |
| 41,16 | | Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Lisse | 09-05-09 |
| 41,48 | | Iris van | Daalen | MB 12-10-93 PAC | Lisse | 09-05-09 |
| 41,55 | | Nelleke | Bosch | Neo 21-06-89 AV '34 | Lisse | 09-05-09 |
| 41,67 | | Marian | Zandberg | MA 28-07-90 AV Heerenveen | Utrecht | 10-07-09 |
| 41,71 | | Dominique | Verheijen | MB 10-09-93 De Gemzen | Epe | 08-04-09 |
| 41,71 | | Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lokeren | 01-06-09 |
| 41,93 | | Lonneke | Derriks | Neo 22-04-87 De Spartaan | Utrecht | 10-07-09 |
| 42,17 | | Amely van | Bavel-Verreijen | 03-10-78 O.S.S.-VOLO | Utrecht | 10-07-09 |
| 42,22 | | Maruska | Eduarda | MA 30-07-91 R' dam Atletiek | Lisse | 09-05-09 |
| (20) | | | | | | |
| 42,47 | | Linda | Bayoumi | Neo 30-09-88 AAC | Lisse | 09-05-09 |
| <i>betere handtijden:</i> | | | | | | |

| | | | | | |
|---|--------------|----------------------|-------------------------------|------------------|----------|
| 41,8 | José | Becker | 25-06-83 De Sperwers | Steenwijk | 17-07-09 |
| 400 meter vrouwen | | | | | |
| 54,04 | Sanne | Verstegen | 10-11-85 R' dam Atletiek | Uden | 27-06-09 |
| 54,14 | Sanne | Verstegen | | Oordegem (BEL) | 04-07-09 |
| 54,39 | Sanne | Verstegen | | Amsterdam | 02-08-09 |
| 54,41 | Annemarie | Schulte | 13-02-85 De Sperwers | Leiden | 13-06-09 |
| 54,47 | José van der | Veen | 26-03-80 Haag Atletiek | Zeulenrode (GER) | 26-07-09 |
| 54,55 | Sanne | Verstegen | | Den Haag | 17-05-09 |
| 54,90 | Kaira | Boddy | Neo 29-07-88 KAV Holland | Leiden | 13-06-09 |
| 54,94 | Romara van | Noort | 11-09-86 De Spartaan | Leiden | 13-06-09 |
| 55,09 | Romara van | Noort | | Den Haag | 17-05-09 |
| 55,20 | Romara van | Noort | | Hoorn | 23-05-09 |
| (10/5) | | | | | |
| 55,29 | Marjolein de | Jong | 12-06-81 Phanos | Krommenie | 05-07-09 |
| 55,38 | Suzanne | Thierry | 17-10-86 DEM | Leiden | 13-06-09 |
| 55,54 | Najla | Jaber | 12-05-84 Seven Hills RT | Eindhoven | 12-07-09 |
| 55,58 | Marit | Dopheide | MA 28-12-90 AC TION | Emmeloord | 28-06-09 |
| 55,60 | Machteld | Mulder | Neo 21-02-89 Hollandia | Breda | 29-08-09 |
| (10) | | | | | |
| 55,66 | Nicky van | Leuveren | MA 20-05-90 Phanos | Emmeloord | 28-06-09 |
| 55,69 | Yvonne | Hak | 30-06-86 Hera | Zwolle | 17-05-09 |
| 56,16 | Lisanne de | Witte | MB 10-09-92 Trias | Emmeloord | 28-06-09 |
| 56,33 | Judith | Baarssen | 29-10-78 Unitas | Oudenaarde (BEL) | 20-06-09 |
| 56,44 | Vera van den | Haak | MC 13-01-95 Sparta | Emmeloord | 28-06-09 |
| 56,58 | Madiea | Ghafoor | MB 09-09-92 Continental Sport | Krommenie | 05-07-09 |
| 56,68 | Justine | Bayigga | 79 UGA | Hilversum | 13-09-09 |
| 56,73 | Stéphanie | Beuling | MA 26-02-91 PEC 1910 | Leiden | 13-06-09 |
| 56,81 | Lisette | Thomas | 21-04-80 DEM | Leiden | 13-06-09 |
| 56,88 | Esmeralda | Adriaans | 15-08-85 R' dam Atletiek | Leiden | 13-06-09 |
| (20) | | | | | |
| 57,09 | Charissa | Czech | 21-04-86 Noordkop | Hoorn | 23-05-09 |
| 57,18 | Arviëna | Vis | 05-05-86 R' dam Atletiek | Amsterdam | 01-08-09 |
| 57,34 | Suzanne de | Sevren Jacquet | Neo 14-06-89 Isala '96 | Almelo | 17-05-09 |
| 57,57 | Remona | Fransen | 25-11-85 De Spartaan | Utrecht | 07-08-09 |
| 57,62 | Patricia | Krolis | 19-05-86 R' dam Atletiek | Naaldwijk | 19-04-09 |
| 57,72 | Karin | Vintges | Neo 18-10-89 Attila | Eindhoven | 12-07-09 |
| 57,76 | Lonneke | Derriks | Neo 22-04-87 De Spartaan | Reeuwijk | 21-06-09 |
| 57,82 | Iris van | Daalen | MB 12-10-93 PAC | Den Haag | 07-06-09 |
| 57,83 | Marta | Pape-Garcia | 22-02-83 Gen. Michaëlis | Eindhoven | 12-07-09 |
| 57,84 | Maruska | Eduarda | MA 30-07-91 R' dam Atletiek | Leiden | 13-06-09 |
| (30) | | | | | |
| 58,16 | Naomi | Driessen | MA 21-04-90 Unitas | Leiden | 13-06-09 |
| 58,16 | Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| 58,19 | Leonie | Schilder | MA 15-09-90 AV Edam | Huizen | 21-06-09 |
| 58,20 | Diana | Spaargaren | MA 30-01-90 AV Castricum | Huizen | 21-06-09 |
| 58,40 | Marian | Zandberg | MA 28-07-90 AV Heerenveen | Utrecht | 13-06-09 |
| 58,41 | Juanee | Cilliers-Pekelharing | 08-03-82 Prins Hendrik | Oordegem (BEL) | 04-07-09 |
| 58,47 | Nelleke | Bosch | Neo 21-06-89 AV '34 | Wageningen | 17-07-09 |
| 58,51 | Roxanne | Martin | Neo 28-01-87 Attila | Brasschaat (BEL) | 26-07-09 |
| 58,72 | Dide | Evers | MA 19-07-90 Sprint | Vught | 10-05-09 |
| 58,72 | Marlijn van | Houts | 14-08-85 LG Deurne | Uden | 27-06-09 |
| (40) | | | | | |
| 58,78 | Britt | Duijn | MB 18-06-93 SAV | Emmeloord | 27-06-09 |
| 58,79 | Amely van | Bavel-Verreijen | 03-10-78 O.S.S.-VOLO | Tilburg | 01-07-09 |
| 58,83 | Denise van | Herp | MB 02-05-93 Daventria | Heerenveen | 23-05-09 |
| 58,87 | Nandy | Kitslaar | Neo 01-12-89 Prins Hendrik | Uden | 27-06-09 |
| 58,88 | Bianca | Baak | MB 25-01-92 AV Almere '81 | Heerhugowaard | 07-06-09 |
| 58,89 | Ramona | Thoen | 25-10-85 Olympus '70 | Gent (BEL) | 21-07-09 |
| 58,99 | Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Spijkenisse | 19-04-09 |
| 59,13 | Suzanna | Landman | 26-05-78 Phoenix | Uden | 27-06-09 |
| 59,26 | Fieke | Wolters | MB 07-06-93 Nijmegen Atletiek | Apeldoorn | 28-08-09 |
| 59,27 | Dominique | Verheijen | MB 10-09-93 De Gemzen | Dronten | 02-07-09 |
| (50) | | | | | |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 58,85 | Britt van | Thillo (BEL) | MA 30-07-91 Spado | Helmond | 14-06-09 |

800 meter vrouwen

| | | | | | |
|---|---------------|----------------------|-------------------------------|---------------------------|----------|
| 2.01,31 | Yvonne | Hak | 30-06-86 Hera | Madrid (ESP) | 04-07-09 |
| 2.01,45 | Yvonne | Hak | | Hengelo | 01-06-09 |
| 2.01,50 | Yvonne | Hak | | Bergen (NOR) | 20-06-09 |
| 2.02,24 | Susan | Kuijken | 08-07-86 Seven Hills RT | Atlanta (USA) | 16-05-09 |
| 2.02,82 | Yvonne | Hak | | Rome (ITA) | 10-07-09 |
| 2.03,77 | Machteld | Mulder | Neo 21-02-89 Hollandia | Leiden | 13-06-09 |
| 2.04,99 | Yvonne | Hak | | Pretoria (RSA) | 30-01-09 |
| 2.05,00 | Yvonne | Hak | | Potchefstroom (RSA) | 23-01-09 |
| 2.05,22 | Anne van den | Hurk | 07-10-80 Prins Hendrik | Heusden (BEL) | 18-07-09 |
| 2.05,31 | Machteld | Mulder | Neo | Kaunas (LTU) | 16-07-09 |
| (10/4) | | | | | |
| 2.05,78 | Raika | Lenaarts | Neo 02-03-88 Hera | Leiden | 13-06-09 |
| 2.05,85 | Marije te | Raa | 22-06-84 AAC | Hoorn | 23-05-09 |
| 2.05,89 | José van der | Veen | 26-03-80 Haag Atletiek | Cuxhaven (GER) | 22-07-09 |
| 2.06,13 | Najla | Jaber | 12-05-84 Seven Hills RT | Uden | 27-06-09 |
| 2.07,73 | Manon | Kruiver | Neo 03-01-88 Nova | Brasschaat (BEL) | 26-07-09 |
| 2.07,76 | Sanne | Verstegen | 10-11-85 R' dam Atletiek | Hilversum | 13-09-09 |
| (10) | | | | | |
| 2.09,90 | Juaneë | Cilliers-Pekelharing | 08-03-82 Prins Hendrik | Uden | 27-06-09 |
| 2.09,91 | Maureen | Koster | MB 03-07-92 AV '47 | Hoorn | 23-05-09 |
| 2.10,55 | Esther | Vermuë | Neo 18-02-88 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 2.10,61 | Annemarie | Schulte | 13-02-85 De Sperwers | Potchefstroom (RSA) | 23-01-09 |
| 2.10,62 | Ingrid | Grutters | 28-08-74 Prins Hendrik | Gent (BEL) | 21-07-09 |
| 2.11,05 | Yvonne | Wisse | 06-06-82 De Spartaan | Desenzano del Garda (ITA) | 10-05-09 |
| 2.11,35 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Gent (BEL) | 21-07-09 |
| 2.11,45 | Lesley van | Miert | 10-06-85 Sprint | Krommenie | 21-06-09 |
| 2.11,48 | Renata | Haring | 08-04-76 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 2.11,53 | Lotte van den | Boom | Neo 11-03-87 THOR | Uden | 27-06-09 |
| (20) | | | | | |
| 2.11,75 | Diana | Spaargaren | MA 30-01-90 AV Castricum | Hoorn | 23-05-09 |
| 2.11,75 | Jamie van | Lieshout | MA 12-07-91 Attila | Heusden (BEL) | 18-07-09 |
| 2.12,35 | Suzanna | Landman | 26-05-78 Phoenix | Leiden | 13-06-09 |
| 2.12,69 | Lara | Nicod | 23-03-85 Phanos | Amsterdam | 08-08-09 |
| 2.13,08 | Natasja | Brusik | 10-02-83 Nijmegen Atletiek | Utrecht | 01-05-09 |
| 2.13,19 | Marleen | Loman | MB 25-04-92 AV NOP | Leiden | 13-06-09 |
| 2.13,23 | Adrienne | Herzog | 30-09-85 AV '34 | Ede | 20-09-09 |
| 2.13,47 | Nicole van | Amstel | Neo 11-05-88 Atl. Maastricht | Nijmegen | 29-05-09 |
| 2.13,75 | Juul | Lavrijsen | MB 25-02-93 Seven Hills RT | Vught | 21-05-09 |
| 2.13,95 | Liesbeth | Voorthuijsen | 13-10-83 Haag Atletiek | Uden | 27-06-09 |
| (30) | | | | | |
| 2.14,27 | Henriëke | Krommendijk | 03-09-86 Unitas | Utrecht | 07-08-09 |
| 2.14,48 | Fieke | Wolters | MB 07-06-93 Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 2.14,51 | Marlin van | Hal | MB 05-09-93 De Keien | Wageningen | 03-06-09 |
| 2.14,72 | Anouk | Trooster | MB 05-06-93 AAC '61 | Emmeloord | 26-06-09 |
| 2.14,91 | Rianne | Breedijk | MA 26-09-90 AV Zaanland | Krommenie | 05-07-09 |
| 2.14,91 | Marlies | Huigen | MC 22-08-94 Hanzesport | Wageningen | 18-09-09 |
| 2.14,93 | Karin | Vintges | Neo 18-10-89 Attila | Brasschaat (BEL) | 26-07-09 |
| 2.15,01 | Lonneke | Derriks | Neo 22-04-87 De Spartaan | Wageningen | 03-06-09 |
| 2.15,10 | Judith | Baarssen | 29-10-78 Unitas | Utrecht | 07-08-09 |
| 2.15,38 | Isabel | Sticker | 10-12-85 De Liemers | Heusden (BEL) | 18-07-09 |
| (40) | | | | | |
| 2.15,43 | Lotte van | Dinther | 15-12-84 Nijmegen Atletiek | Heusden (BEL) | 18-07-09 |
| 2.15,47 | Lisanne | Wever | MA 21-12-91 Nea-Volharding | Hoorn | 23-05-09 |
| 2.15,50 | Chantal | Baartse | V35 05-07-73 HAC | Oordegem (BEL) | 04-07-09 |
| 2.15,68 | Helen | Hofstede | 31-12-80 Atverni | Heiloo | 14-08-09 |
| 2.15,80 | Brechje | Kraan | Neo 28-10-89 Seven Hills RT | Valkenswaard | 23-06-09 |
| 2.15,88 | Irene van | Lieshout | MB 01-09-93 De Keien | Wageningen | 03-06-09 |
| 2.15,90 | Majken van | Reeken | 04-04-83 Groningen Atl | Wageningen | 18-09-09 |
| 2.16,05 | Georgine | Vis | 08-08-77 AAC | Amsterdam | 01-08-09 |
| 2.16,17 | Rachel | Rozenkamp | MB 29-09-92 AV Rijssen | Wageningen | 03-06-09 |
| 2.16,22 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Leiden | 13-06-09 |
| (50) | | | | | |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 2.10,91 | Maddie | Duhon (USA) | Neo 21-02-89 Olympus '70 | Stanford (USA) | 02-05-09 |

1000 meter vrouwen

| | | | | | |
|---------|---------------|-------------|------------------------------|----------|----------|
| 2.51,25 | Jaimie van | Lieshout | MA 12-07-91 Attila | Utrecht | 10-07-09 |
| 2.51,64 | Maureen | Koster | MB 03-07-92 AV '47 | Utrecht | 10-07-09 |
| 2.53,13 | Nicole van | Amstel | Neo 11-05-88 Atl. Maastricht | Lisse | 09-05-09 |
| 2.53,84 | Renata | Haring | 08-04-76 R' dam Atletiek | Utrecht | 10-07-09 |
| 2.54,22 | Esther | Vermuë | Neo 18-02-88 R' dam Atletiek | Lisse | 09-05-09 |
| 2.54,54 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Leiden | 26-08-09 |
| 2.56,17 | Judy | Middelburg | Neo 26-02-89 Olympus '70 | Lisse | 09-05-09 |
| 2.56,25 | Jill | Holterman | MA 11-09-91 AV Zaanland | Lisse | 09-05-09 |
| 2.56,61 | Natasja | Brusik | 10-02-83 Nijmegen Atletiek | Nijmegen | 14-04-09 |
| 2.56,64 | Ingrid | Grutters | 28-08-74 Prins Hendrik | Lisse | 09-05-09 |
| (10) | | | | | |
| 2.57,14 | Charissa | Czech | 21-04-86 Noordkop | Lisse | 09-05-09 |
| 2.58,4 | Rachel | Klamer | MA 08-10-90 LAAC Twente | Hengelo | 18-06-09 |
| 2.58,86 | Henriette | Krommendijk | 03-09-86 Unitas | Utrecht | 10-07-09 |
| 2.59,67 | Anne | Luijten | MC 04-04-94 AV '40 | Utrecht | 10-07-09 |
| 2.59,80 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Utrecht | 10-07-09 |

1500 meter vrouwen

| | | | | | |
|---------|---------------|------------|--------------------------------|--------------------|----------|
| 4.05,86 | Susan | Kuijken | 08-07-86 Seven Hills RT | Uden | 27-06-09 |
| 4.06,07 | Adrienne | Herzog | 30-09-85 AV '34 | Barcelona (ESP) | 25-07-09 |
| 4.07,33 | Adrienne | Herzog | | Hengelo | 01-06-09 |
| 4.08,90 | Susan | Kuijken | | Stanford (USA) | 02-05-09 |
| 4.09,48 | Susan | Kuijken | | Rome (ITA) | 10-07-09 |
| 4.10,10 | Adrienne | Herzog | | Berlijn (GER) | 18-08-09 |
| 4.13,05 | Susan | Kuijken | | Fayetteville (USA) | 13-06-09 |
| 4.13,59 | Adrienne | Herzog | | Malaga (ESP) | 27-06-09 |
| 4.14,12 | Anne van den | Hurk | 07-10-80 Prins Hendrik | Utrecht | 13-06-09 |
| 4.15,50 | Adrienne | Herzog | | Bergen (NOR) | 21-06-09 |
| (10/3) | | | | | |
| 4.15,59 | Miranda | Boonstra | V35 29-08-72 Nijmegen Atletiek | Oordegem (BEL) | 04-07-09 |
| 4.16,21 | Yvonne | Hak | 30-06-86 Hera | Rabat | 23-05-09 |
| 4.16,77 | Raika | Lenaarts | Neo 02-03-88 Hera | Nijmegen | 29-05-09 |
| 4.19,17 | Manon | Kruiver | Neo 03-01-88 Nova | Koblenz (GER) | 20-05-09 |
| 4.21,76 | Marije te | Raa | 22-06-84 AAC | Uden | 27-06-09 |
| 4.22,60 | Lesley van | Miert | 10-06-85 Sprint | Atlanta (USA) | 15-05-09 |
| 4.24,32 | Maureen | Koster | MB 03-07-92 AV '47 | Leiden | 13-06-09 |
| (10) | | | | | |
| 4.27,08 | Marieke | Falkmann | Neo 07-01-87 Groningen Atl | Brasschaat (BEL) | 26-07-09 |
| 4.28,18 | Jamie van | Lieshout | MA 12-07-91 Attila | Leiden | 13-06-09 |
| 4.28,67 | Nina | Mathijssen | 03-05-80 Phanos | Uden | 27-06-09 |
| 4.32,14 | Sabine van de | Reijt | 08-09-81 Sprint | Zwolle | 17-05-09 |
| 4.32,90 | Marlin van | Hal | MB 05-09-93 De Keien | Leiden | 13-06-09 |
| 4.33,09 | Jolanda | Verstraten | 23-06-83 Scopias | Gent (BEL) | 21-07-09 |
| 4.33,51 | Helen | Hofstede | 31-12-80 Atverni | Apeldoorn | 03-07-09 |
| 4.33,96 | Anouk | Lievaart | 15-10-82 Attila | Hulst | 01-06-09 |
| 4.34,27 | Esther | Vermuë | Neo 18-02-88 R' dam Atletiek | Brasschaat (BEL) | 26-07-09 |
| 4.34,33 | Lisanne | Wever | MA 21-12-91 Nea-Volharding | Emmeloord | 28-06-09 |
| (20) | | | | | |
| 4.34,56 | Lotte van den | Boom | Neo 11-03-87 THOR | Heusden (BEL) | 18-07-09 |
| 4.36,10 | Irene van | Lieshout | MB 01-09-93 De Keien | Leiden | 13-06-09 |
| 4.36,48 | Juul | Lavrijsen | MB 25-02-93 Seven Hills RT | Leiden | 13-06-09 |
| 4.36,58 | Corine | Spaans | 04-09-76 Eindhoven Atl. | Uden | 27-06-09 |
| 4.36,73 | Céline de | Wild | MB 08-02-92 THOR | Leiden | 13-06-09 |
| 4.36,79 | Julia van | Velthoven | MC 12-03-94 Attila | Leiden | 13-06-09 |
| 4.36,91 | Judy | Middelburg | Neo 26-02-89 Olympus '70 | Heusden (BEL) | 18-07-09 |
| 4.36,97 | Lisa | Driessen | MA 08-04-90 Olympus '70 | Heusden (BEL) | 18-07-09 |
| 4.37,49 | Evelien | Ruijters | 10-08-85 Atl. Maastricht | Uden | 27-06-09 |
| 4.37,54 | Natasja | Brusik | 10-02-83 Nijmegen Atletiek | Heusden (BEL) | 18-07-09 |
| (30) | | | | | |
| 4.38,10 | Maud van | Alphen | 03-02-80 Phoenix | Utrecht | 22-05-09 |
| 4.39,10 | Stefanie | Pooye | Neo 03-07-87 Sprint | Hulst | 01-06-09 |
| 4.39,56 | Jill | Holterman | MA 11-09-91 AV Zaanland | Utrecht | 22-05-09 |
| 4.40,23 | Brechtje | Kraan | Neo 28-10-89 Seven Hills RT | Utrecht | 13-06-09 |
| 4.40,33 | Renata | Haring | 08-04-76 R' dam Atletiek | Naaldwijk | 28-05-09 |
| 4.40,89 | Mechtild | Panhuysen | 09-05-79 Atl. Maastricht | Dubnica (SVK) | 31-05-09 |

| | | | | | |
|---------|----------------|--------------|--------------------------------|---------------|----------|
| 4.42,30 | Marit | Tegelaar | MA 22-12-90 PAC | Eugene (USA) | 09-05-09 |
| 4.42,73 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Merksem (BEL) | 28-08-09 |
| 4.43,02 | Ingrid | Grutters | 28-08-74 Prins Hendrik | Mol (BEL) | 22-08-09 |
| 4.44,24 | An | Lenders | MA 29-10-90 ATV Venray | Utrecht | 22-05-09 |
| (40) | | | | | |
| 4.44,88 | Elisa de | Jong | MB 05-12-92 Groningen Atl | Emmeloord | 28-06-09 |
| 4.45,71 | Esther | Albers | 02-09-82 Prins Hendrik | Utrecht | 13-06-09 |
| 4.46,06 | Dorien van der | Schot | 23-12-84 Phoenix | Harderwijk | 21-06-09 |
| 4.46,34 | Marleen | Loman | MB 25-04-92 AV NOP | Emmeloord | 28-06-09 |
| 4.46,46 | Jip | Vastenburger | MC 21-03-94 GAC-Hilversum | Utrecht | 13-06-09 |
| 4.46,71 | Elli | Frank | MA 28-02-91 Achilles-Top | Emmeloord | 28-06-09 |
| 4.47,45 | Nikki | Fairley | Neo 11-02-87 Nijmegen Atletiek | Gemert | 16-06-09 |
| 4.48,10 | Suzanna | Landman | 26-05-78 Phoenix | Amsterdam | 08-08-09 |
| 4.48,37 | Laurien | Buffart | 19-06-80 Phanos | Wageningen | 17-07-09 |
| 4.49,05 | Merel van | Steenbergen | MB 22-01-92 AV '47 | Leiden | 08-07-09 |

(50)

buitenlanders bij nederlandse clubs:

| | | | | | |
|---------|---------|---------------------|--------------------------|------------------|----------|
| 4.08,96 | Hillary | Stellingwerff (CAN) | 07-08-81 Unitas | Barcelona (ESP) | 25-07-09 |
| 4.24,57 | Maddie | Duhon (USA) | Neo 21-02-89 Olympus '70 | Pablo Alto (USA) | 18-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|---------|---|------------|--------|------------------------|-----------|----------|
| 4.50,21 | o | Majken van | Reeken | 04-04-83 Groningen Atl | Groningen | 03-10-09 |
|---------|---|------------|--------|------------------------|-----------|----------|

1 Engelse mijl vrouwen

| | | | | | |
|---------|---------|---------------------|-----------------|---------------|----------|
| 4.33,94 | Hillary | Stellingwerff (CAN) | 07-08-81 Unitas | Toronto (CAN) | 11-06-09 |
|---------|---------|---------------------|-----------------|---------------|----------|

2000 meter vrouwen

| | | | | | |
|---------|-----------|-----------|--------------------------------|---------------|----------|
| 6.37,65 | Evelien | Ruijters | 10-08-85 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| 6.45,70 | Julia van | Velthoven | MC 12-03-94 Attila | Vught | 05-04-09 |
| 6.50,36 | Marlies | Huigen | MC 22-08-94 Hanzesport | Almelo | 05-09-09 |
| 6.50,70 | Nikki | Fairley | Neo 11-02-87 Nijmegen Atletiek | Vught | 05-04-09 |
| 6.58,48 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Almelo | 05-09-09 |

3000 meter vrouwen

| | | | | | |
|---------|---------------|----------|--------------------------------|--------------|----------|
| 9.11,65 | Lesley van | Miert | 10-06-85 Sprint | Utrecht | 13-06-09 |
| 9.17,48 | Miranda | Boonstra | V35 29-08-72 Nijmegen Atletiek | Lille | 30-06-09 |
| 9.18,25 | Ilse | Pol | 27-06-82 Running 2000 | Utrecht | 01-05-09 |
| 9.21,28 | Marieke | Falkmann | Neo 07-01-87 Groningen Atl | Apeldoorn | 03-07-09 |
| 9.24,31 | Miranda | Boonstra | V35 | Naaldwijk | 19-04-09 |
| 9.24,34 | Sabine van de | Reijt | 08-09-81 Sprint | Vught | 21-05-09 |
| 9.25,05 | Andrea | Deelstra | 06-03-85 AV Heerenveen | Vught | 21-05-09 |
| 9.35,42 | Margriet | Berkhout | MA 27-08-90 Nova | Vught | 21-05-09 |
| 9.46,88 | Andrea | Deelstra | | Almelo | 17-05-09 |
| 9.48,10 | Corine | Spaans | 04-09-76 Eindhoven Atl. | Valkenswaard | 23-06-09 |

(10/8)

| | | | | | |
|---------|------------|----------|----------------------|-------|----------|
| 9.50,59 | Marlin van | Hal | MB 05-09-93 De Keien | Vught | 21-05-09 |
| 9.52,70 | Irene van | Lieshout | MB 01-09-93 De Keien | Vught | 21-05-09 |

(10)

| | | | | | |
|----------|------------|------------|--------------------------|--------------|----------|
| 9.54,35 | Nina | Mathijssen | 03-05-80 Phanos | Utrecht | 13-06-09 |
| 9.55,39 | Rachel | Klamer | MA 08-10-90 LAAC Twente | Emmeloord | 26-06-09 |
| 9.56,6 | Céline de | Wild | MB 08-02-92 THOR | Roosendaal | 02-07-09 |
| 10.03,07 | Maureen | Koster | MB 03-07-92 AV '47 | Gouda | 28-08-09 |
| 10.03,32 | Marit | Tegelaar | MA 22-12-90 PAC | Eugene (USA) | 21-03-09 |
| 10.07,83 | Saskia van | Vugt | 13-12-82 Phoenix | Drachten | 17-05-09 |
| 10.09,11 | Jamie van | Lieshout | MA 12-07-91 Attila | Apeldoorn | 03-07-09 |
| 10.10,52 | Evelien | Ruijters | 10-08-85 Atl. Maastricht | Vught | 21-05-09 |
| 10.11,81 | Melanie | Spruijt | 14-12-79 Running 2000 | Apeldoorn | 03-07-09 |
| 10.13,1 | Lisa | Driessen | MA 08-04-90 Olympus '70 | Naaldwijk | 09-07-09 |

(20)

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|----------|----------------|----------|----------------------------|------------|----------|
| 10.13,76 | Adrienne | Herzog | 30-09-85 AV '34 | Ede | 20-09-09 |
| 10.13,82 | Jacqueline | Rustidge | V40 28-04-68 Isala '96 | Assen | 19-04-09 |
| 10.14,72 | Reina | Visser | 02-12-85 Nijmegen Atletiek | Nijmegen | 12-05-09 |
| 10.15,93 | Dorien van der | Schot | 23-12-84 Phoenix | Huizen | 05-06-09 |
| 10.16,45 | Helen | Hofstede | 31-12-80 Atverni | Nieuwegein | 17-05-09 |
| 10.19,51 | Lisanne | Groen | Neo 23-08-87 Phanos | Utrecht | 13-06-09 |
| 10.19,59 | Marjon de | Kok | 15-11-74 Prins Hendrik | Den Haag | 17-05-09 |
| 10.20,01 | Anouk | Lievaart | 15-10-82 Attila | Krommenie | 21-06-09 |
| 10.20,39 | Ingrid | Grutters | V35 28-08-74 Prins Hendrik | Den Haag | 30-08-09 |

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|---|----------------|---------------------|--------------------------------|--------------------|----------|
| 10.20,47 (30) | Nikki | Fairley | Neo 11-02-87 Nijmegen Atletiek | Krommenie | 21-06-09 |
| 10.21,24 | Inge van | Bergen | V35 02-06-72 Unitas | Den Haag | 17-05-09 |
| 10.21,40 | Esther | Albers | 02-09-82 Prins Hendrik | Vught | 21-05-09 |
| 10.21,44 | Esther | Vermuë | Neo 18-02-88 R' dam Atletiek | Den Haag | 17-05-09 |
| 10.21,60 | Mechtild | Panhuysen | 09-05-79 Atl. Maastricht | Den Haag | 17-05-09 |
| 10.21,64 | Angélica | Esparza-Chavez | 12-12-77 AAC | Den Haag | 17-05-09 |
| 10.22,33 | Lindsay van | Marrewijk | 04-02-83 Haag Atletiek | Utrecht | 07-08-09 |
| 10.23,9 | Marisa | Hopmans | 19-04-79 Spado | Roosendaal | 02-07-09 |
| 10.24,60 | Corelien | Kloek | Neo 24-03-87 AV NOP | Utrecht | 01-05-09 |
| 10.25,16 | Jip | Vastenburger | MC 21-03-94 GAC-Hilversum | Apeldoorn | 03-07-09 |
| 10.25,94 (40) | Judy | Middelburg | Neo 26-02-89 Olympus '70 | Krommenie | 21-06-09 |
| 10.28,04 | Esther | Arts | Neo 29-10-89 LG Deurne | Vught | 21-05-09 |
| 10.29,73 | Ruth van der | Meyden | 15-08-84 VAV | Eindhoven | 08-05-09 |
| 10.29,81 | Maria | Goijert-Hogenbrugge | V35 31-12-73 Haag Atletiek | Den Haag | 17-05-09 |
| 10.29,97 | Jill | Holterman | MA 11-09-91 AV Zaanland | Zeist | 17-05-09 |
| 10.31,91 | Agnes | Schipper | V40 03-09-68 Hellas | Krommenie | 21-06-09 |
| 10.33,75 | Sophie van der | Most | MC 02-08-95 De Liemers | Utrecht | 07-08-09 |
| 10.34,1 | Carla | Ophorst | V50 02-12-58 Olympus '70 | Naaldwijk | 09-07-09 |
| 10.34,89 | Patricia | Schreurs | 25-04-76 Hellas | Utrecht | 07-08-09 |
| 10.35,23 | Kim | Fairley | 24-06-85 Nijmegen Atletiek | Duffel (BEL) | 30-05-09 |
| 10.36,14 (50) | Sonja | Bemelmans | MA 05-09-90 Nijmegen Atletiek | Heiloo | 31-07-09 |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 10.07,88 | Anja | Smolders (BEL) | V35 02-06-73 Prins Hendrik | Roeselare (BEL) | 16-05-09 |
| 5000 meter vrouwen | | | | | |
| 15.53,04 | Ilse | Pol | 27-06-82 Running 2000 | Wageningen | 03-06-09 |
| 15.53,26 | Ilse | Pol | | Utrecht | 22-05-09 |
| 16.07,18 | Ilse | Pol | | Bergen (NOR) | 21-06-09 |
| 16.13,24 | Sabine van de | Reijt | 08-09-81 Sprint | Oordgegem (BEL) | 04-07-09 |
| 16.18,66 | Marieke | Falkmann | Neo 07-01-87 Groningen Atl | Koblenz (GER) | 20-05-09 |
| 16.27,62 | Ilse | Pol | | Nijmegen | 12-05-09 |
| 16.31,63 | Marieke | Falkmann | Neo | Kaunas (LTU) | 19-07-09 |
| 16.31,68 | Susan | Kuijken | 08-07-86 Seven Hills RT | Coral Gables (USA) | 18-04-09 |
| 16.32,49 | Marieke | Falkmann | Neo | Steenwijk | 04-04-09 |
| 16.34,89 (10/4) | Sabine van de | Reijt | | Kessel-Lo (BEL) | 06-06-09 |
| 16.48,88 | Nina | Mathijssen | 03-05-80 Phanos | Wageningen | 17-07-09 |
| 17.02,68 | Andrea | Deelstra | 06-03-85 AV Heerenveen | Heiloo | 14-08-09 |
| 17.05,79 | Lesley van | Miert | 10-06-85 Sprint | Amsterdam | 02-08-09 |
| 17.13,53 | Corine | Spaans | 04-09-76 Eindhoven Atl. | Helmond | 02-07-09 |
| 17.22,08 | Hanneke | Hink-Schipper | 29-01-78 Groningen Atl | Steenwijk | 04-04-09 |
| 17.31,39 (10) | Inge de | Jong | 06-06-76 Trias | Heiloo | 14-08-09 |
| 17.41,83 | Esther | Schipper | Neo 26-11-87 AV Castricum | Heiloo | 14-08-09 |
| 17.45,97 | Reina | Visser | 02-12-85 Nijmegen Atletiek | Wageningen | 03-06-09 |
| 17.47,26 | Saskia van | Vught | 13-12-82 Phoenix | Nijmegen | 21-05-09 |
| 17.48,81 | Helen | Hofstede | 31-12-80 Atverni | Amsterdam | 02-08-09 |
| 17.52,50 | Lisanne | Groen | Neo 23-08-87 Phanos | Amsterdam | 02-08-09 |
| 17.54,71 | Lindsay van | Marrewijk | 04-02-83 Haag Atletiek | Wageningen | 17-07-09 |
| 17.58,3 | Ingrid | Prigge | V45 04-11-63 LAAC Twente | Hengelo | 18-06-09 |
| 17.59,43 | Marjon van der | Wansem | MA 28-12-91 LADB | Amersfoort | 11-04-09 |
| 18.03,02 | Melanie | Spruijt | 14-12-79 Running 2000 | Utrecht | 22-05-09 |
| 18.04,08 (20) | Corelien | Kloek | Neo 24-03-87 AV NOP | Amsterdam | 02-08-09 |
| 18.04,92 | An | Lenders | MA 29-10-90 ATV Venray | Utrecht | 14-06-09 |
| 18.08,95 | Jessica | Oosterloo | MA 21-01-90 AAC '61 | Amsterdam | 02-08-09 |
| 18.14,1 | Carla | Ophorst | V50 02-12-58 Haag Atletiek | Naaldwijk | 10-09-09 |
| 18.15,13 | Dorien van der | Schot | 23-12-84 Phoenix | Wageningen | 26-06-09 |
| 18.17,45 | Angélica | Esparza-Chavez | 12-12-77 AAC | Wageningen | 17-07-09 |
| 18.18,88 | Marjon de | Kok | 15-11-74 Prins Hendrik | Wageningen | 03-06-09 |
| 18.20,59 | Sandra de | Jonge | V35 28-04-73 Ciko '66 | Wageningen | 17-07-09 |
| 18.24,58 | Patricia | Schreurs | 25-04-76 Hellas | Utrecht | 22-05-09 |
| 18.27,7 | Lorraine | Ravestein | 11-11-86 Phoenix | Naaldwijk | 10-09-09 |

| | | | | | |
|--|----------------|-------------------------|--------------------------------|-----------------|----------|
| 18.28,93 (30) | Lisa te | Molder | MA 30-11-91 Atletico '73 | Utrecht | 14-06-09 |
| 18.29,08 | Jeanine van de | Klashorst | MA 05-04-91 U-Track | Wageningen | 17-07-09 |
| 18.29,92 | Jolanda | Brinke | V35 02-09-70 AKU | Utrecht | 22-05-09 |
| 18.31,86 | Kim | Fairley | 24-06-85 Nijmegen Atletiek | Wageningen | 17-07-09 |
| 18.32,53 | Fatiha | Adda | V35 06-12-72 AV '23 | Amsterdam | 02-08-09 |
| 18.33,32 | Marlien van | Beek | V40 06-04-65 LADB | Amersfoort | 11-04-09 |
| 18.34,36 | Ilonka van den | Hengel | Neo 28-07-87 Running 2000 | Wageningen | 03-06-09 |
| 18.35,40 | Kelly | Schouten | Neo 16-11-88 TAS '82 | Wageningen | 17-07-09 |
| 18.35,51 | Evelien | Ruijters | 10-08-85 Atl. Maastricht | Helmond | 02-07-09 |
| 18.37,54 | Anouk | Claessens | 29-05-85 AKU | Wageningen | 17-07-09 |
| 18.40,12 (40) | Maaïke | Zuiderwijk | Neo 30-10-89 Lycurgus | Oordegem (BEL) | 04-07-09 |
| 18.43,81 | Lia | Wijnberger | V40 06-04-69 Phoenix | Oosterhout | 14-06-09 |
| 18.44,1 | Nynke | Beunders | 24-04-85 LAAC Twente | Hengelo | 18-06-09 |
| 18.44,84 | Marjan | Faber | V40 21-05-69 Cifla | Oosterhout | 14-06-09 |
| 18.46,73 | Marjolein | Frietman | MA 29-10-90 De Liemers | Utrecht | 22-05-09 |
| 18.46,74 | Laura | Huijbregts | 06-06-80 Asterix | Eindhoven | 16-04-09 |
| 18.50,22 | Rian van de | Burgt | 25-11-75 Eindhoven Atl. | Amsterdam | 02-08-09 |
| 18.51,4 | Saskia | Schutte | V35 03-04-72 Cialfo | Epe | 17-03-09 |
| 18.52,26 | Ester | Eikendal-Zijderlaan | V35 16-02-74 Avanti | Oosterhout | 14-06-09 |
| 19.00,6 | Hellen de | Vries | 19-06-79 PEC 1910 | Epe | 17-03-09 |
| 19.07,34 (50) | Marijke | Dijkstra | 02-09-84 Phoenix | Nijmegen | 21-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 18.27,0 o | Irene | Kalter | V40 04-08-68 Daventria | Deventer | 04-10-09 |
| 10.000 meter vrouwen | | | | | |
| 30.51,92 | Hilda | Kibet | 17-03-81 AV Castricum | Utrecht | 14-06-09 |
| 32.47,77 | Ilse | Pol | 27-06-82 Running 2000 | Utrecht | 14-06-09 |
| 36.41,01 | Saskia van | Vugt | 13-12-82 Phoenix | Utrecht | 14-06-09 |
| 38.27,16 | Melanie | Spruijt | 14-12-79 Running 2000 | Utrecht | 14-06-09 |
| 40.15,52 | Laura | Huijbregts | 06-06-80 Asterix | Utrecht | 14-06-09 |
| 3000 meter snelwandelen vrouwen | | | | | |
| 17.22,4 | Liesbeth van | Leeuwen | Neo 10-07-88 AV NOP | Gouda | 21-05-09 |
| 17.48,75 | Marleen | Radder-Willems | V55 22-02-51 RWV | Amsterdam | 02-05-09 |
| 19.09,50 | Riet | Jonkers-Slegers | V65 04-10-43 Attila | Merkse (BEL) | 26-04-09 |
| 20.01,59 | Yvonne | Grootswagers-Leermakers | 29-08-78 AC Waalwijk '66 | Drunen | 25-06-09 |
| 20.29,54 | Remke | Rutgers | V35 11-05-72 De LAT | Amsterdam | 02-05-09 |
| 20.39,54 | Coby | Bunschoten-Kriek | V60 18-12-47 RWV | Amsterdam | 02-05-09 |
| 21.13,7 | Truus | Wijnen-v.d. Beemt | V45 02-06-60 RWV | Dordrecht | 15-03-09 |
| 21.16,46 | Rietje | Dijkman | V65 21-06-39 AV '23 | Oosterhout | 13-06-09 |
| 5000 meter snelwandelen vrouwen | | | | | |
| 29.15,00 | Liesbeth van | Leeuwen | Neo 10-07-88 AV NOP | Gouda | 21-05-09 |
| 30.26,2 | Marleen | Radder-Willems | V55 22-02-51 RWV | Dordrecht | 15-03-09 |
| 33.26,63 | Riet | Jonkers-Slegers | V65 04-10-43 Attila | Barendrecht | 31-05-09 |
| 10.000 meter snelwandelen vrouwen | | | | | |
| 59.53,9 | Liesbeth van | Leeuwen | Neo 10-07-88 AV NOP | Dordrecht | 15-03-09 |
| 62.10,6 | Marleen | Radder-Willems | V55 22-02-51 RWV | Dordrecht | 15-03-09 |
| 1 uur snelwandelen vrouwen | | | | | |
| 10.022 | Liesbeth van | Leeuwen | Neo 10-07-88 AV NOP | Dordrecht | 15-03-09 |
| 9.651 | Marleen | Radder-Willems | V55 22-02-51 RWV | Dordrecht | 15-03-09 |
| 2000 meter steeple chase vrouwen | | | | | |
| 7.44,83 | Giselle | Slotboom | MB 09-03-93 De Spartaan | Castricum | 03-06-09 |
| 8.12,53 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Castricum | 03-06-09 |
| 3000 meter steeple chase vrouwen | | | | | |
| 9.38,40 | Miranda | Boonstra | V35 29-08-72 Nijmegen Atletiek | Nijmegen | 29-05-09 |
| 10.03,79 | Miranda | Boonstra | V35 | Fortaleza (BRA) | 10-05-09 |
| 10.10,96 | Miranda | Boonstra | V35 | Zwolle | 17-05-09 |
| 10.13,31 | Andrea | Deelstra | 06-03-85 AV Heerenveen | Hoogeveen | 12-06-09 |
| 10.23,25 | Jolanda | Verstraten | 23-06-83 Scopias | Ninove (BEL) | 08-08-09 |
| 10.25,22 | Andrea | Deelstra | | Nijmegen | 29-05-09 |
| 10.33,36 | Jolanda | Verstraten | | Göteborg (SWE) | 09-06-09 |

| | | | | | |
|---------------------------------------|-------------------|--------------------|------------------------------|---------------------------|----------|
| 10.35,15 | Jolanda | Verstraten | | Amsterdam | 02-08-09 |
| 10.41,83 | Jolanda | Verstraten | | Dubnica (SVK) | 31-05-09 |
| 10.42,74 | Jolanda | Verstraten | | Nijmegen | 22-05-09 |
| (10/3) | | | | | |
| 11.08,48 | Christine | Bosch | 15-08-85 GAC-Hilversum | Amsterdam | 02-08-09 |
| 11.16,56 | Esther | Vermuë | Neo 18-02-88 R' dam Atletiek | Amsterdam | 02-08-09 |
| 11.46,64 | Laura | Huijbregts | 06-06-80 Asterix | Best | 28-05-09 |
| 11.54,21 | Hester | Lingsma | 11-10-82 R' dam Atletiek | Amsterdam | 02-08-09 |
| 11.56,27 | Talisa van der | Fluit | Neo 07-07-89 Hera | Zwolle | 17-05-09 |
| 11.59,33 | Ilona | Lievaart | 15-10-82 Olympus '70 | Amsterdam | 02-08-09 |
| 12.09,11 | Giselle | Slotboom | MB 09-03-93 De Spartaan | Emmeloord | 27-06-09 |
| (10) | | | | | |
| 12.12,82 | Annemieke | Breukink-van Dalen | 19-07-74 Hellas | Zwolle | 17-05-09 |
| 12.32,51 | Linda | Hulsbeek | Neo 27-12-89 Climax | Best | 28-05-09 |
| 12.38,85 | Wendy van der | Velden | MB 02-08-92 Lycurgus | Emmeloord | 27-06-09 |
| 12.40,00 | Nikki | Godschalk | Neo 13-07-88 THOR | Nijmegen | 22-05-09 |
| 12.41,06 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Emmeloord | 27-06-09 |
| 12.48,55 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Zwolle | 17-05-09 |
| 12.57,31 | Joëlle | Hoogendoorn | MB 19-06-93 PAC | Emmeloord | 27-06-09 |
| 100 meter horden 84 cm vrouwen | | | | | |
| 13,36 | 1,2 Femke van der | Meij | 20-05-85 Suomi | Hengelo | 01-06-09 |
| 13,59 | 1,5 Femke van der | Meij | | Lisse | 09-05-09 |
| 13,61 | 0,6 Femke van der | Meij | | Uden | 27-06-09 |
| 13,62 | 0,1 Femke van der | Meij | | Leiden | 13-06-09 |
| 13,66 | 0,7 Yvonne | Wisse | 06-06-82 De Spartaan | Desenzano del Garda (ITA) | 09-05-09 |
| 13,66 | -0,4 Yvonne | Wisse | | Berlijn (GER) | 15-08-09 |
| 13,70 | 0,1 Yvonne | Wisse | | Leiden | 13-06-09 |
| 13,72 | 0,5 Rosina | Hodde | 10-02-83 Haag Atletiek | Nijmegen | 20-09-09 |
| 13,73 | -0,7 Yvonne | Wisse | | Götzis (AUT) | 30-05-09 |
| 13,76 | 0,4 Femke van der | Meij | | Leiden | 13-06-09 |
| (10/3) | | | | | |
| 13,81 | 0,6 Jo-Ann | Plet | 10-06-86 Phanos | Uden | 27-06-09 |
| 13,82 | 0,1 Sharona | Bakker | MA 12-04-90 Suomi | Leiden | 13-06-09 |
| 13,91 | 1,5 Judith | Vis | 21-06-80 R' dam Atletiek | Lisse | 09-05-09 |
| 13,92 | 1,5 Jolanda | Keizer | 05-04-85 AAC | Lisse | 09-05-09 |
| 13,93 | 0,4 Laurien | Hoos | 18-08-83 Hera | Compiègne (FRA) | 14-06-09 |
| 13,98 | 0,7 Laura | Molenaar | 23-07-86 AV Gouda | Brasschaat (BEL) | 26-07-09 |
| 13,99 | 1,1 Nicole | Kroonenburg | Neo 14-03-89 SAV | Nijmegen | 21-05-09 |
| (10) | | | | | |
| 14,08 | -1,4 Dafne | Schippers | MB 15-06-92 Hellas | Krommenie | 21-06-09 |
| 14,18 | 0,3 Nadine | Broersen | MA 29-04-90 Sprint | Novi Sad (SRB) | 25-07-09 |
| 14,25 | 0,9 Remona | Fransen | 25-11-85 De Spartaan | Desenzano del Garda (ITA) | 09-05-09 |
| 14,35 | 1,4 Suzanne de | Sevren Jacquet | Neo 14-06-89 Isala '96 | Nijmegen | 21-06-09 |
| 14,49 | 0,3 Babs | Egbers | Neo 07-06-88 AV '34 | Amsterdam | 02-08-09 |
| 14,53 | -1,2 Robin | Wingbermhühle | MB 20-05-92 R' dam Atletiek | Bergen op Zoom | 06-09-09 |
| 14,74 | -0,4 Marloes | Duijn | MB 18-06-93 SAV | Hoorn | 23-05-09 |
| 14,82 | 1,8 Rianne | Weltak | 03-09-86 PAC | Lisse | 09-05-09 |
| 14,86 | 0,4 Nancy van | Petersen | MB 10-05-92 Cialfo | Eindhoven | 12-07-09 |
| 14,88 | 0,1 Brenda | Baar | Neo 19-07-87 AV '23 | Leiden | 13-06-09 |
| (20) | | | | | |
| 14,93 | -0,4 Susanne | Dekkers | Neo 16-06-88 SISU | Hoorn | 23-05-09 |
| 14,95 | 1,1 Nicky | Lam | MA 15-04-90 Phanos | Nijmegen | 21-05-09 |
| 14,95 | 0,9 Amanda | Spiljard | Neo 18-09-89 Attila | Kaunas (LTU) | 18-07-09 |
| 15,00 | -0,4 Naomie | Klomp | MB 16-11-93 Energie | Reeuwijk | 21-06-09 |
| 15,12 | 1,1 Marieke | Kok | Neo 07-02-87 SAV | Nijmegen | 21-05-09 |
| 15,16 | -0,2 Leonie | Schilder | MA 15-09-90 AV Edam | Huizen | 21-06-09 |
| 15,18 | -0,6 Renee | Granzier | MB 02-07-92 Unitas | Valkenswaard | 19-04-09 |
| 15,24 | -0,5 Jeske van | Ham | Neo 26-04-89 Prins Hendrik | Den Haag | 17-05-09 |
| 15,33 | 1,2 Neeltje van | Hulten | 08-02-76 Pallas '67 | Utrecht | 07-08-09 |
| 15,37 | 0,5 Ramona | Thoen | 25-10-85 Olympus '70 | Nijmegen | 20-09-09 |
| (30) | | | | | |
| 15,38 | -0,2 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Huizen | 21-06-09 |
| 15,41 | 0,5 Saskia | Zwaard | MA 11-09-91 AV '40 | Heerhugowaard | 10-05-09 |
| 15,44 | 0,6 Margriet van | Kammen | Neo 01-02-88 Impala | Zutphen | 19-04-09 |
| 15,47 | -0,7 Maaike | Spuij | MB 07-03-92 AV Gouda | Lisse | 06-06-09 |

| | | | | | |
|---|---------------------|---------------|----------------------------|---------------------------|----------|
| 15,54 | -1,8 Liset | Olijve | MA 25-02-90 Attila | Naaldwijk | 19-04-09 |
| 15,54 | 0,7 Lieke | Bakker | Neo 01-08-89 PEC 1910 | Utrecht | 01-05-09 |
| 15,56 | 0,6 Judith | Bosker | MA 27-10-90 AAC '61 | Zutphen | 19-04-09 |
| 15,57 | 1,4 Tara van | Schie | MA 12-09-90 AAC | Santpoort | 14-06-09 |
| 15,58 | -0,1 Roxanne | Martin | Neo 28-01-87 Attila | Hilversum | 13-09-09 |
| 15,61 | -3,5 Jill | MacEachen | MA 18-02-91 KAV Holland | Amsterdam | 01-08-09 |
| (40) | | | | | |
| 15,69 | 1,2 Moniek | Riemersma | Neo 12-01-87 't Haasje | Amersfoort | 29-08-09 |
| 15,70 | -0,7 Nora | Ritzen | MB 03-07-93 Groningen Atl | Lisse | 06-06-09 |
| 15,70 | -1,1 Jisca | Docters | 17-04-85 Atl. Maastricht | Best | 04-07-09 |
| 15,71 | -1,9 Eva van der | Poel | 18-11-85 De Spartaan | Spijkenisse | 19-04-09 |
| 15,74 | -1,0 Indah van | Marrewijk | MA 12-03-90 AV '40 | Emmeloord | 28-06-09 |
| 15,75 | 1,1 Myrthe | Fonck | Neo 15-12-87 AAC | Nijmegen | 21-05-09 |
| 15,75 | -0,2 Nina | Mulder | 14-03-86 Fit | Huizen | 21-06-09 |
| 15,75 | 1,1 Nicole | Berghouwer | Neo 01-03-89 Hera | Best | 04-07-09 |
| 15,79 | -0,4 Rachel | Kocken | MB 06-10-92 Atverni | Reeuwijk | 21-06-09 |
| 15,80 | 1,0 Brenda | Oosterbosch | MB 26-01-93 GVAC | Sittard | 21-06-09 |
| (50) | | | | | |
| 15,80 | 1,4 Linda van de | Lagemaat | MA 29-11-90 Pallas '67 | Nijmegen | 21-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 14,48 | Babs | Egbers | Neo 07-06-88 AV '34 | Ede | 20-09-09 |
| 14,71 | Nancy van | Petersen | MB 10-05-92 Cialfo | Assen | 10-05-09 |
| <i>betere handtijden:</i> | | | | | |
| 16,2 | Samantha | Lernout | MA 14-05-91 RK HAV | Hulst | 13-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 13,62 | w 2,3 Susan | Coltman (CAN) | 10-04-81 AAC '61 | Woerden | 29-08-09 |
| 13,96 | w 2,3 Dafne | Schippers | MB 15-06-92 Hellas | Lisse | 09-05-09 |
| 14,02 | w 4,2 Remona | Fransen | 25-11-85 De Spartaan | Woerden | 29-08-09 |
| 14,16 | w 4,2 Babs | Egbers | Neo 07-06-88 AV '34 | Woerden | 29-08-09 |
| 14,66 | w 4,1 Nancy van | Petersen | MB 10-05-92 Cialfo | Emmen | 14-06-09 |
| 15,47 | w 2,3 Maaïke | Spuij | MB 07-03-92 AV Gouda | Lisse | 09-05-09 |
| 15,53 | w 3,7 Nicole | Berghouwer | Neo 01-03-89 Hera | Woerden | 29-08-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 14,95 | o Renee | Granzier | MB 02-07-92 Unitas | Sittard | 27-09-09 |
| 15,74 | o 0,4 Nina | Mulder | 15-05-86 Fit | Zeist | 20-09-09 |
| 15,5 | o Gejanne | Lussenburg | Neo 24-12-89 Isala '96 | Kampen | 25-09-09 |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 13,90 | 0,1 Susan | Coltman (CAN) | 10-04-81 AAC '61 | Desenzano del Garda (ITA) | 09-05-09 |
| 13,88 | Susan | Coltman (CAN) | 10-04-81 AAC '61 | Arles (FRA) | 06-06-09 |
| 200 meter horden 76,2 cm vrouwen | | | | | |
| 28,63 | 1,1 Sanne | Verstegen | 10-11-85 R' dam Atletiek | Hilversum | 13-09-09 |
| 29,21 | -1,6 Ramona | Thoen | 25-10-85 Olympus '70 | Hilversum | 13-09-09 |
| 29,94 | -1,6 Roxanne | Martin | Neo 28-01-87 Attila | Hilversum | 13-09-09 |
| 29,97 | 0,1 Linda | Bayoumi | Neo 30-09-88 AAC | Huizen | 05-06-09 |
| 30,02 | 0,1 Myrthe | Fonck | Neo 15-12-87 AAC | Huizen | 05-06-09 |
| 30,06 | 0,1 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Huizen | 05-06-09 |
| 30,57 | 1,1 Nina | Mulder | 14-03-86 Fit | Hilversum | 13-09-09 |
| 31,10 | -1,6 Maaïke | Spuij | MB 07-03-92 AV Gouda | Hilversum | 13-09-09 |
| 31,20 | -1,6 Kirsten van | Bokhorst | Neo 21-05-88 GAC-Hilversum | Hilversum | 13-09-09 |
| 32,52 | 1,3 Lisa | Rodenburg | MC 07-04-94 Altis | Huizen | 05-06-09 |
| (10) | | | | | |
| 32,81 | 0,1 Nadine de | Goede | 14-05-82 Altis | Huizen | 05-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 28,55 | Sanne | Verstegen | 10-11-85 R' dam Atletiek | Lisse | 06-09-09 |
| 31,27 | Lonneke | Derriks | Neo 22-04-87 De Spartaan | Lisse | 06-09-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 29,39 | w 3,1 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Utrecht | 10-07-09 |
| 29,67 | w 3,1 Nina | Mulder | 14-03-86 Fit | Utrecht | 10-07-09 |
| 30,07 | w 2,1 Kirsten van | Bokhorst | Neo 21-05-88 GAC-Hilversum | Utrecht | 10-07-09 |
| 30,77 | w 2,1 Grace van den | Berg | Neo 01-06-88 AV Almere '81 | Utrecht | 10-07-09 |
| 30,96 | w 3,1 Lonneke | Derriks | Neo 22-04-87 De Spartaan | Utrecht | 10-07-09 |
| 32,16 | w 2,1 Suzanne | Janssens | MB 16-01-92 Sprint | Utrecht | 10-07-09 |
| 32,35 | w 3,1 Inge van den | Boom | 14-01-85 GVAC | Utrecht | 10-07-09 |

400 meter horden 76,2 cm vrouwen

| | | | | | |
|---|------------------------|--------------|--------------------------------|-----------------|----------|
| 57,39 | Sanne | Verstegen | 10-11-85 R' dam Atletiek | Merksem (BEL) | 28-08-09 |
| 57,86 | Marjolein de Jong | Jong | 12-06-81 Phanos | Sofia (BUL) | 09-06-09 |
| 58,79 | Marjolein de Jong | Jong | | Heusden (BEL) | 18-07-09 |
| 58,98 | Sanne | Verstegen | | Amsterdam | 02-08-09 |
| 59,50 | Marjolein de Jong | Jong | | Cuxhaven (GER) | 22-07-09 |
| 59,55 | Sanne | Verstegen | | Vught | 21-05-09 |
| 59,65 | Sanne | Verstegen | | Bergen (NOR) | 20-06-09 |
| 59,67 | Sanne | Verstegen | | Lisse | 09-05-09 |
| 60,31 | Bianca | Baak | MB 25-01-92 AV Almere '81 | Tampere (FIN) | 23-07-09 |
| 60,75 | Ramona | Thoen | 25-10-85 Olympus '70 | Vught | 21-05-09 |
| (10/4) | | | | | |
| 62,31 | Marta | Pape-Garcia | 22-02-83 Gen. Michaëlis | Vught | 21-05-09 |
| 62,39 | Leonie | Schilder | MA 15-09-90 AV Edam | Emmeloord | 26-06-09 |
| 62,45 | Lonneke | Derriks | Neo 22-04-87 De Spartaan | Uden | 27-06-09 |
| 62,72 | Roxanne | Martin | Neo 28-01-87 Attila | Krommenie | 21-06-09 |
| 63,51 | Nelleke | Bosch | Neo 21-06-89 AV '34 | Uden | 27-06-09 |
| 63,80 | Marloes | Duijn | MB 18-06-93 SAV | Emmeloord | 26-06-09 |
| (10) | | | | | |
| 63,82 | Myrthe | Fonck | Neo 15-12-87 AAC | Leiden | 13-06-09 |
| 64,10 | Susanne | Dekkers | Neo 16-06-88 SISU | Almelo | 17-05-09 |
| 64,13 | Roos-Sanne | Claassen | MC 23-10-94 AV NOP | Emmeloord | 26-06-09 |
| 64,48 | Suzanne | Thierry | 17-10-86 DEM | Alkmaar | 17-05-09 |
| 64,59 | Graciëlla | Woutersen | Neo 24-03-88 Continental Sport | Uden | 27-06-09 |
| 64,63 | Nina | Mulder | 14-03-86 Fit | Uden | 27-06-09 |
| 64,80 | Rens | Nijman | MB 19-11-93 Nijmegen Atletiek | Krommenie | 21-06-09 |
| 65,12 | José van der Veen | Veen | 26-03-80 Haag Atletiek | Nijmegen | 20-09-09 |
| 65,13 | Marlieke | Husslage | 26-02-86 Sprint | Amsterdam | 01-08-09 |
| 65,23 | José | Becker | 25-06-83 De Sperwers | Krommenie | 21-06-09 |
| (20) | | | | | |
| 65,32 | Marieke van der Zee | Zee | MA 01-09-90 AV Heerenveen | Amsterdam | 01-08-09 |
| 65,32 | Gejanne | Lussenburg | Neo 24-12-89 Isala '96 | Nieuwegein | 20-09-09 |
| 65,44 | Eugenie | Kool | 18-05-84 Haag Atletiek | Den Haag | 17-05-09 |
| 65,47 | Marlijn van Houts | Houts | 14-08-85 LG Deurne | Amsterdam | 01-08-09 |
| 66,00 | Rachel | Rozenkamp | MB 29-09-92 AV Rijssen | Utrecht | 04-09-09 |
| 66,26 | Indah van Marrewijk | Marrewijk | MA 12-03-90 AV '40 | Emmeloord | 26-06-09 |
| 66,39 | Ellis | Gielen | MB 15-03-93 Unitas | Den Haag | 17-05-09 |
| 66,40 | Tinka | Offereins | MB 05-10-93 Startbaan | Emmeloord | 26-06-09 |
| 66,61 | Kirsten van Bokhorst | Bokhorst | Neo 21-05-88 GAC-Hilversum | Zwolle | 17-05-09 |
| 66,68 | Renske van Os | Os | MC 31-03-94 Gen. Michaëlis | Emmeloord | 26-06-09 |
| (30) | | | | | |
| 66,85 | Maaike | Spuij | MB 07-03-92 AV Gouda | Emmeloord | 26-06-09 |
| 66,97 | Janneke | Berkhof | 21-08-86 R' dam Atletiek | Krommenie | 21-06-09 |
| 67,17 | Iris | Verweij | MA 24-02-91 Nijmegen Atletiek | Emmeloord | 26-06-09 |
| 67,22 | Grace van den Berg | Berg | Neo 01-06-88 AV Almere '81 | Leiden | 08-07-09 |
| 67,36 | Lianne | Kokken | MB 03-11-93 Spark | Nieuwegein | 17-05-09 |
| 67,47 | Anouk | Kruiswijk | MB 12-06-92 AV '40 | Amsterdam | 31-05-09 |
| 67,73 | Neeltje van Hulten | Hulten | 08-02-76 Pallas '67 | Almelo | 17-05-09 |
| 67,80 | Lieke | Bakker | Neo 01-08-89 PEC 1910 | Ede | 20-09-09 |
| 68,00 | Willemijn van Laar | Laar | MB 26-04-93 Cialfo | Amersfoort | 13-04-09 |
| 68,21 | Nephele de Bruin | Bruin | MC 15-05-94 Nijmegen Atletiek | Emmeloord | 26-06-09 |
| (40) | | | | | |
| 68,24 | Maureen | Rots | MB 25-02-93 PEC 1910 | Emmeloord | 26-06-09 |
| 68,25 | Nicky | Lam | MA 15-04-90 Phanos | Den Haag | 17-05-09 |
| 68,38 | Sabine | Jansen | Neo 02-12-88 Spirit-OB | Breda | 17-05-09 |
| 68,63 | Suzanne van Wijck | Wijck | MB 09-09-92 U-Track | Nieuwegein | 20-09-09 |
| 68,65 | Nicole | Schoute | MB 22-12-92 Lycurgus | Amsterdam | 31-05-09 |
| 68,77 | Diede | Fennema | MB 07-03-92 Sparta | Amsterdam | 31-05-09 |
| 68,88 | Marianne | Verdonk | 31-08-86 Gen. Michaëlis | Liberec (CZE) | 08-07-09 |
| 68,97 | Brigitte | Kremers | MB 15-02-93 AAC | Emmeloord | 26-06-09 |
| 69,12 | Rebecca | Rijken | MB 19-03-93 AV Zaanland | Emmeloord | 26-06-09 |
| 69,22 | Laura | Hoogers | MB 02-01-93 Gen. Michaëlis | Tilburg | 01-06-09 |
| (50) | | | | | |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 65,25 | Britt van Thillo (BEL) | Thillo (BEL) | MA 30-07-91 Spado | Herentals (BEL) | 25-04-09 |

hoogspringen vrouwen

| | | | | | |
|--------|---------------|----------------|-------------------------------|----------------|----------|
| 1,85 | Remona | Fransen | 25-11-85 De Spartaan | Woerden | 29-08-09 |
| 1,84 | Remona | Fransen | | Szczecin (POL) | 27-06-09 |
| 1,81 | Remona | Fransen | | Lisse | 06-06-09 |
| 1,80 | Sietske | Noorman | MA 16-07-91 Gen. Michaëlis | Lisse | 09-05-09 |
| 1,80 | Sietske | Noorman | MA | Leiden | 13-06-09 |
| 1,80 | Sietske | Noorman | MA | Emmeloord | 28-06-09 |
| 1,80 | Sietske | Noorman | MA | Novi Sad (SRB) | 24-07-09 |
| 1,79 | Sietske | Noorman | MA | Amsterdam | 02-08-09 |
| 1,79 | Sietske | Noorman | MA | Amsterdam | 08-08-09 |
| 1,78 | Nikki May | Woudstra | Neo 06-05-88 Ilion | Hoorn | 23-05-09 |
| 1,78 | Sietske | Noorman | MA | Hoorn | 23-05-09 |
| 1,78 | Nikki May | Woudstra | Neo | Oordegem (BEL) | 04-07-09 |
| (12/3) | | | | | |
| 1,77 | Nadine | Broersen | MA 29-04-90 Sprint | Emmeloord | 28-06-09 |
| 1,76 | Joyce | Huisman | Neo 05-05-89 Phanos | Amersfoort | 13-04-09 |
| 1,76 | Yvonne | Wisse | 06-06-82 De Spartaan | Götzis (AUT) | 30-05-09 |
| 1,75 | Brenda | Baar | Neo 19-07-87 AV '23 | Amsterdam | 19-04-09 |
| 1,74 | Linda van de | Lagemaat | MA 29-11-90 Pallas '67 | Gemert | 23-05-09 |
| 1,73 | Marije | Langen | 29-12-86 Ilion | Amsterdam | 02-08-09 |
| 1,72 | Jolanda | Keizer | 05-04-85 AAC | Lisse | 09-05-09 |
| (10) | | | | | |
| 1,72 | Maureen | Rots | MB 25-02-93 PEC 1910 | Amsterdam | 31-05-09 |
| 1,72 | Amanda | Spiljard | Neo 18-09-89 Attila | Lisse | 06-06-09 |
| 1,71 | Tanita | Hofmans | MC 22-10-94 DAK | Drunen | 25-06-09 |
| 1,70 | Eva | Lubbers | MB 06-02-92 AKU | Amsterdam | 19-04-09 |
| 1,70 | Elisa | Blom | MA 04-02-91 Prins Hendrik | Vught | 10-05-09 |
| 1,70 | Suzan | Stevens | MC 04-02-94 ATV Venray | Sittard | 16-05-09 |
| 1,70 | Winne | Vos | MB 03-01-93 Daventria | Gemert | 23-05-09 |
| 1,70 | Chrissie | Broersen | MB 24-12-93 SAV | Amsterdam | 31-05-09 |
| 1,70 | Anouk | Vetter | MB 04-02-93 AAC | Zaandam | 04-07-09 |
| 1,70 | Babs | Egbers | Neo 07-06-88 AV '34 | Woerden | 29-08-09 |
| (20) | | | | | |
| 1,69 | Anouk | Kragtwijk | Neo 19-08-88 De Spartaan | Lisse | 09-05-09 |
| 1,69 | Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| 1,68 | Sanne van der | Velden | MA 28-01-90 Flevo Delta | Emmeloord | 28-06-09 |
| 1,67 | Britt | Schoenaker | MB 03-04-93 Nijmegen Atletiek | Gemert | 23-05-09 |
| 1,66 | Chante | Samuel | MD 09-04-96 Phanos | Amersfoort | 13-04-09 |
| 1,66 | Sabine | Monden | MB 13-06-93 DJA | Lisse | 09-05-09 |
| 1,66 | Wendy de | Bloois | MA 05-05-91 Olympus '70 | Hoorn | 23-05-09 |
| 1,65 | Ivana | Reintke | MB 15-10-92 Spark | Spijkenisse | 19-04-09 |
| 1,65 | Ellis | Gielen | MB 15-03-93 Unitas | Vught | 10-05-09 |
| 1,65 | Inge | Crijns | 23-09-83 Unitas | Den Haag | 17-05-09 |
| (30) | | | | | |
| 1,65 | Maaïke | Lohman | 13-07-84 AV Haarl'meer | Heiloo | 21-05-09 |
| 1,65 | Mirthe | Wiltink | MB 10-05-93 KAV Holland | Amsterdam | 31-05-09 |
| 1,65 | Richel | Klarenbeek | MB 06-06-92 Triathlon | Amstelveen | 31-05-09 |
| 1,65 | Marianne | Reitsma | MA 15-01-90 Impala | Groningen | 19-06-09 |
| 1,65 | Sanne | Korteland | Neo 08-01-89 Passaat | Sittard | 21-06-09 |
| 1,65 | Nadine | Visser | MC 09-02-95 SAV | Barendrecht | 27-06-09 |
| 1,65 | Gejanne | Lussenburg | Neo 24-12-89 Isala '96 | Dronten | 02-07-09 |
| 1,65 | Janneke | Bruintjes | MD 29-03-96 AV NOP | Amsterdam | 06-09-09 |
| 1,65 | Margriet van | Kammen | Neo 01-02-88 Impala | Heerenveen | 19-09-09 |
| 1,63 | Suzanne de | Sevren Jacquet | Neo 14-06-89 Isala '96 | Lisse | 06-06-09 |
| (40) | | | | | |
| 1,63 | Nancy | Karels | 08-01-86 AAC | Amsterdam | 08-08-09 |
| 1,62 | Maxime | Nieuwenhuizen | MB 13-04-93 De Spartaan | Lokeren | 01-06-09 |
| 1,61 | Nicole | Berghouwer | Neo 01-03-89 Hera | Woerden | 29-08-09 |
| 1,60 | Elske | Princen | MB 21-10-93 AV Oss '78 | Uden | 05-04-09 |
| 1,60 | Tyka | Uijting | MB 29-06-92 Triathlon | Almere | 05-04-09 |
| 1,60 | Dominick | Nouws | MC 27-02-94 Achilles-EL | Amersfoort | 13-04-09 |
| 1,60 | Claudia | Aernaudts | MB 05-08-92 Triathlon | Amersfoort | 13-04-09 |
| 1,60 | Sarah | Jager | MC 27-02-94 Spirit-OB | Terneuzen | 18-04-09 |
| 1,60 | Babette | Schekkerman | MC 12-02-94 Startbaan | Haarlem | 18-04-09 |
| 1,60 | Kirsty | Mann | 26-08-86 Hera | Naaldwijk | 19-04-09 |

| | | | | | | | | | |
|--|------|---|---------------|---------------|----------------|-----------------|----------------|----------------------|-----------------|
| | (50) | 1,60 | Rachél van | Harlingen | MA 16-11-91 | Sprint | Naaldwijk | 19-04-09 | |
| | | 1,60 | Jolien de | Haan | Neo 29-11-87 | Attila | Naaldwijk | 19-04-09 | |
| | | 1,60 | Melanie | Versteeg | MB 21-08-92 | GAC-Hilversum | Naaldwijk | 19-04-09 | |
| | | 1,60 | Maruska | Eduarda | MA 30-07-91 | R' dam Atletiek | Spijkenisse | 19-04-09 | |
| | | 1,60 | Lotte de | Fockert | MA 23-11-90 | HAC | Veldhoven | 19-04-09 | |
| | | 1,60 | Sabine | Jansen | Neo 02-12-88 | Spirit-OB | Dordrecht | 19-04-09 | |
| | | 1,60 | Tjitske | Rijntjes | Neo 29-06-89 | Ciko '66 | Zutphen | 19-04-09 | |
| | | 1,60 | Ellis van de | Valk | MB 27-05-92 | AV Valkenswaard | Valkenswaard | 19-04-09 | |
| | | 1,60 | Anna van | Stralen | MC 11-03-94 | Phanos | Alkmaar | 24-04-09 | |
| | | 1,60 | Kristel Van | Es | MA 30-01-90 | Dokev | Utrecht | 01-05-09 | |
| | (60) | 1,60 | Sharissa | Dutrieux | MC 28-01-94 | Spado | Oss | 03-05-09 | |
| | | 1,60 | Donja | Karimlou | MA 17-07-91 | Achilles-EL | Vught | 10-05-09 | |
| | | 1,60 | Elsa | Smits | MA 13-10-91 | Groene Ster | Vught | 10-05-09 | |
| | | 1,60 | Marijke | Bax | MB 23-05-93 | Impala | Assen | 10-05-09 | |
| | | 1,60 | Jolien de | Haas | Neo 29-11-87 | Attila | Zwolle | 17-05-09 | |
| | | 1,60 | Alicia van | Doorn | MA 28-05-90 | Isala '96 | Almelo | 17-05-09 | |
| | | 1,60 | Marijke | Mettes | 23-09-85 | Hollandia | Alkmaar | 17-05-09 | |
| | | 1,60 | Marceline | Manders | MD 14-02-96 | HAC | Gemert | 23-05-09 | |
| | | 1,60 | Froukje van | Ligten | MC 15-10-94 | Ciko '66 | Gemert | 23-05-09 | |
| | | 1,60 | Vera van den | Haak | MC 13-01-95 | Sparta | Amstelveen | 31-05-09 | |
| | (70) | 1,60 | Elena | Monte | MC 11-08-94 | GAC-Hilversum | Amstelveen | 31-05-09 | |
| | | 1,60 | Alma | Vermeulen | MA 26-06-90 | PAC | Rotterdam | 05-06-09 | |
| | | 1,60 | Nynke | Venhuizen | MC 15-08-95 | Unitas | Venray | 07-06-09 | |
| | | 1,60 | Robin | Wingbermhöhe | MB 20-05-92 | R' dam Atletiek | Den Haag | 07-06-09 | |
| | | 1,60 | Valerie le | Loux | MC 08-08-94 | Hellas | Purmerend | 20-06-09 | |
| | | 1,60 | Janneke | Berkhof | 21-08-86 | R' dam Atletiek | Krommenie | 21-06-09 | |
| | | 1,60 | Nadine de | Goede | 14-05-82 | Altis | Krommenie | 21-06-09 | |
| | | 1,60 | Kitty van | Boxmeer | 05-05-81 | AV Weert | Sittard | 21-06-09 | |
| | | 1,60 | Karin | Schelle | 27-06-86 | Prins Hendrik | Sittard | 21-06-09 | |
| | | 1,60 | Susan van der | Pas | MB 22-01-92 | GVAC | Sittard | 21-06-09 | |
| | (80) | 1,60 | Ayla | Snoeys | 29-03-85 | Phoenix | Harderwijk | 21-06-09 | |
| | | 1,60 | Lisanne | Drost | MA 27-08-91 | Athlos | Harderwijk | 21-06-09 | |
| | | 1,60 | Marion | Kanbier | 11-05-80 | Groningen Atl | Harderwijk | 21-06-09 | |
| | | 1,60 | Hilde van | Zundert | MB 26-08-93 | Atledo | Zevenbergen | 21-06-09 | |
| | | 1,60 | Laura van | Leijenhorst | Neo 23-09-89 | Triathlon | Best | 04-07-09 | |
| | | 1,60 | Titia van | Osch | 12-05-76 | AAC | Heiloo | 17-07-09 | |
| | | 1,60 | Lara | Borst | MC 05-05-95 | AAC | Amsterdam | 23-08-09 | |
| | | 1,60 | Manon | Verlinden | MB 20-03-92 | Spado | Bergen op Zoom | 06-09-09 | |
| | | 1,60 | Michelle | Bruins | MC 30-04-94 | Isala '96 | Hoorn | 12-09-09 | |
| | | 1,60 | Dominique | Verheijen | MB 10-09-93 | De Gemzen | Enschede | 19-09-09 | |
| | (90) | 1,60 | Lentine | Klaassen | MC 18-04-95 | AV Castricum | Enschede | 19-09-09 | |
| | | <i>in onderlinge wedstrijd:</i> | | | | | | | |
| | | 1,73 | o | Maureen | Rots | MB 25-02-93 | PEC 1910 | Zwolle | 26-09-09 |
| | | 1,65 | o | Lieke | Bakker | Neo 01-08-89 | PEC 1910 | Zwolle | 26-09-09 |
| | | 1,65 | o | Hilde van | Zundert | MB 26-08-93 | Atledo | Dongen | 26-09-09 |
| | | 1,65 | o | Bregje | Crolla | 31-01-86 | Unitas | Sittard | 27-09-09 |
| | | 1,60 | o | Sana | Kadri | MC 26-02-94 | VAV | Veenendaal | 03-10-09 |
| | | 1,60 | o | Mandy van der | Eijk | MC 10-03-94 | Startbaan | Amstelveen | 10-10-09 |
| | | <i>buitenlanders bij nederlandse clubs:</i> | | | | | | | |
| | | 1,73 | | Susan | Coltman (CAN) | 10-04-81 | AAC '61 | Woerden | 29-08-09 |
| | | 1,62 | | Britt van | Thillo (BEL) | MA 30-07-91 | Spado | Herentals (BEL) | 25-04-09 |
| | | polsstokhoogspringen vrouwen | | | | | | | |
| | | 4,22 | | Rianna | Galiart | 22-11-85 | Lycurgus | La Crosse | 14-05-09 |
| | | 4,20 | | Denise | Groot | MA 26-05-90 | Unitas | Hoorn | 23-05-09 |
| | | 4,20 | | <i>Rianna</i> | <i>Galiart</i> | | | <i>Hengelo</i> | <i>01-06-09</i> |
| | | 4,20 | | <i>Rianna</i> | <i>Galiart</i> | | | <i>Uden</i> | <i>27-06-09</i> |
| | | 4,13 | | <i>Rianna</i> | <i>Galiart</i> | | | <i>Madison (USA)</i> | <i>09-05-09</i> |
| | | 4,11 | | <i>Rianna</i> | <i>Galiart</i> | | | <i>Amsterdam</i> | <i>01-08-09</i> |
| | | 4,10 | | <i>Rianna</i> | <i>Galiart</i> | | | <i>Bergen (NOR)</i> | <i>20-06-09</i> |
| | | 4,10 | | <i>Rianna</i> | <i>Galiart</i> | | | <i>Breda</i> | <i>29-08-09</i> |

Statistisch jaarboek 2009

| | | | | | |
|---------------------------------|-----------------|----------------|-------------------------------|-------------------------|-----------------|
| 4,05 | <i>Denise</i> | <i>Groot</i> | <i>MA</i> | <i>Den Haag</i> | <i>17-05-09</i> |
| 4,05 | <i>Rianna</i> | <i>Galiart</i> | | <i>Brasschaat (BEL)</i> | <i>26-07-09</i> |
| | (10/2) | | | | |
| 3,90 | Yvette | Caldenhove | 30-01-82 Haag Atletiek | Hoorn | 23-05-09 |
| 3,65 | Marijke | Valk | MB 15-07-92 Unitas | Tampere (FIN) | 21-07-09 |
| 3,60 | Robin | Wingbermhühle | MB 20-05-92 R' dam Atletiek | Breda | 29-08-09 |
| 3,40 | Annemieke | Dunnink | 07-03-80 Phoenix | Utrecht | 22-05-09 |
| 3,40 | José | Schoenmaker | Neo 22-03-88 Lycurgus | Krommenie | 21-06-09 |
| 3,40 | Jasmijn | Wierema | Neo 20-05-87 R' dam Atletiek | Uden | 27-06-09 |
| 3,35 | Julia de | Hoop | MB 27-07-92 Unitas | Emmeloord | 28-06-09 |
| 3,35 | Anita | Karregat | MA 31-12-91 AV Edam | Purmerend | 28-08-09 |
| | (10) | | | | |
| 3,31 | Wendy op den | Kelder | 13-09-83 Hollandia | Amsterdam | 01-08-09 |
| 3,30 | Viola | Hessels | 06-06-81 Hollandia | Krommenie | 05-07-09 |
| 3,20 | Yvonne | Blok | Neo 24-08-87 AAC | Hoorn | 23-05-09 |
| 3,11 | Isabel | Janssen | MC 24-08-94 PAC | Amsterdam | 22-08-09 |
| 3,10 | Rianne | Pessel | MB 04-10-93 Nea-Volharding | Hoorn | 12-06-09 |
| 3,10 | Jenny | Baar | Neo 25-08-89 AV '23 | Amstveen | 30-08-09 |
| 3,00 | Martien van | Rossum | V35 09-09-70 Phanos | Utrecht | 01-05-09 |
| 3,00 | Brigitte van de | Kamp-Linnebank | V45 15-06-60 GAC-Hilversum | Zwolle | 17-05-09 |
| 3,00 | Margit | Korporaal | MB 22-12-93 AV '34 | Amsterdam | 31-05-09 |
| 3,00 | Michelle | Steenis | Neo 26-03-87 AC TION | Ede | 20-09-09 |
| | (20) | | | | |
| 2,90 | Moniek | Jansen | 17-07-85 Sprint | Breda | 14-04-09 |
| 2,90 | Sigrid | Florusse | 04-03-81 Parthenon | Den Haag | 30-08-09 |
| 2,90 | Laurien | Persoon | MA 02-03-91 Haag Atletiek | Den Haag | 30-08-09 |
| 2,90 | Rubina | Brouns | MC 30-06-95 Unitas | Almelo | 05-09-09 |
| 2,82 | Sabine | Groenestein | MC 19-06-94 PAC | Spijkenisse | 05-07-09 |
| 2,81 | Ellen | Esselaar | MA 21-10-91 Unitas | Emmeloord | 27-06-09 |
| 2,80 | Marta | Pape-Garcia | 22-02-83 Gen. Michaëlis | Ede | 17-05-09 |
| 2,80 | Annemiek | Silven | MB 22-08-93 AV Edam | Krommenie | 05-07-09 |
| 2,80 | Lindsey | Bervoets | MB 19-03-93 Unitas | Breda | 29-08-09 |
| 2,70 | Jitske | Spijker | 27-09-85 DEM | Alkmaar | 17-05-09 |
| | (30) | | | | |
| 2,70 | Tatjana | Simoiu | MB 19-08-92 AV Edam | Hoorn | 12-06-09 |
| 2,60 | Sanne | Harland | MA 02-08-90 Ilion | Alkmaar | 17-05-09 |
| 2,60 | Sandra | Jacobs | MC 31-10-95 Unitas | Sittard | 11-07-09 |
| 2,60 | Yvette de | Jong | MA 12-09-90 Nijmegen Atletiek | Nijmegen | 20-09-09 |
| 2,60 | Lillian | Hauwert | 20-07-79 SAV | Ede | 20-09-09 |
| 2,55 | Kimberley | Bos | MB 07-10-93 Climax | Emmeloord | 28-06-09 |
| 2,50 | Hannah de | Boer | 12-02-82 KAV Holland | Alkmaar | 17-05-09 |
| 2,50 | Vonne van | Burg | MC 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| 2,50 | Laurette van | Sloun | MC 15-05-94 Unitas | Sittard | 06-06-09 |
| 2,50 | Sanne | Zwijzen | 10-12-86 Hellas | Krommenie | 21-06-09 |
| | (40) | | | | |
| 2,50 | Sanne | Veenboer | MC 26-03-94 Lycurgus | Amsterdam | 22-08-09 |
| 2,50 | Marit | Suttorp | 28-04-85 De Spartaan | Nijmegen | 20-09-09 |
| 2,50 | Sabine | Jansen | Neo 01-01-88 Spirit-OB | Nieuwegein | 20-09-09 |
| 2,45 | Mariska | Wust | MC 16-10-94 Hercules | Emmeloord | 28-06-09 |
| 2,40 | Marjolein de | Vos | 23-01-86 Groene Ster | Breda | 14-04-09 |
| 2,40 | Maryse | Fröling | MB 08-01-92 AV Gouda | Utrecht | 01-05-09 |
| 2,40 | Madelinde | Dielissen | 06-04-84 Sprint | Zevenbergen | 13-05-09 |
| 2,40 | Esther | Rommelink | 05-09-84 Phanos | Alkmaar | 17-05-09 |
| 2,40 | Anne | Krebber | MC 10-11-94 Unitas | Sittard | 11-07-09 |
| 2,40 | Mara | Verduin | 31-08-82 Phoenix | Utrecht | 04-09-09 |
| | (50) | | | | |
| 2,40 | Anya | Koch | MB 24-04-93 PAC | Ede | 20-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 3,05 | o Moniek | Jansen | 17-07-85 Sprint | Breda | 27-09-09 |
| 3,00 | o Joska le | Conté | Neo 29-09-87 Fit | Zeist | 05-07-09 |
| verspringen vrouwen | | | | | |
| 6,56 | 1,4 Karin | Ruckstuhl | 02-11-80 AAC | Hengelo | 01-06-09 |
| 6,53 | -1,9 Karin | Ruckstuhl | | Amsterdam | 02-08-09 |
| 6,47 | -0,1 Karin | Ruckstuhl | | Brasschaat (BEL) | 26-07-09 |
| 6,45 | 0,0 Karin | Ruckstuhl | | Luzern (SUI) | 15-07-09 |

| | | | | | |
|----------------------------------|--------------------|---------------|-----------------------------|------------------|----------|
| 6,39 | 1,7 Karin | Ruckstuhl | | Leiden | 13-06-09 |
| 6,36 | 0,6 Karin | Ruckstuhl | | Uden | 27-06-09 |
| 6,21 | 0,6 Karin | Ruckstuhl | | Ostrava | 17-06-09 |
| 6,10 | 0,0 Remona | Fransen | 25-11-85 De Spartaan | Woerden | 30-08-09 |
| 6,07 | 1,2 Yvonne | Wisse | 06-06-82 De Spartaan | Götzis (AUT) | 31-05-09 |
| 6,05 | 0,1 Remona | Fransen | | Amsterdam | 02-08-09 |
| | (10/3) | | | | |
| 6,02 | 2,0 Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Den Haag | 17-05-09 |
| 6,00 | 1,2 Brenda | Baar | Neo 19-07-87 AV '23 | Lisse | 09-05-09 |
| 6,00 | 0,6 Carola van | Wagtendonk | MA 21-05-91 Hera | Eindhoven | 12-07-09 |
| 5,96 | 0,1 Valentine | Kortbeek | 19-12-86 Prins Hendrik | Amsterdam | 02-08-09 |
| 5,93 | 1,7 Annelies | Fortuin | Neo 01-08-88 PEC 1910 | Vught | 21-05-09 |
| 5,93 | 0,5 Femke | Klop | MA 10-05-90 Unitas | Amsterdam | 02-08-09 |
| 5,82 | 1,3 Amanda | Spiljard | Neo 18-09-89 Attila | Lisse | 09-05-09 |
| | (10) | | | | |
| 5,79 | 1,0 Marije | Langen | 29-12-86 Ilion | Vught | 21-05-09 |
| 5,75 | 1,4 Linda van de | Lagemaat | MA 29-11-90 Pallas '67 | Lisse | 09-05-09 |
| 5,75 | 1,6 Lianne van der | Lugt | Neo 22-06-88 Olympus '70 | Hilversum | 13-09-09 |
| 5,69 | 0,3 Dafne | Schippers | MB 15-06-92 Hellas | Emmeloord | 28-06-09 |
| 5,68 | 0,3 Renee | Granzier | MB 02-07-92 Unitas | Den Haag | 17-05-09 |
| 5,64 | 0,5 Berthe | Makizodila | MB 14-06-92 Triathlon | Leiden | 13-06-09 |
| 5,64 | -0,3 Babs | Egbers | Neo 07-06-88 AV '34 | Amsterdam | 02-08-09 |
| 5,63 | 1,5 Jolanda | Nobels | MB 09-02-93 Energie | Reeuwijk | 21-06-09 |
| 5,63 | 1,2 Gejanne | Lussenburg | Neo 24-12-89 Isala '96 | Nieuwegein | 20-09-09 |
| 5,61 | 0,0 Nadine | Broersen | MA 29-04-90 Sprint | Zwolle | 17-05-09 |
| | (20) | | | | |
| 5,57 | -0,9 Angelique | Hogeveen-Smit | V40 19-12-67 Phanos | Amersfoort | 21-06-09 |
| 5,57 | 0,4 Miranda de | Regt | MB 29-09-93 De Spartaan | Emmeloord | 28-06-09 |
| 5,57 | -0,2 Laura | Molenaar | 23-07-86 AV Gouda | Szczecin (POL) | 28-06-09 |
| 5,56 | -0,1 Nora | Ritzen | MB 03-07-93 Groningen Atl | Enschede | 20-09-09 |
| 5,55 | 1,0 Anouk | Vetter | MB 04-02-93 AAC | Emmeloord | 28-06-09 |
| 5,54 | -0,3 Nienke | Kragtwijk | Neo 27-03-87 De Spartaan | Hoorn | 23-05-09 |
| 5,51 | 0,6 Laurien | Hoos | 18-08-83 Hera | Sotteville (FRA) | 05-07-09 |
| 5,50 | 0,0 Gabriëlla | Dwomoh | MC 12-01-94 Ilion | Zoetermeer | 20-06-09 |
| 5,49 | -0,3 Tara van | Schie | MA 12-09-90 AAC | Vught | 21-05-09 |
| 5,49 | 0,4 Anne van | Ommeren | 13-03-85 Nijmegen Atletiek | Krommenie | 21-06-09 |
| | (30) | | | | |
| 5,47 | 1,1 Lieke | Bakker | Neo 01-08-89 PEC 1910 | Epe | 08-04-09 |
| 5,47 | -0,1 Ingrid | Wijntjens | 18-09-80 Haag Atletiek | Reeuwijk | 21-06-09 |
| 5,45 | 1,4 Jisca | Docters | 17-04-85 Atl. Maastricht | Hulst | 01-06-09 |
| 5,45 | 1,1 Wendy | Visser | 19-08-81 Phanos | Uden | 27-06-09 |
| 5,44 | -0,4 Jarmilla van | Stralen | MA 28-07-91 AAV '36 | Emmeloord | 27-06-09 |
| 5,43 | -0,3 Sabine | Simoiu | 15-04-82 Parthenon | Barendrecht | 31-05-09 |
| 5,43 | 1,3 Jill | MacEachen | MA 18-02-91 KAV Holland | Amsterdam | 02-08-09 |
| 5,42 | 0,8 Mireille | Augustijn | MA 21-09-90 Achilles-EL | Helmond | 14-06-09 |
| 5,39 | 1,5 Lidia de | Jong | 20-03-82 AV Heerenveen | Almelo | 17-05-09 |
| 5,39 | -0,4 Melanie | Versteeg | MB 21-08-92 GAC-Hilversum | Krommenie | 21-06-09 |
| | (40) | | | | |
| 5,39 | 0,7 Ellis | Gielen | MB 15-03-93 Unitas | Emmeloord | 28-06-09 |
| 5,39 | 0,6 Yvet van der | Sterren | Neo 15-02-87 DAK | Utrecht | 04-09-09 |
| 5,38 | 1,7 Suzanne den | Boef | MB 27-11-92 Typhoon | Oss | 03-05-09 |
| 5,36 | -0,6 Rianne | Weltak | 03-09-86 PAC | Zwolle | 17-05-09 |
| 5,36 | -0,5 Tamara | Aipassa | 01-03-83 Eindhoven Atl. | Neerpelt (BEL) | 01-06-09 |
| 5,36 | 1,9 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Utrecht | 10-07-09 |
| 5,34 | -0,1 Ellen | Naastepad | 12-02-83 Olympus '70 | Krommenie | 21-06-09 |
| 5,34 | -0,7 Maureen | Rots | MB 25-02-93 PEC 1910 | Enschede | 20-09-09 |
| 5,33 | 1,3 Saskia | Zwaard | MA 11-09-91 AV '40 | Emmeloord | 27-06-09 |
| 5,32 | 1,2 Nicky | Lam | MA 15-04-90 Phanos | Lisse | 09-05-09 |
| | (50) | | | | |
| <i>geen windgegevens bekend:</i> | | | | | |
| 5,99 | Annelies | Fortuin | Neo 01-08-88 PEC 1910 | Zutphen | 19-04-09 |
| 5,78 | Berthe | Makizodila | MB 14-06-92 Triathlon | Heiloo | 03-05-09 |
| 5,61 | Gabriëlla | Dwomoh | MC 12-01-94 Ilion | Papendrecht | 06-06-09 |
| 5,56 | Nienke | Kragtwijk | Neo 27-03-87 De Spartaan | Heiloo | 17-07-09 |
| 5,44 | Ellis | Gielen | MB 15-03-93 Unitas | Gemert | 24-05-09 |

| | | | | | | |
|------|--|-----------|---------|---------------------------|---------|----------|
| 5,39 | | Genevieve | Emanuel | MC 05-07-94 AV Almere '81 | Almere | 05-04-09 |
| 5,39 | | Maureen | Rots | MB 25-02-93 PEC 1910 | Gemert | 24-05-09 |
| 5,37 | | Tamara | Aipassa | 01-03-83 Eindhoven Atl. | Ede | 20-09-09 |
| 5,34 | | Lisa | Lagrand | MB 25-05-93 Lycurgus | Heiloo | 21-05-09 |
| 5,34 | | Louise | Taatgen | MB 05-01-93 Groningen Atl | Zaandam | 05-07-09 |

met teveel rugwind:

| | | | | | | |
|------|-------|-------------|---------------|------------------------------|-----------|----------|
| 6,24 | w 3,3 | Remona | Fransen | 25-11-85 De Spartaan | Lisse | 07-06-09 |
| 6,13 | w 2,1 | Brenda | Baar | Neo 19-07-87 AV '23 | Hulst | 01-06-09 |
| 6,01 | w 3,0 | Valentine | Kortbeek | 19-12-86 Prins Hendrik | Den Haag | 17-05-09 |
| 6,01 | w 2,8 | Amanda | Spijard | Neo 18-09-89 Attila | Lisse | 07-06-09 |
| 5,86 | w 2,5 | Dafne | Schippers | MB 15-06-92 Hellas | Lisse | 07-06-09 |
| 5,81 | w 3,3 | Marije | Langen | 29-12-86 Ilion | Amsterdam | 19-04-09 |
| 5,77 | w 2,1 | Angelique | Hogeveen-Smit | V40 19-12-67 Phanos | Amsterdam | 19-04-09 |
| 5,74 | w 2,1 | Babs | Egbers | Neo 07-06-88 AV '34 | Woerden | 30-08-09 |
| 5,61 | w 2,6 | Miranda de | Regt | MB 29-09-93 De Spartaan | Groningen | 13-09-09 |
| 5,56 | w 3,8 | Tara van | Schie | MA 12-09-90 AAC | Lisse | 07-06-09 |
| 5,54 | w 2,9 | Ellen | Naastepad | 12-02-83 Olympus '70 | Naaldwijk | 19-04-09 |
| 5,49 | w 2,6 | Kirsten van | Bokhorst | Neo 21-06-88 GAC-Hilversum | Nijmegen | 21-05-09 |
| 5,45 | w 2,4 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Lisse | 07-06-09 |
| 5,42 | w 3,1 | Rianne | Weltak | 03-09-86 PAC | Nijmegen | 21-05-09 |
| 5,42 | w 4,0 | Stephany | Suykerbuyk | Neo 01-10-89 R' dam Atletiek | Hulst | 01-06-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-------------|-----------|------------------------|-------------|----------|
| 5,54 | o | Lieke | Bakker | Neo 01-08-89 PEC 1910 | Zwolle | 27-09-09 |
| 5,42 | o | Laura van | Leijhorst | Neo 23-09-89 Triathlon | Amersfoort | 04-10-09 |
| 5,39 | o | Nadine | Visser | MC 09-02-95 SAV | Grootebroek | 04-10-09 |
| 5,35 | o | Eva van der | Poel | 18-11-85 De Spartaan | Lisse | 04-10-09 |

buitenlanders bij nederlandse clubs:

| | | | | | | |
|------|-------|-------|---------------|------------------------|----------------|----------|
| 6,74 | 1,1 | Ruky | Abdulai (CAN) | 08-08-82 Haag Atletiek | New York (USA) | 30-05-09 |
| 6,07 | 0,2 | Susan | Coltman (CAN) | 10-04-81 AAC '61 | Woerden | 30-08-09 |
| 6,78 | w 2,5 | Ruky | Abdulai (CAN) | 08-08-82 Haag Atletiek | New York (USA) | 30-05-09 |

hink-stap-sprong vrouwen

| | | | | | | |
|-------|--------|-------------|------------------|------------------------------|--------------------|----------|
| 12,99 | -0,6 | Brenda | Baar | Neo 19-07-87 AV '23 | Kessel-Lo (BEL) | 06-06-09 |
| 12,91 | 0,3 | Brenda | Baar | Neo | Leiden | 13-06-09 |
| 12,72 | 0,0 | Brenda | Baar | Neo | Amsterdam | 01-08-09 |
| 12,67 | 0,8 | Brenda | Baar | Neo | Alkmaar | 17-05-09 |
| 12,62 | 0,8 | Brenda | Baar | Neo | Bergen (NOR) | 20-06-09 |
| 12,50 | 0,0 | Brenda | Baar | Neo | Sint Niklaas (BEL) | 21-05-09 |
| 12,16 | 1,1 | Marije | Langen | 29-12-86 Ilion | Amsterdam | 01-08-09 |
| 12,11 | 0,1 | Wendy | Visser | 19-08-81 Phanos | Amsterdam | 01-08-09 |
| 12,06 | -1,7 | Marije | Langen | | Leiden | 13-06-09 |
| 11,93 | -0,9 | Wendy | Visser | | Nijmegen | 20-09-09 |
| | (10/3) | | | | | |
| 11,91 | 1,0 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Emmeloord | 28-06-09 |
| 11,78 | 0,0 | Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Amsterdam | 01-08-09 |
| 11,59 | -1,2 | Valentine | Kortbeek | 19-12-86 Prins Hendrik | Leiden | 13-06-09 |
| 11,47 | 0,8 | Indah van | Marrewijk | MA 12-03-90 AV '40 | Emmeloord | 27-06-09 |
| 11,41 | 0,6 | Jaimy van | Broekhoven | Neo 18-08-89 Prins Hendrik | Amsterdam | 01-08-09 |
| 11,40 | 0,4 | Anja | Mulder | V35 05-10-71 Athletics | Amsterdam | 01-08-09 |
| 11,25 | 1,2 | Saskia | Zwaard | MA 11-09-91 AV '40 | Emmeloord | 27-06-09 |
| | (10) | | | | | |
| 11,24 | 0,0 | Anne van | Ommeren | 13-03-85 Nijmegen Atletiek | Krommenie | 21-06-09 |
| 11,24 | 0,5 | Ingrid | Wijntjens | 18-09-80 Haag Atletiek | Nijmegen | 20-09-09 |
| 11,21 | -0,1 | Eva van der | Poel | 18-11-85 De Spartaan | Nijmegen | 20-09-09 |
| 11,20 | 1,8 | Tiffany | Boersma | MA 23-12-90 AAC | Den Haag | 17-05-09 |
| 11,16 | 0,8 | Liset | Olijve | MA 25-02-90 Attila | Vught | 10-05-09 |
| 11,15 | 1,1 | Stephany | Suykerbuyk | Neo 01-10-89 R' dam Atletiek | Naaldwijk | 19-04-09 |
| 11,04 | 1,7 | Tamara | Middelburg | Neo 10-07-88 Olympus '70 | Amsterdam | 01-08-09 |
| 11,00 | 1,2 | Nina | Peters | MA 02-07-91 Spark | Nieuwegein | 20-09-09 |
| 10,99 | -1,0 | Claudia | Schutjes | MA 29-09-91 AV Valkenswaard | Vught | 10-05-09 |
| 10,99 | -1,6 | Bonne de | Boer | MB 02-02-93 Phanos | Amsterdam | 31-05-09 |
| | (20) | | | | | |
| 10,99 | 0,0 | Marloes | Lammers-Strooper | 04-11-77 Attila | Krommenie | 21-06-09 |
| 10,95 | -0,6 | Angela de | Winter | Neo 05-01-89 Leiden Atletiek | Leiden | 13-06-09 |
| 10,95 | 0,0 | Angela van | Veen | Neo 21-06-89 Climax | Wageningen | 18-09-09 |
| 10,90 | 1,6 | Tara van | Schie | MA 12-09-90 AAC | Amsterdam | 01-08-09 |

| | | | | | |
|----------------------------------|-------------------|--------------|------------------------------|----------------|----------|
| 10,84 | 1,7 Joyce | Klijn | Neo 05-07-89 Zuidwal | Zeist | 17-05-09 |
| 10,83 | 1,3 Suzanne | Nobels | MA 07-05-90 Energie | Emmeloord | 27-06-09 |
| 10,81 | 1,4 Els | Hufen | MB 12-04-92 AAC | Zeist | 17-05-09 |
| 10,80 | 1,3 Sanne | Zwijzen | 10-12-86 Hellas | Amsterdam | 01-08-09 |
| 10,72 | 1,7 Yvon | Hendrix | 14-02-81 Unitas | Den Haag | 17-05-09 |
| 10,72 | 1,2 Gejanne | Lussenburg | Neo 24-12-89 Isala '96 | Dronten | 02-07-09 |
| (30) | | | | | |
| 10,70 | 1,0 Lisa | Lagrand | MB 25-05-93 Lycurgus | Emmeloord | 28-06-09 |
| 10,68 | 1,4 Anouk | Kruiswijk | MB 12-06-92 AV '40 | Amsterdam | 31-05-09 |
| 10,67 | 0,3 Myrte | Thoolen | MA 17-11-91 Sprint | Krommenie | 21-06-09 |
| 10,66 | -0,2 Tinka | Smith-Tolsma | V40 23-09-68 Leiden Atletiek | Amsterdam | 02-05-09 |
| 10,63 | 1,9 Kirsten van | Bokhorst | Neo 21-05-88 GAC-Hilversum | Naaldwijk | 19-04-09 |
| 10,56 | -0,7 Jarmilla van | Stralen | MA 28-07-91 AAV '36 | Heerhugowaard | 10-05-09 |
| 10,48 | 0,2 Marit van 't | Hullenaar | MA 18-09-90 Atledo | Breda | 17-05-09 |
| 10,42 | 0,4 Suzanne | Janssens | MB 16-01-92 Sprint | Emmeloord | 28-06-09 |
| 10,39 | 0,0 Ellen | Tromp | V40 31-01-69 GAC-Hilversum | Krommenie | 21-06-09 |
| 10,38 | 1,9 Manon | Haakman | MC 02-03-95 Lycurgus | Almelo | 05-09-09 |
| (40) | | | | | |
| 10,29 | 1,7 Renee | Granzier | MB 02-07-92 Unitas | Bergen op Zoom | 06-09-09 |
| 10,26 | -0,1 Betsie van | Tiel | 16-01-75 De Keien | Uden | 17-05-09 |
| 10,25 | -0,7 Sophie van | Doeveren | MB 30-06-93 Spark | Nieuwegein | 17-05-09 |
| 10,25 | 0,4 Suzan van | Amerongen | MB 10-03-93 Ciko '66 | Amsterdam | 31-05-09 |
| 10,18 | -1,0 Nikki van | Son | MA 18-07-90 Prins Hendrik | Vught | 10-05-09 |
| 10,18 | -0,4 Hedwig | Swart | MA 05-07-91 U-Track | Santpoort | 14-06-09 |
| 10,15 | 0,8 Femke | Oude Ophuis | Neo 24-03-89 MPM | Almelo | 17-05-09 |
| 10,15 | 1,0 Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Almelo | 05-09-09 |
| 10,14 | 0,4 Marsha | Steenbeek | 18-09-86 Altis | Naaldwijk | 19-04-09 |
| 10,14 | 1,3 Romy | Cluistra | MA 19-06-91 Triathlon | Emmeloord | 27-06-09 |
| (50) | | | | | |
| <i>geen windgegevens bekend:</i> | | | | | |
| 11,18 | Annelies | Fortuin | Neo 01-08-88 PEC 1910 | Ede | 20-09-09 |
| 10,96 | Tamara | Aipassa | 01-03-83 Eindhoven Atl. | Ede | 20-09-09 |
| 10,89 | Sanne | Zwijzen | 10-12-86 Hellas | Spijkenisse | 05-07-09 |
| 10,88 | Ivana | Reintke | MB 15-10-92 Spark | Spijkenisse | 05-07-09 |
| 10,83 | Michelle | Steenis | Neo 26-03-87 AC TION | Steenwijk | 04-04-09 |
| 10,32 | Lisanne van | Doeveren | MB 30-06-93 Spark | Spijkenisse | 05-07-09 |
| 10,21 | Marieke | Kok | Neo 07-02-87 SAV | Ede | 20-09-09 |
| 10,15 | Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Naaldwijk | 09-07-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 13,00 | w 4,5 Brenda | Baar | Neo 19-07-87 AV '23 | Nijmegen | 22-05-09 |
| 12,20 | w 2,5 Marije | Langen | 29-12-86 Ilion | Amsterdam | 01-08-09 |
| 12,16 | w 3,3 Wendy | Visser | 19-08-81 Phanos | Amsterdam | 01-08-09 |
| 11,91 | w 2,5 Meruska | Eduarda | MA 30-07-91 R' dam Atletiek | Den Haag | 17-05-09 |
| 11,16 | w 5,0 Angela de | Winter | Neo 05-01-89 Leiden Atletiek | Nijmegen | 22-05-09 |
| 11,11 | w 4,0 Tamara | Aipassa | 01-03-83 Eindhoven Atl. | Ede | 17-05-09 |
| 10,88 | w 4,3 Kirsten van | Bokhorst | Neo 21-06-88 GAC-Hilversum | Nijmegen | 22-05-09 |
| 10,85 | w 2,4 Anouk | Kruiswijk | MB 12-06-92 AV '40 | Emmeloord | 28-06-09 |
| 10,75 | w 4,9 Ellen | Tromp | V40 31-01-69 GAC-Hilversum | Zeist | 17-05-09 |
| 10,71 | w 2,5 Renee | Granzier | MB 02-07-92 Unitas | Bergen op Zoom | 06-09-09 |
| 10,49 | w 3,0 Kitty van | Boxmeer | 05-05-81 AV Weert | Ede | 17-05-09 |
| 10,43 | w 4,2 Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Almelo | 05-09-09 |
| 10,26 | w 2,6 Sanne | Korteland | Neo 08-01-89 Passaat | Ede | 17-05-09 |
| 10,25 | w 5,2 Cindy | Nolte-Hannon | 02-11-86 Atl. Maastricht | Nijmegen | 22-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 11,12 | o Nora | Ritzen | MB 03-07-93 Groningen Atl | Groningen | 03-10-09 |
| kogelstoten 4 kg vrouwen | | | | | |
| 17,37 | Melissa | Boekelman | Neo 11-05-89 Prins Hendrik | Kaunas (LTU) | 17-07-09 |
| 17,33 | Melissa | Boekelman | Neo | Leiden | 13-06-09 |
| 17,30 | Denise | Kemkers | 11-04-85 Hera | Breda | 29-08-09 |
| 17,29 | Melissa | Boekelman | Neo | Amsterdam | 02-08-09 |
| 17,22 | Melissa | Boekelman | Neo | Oordegem | 31-05-09 |
| 17,19 | Melissa | Boekelman | Neo | Bergen (NOR) | 21-06-09 |
| 17,06 | Denise | Kemkers | | Amsterdam | 02-08-09 |
| 17,04 | Denise | Kemkers | | Eindhoven | 12-07-09 |
| 17,01 | Melissa | Boekelman | Neo | Uden | 27-06-09 |

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|---|----------------|------------------------|-------------------------------|------------------------------------|-----------------|
| 16,97 | <i>Melissa</i> | <i>Boekelman</i> | <i>Neo</i> | <i>Los Realejos (ESP) 14-03-09</i> | |
| | (10/2) | | | | |
| 15,61 | Jolanda | Keizer | 05-04-85 AAC | Lisse | 09-05-09 |
| 14,83 | Laurien | Hoos | 18-08-83 Hera | Amsterdam | 02-08-09 |
| 14,58 | Corinne | Nugter | MB 28-03-92 AV NOP | Tampere (FIN) | 23-07-09 |
| 14,46 | Elise | Knetemann | 23-07-80 Lycurgus | Hoorn | 23-05-09 |
| 14,25 | Loes | Verlaak | 27-11-82 AV Weert | Ede | 17-05-09 |
| 14,16 | Monique | Jansen | 03-10-78 Altis | Huizingen (BEL) | 16-08-09 |
| 14,06 | Ankie | Timmers | 14-10-86 Eindhoven Atl. | Ede | 20-09-09 |
| 13,96 | Yvonne | Wisse | 06-06-82 De Spartaan | Götzis (AUT) | 30-05-09 |
| | (10) | | | | |
| 13,81 | Pamela | Kiel | MA 09-04-91 R' dam Atletiek | Leiden | 13-06-09 |
| 13,56 | Jill | Emmerzaal | MA 22-11-90 Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 13,25 | Karin | Ruckstuhl | 02-11-80 AAC | Hilversum | 13-09-09 |
| 13,24 | Femke | Dijkstra | MA 04-11-91 De Liemers | Nijmegen | 21-06-09 |
| 13,15 | Remona | Fransen | 25-11-85 De Spartaan | Hoorn | 23-05-09 |
| 13,03 | Nikki | Rodenburg | Neo 22-04-89 AAC | Leiden | 13-06-09 |
| 12,96 | Trudy | Horde | 02-03-80 R' dam Atletiek | Naaldwijk | 19-04-09 |
| 12,92 | Lisanne | Schol | MA 22-06-91 Phanos | Nijmegen | 20-09-09 |
| 12,79 | Brenda | Ophoff -Pouw | 21-06-79 PEC 1910 | Drachten | 17-05-09 |
| 12,61 | Linda | Geijselaers-Callemeijn | Neo 29-04-87 Atl. Maastricht | Maastricht | 31-05-09 |
| | (20) | | | | |
| 12,46 | Bregje | Crolla | 31-01-86 Unitas | Den Haag | 17-05-09 |
| 12,41 | Roxanne van | Noort | 23-03-83 De Spartaan | Den Haag | 17-05-09 |
| 12,39 | Eva | Reinders | MB 12-05-93 Groningen Atl | Zutphen | 19-04-09 |
| 12,23 | Amanda | Spiljard | Neo 18-09-89 Attila | Kaunas (LTU) | 18-07-09 |
| 12,22 | Suzanne de | Sevren Jacquet | Neo 14-06-89 Isala '96 | Heiloo | 14-08-09 |
| 12,17 | Ellen van der | Veer | MA 16-08-90 Hellas | Amersfoort | 13-04-09 |
| 12,13 | Nicole | Berghouwer | Neo 01-03-89 Hera | Heerhugowaard | 15-05-09 |
| 12,13 | Babs | Egbers | Neo 07-06-88 AV '34 | Woerden | 29-08-09 |
| 12,05 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Lisse | 06-06-09 |
| 12,01 | Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| | (30) | | | | |
| 12,00 | Judith | Vis | 21-06-80 R' dam Atletiek | Krommenie | 21-06-09 |
| 12,00 | Sanne van | Rossum | 07-11-81 Daventria | Dronten | 02-07-09 |
| 11,94 | Myrte | Goor | Neo 03-04-89 AAC '61 | Ede | 20-09-09 |
| 11,81 | Chantal van | Ham | 25-03-84 Atledo | Zevenbergen | 21-06-09 |
| 11,70 | Fabienne | Boekelman | MA 08-10-91 Achilles-EL | Helmond | 14-06-09 |
| 11,69 | Lara | IJsselstijn | 03-02-79 GAC-Hilversum | Krommenie | 21-06-09 |
| 11,66 | Eva van der | Poel | 18-11-85 De Spartaan | Heiloo | 17-07-09 |
| 11,61 | Rianne | Breedijk | MA 26-09-90 AV Zaanland | Amsterdam | 19-04-09 |
| 11,54 | Jacky van | Splunteren | MB 06-10-92 AV Zaanland | Huizen | 21-06-09 |
| 11,52 | Annick | Klein | Neo 29-07-89 AAC | Nijmegen | 21-05-09 |
| | (40) | | | | |
| 11,49 | Rachél van | Harlingen | MA 16-11-91 Sprint | Vught | 10-05-09 |
| 11,45 | Mirjam van den | Bremen | V40 07-03-66 Clytoneus | Reeuwijk | 21-06-09 |
| 11,42 | Ester | Claassen | Neo 07-03-89 Attila | Herentals (BEL) | 03-05-09 |
| 11,42 | Nadine | Broersen | MA 29-04-90 Sprint | Gemert | 23-05-09 |
| 11,39 | Inge | Zonneveld | MB 08-08-93 AV '40 | Heerhugowaard | 10-05-09 |
| 11,37 | Tara van | Schie | MA 12-09-90 AAC | Lisse | 06-06-09 |
| 11,31 | Wendy | Smit | MA 26-01-90 Spirit-OB | Breda | 17-05-09 |
| 11,22 | Leonie | Berden | V35 16-05-74 RK HAV | Roermond | 17-10-09 |
| 11,18 | Marjon | Leeuwis | 15-05-80 AV '34 | Ede | 20-09-09 |
| 11,14 | Leonie | Willekes | 13-08-86 AV Haaksbergen | Haaksbergen | 12-05-09 |
| | (50) | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 12,48 | o Lianne | Bruins | GAC-Hilversum | Hilversum | 04-10-09 |
| 11,68 | o Eva van der | Poel | 18-11-85 De Spartaan | Lisse | 05-04-09 |
| <i>buitenlanders bij nederlandse clubs:</i> | | | | | |
| 13,37 | Susan | Coltman (CAN) | 10-04-81 AAC '61 | Desenzano del Garda (ITA) | 09-05-09 |
| discuswerpen 1 kg vrouwen | | | | | |
| 58,97 | Monique | Jansen | 03-10-78 Altis | Chula (USA) | 28-04-09 |
| 58,97 | <i>Monique</i> | <i>Jansen</i> | | <i>Amsterdam</i> | <i>01-08-09</i> |
| 58,45 | <i>Monique</i> | <i>Jansen</i> | | <i>Hoorn</i> | <i>23-05-09</i> |
| 57,40 | <i>Monique</i> | <i>Jansen</i> | | <i>Chula (USA)</i> | <i>23-04-09</i> |

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|---------------------------------|--------------------|------------------------|-------------------------------|--------------------|----------|
| 57,24 | Monique | Jansen | | Lisse | 09-05-09 |
| 57,00 | Monique | Jansen | | Zwolle | 17-05-09 |
| 56,99 | Monique | Jansen | | Krommenie | 05-07-09 |
| 56,74 | Monique | Jansen | | Los Realejos (ESP) | 14-03-09 |
| 56,58 | Monique | Jansen | | Huizingen (BEL) | 16-08-09 |
| 56,17 | Monique | Jansen | | Brasschaat (BEL) | 26-07-09 |
| (10/1) | | | | | |
| 55,05 | Loes | Verlaak | 27-11-82 AV Weert | Amsterdam | 01-08-09 |
| 52,25 | Melissa | Boekelman | Neo 11-05-89 Prins Hendrik | Leiden | 13-06-09 |
| 46,36 | Sanne van | Rossum | 07-11-81 Daventria | Amsterdam | 01-08-09 |
| 46,35 | Denise | Kemkers | 11-04-85 Hera | Los Realejos (ESP) | 14-03-09 |
| 45,54 | Corinne | Nugter | MB 28-03-92 AV NOP | Tampere (FIN) | 21-07-09 |
| 44,47 | Ester | Claassen | Neo 07-03-89 Attila | Oordegem (BEL) | 27-08-09 |
| 43,80 | Linda | Geijselaers-Callemeijn | Neo 29-04-87 Atl. Maastricht | Den Haag | 17-05-09 |
| 43,11 | Jill | Emmerzaal | MA 22-11-90 Nijmegen Atletiek | Nijmegen | 20-09-09 |
| 42,88 | Elise | Knetemann | 23-07-80 Lycurgus | Hoorn | 23-05-09 |
| (10) | | | | | |
| 42,85 | Evelien | Dekkers | Neo 28-04-88 Achilles-EL | Amsterdam | 01-08-09 |
| 42,72 | Pamela | Kiel | MA 09-04-91 R' dam Atletiek | Lokeren | 01-06-09 |
| 42,26 | Ingrid van | Dijk | V45 19-05-62 GAC-Hilversum | Lahti (FIN) | 03-08-09 |
| 41,95 | Irma | Spin-van Hees | V40 29-05-66 PEC 1910 | Zwolle | 28-06-09 |
| 41,92 | Ankie | Timmers | 14-10-86 Eindhoven Atl. | Ede | 17-05-09 |
| 41,81 | Denise van | Herp | MB 02-05-93 Daventria | Emmeloord | 27-06-09 |
| 41,57 | Yvonne | Jeurissen | 22-01-81 Unitas | Beek | 13-05-09 |
| 41,16 | Roxanne van | Noort | 23-03-83 De Spartaan | Nijmegen | 21-05-09 |
| 41,02 | Bibi Lotte van der | Horst | Neo 08-12-88 Atletico '73 | Nijmegen | 21-05-09 |
| 40,73 | Leonie | Berden | V35 16-05-74 RK HAV | Eeklo (BEL) | 10-10-09 |
| (20) | | | | | |
| 39,89 | Sacha | Popping | MA 18-03-91 Cialfo | Amsterdam | 01-08-09 |
| 39,42 | Els | Stolk | V50 07-02-57 AAC | Lisse | 09-05-09 |
| 39,17 | Ellen van der | Veer | MA 16-08-90 Hellas | Nijmegen | 21-05-09 |
| 39,08 | Vivian | Brandthoff | MB 27-06-93 SAV | Emmeloord | 27-06-09 |
| 38,74 | Ella van der | Donk | MB 06-04-93 Hellas | Emmeloord | 27-06-09 |
| 38,28 | Brenda | Ophoff -Pouw | 21-06-79 PEC 1910 | Lisse | 09-05-09 |
| 38,03 | Monique de | Graauw-Kuenen | V35 09-04-71 Prins Hendrik | Steenbergen | 28-06-09 |
| 38,00 | Laura van den | Akker | 25-07-77 AV Heerenveen | Hoogeveen | 12-06-09 |
| 37,68 | Cindy | Kiekens | MA 15-09-91 Hera | Heerhugowaard | 10-05-09 |
| 37,28 | Hanny | Ebbekink-Tukkers | V5024-08-58 AC TION | Drachten | 17-05-09 |
| (30) | | | | | |
| 37,24 | Sacha van der | Donk | MA 24-01-91 Hellas | Amersfoort | 04-07-09 |
| 37,00 | Mirjam | Aberkrom-De Groot | V45 02-02-64 AV Edam | Nieuwegein | 20-09-09 |
| 36,70 | Jannet van | Noord | V45 18-10-62 Lycurgus | Lahti (FIN) | 03-08-09 |
| 36,53 | Linda | Hoedemakers | MB 01-02-92 Unitas | Emmeloord | 27-06-09 |
| 36,35 | Lisanne | Schol | MA 22-06-91 Phanos | Amstelveen | 10-05-09 |
| 35,96 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Groningen | 29-05-09 |
| 35,84 | Marije | Dangremond | MA 23-11-90 AC TION | Goor | 04-09-09 |
| 35,74 | Linda | Prop | MB 05-02-93 Spado | Sint Niklaas (BEL) | 31-10-09 |
| 35,51 | Nadine de | Goede | 14-05-82 Altis | Amersfoort | 04-07-09 |
| 35,40 | Karin | Nienhuis | V40 16-01-69 Ciko '66 | Ancona (ITA) | 26-03-09 |
| (40) | | | | | |
| 35,31 | Nicky van der | Schilt | MA 29-06-91 Groningen Atl | Groningen | 19-06-09 |
| 35,29 | Mandy van | Egdom | MB 10-08-93 Triathlon | Emmeloord | 27-06-09 |
| 35,20 | Lisanne | Hoos | Neo 02-07-87 Hera | Zwolle | 17-05-09 |
| 35,14 | Moniek | Reijs | V35 25-04-72 De Keien | Valkenswaard | 19-04-09 |
| 35,12 | Lieke van | Velzen | Neo 16-10-87 Startbaan | Zaandam | 17-04-09 |
| 35,11 | Lena | Dekker | 18-12-85 SAV | Amsterdam | 19-04-09 |
| 35,00 | Hannah de | Boer | 12-02-82 KAV Holland | Amsterdam | 19-04-09 |
| 34,95 | Inge | Zonneveld | MB 08-08-93 AV '40 | Leiden | 23-04-09 |
| 34,62 | Debby van der | Schilt | 24-11-81 Groningen Atl | Drachten | 17-05-09 |
| 34,48 | Amanda | Ouwens | MB 14-04-92 Energie | Vlaardingen | 29-03-09 |
| (50) | | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 42,20 | o Irma | Spin-van Hees | V40 29-05-66 PEC 1910 | Zwolle | 27-09-09 |
| 39,45 | o Jannicke | IJdens | Neo 11-05-88 Groningen Atl | Groningen | 03-10-09 |

kogelslingeren 4 kg vrouwen

| | | | | | |
|--------|--------------------|-----------------------|--|--------------------|----------|
| 56,58 | Maaïke | Schetters | 10-10-83 Eindhoven Atl. | Melle (BEL) | 09-08-09 |
| 56,38 | Maaïke | Schetters | | Amsterdam | 02-08-09 |
| 56,06 | Maaïke | Schetters | | Apeldoorn | 03-10-09 |
| 56,01 | Maaïke | Schetters | | Eindhoven | 12-07-09 |
| 55,77 | Maaïke | Schetters | | Zwolle | 29-08-09 |
| 55,70 | Maaïke | Schetters | | Grootebroek | 16-08-09 |
| 55,70 | Maaïke | Schetters | | Roermond | 17-10-09 |
| 55,14 | Maaïke | Schetters | | Beveren (BEL) | 29-07-09 |
| 55,11 | Nicky van der | Schilt | MA 29-06-91 Groningen Atl | Apeldoorn | 04-07-09 |
| 55,10 | Maaïke | Schetters | | Ede | 20-09-09 |
| (10/2) | | | | | |
| 53,98 | Tamara van der | Bij | 14-01-84 Altis | Ede | 20-09-09 |
| 51,98 | Gonny | Mik | V40 23-03-65 Groningen Atl | Groningen | 29-05-09 |
| 51,15 | Eva | Reinders | MB 12-05-93 Groningen Atl | Boskoop | 20-06-09 |
| 48,38 | Femke | Hollander | 01-04-83 PEC 1910 | Zwolle | 23-07-09 |
| 44,85 | Ingrid van | Dijk | V45 19-05-62 GAC-Hilversum | Amersfoort | 11-04-09 |
| 43,07 | Chantal van | Ham | 25-03-84 Atledo | Breda | 18-10-09 |
| 42,15 | Yvette | Bot-Vleerlaag | V35 12-09-72 SAV | Yverdon (SUI) | 04-10-09 |
| 42,08 | Jana | Vree | MA 12-08-91 Sprint | Amsterdam | 02-08-09 |
| (10) | | | | | |
| 41,87 | Susan | Peters | 21-12-81 Ciko '66 | Apeldoorn | 28-03-09 |
| 41,47 | Laurien | Goedemans | Neo 05-08-89 OSM '75 | Apeldoorn | 04-07-09 |
| 41,37 | Lise | Smit | Neo 20-06-88 AAC | Krommenie | 05-07-09 |
| 41,06 | Trudy | Horden | 02-03-80 R' dam Atletiek | Naaldwijk | 19-04-09 |
| 41,01 | Valéry | Vollering | MA 20-10-90 Haag Atletiek | Emmeloord | 28-06-09 |
| 39,35 | Linda | Prop | MB 05-02-93 Spado | Sint Niklaas (BEL) | 31-10-09 |
| 38,97 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atletiek Huckelhoven (GER) | 31-12-09 | |
| 38,94 | Martine van | Beek | Neo 13-02-87 Hellas | Ede | 20-09-09 |
| 38,56 | Monica | Kindervater | V40 03-06-68 Hanzesport | Eindhoven | 25-04-09 |
| 38,25 | Carolijn | Damen | MA 09-06-90 AAC | Boskoop | 20-06-09 |
| (20) | | | | | |
| 38,22 | Tosca | Hellebrekers | 24-06-84 AV Weert | Dubnica (SVK) | 31-05-09 |
| 38,09 | Renate | Beunder | V35 31-08-70 Lycurgus | Krommenie | 21-06-09 |
| 37,87 | Anselma van | Midden | MB 26-02-92 GAC-Hilversum | Apeldoorn | 24-01-09 |
| 37,49 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Groningen | 03-04-09 |
| 36,94 | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Krommenie | 21-06-09 |
| 36,90 | Elke | Gram-van Raak | V35 14-06-72 Sprint | Eindhoven | 25-04-09 |
| 36,67 | Mirjam van den | Bremen | V40 07-03-66 Clytoneus | Rotterdam | 11-07-09 |
| 36,63 | Monique | Jansen | 03-10-78 Altis | Naaldwijk | 19-04-09 |
| 35,38 | Bianca | Elzinga | 13-06-81 GAC-Hilversum | Hilversum | 13-09-09 |
| 35,30 | Simone | Veth | 25-04-79 Passaat | Utrecht | 01-05-09 |
| (30) | | | | | |
| 35,11 | Karin van | Wieren | Neo 16-05-87 AV Wieringermeer | Grootebroek | 22-05-09 |
| 34,93 | Kirsten | Regtop | 05-02-82 AV '34 | Harderwijk | 21-06-09 |
| 34,05 | Mariska | Maatje | MA 11-09-90 De Sperwers | Emmeloord | 28-06-09 |
| 33,44 | Laura van | Nes | Neo 22-05-89 R' dam Atletiek | Boskoop | 20-06-09 |
| 33,36 | Annie van | Anholt | V60 22-02-47 Attila | Krommenie | 21-06-09 |
| 32,63 | Pauke | Schots | MA 07-07-90 Pallas '67 | Emmeloord | 28-06-09 |
| 32,43 | Marlies van | Woerden | V40 09-04-67 Prins Hendrik | Rotterdam | 24-01-09 |
| 31,29 | Diana vanManen-van | Meerendonk | V40 13-02-67 AV Fivelstreek | Boskoop | 20-06-09 |
| 31,01 | Karin | Geertsma | V35 23-02-72 Lycurgus | Naaldwijk | 19-04-09 |
| 30,84 | Martine | Wassink | 13-01-80 R' dam Atletiek | Rotterdam | 24-01-09 |
| (40) | | | | | |
| 30,75 | Mirjam | Aberkrom-de Groot | V45 02-02-64 AV Edam | Grootebroek | 22-05-09 |
| 30,59 | Heidi van der | Veek | 18-03-77 De Spartaan | Nijmegen | 20-09-09 |
| 30,58 | Odile | Janssen | MB 22-08-93 KAV Holland | Amersfoort | 21-06-09 |
| 30,24 | Wendy van | Zwol | 04-01-83 Sparta | Barendrecht | 31-05-09 |
| 29,20 | Annet | Hesselink | 29-01-81 Vitalis | Groningen | 29-05-09 |
| 28,96 | Hilde | Siegersma | 17-05-84 't Haasje | Wageningen | 18-09-09 |
| 28,86 | Ellen | Dekker | V35 05-07-73 Ilion | Amersfoort | 21-06-09 |
| 28,60 | Lisanne | Hoos | Neo 02-07-87 Hera | Krommenie | 21-06-09 |
| 28,47 | Ciska | Bosma | 23-12-81 Noordkop | Den Helder | 28-08-09 |
| 28,35 | Suzanne | Vliek | 18-04-84 Athlos | Harderwijk | 21-06-09 |
| (50) | | | | | |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|-----------|----------|--------------|---------------|------------|----------|
| 51,22 | o | Wendy | Koolhaas | 05-01-80 | Groningen Atl | Groningen | 03-10-09 |
| 41,86 | o | Nina | Dirks | MA 94 | Groningen Atl | Groningen | 03-10-09 |
| 33,55 | o | Karin | Nienhuis | V40 16-04-69 | Ciko '66 | Arnhem | 04-10-09 |
| 30,98 | o | Andika de | Visser | Neo 03-12-87 | Parthenon | Dordrecht | 04-10-09 |
| 29,10 | o | Ciska | Bosma | 23-12-81 | Noordkop | Den Helder | 04-10-09 |

speerwerpen 600 gram vrouwen

| | | | | | | | |
|-------|--------|-----------------------|-----------------------|--------------|-----------------|---------------------------|-----------------|
| 54,71 | | Bregje | Crolla | 31-01-86 | Unitas | Amsterdam | 02-08-09 |
| 53,75 | | Melissa | Boekelman | Neo 11-05-89 | Prins Hendrik | Uden | 27-06-09 |
| 53,16 | | Evelien | Dekkers | Neo 28-04-88 | Achilles-EL | Fayetteville (USA) | 12-06-09 |
| 53,02 | | <i>Evelien</i> | <i>Dekkers</i> | <i>Neo</i> | | <i>Gainesville (USA)</i> | <i>17-05-09</i> |
| 52,11 | | <i>Bregje</i> | <i>Crolla</i> | | | <i>Hoorn</i> | <i>23-05-09</i> |
| 52,03 | | <i>Bregje</i> | <i>Crolla</i> | | | <i>Sint Niklaas (BEL)</i> | <i>21-05-09</i> |
| 51,88 | | <i>Bregje</i> | <i>Crolla</i> | | | <i>Hulst</i> | <i>01-06-09</i> |
| 51,80 | | <i>Melissa</i> | <i>Boekelman</i> | <i>Neo</i> | | <i>Kaunas (LTU)</i> | <i>18-07-09</i> |
| 51,70 | | Nadine | Broersen | MA 29-04-90 | Sprint | Krommenie | 21-06-09 |
| 51,63 | | <i>Evelien</i> | <i>Dekkers</i> | <i>Neo</i> | | <i>Fayetteville (USA)</i> | <i>10-06-09</i> |
| | (10/4) | | | | | | |
| 50,01 | | Laurien | Hoos | 18-08-83 | Hera | Amsterdam | 02-08-09 |
| 49,13 | | Lisanne | Schol | MA 22-06-91 | Phanos | Amstelveen | 10-05-09 |
| 48,67 | | Anouk | Vetter | MB 04-02-93 | AAC | Amstelveen | 10-05-09 |
| 46,32 | | Jisca | Docters | 17-04-85 | Atl. Maastricht | Beek | 09-09-09 |
| 43,87 | | Cornelia de | Jong | MA 25-03-91 | Horror | Steenwijk | 11-10-09 |
| 43,69 | | Patricia | Harteveld | MA 13-12-90 | Climax | Breda | 18-10-09 |
| | (10) | | | | | | |
| 43,09 | | Femke | Oude Ophuis | Neo 24-03-89 | MPM | Hengelo | 06-05-09 |
| 42,84 | | Fieke | Cappendijk | 05-03-86 | 't Haasje | Amsterdam | 02-08-09 |
| 42,38 | | Emilie | Ephimenco | Neo 21-08-87 | R' dam Atletiek | Den Haag | 17-05-09 |
| 41,99 | | Denise van | Herp | MB 02-05-93 | Daventria | Emmeloord | 26-06-09 |
| 41,29 | | Nikki | Rodenburg | Neo 22-04-89 | AAC | Zaandam | 17-04-09 |
| 41,21 | | Eefje | Frissen | MA 03-07-90 | GVAC | Nijmegen | 22-05-09 |
| 41,04 | | Ellen van der | Veer | MA 16-08-90 | Hellas | Amersfoort | 13-04-09 |
| 40,39 | | Lisanne | Hoos | Neo 02-07-87 | Hera | Hoorn | 23-05-09 |
| 40,21 | | Karin | Geertsma | V35 23-02-72 | Lycurgus | Ede | 20-09-09 |
| 40,19 | | Kirsten van | Bokhorst | Neo 21-05-88 | GAC-Hilversum | Zwolle | 17-05-09 |
| | (20) | | | | | | |
| 40,15 | | Carolien van | Dam | 01-08-85 | AAC '61 | Drachten | 17-05-09 |
| 40,13 | | Elisa | Blom | MA 04-02-91 | Prins Hendrik | Den Haag | 17-05-09 |
| 39,82 | | Ellis | Gielen | MB 15-03-93 | Unitas | Enschede | 20-09-09 |
| 39,65 | | Rachél van | Harlingen | MA 16-11-91 | Sprint | Nijmegen | 20-09-09 |
| 39,41 | | Brenda | Pouw | 21-06-79 | PEC 1910 | Amersfoort | 13-04-09 |
| 39,34 | | Amanda | Spiljard | Neo 18-09-89 | Attila | Kaunas (LTU) | 19-07-09 |
| 38,83 | | Ayla | Snoeys | 29-03-85 | Phoenix | Dongen | 26-04-09 |
| 38,81 | | Ilona | Verboom | MA 05-01-91 | Triathlon | Zwolle | 30-05-09 |
| 38,38 | | Roos de | Klerk | MC 24-06-94 | Energie | Almelo | 05-09-09 |
| 38,37 | | Helga van | Koppenhagen | Neo 01-01-89 | Hellas | Amsterdam | 05-07-09 |
| | (30) | | | | | | |
| 38,14 | | Mandy van der | Meer | MB 31-07-93 | Ilion | Schoonhoven | 16-06-09 |
| 38,02 | | Danien ten | Berge | MB 28-12-92 | De Sperwers | Emmen | 14-06-09 |
| 38,01 | | Suzanne de | Sevren Jacquet | Neo 14-06-89 | Isala '96 | Szczecin (POL) | 28-06-09 |
| 37,98 | | Melanie | Versteeg | MB 21-08-92 | GAC-Hilversum | Amstelveen | 01-06-09 |
| 37,58 | | Jacky van | Splunteren | MB 06-10-92 | AV Zaanland | Enschede | 20-09-09 |
| 37,50 | | Tamara van der | Bij | 14-01-84 | Altis | Ede | 20-09-09 |
| 37,32 | | Ditha Stegman-van der | Stegman-van der Hidde | V35 08-06-71 | R' dam Atletiek | Zülpich (GER) | 05-08-09 |
| 37,31 | | Nienke | Assink | 21-08-78 | Phanos | Den Haag | 17-05-09 |
| 37,08 | | Sanne van | Rossum | 07-11-81 | Daventria | Kampen | 22-04-09 |
| 37,05 | | Louise | Taatgen | MB 05-01-93 | Groningen Atl | Emmeloord | 03-05-09 |
| | (40) | | | | | | |
| 36,96 | | Dominique | Gommers | MC 03-03-95 | Spado | Almelo | 05-09-09 |
| 36,80 | | Ellen | Dekker | V35 05-07-73 | Ilion | Naaldwijk | 14-05-09 |
| 36,54 | | Susanne | Nijhuis | Neo 01-10-88 | AC TION | Hengelo | 06-05-09 |
| 36,54 | | Anna | Meijering | MA 18-04-91 | Startbaan | Alkmaar | 17-05-09 |
| 36,53 | | Didi van de | Spek | MA 04-09-90 | AV Edam | Nieuwegein | 20-09-09 |
| 36,48 | | Anne-Lique | Weeren | MC 10-02-94 | Triathlon | Almelo | 05-09-09 |
| 36,46 | | Rianne | Gorter | MB 10-08-92 | Isala '96 | Emmeloord | 26-06-09 |

| | | | | | | |
|-------|-----------|---------|--------------|------------|------------|----------|
| 36,35 | Annelies | Laan | MA 18-05-90 | Hollandia | Alkmaar | 17-05-09 |
| 36,33 | Nadine de | Goede | 14-05-82 | Altis | Krommenie | 21-06-09 |
| 36,22 | Mariët | Voskamp | V45 23-09-61 | Hanzesport | Oosterhout | 14-06-09 |

(50)

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|--------|--------------|----------|----------|-----------|----------|
| 37,79 | o | Brenda | Ophoff -Pouw | 21-06-79 | PEC 1910 | Zwolle | 27-09-09 |
| 37,70 | o | Eef | Renders | MA | GVAC | Veldhoven | 20-09-09 |

buitenlanders bij nederlandse clubs:

| | | | | | | |
|-------|-------|---------------|----------|---------|---------|----------|
| 39,99 | Susan | Coltman (CAN) | 10-04-81 | AAC '61 | Woerden | 30-08-09 |
|-------|-------|---------------|----------|---------|---------|----------|

gewichtwerpen 9,08 kg vrouwen

| | | | | | | |
|-------|------------|-----------------------|--------------|-----------------------------------|-------------|----------|
| 15,73 | Gonny | Mik | V40 23-03-65 | Groningen Atl | Huizen | 03-10-09 |
| 15,60 | Maaïke | Schetters | 10-10-83 | Eindhoven Atl. | Eindhoven | 14-02-09 |
| 14,66 | Ingrid van | Dijk | V45 19-05-62 | GAC-Hilversum | Lahti (FIN) | 30-07-09 |
| 13,14 | Lise | Smit | Neo 20-06-88 | AAC | Amsterdam | 03-10-09 |
| 13,01 | Monica | Kindervater | V40 03-06-68 | Hanzesport | Zutphen | 31-10-09 |
| 12,98 | Ditha | Stegman-van der Hidde | V35 08-06-71 | R' dam Atl. Übach-Palenberg (GER) | 26-09-09 | |
| 11,44 | Hanneke | Reinders-Vasse | V35 26-11-69 | Groningen Atl | Eindhoven | 26-04-09 |
| 11,39 | Yvette | Bot-Vleerlaag | V35 12-09-72 | SAV | Lahti (FIN) | 30-07-09 |
| 11,23 | Michelle | Blommestijn | V40 26-03-66 | R' dam Atletiek | Eindhoven | 26-04-09 |
| 11,11 | Carolijn | Damen | MA 09-06-90 | AAC | Amsterdam | 03-10-09 |

(10)

| | | | | | | |
|-------|--------------------------|---------------|--------------|---------------|-----------|----------|
| 10,62 | Yvonne de | Hondt | V45 24-04-61 | GAC-Hilversum | Eindhoven | 26-04-09 |
| 10,54 | Mariët | Voskamp | V45 23-09-61 | Hanzesport | Zutphen | 31-10-09 |
| 10,29 | Simone | Veth | 25-04-79 | Passaat | Huizen | 03-10-09 |
| 10,05 | Marie-José | Smit-van Oort | V40 05-01-67 | Scorpio | Huizen | 03-10-09 |
| 10,01 | Mirjam Aberkrom-de Groot | | V45 02-02-64 | AV Edam | Eindhoven | 26-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-----------|----------------------|--------------|----------------|---------|
| 10,26 | o | Diana van | Manen-van Meerendonk | V40 13-02-67 | AV Fivelstreek | Boskoop |
|-------|---|-----------|----------------------|--------------|----------------|---------|

7-kamp vrouwen

| | | | | | | | |
|------|--------------|----------------|--|-------------|---------------------------|----------|--|
| | | | <i>100mH* hoog *kogel * 200m * ver * speer * 800m * windgegevens</i> | | | | |
| 6100 | Yvonne | Wisse | 06-06-82 | De Spartaan | Götzis (AUT) | 31-05-09 | |
| | | | <i>13,73 * 1,76 * 13,96 * 23,76 * 6,07 * 34,98 * 2.13,23 * -0,7 * 1,5 * 1,2</i> | | | | |
| 5986 | Yvonne | Wisse | | | Desenzano del Garda (ITA) | 10-05-09 | |
| | | | <i>13,66 * 1,75 * 13,11 * 24,32 * 5,94 * 35,35 * 2.11,05 * 0,7 * -0,5 * 0,1</i> | | | | |
| 5798 | Remona | Fransen | 25-11-85 | De Spartaan | Lisse | 07-06-09 | |
| | | | <i>14,46 * 1,81 * 13,07 * 25,21 * 6,24 * 32,54 * 2.18,50 * -2,8 * -0,1 * 3,3</i> | | | | |
| 5704 | Yvonne | Wisse | | | Berlijn (GER) | 16-08-09 | |
| | | | <i>13,66 * 1,68 * 12,53 * 24,78 * 5,87 * 33,82 * 215,58 * -0,4 * 0 * 0,2</i> | | | | |
| 5665 | Remona | Fransen | | | Szczecin (POL) | 28-06-09 | |
| | | | <i>14,40 * 1,84 * 12,83 * 25,43 * 5,91 * 29,69 * 2.17,65 * -1,0 * -0,3 * 0,6</i> | | | | |
| 5531 | Amanda | Spiljard | Neo 18-09-89 | Attila | Kaunas (LTU) | 19-07-09 | |
| | | | <i>14,95 * 1,68 * 12,23 * 25,10 * 5,87 * 39,34 * 2.19,25 * 0,9 * -1,7 * 3,5</i> | | | | |
| 5512 | Remona | Fransen | | | Desenzano del Garda (ITA) | 10-05-09 | |
| | | | <i>14,25 * 1,75 * 12,88 * 25,35 * 5,85 * 30,49 * 2.22,56 * 0,9 * 0,4 * 0,4</i> | | | | |
| 5507 | Dafne | Schippers | MB 15-06-92 | Hellas | Novi Sad (SRB) | 26-07-09 | |
| | | | <i>14,05 * 1,69 * 12,01 * 24,21 * 5,62 * 34,04 * 2.23,01 * 2,2 * 0,9 * -1,0</i> | | | | |
| 5488 | Amanda | Spiljard | Neo | | Lisse | 07-06-09 | |
| | | | <i>15,45 * 1,72 * 11,73 * 25,18 * 6,01 * 36,71 * 2.17,62 * -1,4 * -0,1 * 2,8</i> | | | | |
| 5456 | Nadine | Broersen | MA 29-04-90 | Sprint | Novi Sad (SRB) | 26-07-09 | |
| | | | <i>14,18 * 1,75 * 11,02 * 26,47 * 5,44 * 48,11 * 2.27,32 * 0,3 * 0,5 * -1,0</i> | | | | |
| | (10/5) | | | | | | |
| 5236 | Suzanne de | Sevren Jacquet | Neo 14-06-89 | Isala '96 | Szczecin (POL) | 28-06-09 | |
| | | | <i>14,39 * 1,63 * 11,58 * 25,40 * 5,12 * 38,01 * 2.19,04 * 0,8 * -0,6 * 0,9</i> | | | | |
| 4875 | Linda van de | Lagemaat | MA 29-11-90 | Pallas '67 | Lisse | 07-06-09 | |
| | | | <i>15,95 * 1,68 * 10,79 * 25,82 * 5,62 * 28,80 * 2.26,18 * -0,7 * -2,1 * 1,5</i> | | | | |
| 4868 | Laura | Molenaar | 23-07-86 | AV Gouda | Szczecin (POL) | 28-06-09 | |
| | | | <i>14,14 * 1,48 * 10,42 * 26,08 * 5,57 * 32,70 * 2.28,28 * 1,3 * 0,4 * -0,2</i> | | | | |
| 4697 | Nicole | Berghouwer | Neo 01-03-89 | Hera | Woerden | 30-08-09 | |
| | | | <i>15,53 * 1,61 * 11,61 * 26,51 * 5,07 * 33,57 * 2.32,08 * 3,7 * 3,2 * 1,0</i> | | | | |
| 4644 | Tara van | Schie | MA 12-09-90 | AAC | Lisse | 07-06-09 | |
| | | | <i>15,80 * 1,53 * 11,37 * 25,36 * 5,56 * 29,55 * 2.38,33 * -0,7 * -2,1 * 3,8</i> | | | | |
| | (10) | | | | | | |
| 4596 | Gejanne | Lussenburg | Neo 24-12-89 | Isala '96 | Lisse | 07-06-09 | |
| | | | <i>16,24 * 1,57 * 10,06 * 26,36 * 5,44 * 30,72 * 2.26,42 * -1,4 * -1,3 * 1,4</i> | | | | |

| | | | | | | |
|------|------|---|-------------|----------------------------|-------------|----------|
| 4466 | | Jisca | Docters | 17-04-85 Atl. Maastricht | Best | 05-07-09 |
| | | 15,70 * 1,50 * 09,58 * 27,05 * 5,40 * 43,82 * 2.49,18 * -1,1 * -1,4 * | | | | |
| 4395 | | Louise | Taatgen | MB 05-01-93 Groningen Atl | Lisse | 07-06-09 |
| | | 16,79 * 1,44 * 12,05 * 28,26 * 5,45 * 35,41 * 2.30,97 * -2,5 * -1,5 * 2,4 | | | | |
| 4376 | | Sanne van der | Velden | MA 28-01-90 Flevo Delta | Lisse | 07-06-09 |
| | | 16,20 * 1,62 * 09,28 * 27,49 * 5,20 * 34,71 * 2.38,25 * -2,5 * -1,5 * 2,3 | | | | |
| 4361 | | Nora | Ritzen | MB 03-07-93 Groningen Atl | Lisse | 07-06-09 |
| | | 15,70 * 1,47 * 11,09 * 26,91 * 5,25 * 25,53 * 2.30,89 * -0,7 * -1,5 * 1,7 | | | | |
| 4338 | | Eva van der | Poel | 18-11-85 De Spartaan | Amersfoort | 30-08-09 |
| | | 16,32 * 1,50 * 11,25 * 26,41 * 5,09 * 29,96 * 2.37,05 * 2,3 * 3,4 * 3,1 | | | | |
| 4156 | | Charissa | Janssens | MA 02-06-90 Sparta | Lisse | 07-06-09 |
| | | 17,64 * 1,53 * 09,61 * 26,60 * 4,87 * 36,10 * 2.36,93 * -2,5 * -2,1 * 2,1 | | | | |
| 4151 | | Grace van den | Berg | Neo 01-06-88 AV Almere '81 | Gemert | 24-05-09 |
| | | 16,49 * 1,44 * 09,73 * 28,22 * 4,99 * 32,58 * 2.26,95 * -1,1 * -1,5 * 0,4 | | | | |
| 3964 | | Anne | Baar | Neo 18-11-89 GAC-Hilversum | Amersfoort | 30-08-09 |
| | | 16,74 * 1,47 * 09,10 * 28,25 * 4,86 * 31,15 * 2.33,62 * 1,2 * 1,4 * 1,4 | | | | |
| 3881 | | Linda | Rutten | 16-02-84 Atledo | Amstelveen | 01-06-09 |
| | | 16,82 * 1,35 * 08,64 * 27,62 * 4,84 * 29,68 * 2.28,22 * -1,0 * -0,2 * | | | | |
| | (20) | | | | | |
| 3866 | | Saskia | Zwaard | MA 11-09-91 AV '40 | Zaandam | 05-07-09 |
| | | 15,61 * 1,40 * 07,67 * 26,55 * 5,03 * 17,88 * 2.33,78 * * * | | | | |
| 3852 | | Indah van | Marrewijk | MA 12-03-90 AV '40 | Zaandam | 05-07-09 |
| | | 15,94 * 1,45 * 07,55 * 27,83 * 5,06 * 20,00 * 2.30,61 * * * | | | | |
| 3833 | | Maaïke | Spuij | MB 07-03-92 AV Gouda | Lisse | 07-06-09 |
| | | 15,47 * 1,41 * 07,98 * 26,92 * 4,50 * 19,87 * 2.29,49 * -0,7 * -1,5 * 3,7 | | | | |
| 3831 | | Alexandra | Visser | 08-12-84 SISU | Amersfoort | 30-08-09 |
| | | 17,17 * 1,41 * 09,19 * 26,97 * 4,52 * 31,66 * 2.37,74 * 1,2 * 3,4 * 2,6 | | | | |
| 3823 | | Jetske | Touw | MA 21-02-91 GAC-Hilversum | Lisse | 07-06-09 |
| | | 17,30 * 1,47 * 07,83 * 26,90 * 5,14 * 25,04 * 2.39,16 * -2,5 * -1,5 * 0,8 | | | | |
| 3789 | | Samantha | Lernout | MA 14-05-91 RK HAV | Lisse | 07-06-09 |
| | | 17,78 * 1,44 * 08,44 * 27,97 * 5,03 * 25,11 * 2.28,56 * -2,5 * -2,1 * 1,1 | | | | |
| 3781 | | Marlijn van | Houts | 14-08-85 LG Deurne | Gemert | 24-05-09 |
| | | 18,81 * 1,47 * 08,89 * 27,23 * 4,89 * 26,07 * 2.29,23 * -1,1 * 0,7 * 0,0 | | | | |
| 3770 | | Moniek | Stijvers | Neo 20-04-89 GAC-Hilversum | Lisse | 07-06-09 |
| | | 16,14 * 1,45 * 07,77 * 28,40 * 5,00 * 25,98 * 2.40,92 * -1,4 * -1,3 * 1,6 | | | | |
| 3714 | | Femke | Oude Ophuis | Neo 24-03-89 MPM | Amersfoort | 30-08-09 |
| | | 17,50 * 1,53 * 10,07 * 28,49 * 4,80 * 26,60 * 2.49,14 * 1,2 * 3,3 * 3,7 | | | | |
| 3609 | | Donja | Karimlou | MA 17-07-91 Achilles-EL | Best | 05-07-09 |
| | | 18,33 * 1,55 * 08,10 * 28,94 * 4,85 * 24,16 * 2.35,55 * 0,7 * 0,6 * | | | | |
| | (30) | | | | | |
| | | <i>met teveel rugwind:</i> | | | | |
| 5208 | W | Babs | Egbers | Neo 07-06-88 AV '34 | Woerden | 30-08-09 |
| | | 14,16 * 1,70 * 12,13 * 25,52 * 5,74 * 31,06 * 2.36,07 * 4,2 * 2,6 * 2,1 | | | | |
| 5200 | W | Brenda | Baar | Neo 19-07-87 AV '23 | Woerden | 30-08-09 |
| | | 15,03 * 1,73 * 10,45 * 25,60 * 5,96 * 28,41 * 2.22,11 * 4,2 * 1,2 * 2,0 | | | | |
| | | <i>in onderlinge wedstrijd:</i> | | | | |
| 4735 | o | Melissa | Boekelman | Neo 11-05-89 Prins Hendrik | Vught | 27-09-09 |
| | | 16,35 * 1,50 * 16,80 * 27,35 * 5,05 * 49,05 * 3.00,29 * * * | | | | |
| 4346 | o | Lieke | Bakker | Neo 01-08-89 PEC 1910 | Zwolle | 27-09-09 |
| | | 17,22 * 1,65 * 09,78 * 25,96 * 5,54 * 31,30 * 2.51,31 * * * | | | | |
| 4063 | o | Marlieke | Husslage | 26-02-86 Sprint | Breda | 27-09-09 |
| | | 17,09 * 1,40 * 09,10 * 27,14 * 4,62 * 34,81 * 2.24,19 * * * | | | | |
| 4049 | o | Roxanne | Martin | Neo 28-01-87 Attila | Tilburg | 04-10-09 |
| | | 15,64 * 1,45 * 08,82 * 26,89 * 4,77 * 25,10 * 2.31,93 * * * | | | | |
| 3894 | o | Elisa | Blom | MA 04-02-91 Prins Hendrik | Vught | 27-09-09 |
| | | 16,51 * 1,55 * 09,38 * 28,46 * 4,89 * 33,34 * 2.55,45 * * * | | | | |
| 3886 | o | Liesbeth | Koen | Neo 20-04-89 Spirit-OB | Barendrecht | 04-10-09 |
| | | 16,61 * 1,50 * 08,61 * 28,87 * 4,82 * 30,71 * 2.35,94 * * * | | | | |
| 3723 | o | Nina | Peters | MA 02-07-91 Spark | Spijkenisse | 27-09-09 |
| | | 17,13 * 1,50 * 07,22 * 27,93 * 5,00 * 24,16 * 2.36,86 * * * | | | | |
| 3711 | o | Wendy | Smit | MA 26-01-90 Spirit-OB | Barendrecht | 04-10-09 |
| | | 18,58 * 1,50 * 09,87 * 29,12 * 4,98 * 26,69 * 2.35,50 * * * | | | | |
| 4389 | o | Eva van der | Poel | 18-11-85 De Spartaan | Lisse | 04-10-09 |
| | | 15,7= * 1,56 * 11,49 * 27,0= * 5,35 * 30,97 * 2.45,9= * * * | | | | |
| 3683 | o | Sonja van | Noort | 27-09-83 De Spartaan | Lisse | 04-10-09 |

17,1= * 1,50 * 09,27 * 28,5= * 4,76 * 24,93 * 2.40,2= * * *

buitenlanders bij nederlandse clubs:

| | | | | | |
|------|-----------|---------------|-------------------|---------------|---|
| 5895 | Susan | Coltman (CAN) | 10-04-81 AAC '61 | Woerden | 30-08-09 |
| | | | | | 13,62 * 1,73 * 13,02 * 24,98 * 6,07 * 39,99 * 2.20,60 * 2,3 * 2,6 * 0,2 |
| 4397 | Britt van | Thillo (BEL) | MA 30-07-91 Spado | Dilbeek (BEL) | 09-08-09 |
| | | | | | 16,72 * 1,54 * 09,68 * 26,67 * 4,99 * 27,43 * 2.16,71 * 1,3 * 1,1 * 0,3 |

10-kamp vrouwen

| | | | | | | |
|------|---|-----------|------------|------------------------|----------|--|
| | | | | | | <i>100m *discus* polsh* speer * 400m *100mH * ver * kogel* hoog * 1500m * windgegevens</i> |
| 4343 | o | Yvette | Caldenhove | 30-01-82 Haag Atletiek | Den Haag | 11-10-09 |
| | | | | | | 13,89 * 23,84 * 3,40 * 26,83 * 74,59 * 19,21 * 5,01 * 09,67 * 1,45 * 9.59,99 * * * |
| 4289 | o | Nina | Mulder | 14-03-86 Fit | Zeist | 05-07-09 |
| | | | | | | 13,46 * 15,95 * 1,70 * 15,57 * 62,10 * 16,04 * 4,24 * 06,90 * 1,41 * 5.53,9= * * * |
| 4122 | o | Karin van | Ham | 17-02-78 Atledo | Dongen | 27-09-09 |
| | | | | | | 14,4= * 26,11 * 2,00 * 31,19 * 70,8= * 18,5= * 4,01 * 09,19 * 1,45 * 6.12,9= * * * |

14-kamp vrouwen

| | | | | | | |
|------|--|-----------|--------|------------------------|-------|--|
| | | | | | | <i>100mH* hoog * 1500m * 400mH * kogel * 200m * windgegevens</i> |
| | | | | | | <i>100m * ver * 400m * speer * 800m * 200mH * discus * 3000m * windgegevens</i> |
| 7689 | | Linda | Rutten | 16-02-84 Atledo | Delft | 13-09-09 |
| | | | | | | 16,78 * 1,40 * 5.21,63 * 70,67 * 08,74 * 28,30 * 0,7 * * |
| | | | | | | 13,65 * 4,59 * 63,63 * 29,99 * 2.39,32 * 32,85 * 25,27 * 12.23,32 * 0,5 * 0,5 * |
| 6668 | | Wendy | Smit | MA 26-01-90 Spirit-OB | Delft | 13-09-09 |
| | | | | | | 19,89 * 1,55 * 5.40,10 * 75,89 * 10,42 * 30,05 * 0,7 * * |
| | | | | | | 14,61 * 4,65 * 66,42 * 26,68 * 2.39,05 * 35,60 * 20,75 * 12.55,45 * -0,3 * 0,5 * |
| 6207 | | Sabine | Jansen | Neo 02-12-88 Spirit-OB | Delft | 13-09-09 |
| | | | | | | 16,90 * 1,65 * 6.18,76 * 76,80 * 08,27 * 29,49 * 0,9 * * |
| | | | | | | 13,81 * 4,54 * 69,68 * 20,24 * 3.04,21 * 33,83 * 16,82 * 14.26,25 * -0,3 * 0,5 * |
| 5626 | | Karin van | Ham | 17-02-78 Atledo | Delft | 13-09-09 |
| | | | | | | 19,13 * 1,40 * 5.57,53 * 81,77 * 09,46 * 31,35 * 0,7 * * |
| | | | | | | 15,07 * 4,33 * 71,59 * 31,21 * 3.01,14 * 37,30 * 26,56 * 13.57,80 * -0,3 * 0,5 * |

4 x 100 meter clubteams vrouwen

| | | | | | | |
|-------|--|-----------------|----|-------------------|---------------|----------|
| 46,60 | | Amsterdam | | Phanos | Nijmegen | 20-09-09 |
| 47,10 | | Rotterdam | | R' dam Atletiek | Den Haag | 17-05-09 |
| 47,87 | | Lisse | | De Spartaan | Den Haag | 17-05-09 |
| 48,14 | | Nieuwegein | | Atverni | Amstelveen | 26-09-09 |
| 48,43 | | Den Haag | | Haag Atletiek | Den Haag | 17-05-09 |
| 48,52 | | Grootebroek | MB | SAV | Amstelveen | 26-09-09 |
| 48,58 | | Barendrecht | MB | Energie | Amstelveen | 26-09-09 |
| 49,00 | | Sittard | | Unitas | Den Haag | 17-05-09 |
| 49,01 | | Amsterdam | | AAC | Den Haag | 17-05-09 |
| 49,03 | | Uithoorn | MB | AKU | Amstelveen | 26-09-09 |
| (10) | | | | | | |
| 49,18 | | Vught | | Prins Hendrik | Den Haag | 17-05-09 |
| 49,28 | | Tilburg | | Attila | Krommenie | 21-06-09 |
| 49,31 | | Naaldwijk | | Olympus '70 | Naaldwijk | 19-04-09 |
| 49,43 | | Den Haag | | Sparta | Ede | 17-05-09 |
| 49,64 | | Nijmegen | | Nijmegen Atletiek | Naaldwijk | 19-04-09 |
| 49,75 | | Breda | MA | Sprint | Helmond | 14-06-09 |
| 49,77 | | Hilversum | | GAC-Hilversum | Naaldwijk | 19-04-09 |
| 50,03 | | Apeldoorn | | AV '34 | Drachten | 17-05-09 |
| 50,16 | | Heerhugowaard | | Hera | Naaldwijk | 19-04-09 |
| 50,23 | | Zoetermeer | MC | Ilion | Beverwijk | 03-05-09 |
| (20) | | | | | | |
| 50,23 | | Almere | MB | AV Almere '81 | Heerhugowaard | 07-06-09 |
| 50,40 | | Anna Paulowna | MA | Dokev | Heerhugowaard | 10-05-09 |
| 50,43 | | Sittard | MB | Unitas | Uden | 03-05-09 |
| 50,43 | | Deventer | MB | Daventria | Zutphen | 07-06-09 |
| 50,47 | | Heerenveen | | AV Heerenveen | Almelo | 17-05-09 |
| 50,54 | | Alphen a/d Rijn | MA | AAV '36 | Heerhugowaard | 10-05-09 |
| 50,56 | | Maastricht | | Atl. Maastricht | Den Haag | 17-05-09 |
| 50,57 | | Beverwijk | | DEM | Alkmaar | 17-05-09 |
| 50,61 | | Groningen | MB | Groningen Atl | Groningen | 13-09-09 |
| 50,66 | | Delft | MA | AV '40 | Delft | 14-06-09 |
| (30) | | | | | | |
| 50,72 | | Haarlem | | KAV Holland | Alkmaar | 17-05-09 |

| | | | | | | |
|-------|--|------------|----|----------------|------------|----------|
| 50,82 | | Rotterdam | | PAC | Naaldwijk | 19-04-09 |
| 50,94 | | Amsterdam | | AV '23 | Alkmaar | 17-05-09 |
| 51,04 | | Eindhoven | | Eindhoven Atl. | Ede | 20-09-09 |
| 51,15 | | Veenendaal | MA | VAV | Amstelveen | 26-09-09 |
| 51,30 | | Amersfoort | | Altis | Ede | 20-09-09 |
| 51,32 | | Sneek | MA | Horror | Assen | 10-05-09 |
| 51,36 | | Gouda | | AV Gouda | Drachten | 17-05-09 |
| 51,41 | | Hoorn | | Hollandia | Alkmaar | 17-05-09 |
| 51,71 | | Amstelveen | | Startbaan | Alkmaar | 17-05-09 |

(40)

| | | | | | | |
|-------|--|----------------|----|-----------------|---------------|----------|
| 51,74 | | Best | MB | Gen. Michaëlis | Amstelveen | 26-09-09 |
| 51,84 | | Enschede | | AC TION | Ede | 20-09-09 |
| 51,94 | | Assen | | AAC '61 | Drachten | 17-05-09 |
| 51,99 | | Oud Beijerland | | Spirit-OB | Breda | 17-05-09 |
| 52,05 | | Goes | MB | AV '56 | Best | 07-06-09 |
| 52,06 | | Kampen | | Isala '96 | Almelo | 17-05-09 |
| 52,09 | | Heiloo | MB | Trias | Heerhugowaard | 07-06-09 |
| 52,12 | | Leiden | | Leiden Atletiek | Alkmaar | 17-05-09 |
| 52,14 | | Epe | MA | Cialfo | Assen | 10-05-09 |
| 52,17 | | Valkenswaard | MA | AV Valkenswaard | Vught | 10-05-09 |

(50)

4 x 100 meter vrouwen

| | | | | | | |
|-------|--|--|-----|-------------|------------------|----------|
| 45,61 | | | Neo | Nat. Ploeg | Kaunas (LTU) | 19-07-09 |
| | | <i>Kadene Vassell - Esther Akihary - Nikki van Leeuwen - Tamara Klomp</i> | | | | |
| 45,68 | | | Neo | Nat. Ploeg | Leiden | 13-06-09 |
| 45,72 | | | | Nat. Ploeg | Bergen (NOR) | 20-06-09 |
| | | <i>Kadene Vassel - Femke van der Meij - Esther Akihary - Jo-Ann Plet</i> | | | | |
| 45,75 | | | Neo | Nat. Ploeg | Oordegem | 31-05-09 |
| | | <i>Kadene Vassell - Esther Akihary - Shilly van Gelder - Shimada Bajon</i> | | | | |
| 45,86 | | | MA | Nat. ploeg | Novi Sad (SRB) | 26-07-09 |
| | | <i>Judith Bosker - Yaël va Pelt - Anouk Hagen - Jamile Samuel</i> | | | | |
| 45,88 | | | MA | Nat. ploeg | Novi Sad (SRB) | 26-07-09 |
| | | <i>Judith Bosker - Yaël va Pelt - Anouk Hagen - Jamile Samuel</i> | | | | |
| 45,96 | | | MA | Nat. Ploeg | Lokeren | 01-06-09 |
| | | <i>Yaël van Pelt - Loreanne Kuhurima - Anouk Hagen - Janice Babel</i> | | | | |
| 45,99 | | | MB | Nat. Ploeg | Leiden | 13-06-09 |
| 46,21 | | | Neo | Nat. Ploeg | Lisse | 09-05-09 |
| 46,42 | | | | Combi-Dames | Leiden | 13-06-09 |
| 46,42 | | | MB | Nat. Ploeg | Tampere (FIN) | 23-07-09 |
| | | <i>Anouk Vetter - Naomi Klomp - Eva Lubbers - Berthe Makizodila</i> | | | | |
| 46,45 | | | | Nat. Ploeg | Oordegem | 31-05-09 |
| 46,51 | | | Neo | Nat. Ploeg | Oordegem (BEL) | 04-07-09 |
| 46,75 | | | MB | Nat. Ploeg | Lisse | 09-05-09 |
| 46,86 | | | MA | Nat. Ploeg | Leiden | 13-06-09 |
| 47,34 | | | MB | Nat. Ploeg | Lokeren | 01-06-09 |
| 49,09 | | | MB | Nat. Ploeg | Weganan di Reino | 28-07-09 |

4 x 200 meter clubteams vrouwen

| | | | | | | |
|---------|--|-------------|----|-------------------|------------|----------|
| 1.43,78 | | Amsterdam | | AAC | Amstelveen | 27-09-09 |
| 1.43,95 | | Barendrecht | MB | Energie | Amstelveen | 27-09-09 |
| 1.48,05 | | Apeldoorn | MB | AV '34 | Amstelveen | 27-09-09 |
| 1.48,87 | | Naaldwijk | | Olympus '70 | Amstelveen | 27-09-09 |
| 1.48,95 | | Nijmegen | MB | Nijmegen Atletiek | Amstelveen | 27-09-09 |
| 1.49,84 | | Hoofddorp | MB | AV Haarl'meer | Amstelveen | 27-09-09 |
| 1.51,76 | | Best | MB | Gen. Michaëlis | Amstelveen | 27-09-09 |
| 1.51,79 | | Purmerend | | Nea-Volharding | Amstelveen | 27-09-09 |
| 1.52,61 | | Amstelveen | MB | Startbaan | Amstelveen | 27-09-09 |
| 1.52,93 | | Hilversum | | GAC-Hilversum | Amstelveen | 27-09-09 |

4 x 400 meter clubteams vrouwen

| | | | | | | |
|---------|--|-----------|----|-----------------|------------|----------|
| 3.51,96 | | Tilburg | | Attila | Amstelveen | 26-09-09 |
| 3.55,05 | | Rotterdam | | R' dam Atletiek | Den Haag | 17-05-09 |
| 3.57,49 | | Sittard | | Unitas | Den Haag | 17-05-09 |
| 3.58,16 | | Vught | | Prins Hendrik | Den Haag | 17-05-09 |
| 3.58,34 | | Lisse | | De Spartaan | Den Haag | 17-05-09 |
| 3.58,34 | | Amsterdam | MA | Phanos | Amstelveen | 26-09-09 |

Statistisch jaarboek 2009

| | | | | | |
|--|--|----|-------------------|--------------|----------|
| 3.58,86 | Amsterdam | | AAC | Den Haag | 17-05-09 |
| 4.00,13 | Naaldwijk | | Olympus '70 | Amstelveen | 26-09-09 |
| 4.01,50 | Breda | | Sprint | Krommenie | 21-06-09 |
| 4.02,97 | Den Haag | | Haag Atletiek | Den Haag | 17-05-09 |
| (10) | | | | | |
| 4.03,20 | Nijmegen | | Nijmegen Atletiek | Nijmegen | 20-09-09 |
| 4.03,62 | Zaandam | MA | AV Zaanland | Amstelveen | 26-09-09 |
| 4.05,90 | Apeldoorn | | AV '34 | Ede | 20-09-09 |
| 4.07,35 | Uithoorn | MB | AKU | Amstelveen | 26-09-09 |
| 4.07,92 | Utrecht | | Hellas | Krommenie | 21-06-09 |
| 4.09,66 | Amsterdam | | AV '23 | Ede | 20-09-09 |
| 4.12,09 | Zwolle | | PEC 1910 | Ede | 20-09-09 |
| 4.12,99 | Amersfoort | | Altis | Zwolle | 17-05-09 |
| 4.13,80 | Beverwijk | | DEM | Ede | 20-09-09 |
| 4.18,25 | Enschede | | AC TION | Ede | 20-09-09 |
| (20) | | | | | |
| 4.18,70 | Krommenie | | Lycurgus | Ede | 20-09-09 |
| 4.19,47 | Heerhugowaard | | Hera | Zwolle | 17-05-09 |
| 4.19,78 | Maastricht | | Atl. Maastricht | Den Haag | 17-05-09 |
| 4.19,90 | Hoofddorp | MB | AV Haarl'meer | Amstelveen | 26-09-09 |
| 4.20,16 | Grootebroek | | SAV | Ede | 20-09-09 |
| 4.20,46 | Soest | MB | Pijnenburg | Amstelveen | 26-09-09 |
| 4.20,58 | Hilversum | | GAC-Hilversum | Zwolle | 17-05-09 |
| 4.20,93 | Rotterdam | | PAC | Ede | 20-09-09 |
| 4.21,97 | Edam | MA | AV Edam | Amstelveen | 26-09-09 |
| 4.22,62 | Eindhoven | | Eindhoven Atl. | Ede | 20-09-09 |
| (30) | | | | | |
| 4.23,60 | Assen | | AAC '61 | Ede | 20-09-09 |
| 4 x 400 meter vrouwen | | | | | |
| 3.36,26 | | | Nat. Ploeg | Bergen (NOR) | 21-06-09 |
| | <i>Sanne Verstegen - Yvonne Hak - Romara van Noort - Annemarie Schulte</i> | | | | |
| 4 x 800 meter clubteams vrouwen | | | | | |
| 9.25,62 | Tilburg | | Attila | Amstelveen | 27-09-09 |
| 9.51,44 | Rotterdam | | R' dam Atletiek | Amstelveen | 27-09-09 |
| 9.58,57 | Lisse | | De Spartaan | Amstelveen | 27-09-09 |
| 10.14,55 | Nijmegen | MC | Nijmegen Atletiek | Amstelveen | 27-09-09 |
| 10.15,24 | Den Haag | MC | Sparta | Amstelveen | 27-09-09 |
| 10.22,26 | Arnhem | MC | Ciko '66 | Amstelveen | 27-09-09 |
| 10.24,97 | Apeldoorn | | AV '34 | Amstelveen | 27-09-09 |
| 10.25,78 | Groningen | | Vitalis | Amstelveen | 27-09-09 |
| zweedse estafette clubteams vrouwen | | | | | |
| 2.15,8 | Amsterdam | | AV '23 | Amsterdam | 19-04-09 |
| 2.18,53 | Barendrecht | MB | Energie | Amstelveen | 27-09-09 |
| 2.18,60 | Zwolle | | PEC 1910 | Harderwijk | 21-06-09 |
| 2.19,83 | Grootebroek | MB | SAV | Amstelveen | 27-09-09 |
| 2.19,92 | Hoorn | | Hollandia | Amersfoort | 21-06-09 |
| 2.20,48 | Rotterdam | MA | R' dam Atletiek | Amstelveen | 27-09-09 |
| 2.20,48 | Amsterdam | | AAC | Amstelveen | 27-09-09 |
| 2.20,6 | Beverwijk | | DEM | Amsterdam | 19-04-09 |
| 2.21,29 | Naaldwijk | | Olympus '70 | Amstelveen | 27-09-09 |
| 2.21,90 | Eindhoven | | Eindhoven Atl. | Sittard | 21-06-09 |
| (10) | | | | | |
| 2.22,51 | Nieuwegein | | Atverni | Reeuwijk | 21-06-09 |
| 2.22,51 | Deventer | MB | Daventria | Amstelveen | 27-09-09 |
| 2.22,54 | Lisse | | De Spartaan | Reeuwijk | 21-06-09 |
| 2.22,77 | Leiden | MC | Leiden Atletiek | Amstelveen | 27-09-09 |
| 2.23,89 | Kampen | | Isala '96 | Nijmegen | 21-06-09 |
| 2.24,10 | Apeldoorn | | AV '34 | Harderwijk | 21-06-09 |
| 2.24,57 | Den Haag | | Sparta | Amstelveen | 27-09-09 |
| 2.24,97 | Edam | MA | AV Edam | Amstelveen | 27-09-09 |
| 2.25,35 | Kerkrade | | Achilles-Top | Zevenbergen | 21-06-09 |
| 2.25,52 | Den Haag | | Haag Atletiek | Reeuwijk | 21-06-09 |
| (20) | | | | | |
| 2.25,55 | Rotterdam | MB | PAC | Amstelveen | 27-09-09 |

| | | | | | | |
|---------|--|-----------------|----|-----------------|--------------|----------|
| 2.25,86 | | Uithoorn | MB | AKU | Amstelveen | 27-09-09 |
| 2.25,94 | | Wijchen | | AV Wijchen | Nijmegen | 21-06-09 |
| 2.26,08 | | Utrecht | | Phoenix | Zutphen | 19-04-09 |
| 2.26,20 | | Enschede | | AC TION | Harderwijk | 21-06-09 |
| 2.26,36 | | Oud Beijerland | | Spirit-OB | Zevenbergen | 21-06-09 |
| 2.26,47 | | Heerenveen | | AV Heerenveen | Nijmegen | 21-06-09 |
| 2.26,60 | | Assen | | AAC '61 | Harderwijk | 21-06-09 |
| 2.26,86 | | Amstelveen | MB | Startbaan | Amstelveen | 27-09-09 |
| 2.26,93 | | Amsterdam | | Phanos | Amersfoort | 21-06-09 |
| (30) | | | | | | |
| 2.26,94 | | Den Helder | | Noordkop | Huizen | 21-06-09 |
| 2.27,05 | | Deurne | | LG Deurne | Zevenbergen | 21-06-09 |
| 2.27,18 | | Utrecht | | U-Track | Huizen | 21-06-09 |
| 2.27,20 | | Maastricht | | Atl. Maastricht | Valkenswaard | 19-04-09 |
| 2.27,54 | | Haarlem | | KAV Holland | Amersfoort | 21-06-09 |
| 2.27,89 | | Alphen a/d Rijn | MA | AAV '36 | Amstelveen | 27-09-09 |
| 2.28,10 | | Harderwijk | | Athlos | Harderwijk | 21-06-09 |
| 2.28,30 | | Helmond | | HAC | Amstelveen | 27-09-09 |
| 2.28,59 | | Gouda | | AV Gouda | Zutphen | 19-04-09 |
| 2.28,76 | | Drachten | | Impala | Zutphen | 19-04-09 |
| (40) | | | | | | |
| 2.28,78 | | Vught | MA | Prins Hendrik | Amstelveen | 27-09-09 |
| 2.29,00 | | Zeist | | Fit | Amsterdam | 19-04-09 |
| 2.29,18 | | Nijmegen | | 't Haasje | Veldhoven | 19-04-09 |
| 2.29,20 | | Hulst | MA | RK HAV | Amstelveen | 27-09-09 |
| 2.29,36 | | Zoetermeer | MC | Ilion | Amstelveen | 27-09-09 |
| 2.29,49 | | Delft | MA | AV '40 | Amstelveen | 27-09-09 |
| 2.29,64 | | Amersfoort | MB | Triathlon | Amstelveen | 27-09-09 |
| 2.30,39 | | Groningen | | Groningen Atl | Zutphen | 19-04-09 |
| 2.30,54 | | Ede | | Climax | Amstelveen | 27-09-09 |
| 2.30,65 | | Woerden | | Clytoneus | Reeuwijk | 21-06-09 |

zweedse estafette vrouwen

| | | | | | | |
|---------|----|--|----|------------|------------------|----------|
| 2.26,68 | 40 | | MB | Nat. Ploeg | Weganan di Reino | 30-07-09 |
|---------|----|--|----|------------|------------------|----------|

Vrouwen-masters V35-V39

100 meter vrouwen-masters V35-V39

| | | | | | | |
|-------|---------------------------------------|----------------|--------------|-----------------|------------|----------|
| 13,50 | -0,5 Ilja | Voltman | V35 03-03-73 | Atletico '73 | Zwolle | 28-06-09 |
| 13,64 | -0,9 Pascale | Schure | V35 24-11-73 | Phoenix | Zwolle | 28-06-09 |
| 13,70 | -0,1 Cindy van der | Burg-Bolleboom | V35 23-03-71 | Ilion | Oosterhout | 13-06-09 |
| 13,90 | -0,7 Kadia | Diédhiou | V35 02-10-70 | Pallas '67 | Vught | 13-09-09 |
| 14,02 | 0,4 Marieke | Steverink | V35 20-04-71 | Phanos | Huizen | 21-06-09 |
| 14,08 | 0,2 Iris | Kamp-Steverink | V35 03-03-71 | Phoenix | Zutphen | 19-04-09 |
| 14,18 | -0,5 Janine van Hofweegen-Holshuijsen | V35 14-10-70 | Pallas '67 | Leiden | 10-05-09 | |
| 14,23 | -0,3 Marieke | Stevering | V35 20-04-71 | Phanos | Zeist | 17-05-09 |
| 14,25 | 0,3 Sasja | Tolsma | V35 01-05-70 | KAV Holland | Leiden | 10-05-09 |
| 14,62 | 0,0 Bianca | Vermond | V35 01-10-73 | Leiden Atletiek | Leiden | 10-05-09 |

(10)

| | | | | | | |
|-------|---------------|------------------|--------------|-------------|--------|----------|
| 14,70 | -0,9 Anja van | Ast | V35 20-07-72 | Startbaan | Zwolle | 28-06-09 |
| 14,80 | 0,2 Sandra | Hilbers-Hendriks | V35 19-04-71 | KAV Holland | Leiden | 10-05-09 |

betere handtijden:

| | | | | | | |
|------|------|--------|--------------|----------|---------|----------|
| 12,7 | Anja | Mulder | V35 05-10-71 | Atletics | Hengelo | 18-06-09 |
|------|------|--------|--------------|----------|---------|----------|

met teveel rugwind:

| | | | | | | |
|-------|-------------|----------|--------------|------------|------------|----------|
| 13,71 | w 2,2 Kadia | Diédhiou | V35 02-10-70 | Pallas '67 | Wageningen | 17-07-09 |
|-------|-------------|----------|--------------|------------|------------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|-------|------------|--------|--------------|-----------|------------|----------|
| 14,30 | o Alet | Ludwig | V35 31-03-73 | Ciko '66 | Arnhem | 04-10-09 |
| 14,51 | o Anja van | Ast | V35 20-07-72 | Startbaan | Amstelveen | 11-10-09 |

150 meter vrouwen-masters V35-V39

| | | | | | | |
|-------|------------|-------|--------------|---------|---------|----------|
| 25,99 | 0,9 Esther | Prooi | V35 08-09-72 | Energie | Utrecht | 10-07-09 |
|-------|------------|-------|--------------|---------|---------|----------|

200 meter vrouwen-masters V35-V39

| | | | | | | |
|-------|---------------------------------------|--------------|--------------|------------|------------|----------|
| 28,73 | -1,1 Marieke | Steverink | V35 20-04-71 | Phanos | Amsterdam | 05-07-09 |
| 29,18 | -0,4 Kadia | Diédhiou | V35 02-10-70 | Pallas '67 | Wageningen | 18-09-09 |
| 29,24 | -0,4 Janine van Hofweegen-Holshuijsen | V35 14-10-70 | Pallas '67 | Wageningen | 18-09-09 | |

| | | | | | |
|-------|--------------|-------------------|------------------------|------------|----------|
| 29,55 | -0,5 Anja | Fransen-van Eldik | V3504-09-69Climax | Apeldoorn | 03-07-09 |
| 29,81 | -0,6 Pascale | Schure | V35 24-11-73 Phoenix | Amsterdam | 19-04-09 |
| 30,05 | 0,0 Sandra | Lugtenburg | V35 31-10-72 AV '40 | Oosterhout | 14-06-09 |
| 30,15 | 1,1 Anja van | Ast | V35 20-07-72 Startbaan | Huizen | 21-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--------|----------|----------------------------|---------|----------|
| 28,01 | Ingrid | Grutters | V35 28-08-74 Prins Hendrik | Utrecht | 04-09-09 |
| 29,90 | Alet | Ludwig | V35 31-03-73 Ciko '66 | Utrecht | 04-09-09 |

300 meter vrouwen-masters V35-V39

| | | | | | |
|-------|------|-------------------|-------------------|-----|----------|
| 46,13 | Anja | Fransen-van Eldik | V3504-09-69Climax | Epe | 08-04-09 |
|-------|------|-------------------|-------------------|-----|----------|

400 meter vrouwen-masters V35-V39

| | | | | | |
|-------|-------------|-------------------|------------------------------|---------------|----------|
| 61,01 | Anneke | Vink | V35 22-01-70 AV Edam | Heerhugowaard | 05-06-09 |
| 63,06 | Anja | Fransen-van Eldik | V3504-09-69Climax | Oosterhout | 13-06-09 |
| 65,50 | Alet | Ludwig | V35 31-03-73 Ciko '66 | Wageningen | 18-09-09 |
| 66,29 | Bianca | Vermond | V35 10-01-73 Leiden Atletiek | Gouda | 21-05-09 |
| 67,27 | Monique van | Schip | V35 24-06-71 Phoenix | Amsterdam | 19-04-09 |
| 68,57 | Mieke | Baldé | V35 26-11-70 Phoenix | Utrecht | 07-08-09 |

betere handtijden:

| | | | | | |
|------|--------|---------|------------------------------|-----------|----------|
| 65,7 | Bianca | Vermond | V35 01-10-73 Leiden Atletiek | Naaldwijk | 25-06-09 |
|------|--------|---------|------------------------------|-----------|----------|

800 meter vrouwen-masters V35-V39

| | | | | | |
|---------|--------------|---------------------|--------------------------------|----------------|----------|
| 2.11,02 | Ingrid | Grutters | V35 28-08-74 Prins Hendrik | Utrecht | 04-09-09 |
| 2.15,50 | Chantal | Baartse | V35 05-07-73 HAC | Oordegem (BEL) | 04-07-09 |
| 2.23,59 | Anja | Fransen-van Eldik | V3504-09-69Climax | Apeldoorn | 03-07-09 |
| 2.24,11 | Lorraine van | Summeren | V35 08-07-74 Nijmegen Atletiek | Vugt | 13-09-09 |
| 2.26,27 | Ester | Eikendal-Zijderlaan | V35 16-02-74 Avantri | Utrecht | 07-08-09 |
| 2.27,50 | Jolanda | Brinke | V35 02-09-70 AKU | Zwolle | 28-06-09 |
| 2.29,45 | Mirjam | Koersen | V35 06-05-74 GAC-Hilversum | Zwolle | 28-06-09 |
| 2.30,10 | Gunilla | Boomsma | V35 07-07-71 KAV Holland | Zwolle | 28-06-09 |
| 2.31,76 | Christy van | Beek | V35 18-05-74 Pallas '67 | Wageningen | 03-06-09 |
| 2.31,91 | Martine | Hendriksen | V35 05-08-71 Leiden Atletiek | Leiden | 10-05-09 |
| (10) | | | | | |
| 2.33,02 | Monique van | Schip | V35 24-06-71 Phoenix | Zwolle | 28-06-09 |
| 2.33,55 | Mieke | Baldé | V35 26-11-70 Phoenix | Leiden | 10-05-09 |
| 2.36,61 | Esther van | Egmond | V35 01-09-73 AV '40 | Barendrecht | 31-05-09 |
| 2.38,35 | Jannemien | Bosman | V35 27-03-70 Ciko '66 | Wageningen | 18-09-09 |

1000 meter vrouwen-masters V35-V39

| | | | | | |
|---------|-------|---------------------|----------------------|--------|----------|
| 3.09,73 | Ester | Eikendal-Zijderlaan | V35 16-02-74 Avantri | Leiden | 26-08-09 |
| 3.14,90 | Anja | Fransen-van Eldik | V3504-09-69Climax | Epe | 08-04-09 |

1500 meter vrouwen-masters V35-V39

| | | | | | |
|---------|--------------|---------------------|--------------------------------|----------------|----------|
| 4.15,59 | Miranda | Boonstra | V35 29-08-72 Nijmegen Atletiek | Oordegem (BEL) | 04-07-09 |
| 4.53,08 | Chantal | Baartse | V35 05-07-73 HAC | Nijmegen | 29-05-09 |
| 4.54,82 | Daniéle | Huikeshoven | V35 20-08-72 PAC | Oosterhout | 13-06-09 |
| 4.55,20 | Anja | Fransen-van Eldik | V3504-09-69Climax | Oosterhout | 13-06-09 |
| 4.58,35 | Ester | Eikendal-Zijderlaan | V35 16-02-74 Avantri | Oosterhout | 13-06-09 |
| 5.00,63 | Claudia van | Rijn | V35 31-03-72 Leiden Atletiek | Utrecht | 07-08-09 |
| 5.04,93 | Fatiha | Adda | V35 06-12-72 AV '23 | Amersfoort | 21-06-09 |
| 5.08,43 | Gunilla | Boomsma | V35 07-07-71 KAV Holland | Amersfoort | 21-06-09 |
| 5.09,85 | Carina van | Dorp | V35 11-09-71 Haag Atletiek | Nijmegen | 20-09-09 |
| 5.10,9 | Judy van den | Berg | V35 10-11-72 Sportlust | Schagen | 08-05-09 |

| | | | | | |
|---------|---------|------------|------------------------------|---------|----------|
| (10) | | | | | |
| 5.19,06 | Marleen | Heemels | V35 12-05-69 AV Zaanland | Zaandam | 08-05-09 |
| 5.19,12 | Martine | Hendriksen | V35 5-8-1971 Leiden Atletiek | Heiloo | 17-07-09 |

3000 meter vrouwen-masters V35-V39

| | | | | | |
|----------|-------------|---------------------|--------------------------------|-----------------|----------|
| 9.17,48 | Miranda | Boonstra | V35 29-08-72 Nijmegen Atletiek | Lille | 30-06-09 |
| 10.07,88 | Anja | Smolders (BEL) | V35 02-06-73 Prins Hendrik | Roeselare (BEL) | 16-05-09 |
| 10.20,39 | Ingrid | Grutters | V35 28-08-74 Prins Hendrik | Den Haag | 30-08-09 |
| 10.21,24 | Inge van | Bergen | V35 02-06-72 Unitas | Den Haag | 17-05-09 |
| 10.29,81 | Maria | Goijert-Hogenbrugge | V35 31-12-73 Haag Atletiek | Den Haag | 17-05-09 |
| 10.38,91 | Jolanda | Brinke | V35 02-09-70 AKU | Utrecht | 07-08-09 |
| 10.41,01 | Claudia van | Rijn | V35 31-03-72 Leiden Atletiek | Leiden | 10-05-09 |
| 10.45,40 | Lucienne | Groenendijk | V35 24-08-69 Sportlust | Heiloo | 31-07-09 |
| 10.50,38 | Ester | Eikendal-Zijderlaan | V35 16-02-74 Avantri | Utrecht | 01-05-09 |
| 10.53,83 | Anja | Fransen-van Eldik | V3504-09-69Climax | Veldhoven | 19-04-09 |

(10)

| | | | | | |
|----------|-----------|--------------------|----------------------------|-------------|----------|
| 10.57,35 | Marjan | Faber | V35 21-05-69 Cifla | Nijmegen | 14-04-09 |
| 10.57,96 | Daniële | Huikeshoven | V35 20-08-72 PAC | Steenbergen | 28-06-09 |
| 11.15,05 | Annemieke | Breukink-van Dalen | V35 19-07-74 Hellas | Ede | 20-09-09 |
| 11.17,48 | Mirjam | Koersen | V35 06-05-74 GAC-Hilversum | Leiden | 10-05-09 |

5000 meter vrouwen-masters V35-V39

| | | | | | |
|----------|-----------|---------------------|-----------------------|------------|----------|
| 18.20,59 | Sandra de | Jonge | V35 28-04-73 Ciko '66 | Wageningen | 17-07-09 |
| 18.29,92 | Jolanda | Brinke | V35 02-09-70 AKU | Utrecht | 22-05-09 |
| 18.32,53 | Fatiha | Adda | V35 06-12-72 AV '23 | Amsterdam | 02-08-09 |
| 18.51,4 | Saskia | Schutte | V35 03-04-72 Cialfo | Epe | 17-03-09 |
| 18.52,26 | Ester | Eikendal-Zijderlaan | V35 16-02-74 Avantri | Oosterhout | 14-06-09 |

3000 meter snelwandelen vrouwen-masters V35-V39

| | | | | | |
|----------|-----------------------------------|---------|---------------------|-----------|----------|
| 20.29,54 | Remke | Rutgers | V35 11-05-72 De LAT | Amsterdam | 02-05-09 |
| 23.13,26 | Geertje van der Schans-van Hulten | | V35 15-05-71 DAK | Drunen | 25-06-09 |

5000 meter snelwandelen vrouwen-masters V35-V39

| | | | | | |
|----------|-------|---------|---------------------|-----------|----------|
| 35.23,76 | Remke | Rutgers | V35 11-05-72 De LAT | Amsterdam | 02-05-09 |
|----------|-------|---------|---------------------|-----------|----------|

100 meter horden 84 cm vrouwen-masters V35-V39

| | | | | | |
|-------|------------|-------|----------------------|-----------|----------|
| 20,11 | -0,6 Mieke | Baldé | V35 26-11-70 Phoenix | Amsterdam | 19-04-09 |
|-------|------------|-------|----------------------|-----------|----------|

400 meter horden 76,2 cm vrouwen-masters V35-V39

| | | | | | |
|-------|-------|-------|----------------------|-------|----------|
| 76,50 | Mieke | Baldé | V35 26-11-70 Phoenix | Zeist | 17-05-09 |
|-------|-------|-------|----------------------|-------|----------|

3000 meter steeple chase vrouwen-masters V35-V39

| | | | | | |
|---------|---------|----------|--------------------------------|----------|----------|
| 9.38,40 | Miranda | Boonstra | V35 29-08-72 Nijmegen Atletiek | Nijmegen | 29-05-09 |
|---------|---------|----------|--------------------------------|----------|----------|

hoogspringen vrouwen-masters V35-V39

| | | | | | |
|------|-------------|-----------------|----------------------------|-------------|----------|
| 1,50 | Monique van | Schip | V35 24-06-71 Phoenix | Amsterdam | 19-04-09 |
| 1,40 | Wanda | Hoogeveen | V35 28-01-72 Phanos | Leiden | 10-05-09 |
| 1,30 | Elles de | Graaff | V35 30-06-73 Prins Hendrik | Ede | 17-05-09 |
| 1,30 | Astrid | Schellingerhout | V35 09-02-72 PAC | Steenbergen | 28-06-09 |

polsstokhoogspringen vrouwen-masters V35-V39

| | | | | | |
|------|-------------|--------|---------------------|---------|----------|
| 3,00 | Martien van | Rossum | V35 09-09-70 Phanos | Utrecht | 01-05-09 |
|------|-------------|--------|---------------------|---------|----------|

verspringen vrouwen-masters V35-V39

| | | | | | |
|------|--------------------------------------|---------|---------------------------|--------|----------|
| 4,89 | 0,2 Ilja | Voltman | V35 03-03-73 Atletico '73 | Zwolle | 28-06-09 |
| 4,50 | 0,1 Janine van Hofweegen-Holshuijsen | | V35 14-10-70 Pallas '67 | Zwolle | 28-06-09 |

geen windgegevens bekend:

| | | | | | |
|------|----------|-----------|------------------------|-------|----------|
| 4,49 | Marieke | Stevering | V35 20-04-71 Phanos | Zeist | 17-05-09 |
| 4,44 | Anja van | Ast | V35 20-07-72 Startbaan | Zeist | 17-05-09 |

met teveel rugwind:

| | | | | | |
|------|---------------------|----------------|--------------------|------------|----------|
| 5,08 | w 2,4 Cindy van der | Burg-Bolleboom | V35 23-03-71 Ilion | Oosterhout | 13-06-09 |
|------|---------------------|----------------|--------------------|------------|----------|

hink-stap-sprong vrouwen-masters V35-V39

| | | | | | |
|-------|----------|--------|------------------------|-----------|----------|
| 11,40 | 0,4 Anja | Mulder | V35 05-10-71 Athletics | Amsterdam | 01-08-09 |
|-------|----------|--------|------------------------|-----------|----------|

kogelstoten 4 kg vrouwen-masters V35-V39

| | | | | | |
|-------|----------------------------------|-----------------------|------------------------------|---------------|----------|
| 11,22 | Leonie | Berden | V35 16-05-74 RK HAV | Roermond | 17-10-09 |
| 10,91 | Monique de | Graauw-Kuenen | V35 09-04-71 Prins Hendrik | Steenbergen | 28-06-09 |
| 10,75 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Zutphen | 19-04-09 |
| 10,41 | Moniek | Reijs | V35 25-04-72 De Keien | Oosterhout | 13-06-09 |
| 10,31 | Janine van Hofweegen-Holshuijsen | | V35 14-10-70 Pallas '67 | Leiden | 10-05-09 |
| 10,04 | Daniella | Segers | V35 09-11-72 RK HAV | Kerkrade | 10-05-09 |
| 9,95 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atletiek | Zülpich (GER) | 05-08-09 |

discuswerpen 1 kg vrouwen-masters V35-V39

| | | | | | |
|-------|------------|-----------------------|------------------------------|---------------|----------|
| 40,73 | Leonie | Berden | V35 16-05-74 RK HAV | Eeklo (BEL) | 10-10-09 |
| 38,03 | Monique de | Graauw-Kuenen | V35 09-04-71 Prins Hendrik | Steenbergen | 28-06-09 |
| 35,14 | Moniek | Reijs | V35 25-04-72 De Keien | Valkenswaard | 19-04-09 |
| 34,32 | Elles de | Graaff | V35 30-06-73 Prins Hendrik | Ede | 17-05-09 |
| 33,21 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Eindhoven | 26-04-09 |
| 31,47 | Jeanine | Katsman | V35 05-06-70 Parthenon | Dordrecht | 19-04-09 |
| 28,41 | Elke | Gram-van Raak | V35 14-06-72 Sprint | Eindhoven | 26-04-09 |
| 28,02 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atletiek | Zülpich (GER) | 05-08-09 |
| 27,75 | Daniella | Segers | V35 09-11-72 RK HAV | Oosterhout | 13-06-09 |

kogelslingeren 4 kg vrouwen-masters V35-V39

| | | | | | |
|-------|--------|-----------------------|--------------------------|-------------------|----------|
| 42,15 | Yvette | Bot-Vleerlaag | V35 12-09-72 SAV | Yverdon (SUI) | 04-10-09 |
| 38,97 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atl. | Huckelhoven (GER) | 31-12-09 |
| 38,09 | Renate | Beunder | V35 31-08-70 Lycurgus | Krommenie | 21-06-09 |

| | | | | | |
|-------|---------|----------------|----------------------------|------------|----------|
| 37,49 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Groningen | 03-04-09 |
| 36,90 | Elke | Gram-van Raak | V35 14-06-72 Sprint | Eindhoven | 25-04-09 |
| 31,01 | Karin | Geertsma | V35 23-02-72 Lycurgus | Naaldwijk | 19-04-09 |
| 28,86 | Ellen | Dekker | V35 05-07-73 Ilion | Amersfoort | 21-06-09 |
| 22,10 | Iris | Kamp-Steuerink | V35 03-03-71 Phoenix | Harderwijk | 21-06-09 |

speerwerpen 600 gram vrouwen-masters V35-V39

| | | | | | |
|-------|---------|-----------------------|------------------------------|---------------|----------|
| 40,21 | Karin | Geertsma | V35 23-02-72 Lycurgus | Ede | 20-09-09 |
| 37,32 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atletiek | Zülpich (GER) | 05-08-09 |
| 36,80 | Ellen | Dekker | V35 05-07-73 Ilion | Naaldwijk | 14-05-09 |
| 26,07 | Yvette | Bot-Vleerlaag | V35 12-09-72 SAV | Groningen | 29-05-09 |
| 25,01 | Elke | Gram-van Raak | V35 14-06-72 Sprint | Eindhoven | 26-04-09 |
| 24,93 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Eindhoven | 26-04-09 |
| 23,89 | Moniek | Reijs | V35 25-04-72 De Keien | Uden | 17-05-09 |
| 22,77 | Jeanine | Katsman | V35 05-06-70 Parthenon | Breda | 17-05-09 |

gewichtwerpen 9,08 kg vrouwen-masters V35-V39

| | | | | | |
|-------|---------|-----------------------|----------------------------|-----------------------|----------|
| 12,98 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atl. | Übach-Palenberg (GER) | 26-09-09 |
| 11,44 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Eindhoven | 26-04-09 |
| 11,39 | Yvette | Bot-Vleerlaag | V35 12-09-72 SAV | Lahti (FIN) | 30-07-09 |
| 9,23 | Elke | Gram-van Raak | V35 14-06-72 Sprint | Eindhoven | 26-04-09 |

werp-vijfkamp vrouwen-masters V35-V39

| | | | | | |
|------|---------|-----------------------|----------------------------|-----------------------|--|
| 3232 | Ditha | Stegman-van der Hidde | V35 08-06-71 R' dam Atl. | Übach-Palenberg (GER) | 26-09-09 |
| | | | | | <i>37,39 * 09,55 * 27,71 * 36,32 * 12,98</i> |
| 2964 | Hanneke | Reinders-Vasse | V35 26-11-69 Groningen Atl | Eindhoven | 26-04-09 |
| | | | | | <i>32,65 * 10,75 * 33,21 * 24,93 * 11,44</i> |
| 2754 | Yvette | Bot-Vleerlaag | V35 12-09-72 SAV | Lahti (FIN) | 06-08-09 |
| | | | | | <i>40,90 * 08,22 * 22,50 * 25,69 * 10,80</i> |
| 2562 | Elke | Gram-van Raak | V35 14-06-72 Sprint | Eindhoven | 26-04-09 |
| | | | | | <i>35,51 * 07,73 * 28,41 * 25,01 * 09,23</i> |

4 x 100 meter clubteams vrouwen-masters V35-V39

| | | | | | | |
|-------|--|------------|-----|-------------------|-------------|----------|
| 53,96 | | Vught | V35 | Prins Hendrik | Eindhoven | 12-09-09 |
| 54,59 | | Amsterdam | V35 | Phanos | Leiden | 10-05-09 |
| 55,38 | | Hilversum | V35 | GAC-Hilversum | Zwolle | 28-06-09 |
| 55,59 | | Wageningen | V35 | Pallas '67 | Zwolle | 28-06-09 |
| 56,35 | | Rotterdam | V35 | PAC | Eindhoven | 12-09-09 |
| 56,42 | | Amstelveen | V35 | Startbaan | Amstelveen | 26-09-09 |
| 56,59 | | Utrecht | V35 | Phoenix | Zwolle | 28-06-09 |
| 57,18 | | Edam | V35 | AV Edam | Amstelveen | 26-09-09 |
| 57,52 | | Nijmegen | V35 | Nijmegen Atletiek | Zwolle | 28-06-09 |
| 57,65 | | Leiden | V35 | Leiden Atletiek | Leiden | 10-05-09 |
| (10) | | | | | | |
| 60,04 | | Tilburg | V35 | Attila | Eindhoven | 12-09-09 |
| 62,22 | | Amsterdam | V35 | AV '23 | Zwolle | 28-06-09 |
| 63,80 | | Zundert | V35 | DJA | Steenbergen | 28-06-09 |
| 63,89 | | Amsterdam | V35 | DGLA | Zwolle | 28-06-09 |

4 x 200 meter clubteams vrouwen-masters V35-V39

| | | | | | | |
|---------|--|------------|-----|------------|------------|----------|
| 1.58,91 | | Wageningen | V35 | Pallas '67 | Amstelveen | 27-09-09 |
| 2.03,53 | | Amstelveen | V35 | Startbaan | Amstelveen | 27-09-09 |

Vrouwen-masters V40-V44

100 meter vrouwen-masters V40-V44

| | | | | | |
|-------|--------------------|-------------------|--------------------------------|-------------|----------|
| 12,58 | 0,3 Angelique | Hogeveen-Smit | V40 19-12-67 Phanos | Leiden | 13-06-09 |
| 13,08 | -0,4 Valerie | Klosterman | V40 26-07-65 PAC | Oosterhout | 13-06-09 |
| 13,53 | 0,2 Mieke | Bergmans | V40 30-09-66 Prins Hendrik | Steenbergen | 28-06-09 |
| 13,76 | -0,4 Christian | Kouijzer-Lauwers | V40 03-02-65 RK HAV | Oosterhout | 13-06-09 |
| 13,76 | -0,9 Ilse | Bruys | V40 06-09-66 Nijmegen Atletiek | Zwolle | 28-06-09 |
| 13,84 | 0,2 Muriel van den | Hoogen | V40 08-04-68 Prins Hendrik | Steenbergen | 28-06-09 |
| 14,04 | -0,8 Tinka | Smith-Tolsma | V40 23-09-68 Leiden Atletiek | Heiloo | 14-08-09 |
| 14,06 | 0,4 Sandra | Habets | V40 29-11-66 Atledo | Zevenbergen | 21-06-09 |
| 14,12 | -0,4 Gonnie | Schokker-van Dijk | V40 05-01-68 AV Edam | Oosterhout | 13-06-09 |
| 14,16 | 0,3 Monica | Kindervater | V40 03-06-68 Hanzesport | Leiden | 10-05-09 |
| (10) | | | | | |
| 14,22 | -1,0 Angelina | Hammond | V40 21-09-66 Phanos | Alkmaar | 17-05-09 |

| | | | | | |
|-------|------|----------------------------|---------------------------|-------------|----------|
| 14,27 | 0,2 | Elsbeth 't Laak | V40 12-03-68 AC TION | Leiden | 10-05-09 |
| 14,27 | 0,2 | Manon Bettonviel | V40 25-05-65 Attila | Steenbergen | 28-06-09 |
| 14,36 | 0,0 | Karen Zwerver | V40 26-06-66 Startbaan | Leiden | 10-05-09 |
| 14,41 | -0,4 | Astrid Schilder | V40 03-04-68 AV Edam | Oosterhout | 13-06-09 |
| 14,44 | 0,0 | Therry in 't Groen-Buijs | V40 25-01-65 Scorpio | Oosterhout | 13-06-09 |
| 14,69 | 0,0 | Ingrid Stam | V40 03-07-66 LG Deurne | Oosterhout | 13-06-09 |
| 14,71 | -0,5 | Gabrielle Schepers-Leijzer | V40 03-04-66 Atletico '73 | Zwolle | 28-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|----------------|----------------------------|-------|----------|
| 13,48 | | Mieke Bergmans | V40 30-09-66 Prins Hendrik | Vught | 21-05-09 |
|-------|--|----------------|----------------------------|-------|----------|

met teveel rugwind:

| | | | | | |
|-------|-------|--------------------------|----------------------|------------|----------|
| 13,05 | w 3,2 | Valerie Klosterman | V40 26-07-65 PAC | Rotterdam | 03-07-09 |
| 13,89 | w 2,1 | Gonnie Schokker-van Dijk | V4005-01-68 AV Edam | Oosterhout | 13-06-09 |
| 14,10 | w 2,1 | Astrid Schilder | V40 03-04-68 AV Edam | Oosterhout | 13-06-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|---|--------------------|------------------------------|--------|----------|
| 13,7 | o | Tinka Smith-Tolsma | V40 23-09-68 Leiden Atletiek | Leiden | 11-10-09 |
|------|---|--------------------|------------------------------|--------|----------|

150 meter vrouwen-masters V40-V44

geen windgegevens bekend:

| | | | | | |
|-------|--|----------------|----------------------------|-------|----------|
| 20,92 | | Mieke Bergmans | V40 30-09-66 Prins Hendrik | Vught | 05-04-09 |
|-------|--|----------------|----------------------------|-------|----------|

200 meter vrouwen-masters V40-V44

| | | | | | |
|-------|------|-----------------------|----------------------------|-------------|----------|
| 26,90 | 0,8 | Valerie Klosterman | V40 26-07-65 PAC | Lahti (FIN) | 03-08-09 |
| 27,63 | 0,2 | Mieke Bergmans | V40 30-09-66 Prins Hendrik | Vught | 21-05-09 |
| 28,54 | 0,0 | Muriel van den Hoogen | V40 08-04-68 Prins Hendrik | Oosterhout | 14-06-09 |
| 29,60 | 0,0 | Sandra Habets | V40 29-11-66 Atledo | Oosterhout | 14-06-09 |
| 29,69 | -2,0 | Anne Rose van der Wal | V40 18-07-66 Hanzesport | Nijmegen | 12-05-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--|-------------------------|---------------------|-------------|----------|
| 26,24 | | Angelique Hogeveen-Smit | V40 19-12-67 Phanos | Amsterdam | 02-05-09 |
| 29,34 | | Sandra Habets | V40 29-11-66 Atledo | Zevenbergen | 21-06-09 |

met teveel rugwind:

| | | | | | |
|-------|-------|-----------------------|-------------------------|--------|----------|
| 29,13 | w 2,3 | Anne Rose van der Wal | V40 18-07-66 Hanzesport | Heerde | 27-05-09 |
| 29,25 | w 3,7 | Lysbeth Gijsen | V40 16-06-65 Start '78 | Zwolle | 29-08-09 |

300 meter vrouwen-masters V40-V44

| | | | | | |
|-------|--|----------------|----------------------------|-------|----------|
| 44,41 | | Mieke Bergmans | V40 30-09-66 Prins Hendrik | Vught | 05-04-09 |
|-------|--|----------------|----------------------------|-------|----------|

400 meter vrouwen-masters V40-V44

| | | | | | |
|-------|--|-----------------------|------------------------------|------------|----------|
| 61,44 | | Valerie Klosterman | V40 26-07-65 PAC | Ede | 20-09-09 |
| 62,30 | | Mieke Bergmans | V40 30-09-66 Prins Hendrik | Oosterhout | 13-06-09 |
| 63,82 | | Muriel van den Hoogen | V40 08-04-68 Prins Hendrik | Oosterhout | 13-06-09 |
| 65,49 | | Bieneke Bauling | V40 18-09-68 AV Valkenswaard | Nieuwegein | 20-09-09 |
| 66,70 | | Astrid Kops | V40 17-03-68 Trias | Heiloo | 17-07-09 |
| 70,49 | | Rian Peeters | V40 14-03-67 Atledo | Dordrecht | 19-04-09 |
| 71,15 | | Marijke de Wijs | V40 04-08-65 Sportlust | Oosterhout | 13-06-09 |

800 meter vrouwen-masters V40-V44

| | | | | | |
|---------|--|-----------------------|----------------------------|-------------|----------|
| 2.28,27 | | Angeli Blankers | V40 04-10-68 GAC-Hilversum | Vught | 13-09-09 |
| 2.29,11 | | Marian Mahieu | V40 31-10-68 Atledo | Steenbergen | 28-06-09 |
| 2.33,76 | | Anieke Wierenga | V40 25-06-69 PAC | Steenbergen | 28-06-09 |
| 2.34,73 | | Winifred Broeder | V40 20-10-64 PAC | Kerkrade | 10-05-09 |
| 2.35,51 | | Marleen Heemels | V40 12-05-69 AV Zaanland | Krommenie | 05-07-09 |
| 2.37,70 | | Mieke Bergmans | V40 30-09-66 Prins Hendrik | Kerkrade | 10-05-09 |
| 2.39,03 | | Marijke de Wijs | V40 04-08-65 Sportlust | Barendrecht | 31-05-09 |
| 2.43,98 | | Ingrid Oonincx | V40 31-05-68 Attila | Steenbergen | 28-06-09 |
| 2.45,45 | | Angeliq Visser-Keyzer | V40 29-08-67 AV Edam | Leiden | 10-05-09 |
| 2.47,13 | | Ina Gommers-Frijters | V4022-12-65 DJA | Steenbergen | 28-06-09 |

(10)

| | | | | | |
|---------|--|----------------------------------|----------------------|----------|----------|
| 2.48,60 | | Carola Schot | V40 02-07-68 Energie | Kerkrade | 10-05-09 |
| 2.49,74 | | Els de Beauvesier Watson-Devoogt | V4023-12-65 AC TION | Leiden | 10-05-09 |

1000 meter vrouwen-masters V40-V44

| | | | | | |
|---------|--|-----------------|------------------------|--------|----------|
| 3.28,45 | | Marijke de Wijs | V40 04-08-65 Sportlust | Heiloo | 31-07-09 |
|---------|--|-----------------|------------------------|--------|----------|

1500 meter vrouwen-masters V40-V44

| | | | | | |
|---------|--|----------------------|------------------------|-------------|----------|
| 4.55,52 | | Marleen van Beek | V40 06-04-65 LADB | Oosterhout | 13-06-09 |
| 4.57,15 | | Jacqueline Rustidge | V40 28-04-68 Isala '96 | Nijmegen | 21-06-09 |
| 5.01,51 | | Agnes Schipper | V40 03-09-68 Hellas | Zwolle | 17-05-09 |
| 5.02,38 | | Clarissa van Vlijmen | V40 19-05-67 Startbaan | Amersfoort | 21-06-09 |
| 5.03,55 | | Marian Mahieu | V40 31-10-68 Atledo | Zevenbergen | 21-06-09 |

| | | | | | |
|---------|--------------|------------|------------------------|------------|----------|
| 5.04,85 | Lia | Wijnberger | V40 06-04-69 Phoenix | Wageningen | 26-06-09 |
| 5.12,10 | Elisabeth de | Nooijer | V40 02-10-64 Altis | Oosterhout | 13-06-09 |
| 5.14,03 | Marijke de | Wijs | V40 04-08-65 Sportlust | Oosterhout | 13-06-09 |
| 5.18,54 | Tanja de | Groot | V40 06-10-67 Atos | Huizen | 21-06-09 |
| 5.20,66 | Polly | Nkambi | V40 02-11-65 Athlos | Harderwijk | 21-06-09 |

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| | | | | | |
|---------|---------|--------|--------------------------|--------|----------|
| 5.22,49 | Marleen | Hemels | V40 12-05-69 AV Zaanland | Huizen | 21-06-09 |
|---------|---------|--------|--------------------------|--------|----------|

1 Engelse mijl vrouwen-masters V40-V44

| | | | | | |
|---------|-----|------------|----------------------|---------|----------|
| 5.38,45 | Lia | Wijnberger | V40 06-04-69 Phoenix | Utrecht | 10-07-09 |
|---------|-----|------------|----------------------|---------|----------|

3000 meter vrouwen-masters V40-V44

| | | | | | |
|----------|--------------|------------|--------------------------------|-----------|----------|
| 10.13,82 | Jacqueline | Rustidge | V40 28-04-68 Isala '96 | Assen | 19-04-09 |
| 10.31,91 | Agnes | Schipper | V40 03-09-68 Hellas | Krommenie | 21-06-09 |
| 10.42,38 | Lia | Wijnberger | V40 06-04-69 Phoenix | Utrecht | 01-05-09 |
| 11.03,77 | Elisabeth de | Nooijer | V40 02-10-64 Altis | Utrecht | 01-05-09 |
| 11.06,86 | Monique | Derks | V40 20-07-67 Nijmegen Atletiek | Nijmegen | 15-09-09 |
| 11.11,50 | Clarissa van | Vlijmen | V40 19-05-67 Startbaan | Zwolle | 28-06-09 |
| 11.13,67 | Linda van | Wely | V40 13-12-68 Phanos | Heiloo | 17-07-09 |
| 11.15,01 | Marleen | Heemels | V40 12-05-69 AV Zaanland | Heiloo | 31-07-09 |
| 11.15,73 | Christine | Toonstra | V40 22-06-66 GAC-Hilversum | Leiden | 10-05-09 |
| 11.15,96 | Marian | Mahieu | V40 31-10-68 Atledo | Breda | 17-05-09 |

(10)

| | | | | | |
|----------|------------|-----------------|--------------------------------|------------|----------|
| 11.20,19 | Birgit | Voorn | V40 18-09-66 Road Runners EL | Mol (BEL) | 25-07-09 |
| 11.22,09 | Marijke de | Wijs | V40 04-08-65 Sportlust | Heiloo | 31-07-09 |
| 11.22,70 | Tanja de | Groot | V40 06-10-67 Atos | Amsterdam | 19-04-09 |
| 11.23,08 | Carola | Schot | V40 02-07-68 Energie | Nieuwegein | 17-05-09 |
| 11.38,08 | Jacqueline | Klein Gunnewiek | V40 23-05-67 Nijmegen Atletiek | Vugt | 13-09-09 |
| 11.39,60 | Angeliq | Visser-Keyzer | V40 29-08-67 AV Edam | Leiden | 10-05-09 |
| 11.42,62 | Sandra | Butter | V40 28-06-67 AV Edam | Amsterdam | 19-04-09 |

5000 meter vrouwen-masters V40-V44

| | | | | | |
|----------|--------------|------------|------------------------------|------------|----------|
| 18.33,32 | Marlien van | Beek | V40 06-04-65 LADB | Amersfoort | 11-04-09 |
| 18.43,81 | Lia | Wijnberger | V40 06-04-69 Phoenix | Oosterhout | 14-06-09 |
| 18.44,84 | Marjan | Faber | V40 21-05-69 Cifla | Oosterhout | 14-06-09 |
| 18.53,28 | Marleen van | Beek | V40 06-04-65 LADB | Oosterhout | 14-06-09 |
| 19.37,83 | Marijke de | Wijs | V40 04-08-65 Sportlust | Heiloo | 14-08-09 |
| 19.38,54 | Elisabeth de | Nooijer | V40 02-10-64 Altis | Oosterhout | 14-06-09 |
| 19.54,26 | Birgit | Voorn | V40 18-09-66 Road Runners EL | Dongen | 24-04-09 |
| 20.29,51 | Giny | Dunnwind | V40 30-04-68 AC Ommen | Oosterhout | 14-06-09 |

in onderlinge wedstrijd:

| | | | | | |
|---------|---------|--------|------------------------|----------|----------|
| 18.27,0 | o Irene | Kalter | V40 04-08-68 Daventria | Deventer | 04-10-09 |
|---------|---------|--------|------------------------|----------|----------|

10.000 meter vrouwen-masters V40-V44

| | | | | | |
|----------|---------|---------|--------------------------|---------|----------|
| 41.58,12 | Marleen | Heemels | V40 12-05-69 AV Zaanland | Utrecht | 14-06-09 |
|----------|---------|---------|--------------------------|---------|----------|

100 meter horden 84 cm vrouwen-masters V40-V44

| | | | | | |
|-------|-------------|------|------------------------|--------------|----------|
| 18,44 | -0,8 Ingrid | Stam | V40 03-07-66 LG Deurne | Valkenswaard | 19-04-09 |
|-------|-------------|------|------------------------|--------------|----------|

400 meter horden 76,2 cm vrouwen-masters V40-V44

| | | | | | |
|-------|-------|----------|----------------------------|-----|----------|
| 70,54 | Mieke | Bergmans | V40 30-09-66 Prins Hendrik | Ede | 17-05-09 |
|-------|-------|----------|----------------------------|-----|----------|

80 meter horden 76,2 cm vrouwen-masters V40-V44

| | | | | | |
|-------|--------------|--------------|------------------------------|------------|----------|
| 13,03 | -0,3 Tinka | Smith-Tolsma | V40 23-09-68 Leiden Atletiek | Leiden | 26-08-09 |
| 13,34 | 0,9 Ellen | Tromp | V40 31-01-69 GAC-Hilversum | Oosterhout | 13-06-09 |
| 13,97 | 0,9 Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Oosterhout | 13-06-09 |
| 14,14 | 0,9 Ingrid | Stam | V40 03-07-66 LG Deurne | Oosterhout | 13-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|-------|--------------|------------------------------|--------|----------|
| 12,78 | Tinka | Smith-Tolsma | V40 23-09-68 Leiden Atletiek | Leiden | 27-05-09 |
|-------|-------|--------------|------------------------------|--------|----------|

betere handtijden:

| | | | | |
|------|--------------------------------|-----------------------------|-------------|----------|
| 19,8 | Diana van Manen-van Meerendonk | V40 13-02-67 AV Fivelstreek | Schoonhoven | 05-07-09 |
|------|--------------------------------|-----------------------------|-------------|----------|

hoogspringen vrouwen-masters V40-V44

| | | | | | |
|------|----------|-------------|--------------------------------|------------|----------|
| 1,56 | Ellen | Tromp | V40 31-01-69 GAC-Hilversum | Oosterhout | 13-06-09 |
| 1,49 | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Oosterhout | 13-06-09 |
| 1,40 | Agnes | Elling | V40 22-04-69 DGLA | Leiden | 10-05-09 |
| 1,40 | Ilse | Bruys | V40 06-09-66 Nijmegen Atletiek | Leiden | 10-05-09 |
| 1,40 | Marlou | Klaver | V40 24-01-68 Nijmegen Atletiek | Vugt | 13-09-09 |
| 1,35 | Manon | Bettonviel | V40 25-05-65 Attila | Kerkrade | 10-05-09 |
| 1,35 | Valerie | Klosterman | V40 26-07-65 PAC | Kerkrade | 10-05-09 |

| | | | | |
|------|--------------------------------|---|-------------|----------|
| 1,32 | Diana van Manen-van Meerendonk | V40 13-02-67 AV Fivelstreek | Schoonhoven | 05-07-09 |
| 1,30 | Tinka | Smith-Tolsma V40 23-09-68 Leiden Atletiek | Leiden | 10-05-09 |

verspringen vrouwen-masters V40-V44

| | | | | |
|------|-------------------|---|------------|----------|
| 5,57 | -0,9 Angelique | Hogeveen-Smit V40 19-12-67 Phanos | Amersfoort | 21-06-09 |
| 5,17 | 0,5 Tinka | Smith-Tolsma V40 23-09-68 Leiden Atletiek | Amsterdam | 19-04-09 |
| 4,88 | -0,2 Ilse | Bruys V40 06-09-66 Nijmegen Atletiek | Zwolle | 28-06-09 |
| 4,86 | -1,0 Therry in 't | Groen-Buijs V40 25-01-65 Scorpio | Kerkrade | 10-05-09 |
| 4,83 | 0,9 Agnes | Elling V40 22-04-69 DGLA | Leiden | 10-05-09 |
| 4,68 | -0,2 Monica | Kindervater V40 03-06-68 Hanzesport | Leiden | 10-05-09 |
| 4,66 | -1,1 Sandra | Habets V40 29-11-66 Atledo | Kerkrade | 10-05-09 |
| 4,65 | 0,9 Mieke | Bergmans V40 30-09-66 Prins Hendrik | Ede | 17-05-09 |
| 4,65 | 1,0 Christian | Kouijzer-Lauwers V40 03-02-65 RK HAV | Oosterhout | 13-06-09 |
| 4,52 | 0,4 Ellen | Tromp V40 31-01-69 GAC-Hilversum | Leiden | 10-05-09 |

(10)

| | | | | |
|------|----------------|--|------------|----------|
| 4,43 | -0,5 Michelle | Blommestijn V40 26-03-66 R' dam Atletiek | Oosterhout | 13-06-09 |
| 4,27 | 1,2 Elsbeth 't | Laak V40 12-03-68 AC TION | Leiden | 10-05-09 |

geen windgegevens bekend:

| | | | | |
|------|----------|--|--------------|----------|
| 4,49 | Michelle | Blommestijn V40 26-03-66 R' dam Atletiek | Schoonhoven | 05-07-09 |
| 4,34 | Ingrid | Stam V40 03-07-66 LG Deurne | Valkenswaard | 23-06-09 |

met teveel rugwind:

| | | | | |
|------|-----------------|-----------------------------------|-----------|----------|
| 5,77 | w 2,1 Angelique | Hogeveen-Smit V40 19-12-67 Phanos | Amsterdam | 19-04-09 |
|------|-----------------|-----------------------------------|-----------|----------|

hink-stap-sprong vrouwen-masters V40-V44

| | | | | |
|-------|--------------|---|------------|----------|
| 10,66 | -0,2 Tinka | Smith-Tolsma V40 23-09-68 Leiden Atletiek | Amsterdam | 02-05-09 |
| 10,39 | 0,0 Ellen | Tromp V40 31-01-69 GAC-Hilversum | Krommenie | 21-06-09 |
| 9,61 | 0,4 Michelle | Blommestijn V40 26-03-66 R' dam Atletiek | Oosterhout | 14-06-09 |
| 9,55 | -1,7 Ingrid | Stam V40 03-07-66 LG Deurne | Uden | 17-05-09 |
| 9,53 | 0,4 Helen | Boelens V40 15-01-66 Prins Hendrik | Oosterhout | 14-06-09 |

geen windgegevens bekend:

| | | | | |
|------|-------|------------------------------------|---------|----------|
| 9,99 | Helen | Boelens V40 15-01-66 Prins Hendrik | Utrecht | 07-08-09 |
|------|-------|------------------------------------|---------|----------|

met teveel rugwind:

| | | | | |
|-------|-------------|----------------------------------|-------|----------|
| 10,75 | w 4,9 Ellen | Tromp V40 31-01-69 GAC-Hilversum | Zeist | 17-05-09 |
|-------|-------------|----------------------------------|-------|----------|

kogelstoten 4 kg vrouwen-masters V40-V44

| | | | | |
|-------|----------------|---|--------------|----------|
| 11,45 | Mirjam van den | Bremen V40 07-03-66 Clytoneus | Reeuwijk | 21-06-09 |
| 10,63 | Irma | Spin-van Hees V40 29-05-66 PEC 1910 | Leiden | 10-05-09 |
| 10,18 | Yvette | Blommestijn V40 26-06-68 Leiden Atletiek | Leiden | 10-05-09 |
| 10,13 | Irene | Bultink V40 05-09-65 Phanos | Leiden | 10-05-09 |
| 10,01 | Tinka | Smith-Tolsma V40 23-09-68 Leiden Atletiek | Amsterdam | 19-04-09 |
| 9,90 | Gonny | Mik V40 23-03-65 Groningen Atl | Eindhoven | 26-04-09 |
| 9,78 | Karin | Nienhuis V40 16-04-69 Ciko '66 | Drachten | 17-05-09 |
| 9,70 | Michelle | Blommestijn V40 26-03-66 R' dam Atletiek | Schoonhoven | 05-07-09 |
| 9,61 | Monica | Kindervater V40 03-06-68 Hanzesport | Eindhoven | 26-04-09 |
| 9,51 | Toos ter | Rele V40 27-09-64 De Keien | Valkenswaard | 19-04-09 |

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| | | | | |
|------|--------------------------------|--|--------------|----------|
| 9,38 | Ingrid | Vermeeren V40 66 De Keien | Gemert | 16-06-09 |
| 9,32 | Diana van Manen-van Meerendonk | V40 13-02-67 AV Fivelstreek | Schoonhoven | 05-07-09 |
| 9,29 | Carla van | Zandvliet-van Oerle V40 03-05-66 KAV Holland | Leiden | 10-05-09 |
| 9,22 | Ingrid | Stam V40 03-07-66 LG Deurne | Valkenswaard | 19-04-09 |
| 9,19 | Rian | Peeters V40 14-03-67 Atledo | Oosterhout | 13-06-09 |

discuswerpen 1 kg vrouwen-masters V40-V44

| | | | | |
|-------|--------------------------------|--|--------------|----------|
| 41,95 | Irma | Spin-van Hees V40 29-05-66 PEC 1910 | Zwolle | 28-06-09 |
| 35,40 | Karin | Nienhuis V40 16-01-69 Ciko '66 | Ancona (ITA) | 26-03-09 |
| 33,74 | Diana van Manen-van Meerendonk | V40 13-02-67 AV Fivelstreek | Oosterhout | 13-06-09 |
| 32,72 | Rian | Peeters V40 14-03-67 Atledo | Kerkrade | 10-05-09 |
| 32,68 | Yvette | Blommestijn V40 26-06-68 Leiden Atletiek | Leiden | 23-04-09 |
| 32,45 | Toos ter | Rele V40 27-09-64 De Keien | Uden | 17-05-09 |
| 32,22 | Gonny | Mik V40 23-03-65 Groningen Atl | Eindhoven | 26-04-09 |
| 30,29 | Monica | Kindervater V40 03-03-68 Hanzesport | Eindhoven | 26-04-09 |
| 29,38 | Mirjam van den | Bremen V40 07-03-66 Clytoneus | Spijkenisse | 19-04-09 |
| 29,33 | Carla van | Zandvliet-van Oerle V40 03-05-66 KAV Holland | Zwolle | 28-06-09 |

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| | | | | |
|-------|----------|--|-----------|----------|
| 27,67 | Irene | Bultink V40 05-09-65 Phanos | Leiden | 10-05-09 |
| 27,66 | Michelle | Blommestijn V40 26-03-66 R' dam Atletiek | Eindhoven | 26-04-09 |
| 27,37 | Marianne | Groenendijk V40 13-12-64 AV Gouda | Gouda | 21-05-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|------------|---------------|-----------------------|------------|----------|
| 42,20 | o | Irma | Spin-van Hees | V40 29-05-66 PEC 1910 | Zwolle | 27-09-09 |
| 27,48 | o | Marie-José | Smit-van Oort | V40 05-01-67 Scorpio | Oosterhout | 27-09-09 |

kogelslingeren 4 kg vrouwen-masters V40-V44

| | | | | | | |
|-------|--|---------------------|-------------|------------------------------|-----------|----------|
| 51,98 | | Gonny | Mik | V40 23-03-65 Groningen Atl | Groningen | 29-05-09 |
| 38,56 | | Monica | Kindervater | V40 03-06-68 Hanzesport | Eindhoven | 25-04-09 |
| 36,94 | | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Krommenie | 21-06-09 |
| 36,67 | | Mirjam van den | Bremen | V40 07-03-66 Clytoneus | Rotterdam | 11-07-09 |
| 34,94 | | Ingrid | Vos | V40 66 BEL | Lisse | 09-05-09 |
| 32,43 | | Marlies van | Woerden | V40 09-04-67 Prins Hendrik | Rotterdam | 24-01-09 |
| 31,29 | | Diana van Manen-van | Meerendonk | V40 13-02-67 AV Fivelstreek | Boskoop | 20-06-09 |
| 27,99 | | Rian | Peeters | V40 14-03-67 Atledo | Vught | 05-04-09 |
| 27,69 | | Joyce de | Wit | V40 26-04-65 AAV '36 | Rotterdam | 24-01-09 |
| 25,12 | | Marianne | Groenendijk | V40 13-12-64 AV Gouda | Eindhoven | 12-09-09 |

(10)

| | | | | | | |
|-------|--|------------|---------------|----------------------|--------|----------|
| 25,07 | | Marie-José | Smit-van Oort | V40 05-01-67 Scorpio | Huizen | 03-10-09 |
|-------|--|------------|---------------|----------------------|--------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-------|----------|-----------------------|--------|----------|
| 33,55 | o | Karin | Nienhuis | V40 16-04-69 Ciko '66 | Arnhem | 04-10-09 |
|-------|---|-------|----------|-----------------------|--------|----------|

speerwerpen 600 gram vrouwen-masters V40-V44

| | | | | | | |
|-------|--|---------------------|----------------------|------------------------------|------------|----------|
| 31,86 | | Monica | Kindervater | V40 03-03-68 Hanzesport | Eindhoven | 26-04-09 |
| 28,72 | | Diana van Manen-van | Meerendonk | V40 13-02-67 AV Fivelstreek | Eindhoven | 26-04-09 |
| 28,11 | | Ingrid | Stam | V40 03-07-66 LG Deurne | Deurne | 14-05-09 |
| 27,81 | | Ans | Schellekens-Frijters | V40 22-12-65 DJA | Oosterhout | 14-06-09 |
| 27,40 | | Mirjam van den | Bremen | V40 07-03-66 Clytoneus | Reeuwijk | 21-06-09 |
| 26,53 | | Gonny | Mik | V40 23-03-65 Groningen Atl | Eindhoven | 26-04-09 |
| 26,25 | | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Eindhoven | 26-04-09 |
| 25,78 | | Rian | Peeters | V40 14-03-67 Atledo | Vught | 05-04-09 |

gewichtwerpen 9,08 kg vrouwen-masters V40-V44

| | | | | | | |
|-------|--|---------------------|---------------|------------------------------|-----------|----------|
| 15,73 | | Gonny | Mik | V40 23-03-65 Groningen Atl | Huizen | 03-10-09 |
| 13,01 | | Monica | Kindervater | V40 03-06-68 Hanzesport | Zutphen | 31-10-09 |
| 11,23 | | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Eindhoven | 26-04-09 |
| 10,05 | | Marie-José | Smit-van Oort | V40 05-01-67 Scorpio | Huizen | 03-10-09 |
| 9,59 | | Marlies van | Woerden | V40 09-04-67 Prins Hendrik | Eindhoven | 14-02-09 |
| 9,52 | | Diana van Manen-van | Meerendonk | V40 13-02-67 AV Fivelstreek | Eindhoven | 26-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|---------------------|------------|-----------------------------|---------|----------|
| 10,26 | o | Diana van Manen-van | Meerendonk | V40 13-02-67 AV Fivelstreek | Boskoop | 26-09-09 |
|-------|---|---------------------|------------|-----------------------------|---------|----------|

werp-vijfkamp vrouwen-masters V40-V44

| | | | | | | |
|------|--|---------------------|---------------|---------------------------------------|-----------|----------|
| 4083 | | Gonny | Mik | V40 23-03-65 Groningen Atl | Huizen | 03-10-09 |
| | | | | 50,34 * 09,30 * 30,12 * 25,83 * 15,73 | | |
| 3565 | | Monica | Kindervater | V40 03-03-68 Hanzesport | Eindhoven | 26-04-09 |
| | | | | 38,35 * 09,61 * 30,29 * 31,86 * 12,12 | | |
| 3083 | | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Eindhoven | 26-04-09 |
| | | | | 31,53 * 09,14 * 27,66 * 26,25 * 11,23 | | |
| 2996 | | Diana van Manen-van | Meerendonk | V40 13-02-67 AV Fivelstreek | Eindhoven | 26-04-09 |
| | | | | 28,61 * 08,95 * 32,78 * 28,72 * 09,52 | | |
| 2634 | | Marie-José | Smit-van Oort | V40 05-01-67 Scorpio | Huizen | 03-10-09 |
| | | | | 25,07 * 08,28 * 25,23 * 24,04 * 10,05 | | |
| 2261 | | Marlies van | Woerden | V40 09-04-67 Prins Hendrik | Eindhoven | 12-09-09 |
| | | | | 32,08 * 06,87 * 15,60 * 14,76 * 09,10 | | |

5-kamp vrouwen-masters V40-V44

| | | | | | | |
|------|--|----------|-------------|---|-------------|----------|
| 2739 | | Michelle | Blommestijn | V40 26-03-66 R' dam Atletiek | Schoonhoven | 05-07-09 |
| | | | | 14,6= * 1,47 * 09,70 * 4,49 * 3.34,7= * * * | | |

4 x 100 meter clubteams vrouwen-masters V40-V44

| | | | | | | | |
|-------|--|--|-----------|-----|---------------|------------|----------|
| 55,20 | | | Hilversum | V40 | GAC-Hilversum | Amstelveen | 26-09-09 |
|-------|--|--|-----------|-----|---------------|------------|----------|

4 x 200 meter clubteams vrouwen-masters V40-V44

| | | | | | | | |
|---------|--|--|-----------|-----|---------------|------------|----------|
| 1.59,08 | | | Hilversum | V40 | GAC-Hilversum | Amstelveen | 27-09-09 |
|---------|--|--|-----------|-----|---------------|------------|----------|

Vrouwen-masters V45-V49

100 meter vrouwen-masters V45-V49

| | | | | | | |
|-------|------|---------------|----------|----------------------------|------------|----------|
| 13,90 | -1,4 | Mary | Augustin | V45 27-08-62 Sparta | Oosterhout | 13-06-09 |
| 14,27 | -1,6 | Karen van der | Kooij | V45 26-12-63 Haag Atletiek | Gouda | 21-05-09 |
| 14,30 | -1,4 | Judith | Beentjes | V45 15-03-64 Unitas | Oosterhout | 13-06-09 |

| | | | | | | | |
|---|-------|-----------------|-----------------------|--------------|-----------------|---------------|----------|
| 14,38 | -0,9 | Brigitte van de | Kamp-Linnebank | V45 15-06-60 | GAC-Hilversum | Zwolle | 28-06-09 |
| 14,42 | -0,9 | Ilona | Mulder | V45 02-06-61 | GAC-Hilversum | Zwolle | 28-06-09 |
| 14,85 | 0,2 | Maria | Verdaasdonk-v.d. Berg | V45 03-01-60 | DJA | Steenbergen | 28-06-09 |
| 14,97 | 0,0 | Inez | Veldmeijer-Lubbers | V45 25-02-60 | GAC-Hilversum | Leiden | 10-05-09 |
| 15,00 | -1,4 | Ingrid van der | Eijk-Kuppers | V45 11-01-64 | Startbaan | Oosterhout | 13-06-09 |
| 15,19 | -1,4 | Liesbeth van | Oers | V45 26-02-62 | Groene Ster | Oosterhout | 13-06-09 |
| 15,36 | 1,1 | Annet van der | Steenhoven | V45 20-03-62 | Scorpio | Steenbergen | 28-06-09 |
| | (10) | | | | | | |
| 15,63 | 0,7 | Mirjam | Broekmeyer | V45 25-01-64 | Pallas '67 | Wageningen | 26-06-09 |
| 15,69 | 0,2 | Karin | Nieuwhof | V45 08-04-60 | Hanzesport | Leiden | 10-05-09 |
| <i>met teveel rugwind:</i> | | | | | | | |
| 13,88 | w 5,2 | Mary | Augustin | V45 27-08-62 | Sparta | Leiden | 08-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | | |
| 14,85 | o | Cora | Kloosterziel | V45 10-07-63 | PEC 1910 | Zwolle | 27-09-09 |
| 200 meter vrouwen-masters V45-V49 | | | | | | | |
| 28,44 | 1,0 | Mary | Augustin | V45 27-08-62 | Sparta | Oosterhout | 14-06-09 |
| 30,16 | 1,1 | Jacqueline | Koenis-Drent | V45 18-08-62 | Hera | Krommenie | 05-07-09 |
| 31,16 | -0,5 | Jeanine van | Overveld | V45 26-06-61 | THOR | Roosendaal | 02-07-09 |
| 31,57 | 1,0 | Liesbeth van | Oers | V45 26-02-62 | Groene Ster | Oosterhout | 14-06-09 |
| 31,81 | 1,0 | Annet van der | Steenhoven | V45 20-03-62 | Scorpio | Oosterhout | 14-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | | |
| 30,1 | o | Hanny | Barnhoorn-Jongejan | V45 26-09-60 | Trias | Heiloo | 03-10-09 |
| 400 meter vrouwen-masters V45-V49 | | | | | | | |
| 63,14 | | Mary | Augustin | V45 27-08-62 | Sparta | Oosterhout | 13-06-09 |
| 65,64 | | Simone | Geel-Herlaar | V45 28-02-62 | DEM | Krommenie | 05-07-09 |
| 67,63 | | Jacqueline | Koenis-Drent | V45 18-08-62 | Hera | Oosterhout | 13-06-09 |
| 800 meter vrouwen-masters V45-V49 | | | | | | | |
| 2.28,13 | | Cora | Kloosterziel | V45 10-07-63 | PEC 1910 | Leiden | 10-05-09 |
| 2.32,10 | | Jeanine van | Overveld | V45 26-06-61 | THOR | Roosendaal | 02-07-09 |
| 2.35,23 | | Eveline | Botter | V45 24-11-59 | De Spartaan | Oosterhout | 14-06-09 |
| 2.37,24 | | Simone | Geel-Herlaar | V45 28-02-62 | DEM | Den Haag | 30-08-09 |
| 2.39,28 | | Marijke van | Oostrum | V45 26-06-59 | Phanos | Leiden | 10-05-09 |
| 2.42,30 | | Loes van | Biggelaar-v.Ginneken | V45 29-03-63 | Scorpio | Vught | 13-09-09 |
| 2.43,03 | | Diny | Boogerd | V45 06-11-63 | De Keien | Uden | 26-05-09 |
| 2.50,86 | | Marjan | Koolhaas | V45 27-09-62 | Cialfo | Almelo | 17-05-09 |
| 2.54,65 | | Floor | Pull-Ter Gunne | V45 28-06-62 | LG Aart Stigter | Utrecht | 22-05-09 |
| 2.59,67 | | Nienke | Brouwer | V45 20-01-61 | Pallas '67 | Leiden | 10-05-09 |
| 1000 meter vrouwen-masters V45-V49 | | | | | | | |
| 3.25,2 | | Eveline | Botter | V45 24-11-59 | De Spartaan | Leiden | 23-04-09 |
| 1500 meter vrouwen-masters V45-V49 | | | | | | | |
| 5.10,36 | | Jeanine van | Overveld | V45 26-06-61 | THOR | Oosterhout | 13-06-09 |
| 5.12,45 | | Eveline | Botter | V45 24-11-59 | De Spartaan | Oosterhout | 13-06-09 |
| 5.16,0 | | Marjan van den | Baard-De Waaij | V45 28-08-62 | Pallas '93 | Naaldwijk | 25-06-09 |
| 5.39,08 | | Diny | Boogerd | V45 06-11-63 | De Keien | Zevenbergen | 21-06-09 |
| 5.46,37 | | Liesbeth | Windhorst | V45 10-04-60 | SC Reeuwijk | Reeuwijk | 21-06-09 |
| 5.47,81 | | Else | Faber | V45 03-07-63 | Antilope | Reeuwijk | 21-06-09 |
| 5.49,31 | | Tanja de | Jong-Kortus | V45 26-03-63 | Spirit-OB | Zevenbergen | 21-06-09 |
| 5.55,13 | | Rita van | Nunen | V45 06-06-60 | De Keien | Zevenbergen | 21-06-09 |
| 6.00,19 | | Loes | Kunst-Vijzelaar | V45 13-11-61 | Hollandia | Amersfoort | 21-06-09 |
| 1 Engelse mijl vrouwen-masters V45-V49 | | | | | | | |
| 5.47,2 | | Eveline | Botter | V45 24-11-59 | De Spartaan | Lisse | 29-05-09 |
| 3000 meter vrouwen-masters V45-V49 | | | | | | | |
| 10.41,34 | | Nadja | Wijenberg-Ilyina | V45 02-04-64 | Unitas | Dubnica (SVK) | 31-05-09 |
| 10.59,01 | | Marijke von | Bergh | V45 24-02-64 | Attila | Steenbergen | 28-06-09 |
| 11.14,6 | | Marjan van den | Baard-De Waaij | V45 28-08-62 | Pallas '93 | Naaldwijk | 09-07-09 |
| 11.20,86 | | Jolanda | Buter-Hopman | V45 13-02-64 | Trias | Heiloo | 31-07-09 |
| 11.22,01 | | Eveline | Botter | V45 24-11-59 | De Spartaan | Den Haag | 17-05-09 |
| 11.46,77 | | Cinta | Groos | V45 02-02-62 | DGLA | Zwolle | 28-06-09 |
| 11.50,04 | | Tanja de | Jong-Kortus | V45 26-03-63 | Spirit-OB | Dordrecht | 19-04-09 |
| 11.50,05 | | Monique | Verbeek | V45 05-12-59 | Pallas '67 | Leiden | 10-05-09 |
| 11.52,76 | | Nicole | Loeve | V45 12-02-64 | HAC | Veldhoven | 19-04-09 |
| 12.04,31 | | Rita van | Nunen | V45 06-06-60 | De Keien | Valkenswaard | 19-04-09 |

| | | | | | | |
|----------|-----------|----------------------|--------------------------|-------------|----------|--|
| (10) | | | | | | |
| 12.04,93 | Liesbeth | Windhorst | V45 10-04-60 SC Reeuwijk | Steenbergen | 28-06-09 | |
| 12.07,23 | Loes van | Biggelaar-v.Ginneken | V45 29-03-63 Scorpio | Vught | 13-09-09 | |
| 12.14,29 | Margot de | Nijs | V45 19-08-63 RK HAV | Steenbergen | 28-06-09 | |

5000 meter vrouwen-masters V45-V49

| | | | | | | |
|----------|----------------|----------------|--------------------------|------------|----------|--|
| 17.58,3 | Ingrid | Prigge | V45 04-11-63 LAAC Twente | Hengelo | 18-06-09 | |
| 19.13,6 | Marjan van den | Baard-De Waaij | V45 28-08-62 Pallas '93 | Naaldwijk | 10-09-09 | |
| 19.37,9 | Anne van | Schuppen | V45 11-10-60 Cialfo | Epe | 16-06-09 | |
| 19.48,9 | Karin | Klamer | V45 29-05-61 LAAC Twente | Hengelo | 18-06-09 | |
| 20.57,6 | Anja | Hofman | V45 28-10-59 LAAC Twente | Hengelo | 18-06-09 | |
| 21.02,65 | Rita van | Nunen | V45 06-06-60 De Keien | Oosterhout | 13-06-09 | |
| 21.16,66 | Francien | Lenssen-Roefs | V45 19-07-59 GAC-Gemert | Uden | 26-05-09 | |
| 21.46,4 | Ilse | Land | V45 20-03-63 Pijnenburg | Amersfoort | 14-04-09 | |

10.000 meter vrouwen-masters V45-V49

| | | | | | | |
|----------|--------|-------|------------------|---------|----------|--|
| 43.26,58 | Nicole | Loeve | V45 12-02-64 HAC | Utrecht | 14-06-09 | |
|----------|--------|-------|------------------|---------|----------|--|

3000 meter snelwandelen vrouwen-masters V45-V49

| | | | | | | |
|---------|-------|-------------------|------------------|-----------|----------|--|
| 21.13,7 | Truus | Wijnen-v.d. Beemt | V45 02-06-60 RWV | Dordrecht | 15-03-09 | |
|---------|-------|-------------------|------------------|-----------|----------|--|

5000 meter snelwandelen vrouwen-masters V45-V49

| | | | | | | |
|---------|-------|-------------------|------------------|-----------|----------|--|
| 35.10,6 | Truus | Wijnen-v.d. Beemt | V45 02-06-60 RWV | Dordrecht | 15-03-09 | |
|---------|-------|-------------------|------------------|-----------|----------|--|

1 uur snelwandelen vrouwen-masters V45-V49

| | | | | | | |
|-------|-------|-------------------|------------------|-----------|----------|--|
| 8.488 | Truus | Wijnen-v.d. Beemt | V45 02-06-60 RWV | Dordrecht | 15-03-09 | |
|-------|-------|-------------------|------------------|-----------|----------|--|

80 meter horden 76,2 cm vrouwen-masters V45-V49

| | | | | | | |
|-------|------------|------|------------------------|------------|----------|--|
| 20,97 | 0,5 Tineke | Boes | V45 03-12-62 Start '78 | Heerenveen | 19-09-09 | |
|-------|------------|------|------------------------|------------|----------|--|

hoogspringen vrouwen-masters V45-V49

| | | | | | | |
|------|----------------|--------------|------------------------|--------|----------|--|
| 1,30 | Henny | Reubsat | V45 02-02-60 AV '23 | Zwolle | 28-06-09 | |
| 1,20 | Ingrid van der | Eijk-Kuppers | V45 11-01-64 Startbaan | Leiden | 10-05-09 | |

polstokhoogspringen vrouwen-masters V45-V49

| | | | | | | |
|------|-----------------|----------------|----------------------------|--------|----------|--|
| 3,00 | Brigitte van de | Kamp-Linnebank | V45 15-06-60 GAC-Hilversum | Zwolle | 17-05-09 | |
|------|-----------------|----------------|----------------------------|--------|----------|--|

verspringen vrouwen-masters V45-V49

| | | | | | | |
|------|---------------------|------------------|----------------------------|-------------|----------|--|
| 4,24 | 0,3 Brigitte van de | Kamp-Linnebank | V45 15-06-60 GAC-Hilversum | Oosterhout | 13-06-09 | |
| 3,99 | 0,3 Ellis | Koese-Biesheuvel | V45 25-05-64 AV Aalsmeer | Oosterhout | 13-06-09 | |
| 3,97 | 0,2 Karin | Nieuwhof | V45 08-04-60 Hanzesport | Leiden | 10-05-09 | |
| 3,80 | -0,3 Liesbeth van | Oers | V45 26-02-62 Groene Ster | Oosterhout | 13-06-09 | |
| 3,76 | 0,0 Mirjam | Broekmeyer | V45 25-01-64 Pallas '67 | Wageningen | 26-06-09 | |
| 3,68 | 1,0 Marieta | Reijkerkerk | V45 16-04-62 PAC | Kerkrade | 10-05-09 | |
| 3,66 | -0,3 Caroline | Langelaar | V45 26-10-60 Diomedon | Steenbergen | 28-06-09 | |
| 3,65 | -0,2 Annet van der | Steenhoven | V45 20-03-62 Scorpio | Vught | 13-09-09 | |
| 3,60 | -2,0 Anja van | Giels | V45 19-02-64 Hercules | Kerkrade | 10-05-09 | |

geen windgegevens bekend:

| | | | | | | |
|------|----------|----------|------------------------|-----------|----------|--|
| 3,77 | Trijntje | Dijkstra | V45 26-01-60 Start '78 | Steenwijk | 17-07-09 | |
|------|----------|----------|------------------------|-----------|----------|--|

met teveel rugwind:

| | | | | | | |
|------|-------------|--------|----------------------------|------------|----------|--|
| 4,18 | w 2,5 Ilona | Mulder | V45 02-06-61 GAC-Hilversum | Oosterhout | 13-06-09 | |
|------|-------------|--------|----------------------------|------------|----------|--|

in onderlinge wedstrijd:

| | | | | | | |
|------|--------|--------------|-----------------------|--------------|----------|--|
| 4,57 | o Mary | Augustin | V45 27-08-62 Sparta | Leidschendam | 05-04-09 | |
| 3,97 | o Cora | Kloosterziel | V45 10-07-63 PEC 1910 | Zwolle | 27-09-09 | |

kogelstoten 4 kg vrouwen-masters V45-V49

| | | | | | | |
|-------|----------------------|-----------------------|----------------------------|-------------|----------|--|
| 11,08 | Jannet van | Noord | V45 18-10-62 Lycurgus | Heiloo | 21-05-09 | |
| 10,84 | Mirjam | Aberkrom-de Groot | V45 02-02-64 AV Edam | Huizen | 21-06-09 | |
| 10,65 | Ingrid van | Dijk | V45 19-05-62 GAC-Hilversum | Lahti (FIN) | 07-08-09 | |
| 10,46 | Mariët | Voskamp | V45 23-09-61 Hanzesport | Assen | 19-04-09 | |
| 9,53 | Marian van Amsterdam | Wezelenburg | V45 20-05-61 Lycurgus | Grootebroek | 16-08-09 | |
| 9,43 | Annemieke | Bolte | V45 06-06-60 AV '23 | Eindhoven | 12-09-09 | |
| 9,14 | Anke | Schilstra | V45 13-02-62 Sparta | Naaldwijk | 09-07-09 | |
| 9,03 | Tanja | Vet | V45 09-02-61 AC Waterland | Amsterdam | 19-04-09 | |
| 8,70 | Ilona | Mulder | V45 02-06-61 GAC-Hilversum | Oosterhout | 13-06-09 | |
| 8,69 | Maria | Verdaasdonk-v.d. Berg | V45 03-01-60 DJA | Kerkrade | 10-05-09 | |

| | | | | | | |
|------|------|-------|--------|------------------|-----------|----------|
| (10) | 8,63 | Gerda | Vetter | V45 11-02-61 AAC | Amsterdam | 03-10-09 |
|------|------|-------|--------|------------------|-----------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|-------|------------------------|-------------|-----------------------|--------------|----------|--|
| 10,10 | o Marian van Amsterdam | Wezelenburg | V45 20-05-61 Lycurgus | Krommenie | 04-10-09 | |
| 9,39 | o Anke | Schilstra | V45 13-02-62 Sparta | Leidschendam | 05-04-09 | |

8,63 o Hanny Barnhoorn-Jongejan V45 26-09-60 Trias Heiloo 03-10-09

discuswerpen 1 kg vrouwen-masters V45-V49

42,26 Ingrid van Dijk V45 19-05-62 GAC-Hilversum Lahti (FIN) 03-08-09
 37,00 Mirjam Aberkrom-De Groot V45 02-02-64 AV Edam Nieuwegein 20-09-09
 36,70 Jannet van Noord V45 18-10-62 Lycurgus Lahti (FIN) 03-08-09
 30,45 Mariët Voskamp V45 23-09-61 Hanzesport Zwolle 28-06-09
 26,23 Anke Schilstra V45 13-02-62 Sparta Rotterdam 03-07-09
 25,86 José Duba V45 24-06-64 AKU Reeuwijk 24-06-09
 24,62 Yvonne de Hondt V45 24-04-61 GAC-Hilversum Zwolle 28-06-09
 24,09 Marian van Amsterdam-Wezelenburg V45 20-05-61 Lycurgus Grootebroek 16-08-09
 24,04 Tanja Vet V45 09-02-61 AC Waterland Amsterdam 19-04-09
 23,91 Loes Buitendijk V45 24-05-61 PAC Steenbergen 28-06-09

(10)

23,29 Gerda Vetter V45 11-02-61 AAC Amsterdam 03-10-09
 22,82 Trijntje Dijkstra V45 26-01-60 Start '78 Steenwijk 04-04-09
 22,75 Regina van Galen V45 17-11-62 AV Weert Beek 13-05-09
 22,43 Maria Verdaasdonk-v.d. Berg V45 03-01-60 DJA Breda 19-09-09
 22,38 Jolanda Tveter-Veenendaal V45 21-06-61 Spark Spijkenisse 09-04-09
 22,23 Yvonne Ridderbos-Lelijveld V45 10-03-61 AV '23 Leiden 10-05-09
 22,08 Marleen Keijlard V45 10-12-62 DGLA Leiden 10-05-09

in onderlinge wedstrijd:

24,98 o Marian van Amsterdam-Wezelenburg V45 20-05-61 Lycurgus Krommenie 04-10-09

kogelslingeren 4 kg vrouwen-masters V45-V49

44,85 Ingrid van Dijk V45 19-05-62 GAC-Hilversum Amersfoort 11-04-09
 30,75 Mirjam Aberkrom-de Groot V45 02-02-64 AV Edam Grootebroek 22-05-09
 27,78 Mariët Voskamp V45 23-09-61 Hanzesport Zutphen 31-10-09
 27,20 Yvonne de Hondt V45 24-04-61 GAC-Hilversum Eindhoven 25-04-09
 26,21 Paula Eken V45 13-04-59 AAC Rotterdam 24-01-09
 25,69 Gerda Vetter V45 11-02-61 AAC Amsterdam 03-10-09
 25,66 Jannet van Noord V45 18-10-62 Lycurgus Grootebroek 22-05-09
 21,66 Karin Nieuwhof V45 08-04-60 Hanzesport Zutphen 31-10-09

speerwerpen 600 gram vrouwen-masters V45-V49

36,22 Mariët Voskamp V45 23-09-61 Hanzesport Oosterhout 14-06-09
 31,82 Gerda Vetter V45 11-02-61 AAC Amsterdam 03-10-09
 31,57 Hanny Barnhoorn-Jongejan V45 26-09-60 Trias Lisse 06-09-09
 29,76 Ingrid van Dijk V45 19-05-62 GAC-Hilversum Lahti (FIN) 07-08-09
 28,22 Mirjam Aberkrom-de Groot V45 02-02-64 AV Edam Heerhugowaard 05-06-09
 21,46 Marian van Amsterdam-Wezelenburg V45 20-05-61 Lycurgus Grootebroek 16-08-09

in onderlinge wedstrijd:

20,91 o Anke Schilstra V45 13-02-62 Sparta Leidschendam 05-04-09

gewichtwerpen 9,08 kg vrouwen-masters V45-V49

14,66 Ingrid van Dijk V45 19-05-62 GAC-Hilversum Lahti (FIN) 30-07-09
 10,62 Yvonne de Hondt V45 24-04-61 GAC-Hilversum Eindhoven 26-04-09
 10,54 Mariët Voskamp V45 23-09-61 Hanzesport Zutphen 31-10-09
 10,01 Mirjam Aberkrom-de Groot V45 02-02-64 AV Edam Eindhoven 26-04-09
 8,85 Gerda Vetter V45 11-02-61 AAC Amsterdam 03-10-09

werp-vijfkamp vrouwen-masters V45-V49

4664 Ingrid van Dijk V45 19-05-62 GAC-Hilversum Lahti (FIN) 07-08-09
 43,09 * 10,65 * 37,62 * 29,76 * 14,00
 3626 Mariët Voskamp V45 23-09-61 Hanzesport Zutphen 31-10-09
 27,78 * 09,73 * 28,50 * 34,54 * 10,54
 3500 Mirjam Aberkrom-de Groot V45 02-02-64 AV Edam Eindhoven 26-04-09
 28,58 * 10,10 * 32,10 * 25,44 * 10,01
 3113 Gerda Vetter V45 11-02-61 AAC Amsterdam 03-10-09
 25,69 * 08,63 * 23,29 * 31,82 * 08,85
 2935 Yvonne de Hondt V45 24-04-61 GAC-Hilversum Eindhoven 26-04-09
 27,10 * 07,92 * 23,88 * 16,99 * 10,62

Vrouwen-masters V50-V54

100 meter vrouwen-masters V50-V54

12,97 0,5 Hermien Roggeband-de Vrieze V50 24-11-58 Delta Sport Terneuzen 19-09-09
 13,33 0,0 Tilly Jacobs V50 19-06-56 PEC 1910 Lahti (FIN) 30-07-09

| | | | | | | |
|-------|------|---------------|-----------------------|---------------------------|-------------|----------|
| 14,01 | -0,4 | Sonja | Oost | V50 02-05-57 De Sperwers | Oosterhout | 13-06-09 |
| 14,49 | 1,0 | Joke | Torbijn-van der Koogh | V50 29-10-57 Parthenon | Steenbergen | 28-06-09 |
| 15,21 | 1,0 | Rina | Groenendijk | V50 15-11-55 AV '47 | Steenbergen | 28-06-09 |
| 15,22 | 1,3 | Anja | Akkerman-Smits | V50 01-05-55 AV Castricum | Castricum | 03-06-09 |
| 15,60 | 1,0 | Leonie | Ginneken | V50 27-10-58 Diomedon | Steenbergen | 28-06-09 |
| 16,00 | -1,9 | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Gouda | 21-05-09 |

150 meter vrouwen-masters V50-V54

| | | | | | | |
|-------|-------|---------------|--------------|--------------------------|---------|----------|
| 22,94 | w 2,4 | Rina | Groenendijk | V50 15-11-55 AV '47 | Utrecht | 10-07-09 |
| 24,15 | w 2,4 | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Utrecht | 10-07-09 |

200 meter vrouwen-masters V50-V54

| | | | | | | |
|-------|------|---------|-----------------------|---------------------------|-------------|----------|
| 26,74 | 0,5 | Hermien | Roggeband-de Vrieze | V50 24-11-58 Delta Sport | Terneuzen | 19-09-09 |
| 28,10 | -0,6 | Tilly | Jacobs | V50 19-06-56 PEC 1910 | Lahti (FIN) | 02-08-09 |
| 28,57 | 1,1 | Sonja | Oost | V50 02-05-57 De Sperwers | Oosterhout | 14-06-09 |
| 30,15 | 1,1 | Joke | Torbijn-van der Koogh | V50 29-10-57 Parthenon | Oosterhout | 14-06-09 |
| 30,87 | -0,8 | Anja | Akkerman-Smits | V50 01-05-55 AV Castricum | Amsterdam | 19-04-09 |

geen windgegevens bekend:

| | | | | | | |
|-------|--|---------------|-----------------------|----------------------------|-------------|----------|
| 29,59 | | Joke | Torbijn-van der Koogh | V50 29-10-57 Parthenon | Zevenbergen | 21-06-09 |
| 31,89 | | Lucia | Bertijn | V50 14-06-57 Haag Atletiek | Naaldwijk | 28-05-09 |
| 33,30 | | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Gouda | 21-05-09 |

400 meter vrouwen-masters V50-V54

| | | | | | | |
|-------|--|--------|------------------|----------------------------|-----------|----------|
| 68,26 | | Greet | Vrijbloed | V50 14-05-58 Isala '96 | Amsterdam | 02-05-09 |
| 71,08 | | Lucia | Bertijn | V50 14-06-57 Haag Atletiek | Naaldwijk | 28-05-09 |
| 75,79 | | Jannet | Vermeulen-Stulen | V50 25-11-55 Phoenix | Gouda | 21-05-09 |

betere handtijden:

| | | | | | | |
|------|--|-------|---------|----------------------------|-----------|----------|
| 70,2 | | Lucia | Bertijn | V50 14-06-57 Haag Atletiek | Naaldwijk | 25-06-09 |
|------|--|-------|---------|----------------------------|-----------|----------|

800 meter vrouwen-masters V50-V54

| | | | | | | |
|---------|--|-------------|------------------|--------------------------------|-----------|----------|
| 2.30,06 | | Ella | Witjes | V50 27-02-57 Altis | Ede | 20-09-09 |
| 2.34,77 | | Greet | Vrijbloed | V50 14-03-58 Isala '96 | Dronten | 02-07-09 |
| 2.40,45 | | Ingrid | Coster | V50 05-10-57 AV '23 | Zwolle | 28-06-09 |
| 2.42,89 | | Anja | Matakana | V50 24-06-59 KAV Holland | Heiloo | 14-08-09 |
| 2.44,25 | | Jannet | Vermeulen-Stulen | V50 25-11-55 Phoenix | Utrecht | 22-05-09 |
| 2.45,23 | | Dorethé | Fairley | V50 14-02-58 Nijmegen Atletiek | Leiden | 10-05-09 |
| 2.45,31 | | Marijke van | Oostrum | V50 26-06-59 Phanos | Heiloo | 14-08-09 |
| 2.47,4 | | Lucia | Bertijn | V50 14-06-57 Haag Atletiek | Naaldwijk | 09-07-09 |
| 2.49,70 | | Wilma | Bos | V50 25-04-58 Hanzesport | Zwolle | 28-06-09 |
| 2.50,1 | | Hannie de | Haan | V50 04-11-57 Voorne Atletiek | Naaldwijk | 09-07-09 |

10

| | | | | | | |
|---------|--|---------------|--------------|--------------------------|-------------|----------|
| 2.55,42 | | Lia | Verbeek | V50 26-11-54 Attila | Kerkrade | 10-05-09 |
| 2.55,60 | | Edith | Margadant | V50 03-01-55 PAC | Kerkrade | 10-05-09 |
| 2.58,8 | | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Schoonhoven | 05-07-09 |

1000 meter vrouwen-masters V50-V54

| | | | | | | |
|---------|--|-----------|----------|------------------------------|-----------|----------|
| 3.32,45 | | Anja | Matakana | V50 24-06-59 KAV Holland | Heiloo | 31-07-09 |
| 3.37,4 | | Hannie de | Haan | V50 04-11-57 Voorne Atletiek | Naaldwijk | 23-04-09 |
| 3.47,3 | | Lucia | Bertijn | V50 14-06-57 Haag Atletiek | Naaldwijk | 23-04-09 |

1500 meter vrouwen-masters V50-V54

| | | | | | | |
|---------|--|---------|------------------|--------------------------------|---------------|----------|
| 5.05,5 | | Carla | Ophorst | V50 02-12-58 Haag Atletiek | Naaldwijk | 25-06-09 |
| 5.22,63 | | Marja | Mulder-Cornielje | V50 19-06-57 Sportlust | Heerhugowaard | 15-05-09 |
| 5.26,64 | | Ingrid | Coster | V50 05-10-57 AV '23 | Amersfoort | 21-06-09 |
| 5.44,75 | | Wilma | Bos | V50 25-04-58 Hanzesport | Oosterhout | 13-06-09 |
| 5.45,20 | | Dorethé | Fairley | V50 14-02-58 Nijmegen Atletiek | Utrecht | 13-06-09 |
| 5.53,82 | | Anne | Rindt-Vissers | V50 28-01-58 Eindhoven Atl. | Oosterhout | 13-06-09 |
| 5.56,21 | | Lia | Verbeek | V50 26-11-54 Attila | Oosterhout | 13-06-09 |
| 5.59,13 | | Paulien | Adamse | V50 12-02-58 Pallas '67 | Wageningen | 26-06-09 |

3000 meter vrouwen-masters V50-V54

| | | | | | | |
|----------|--|-----------|------------------|--------------------------------|-------------|----------|
| 10.34,1 | | Carla | Ophorst | V50 02-12-58 Olympus '70 | Naaldwijk | 09-07-09 |
| 10.50,41 | | Ella | Witjes | V50 27-02-57 Altis | Ede | 20-09-09 |
| 11.35,20 | | Ingrid | Coster | V50 05-10-57 AV '23 | Vugt | 13-09-09 |
| 12.09,19 | | Jannet | Vermeulen-Stulen | V50 25-11-55 Phoenix | Huizen | 05-06-09 |
| 12.16,14 | | Dorethé | Fairley | V50 14-02-58 Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 12.16,62 | | Greet | Vrijbloed | V50 14-07-58 Isala '96 | Almelo | 17-05-09 |
| 12.23,7 | | Ineke | Stofmeel | V50 04-05-55 THOR | Roosendaal | 02-07-09 |
| 12.25,78 | | Joekie de | Hoog | V50 26-10-56 Vet. Ned. | Spijkenisse | 09-04-09 |

| | | | | | |
|----------|-------|---------------|-----------------------------|-----------|----------|
| 12.34,95 | Wilma | Bos | V50 25-04-58 Hanzesport | Zwolle | 28-06-09 |
| 12.41,94 | Petra | Martens | V50 11-06-58 Pijnenburg | Nijmegen | 15-09-09 |
| (10) | | | | | |
| 12.44,27 | Anne | Rindt-Vissers | V50 28-01-58 Eindhoven Atl. | Eindhoven | 08-05-09 |
| 12.50,73 | Joke | Schenk | V50 23-05-58 AV '23 | Leiden | 10-05-09 |
| 12.51,02 | Marga | Lesterhuis | V50 01-01-55 Zuidwal | Amsterdam | 19-04-09 |

5000 meter vrouwen-masters V50-V54

| | | | | | |
|----------|-------------|------------------|-----------------------------|--------------|----------|
| 18.14,1 | Carla | Ophorst | V50 02-12-58 Haag Atletiek | Naaldwijk | 10-09-09 |
| 20.19,39 | Ingrid | Coster | V50 05-10-57 AV '23 | Heiloo | 14-08-09 |
| 20.39,82 | Marianne de | Schipper-Fokke | V50 05-09-59 THOR | Roosendaal | 17-09-09 |
| 20.46,80 | Anne | Rindt-Vissers | V50 28-01-58 Eindhoven Atl. | Oosterhout | 13-06-09 |
| 21.05,17 | Jannet | Vermeulen-Stulen | V50 25-11-55 Phoenix | Amersfoort | 11-04-09 |
| 21.17,43 | Joekie de | Hoog | V50 26-10-56 Vet. Ned. | Spijkensisse | 17-09-09 |

80 meter horden 76,2 cm vrouwen-masters V50-V54

| | | | | | |
|---------------------------|---------------|--------------|--------------------------|-------------|----------|
| 18,00 | 0,6 Henny | Woering | V50 23-05-56 AV '23 | Lahti (FIN) | 28-07-09 |
| <i>betere handtijden:</i> | | | | | |
| 15,0 | Rina | Groenendijk | V50 15-11-55 AV '47 | Schoonhoven | 05-07-09 |
| 18,8 | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Schoonhoven | 05-07-09 |

hoogspringen vrouwen-masters V50-V54

| | | | | | |
|------|---------------|-------------------|--------------------------|-------------|----------|
| 1,40 | Evie | Roelands | V50 12-07-58 DJA | Kerkrade | 10-05-09 |
| 1,35 | Nynke | Groendijk-Wilders | V50 17-04-56 Pallas '67 | Leiden | 10-05-09 |
| 1,35 | Henny | Woering | V50 23-05-56 AV '23 | Vugt | 13-09-09 |
| 1,32 | Rina | Groenendijk | V50 15-11-55 AV '47 | Schoonhoven | 05-07-09 |
| 1,17 | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Schoonhoven | 05-07-09 |
| 1,16 | Jannet | Vermeulen-Stulen | V50 25-11-55 Phoenix | Gouda | 21-05-09 |

verspringen vrouwen-masters V50-V54

| | | | | | |
|------|------------|-------------------|-------------------------|-------------|----------|
| 4,90 | 1,3 Tilly | Jacobs | V50 19-06-56 PEC 1910 | Lahti (FIN) | 06-08-09 |
| 4,28 | 0,0 Evie | Roelands | V50 12-07-58 DJA | Steenbergen | 28-06-09 |
| 4,14 | -1,7 Nynke | Groendijk-Wilders | V50 17-04-56 Pallas '67 | Leiden | 10-05-09 |
| 4,08 | 0,6 Rina | Groenendijk | V50 15-11-55 AV '47 | Oosterhout | 13-06-09 |
| 3,81 | 1,0 Henny | Woering | V50 23-05-56 AV '23 | Lahti (FIN) | 29-07-09 |

geen windgegevens bekend:

| | | | | | |
|------|---------------|------------------|--------------------------|-------------|----------|
| 4,94 | Tilly | Jacobs | V50 19-06-56 PEC 1910 | Zierikzee | 09-09-09 |
| 4,16 | Rina | Groenendijk | V50 15-11-55 AV '47 | Gouda | 21-05-09 |
| 3,58 | Jannet | Vermeulen-Stulen | V50 25-11-55 Phoenix | Gouda | 21-05-09 |
| 3,41 | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Schoonhoven | 05-07-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|-----------|----------------|--------------------------|------------|----------|
| 3,90 | o Rosalie | Sijben-Claesen | V50 06-11-57 Achilles-EL | Etten-Leur | 28-03-09 |
|------|-----------|----------------|--------------------------|------------|----------|

hink-stap-sprong vrouwen-masters V50-V54

| | | | | | |
|------|----------|-------------|---------------------|------------|----------|
| 8,88 | 0,5 Rina | Groenendijk | V50 15-11-55 AV '47 | Oosterhout | 14-06-09 |
|------|----------|-------------|---------------------|------------|----------|

kogelstoten 3 kg vrouwen-masters V50-V54

| | | | | | |
|-------|---------------|------------------------|----------------------------|-------------|----------|
| 10,67 | Hanny | Ebbekink-Tukkers | V50 24-08-58 AC TION | Oosterhout | 13-06-09 |
| 9,64 | Sjan | Roest-Lauwers | V50 18-05-59 AV Reusel '69 | Oosterhout | 13-06-09 |
| 9,25 | Ingrid | Zuijdervliet-Hoogeveen | V50 24-05-57 Vet. Ned. | Zierikzee | 08-09-09 |
| 9,05 | Saskia van de | Meer | V50 28-10-57 Startbaan | Leiden | 10-05-09 |
| 8,42 | Hermien | Roggeband-de Vrieze | V50 24-11-58 Delta Sport | Terneuzen | 19-09-09 |
| 8,33 | Henny | Woering | V50 23-05-56 AV '23 | Lahti (FIN) | 28-07-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|-----------|----------------|--------------------------|------------|----------|
| 9,18 | o Rosalie | Sijben-Claesen | V50 06-11-57 Achilles-EL | Etten-Leur | 28-03-09 |
|------|-----------|----------------|--------------------------|------------|----------|

kogelstoten 4 kg vrouwen-masters V50-V54

| | | | | | |
|------|-------|---------------|----------------------------|-------------|----------|
| 9,21 | Petra | Schutte | V50 11-06-56 HAC | Veldhoven | 19-04-09 |
| 8,07 | Sjan | Roest-Lauwers | V50 18-05-59 AV Reusel '69 | Zevenbergen | 21-06-09 |

discuswerpen 1 kg vrouwen-masters V50-V54

| | | | | | |
|-------|---------------|------------------------|----------------------------|-------------|----------|
| 39,42 | Els | Stolk | V50 07-02-57 AAC | Lisse | 09-05-09 |
| 37,28 | Hanny | Ebbekink-Tukkers | V50 24-08-58 AC TION | Drachten | 17-05-09 |
| 33,09 | Tiny | Hellendoorn | V50 25-03-55 Isala '96 | Nieuwegein | 20-09-09 |
| 26,08 | Petra | Schutte | V50 11-06-56 HAC | Veldhoven | 19-04-09 |
| 24,45 | Ingrid | Zuijdervliet-Hoogeveen | V50 24-05-57 Vet. Ned. | Oosterhout | 13-06-09 |
| 24,28 | Sjan | Roest-Lauwers | V50 18-05-59 AV Reusel '69 | Oosterhout | 13-06-09 |
| 22,68 | Saskia van de | Meer | V50 28-10-57 Startbaan | Leiden | 10-05-09 |
| 20,18 | Leonie | Ginneken | V50 27-10-58 Diomedon | Steenbergen | 28-06-09 |
| 20,05 | Helene | Duijf-Merkx | V50 15-12-58 Vitesse '08 | Maastricht | 31-05-09 |

kogelslingeren 3 kg vrouwen-masters V50-V54

| | | | | | |
|-------|------------|-------------|--------------------------|-------------|----------|
| 30,80 | Leonie van | Ginneken | V50 27-10-58 Diomedon | Steenbergen | 11-04-09 |
| 27,73 | Paula | Eken | V50 13-04-59 AAC | Grootebroek | 22-05-09 |
| 22,92 | Helene | Duijf-Merkx | V50 15-12-58 Vitesse '08 | Roermond | 17-10-09 |

speerwerpen 500 gram vrouwen-masters V50-V54

| | | | | | |
|-------|--------|-----------------------|----------------------------|-------------|----------|
| 29,16 | Henny | Woering | V50 23-05-56 AV '23 | Lahti (FIN) | 29-07-09 |
| 29,14 | Anja | Akkerman-Smits | V50 01-05-55 AV Castricum | Zierikzee | 10-09-09 |
| 24,99 | Sjan | Roest-Lauwers | V50 18-05-59 AV Reusel '69 | Oosterhout | 14-06-09 |
| 22,84 | Ingrid | Zuidervliet-Hoogeveen | V50 24-05-57 Vet. Ned. | Zierikzee | 10-09-09 |
| 21,64 | L | Willems | V50 | Zierikzee | 10-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|---------|----------------|--------------------------|------------|----------|
| 21,67 | o | Rosalie | Sijben-Claesen | V50 06-11-57 Achilles-EL | Etten-Leur | 28-03-09 |
|-------|---|---------|----------------|--------------------------|------------|----------|

speerwerpen 600 gram vrouwen-masters V50-V54

| | | | | | |
|-------|------|---------------|----------------------------|-------------|----------|
| 21,22 | Sjan | Roest-Lauwers | V50 18-05-59 AV Reusel '69 | Zevenbergen | 21-06-09 |
|-------|------|---------------|----------------------------|-------------|----------|

gewichtwerpen 7,25 kg vrouwen-masters V50-V54

| | | | | | |
|------|-------|------|------------------|-----------|----------|
| 8,98 | Paula | Eken | V50 13-04-59 AAC | Rotterdam | 29-08-09 |
|------|-------|------|------------------|-----------|----------|

werp-vijfkamp vrouwen-masters V50-V54

| | | | | | |
|--|-------|------|------------------|-----------|----------|
| 2349 | Paula | Eken | V50 13-04-59 AAC | Rotterdam | 29-08-09 |
| <i>26,13 * 07,62 * 15,31 * 18,65 * 08,98</i> | | | | | |

5-kamp vrouwen-masters V50-V54

| | | | | | |
|--|------|-------------|---------------------|-------------|----------|
| 3183 | Rina | Groenendijk | V50 15-11-55 AV '47 | Schoonhoven | 05-07-09 |
| <i>15,0= * 1,32 * 07,07 * 4,12 * 3,00,1= * * *</i> | | | | | |

| | | | | | |
|--|---------------|--------------|--------------------------|-------------|----------|
| 2312 | Trees van der | Werf-Van Tol | V50 19-01-59 SC Reeuwijk | Schoonhoven | 05-07-09 |
| <i>18,8= * 1,17 * 06,81 * 3,41 * 2,58,8= * * *</i> | | | | | |

7-kamp vrouwen-masters V50-V54

| | | | | | |
|---|-------|---------|---------------------|-------------|----------|
| 3894 | Henny | Woering | V50 23-05-56 AV '23 | Lahti (FIN) | 29-07-09 |
| <i>18,00 * 1,30 * 08,33 * 35,04 * 3,81 * 29,16 * 3,14,16 * 0,6 * -1,8 * 1,0</i> | | | | | |

4 x 100 meter vrouwen-masters V50-V54

| | | | | | |
|-------|-----------------|-----|-----|------------|----------|
| 53,26 | Nationale Ploeg | V50 | V50 | Amstelveen | 26-09-09 |
|-------|-----------------|-----|-----|------------|----------|

Vrouwen-masters V55-V59

100 meter vrouwen-masters V55-V59

| | | | | | | |
|-------|------|---------|------|------------------------|------------|----------|
| 16,01 | -0,4 | Jet van | Esch | V55 09-11-52 Vet. Ned. | Oosterhout | 13-06-09 |
|-------|------|---------|------|------------------------|------------|----------|

geen windgegevens bekend:

| | | | | | |
|-------|-------|------------------|----------------------|-----------|----------|
| 16,44 | Dinah | Heinsbroek-Booij | V55 22-12-53 Fortuna | Zierikzee | 08-09-09 |
|-------|-------|------------------|----------------------|-----------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|------|---|------|---------|--------------------------|---------|----------|
| 16,1 | o | Joke | Bijvoet | V55 23-05-52 AV Zaanland | Zaandam | 03-10-09 |
|------|---|------|---------|--------------------------|---------|----------|

200 meter vrouwen-masters V55-V59

| | | | | | | |
|-------|-----|-------|------------------|----------------------|------------|----------|
| 34,78 | 1,1 | Dinah | Heinsbroek-Booij | V55 22-12-53 Fortuna | Oosterhout | 14-06-09 |
|-------|-----|-------|------------------|----------------------|------------|----------|

400 meter vrouwen-masters V55-V59

| | | | | | |
|-------|------|--------|------------------------|-----------|----------|
| 74,80 | Lena | Jansen | V55 06-03-51 Parthenon | Zierikzee | 10-09-09 |
|-------|------|--------|------------------------|-----------|----------|

| | | | | | |
|-------|-------|------------------|----------------------|------------|----------|
| 81,21 | Dinah | Heinsbroek-Booij | V55 22-12-53 Fortuna | Oosterhout | 13-06-09 |
|-------|-------|------------------|----------------------|------------|----------|

800 meter vrouwen-masters V55-V59

| | | | | | |
|---------|-----------|-----------|------------------|-------------|----------|
| 3.01,46 | Maria van | Laerhoven | V55 29-06-52 DJA | Steenbergen | 28-06-09 |
|---------|-----------|-----------|------------------|-------------|----------|

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|---------|--------|-----|----------------------------|------------|----------|
| 3.02,45 | Dineke | Kok | V55 02-02-53 GAC-Hilversum | Oosterhout | 14-06-09 |
|---------|--------|-----|----------------------------|------------|----------|

| | | | | | |
|---------|---------|--------------------|------------------------|--------|----------|
| 3.15,86 | Tjitske | Kooistra-Westerhof | V55 16-05-49 Vet. Ned. | Leiden | 10-05-09 |
|---------|---------|--------------------|------------------------|--------|----------|

in onderlinge wedstrijd:

| | | | | | | |
|--------|---|------|---------|--------------------------|---------|----------|
| 2.57,4 | o | Joke | Bijvoet | V55 23-05-52 AV Zaanland | Zaandam | 03-10-09 |
|--------|---|------|---------|--------------------------|---------|----------|

1500 meter vrouwen-masters V55-V59

| | | | | | |
|---------|------|---------|--------------------------|---------|----------|
| 5.49,92 | Joke | Bijvoet | V55 23-05-52 AV Zaanland | Zaandam | 08-05-09 |
|---------|------|---------|--------------------------|---------|----------|

| | | | | | |
|---------|--------|-----|----------------------------|------------|----------|
| 6.09,72 | Dineke | Kok | V55 02-02-53 GAC-Hilversum | Oosterhout | 13-06-09 |
|---------|--------|-----|----------------------------|------------|----------|

3000 meter vrouwen-masters V55-V59

| | | | | | |
|---------|-------|--------------|------------------------|----------------|----------|
| 12.35,1 | Marja | Sundermeijer | V55 18-01-54 Spirit-OB | Oud Beijerland | 16-04-09 |
|---------|-------|--------------|------------------------|----------------|----------|

| | | | | | |
|----------|-----------|-----------|------------------|-------------|----------|
| 12.53,07 | Maria van | Laerhoven | V55 29-06-52 DJA | Steenbergen | 28-06-09 |
|----------|-----------|-----------|------------------|-------------|----------|

| | | | | | |
|----------|--------|-------|---------------------|-----------|----------|
| 13.00,85 | Astrid | Caubo | V55 05-01-50 AV '23 | Amsterdam | 19-04-09 |
|----------|--------|-------|---------------------|-----------|----------|

| | | | | | |
|----------|---------|-------------------|------------------------------|---------|----------|
| 13.06,21 | Ans van | Veenendaal-Kocken | V55 23-10-53 LG Aart Stigter | Utrecht | 07-08-09 |
|----------|---------|-------------------|------------------------------|---------|----------|

| | | | | | |
|----------|--------|-----|----------------------------|--------|----------|
| 13.18,00 | Dineke | Kok | V55 02-02-53 GAC-Hilversum | Huizen | 05-06-09 |
|----------|--------|-----|----------------------------|--------|----------|

10.000 meter vrouwen-masters V55-V59

42.48,25 Angnet v 't Wout-Merkx V55 23-06-53 AV Oss '78 Utrecht 14-06-09

3000 meter snelwandelen vrouwen-masters V55-V59

17.48,75 Marleen Radder-Willems V55 22-02-51 RWV Amsterdam 02-05-09

22.24,55 Tilly van de Merwe V55 18-03-53 Unitas Oosterhout 13-06-09

23.16,73 Arna Seijkens-de Kort V55 02-04-51 DAK Drunen 25-06-09

5000 meter snelwandelen vrouwen-masters V55-V59

30.26,2 Marleen Radder-Willems V55 22-02-51 RWV Dordrecht 15-03-09

40.29,42 Tilly van de Merwe V55 18-03-53 Unitas Herentals (BEL)31-05-09

10.000 meter snelwandelen vrouwen-masters V55-V59

62.10,6 Marleen Radder-Willems V55 22-02-51 RWV Dordrecht 15-03-09

1 uur snelwandelen vrouwen-masters V55-V59

9.651 Marleen Radder-Willems V55 22-02-51 RWV Dordrecht 15-03-09

hoogspringen vrouwen-masters V55-V59

1,45 Weia Reinboud V55 11-03-50 Hellas Krommenie 21-06-09

1,45 Janine Kortbeek-v.d.Mortel V55 03-05-53 Prins Hendrik Vugt

in onderlinge wedstrijd:

1,15 o Joke Bijvoet V55 23-05-52 AV Zaanland Zaandam 03-10-09

verspringen vrouwen-masters V55-V59

4,53 0,0 Janine Kortbeek-v.d. Mortel V55 03-05-53 Prins Hendrik Steenbergen 28-06-09

hink-stap-sprong vrouwen-masters V55-V59

10,09 0,2 Janine Kortbeek-v.d. Mortel V55 03-05-53 Prins Hendrik Oosterhout 14-06-09

kogelstoten 3 kg vrouwen-masters V55-V59

8,65 Tine Koops-Wittermans V55 27-09-51 Jahn II Hoogeveen 12-06-09

8,11 Anja Korff-Lanters V55 11-10-53 Eindhoven Atl. Eindhoven 16-04-09

7,72 Jet van Esch V55 09-11-52 Prins Hendrik Kerkrade 10-05-09

kogelstoten 4 kg vrouwen-masters V55-V59

7,69 Weia Reinboud V55 11-03-50 Hellas Ede 20-09-09

discuswerpen 1 kg vrouwen-masters V55-V59

22,52 Anja Korff-Lanters V55 11-10-53 Eindhoven Atl. Eindhoven 26-04-09

22,33 Tineke Koops-Wittermans V55 27-09-51 Jahn II Groningen 19-06-09

15,82 Jet van Esch V55 09-11-52 Prins Hendrik Kerkrade 10-05-09

kogelslingeren 3 kg vrouwen-masters V55-V59

29,76 Anja Korff-Lanters V55 11-10-53 Eindhoven Atl. Eindhoven 14-02-09

21,08 Louise Zimmerman V55 01-12-50 R' dam Atletiek Rotterdam 11-04-09

20,22 Rosita Poldervaart V55 25-04-52 Noordkop Grootebroek 22-05-09

in onderlinge wedstrijd:

20,26 o Loes de Pee-Veth V55 19-11-51 Hercules Dordrecht 04-10-09

kogelslingeren 4 kg vrouwen-masters V55-V59

20,59 Weia Reinboud V55 11-03-50 Hellas Naaldwijk 19-04-09

speerwerpen 500 gram vrouwen-masters V55-V59

34,02 Weia Reinboud V55 11-03-50 Hellas Ancona (ITA) 27-03-09

gewichtwerpen 7,25 kg vrouwen-masters V55-V59

9,50 Anja Korff-Lanters V55 11-10-53 Eindhoven Atl. Eindhoven 12-09-09

werp-vijfkamp vrouwen-masters V55-V59

2747 Anja Korff-Lanters V55 11-10-53 Eindhoven Atl. Eindhoven 26-04-09

25,30 * 07,90 * 22,52 * 13,76 * 09,49

Vrouwen-masters V60-V64

200 meter vrouwen-masters V60-V64

31,67 1,1 Afra Kruijjer-Floris V60 03-06-49 Hera Oosterhout 14-06-09

400 meter vrouwen-masters V60-V64

70,81 Afra Kruijjer-Floris V60 03-06-49 Hera Heerhugowaard05-06-09

800 meter vrouwen-masters V60-V64

2.52,59 A van Dijk V60 Zierikzee 09-09-09

2.53,03 Marianne Knapen-de Bode V60 18-10-47 Loopgroep PK Valkenswaard 23-06-09

| | | | | | |
|---------|------------|--------------------|--------------------------------|-----------|----------|
| 3.11,68 | Martha van | Hal-van Dijk | V60 09-07-46 Pijnenburg | Utrecht | 07-08-09 |
| 3.13,34 | Trees | Rutten | V60 13-09-47 Nijmegen Atletiek | Nijmegen | 15-09-09 |
| 3.17,15 | Tijtske | Kooistra-Westerhof | V60 16-05-49 Vet. Ned. | Zwolle | 28-06-09 |
| 3.29,86 | Els | Verholst | V60 11-11-45 AKU | Zierikzee | 09-09-09 |

1000 meter vrouwen-masters V60-V64

| | | | | | |
|---------|------------|--------------|-------------------------|---------|----------|
| 4.11,30 | Martha van | Hal-van Dijk | V60 09-07-46 Pijnenburg | Utrecht | 10-07-09 |
|---------|------------|--------------|-------------------------|---------|----------|

1500 meter vrouwen-masters V60-V64

| | | | | | |
|---------|------------|----------------|--------------------------------|------------|----------|
| 5.47,24 | Marianne | Knapen-de Bode | V60 18-10-47 Loopgroep PK | Oosterhout | 13-06-09 |
| 5.55,13 | Els | Raap | V60 28-04-47 Kombijsport | Oosterhout | 13-06-09 |
| 6.15,66 | Martha van | Hal-van Dijk | V60 09-07-46 Pijnenburg | Oosterhout | 13-06-09 |
| 6.28,43 | Trees | Rutten | V60 13-09-47 Nijmegen Atletiek | Oosterhout | 13-06-09 |
| 6.51,25 | Han | Vos-Rulkens | V60 16-09-44 Achilles-Top | Kerkrade | 14-08-09 |

3000 meter vrouwen-masters V60-V64

| | | | | | |
|----------|------------|----------------|--------------------------------|-----------|----------|
| 12.20,19 | A van | Dijk | V60 | Zierikzee | 10-09-09 |
| 12.24,79 | Marianne | Knapen-de Bode | V60 18-10-47 Loopgroep PK | Zierikzee | 10-09-09 |
| 13.19,68 | Martha van | Hal-van Dijk | V60 09-07-46 Pijnenburg | Huizen | 05-06-09 |
| 13.46,02 | Trees | Rutten | V60 13-09-47 Nijmegen Atletiek | Leiden | 10-05-09 |

5000 meter vrouwen-masters V60-V64

| | | | | | |
|----------|------------|--------------|--------------------------------|------------|----------|
| 22.06,07 | Els | Raap | V60 28-04-47 Kombijsport | Oosterhout | 14-06-09 |
| 22.44,9 | Martha van | Hal-van Dijk | V60 09-07-46 Pijnenburg | Amersfoort | 14-04-09 |
| 24.01,26 | Trees | Rutten | V60 13-09-47 Nijmegen Atletiek | Oosterhout | 14-06-09 |
| 24.39,85 | Han | Vos-Rulkens | V60 16-09-44 Achilles-Top | Oosterhout | 14-06-09 |

3000 meter snelwandelen vrouwen-masters V60-V64

| | | | | | |
|----------|---------|------------------|------------------|-----------|----------|
| 20.39,54 | Coby | Bunschoten-Kriek | V60 18-12-47 RWV | Amsterdam | 02-05-09 |
| 26.30,7 | Hermien | Teske | V60 15-02-49 RWV | Dordrecht | 15-03-09 |

5000 meter snelwandelen vrouwen-masters V60-V64

| | | | | | |
|----------|---------|------------------|------------------|-------------|----------|
| 34.37,9 | Coby | Bunschoten-Kriek | V60 18-12-47 RWV | Papendrecht | 06-06-09 |
| 46.40,07 | Hermien | Teske | V60 15-02-49 RWV | Barendrecht | 31-05-09 |

10.000 meter snelwandelen vrouwen-masters V60-V64

| | | | | | |
|-----------|---------|-------|------------------|-----------|----------|
| 1.41.26,7 | Hermien | Teske | V60 15-02-49 RWV | Dordrecht | 12-09-09 |
|-----------|---------|-------|------------------|-----------|----------|

verspringen vrouwen-masters V60-V64

| | | | | | |
|------|----------|---------------|------------------------------|-----------|----------|
| 3,54 | Annelies | Steekelenburg | V60 12-04-48 R' dam Atletiek | Zierikzee | 09-09-09 |
|------|----------|---------------|------------------------------|-----------|----------|

in onderlinge wedstrijd:

| | | | | | |
|------|---------|----------------------|-------------------------|---------|----------|
| 2,99 | o Aukje | Kruithof-Kloosterman | V60 02-11-46 Hanzesport | Zutphen | 04-04-09 |
|------|---------|----------------------|-------------------------|---------|----------|

hink-stap-sprong vrouwen-masters V60-V64

| | | | | | |
|------|-----------|-------------------|------------------------------|----------------|----------|
| 8,18 | Annelies | Steekelenburg | V60 12-04-48 R' dam Atletiek | Pasadena (USA) | 06-06-09 |
| 7,81 | 0,2 Laura | Blommestijn-Euser | V60 02-07-44 R' dam Atletiek | Oosterhout | 14-06-09 |

geen windgegevens bekend:

| | | | | | |
|------|-------|-------------------|------------------------------|-----------|----------|
| 7,92 | Laura | Blommestijn-Euser | V60 02-07-44 R' dam Atletiek | Rotterdam | 05-06-09 |
|------|-------|-------------------|------------------------------|-----------|----------|

kogelstoten 3 kg vrouwen-masters V60-V64

| | | | | | |
|-------|-----------|------------------------|------------------------------|-------------|----------|
| 10,57 | Annie van | Anholt | V60 22-02-47 Attila | Kerkrade | 10-05-09 |
| 9,22 | Marga | Kortekaas | V60 05-10-45 De Spartaan | Zwolle | 28-06-09 |
| 8,87 | Jenny | Marcelis-Dikmans | V60 10-08-48 Scorpio | Kerkrade | 10-05-09 |
| 8,48 | Laura | Blommestijn-Euser | V60 02-07-44 R' dam Atletiek | Rotterdam | 24-04-09 |
| 7,70 | Jolande | Brasser | V60 06-03-46 Trias | Oosterhout | 13-06-09 |
| 7,48 | Wil | Florusse-van der Koogh | V60 08-01-48 Parthenon | Steenbergen | 28-06-09 |

discuswerpen 1 kg vrouwen-masters V60-V64

| | | | | | |
|-------|-----------|------------------------|------------------------------|-------------|----------|
| 32,99 | Annie van | Anholt | V60 22-02-47 Attila | Eindhoven | 12-09-09 |
| 28,17 | Jolande | Brasser | V60 06-03-46 Trias | Oosterhout | 13-06-09 |
| 23,31 | Jenny | Marcelis-Dikmans | V60 10-08-48 Scorpio | Oosterhout | 12-05-09 |
| 22,91 | Marga | Kortekaas | V60 05-10-45 De Spartaan | Leiden | 10-05-09 |
| 22,61 | Laura | Blommestijn-Euser | V60 02-07-44 R' dam Atletiek | Rotterdam | 24-04-09 |
| 21,97 | Annelies | Steekelenburg | V60 12-04-48 R' dam Atletiek | Zierikzee | 10-09-09 |
| 21,74 | Wil | Florusse-van der Koogh | V60 08-01-48 Parthenon | Steenbergen | 28-06-09 |

kogelslingeren 3 kg vrouwen-masters V60-V64

| | | | | | |
|-------|-----------|----------------------|------------------------------|-----------|----------|
| 41,48 | Annie van | Anholt | V60 22-02-47 Attila | Rotterdam | 11-04-09 |
| 33,01 | Laura | Blommestijn-Euser | V60 02-07-44 R' dam Atletiek | Rotterdam | 11-04-09 |
| 26,08 | Jenny | Marcelis-Dikmans | V60 10-08-48 Scorpio | Eindhoven | 26-04-09 |
| 20,30 | Aukje | Kruithof-Kloosterman | V60 02-11-46 Hanzesport | Zutphen | 31-10-09 |

kogelslingeren 4 kg vrouwen-masters V60-V64

33,36 Annie van Anholt V60 22-02-47 Attila Krommenie 21-06-09

speerwerpen 400 gram vrouwen-masters V60-V64

25,78 Jenny Marcelis-Dikmans V6010-08-48 Scorpio Helmond 02-07-09

24,38 Annie van Anholt V60 22-02-47 Attila Eindhoven 26-04-09

17,66 Laura Blommestijn-Euser V60 02-07-44 R' dam Atletiek Eindhoven 26-04-09

gewichtwerpen 5,45 kg vrouwen-masters V60-V64

16,21 Annie van Anholt V60 22-02-47 Attila Lahti (FIN) 02-08-09

12,08 Laura Blommestijn-Euser V60 02-07-44 R' dam Atletiek Eindhoven 26-04-09

9,00 Jenny Marcelis-Dikmans V6010-08-48 Scorpio Eindhoven 26-04-09

werp-vijfkamp vrouwen-masters V60-V64

4977 Annie van Anholt V60 22-02-47 Attila Eindhoven 26-04-09

41,08 * 10,19 * 32,84 * 24,38 * 16,08

3543 Laura Blommestijn-Euser V60 02-07-44 R' dam Atletiek Eindhoven 26-04-09

32,70 * 08,23 * 20,56 * 17,66 * 12,08

3129 Jenny Marcelis-Dikmans V6010-08-48 Scorpio Eindhoven 26-04-09

26,08 * 07,92 * 19,67 * 21,11 * 09,00

Vrouwen-masters V65-V69

100 meter vrouwen-masters V65-V69

15,90 0,3 Riet Jonkers-Slegers V65 04-10-43 Attila Oordegem (BEL) 27-08-09

200 meter vrouwen-masters V65-V69

32,88 -0,3 Riet Jonkers-Slegers V65 04-10-43 Attila Oordegem (BEL) 27-08-09

400 meter vrouwen-masters V65-V69

72,76 Riet Jonkers-Slegers V65 04-10-43 Attila Lahti (FIN) 07-08-09

800 meter vrouwen-masters V65-V69

2.48,60 Riet Jonkers-Slegers V65 04-10-43 Attila Oosterhout 14-06-09

3.51,3 Laura Blommestijn-Euser V65 02-07-44 R' dam Atletiek Schoonhoven 05-07-09

1000 meter vrouwen-masters V65-V69

3.44,7 Riet Jonkers-Slegers V65 04-10-43 Attila Naaldwijk 10-09-09

1500 meter vrouwen-masters V65-V69

5.58,75 Riet Jonkers-Slegers V65 04-10-43 Attila Kerkrade 14-08-09

1 Engelse mijl vrouwen-masters V65-V69

6.26,26 Riet Jonkers-Slegers V65 04-10-43 Attila Helmond 13-04-09

3000 meter vrouwen-masters V65-V69

13.43,48 Riet Jonkers-Slegers V65 04-10-43 Attila Oordegem (BEL) 17-04-09

14.18,68 Han Vos-Rulkens V65 16-09-44 Achilles-Top Erkelenz (GER) 25-09-09

3000 meter snelwandelen vrouwen-masters V65-V69

19.09,50 Riet Jonkers-Slegers V65 04-10-43 Attila Merksen (BEL) 26-04-09

21.16,46 Rietje Dijkman V65 21-06-39 AV '23 Oosterhout 13-06-09

21.59,64 Annie Wilde V65 30-04-42 DAK Drunen 25-06-09

5000 meter snelwandelen vrouwen-masters V65-V69

33.26,63 Riet Jonkers-Slegers V65 04-10-43 Attila Barendrecht 31-05-09

10.000 meter snelwandelen vrouwen-masters V65-V69

68.53,6 Riet Jonkers-Slegers V65 04-10-43 Attila Dordrecht 12-09-09

80 meter horden 76,2 cm vrouwen-masters V65-V69

15,6 Laura Blommestijn-Euser V65 02-07-44 R' dam Atletiek Schoonhoven 05-07-09

300 meter horden 76,2 cm vrouwen-masters V65-V69

59,15 Riet Jonkers-Slegers V65 04-10-43 Attila Lahti (FIN) 02-08-09

hoogspringen vrouwen-masters V65-V69

1,26 Laura Blommestijn-Euser V65 02-07-44 R' dam Atletiek Schoonhoven 05-07-09

verspringen vrouwen-masters V65-V69

3,93 0,0 Riet Jonkers-Slegers V65 04-10-43 Attila Oordegem (BEL) 27-08-09

3,82 Laura Blommestijn-Euser V65 02-07-44 R' dam Atletiek Schoonhoven 05-07-09

kogelstoten 3 kg vrouwen-masters V65-V69

9,00 Laura Blommestijn-Euser V65 02-07-44 R' dam Atletiek Schoonhoven 05-07-09

| | | | | | |
|--|---------------------|-------------------|------------------------------|-------------|----------|
| 6,37 | Alie | Dodde-Vos | V65 07-09-44 Aquilo | Zierikzee | 08-09-09 |
| discuswerpen 1 kg vrouwen-masters V65-V69 | | | | | |
| 22,73 | Laura | Blommestijn-Euser | V65 02-07-44 R' dam Atletiek | Rotterdam | 29-08-09 |
| speerwerpen 400 gram vrouwen-masters V65-V69 | | | | | |
| 20,31 | Laura | Blommestijn-Euser | V65 02-07-44 R' dam Atletiek | Rotterdam | 29-08-09 |
| kogelslingeren 3 kg vrouwen-masters V65-V69 | | | | | |
| 30,43 | Laura | Blommestijn-Euser | V65 02-07-44 R' dam Atletiek | Rotterdam | 29-08-09 |
| gewichtwerpen 5,45 kg vrouwen-masters V65-V69 | | | | | |
| 11,53 | Laura | Blommestijn-Euser | V65 02-07-44 R' dam Atletiek | Huizen | 03-10-09 |
| 4 x 200 meter clubteams vrouwen-masters V65-V69 | | | | | |
| 13.26,49 | nationale ploeg 65+ | | V65 | Amstelveen | 27-09-09 |
| 5-kamp vrouwen-masters V65-V69 | | | | | |
| 4595 | Laura | Blommestijn-Euser | V65 02-07-44 R' dam Atletiek | Schoonhoven | 05-07-09 |
| 15,6= * 1,26 * 09,00 * 3,82 * 3.51,3= * * * | | | | | |
| werp-vijfkamp vrouwen-masters V65-V69 | | | | | |
| 4134 | Laura | Blommestijn-Euser | V65 02-07-44 R' dam Atletiek | Huizen | 03-10-09 |
| 30,35 * 08,68 * 22,45 * 20,25 * 11,53 | | | | | |

Vrouwen-masters V70-V74

| | | | | | |
|--|-------------|--------------------|------------------------|---------------|----------|
| 100 meter vrouwen-masters V70-V74 | | | | | |
| 16,03 | -0,6 Rietje | Dijkman | V70 21-06-39 AV '23 | Zierikzee | 08-09-09 |
| 200 meter vrouwen-masters V70-V74 | | | | | |
| 34,19 | -4,8 Rietje | Dijkman | V70 21-06-39 AV '23 | Zierikzee | 10-09-09 |
| 400 meter vrouwen-masters V70-V74 | | | | | |
| 1.50,3 | Johanna | Kempenaar | V70 21-04-38 AV '47 | Boskoop | 26-09-09 |
| 800 meter vrouwen-masters V70-V74 | | | | | |
| 3.25,78 | Ada | Habes-Ket | V70 22-11-37 Vet. Ned. | Heiloo | 21-05-09 |
| 1500 meter vrouwen-masters V70-V74 | | | | | |
| 7.13,57 | Ada | Habes-Ket | V70 22-11-37 Vet. Ned. | Amsterdam | 02-05-09 |
| 1 Engelse mijl vrouwen-masters V70-V74 | | | | | |
| 7.42,61 | Ada | Habes-Ket | V70 22-11-37 Vet. Ned. | Heerhugowaard | 05-06-09 |
| 10.000 meter vrouwen-masters V70-V74 | | | | | |
| 53.32,76 | Ada | Habes-Ket | V70 22-11-37 Vet. Ned. | Beverwijk | 25-04-09 |
| verspringen vrouwen-masters V70-V74 | | | | | |
| 3,68 | Rietje | Dijkman | V70 21-06-39 AV '23 | Zierikzee | 09-09-09 |
| kogelstoten 3 kg vrouwen-masters V70-V74 | | | | | |
| 6,89 | Corrie | Roovers-v.d. Bosch | V70 14-07-35 Sprint | Lahti (FIN) | 02-08-09 |
| discuswerpen 1 kg vrouwen-masters V70-V74 | | | | | |
| 21,15 | Corrie | Roovers-v.d. Bosch | V70 14-07-35 Sprint | Oosterhout | 13-06-09 |

Meisjes-A

| | | | | | |
|----------------------------|----------------|------------|----------------------------|----------------|----------|
| 100 meter meisjes-A | | | | | |
| 11,79 | 1,2 Dafne | Schippers | MB 15-06-92 Hellas | Leiden | 13-06-09 |
| 11,97 | 1,3 Jamile | Samuel | MB 24-04-92 Phanos | Oordegem (BEL) | 04-07-09 |
| 11,99 | 1,2 Eva | Lubbers | MB 06-02-92 AKU | Leiden | 13-06-09 |
| 12,05 | 0,7 Loreanne | Kuhurima | 07-05-91 Phanos | Oordegem (BEL) | 04-07-09 |
| 12,05 | 0,7 Anouk | Hagen | 30-04-90 Nijmegen Atletiek | Oordegem (BEL) | 04-07-09 |
| 12,15 | 1,1 Yaël van | Pelt | 30-05-90 Atl. Maastricht | Lokeren | 01-06-09 |
| 12,20 | -0,4 Berthe | Makizodila | MB 14-06-92 Triathlon | Amersfoort | 13-04-09 |
| 12,25 | 0,4 Janice | Babel | MB 10-11-92 Phanos | Lokeren | 01-06-09 |
| 12,27 | 0,4 Marit | Dopheide | 28-12-90 AC TION | Harderwijk | 21-06-09 |
| 12,33 | 0,3 Judith | Bosker | 27-10-90 AAC '61 | Leiden | 13-06-09 |
| (10) | | | | | |
| 12,34 | 1,4 Naomi | Klomp | MB 16-11-93 Energie | Den Haag | 07-06-09 |
| 12,35 | 1,2 Carola van | Wagtendonk | 21-05-91 Hera | Leiden | 13-06-09 |
| 12,37 | -0,4 Naomi | Sedney | MC 17-12-94 Ilion | Emmeloord | 27-06-09 |

| | | | | | |
|----------------------------------|-----------------------|--------------|-------------------------------|------------------|----------|
| 12,37 | 0,5 Femke | Klop | 10-05-90 Unitas | Gent (BEL) | 21-07-09 |
| 12,38 | 0,3 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 13-06-09 |
| 12,39 | 1,8 Stéphanie | Beuling | 26-02-91 PEC 1910 | Kampen | 22-04-09 |
| 12,42 | 1,2 Meruska | Eduarda | 30-07-91 R' dam Atletiek | Amsterdam | 08-08-09 |
| 12,44 | -1,7 Marloes | Duijn | MB 18-06-93 SAV | Amersfoort | 21-06-09 |
| 12,45 | -0,3 Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| 12,50 | 0,6 Jolanda | Nobels | MB 09-02-93 Energie | Amsterdam | 31-05-09 |
| (20) | | | | | |
| 12,50 | -0,9 Anouk | Vetter | MB 04-02-93 AAC | Emmeloord | 27-06-09 |
| 12,54 | -0,9 Tara van | Schie | 12-09-90 AAC | Vught | 21-05-09 |
| 12,54 | 1,2 Nicky van | Leuveren | 20-05-90 Phanos | Santpoort | 14-06-09 |
| 12,55 | -0,7 Naomi | Derks | 01-11-90 Nijmegen Atletiek | Naaldwijk | 19-04-09 |
| 12,55 | 1,7 Sharda | Zuurbier | 14-11-91 Dokev | Hoorn | 12-06-09 |
| 12,57 | 0,6 Natalia van | Houts | MC 26-06-95 LG Deurne | Helmond | 02-07-09 |
| 12,58 | 0,4 Miranda de | Regt | MB 29-09-93 De Spartaan | Amsterdam | 31-05-09 |
| 12,59 | 1,3 Ashley | Rijnsburger | MC 22-02-94 AV Almere '81 | Utrecht | 22-05-09 |
| 12,59 | 0,4 Nancy van | Petersen | MB 10-05-92 Cialfo | Wageningen | 17-07-09 |
| 12,60 | -0,8 Naomi | Driessen | 21-04-90 Unitas | Gent (BEL) | 21-07-09 |
| (30) | | | | | |
| 12,63 | 1,6 Wilmke | Boersma | 18-03-91 Horror | Emmen | 14-06-09 |
| 12,68 | 1,4 Iris van | Daalen | MB 12-10-93 PAC | Den Haag | 07-06-09 |
| 12,71 | -0,4 Robin | Wingbermhöhe | MB 20-05-92 R' dam Atletiek | Emmeloord | 27-06-09 |
| 12,75 | 0,5 Madiea | Ghafoor | MB 09-09-92 Continental Sport | Utrecht | 01-05-09 |
| 12,76 | 0,1 Dide | Evers | 19-07-90 Sprint | Zwolle | 17-05-09 |
| 12,76 | 0,2 Lenneke | Bouwman | MB 24-10-93 AV '34 | Lokeren | 01-06-09 |
| 12,76 | 0,2 Sharona | Bakker | 12-04-90 Suomi | Santpoort | 14-06-09 |
| 12,76 | -0,8 Winne | Vos | MB 06-09-93 Daventria | Emmeloord | 27-06-09 |
| 12,78 | 0,5 Jarmilla van | Stralen | 28-07-91 AAV '36 | Heerhugowaard | 10-05-09 |
| 12,78 | 0,6 Aisha | Shokoya | MB 24-06-93 Groningen Atl | Zutphen | 07-06-09 |
| (40) | | | | | |
| 12,80 | 1,4 Geulta | Mutebwa | 11-02-90 Eindhoven Atl. | Mol (BEL) | 25-07-09 |
| 12,82 | -0,9 Sacha van | Agt | MC 10-08-94 GVAC | Emmeloord | 27-06-09 |
| 12,84 | -1,6 Lianne de | Witte | MB 10-09-92 Trias | Heerhugowaard | 07-06-09 |
| 12,86 | 0,1 Saskia | Zwaard | 11-09-91 AV '40 | Delft | 14-06-09 |
| 12,87 | 0,0 Deborah van | Roon | 14-06-90 R' dam Atletiek | Gouda | 28-08-09 |
| 12,88 | 1,4 Amy | Stolk | MB 12-11-92 Olympus '70 | Den Haag | 07-06-09 |
| 12,88 | 0,4 Gabriëlla van der | Wijck | MD 27-03-97 AV Edam | Hoorn | 12-06-09 |
| 12,89 | 0,7 Marian | Zandberg | 28-07-90 AV Heerenveen | Nijmegen | 21-06-09 |
| 12,91 | -0,4 Heleen | Gorris | MB 19-02-92 GAC-Hilversum | Amersfoort | 13-04-09 |
| 12,91 | -0,11 Sandra | Kleuskens | MC 24-10-95 ATV Venray | Uden | 26-05-09 |
| (50) | | | | | |
| 12,91 | 0,2 Ilse | Velkers | 15-08-90 Groningen Atl | Dronten | 10-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 12,43 | Marloes | Duijn | MB 18-06-93 SAV | Ede | 20-09-09 |
| <i>beter handtijden:</i> | | | | | |
| 12,2 | Sharda | Zuurbier | 14-11-91 Dokev | Schagen | 08-05-09 |
| 12,5 | Evelien | Bos | MB 18-03-92 AV Wieringermeer | Schagen | 08-05-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 11,73 | w 2,1 Jamile | Samuel | MB 24-04-92 Phanos | Amsterdam | 02-08-09 |
| 12,55 | w 3,8 Wilmke | Boersma | 18-03-91 Horror | Heusden (BEL) | 18-07-09 |
| 12,60 | w 5,2 Morayo | Akinrogunde | MB 03-12-92 AV Haarl'meer | Leiden | 08-07-09 |
| 12,61 | w 2,4 Madiea | Ghafoor | MB 09-09-92 Continental Sport | Utrecht | 22-05-09 |
| 12,65 | w 2,1 Iris van | Daalen | MB 12-10-93 PAC | Weganan di Reino | 28-07-09 |
| 12,69 | w 2,2 Winne | Vos | MB 03-01-93 Daventria | Heerde | 27-05-09 |
| 12,71 | w 2,2 Lenneke | Bouwman | MB 24-10-93 AV '34 | Heerde | 27-05-09 |
| 12,85 | w 2,3 Inge de | Wolf | MC 17-04-95 PEC 1910 | Kampen | 22-04-09 |
| 150 meter meisjes-A | | | | | |
| 17,72 | 1,7 Ashley | Rijnsburger | MC 22-02-94 AV Almere '81 | Amersfoort | 29-08-09 |
| 17,88 | 0,1 Dafne | Schippers | MB 15-06-92 Hellas | Lisse | 09-05-09 |
| 18,34 | 1,0 Judith | Bosker | 27-10-90 AAC '61 | Lisse | 09-05-09 |
| 18,40 | -0,5 Yaël van | Pelt | 30-05-90 Atl. Maastricht | Lisse | 09-05-09 |
| 18,41 | -0,5 Marit | Dopheide | 28-12-90 AC TION | Lisse | 09-05-09 |
| 18,44 | 0,1 Janice | Babel | MB 10-11-92 Phanos | Lisse | 09-05-09 |
| 18,77 | 1,0 Carola van | Wagtendonk | 21-05-91 Hera | Lisse | 09-05-09 |
| 18,81 | -0,5 Meruska | Eduarda | 30-07-91 R' dam Atletiek | Lisse | 09-05-09 |

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|----------------------------------|------------------|--------------|-------------------------------|----------------|----------|
| 18,84 | 0,6 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 27-05-09 |
| 19,06 | 0,0 Vera van den | Haak | MC 13-01-95 Sparta | Enschede | 19-09-09 |
| (10) | | | | | |
| 19,20 | 0,2 Sam | Bouwhuis | MC 10-08-94 Prins Hendrik | Gemert | 23-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 18,85 | o Naomi | Sedney | MC 17-12-94 Ilion | Zoetermeer | 03-10-09 |
| 200 meter meisjes-A | | | | | |
| 24,21 | 0,9 Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| 24,26 | 0,3 Loreanne | Kuhurima | 07-05-91 Phanos | Novi Sad (SRB) | 24-07-09 |
| 24,31 | 0,3 Eva | Lubbers | MB 06-02-92 AKU | Amersfoort | 13-04-09 |
| 24,58 | 0,3 Berthe | Makizodila | MB 14-06-92 Triathlon | Amersfoort | 13-04-09 |
| 24,70 | 1,0 Yaël van | Pelt | 30-05-90 Atl. Maastricht | Leiden | 13-06-09 |
| 24,92 | -2,1 Marit | Dopheide | 28-12-90 AC TION | Harderwijk | 21-06-09 |
| 24,96 | 1,0 Nicky van | Leuveren | 20-05-90 Phanos | Leiden | 13-06-09 |
| 25,00 | -0,5 Anouk | Hagen | 30-04-90 Nijmegen Atletiek | Amsterdam | 02-08-09 |
| 25,04 | -0,1 Naomi | Klomp | MB 16-11-93 Energie | Emmeloord | 28-06-09 |
| 25,17 | 0,4 Janice | Babel | MB 10-11-92 Phanos | Hoorn | 23-05-09 |
| (10) | | | | | |
| 25,21 | -0,1 Iris van | Daalen | MB 12-10-93 PAC | Emmeloord | 28-06-09 |
| 25,22 | -0,5 Madiea | Ghafoor | MB 09-09-92 Continental Sport | Krommenie | 05-07-09 |
| 25,25 | 0,0 Stéphanie | Beuling | 26-02-91 PEC 1910 | Dronten | 10-06-09 |
| 25,30 | 0,7 Meruska | Eduarda | 30-07-91 R' dam Atletiek | Oordegem (BEL) | 04-07-09 |
| 25,36 | -2,1 Tara van | Schie | 12-09-90 AAC | Lisse | 06-06-09 |
| 25,49 | -0,1 Miranda de | Regt | MB 29-09-93 De Spartaan | Emmeloord | 28-06-09 |
| 25,54 | -0,9 Judith | Bosker | 27-10-90 AAC '61 | Emmeloord | 28-06-09 |
| 25,57 | -0,9 Marloes | Duijn | MB 18-06-93 SAV | Amsterdam | 05-07-09 |
| 25,60 | -0,6 Naomi | Derks | 01-11-90 Nijmegen Atletiek | Naaldwijk | 19-04-09 |
| 25,62 | 1,0 Linda van de | Lagemaat | 29-11-90 Pallas '67 | Szczecin (POL) | 27-06-09 |
| (20) | | | | | |
| 25,64 | 0,3 Naomi | Driessen | 21-04-90 Unitas | Gent (BEL) | 21-07-09 |
| 25,66 | 1,0 Lianne de | Witte | MB 10-09-92 Trias | Castricum | 03-06-09 |
| 25,72 | 1,1 Jolanda | Nobels | MB 09-02-93 Energie | Nieuwegein | 20-09-09 |
| 25,86 | -1,5 Femke | Klop | 10-05-90 Unitas | Emmeloord | 28-06-09 |
| 25,91 | -0,3 Wilmke | Boersma | 18-03-91 Horror | Emmeloord | 28-06-09 |
| 26,02 | 1,2 Nancy van | Petersen | MB 10-05-92 Ciafo | Heerde | 27-05-09 |
| 26,02 | 0,4 Dide | Evers | 19-07-90 Sprint | Tilburg | 01-06-09 |
| 26,03 | 0,8 Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Kerkrade | 14-08-09 |
| 26,04 | -0,3 Leonie | Schilder | 15-09-90 AV Edam | Emmeloord | 28-06-09 |
| 26,22 | -1,4 Ilse | Velkers | 15-08-90 Groningen Atl | Emmeloord | 28-06-09 |
| (30) | | | | | |
| 26,23 | -0,5 Lenneke | Bouwman | MB 24-10-93 AV '34 | Apeldoorn | 03-07-09 |
| 26,29 | -0,2 Winne | Vos | MB 03-01-93 Daventria | Enschede | 19-09-09 |
| 26,31 | 0,2 Ashley | Rijnsburger | MC 22-02-94 AV Almere '81 | Utrecht | 01-05-09 |
| 26,40 | -1,8 Sharon | Hendriks | MB 10-01-93 AV '34 | Emmeloord | 28-06-09 |
| 26,42 | 1,3 Claudia | Schutjes | 29-09-91 AV Valkenswaard | Uden | 17-05-09 |
| 26,43 | -0,2 Ellis | Gielen | MB 15-03-93 Unitas | Enschede | 19-09-09 |
| 26,47 | 0,5 Nadine | Broersen | 29-04-90 Sprint | Novi Sad (SRB) | 25-07-09 |
| 26,49 | -0,9 Rebecca | Rijken | MB 19-03-93 AV Zaanland | Emmeloord | 28-06-09 |
| 26,50 | 1,2 Marian | Zandberg | 28-07-90 AV Heerenveen | Heerde | 27-05-09 |
| 26,52 | -0,9 Britt | Duijn | MB 18-06-93 SAV | Amsterdam | 05-07-09 |
| (40) | | | | | |
| 26,53 | -1,1 Lianne | Kokken | MB 03-11-93 Spark | Spijkenisse | 19-04-09 |
| 26,53 | -1,1 Charissa | Janssens | 02-06-90 Sparta | Emmeloord | 28-06-09 |
| 26,55 | -0,1 Dominique | Verheijen | MB 10-09-93 De Gemzen | Nieuwegein | 28-06-09 |
| 26,55 | -0,4 Natalia van | Houts | MC 26-06-95 LG Deurne | Helmond | 02-07-09 |
| 26,58 | -1,1 Maruska | Eduarda | 30-07-91 R' dam Atletiek | Spijkenisse | 19-04-09 |
| 26,58 | -0,8 Roan | Stijns | MB 07-04-92 Achilles-Top | Maastricht | 31-05-09 |
| 26,62 | -0,8 Renske van | Os | MC 31-03-94 Gen. Michaëlis | Emmeloord | 28-06-09 |
| 26,64 | -2,1 Maureen | Rots | MB 25-02-93 PEC 1910 | Harderwijk | 21-06-09 |
| 26,66 | -0,7 Amy | Stolk | MB 12-11-92 Olympus '70 | Naaldwijk | 19-04-09 |
| 26,67 | -0,1 Marrit van | Gelderen | 29-07-91 AV Heerenveen | Heerenveen | 23-05-09 |
| (50) | | | | | |
| 26,67 | 1,1 Britt van | Thillo (BEL) | 30-07-91 Spado | Dilbeek (BEL) | 08-08-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 25,89 | Wilmke | Boersma | 18-03-91 Horror | Heerenveen | 19-09-09 |

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|----------------------------|-----------------------|--------------|-------------------------------|------------------|----------|
| 26,28 | Amy | Stolk | MB 12-11-92 Olympus '70 | Naaldwijk | 28-05-09 |
| 26,33 | Sharon | Hendriks | MB 10-01-93 AV '34 | Ede | 20-09-09 |
| 26,35 | Anouk | Vetter | MB 04-02-93 AAC | Zaandam | 04-07-09 |
| 26,55 | Saskia | Zwaard | 11-09-91 AV '40 | Zaandam | 04-07-09 |
| <i>betere handtijden:</i> | | | | | |
| 24,5 | Madiea | Ghafoor | MB 09-09-92 Continental Sport | Weganan di Reino | 30-07-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 24,76 | w 2,3 Nicky van | Leuveren | 20-05-90 Phanos | Heiloo | 21-05-09 |
| 25,62 | w 2,4 Nancy van | Petersen | MB 10-05-92 Cialfo | Wageningen | 17-07-09 |
| 25,91 | w 2,3 Marian | Zandberg | 28-07-90 AV Heerenveen | Nijmegen | 21-06-09 |
| 26,14 | w 3,7 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 08-07-09 |
| 26,21 | w 2,3 Daphne van | Es | MB 12-12-92 Dokev | Heiloo | 21-05-09 |
| 26,28 | w 2,7 Sharda | Zuurbier | 14-11-91 Dokev | Hoorn | 12-06-09 |
| 26,48 | w 2,3 Marrit van | Gelderen | 29-07-91 AV Heerenveen | Nijmegen | 21-06-09 |
| 26,66 | w 2,1 Marieke van der | Zee | 01-09-90 AV Heerenveen | Heerenveen | 23-05-09 |
| 300 meter meisjes-A | | | | | |
| 39,52 | Marit | Dopheide | 28-12-90 AC TION | Lisse | 09-05-09 |
| 39,88 | Nicky van | Leuveren | 20-05-90 Phanos | Lokeren | 01-06-09 |
| 41,14 | Stéphanie | Beuling | 26-02-91 PEC 1910 | Epe | 08-04-09 |
| 41,16 | Meruska | Eduarda | 30-07-91 R' dam Atletiek | Lisse | 09-05-09 |
| 41,48 | Iris van | Daalen | MB 12-10-93 PAC | Lisse | 09-05-09 |
| 41,67 | Marian | Zandberg | 28-07-90 AV Heerenveen | Utrecht | 10-07-09 |
| 41,71 | Dominique | Verheijen | MB 10-09-93 De Gemzen | Epe | 08-04-09 |
| 41,71 | Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lokeren | 01-06-09 |
| 42,22 | Maruska | Eduarda | 30-07-91 R' dam Atletiek | Lisse | 09-05-09 |
| 42,61 | Marieke van der | Zee | 01-09-90 AV Heerenveen | Utrecht | 10-07-09 |
| (10) | | | | | |
| 42,86 | Maureen | Rots | MB 25-02-93 PEC 1910 | Epe | 08-04-09 |
| 42,97 | Miranda de | Regt | MB 29-09-93 De Spartaan | Lisse | 09-05-09 |
| 43,00 | Marrit van | Gelderen | 29-07-91 AV Heerenveen | Utrecht | 10-07-09 |
| 43,01 | Winne | Vos | MB 03-01-93 Daventria | Amersfoort | 11-04-09 |
| 43,28 | Vera van den | Haak | MC 13-01-95 Sparta | Almelo | 05-09-09 |
| 400 meter meisjes-A | | | | | |
| 55,58 | Marit | Dopheide | 28-12-90 AC TION | Emmeloord | 28-06-09 |
| 55,66 | Nicky van | Leuveren | 20-05-90 Phanos | Emmeloord | 28-06-09 |
| 56,16 | Lisanne de | Witte | MB 10-09-92 Trias | Emmeloord | 28-06-09 |
| 56,44 | Vera van den | Haak | MC 13-01-95 Sparta | Emmeloord | 28-06-09 |
| 56,58 | Madiea | Ghafoor | MB 09-09-92 Continental Sport | Krommenie | 05-07-09 |
| 56,73 | Stéphanie | Beuling | 26-02-91 PEC 1910 | Leiden | 13-06-09 |
| 57,82 | Iris van | Daalen | MB 12-10-93 PAC | Den Haag | 07-06-09 |
| 57,84 | Maruska | Eduarda | 30-07-91 R' dam Atletiek | Leiden | 13-06-09 |
| 58,16 | Naomi | Driessen | 21-04-90 Unitas | Leiden | 13-06-09 |
| 58,16 | Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| (10) | | | | | |
| 58,19 | Leonie | Schilder | 15-09-90 AV Edam | Huizen | 21-06-09 |
| 58,20 | Diana | Spaargaren | 30-01-90 AV Castricum | Huizen | 21-06-09 |
| 58,40 | Marian | Zandberg | 28-07-90 AV Heerenveen | Utrecht | 13-06-09 |
| 58,72 | Dide | Evers | 19-07-90 Sprint | Vught | 10-05-09 |
| 58,78 | Britt | Duijn | MB 18-06-93 SAV | Emmeloord | 27-06-09 |
| 58,83 | Denise van | Herp | MB 02-05-93 Daventria | Heerenveen | 23-05-09 |
| 58,85 | Britt van | Thillo (BEL) | 30-07-91 Spado | Helmond | 14-06-09 |
| 58,88 | Bianca | Baak | MB 25-01-92 AV Almere '81 | Heerhugowaard | 07-06-09 |
| 58,99 | Meruska | Eduarda | 30-07-91 R' dam Atletiek | Spijkennis | 19-04-09 |
| 59,26 | Fieke | Wolters | MB 07-06-93 Nijmegen Atletiek | Apeldoorn | 28-08-09 |
| (20) | | | | | |
| 59,27 | Dominique | Verheijen | MB 10-09-93 De Gemzen | Dronten | 02-07-09 |
| 59,28 | Maureen | Ellsworth | 12-10-91 Lycurgus | Emmeloord | 28-06-09 |
| 59,37 | Chelsea van | Dijk | MC 19-04-95 Atl. Maastricht | Kerkrade | 05-07-09 |
| 59,42 | Ellis | Gielen | MB 15-03-93 Unitas | Vught | 10-05-09 |
| 59,43 | Marije | Wever | MB 22-07-93 Nea-Volharding | Amsterdam | 01-08-09 |
| 59,58 | Wilmke | Boersma | 18-03-91 Horror | Emmen | 14-06-09 |
| 59,71 | Agnes van | Leemput | MB 08-08-92 Energie | Spijkennis | 19-04-09 |
| 59,83 | Marieke van der | Zee | 01-09-90 AV Heerenveen | Utrecht | 13-06-09 |
| 59,88 | Roan | Stijns | MB 07-04-92 Achilles-Top | Maastricht | 31-05-09 |

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|-------|---------------|-----------|---------------------------|----------------|----------|
| 60,00 | Elsa | Smits | 13-10-91 Groene Ster | Zevenbergen | 21-06-09 |
| (30) | | | | | |
| 60,01 | Anouk | Trooster | MB 05-06-93 AAC '61 | Zutphen | 07-06-09 |
| 60,02 | Heleen | Wildoer | MC 24-01-94 SAV | Emmeloord | 27-06-09 |
| 60,08 | Juliette | Mattijsen | MB 05-12-93 Spirit-OB | Zevenbergen | 21-06-09 |
| 60,10 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Bergen op Zoom | 06-09-09 |
| 60,12 | Miranda de | Regt | MB 29-09-93 De Spartaan | Amstelveen | 26-07-09 |
| 60,14 | Roos-Sanne | Claassen | MC 23-10-94 AV NOP | Zutphen | 07-06-09 |
| 60,14 | Rianne | Breedijk | 26-09-90 AV Zaanland | Huizen | 21-06-09 |
| 60,30 | Sanne de | Boer | MC 20-11-94 Suomi | Emmeloord | 27-06-09 |
| 60,31 | Suzanne | Voorrips | MB 11-10-93 Startbaan | Krommenie | 05-07-09 |
| 60,35 | Rachel | Rozenkamp | MB 29-09-92 AV Rijssen | Utrecht | 22-05-09 |
| (40) | | | | | |
| 60,46 | Tessa | Strijp | MC 15-02-94 AV '23 | Haarlem | 07-06-09 |
| 60,50 | Tara van | Schie | 12-09-90 AAC | Santpoort | 14-06-09 |
| 60,68 | Manon | Kitslaar | MB 14-04-92 Prins Hendrik | Uden | 03-05-09 |

800 meter meisjes-A

| | | | | | |
|---------|----------------|--------------|-------------------------------|---------------|----------|
| 2.09,91 | Maureen | Koster | MB 03-07-92 AV '47 | Hoorn | 23-05-09 |
| 2.11,35 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Gent (BEL) | 21-07-09 |
| 2.11,75 | Diana | Spaargaren | 30-01-90 AV Castricum | Hoorn | 23-05-09 |
| 2.11,75 | Jamie van | Lieshout | 12-07-91 Attila | Heusden (BEL) | 18-07-09 |
| 2.13,19 | Marleen | Loman | MB 25-04-92 AV NOP | Leiden | 13-06-09 |
| 2.13,75 | Juul | Lavrijsen | MB 25-02-93 Seven Hills RT | Vught | 21-05-09 |
| 2.14,48 | Fieke | Wolters | MB 07-06-93 Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 2.14,51 | Marlin van | Hal | MB 05-09-93 De Keien | Wageningen | 03-06-09 |
| 2.14,72 | Anouk | Trooster | MB 05-06-93 AAC '61 | Emmeloord | 26-06-09 |
| 2.14,91 | Rianne | Breedijk | 26-09-90 AV Zaanland | Krommenie | 05-07-09 |
| (10) | | | | | |
| 2.14,91 | Marlies | Huigen | MC 22-08-94 Hanzesport | Wageningen | 18-09-09 |
| 2.15,47 | Lisanne | Wever | 21-12-91 Nea-Volharding | Hoorn | 23-05-09 |
| 2.15,88 | Irene van | Lieshout | MB 01-09-93 De Keien | Wageningen | 03-06-09 |
| 2.16,17 | Rachel | Rozenkamp | MB 29-09-92 AV Rijssen | Wageningen | 03-06-09 |
| 2.16,22 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Leiden | 13-06-09 |
| 2.16,54 | Suzanne van | Wijck | MB 09-09-92 U-Track | Emmeloord | 26-06-09 |
| 2.16,71 | Britt van | Thillo (BEL) | 30-07-91 Spado | Dilbeek (BEL) | 09-08-09 |
| 2.16,93 | Julia van | Velthoven | MC 12-03-94 Attila | Valkenswaard | 23-06-09 |
| 2.17,20 | Dana van | Velde | MC 25-05-95 Hera | Hoorn | 12-06-09 |
| 2.17,28 | Jill | Holterman | 11-09-91 AV Zaanland | Heusden (BEL) | 18-07-09 |
| (20) | | | | | |
| 2.17,32 | Juliette | Mattijsen | MB 05-12-93 Spirit-OB | Emmeloord | 26-06-09 |
| 2.17,52 | Marit | Tegelaar | 22-12-90 PAC | Zwolle | 17-05-09 |
| 2.17,78 | Mirjam van | Ouwerkerk | 08-12-90 AV Aalsmeer | Leiden | 13-06-09 |
| 2.18,14 | Tinka | Offereins | MB 05-10-93 Startbaan | Leiden | 13-06-09 |
| 2.18,26 | Githa de | Wildt | MB 04-02-93 AKU | Wageningen | 17-07-09 |
| 2.18,7 | Kristel van | Es | 30-01-90 Dokev | Nijmegen | 29-05-09 |
| 2.18,89 | Anniek de | Jong | MB 02-08-93 AV Heerenveen | Emmeloord | 26-06-09 |
| 2.19,02 | Manon | Sillekens | 07-07-90 Sprint | Utrecht | 22-05-09 |
| 2.19,04 | Heleen | Wildoer | MC 24-01-94 SAV | Leiden | 13-06-09 |
| 2.19,18 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Wageningen | 17-07-09 |
| (30) | | | | | |
| 2.19,27 | Caressa | Toonstra | 25-01-90 Phanos | Leiden | 13-06-09 |
| 2.19,34 | Elisa de | Jong | MB 05-12-92 Groningen Atl | Groningen | 19-06-09 |
| 2.19,56 | Marjon van der | Wanssem | 28-12-91 LADB | Mol (BEL) | 25-07-09 |
| 2.19,67 | Tirza van der | Wolf | MC 26-05-94 SC Reeuwijk | Leiden | 13-06-09 |
| 2.19,78 | Elli | Frank | 28-02-91 Achilles-Top | Kerkrade | 05-07-09 |
| 2.19,86 | Rio-Sarah | Nederveen | MB 04-12-93 Energie | Gouda | 21-05-09 |
| 2.20,56 | Laura | Wientjens | MC 17-08-94 Spado | Roosendaal | 02-07-09 |
| 2.21,06 | Cindy van de | Avoort | 26-06-90 GAC-Gemert | Nijmegen | 22-05-09 |
| 2.21,18 | Marije | Wever | MB 22-07-93 Nea-Volharding | Utrecht | 04-09-09 |
| 2.21,29 | Lisa | Driessen | 08-04-90 Olympus '70 | Leiden | 13-06-09 |
| (40) | | | | | |
| 2.21,54 | Jessie | Geel | 05-07-90 DEM | Krommenie | 05-07-09 |
| 2.21,67 | Nisrine | Masrhalmi | MD 17-11-96 Energie | Spijkenisse | 25-06-09 |
| 2.21,78 | Marloes | Jongeneel | 17-12-90 AV Almere '81 | Utrecht | 22-05-09 |
| 2.21,87 | Daisy | Kusters | 27-04-91 GAC-Gemert | Valkenswaard | 19-04-09 |

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|---------|---------------|-----------|-----------------------------|-----------|----------|
| 2.22,01 | Cindy | Embregts | MB 17-09-93 LT Ed Sligchers | Emmeloord | 26-06-09 |
| 2.22,10 | Maruska | Eduarda | 30-07-91 R' dam Atletiek | Delft | 14-06-09 |
| 2.22,50 | Birgit | Vanson | 13-06-90 Prins Hendrik | Vught | 21-05-09 |
| 2.22,56 | Minke van der | Meer | MC 03-06-95 AV Heerenveen | Apeldoorn | 03-07-09 |
| 2.22,92 | Lisanne | Drost | 27-08-91 Athlos | Zutphen | 19-04-09 |
| 2.22,96 | Kim | Hittinger | MC 01-05-95 AKU | Krommenie | 05-07-09 |

(50)

1000 meter meisjes-A

| | | | | | |
|---------|---------------|-----------|--------------------------|---------|----------|
| 2.51,25 | Jaimie van | Lieshout | 12-07-91 Attila | Utrecht | 10-07-09 |
| 2.51,64 | Maureen | Koster | MB 03-07-92 AV '47 | Utrecht | 10-07-09 |
| 2.54,54 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Leiden | 26-08-09 |
| 2.56,25 | Jill | Holterman | 11-09-91 AV Zaanland | Lisse | 09-05-09 |
| 2.58,4 | Rachel | Klamer | 08-10-90 LAAC Twente | Hengelo | 18-06-09 |
| 2.59,67 | Anne | Luijten | MC 04-04-94 AV '40 | Utrecht | 10-07-09 |
| 2.59,80 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Utrecht | 10-07-09 |

1500 meter meisjes-A

| | | | | | |
|--------------|-----------------|--------------|-------------------------------|----------------|----------|
| 4.24,32 | Maureen | Koster | MB 03-07-92 AV '47 | Leiden | 13-06-09 |
| 4.28,18 | Jamie van | Lieshout | 12-07-91 Attila | Leiden | 13-06-09 |
| 4.32,90 | Marlin van | Hal | MB 05-09-93 De Keien | Leiden | 13-06-09 |
| 4.34,33 | Lisanne | Wever | 21-12-91 Nea-Volharding | Emmeloord | 28-06-09 |
| 4.36,10 | Irene van | Lieshout | MB 01-09-93 De Keien | Leiden | 13-06-09 |
| 4.36,48 | Juul | Lavrijsen | MB 25-02-93 Seven Hills RT | Leiden | 13-06-09 |
| 4.36,73 | Céline de | Wild | MB 08-02-92 THOR | Leiden | 13-06-09 |
| 4.36,79 | Julia van | Velthoven | MC 12-03-94 Attila | Leiden | 13-06-09 |
| 4.36,97 | Lisa | Driessen | 08-04-90 Olympus '70 | Heusden (BEL) | 18-07-09 |
| 4.39,56 (10) | Jill | Holterman | 11-09-91 AV Zaanland | Utrecht | 22-05-09 |
| 4.42,30 | Marit | Tegelaar | 22-12-90 PAC | Eugene (USA) | 09-05-09 |
| 4.42,73 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Merksem (BEL) | 28-08-09 |
| 4.44,24 | An | Lenders | 29-10-90 ATV Venray | Utrecht | 22-05-09 |
| 4.44,88 | Elisa de | Jong | MB 05-12-92 Groningen Atl | Emmeloord | 28-06-09 |
| 4.46,34 | Marleen | Loman | MB 25-04-92 AV NOP | Emmeloord | 28-06-09 |
| 4.46,46 | Jip | Vastenburger | MC 21-03-94 GAC-Hilversum | Utrecht | 13-06-09 |
| 4.46,71 | Elli | Frank | 28-02-91 Achilles-Top | Emmeloord | 28-06-09 |
| 4.49,05 | Merel van | Steenbergen | MB 22-01-92 AV '47 | Leiden | 08-07-09 |
| 4.49,69 | Anouk | Trooster | MB 05-06-93 AAC '61 | Apeldoorn | 03-07-09 |
| 4.49,95 (20) | Saskia | Weinans | MC 12-02-94 Atletico '73 | Emmeloord | 27-06-09 |
| 4.50,25 | Sonja | Bemelmans | 05-09-90 Nijmegen Atletiek | Wageningen | 17-07-09 |
| 4.50,91 | Marlies | Huigen | MC 22-08-94 Hanzesport | Utrecht | 01-05-09 |
| 4.50,93 | Sophie van der | Most | MC 02-08-95 De Liemers | Utrecht | 13-06-09 |
| 4.51,47 | Shannon van der | Gaag | MB 21-03-93 AV Almere '81 | Utrecht | 13-06-09 |
| 4.51,57 | Laura | Wientjens | MC 17-08-94 Spado | Roosendaal | 17-09-09 |
| 4.53,03 | Jessica | Oosterloo | 21-01-90 AAC '61 | Emmeloord | 28-06-09 |
| 4.53,04 | Anne | Luijten | MC 04-04-94 AV '40 | Utrecht | 01-05-09 |
| 4.53,99 | Fieke | Wolters | MB 07-06-93 Nijmegen Atletiek | Erkelenz (GER) | 22-07-09 |
| 4.54,00 | Sanne | Reichgelt | MD 07-01-97 Nijmegen Atletiek | Erkelenz (GER) | 22-07-09 |
| 4.54,33 (30) | Minke van der | Meer | MC 03-06-95 AV Heerenveen | Heerenveen | 19-09-09 |
| 4.55,31 | Tirza van der | Wolf | MC 26-05-94 SC Reeuwijk | Emmeloord | 28-06-09 |
| 4.57,00 | Jessie | Geel | 05-07-90 DEM | Amersfoort | 21-06-09 |
| 4.57,10 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Eindhoven | 12-07-09 |
| 4.57,44 | Marrije | Peters | MB 30-07-93 Seven Hills RT | Wageningen | 17-07-09 |
| 4.58,04 | Leonie | Balter | 26-05-91 AVON | Utrecht | 22-05-09 |
| 4.58,57 | Lisa te | Molder | 30-11-91 Atletico '73 | Utrecht | 22-05-09 |
| 4.58,98 | Daisy | Kusters | 27-04-91 GAC-Gemert | Hulst | 01-06-09 |
| 4.59,0 | Reneé | Tijdink | 14-12-91 Caesar | Veldhoven | 07-05-09 |
| 4.59,46 | Rianne | Breedijk | 26-09-90 AV Zaanland | Utrecht | 07-08-09 |
| 4.59,64 (40) | Cindy van de | Avoort | 26-06-90 GAC-Gemert | Hulst | 01-06-09 |
| 4.59,70 | Anne van | Loon | 25-10-91 AV Oss '78 | Vught | 10-05-09 |
| 4.59,79 | Juliette | Mattijsen | MB 05-12-93 Spirit-OB | Zevenbergen | 21-06-09 |
| 4.59,94 | Anniek de | Jong | MB 02-08-93 AV Heerenveen | Nijmegen | 21-06-09 |
| 5.00,65 | Lotte | Krause | MB 29-11-92 AKU | Utrecht | 22-05-09 |
| 5.00,72 | Denise | Sinnema | MC 19-11-95 AV Heerenveen | Utrecht | 13-06-09 |
| 5.01,05 | Jeanine van de | Klashorst | 05-04-91 U-Track | Huizen | 05-06-09 |
| 5.01,97 | Tinka | Offereins | MB 05-10-93 Startbaan | Heerhugowaard | 17-04-09 |
| 5.02,55 | Ydwine van der | Veen | MB 30-05-93 Lionitas | Emmeloord | 27-06-09 |

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|---------------------------------|-----------------|--------------|-----------------------------|--------------|----------|
| 5.02,56 | Marlou | Bijlsma | 21-10-90 ATC '75 | Utrecht | 22-05-09 |
| 5.02,81 (50) | Cindy | Embregts | MB 17-09-93 LT Ed Sligchers | Duffel (BEL) | 30-05-09 |
| 1 Engelse mijl meisjes-A | | | | | |
| 5.25,04 | Jeanine van de | Klashorst | 05-04-91 U-Track | Utrecht | 10-07-09 |
| 2000 meter meisjes-A | | | | | |
| 6.45,70 | Julia van | Velthoven | MC 12-03-94 Attila | Vught | 05-04-09 |
| 6.50,36 | Marlies | Huigen | MC 22-08-94 Hanzesport | Almelo | 05-09-09 |
| 6.58,48 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Almelo | 05-09-09 |
| 7.05,04 | Judi | Becx | MC 16-10-94 Attila | Vught | 05-04-09 |
| 7.06,01 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Almelo | 05-09-09 |
| 3000 meter meisjes-A | | | | | |
| 9.35,42 | Margriet | Berkhout | 27-08-90 Nova | Vught | 21-05-09 |
| 9.50,59 | Marlin van | Hal | MB 05-09-93 De Keien | Vught | 21-05-09 |
| 9.52,70 | Irene van | Lieshout | MB 01-09-93 De Keien | Vught | 21-05-09 |
| 9.55,39 | Rachel | Klamer | 08-10-90 LAAC Twente | Emmeloord | 26-06-09 |
| 9.56,6 | Céline de | Wild | MB 08-02-92 THOR | Roosendaal | 02-07-09 |
| 10.03,07 | Maureen | Koster | MB 03-07-92 AV '47 | Gouda | 28-08-09 |
| 10.03,32 | Marit | Tegelaar | 22-12-90 PAC | Eugene (USA) | 21-03-09 |
| 10.09,11 | Jamie van | Lieshout | 12-07-91 Attila | Apeldoorn | 03-07-09 |
| 10.13,1 | Lisa | Driessen | 08-04-90 Olympus '70 | Naaldwijk | 09-07-09 |
| 10.25,16 | Jip | Vastenburger | MC 21-03-94 GAC-Hilversum | Apeldoorn | 03-07-09 |
| (10) | | | | | |
| 10.29,97 | Jill | Holterman | 11-09-91 AV Zaanland | Zeist | 17-05-09 |
| 10.33,75 | Sophie van der | Most | MC 02-08-95 De Liemers | Utrecht | 07-08-09 |
| 10.36,14 | Sonja | Bemelmans | 05-09-90 Nijmegen Atletiek | Heiloo | 31-07-09 |
| 10.38,45 | Lisanne | Wever | 21-12-91 Nea-Volharding | Emmeloord | 26-06-09 |
| 10.40,14 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Utrecht | 07-08-09 |
| 10.41,28 | Jeanine van de | Klashorst | 05-04-91 U-Track | Eindhoven | 12-07-09 |
| 10.41,59 | Elisa de | Jong | MB 05-12-92 Groningen Atl | Drachten | 17-05-09 |
| 10.41,82 | An | Lenders | 29-10-90 ATV Venray | Nijmegen | 12-05-09 |
| 10.42,26 | Reneé | Tijdink | 14-12-91 Caesar | Maastricht | 31-05-09 |
| 10.42,95 | Marije | Peters | MB 30-07-93 Seven Hills RT | Utrecht | 13-06-09 |
| (20) | | | | | |
| 10.44,84 | Jessica | Oosterloo | 21-01-90 AAC '61 | Emmeloord | 26-06-09 |
| 10.51,27 | Patty den | Ouden | 27-08-91 Daventria | Utrecht | 01-05-09 |
| 10.53,74 | Tirza van der | Wolf | MC 26-05-94 SC Reeuwijk | Gouda | 28-08-09 |
| 10.59,0 | Leonie | Balter | 26-05-91 AVON | Weert | 13-04-09 |
| 11.04,31 | Lisa te | Molder | 30-11-91 Atletico '73 | Emmeloord | 26-06-09 |
| 11.07,85 | Lindsey | Faken | MB 03-04-92 Energie | Spijkenisse | 25-06-09 |
| 11.14,30 | Denise | Sinnema | MC 19-11-95 AV Heerenveen | Dronten | 02-07-09 |
| 11.14,99 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Heiloo | 17-07-09 |
| 11.15,19 | Ashley | Schouwenaar | MB 03-02-92 Sportlust | Heiloo | 31-07-09 |
| 11.16,11 | Karlijn van | Es | MC 02-08-95 Energie | Barendrecht | 31-05-09 |
| (30) | | | | | |
| 11.17,62 | Fleur | Baljet | MC 20-12-95 Horror | Dronten | 02-07-09 |
| 11.20,29 | Anouk | Everts | MB 12-10-93 AAC '61 | Drachten | 17-05-09 |
| 11.21,56 | Lotte | Krause | MB 29-11-92 AKU | Amsterdam | 31-05-09 |
| 11.22,17 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Leiden | 26-08-09 |
| 11.26,45 | Judi | Becx | MC 16-10-94 Attila | Tilburg | 01-07-09 |
| 11.28,40 | Lisa | Habermehl | MB 22-01-92 Energie | Barendrecht | 31-05-09 |
| 11.33,79 | Anke de | Boer | MC 20-01-94 AV Almere '81 | Apeldoorn | 03-07-09 |
| 11.34,15 | Eileen | Groenland | 29-04-90 Trias | Castricum | 03-06-09 |
| 11.39,03 | Cindy van de | Avoort | 26-06-90 GAC-Gemert | Uden | 17-05-09 |
| 11.39,96 | Martje de | Jong | 05-02-91 Trias | Castricum | 03-06-09 |
| (40) | | | | | |
| 11.42,21 | Jessie | Geel | 05-07-90 DEM | Amsterdam | 19-04-09 |
| 11.44,04 | Shannon van der | Gaag | MB 21-03-93 AV Almere '81 | Heiloo | 31-07-09 |
| 11.45,32 | Wendy van der | Velden | MB 02-08-92 Lycurgus | Ede | 20-09-09 |
| 11.45,95 | Esther | Meijer | 27-01-91 Noordkop | Amsterdam | 19-04-09 |
| 11.46,69 | Jacqueline | Schröer | 04-09-91 Hera | Heiloo | 31-07-09 |
| 11.47,2 | Jeske van der | Pal | MD 05-02-97 AV Zaanland | Warmenhuizen | 19-06-09 |
| 11.47,88 | Sanne | Vlutters | MB 05-05-93 AC TION | Zutphen | 19-04-09 |
| 11.49,78 | Suzanne van | Staveren | 20-08-90 Nijmegen Atletiek | Nijmegen | 14-04-09 |
| 11.50,95 | Felica | Los | MB 28-09-93 DEM | Ede | 20-09-09 |

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|---|-------------------|---------------|-----------------------------|----------------|----------|
| 11.58,5 | Anke | Suijkerbuijk | MB 04-04-93 Pijnenburg | Amersfoort | 31-03-09 |
| (50) | | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 10.50,16o | Marjolein | Verheem | MD 27-03-96 Achilles-EL | Etten-leur | 25-09-09 |
| 10.45,0 o | Anne | Luijten | MC 04-04-94 AV '40 | Delft | 04-10-09 |
| 11.31,8 o | Marlijn van der | Mei | MC 21-03-94 AV Heerenveen | Heerenveen | 03-10-09 |
| 11.40,1 o | Ydwine van der | Veen | MB 30-05-93 Lionitas | Heerenveen | 03-10-09 |
| 11.50,2 o | Marijke | Portema | MB 24-08-92 AV Heerenveen | Heerenveen | 03-10-09 |
| 5000 meter meisjes-A | | | | | |
| 17.59,43 | Marjon van der | Wansem | 28-12-91 LADB | Amersfoort | 11-04-09 |
| 18.04,92 | An | Lenders | 29-10-90 ATV Venray | Utrecht | 14-06-09 |
| 18.08,95 | Jessica | Oosterloo | 21-01-90 AAC '61 | Amsterdam | 02-08-09 |
| 18.28,93 | Lisa te | Molder | 30-11-91 Atletico '73 | Utrecht | 14-06-09 |
| 18.29,08 | Jeanine van de | Klashorst | 05-04-91 U-Track | Wageningen | 17-07-09 |
| 18.46,73 | Marjolein | Frietman | 29-10-90 De Liemers | Utrecht | 22-05-09 |
| 19.23,00 | Corinda van | Es | MD 11-02-97 Energie | Spijkenisse | 17-09-09 |
| 19.51,2 | Karlijn van | Es | MC 02-08-95 Energie | Spijkenisse | 28-05-09 |
| 19.54,35 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Utrecht | 14-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 18.27,0 o | Irene | Kalter | V40 04-08-68 Daventria | Deventer | 04-10-09 |
| 2000 meter steeple chase meisjes-A | | | | | |
| 7.44,83 | Giselle | Slotboom | MB 09-03-93 De Spartaan | Castricum | 03-06-09 |
| 8.12,53 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Castricum | 03-06-09 |
| 3000 meter steeple chase meisjes-A | | | | | |
| 12.09,11 | Giselle | Slotboom | MB 09-03-93 De Spartaan | Emmeloord | 27-06-09 |
| 12.38,85 | Wendy van der | Velden | MB 02-08-92 Lycurgus | Emmeloord | 27-06-09 |
| 12.41,06 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Emmeloord | 27-06-09 |
| 12.48,55 | Marjolein van | Marrewijk | MB 18-11-92 Olympus '70 | Zwolle | 17-05-09 |
| 12.57,31 | Joëlle | Hoogendoorn | MB 19-06-93 PAC | Emmeloord | 27-06-09 |
| 100 meter horden 84 cm meisjes-A | | | | | |
| 13,82 | 0,1 Sharona | Bakker | 12-04-90 Suomi | Leiden | 13-06-09 |
| 14,08 | -1,4 Dafne | Schippers | MB 15-06-92 Hellas | Krommenie | 21-06-09 |
| 14,18 | 0,3 Nadine | Broersen | 29-04-90 Sprint | Novi Sad (SRB) | 25-07-09 |
| 14,53 | -1,2 Robin | Wingbermhühle | MB 20-05-92 R' dam Atletiek | Bergen op Zoom | 06-09-09 |
| 14,74 | -0,4 Marloes | Duijn | MB 18-06-93 SAV | Hoorn | 23-05-09 |
| 14,86 | 0,4 Nancy van | Petersen | MB 10-05-92 Cialfo | Eindhoven | 12-07-09 |
| 14,95 | 1,1 Nicky | Lam | 15-04-90 Phanos | Nijmegen | 21-05-09 |
| 15,00 | -0,4 Naomi | Klomp | MB 16-11-93 Energie | Reeuwijk | 21-06-09 |
| 15,16 | -0,2 Leonie | Schilder | 15-09-90 AV Edam | Huizen | 21-06-09 |
| 15,18 | -0,6 Renee | Granzier | MB 02-07-92 Unitas | Valkenswaard | 19-04-09 |
| (10) | | | | | |
| 15,38 | -0,2 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Huizen | 21-06-09 |
| 15,41 | 0,5 Saskia | Zwaard | 11-09-91 AV '40 | Heerhugowaard | 10-05-09 |
| 15,47 | -0,7 Maaïke | Spuij | MB 07-03-92 AV Gouda | Lisse | 06-06-09 |
| 15,54 | -1,8 Liset | Olijve | 25-02-90 Attila | Naaldwijk | 19-04-09 |
| 15,56 | 0,6 Judith | Bosker | 27-10-90 AAC '61 | Zutphen | 19-04-09 |
| 15,57 | 1,4 Tara van | Schie | 12-09-90 AAC | Santpoort | 14-06-09 |
| 15,61 | -3,5 Jill | MacEachen | 18-02-91 KAV Holland | Amsterdam | 01-08-09 |
| 15,70 | -0,7 Nora | Ritzen | MB 03-07-93 Groningen Atl | Lisse | 06-06-09 |
| 15,74 | -1,0 Indah van | Marrewijk | 12-03-90 AV '40 | Emmeloord | 28-06-09 |
| 15,79 | -0,4 Rachel | Kocken | MB 06-10-92 Atverni | Reeuwijk | 21-06-09 |
| (20) | | | | | |
| 15,80 | 1,0 Brenda | Oosterbosch | MB 26-01-93 GVAC | Sittard | 21-06-09 |
| 15,80 | 1,4 Linda van de | Lagemaat | 29-11-90 Pallas '67 | Nijmegen | 21-06-09 |
| 15,82 | 0,6 Suzanne | Williams | MB 07-10-93 Groningen Atl | Zutphen | 19-04-09 |
| 15,82 | 1,5 Margriet | Kros | 20-06-91 Spark | Barendrecht | 31-05-09 |
| 15,85 | 0,7 Sharda | Zuurbier | 14-11-91 Dokev | Heerhugowaard | 10-05-09 |
| 15,88 | 1,4 Sanne van der | Velden | 28-01-90 Flevo Delta | Nijmegen | 21-06-09 |
| 15,89 | -0,5 Claudia | Schutjes | 29-09-91 AV Valkenswaard | Vught | 10-05-09 |
| 15,94 | 1,4 Dorien | Elsinger | 15-05-90 U-Track | Santpoort | 14-06-09 |
| 16,03 | -1,2 Jetske | Touw | 21-02-91 GAC-Hilversum | Naaldwijk | 19-04-09 |
| 16,09 | 0,0 Dide | Evers | 19-07-90 Sprint | Helmond | 14-06-09 |
| (30) | | | | | |
| 16,09 | -0,4 Gonneke | Joustra | MB 24-03-93 Haag Atletiek | Reeuwijk | 21-06-09 |

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|-------|-----------------|------------|-------------------------------|---------------|----------|
| 16,16 | -0,4 Lianne | Kokken | MB 03-11-93 Spark | Reeuwijk | 21-06-09 |
| 16,20 | 0,6 Michelle | Groothedde | MB 23-07-92 AV '34 | Zutphen | 19-04-09 |
| 16,26 | -0,5 Laura | Starre | 01-10-90 Leiden Atletiek | Amersfoort | 21-06-09 |
| 16,28 | 0,5 Yvonne de | Jong | 12-06-90 Olympus '70 | Heerhugowaard | 10-05-09 |
| 16,30 | -0,7 Sanne | Harland | 02-08-90 Ilion | Amsterdam | 19-04-09 |
| 16,39 | -0,5 Annelies | Laan | 18-05-90 Hollandia | Amersfoort | 21-06-09 |
| 16,40 | 0,5 Suzanne | Janssens | MB 16-01-92 Sprint | Nijmegen | 20-09-09 |
| 16,51 | 0,5 Rens | Nijman | MB 19-11-93 Nijmegen Atletiek | Nijmegen | 20-09-09 |
| 16,53 | 0,7 Suzanne den | Boef | MB 27-11-92 Typhoon | Heerhugowaard | 10-05-09 |

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|-------|----------------|--------------|---------------------------|---------------|----------|
| 16,64 | -0,4 Ivanca | Horeweg | MB 22-04-92 Spark | Reeuwijk | 21-06-09 |
| 16,69 | -1,2 Linda | Ebbinghe | MB 10-03-93 AAC '61 | Harderwijk | 21-06-09 |
| 16,71 | -0,3 Eline van | Roon | 07-09-90 Zuidwal | Amsterdam | 19-04-09 |
| 16,71 | 1,3 Freke | Streng | MB 05-09-92 PAC | Krommenie | 21-06-09 |
| 16,72 | 1,3 Britt van | Thillo (BEL) | 30-07-91 Spado | Dilbeek (BEL) | 08-08-09 |
| 16,79 | -2,5 Louise | Taatgen | MB 05-01-93 Groningen Atl | Lisse | 06-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|-----------|----------|--------------------|-------|----------|
| 14,71 | Nancy van | Petersen | MB 10-05-92 Cialfo | Assen | 10-05-09 |
|-------|-----------|----------|--------------------|-------|----------|

betere handtijden:

| | | | | | |
|------|----------|---------|-----------------|-------|----------|
| 16,2 | Samantha | Lernout | 14-05-91 RK HAV | Hulst | 13-06-09 |
|------|----------|---------|-----------------|-------|----------|

met teveel rugwind:

| | | | | | |
|-------|-----------------|-----------|----------------------|-------|----------|
| 13,96 | w 2,3 Dafne | Schippers | MB 15-06-92 Hellas | Lisse | 09-05-09 |
| 14,66 | w 4,1 Nancy van | Petersen | MB 10-05-92 Cialfo | Emmen | 14-06-09 |
| 15,47 | w 2,3 Maaïke | Spuij | MB 07-03-92 AV Gouda | Lisse | 09-05-09 |

in onderlinge wedstrijd:

| | | | | | |
|-------|---------|----------|------------------------|---------|----------|
| 14,95 | o Renee | Granzier | MB 02-07-92 Unitas | Sittard | 27-09-09 |
| 16,51 | o Elisa | Blom | 04-02-91 Prins Hendrik | Vught | 26-09-09 |

200 meter horden 76,2 cm meisjes-A

| | | | | | |
|-------|-------------|------------|----------------------|-----------|----------|
| 30,06 | 0,1 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Huizen | 05-06-09 |
| 31,10 | -1,6 Maaïke | Spuij | MB 07-03-92 AV Gouda | Hilversum | 13-09-09 |
| 32,52 | 1,3 Lisa | Rodenburg | MC 07-04-94 Altis | Huizen | 05-06-09 |

met teveel rugwind:

| | | | | | |
|-------|---------------|------------|---------------------|---------|----------|
| 29,39 | w 3,1 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Utrecht | 10-07-09 |
| 32,16 | w 2,1 Suzanne | Janssens | MB 16-01-92 Sprint | Utrecht | 10-07-09 |

400 meter horden 76,2 cm meisjes-A

| | | | | | |
|-------|-----------------|--------------|-------------------------------|-----------------|----------|
| 60,31 | Bianca | Baak | MB 25-01-92 AV Almere '81 | Tampere (FIN) | 23-07-09 |
| 62,39 | Leonie | Schilder | 15-09-90 AV Edam | Emmeloord | 26-06-09 |
| 63,80 | Marloes | Duijn | MB 18-06-93 SAV | Emmeloord | 26-06-09 |
| 64,13 | Roos-Sanne | Claassen | MC 23-10-94 AV NOP | Emmeloord | 26-06-09 |
| 64,80 | Rens | Nijman | MB 19-11-93 Nijmegen Atletiek | Krommenie | 21-06-09 |
| 65,25 | Britt van | Thillo (BEL) | 30-07-91 Spado | Herentals (BEL) | 25-04-09 |
| 65,32 | Marieke van der | Zee | 01-09-90 AV Heerenveen | Amsterdam | 01-08-09 |
| 66,00 | Rachel | Rozenkamp | MB 29-09-92 AV Rijssen | Utrecht | 04-09-09 |
| 66,26 | Indah van | Marrewijk | 12-03-90 AV '40 | Emmeloord | 26-06-09 |
| 66,39 | Ellis | Gielen | MB 15-03-93 Unitas | Den Haag | 17-05-09 |

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|-------|---------------|-----------|-------------------------------|------------|----------|
| 66,40 | Tinka | Offereins | MB 05-10-93 Startbaan | Emmeloord | 26-06-09 |
| 66,68 | Renske van | Os | MC 31-03-94 Gen. Michaëlis | Emmeloord | 26-06-09 |
| 66,85 | Maaïke | Spuij | MB 07-03-92 AV Gouda | Emmeloord | 26-06-09 |
| 67,17 | Iris | Verweij | 24-02-91 Nijmegen Atletiek | Emmeloord | 26-06-09 |
| 67,36 | Lianne | Kokken | MB 03-11-93 Spark | Nieuwegein | 17-05-09 |
| 67,47 | Anouk | Kruiswijk | MB 12-06-92 AV '40 | Amsterdam | 31-05-09 |
| 68,00 | Willemijn van | Laar | MB 26-04-93 Cialfo | Amersfoort | 13-04-09 |
| 68,21 | Nephele de | Bruin | MC 15-05-94 Nijmegen Atletiek | Emmeloord | 26-06-09 |
| 68,24 | Maureen | Rots | MB 25-02-93 PEC 1910 | Emmeloord | 26-06-09 |
| 68,25 | Nicky | Lam | 15-04-90 Phanos | Den Haag | 17-05-09 |

(20)

| | | | | | |
|-------|-------------|---------|----------------------------|------------|----------|
| 68,63 | Suzanne van | Wijck | MB 09-09-92 U-Track | Nieuwegein | 20-09-09 |
| 68,65 | Nicole | Schoute | MB 22-12-92 Lycurgus | Amsterdam | 31-05-09 |
| 68,77 | Diede | Fennema | MB 07-03-92 Sparta | Amsterdam | 31-05-09 |
| 68,97 | Brigitte | Kremers | MB 15-02-93 AAC | Emmeloord | 26-06-09 |
| 69,12 | Rebecca | Rijken | MB 19-03-93 AV Zaanland | Emmeloord | 26-06-09 |
| 69,22 | Laura | Hoogers | MB 02-01-93 Gen. Michaëlis | Tilburg | 01-06-09 |
| 69,51 | Miranda de | Regt | MB 29-09-93 De Spartaan | Den Haag | 17-05-09 |

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|-------------------------------|---------------|---------------|-------------------------------|-----------------|----------|
| 69,62 | Annelies | Laan | 18-05-90 Hollandia | Heiloo | 21-05-09 |
| 69,69 | Sanne van der | Velden | 28-01-90 Flevo Delta | Almelo | 17-05-09 |
| 69,96 | Helen van | Rossum | MB 02-05-92 AKU | Emmeloord | 26-06-09 |
| (30) | | | | | |
| 70,05 | Donna de | Maat | MB 19-11-92 Sprint | Tilburg | 01-06-09 |
| 70,08 | Naomi | Klomp | MB 16-11-93 Energie | Nieuwegein | 20-09-09 |
| 70,38 | Elsa | Smits | 13-10-91 Groene Ster | Breda | 17-05-09 |
| 71,13 | Yvonne de | Jong | 12-06-90 Olympus '70 | Krommenie | 21-06-09 |
| 71,49 | Ilse | Smilde | 16-03-90 PAC | Zwolle | 17-05-09 |
| 71,61 | Kim | Boon | MC 26-09-94 Hellas | Utrecht | 22-05-09 |
| 71,86 | Jetske | Touw | 21-02-91 GAC-Hilversum | Amersfoort | 13-04-09 |
| 72,10 | Mirththe | Wiltink | MB 10-05-93 KAV Holland | Amsterdam | 31-05-09 |
| 72,40 | Else | Roovers | MB 25-07-93 Sprint | Tilburg | 01-06-09 |
| 72,49 | Michelle | Hofstee | MB 25-04-93 Sprint | Tilburg | 01-06-09 |
| (40) | | | | | |
| 72,53 | Claudia | Aernaudts | MB 05-08-92 Triathlon | Zeist | 17-05-09 |
| 72,64 | Saskia | Gootjes | MC 19-01-95 Flevo Delta | Heerde | 27-05-09 |
| 72,97 | Pietermel | Oden | MC 08-07-94 Horror | Heerde | 27-05-09 |
| 72,99 | Rio-Sarah | Nederveen | MB 12-04-93 Energie | Leiden | 08-07-09 |
| 73,38 | Nina | Hellebrekers | 24-04-91 Unitas | Dubnica (SVK) | 31-05-09 |
| 73,40 | Sara | Pater | MB 23-08-92 Hera | Zwolle | 17-05-09 |
| 73,55 | Linda de | Jonge | 20-12-90 HAC '63 | Almelo | 17-05-09 |
| 73,89 | Ailid | Wijnker | 24-05-91 Atl. Maastricht | Den Haag | 17-05-09 |
| 74,00 | Vera | Feitsma | MB 03-09-93 AAC '61 | Drachten | 17-05-09 |
| 74,36 | Donja | Karimlou | 17-07-91 Achilles-EL | Ede | 17-05-09 |
| (50) | | | | | |
| <i>betere handtijden:</i> | | | | | |
| 70,0 | Samantha | Lernout | 14-05-91 RK HAV | Vlissingen | 27-06-09 |
| 72,7 | Iris | Pieters | MB 23-02-93 AV '56 | Vlissingen | 27-06-09 |
| hoogspringen meisjes-A | | | | | |
| 1,80 | Sietske | Noorman | 16-07-91 Gen. Michaëlis | Lisse | 09-05-09 |
| 1,77 | Nadine | Broersen | 29-04-90 Sprint | Emmeloord | 28-06-09 |
| 1,74 | Linda van de | Lagemaat | 29-11-90 Pallas '67 | Gemert | 23-05-09 |
| 1,72 | Maureen | Rots | MB 25-02-93 PEC 1910 | Amsterdam | 31-05-09 |
| 1,71 | Tanita | Hofmans | MC 22-10-94 DAK | Drunen | 25-06-09 |
| 1,70 | Eva | Lubbers | MB 06-02-92 AKU | Amsterdam | 19-04-09 |
| 1,70 | Elisa | Blom | 04-02-91 Prins Hendrik | Vught | 10-05-09 |
| 1,70 | Suzan | Stevens | MC 04-02-94 ATV Venray | Sittard | 16-05-09 |
| 1,70 | Winne | Vos | MB 03-01-93 Daventria | Gemert | 23-05-09 |
| 1,70 | Chrissie | Broersen | MB 24-12-93 SAV | Amsterdam | 31-05-09 |
| (10) | | | | | |
| 1,70 | Anouk | Vetter | MB 04-02-93 AAC | Zaandam | 04-07-09 |
| 1,69 | Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| 1,68 | Sanne van der | Velden | 28-01-90 Flevo Delta | Emmeloord | 28-06-09 |
| 1,67 | Britt | Schoenaker | MB 03-04-93 Nijmegen Atletiek | Gemert | 23-05-09 |
| 1,66 | Chante | Samuel | MD 09-04-96 Phanos | Amersfoort | 13-04-09 |
| 1,66 | Sabine | Monden | MB 13-06-93 DJA | Lisse | 09-05-09 |
| 1,66 | Wendy de | Bloois | 05-05-91 Olympus '70 | Hoorn | 23-05-09 |
| 1,65 | Ivana | Reintke | MB 15-10-92 Spark | Spijkenisse | 19-04-09 |
| 1,65 | Ellis | Gielen | MB 15-03-93 Unitas | Vught | 10-05-09 |
| 1,65 | Mirthe | Wiltink | MB 10-05-93 KAV Holland | Amsterdam | 31-05-09 |
| (20) | | | | | |
| 1,65 | Richel | Klarenbeek | MB 06-06-92 Triathlon | Amstelveen | 31-05-09 |
| 1,65 | Marianne | Reitsma | 15-01-90 Impala | Groningen | 19-06-09 |
| 1,65 | Nadine | Visser | MC 09-02-95 SAV | Barendrecht | 27-06-09 |
| 1,65 | Janneke | Bruintjes | MD 29-03-96 AV NOP | Amsterdam | 06-09-09 |
| 1,62 | Britt van | Thillo (BEL) | 30-07-91 Spado | Herentals (BEL) | 25-04-09 |
| 1,62 | Maxime | Nieuwenhuizen | MB 13-04-93 De Spartaan | Lokeren | 01-06-09 |
| 1,60 | Elske | Princen | MB 21-10-93 AV Oss '78 | Uden | 05-04-09 |
| 1,60 | Tyka | Uijting | MB 29-06-92 Triathlon | Almere | 05-04-09 |
| 1,60 | Dominick | Nouws | MC 27-02-94 Achilles-EL | Amersfoort | 13-04-09 |
| 1,60 | Claudia | Aernaudts | MB 05-08-92 Triathlon | Amersfoort | 13-04-09 |
| (30) | | | | | |
| 1,60 | Sarah | Jager | MC 27-02-94 Spirit-OB | Terneuzen | 18-04-09 |
| 1,60 | Babette | Schekkerman | MC 12-02-94 Startbaan | Haarlem | 18-04-09 |

Statistisch jaarboek 2009

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|------|------|--------------------------------------|-----------------------------|----------------|----------|
| 1,60 | | Rachél van Harlingen | 16-11-91 Sprint | Naaldwijk | 19-04-09 |
| 1,60 | | Melanie Versteeg | MB 21-08-92 GAC-Hilversum | Naaldwijk | 19-04-09 |
| 1,60 | | Maruska Eduarda | 30-07-91 R' dam Atletiek | Spijkenisse | 19-04-09 |
| 1,60 | | Lotte de Fockert | 23-11-90 HAC | Veldhoven | 19-04-09 |
| 1,60 | | Ellis van de Valk | MB 27-05-92 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 1,60 | | Anna van Stralen | MC 11-03-94 Phanos | Alkmaar | 24-04-09 |
| 1,60 | | Kristel Van Es | 30-01-90 Dokev | Utrecht | 01-05-09 |
| 1,60 | | Sharissa Dutrieux | MC 28-01-94 Spado | Oss | 03-05-09 |
| | (40) | | | | |
| 1,60 | | Donja Karimlou | 17-07-91 Achilles-EL | Vught | 10-05-09 |
| 1,60 | | Elsa Smits | 13-10-91 Groene Ster | Vught | 10-05-09 |
| 1,60 | | Marijke Bax | MB 23-05-93 Impala | Assen | 10-05-09 |
| 1,60 | | Alicia van Doorn | 28-05-90 Isala '96 | Almelo | 17-05-09 |
| 1,60 | | Mirtthe Wiltink | MB 10-05-93 KAV Holland | Heiloo | 21-05-09 |
| 1,60 | | Marceline Manders | MD 14-02-96 HAC | Gemert | 23-05-09 |
| 1,60 | | Froukje van Ligten | MC 15-10-94 Ciko '66 | Gemert | 23-05-09 |
| 1,60 | | Vera van den Haak | MC 13-01-95 Sparta | Amstelveen | 31-05-09 |
| 1,60 | | Elena Monte | MC 11-08-94 GAC-Hilversum | Amstelveen | 31-05-09 |
| 1,60 | | Alma Vermeulen | 26-06-90 PAC | Rotterdam | 05-06-09 |
| | (50) | | | | |
| 1,60 | | Nynke Venhuizen | MC 15-08-95 Unitas | Venray | 07-06-09 |
| 1,60 | | Robin Wingbermühle | MB 20-05-92 R' dam Atletiek | Den Haag | 07-06-09 |
| 1,60 | | Valerie le Loux | MC 08-08-94 Hellas | Purmerend | 20-06-09 |
| 1,60 | | Susan van der Pas | MB 22-01-92 GVAC | Sittard | 21-06-09 |
| 1,60 | | Lisanne Drost | 27-08-91 Athlos | Harderwijk | 21-06-09 |
| 1,60 | | Hilde van Zundert | MB 26-08-93 Atledo | Zevenbergen | 21-06-09 |
| 1,60 | | Lara Borst | MC 05-05-95 AAC | Amsterdam | 23-08-09 |
| 1,60 | | Manon Verlinden | MB 20-03-92 Spado | Bergen op Zoom | 06-09-09 |
| 1,60 | | Michelle Bruins | MC 30-04-94 Isala '96 | Hoorn | 12-09-09 |
| 1,60 | | Dominique Verheijen | MB 10-09-93 De Gemzen | Enschede | 19-09-09 |
| | (60) | | | | |
| 1,60 | | Lentine Klaassen | MC 18-04-95 AV Castricum | Enschede | 19-09-09 |
| | | <i>in onderlinge wedstrijd:</i> | | | |
| 1,73 | o | Maureen Rots | MB 25-02-93 PEC 1910 | Zwolle | 26-09-09 |
| 1,65 | o | Hilde van Zundert | MB 26-08-93 Atledo | Dongen | 26-09-09 |
| 1,60 | o | Sana Kadri | MC 26-02-94 VAV | Veenenedaal | 03-10-09 |
| 1,60 | o | Mandy van der Eijk | MC 10-03-94 Startbaan | Amstelveen | 10-10-09 |
| | | polstokhoogspringen meisjes-A | | | |
| 4,20 | | Denise Groot | 26-05-90 Unitas | Hoorn | 23-05-09 |
| 3,65 | | Marijke Valk | MB 15-07-92 Unitas | Tampere (FIN) | 21-07-09 |
| 3,60 | | Robin Wingbermühle | MB 20-05-92 R' dam Atletiek | Breda | 29-08-09 |
| 3,35 | | Julia de Hoop | MB 27-07-92 Unitas | Emmeloord | 28-06-09 |
| 3,35 | | Anita Karregat | 31-12-91 AV Edam | Purmerend | 28-08-09 |
| 3,11 | | Isabel Janssen | MC 24-08-94 PAC | Amsterdam | 22-08-09 |
| 3,10 | | Rianne Pessel | MB 04-10-93 Nea-Volharding | Hoorn | 12-06-09 |
| 3,00 | | Margit Korporaal | MB 22-12-93 AV '34 | Amsterdam | 31-05-09 |
| 2,90 | | Laurien Persoon | 02-03-91 Haag Atletiek | Den Haag | 30-08-09 |
| 2,90 | | Rubina Brouns | MC 30-06-95 Unitas | Almelo | 05-09-09 |
| | (10) | | | | |
| 2,82 | | Sabine Groenestein | MC 19-06-94 PAC | Spijkenisse | 05-07-09 |
| 2,81 | | Ellen Esselaar | 21-10-91 Unitas | Emmeloord | 27-06-09 |
| 2,80 | | Annemiek Silven | MB 22-08-93 AV Edam | Krommenie | 05-07-09 |
| 2,80 | | Lindsey Bervoets | MB 19-03-93 Unitas | Breda | 29-08-09 |
| 2,70 | | Tatjana Simoiu | MB 19-08-92 AV Edam | Hoorn | 12-06-09 |
| 2,60 | | Sanne Harland | 02-08-90 Ilion | Alkmaar | 17-05-09 |
| 2,60 | | Sandra Jacobs | MC 31-10-95 Unitas | Sittard | 11-07-09 |
| 2,60 | | Yvette de Jong | 12-09-90 Nijmegen Atletiek | Nijmegen | 20-09-09 |
| 2,55 | | Kimberley Bos | MB 07-10-93 Climax | Emmeloord | 28-06-09 |
| 2,50 | | Vonne van Burg | MC 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| | (20) | | | | |
| 2,50 | | Laurette van Sloun | MC 15-05-94 Unitas | Sittard | 06-06-09 |
| 2,50 | | Sanne Veenboer | MC 26-03-94 Lycurgus | Amsterdam | 22-08-09 |
| 2,45 | | Mariska Wust | MC 16-10-94 Hercules | Emmeloord | 28-06-09 |
| 2,40 | | Maryse Fröling | MB 08-01-92 AV Gouda | Utrecht | 01-05-09 |
| 2,40 | | Anne Krebber | MC 10-11-94 Unitas | Sittard | 11-07-09 |

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|------|---------------|-----------|-----------------------------|-------------|----------|
| 2,40 | Anya | Koch | MB 24-04-93 PAC | Ede | 20-09-09 |
| 2,30 | Jelly van der | Zweep | MB 21-09-93 Avantri | Schoonhoven | 12-05-09 |
| 2,30 | Loes van der | Velden | MB 06-03-93 GVAC | Ede | 17-05-09 |
| 2,30 | Margriet | Lantink | MB 16-03-92 Leiden Atletiek | Leiden | 27-05-09 |
| 2,30 | Fenna van | Burg | MC 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| (30) | | | | | |
| 2,30 | Tessa | Schoute | MC 23-07-94 Lycurgus | Hoorn | 12-06-09 |
| 2,30 | Fleur | Tysma | MC 11-08-95 PAC | Amsterdam | 22-08-09 |
| 2,30 | Diede | Streng | MC 23-04-94 PAC | Amsterdam | 22-08-09 |
| 2,20 | Mireille | Augustijn | 21-09-90 Achilles-EL | Ede | 17-05-09 |
| 2,20 | Dionne | Koehorst | MB 02-03-93 AC TION | Hengelo | 18-06-09 |
| 2,20 | Melanie | Wassenaar | MB 16-02-93 DEM | Beverwijk | 22-08-09 |
| 2,20 | Marlon | Klein | MB 25-04-92 PEC 1910 | Ede | 20-09-09 |
| 2,10 | Jula van den | Akker | MC 16-07-95 Sprint | Breda | 14-04-09 |
| 2,10 | Kim | Roerig | 24-01-90 AAC '61 | Drachten | 17-05-09 |
| 2,10 | Lotte de | Fockert | 23-11-90 HAC | Ede | 17-05-09 |

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|------|----------------|--------------|----------------------------|------------|----------|
| (40) | | | | | |
| 2,10 | Vera | Schoonackers | MB 17-08-92 Startbaan | Alkmaar | 17-05-09 |
| 2,10 | Nina de | Poorter | MC 16-01-95 Eindhoven Atl. | Eindhoven | 06-06-09 |
| 2,10 | Anne | Frebber | MC 10-11-94 Sprint | Tilburg | 01-07-09 |
| 2,10 | Jeske | Claassen | 18-07-91 Atledo | Nieuwegein | 20-09-09 |
| 2,10 | Patty Michelle | Burgman | MB 05-02-92 Energie | Nieuwegein | 20-09-09 |
| 2,10 | Nina | Peters | 02-07-91 Spark | Nieuwegein | 20-09-09 |

verspringen meisjes-A

| | | | | | |
|------|------------------|------------|--------------------------|-----------|----------|
| 6,02 | 2,0 Meruska | Eduarda | 30-07-91 R' dam Atletiek | Den Haag | 17-05-09 |
| 6,00 | 0,6 Carola van | Wagtendonk | 21-05-91 Hera | Eindhoven | 12-07-09 |
| 5,93 | 0,5 Femke | Klop | 10-05-90 Unitas | Amsterdam | 02-08-09 |
| 5,75 | 1,4 Linda van de | Lagemaat | 29-11-90 Pallas '67 | Lisse | 09-05-09 |
| 5,69 | 0,3 Dafne | Schippers | MB 15-06-92 Hellas | Emmeloord | 28-06-09 |
| 5,68 | 0,3 Renee | Granzier | MB 02-07-92 Unitas | Den Haag | 17-05-09 |
| 5,64 | 0,5 Berthe | Makizodila | MB 14-06-92 Triathlon | Leiden | 13-06-09 |
| 5,63 | 1,5 Jolanda | Nobels | MB 09-02-93 Energie | Reeuwijk | 21-06-09 |
| 5,61 | 0,0 Nadine | Broersen | 29-04-90 Sprint | Zwolle | 17-05-09 |
| 5,57 | 0,4 Miranda de | Regt | MB 29-09-93 De Spartaan | Emmeloord | 28-06-09 |

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|------|-------------------|-----------|---------------------------|------------|----------|
| (10) | | | | | |
| 5,56 | -0,1 Nora | Ritzen | MB 03-07-93 Groningen Atl | Enschede | 20-09-09 |
| 5,55 | 1,0 Anouk | Vetter | MB 04-02-93 AAC | Emmeloord | 28-06-09 |
| 5,50 | 0,0 Gabriëlla | Dwomoh | MC 12-01-94 Ilion | Zoetermeer | 20-06-09 |
| 5,49 | -0,3 Tara van | Schie | 12-09-90 AAC | Vught | 21-05-09 |
| 5,44 | -0,4 Jarmilla van | Stralen | 28-07-91 AAV '36 | Emmeloord | 27-06-09 |
| 5,43 | 1,3 Jill | MacEachen | 18-02-91 KAV Holland | Amsterdam | 02-08-09 |
| 5,42 | 0,8 Mireille | Augustijn | 21-09-90 Achilles-EL | Helmond | 14-06-09 |
| 5,39 | -0,4 Melanie | Versteeg | MB 21-08-92 GAC-Hilversum | Krommenie | 21-06-09 |
| 5,39 | 0,7 Ellis | Gielen | MB 15-03-93 Unitas | Emmeloord | 28-06-09 |
| 5,38 | 1,7 Suzanne den | Boef | MB 27-11-92 Typhoon | Oss | 03-05-09 |

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|------|---------------|-------------|-------------------------|----------------|----------|
| (20) | | | | | |
| 5,36 | 1,9 Anouk | Oosterhuis | MB 06-03-92 Zuidwal | Utrecht | 10-07-09 |
| 5,34 | -0,7 Maureen | Rots | MB 25-02-93 PEC 1910 | Enschede | 20-09-09 |
| 5,33 | 1,3 Saskia | Zwaard | 11-09-91 AV '40 | Emmeloord | 27-06-09 |
| 5,32 | 1,2 Nicky | Lam | 15-04-90 Phanos | Lisse | 09-05-09 |
| 5,25 | 0,7 Jacky van | Splunteren | MB 06-10-92 AV Zaanland | Amersfoort | 30-08-09 |
| 5,25 | 1,1 Janice | Babel | MB 10-11-92 Phanos | Bergen op Zoom | 06-09-09 |
| 5,25 | -0,7 Nadine | Visser | MC 09-02-95 SAV | Groningen | 13-09-09 |
| 5,22 | 1,3 Simone | Hagen | MB 14-02-93 AV Gouda | Den Haag | 07-06-09 |
| 5,20 | 1,3 Lou-Aisa | Dors | MC 16-02-94 PAC | Emmeloord | 28-06-09 |
| 5,19 | 0,7 Brenda | Oosterbosch | MB 26-01-93 GVAC | Tilburg | 01-06-09 |

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|------|----------------|--------------|---------------------------|------------------|----------|
| (30) | | | | | |
| 5,18 | 1,2 Nedea | Asin | 26-03-90 PAC | Naaldwijk | 19-04-09 |
| 5,17 | 0,8 Genevieve | Emanuel | MC 05-07-94 AV Almere '81 | Amsterdam | 22-08-09 |
| 5,16 | -1,1 Liset | Olijve | 25-02-90 Attila | Vught | 05-04-09 |
| 5,15 | 1,2 Sam | Bouwhuis | MC 10-08-94 Prins Hendrik | Tilburg | 01-06-09 |
| 5,15 | 1,0 Manouk van | Busse | MC 22-02-94 LG Deurne | Tilburg | 01-06-09 |
| 5,15 | 0,9 Dominique | Verheijen | MB 10-09-93 De Gemzen | Dronten | 10-06-09 |
| 5,15 | 1,1 Louise | Taatgen | MB 05-01-93 Groningen Atl | Emmeloord | 28-06-09 |
| 5,15 | 1,3 Britt van | Thillo (BEL) | 30-07-91 Spado | Brasschaat (BEL) | 12-07-09 |

Statistisch jaarboek 2009

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|-----------------------------------|-------|---------------|------------|---------------------------|----------------|----------|
| 5,14 | 0,0 | Linda van | Rossum | MC 17-07-94 AKU | Huizen | 05-06-09 |
| 5,14 | 0,8 | Jetske | Touw | 21-02-91 GAC-Hilversum | Lisse | 07-06-09 |
| <i>(40)</i> | | | | | | |
| 5,14 | 1,7 | Sophie van | Doeveren | MB 30-06-93 Spark | Den Haag | 07-06-09 |
| 5,12 | 0,6 | Judith de | Rond | MB 10-06-93 Achilles-EL | Helmond | 14-06-09 |
| 5,11 | -0,9 | Linda | Ebbinghe | MB 10-03-93 AAC '61 | Harderwijk | 21-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 5,78 | | Berthe | Makizodila | MB 14-06-92 Triathlon | Heiloo | 03-05-09 |
| 5,61 | | Gabriëlla | Dwomoh | MC 12-01-94 Ilion | Papendrecht | 06-06-09 |
| 5,44 | | Ellis | Gielen | MB 15-03-93 Unitas | Gemert | 24-05-09 |
| 5,39 | | Genevieve | Emanuel | MC 05-07-94 AV Almere '81 | Almere | 05-04-09 |
| 5,39 | | Maureen | Rots | MB 25-02-93 PEC 1910 | Gemert | 24-05-09 |
| 5,34 | | Lisa | Lagrand | MB 25-05-93 Lycurgus | Heiloo | 21-05-09 |
| 5,34 | | Louise | Taatgen | MB 05-01-93 Groningen Atl | Zaandam | 05-07-09 |
| 5,23 | | Inge de | Wolf | MC 17-04-95 PEC 1910 | Stadskanaal | 06-06-09 |
| 5,22 | | Lou-Aisa | Dors | MC 16-02-94 PAC | Barendrecht | 18-04-09 |
| 5,22 | | Brenda | Bohle | MD 10-01-96 Hollandia | Heerhugowaard | 20-06-09 |
| 5,20 | | Dominique | Verheijen | MB 10-09-93 De Gemzen | Nieuwegein | 28-06-09 |
| 5,20 | | Lentine | Klaassen | MC 18-04-95 AV Castricum | Castricum | 13-09-09 |
| 5,18 | | Linda van | Rossum | MC 17-07-94 AKU | Amsterdam | 22-08-09 |
| 5,16 | | Djanne van | Kooten | MC 09-06-95 VAV | Veenendaal | 04-04-09 |
| 5,15 | | Astrid | Ekelmans | MD 31-10-96 Hollandia | Amsterdam | 06-09-09 |
| 5,14 | | Marrit van | Gelderen | 29-07-91 AV Heerenveen | Steenwijk | 17-07-09 |
| 5,13 | | Jip | Mukanay | MC 19-12-95 AKU | Naaldwijk | 30-08-09 |
| 5,12 | | Elaine | Stap | MB 04-02-93 Hollandia | Heerhugowaard | 07-06-09 |
| 5,12 | | Lisa | Postema | MD 20-01-96 Prins Hendrik | Amsterdam | 06-09-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 5,86 | w 2,5 | Dafne | Schippers | MB 15-06-92 Hellas | Lisse | 07-06-09 |
| 5,61 | w 2,6 | Miranda de | Regt | MB 29-09-93 De Spartaan | Groningen | 13-09-09 |
| 5,56 | w 3,8 | Tara van | Schie | 12-09-90 AAC | Lisse | 07-06-09 |
| 5,45 | w 2,4 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Lisse | 07-06-09 |
| 5,20 | w 2,3 | Sanne van der | Velden | 28-01-90 Flevo Delta | Lisse | 07-06-09 |
| 5,19 | w 4,0 | Suzanne | Janssens | MB 16-01-92 Sprint | Oss | 03-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 5,39 | o | Nadine | Visser | MC 09-02-95 SAV | Grootebroek | 04-10-09 |
| hink-stap-sprong meisjes-A | | | | | | |
| 11,91 | 1,0 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Emmeloord | 28-06-09 |
| 11,78 | 0,0 | Meruska | Eduarda | 30-07-91 R' dam Atletiek | Amsterdam | 01-08-09 |
| 11,47 | 0,8 | Indah van | Marrewijk | 12-03-90 AV '40 | Emmeloord | 27-06-09 |
| 11,25 | 1,2 | Saskia | Zwaard | 11-09-91 AV '40 | Emmeloord | 27-06-09 |
| 11,20 | 1,8 | Tiffany | Boersma | 23-12-90 AAC | Den Haag | 17-05-09 |
| 11,16 | 0,8 | Liset | Olijve | 25-02-90 Attila | Vught | 10-05-09 |
| 11,00 | 1,2 | Nina | Peters | 02-07-91 Spark | Nieuwegein | 20-09-09 |
| 10,99 | -1,0 | Claudia | Schutjes | 29-09-91 AV Valkenswaard | Vught | 10-05-09 |
| 10,99 | -1,6 | Bonne de | Boer | MB 02-02-93 Phanos | Amsterdam | 31-05-09 |
| 10,90 | 1,6 | Tara van | Schie | 12-09-90 AAC | Amsterdam | 01-08-09 |
| <i>(10)</i> | | | | | | |
| 10,83 | 1,3 | Suzanne | Nobels | 07-05-90 Energie | Emmeloord | 27-06-09 |
| 10,81 | 1,4 | Els | Hufen | MB 12-04-92 AAC | Zeist | 17-05-09 |
| 10,70 | 1,0 | Lisa | Lagrand | MB 25-05-93 Lycurgus | Emmeloord | 28-06-09 |
| 10,68 | 1,4 | Anouk | Kruiswijk | MB 12-06-92 AV '40 | Amsterdam | 31-05-09 |
| 10,67 | 0,3 | Myrte | Thoolen | 17-11-91 Sprint | Krommenie | 21-06-09 |
| 10,56 | -0,7 | Jarmilla van | Stralen | 28-07-91 AAV '36 | Heerhugowaard | 10-05-09 |
| 10,48 | 0,2 | Marit van 't | Hullenaar | 18-09-90 Atledo | Breda | 17-05-09 |
| 10,42 | 0,4 | Suzanne | Janssens | MB 16-01-92 Sprint | Emmeloord | 28-06-09 |
| 10,38 | 1,9 | Manon | Haakman | MC 02-03-95 Lycurgus | Almelo | 05-09-09 |
| 10,29 | 1,7 | Renee | Granzier | MB 02-07-92 Unitas | Bergen op Zoom | 06-09-09 |
| <i>(20)</i> | | | | | | |
| 10,25 | -0,7 | Sophie van | Doeveren | MB 30-06-93 Spark | Nieuwegein | 17-05-09 |
| 10,25 | 0,4 | Suzan van | Amerongen | MB 10-03-93 Ciko '66 | Amsterdam | 31-05-09 |
| 10,18 | -1,0 | Nikki van | Son | 18-07-90 Prins Hendrik | Vught | 10-05-09 |
| 10,18 | -0,4 | Hedwig | Swart | 05-07-91 U-Track | Santpoort | 14-06-09 |
| 10,15 | 1,0 | Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Almelo | 05-09-09 |
| 10,14 | 1,3 | Romy | Cluistra | 19-06-91 Triathlon | Emmeloord | 27-06-09 |
| 10,10 | 0,8 | Myrthe | Nanninga | MC 23-10-94 Zuidwal | Almelo | 05-09-09 |

| | | | | | | |
|-----------------------------------|---------------|-------------|-------------|-------------------|----------------|----------|
| 10,08 | 0,0 Lindsey | Bervoets | MB 19-03-93 | Unitas | Helmond | 14-06-09 |
| 10,05 | 1,7 Roxeanne | Lake | 29-05-90 | Sparta | Ede | 17-05-09 |
| 9,95 | -0,4 Melanie | Wassenaar | MB 16-02-93 | DEM | Alkmaar | 17-05-09 |
| (30) | | | | | | |
| 9,93 | 0,0 Melissa | Kolhorn | MB 21-04-92 | Achilles-EL | Helmond | 14-06-09 |
| 9,90 | -1,0 Jenny | Pope | 31-10-90 | Groene Ster | Vught | 10-05-09 |
| <i>geen windgegevens bekend:</i> | | | | | | |
| 10,88 | Ivana | Reintke | MB 15-10-92 | Spark | Spijkenisse | 05-07-09 |
| 10,32 | Lisanne van | Doeveren | MB 30-06-93 | Spark | Spijkenisse | 05-07-09 |
| 10,15 | Sjoera | Tjin A-Lim | MC 07-12-95 | Sparta | Naaldwijk | 09-07-09 |
| 10,13 | Tanita | Hofmans | MC 22-10-94 | DAK | Drunen | 25-06-09 |
| 10,07 | Desire | Melchiot | 17-07-91 | Hylas | Alkmaar | 24-04-09 |
| 9,96 | Melanie | Wassenaar | MB 16-02-93 | DEM | Beverwijk | 25-04-09 |
| 9,95 | Ilsa | Brooymans | MB 06-11-92 | Diomedon | Tilburg | 01-06-09 |
| <i>met teveel rugwind:</i> | | | | | | |
| 11,91 | w 2,5 Meruska | Eduarda | 30-07-91 | R' dam Atletiek | Den Haag | 17-05-09 |
| 10,85 | w 2,4 Anouk | Kruiswijk | MB 12-06-92 | AV '40 | Emmeloord | 28-06-09 |
| 10,71 | w 2,5 Renee | Granzier | MB 02-07-92 | Unitas | Bergen op Zoom | 06-09-09 |
| 10,43 | w 4,2 Sjoera | Tjin A-Lim | MC 07-12-95 | Sparta | Almelo | 05-09-09 |
| 10,04 | w 2,2 Melissa | Kolhorn | MB 21-04-92 | Achilles-EL | Ede | 17-05-09 |
| 9,91 | w 3,2 Naomi | Derks | 01-11-90 | Nijmegen Atletiek | Bergen op Zoom | 06-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 11,12 | o Nora | Ritzen | MB 03-07-93 | Groningen Atl | Groningen | 03-10-09 |
| kogelstoten 4 kg meisjes-A | | | | | | |
| 14,58 | Corinne | Nugter | MB 28-03-92 | AV NOP | Tampere (FIN) | 23-07-09 |
| 13,81 | Pamela | Kiel | 09-04-91 | R' dam Atletiek | Leiden | 13-06-09 |
| 13,56 | Jill | Emmerzaal | 22-11-90 | Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 13,24 | Femke | Dijkstra | 04-11-91 | De Liemers | Nijmegen | 21-06-09 |
| 12,92 | Lisanne | Schol | 22-06-91 | Phanos | Nijmegen | 20-09-09 |
| 12,39 | Eva | Reinders | MB 12-05-93 | Groningen Atl | Zutphen | 19-04-09 |
| 12,17 | Ellen van der | Veer | 16-08-90 | Hellas | Amersfoort | 13-04-09 |
| 12,05 | Louise | Taatgen | MB 05-01-93 | Groningen Atl | Lisse | 06-06-09 |
| 12,01 | Dafne | Schippers | MB 15-06-92 | Hellas | Novi Sad (SRB) | 25-07-09 |
| 11,70 | Fabienne | Boekelman | 08-10-91 | Achilles-EL | Helmond | 14-06-09 |
| (10) | | | | | | |
| 11,61 | Rianne | Breedijk | 26-09-90 | AV Zaanland | Amsterdam | 19-04-09 |
| 11,54 | Jacky van | Splunteren | MB 06-10-92 | AV Zaanland | Huizen | 21-06-09 |
| 11,49 | Rachél van | Harlingen | 16-11-91 | Sprint | Vught | 10-05-09 |
| 11,42 | Nadine | Broersen | 29-04-90 | Sprint | Gemert | 23-05-09 |
| 11,39 | Inge | Zonneveld | MB 08-08-93 | AV '40 | Heerhugowaard | 10-05-09 |
| 11,37 | Tara van | Schie | 12-09-90 | AAC | Lisse | 06-06-09 |
| 11,31 | Wendy | Smit | 26-01-90 | Spirit-OB | Breda | 17-05-09 |
| 11,12 | Charissa | Janssens | 02-06-90 | Sparta | Veldhoven | 19-04-09 |
| 11,09 | Nora | Ritzen | MB 03-07-93 | Groningen Atl | Lisse | 06-06-09 |
| 10,96 | Cindy | Kiekens | 15-09-91 | Hera | Heerhugowaard | 05-06-09 |
| (20) | | | | | | |
| 10,88 | Linda | Hoedemakers | MB 01-02-92 | Unitas | Vught | 10-05-09 |
| 10,88 | Eefje | Frissen | 02-07-90 | GVAC | Best | 28-05-09 |
| 10,87 | Ilona | Verboom | 05-01-91 | Triathlon | Emmeloord | 28-06-09 |
| 10,81 | Nicky van der | Schilt | 29-06-91 | Groningen Atl | Holtland (GER) | 12-09-09 |
| 10,79 | Melanie | Versteeg | MB 21-08-92 | GAC-Hilversum | Naaldwijk | 19-04-09 |
| 10,79 | Linda van de | Lagemaat | 29-11-90 | Pallas '67 | Lisse | 06-06-09 |
| 10,71 | Lieke | Hofmans | 09-10-91 | DAK | Drunen | 25-06-09 |
| 10,70 | Nathalie | Meijer | MB 09-09-92 | Flevo Delta | Assen | 19-04-09 |
| 10,69 | Sacha | Popping | 18-03-91 | Cialfo | Heerde | 27-05-09 |
| 10,46 | Adrienne | Zwiep | 14-06-91 | Spado | Emmeloord | 28-06-09 |
| (30) | | | | | | |
| 10,42 | Cornelia de | Jong | 25-03-91 | Horror | Steenwijk | 11-10-09 |
| 10,41 | Mariska | Maatje | 11-09-90 | De Sperwers | Emmen | 14-06-09 |
| 10,36 | Linda | Prop | MB 05-02-93 | Spado | Helmond | 14-06-09 |
| 10,31 | Elisa | Blom | 04-02-91 | Prins Hendrik | Veldhoven | 19-04-09 |
| 10,29 | Rianne | Gorter | MB 10-08-92 | Isala '96 | Assen | 19-04-09 |
| 10,25 | Sandra | Telgt | MB 13-06-92 | AC TION | Harderwijk | 21-06-09 |
| 10,20 | Jana | Vree | 21-09-91 | Sprint | Helmond | 14-06-09 |
| 10,18 | Kayanda | Schrijvers | 09-05-91 | AV Valkenswaard | Vught | 10-05-09 |

| | | | | | |
|-------|----------|------------|-------------------------------|---------------|----------|
| 10,12 | Britt | Schoenaker | MB 03-04-93 Nijmegen Atletiek | Naaldwijk | 19-04-09 |
| 10,12 | Floortje | Rawee | 07-11-91 Triathlon | Best | 04-07-09 |
| (40) | | | | | |
| 10,11 | Evelien | Bos | MB 18-03-92 AV Wieringermeer | Heerhugowaard | 10-05-09 |
| 10,11 | Romy | Cluistra | 19-06-91 Triathlon | Harderwijk | 19-09-09 |
| 10,09 | Trischa | Aberkrom | 02-12-91 AV Edam | Heiloo | 17-07-09 |
| 10,07 | Vivian | Brandthoff | MB 27-06-93 SAV | Ede | 20-09-09 |
| 10,06 | Lieke | Miltenburg | MB 09-07-93 PEC 1910 | Ede | 20-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-------------|---------|----------------------|-----------|----------|
| 10,69 | o | Dieuwke van | Buren | 22-01-91 De Spartaan | Lisse | 03-10-09 |
| 10,12 | o | Eef | Renders | GVAC | Veldhoven | 20-09-09 |

discuswerpen 1 kg meisjes-A

| | | | | | | |
|---------------------------------|---------------|-------------|----------------------------|--------------------|-----------|----------|
| 45,54 | Corinne | Nugter | MB 28-03-92 AV NOP | Tampere (FIN) | 21-07-09 | |
| 43,11 | Jill | Emmerzaal | 22-11-90 Nijmegen Atletiek | Nijmegen | 20-09-09 | |
| 42,72 | Pamela | Kiel | 09-04-91 R' dam Atletiek | Lokeren | 01-06-09 | |
| 41,81 | Denise van | Herp | MB 02-05-93 Daventria | Emmeloord | 27-06-09 | |
| 39,89 | Sacha | Popping | 18-03-91 Cialfo | Amsterdam | 01-08-09 | |
| 39,17 | Ellen van der | Veer | 16-08-90 Hellas | Nijmegen | 21-05-09 | |
| 39,08 | Vivian | Brandthoff | MB 27-06-93 SAV | Emmeloord | 27-06-09 | |
| 38,74 | Ella van der | Donk | MB 06-04-93 Hellas | Emmeloord | 27-06-09 | |
| 37,68 | Cindy | Kiekens | 15-09-91 Hera | Heerhugowaard | 10-05-09 | |
| 37,24 | Sacha van der | Donk | 24-01-91 Hellas | Amersfoort | 04-07-09 | |
| (10) | | | | | | |
| 36,53 | Linda | Hoedemakers | MB 01-02-92 Unitas | Emmeloord | 27-06-09 | |
| 36,35 | Lisanne | Schol | 22-06-91 Phanos | Amstelveen | 10-05-09 | |
| 35,96 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Groningen | 29-05-09 | |
| 35,84 | Marije | Dangremond | 23-11-90 AC TION | Goor | 04-09-09 | |
| 35,74 | Linda | Prop | MB 05-02-93 Spado | Sint Niklaas (BEL) | 31-10-09 | |
| 35,31 | Nicky van der | Schilt | 29-06-91 Groningen Atl | Groningen | 19-06-09 | |
| 35,29 | Mandy van | Egdom | MB 10-08-93 Triathlon | Emmeloord | 27-06-09 | |
| 34,95 | Inge | Zonneveld | MB 08-08-93 AV '40 | Leiden | 23-04-09 | |
| 34,48 | Amanda | Ouwens | MB 14-04-92 Energie | Vlaardingen | 29-03-09 | |
| 34,32 | Anne-Lique | Weeren | MC 10-02-94 Triathlon | Almelo | 05-09-09 | |
| (20) | | | | | | |
| 34,29 | Dominique | Verheijen | MB 10-09-93 De Gemzen | Dronten | 02-07-09 | |
| 34,23 | Femke | Dijkstra | 04-11-91 De Liemers | Wageningen | 18-09-09 | |
| 33,49 | Ilona | Verboom | 05-01-91 Triathlon | Harderwijk | 19-09-09 | |
| 33,15 | Shereen | Heeswijk | MC 24-09-94 Sparta | Beverwijk | 03-05-09 | |
| 32,92 | Iris | Lok | MB 30-08-92 Lycurgus | Heiloo | 17-07-09 | |
| 32,91 | Nadine | Broersen | 29-04-90 Sprint | Helmond | 14-06-09 | |
| 32,85 | Roos de | Klerk | MC 24-06-94 Energie | Zoetermeer | 20-06-09 | |
| 32,80 | Lisa | Haas | MB 01-04-93 Nea-Volharding | Emmeloord | 27-06-09 | |
| 32,73 | Patricia | Harteveld | 13-12-90 Climax | Emmeloord | 28-06-09 | |
| 32,39 | Anna | Goede | 16-05-91 AV '23 | Utrecht | 10-07-09 | |
| (30) | | | | | | |
| 32,16 | Eefje | Frissen | 02-07-90 GVAC | Veldhoven | 07-05-09 | |
| 31,99 | Eva | Reinders | MB 12-05-93 Groningen Atl | Zutphen | 07-06-09 | |
| 31,35 | Alissa | Olofsen | MC 12-09-94 SAV | Hoorn | 12-09-09 | |
| 31,13 | Tamara | Doreleijers | MC 22-01-94 Gen. Michaëlis | Almelo | 05-09-09 | |
| 31,10 | Marlou | Hospes | 22-05-91 Pallas '67 | Nijmegen | 12-05-09 | |
| 31,10 | Nathalie | Meijer | MB 09-09-92 Flevo Delta | Almelo | 17-05-09 | |
| 30,87 | Jacky van | Splunteren | MB 06-10-92 AV Zaanland | Steenwijk | 11-10-09 | |
| 30,77 | Sasha van der | Klein | 27-08-91 Leiden Atletiek | Lisse | 29-05-09 | |
| 30,70 | Sharon | Rispens | MC 08-02-95 Daventria | Hengelo | 16-05-09 | |
| 30,68 | Rianne | Gorter | MB 10-08-92 Isala '96 | Assen | 19-04-09 | |
| (40) | | | | | | |
| 30,68 | Sophie | Vetter | MC 13-10-95 Phanos | Amsterdam | 22-08-09 | |
| 30,47 | Marleen | Westra | MC 19-05-94 De Spartaan | Haarlem | 07-06-09 | |
| 30,31 | Ilse | Rietberg | MB 18-02-92 Groningen Atl | Assen | 29-03-09 | |
| 30,10 | Odile | Janssen | MB 22-08-93 KAV Holland | Krommenie | 03-05-09 | |
| 30,06 | Fabienne | Boekelman | 08-10-91 Achilles-EL | Veldhoven | 19-04-09 | |
| 30,03 | Lisa | Smit | MC 31-03-94 Scorpio | Oosterhout | 05-09-09 | |
| 30,00 | Charlene | Okken | MC 03-01-94 HAC '63 | Steenwijk | 11-10-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 33,73 | o | Anna | Goede | 16-05-91 AV '23 | Amsterdam | 04-10-09 |

kogelslingeren 4 kg meisjes-A

| | | | | | |
|-------|---------------|-----------|---------------------------|--------------------|----------|
| 55,11 | Nicky van der | Schilt | 29-06-91 Groningen Atl | Apeldoorn | 04-07-09 |
| 51,15 | Eva | Reinders | MB 12-05-93 Groningen Atl | Boskoop | 20-06-09 |
| 42,08 | Jana | Vree | 12-08-91 Sprint | Amsterdam | 02-08-09 |
| 41,01 | Valéry | Vollering | 20-10-90 Haag Atletiek | Emmeloord | 28-06-09 |
| 39,35 | Linda | Prop | MB 05-02-93 Spado | Sint Niklaas (BEL) | 31-10-09 |
| 38,25 | Carolijn | Damen | 09-06-90 AAC | Boskoop | 20-06-09 |
| 37,87 | Anselma van | Midden | MB 26-02-92 GAC-Hilversum | Apeldoorn | 24-01-09 |
| 34,05 | Mariska | Maatje | 11-09-90 De Sperwers | Emmeloord | 28-06-09 |
| 32,63 | Pauke | Schots | 07-07-90 Pallas '67 | Emmeloord | 28-06-09 |
| 30,58 | Odile | Janssen | MB 22-08-93 KAV Holland | Amersfoort | 21-06-09 |

(10)

| | | | | | |
|-------|-----------|------------|-------------------------------|-------------|----------|
| 28,06 | Anna | Goede | 16-05-91 AV '23 | Wageningen | 18-09-09 |
| 26,54 | Irma van | Dijk | 23-04-90 De Spartaan | Den Haag | 17-05-09 |
| 25,76 | Inge | Verhulst | 12-01-90 Prins Hendrik | Vught | 05-04-09 |
| 25,24 | Bonnita | Leisberger | 26-07-90 Atl. Maastricht | Maastricht | 31-05-09 |
| 22,68 | Nikki van | Herk | 16-08-91 Olympus '70 | Barendrecht | 31-05-09 |
| 22,34 | Fabienne | Boekelman | 08-10-91 Achilles-EL | Sittard | 21-06-09 |
| 21,71 | Anne van | Heerebeek | MB 10-03-93 GVAC | Sittard | 21-06-09 |
| 21,04 | Anne | Suijdam | MB 19-07-93 Nijmegen Atletiek | Nijmegen | 20-09-09 |
| 20,97 | Tanja | Beukman | 31-05-91 Hollandia | Amersfoort | 21-06-09 |
| 20,85 | Patricia | Harteveld | 13-12-90 Climax | Sittard | 21-06-09 |

(20)

| | | | | | | |
|---------------------------------|------------|--------|----------------|------------------|-----------|----------|
| 20,37 | Anne Marie | Jacobs | 29-08-91 Ilion | Utrecht | 01-05-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 41,86 | o | Nina | Dirks | 94 Groningen Atl | Groningen | 03-10-09 |

speerwerpen 600 gram meisjes-A

| | | | | | |
|-------|---------------|-----------|------------------------|------------|----------|
| 51,70 | Nadine | Broersen | 29-04-90 Sprint | Krommenie | 21-06-09 |
| 49,13 | Lisanne | Schol | 22-06-91 Phanos | Amstelveen | 10-05-09 |
| 48,67 | Anouk | Vetter | MB 04-02-93 AAC | Amstelveen | 10-05-09 |
| 43,87 | Cornelia de | Jong | 25-03-91 Horror | Steenwijk | 11-10-09 |
| 43,69 | Patricia | Harteveld | 13-12-90 Climax | Breda | 18-10-09 |
| 41,99 | Denise van | Herp | MB 02-05-93 Daventria | Emmeloord | 26-06-09 |
| 41,21 | Eefje | Frissen | 03-07-90 GVAC | Nijmegen | 22-05-09 |
| 41,04 | Ellen van der | Veer | 16-08-90 Hellas | Amersfoort | 13-04-09 |
| 40,13 | Elisa | Blom | 04-02-91 Prins Hendrik | Den Haag | 17-05-09 |
| 39,82 | Ellis | Gielen | MB 15-03-93 Unitas | Enschede | 20-09-09 |

(10)

| | | | | | |
|-------|---------------|------------|---------------------------|-------------|----------|
| 39,65 | Rachél van | Harlingen | 16-11-91 Sprint | Nijmegen | 20-09-09 |
| 38,81 | Ilona | Verboom | 05-01-91 Triathlon | Zwolle | 30-05-09 |
| 38,38 | Roos de | Klerk | MC 24-06-94 Energie | Almelo | 05-09-09 |
| 38,14 | Mandy van der | Meer | MB 31-07-93 Ilion | Schoonhoven | 16-06-09 |
| 38,02 | Danien ten | Berge | MB 28-12-92 De Sperwers | Emmen | 14-06-09 |
| 37,98 | Melanie | Versteeg | MB 21-08-92 GAC-Hilversum | Amstelveen | 01-06-09 |
| 37,58 | Jacky van | Splunteren | MB 06-10-92 AV Zaanland | Enschede | 20-09-09 |
| 37,05 | Louise | Taatgen | MB 05-01-93 Groningen Atl | Emmeloord | 03-05-09 |
| 36,96 | Dominique | Gommers | MC 03-03-95 Spado | Almelo | 05-09-09 |
| 36,54 | Anna | Meijering | 18-04-91 Startbaan | Alkmaar | 17-05-09 |

(20)

| | | | | | |
|-------|-------------|------------|-------------------------------|------------|----------|
| 36,53 | Didi van de | Spek | 04-09-90 AV Edam | Nieuwegein | 20-09-09 |
| 36,48 | Anne-Lique | Weeren | MC 10-02-94 Triathlon | Almelo | 05-09-09 |
| 36,46 | Rianne | Gorter | MB 10-08-92 Isala '96 | Emmeloord | 26-06-09 |
| 36,35 | Annelies | Laan | 18-05-90 Hollandia | Alkmaar | 17-05-09 |
| 36,19 | Linda | Ebbinge | MB 10-03-93 AAC '61 | Assen | 10-05-09 |
| 36,10 | Charissa | Janssens | 02-06-90 Sparta | Lisse | 07-06-09 |
| 36,03 | Britt | Schoenaker | MB 03-04-93 Nijmegen Atletiek | Krommenie | 30-08-09 |
| 35,90 | Veerle de | Vries | 16-01-91 AV Heerenveen | Nijmegen | 21-06-09 |
| 35,56 | Sana | Ahmidach | MB 22-04-92 RK HAV | Hulst | 01-06-09 |
| 35,39 | Sacha | Popping | 18-03-91 Cialfo | Emmen | 14-06-09 |

(30)

| | | | | | |
|-------|---------------|----------|--------------------------|-----------|----------|
| 35,20 | Suzanne den | Boef | MB 27-11-92 Typhoon | Enschede | 20-09-09 |
| 35,13 | Laura | Killaars | MB 27-03-92 Unitas | Sittard | 07-06-09 |
| 35,08 | Pamela | Kiel | 09-04-91 R' dam Atletiek | Naaldwijk | 10-09-09 |
| 34,78 | Robin | Groen | 23-11-91 AV '23 | Emmeloord | 26-06-09 |
| 34,71 | Sanne van der | Velden | 28-01-90 Flevo Delta | Lisse | 07-06-09 |

| | | | | | |
|-------|-----------|-----------|-----------------------|----------------|----------|
| 34,59 | Mandy van | Egdom | MB 10-08-93 Triathlon | Emmeloord | 26-06-09 |
| 34,52 | Anouk | Kruiswijk | MB 12-06-92 AV '40 | Enschede | 20-09-09 |
| 34,35 | Tyka | Uijting | MB 29-06-92 Triathlon | Enschede | 20-09-09 |
| 34,04 | Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB) | 26-07-09 |
| 34,02 | Lisa | Hogers | MB 13-05-93 Phanos | Santpoort | 14-06-09 |

(40)

| | | | | | |
|-------|---------------|-----------------|--------------------------|----------------|----------|
| 33,61 | Eva van den | Born | MB 30-12-92 AV '40 | Amersfoort | 30-08-09 |
| 33,56 | Suzan van | Amerongen | MB 10-03-93 Ciko '66 | Enschede | 03-05-09 |
| 33,48 | Sacha van der | Donk | 24-01-91 Hellas | Dongen | 26-04-09 |
| 33,29 | Diede | Fennema | MB 07-03-92 Sparta | Voorburg | 09-05-09 |
| 33,20 | Lisa | Lagrand | MB 25-05-93 Lycurgus | Krommenie | 30-08-09 |
| 33,05 | Marije | Dangremond | 23-11-90 AC TION | Steenwijk | 11-10-09 |
| 32,91 | Karliën | Sleper | MB 11-01-93 AV '34 | Apeldoorn | 28-08-09 |
| 32,88 | Marloes | Mulder | 05-08-90 VAV | Santpoort | 14-06-09 |
| 32,86 | Kayanda | Schrijvers | 09-05-91 AV Valkenswaard | Vught | 10-05-09 |
| 32,52 | Evelien | Klunder-Nijland | MB 16-05-92 Spado | Bergen op Zoom | 06-09-09 |

(50)

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-----------|-----------|----------------------|-----------|----------|
| 37,70 | o | Eef | Renders | GVAC | Veldhoven | 20-09-09 |
| 35,76 | o | Suzan van | Amerongen | MB 10-03-93 Ciko '66 | Arnhem | 04-10-09 |
| 33,66 | o | Diede | Fennema | MB 07-03-92 Sparta | Den Haag | 04-10-09 |

7-kamp meisjes-A

| | | | | | |
|------|--|---------------|--|---------------------------|--|
| | | | <i>100mH* hoog *kogel * 200m * ver * speer * 800m * windgegevens</i> | | |
| 5507 | | Dafne | Schippers | MB 15-06-92 Hellas | Novi Sad (SRB)26-07-09 |
| | | | | | <i>14,05 * 1,69 * 12,01 * 24,21 * 5,62 * 34,04 * 2.23,01 * 2,2 * 0,9 * -1,0</i> |
| 5456 | | Nadine | Broersen | 29-04-90 Sprint | Novi Sad (SRB)26-07-09 |
| | | | | | <i>14,18 * 1,75 * 11,02 * 26,47 * 5,44 * 48,11 * 2.27,32 * 0,3 * 0,5 * -1,0</i> |
| 4875 | | Linda van de | Lagemaat | 29-11-90 Pallas '67 | Lisse 07-06-09 |
| | | | | | <i>15,95 * 1,68 * 10,79 * 25,82 * 5,62 * 28,80 * 2.26,18 * -0,7 * -2,1 * 1,5</i> |
| 4644 | | Tara van | Schie | 12-09-90 AAC | Lisse 07-06-09 |
| | | | | | <i>15,80 * 1,53 * 11,37 * 25,36 * 5,56 * 29,55 * 2.38,33 * -0,7 * -2,1 * 3,8</i> |
| 4397 | | Britt van | Thillo (BEL) | 30-07-91 Spado | Dilbeek (BEL) 09-08-09 |
| | | | | | <i>16,72 * 1,54 * 09,68 * 26,67 * 4,99 * 27,43 * 2.16,71 * 1,3 * 1,1 * 0,3</i> |
| 4395 | | Louise | Taatgen | MB 05-01-93 Groningen Atl | Lisse 07-06-09 |
| | | | | | <i>16,79 * 1,44 * 12,05 * 28,26 * 5,45 * 35,41 * 2.30,97 * -2,5 * -1,5 * 2,4</i> |
| 4376 | | Sanne van der | Velden | 28-01-90 Flevo Delta | Lisse 07-06-09 |
| | | | | | <i>16,20 * 1,62 * 09,28 * 27,49 * 5,20 * 34,71 * 2.38,25 * -2,5 * -1,5 * 2,3</i> |
| 4361 | | Nora | Ritzen | MB 03-07-93 Groningen Atl | Lisse 07-06-09 |
| | | | | | <i>15,70 * 1,47 * 11,09 * 26,91 * 5,25 * 25,53 * 2.30,89 * -0,7 * -1,5 * 1,7</i> |
| 4156 | | Charissa | Janssens | 02-06-90 Sparta | Lisse 07-06-09 |
| | | | | | <i>17,64 * 1,53 * 09,61 * 26,60 * 4,87 * 36,10 * 2.36,93 * -2,5 * -2,1 * 2,1</i> |
| 3866 | | Saskia | Zwaard | 11-09-91 AV '40 | Zaandam 05-07-09 |
| | | | | | <i>15,61 * 1,40 * 07,67 * 26,55 * 5,03 * 17,88 * 2.33,78 * * *</i> |

(10)

| | | | | | |
|------|--|-----------|-----------|------------------------|--|
| 3852 | | Indah van | Marrewijk | 12-03-90 AV '40 | Zaandam 05-07-09 |
| | | | | | <i>15,94 * 1,45 * 07,55 * 27,83 * 5,06 * 20,00 * 2.30,61 * * *</i> |
| 3833 | | Maaïke | Spuij | MB 07-03-92 AV Gouda | Lisse 07-06-09 |
| | | | | | <i>15,47 * 1,41 * 07,98 * 26,92 * 4,50 * 19,87 * 2.29,49 * -0,7 * -1,5 * 3,7</i> |
| 3823 | | Jetske | Touw | 21-02-91 GAC-Hilversum | Lisse 07-06-09 |
| | | | | | <i>17,30 * 1,47 * 07,83 * 26,90 * 5,14 * 25,04 * 2.39,16 * -2,5 * -1,5 * 0,8</i> |
| 3789 | | Samantha | Lernout | 14-05-91 RK HAV | Lisse 07-06-09 |
| | | | | | <i>17,78 * 1,44 * 08,44 * 27,97 * 5,03 * 25,11 * 2.28,56 * -2,5 * -2,1 * 1,1</i> |
| 3609 | | Donja | Karimlou | 17-07-91 Achilles-EL | Best 05-07-09 |
| | | | | | <i>18,33 * 1,55 * 08,10 * 28,94 * 4,85 * 24,16 * 2.35,55 * 0,7 * 0,6 *</i> |
| 3555 | | Nina | Peters | 02-07-91 Spark | Gemert 24-05-09 |
| | | | | | <i>17,88 * 1,50 * 07,54 * 28,15 * 4,75 * 24,24 * 2.39,06 * -2,5 * -3,7 * 1,8</i> |
| 3532 | | Wendy | Smit | 26-01-90 Spirit-OB | Schoonhoven 05-07-09 |
| | | | | | <i>18,5= * 1,50 * 10,90 * 29,6= * 4,64 * 23,88 * 2.38,6= * * *</i> |

in onderlinge wedstrijd:

| | | | | | |
|------|---|-------|--------|------------------------|--|
| 3894 | o | Elisa | Blom | 04-02-91 Prins Hendrik | Vught 27-09-09 |
| | | | | | <i>16,51 * 1,55 * 09,38 * 28,46 * 4,89 * 33,34 * 2.55,45 * * *</i> |
| 3723 | o | Nina | Peters | 02-07-91 Spark | Spijkenisse 27-09-09 |
| | | | | | <i>17,13 * 1,50 * 07,22 * 27,93 * 5,00 * 24,16 * 2.36,86 * * *</i> |
| 3711 | o | Wendy | Smit | 26-01-90 Spirit-OB | Barendrecht 04-10-09 |
| | | | | | <i>18,58 * 1,50 * 09,87 * 29,12 * 4,98 * 26,69 * 2.35,50 * * *</i> |

14-kamp meisjes-A

100mH* hoog * 1500m * 400mH * kogel * 200m * windgegevens
 100m * ver * 400m * speer * 800m * 200mH * discus * 3000m * windgegevens
 6668 Wendy Smit 26-01-90 Spirit-OB Delft 13-09-09
 19,89 * 1,55 * 5.40,10 * 75,89 * 10,42 * 30,05 * 0,7 * *
 14,61 * 4,65 * 66,42 * 26,68 * 2.39,05 * 35,60 * 20,75 * 12.55,45 * -0,3 * 0,5 *

4 x 100 meter clubteams meisjes-A

| | | | | | | |
|-------|------|-----------------|----|-------------------|----------------|----------|
| 47,51 | | Amsterdam | | Phanos | Amstelveen | 26-09-09 |
| 48,52 | | Grootebroek | MB | SAV | Amstelveen | 26-09-09 |
| 48,58 | | Barendrecht | MB | Energie | Amstelveen | 26-09-09 |
| 48,76 | | Rotterdam | | R' dam Atletiek | Bergen op Zoom | 06-09-09 |
| 49,03 | | Uithoorn | MB | AKU | Amstelveen | 26-09-09 |
| 49,38 | | Sittard | | Unitas | Bergen op Zoom | 06-09-09 |
| 49,75 | | Breda | | Sprint | Helmond | 14-06-09 |
| 49,91 | | Amsterdam | | AAC | Santpoort | 14-06-09 |
| 50,23 | | Zoetermeer | MC | Ilion | Beverwijk | 03-05-09 |
| 50,23 | | Almere | MB | AV Almere '81 | Heerhugowaard | 07-06-09 |
| | (10) | | | | | |
| 50,30 | | Hilversum | MB | GAC-Hilversum | Haarlem | 07-06-09 |
| 50,33 | | Apeldoorn | MB | AV '34 | Amstelveen | 26-09-09 |
| 50,40 | | Anna Paulowna | | Dokev | Heerhugowaard | 10-05-09 |
| 50,43 | | Deventer | MB | Daventria | Zutphen | 07-06-09 |
| 50,54 | | Alphen a/d Rijn | | AAV '36 | Heerhugowaard | 10-05-09 |
| 50,61 | | Groningen | MB | Groningen Atl | Groningen | 13-09-09 |
| 50,66 | | Delft | | AV '40 | Delft | 14-06-09 |
| 51,15 | | Veenendaal | | VAV | Amstelveen | 26-09-09 |
| 51,32 | | Sneek | | Horror | Assen | 10-05-09 |
| 51,34 | | Lisse | MB | De Spartaan | Haarlem | 07-06-09 |
| | (20) | | | | | |
| 51,39 | | Rotterdam | | PAC | Heerhugowaard | 10-05-09 |
| 51,74 | | Best | MB | Gen. Michaëlis | Amstelveen | 26-09-09 |
| 51,84 | | Hoorn | MB | Hollandia | Heerhugowaard | 07-06-09 |
| 51,87 | | Nijmegen | MB | Nijmegen Atletiek | Wageningen | 07-06-09 |
| 51,98 | | Naaldwijk | | Olympus '70 | Heerhugowaard | 10-05-09 |
| 52,05 | | Goes | MB | AV '56 | Best | 07-06-09 |
| 52,09 | | Heiloo | MB | Trias | Heerhugowaard | 07-06-09 |
| 52,14 | | Epe | | Cialfo | Assen | 10-05-09 |
| 52,17 | | Valkenswaard | | AV Valkenswaard | Vught | 10-05-09 |
| 52,19 | | Vught | | Prins Hendrik | Vught | 10-05-09 |
| | (30) | | | | | |
| 52,22 | | Zwolle | MB | PEC 1910 | Zutphen | 07-06-09 |
| 52,36 | | Krommenie | MB | Lycurgus | Haarlem | 07-06-09 |
| 52,38 | | Amersfoort | MB | Triathlon | Heiloo | 03-05-09 |
| 52,53 | | Edam | | AV Edam | Amstelveen | 26-09-09 |
| 52,54 | | Amstelveen | MB | Startbaan | Amstelveen | 26-09-09 |
| 52,69 | | Emmeloord | MB | AV NOP | Groningen | 13-09-09 |
| 52,73 | | Gouda | MB | AV Gouda | Beverwijk | 03-05-09 |
| 52,85 | | Heerhugowaard | MB | Hera | Heerhugowaard | 07-06-09 |
| 52,87 | | Bergen op Zoom | | Spado | Vught | 10-05-09 |
| 52,91 | | Arnhem | MB | Ciko '66 | Wageningen | 07-06-09 |
| | (40) | | | | | |
| 52,91 | | Utrecht | | U-Track | Bergen op Zoom | 06-09-09 |
| 52,92 | | Etten Leur | | Achilles-EL | Helmond | 14-06-09 |
| 52,97 | | Ede | MB | Climax | Enschede | 03-05-09 |
| 53,05 | | Den Haag | MB | Sparta | Den Haag | 07-06-09 |
| 53,21 | | Wijchen | MB | AV Wijchen | Wageningen | 07-06-09 |
| 53,35 | | Steenbergen | MB | Diomedon | Tilburg | 01-06-09 |
| 53,38 | | Spijkenisse | MB | Spark | Beverwijk | 03-05-09 |
| 53,43 | | Veldhoven | MB | GVAC | Uden | 03-05-09 |
| 53,50 | | Den Haag | MB | Haag Atletiek | Den Haag | 07-06-09 |
| 53,54 | | Soest | | Pijnenburg | Amstelveen | 10-05-09 |
| | (50) | | | | | |

4 x 100 meter meisjes-A

| | | | | | | |
|-------|--|--|--|------------|----------------|----------|
| 45,86 | | | | Nat. ploeg | Novi Sad (SRB) | 26-07-09 |
|-------|--|--|--|------------|----------------|----------|

Judith Bosker - Yaël van Pelt - Anouk Hagen - Jamile Samuel

| | | | | | |
|-------|--|----|---------------------|---------------|----------|
| 45,99 | | MB | Nat. Ploeg | Leiden | 13-06-09 |
| 52,73 | | | Wieringermeer/Hylas | Heerhugowaard | 10-05-09 |

4 x 200 meter clubteams meisjes-A

| | | | | | |
|---------|-------------|----|-------------------|------------|----------|
| 1.43,95 | Barendrecht | MB | Energie | Amstelveen | 27-09-09 |
| 1.48,05 | Apeldoorn | MB | AV '34 | Amstelveen | 27-09-09 |
| 1.48,95 | Nijmegen | MB | Nijmegen Atletiek | Amstelveen | 27-09-09 |
| 1.49,84 | Hoofddorp | MB | AV Haarl'meer | Amstelveen | 27-09-09 |
| 1.51,76 | Best | MB | Gen. Michaëlis | Amstelveen | 27-09-09 |
| 1.52,61 | Amstelveen | MB | Startbaan | Amstelveen | 27-09-09 |

4 x 400 meter clubteams meisjes-A

| | | | | | |
|---------|-----------|----|----------------|------------|----------|
| 3.58,34 | Amsterdam | | Phanos | Amstelveen | 26-09-09 |
| 4.03,62 | Zaandam | | AV Zaanland | Amstelveen | 26-09-09 |
| 4.07,35 | Uithoorn | MB | AKU | Amstelveen | 26-09-09 |
| 4.19,65 | Amsterdam | MB | AV '23 | Amstelveen | 26-09-09 |
| 4.19,90 | Hoofddorp | MB | AV Haarl'meer | Amstelveen | 26-09-09 |
| 4.20,46 | Soest | MB | Pijnenburg | Amstelveen | 26-09-09 |
| 4.21,97 | Edam | | AV Edam | Amstelveen | 26-09-09 |
| 4.30,01 | Best | MB | Gen. Michaëlis | Amstelveen | 26-09-09 |

zweedse estafette clubteams meisjes-A

| | | | | | |
|---------|-----------------|----|-----------------|------------|----------|
| 2.18,53 | Barendrecht | MB | Energie | Amstelveen | 27-09-09 |
| 2.19,83 | Grootebroek | MB | SAV | Amstelveen | 27-09-09 |
| 2.20,48 | Rotterdam | | R' dam Atletiek | Amstelveen | 27-09-09 |
| 2.22,51 | Deventer | MB | Daventria | Amstelveen | 27-09-09 |
| 2.22,77 | Leiden | MC | Leiden Atletiek | Amstelveen | 27-09-09 |
| 2.24,97 | Edam | | AV Edam | Amstelveen | 27-09-09 |
| 2.25,55 | Rotterdam | MB | PAC | Amstelveen | 27-09-09 |
| 2.25,86 | Uithoorn | MB | AKU | Amstelveen | 27-09-09 |
| 2.26,86 | Amstelveen | MB | Startbaan | Amstelveen | 27-09-09 |
| 2.27,06 | Den Haag | MC | Sparta | Amstelveen | 27-09-09 |
| (10) | | | | | |
| 2.27,89 | Alphen a/d Rijn | | AAV '36 | Amstelveen | 27-09-09 |
| 2.28,71 | Amsterdam | MC | AV '23 | Amstelveen | 27-09-09 |
| 2.28,78 | Vught | | Prins Hendrik | Amstelveen | 27-09-09 |
| 2.29,20 | Hulst | | RK HAV | Amstelveen | 27-09-09 |
| 2.29,36 | Zoetermeer | MC | Ilion | Amstelveen | 27-09-09 |
| 2.29,49 | Delft | | AV '40 | Amstelveen | 27-09-09 |
| 2.29,64 | Amersfoort | MB | Triathlon | Amstelveen | 27-09-09 |
| 2.30,12 | Amsterdam | | AAC | Amstelveen | 27-09-09 |
| 2.30,96 | Deurne | MC | LG Deurne | Amstelveen | 27-09-09 |
| 2.31,33 | Veenendaal | | VAV | Amstelveen | 27-09-09 |
| (20) | | | | | |
| 2.31,57 | Gorinchem | | Typhoon | Amstelveen | 27-09-09 |
| 2.32,07 | Amsterdam | MC | Phanos | Amstelveen | 27-09-09 |

zweedse estafette meisjes-A

| | | | | | |
|---------|--|----|------------|------------------|----------|
| 2.26,68 | | MB | Nat. Ploeg | Weganan di Reino | 30-07-09 |
|---------|--|----|------------|------------------|----------|

Meisjes-B

100 meter meisjes-B

| | | | | | |
|-------|---------------|------------|-----------------------------|---------------|----------|
| 11,79 | 1,2 Dafne | Schippers | 15-06-92 Hellas | Leiden | 13-06-09 |
| 11,97 | 1,3 Jamile | Samuel | 24-04-92 Phanos | Oordgem (BEL) | 04-07-09 |
| 11,99 | 1,2 Eva | Lubbers | 06-02-92 AKU | Leiden | 13-06-09 |
| 12,20 | -0,4 Berthe | Makizodila | 14-06-92 Triathlon | Amersfoort | 13-04-09 |
| 12,25 | 0,4 Janice | Babel | 10-11-92 Phanos | Lokeren | 01-06-09 |
| 12,34 | 1,4 Naomi | Klomp | 16-11-93 Energie | Den Haag | 07-06-09 |
| 12,37 | -0,4 Naomi | Sedney | MC 17-12-94 Ilion | Emmeloord | 27-06-09 |
| 12,38 | 0,3 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 13-06-09 |
| 12,44 | -1,7 Marloes | Duijn | 18-06-93 SAV | Amersfoort | 21-06-09 |
| 12,45 | -0,3 Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| (10) | | | | | |
| 12,50 | 0,6 Jolanda | Nobels | 09-02-93 Energie | Amsterdam | 31-05-09 |
| 12,50 | -0,9 Anouk | Vetter | 04-02-93 AAC | Emmeloord | 27-06-09 |

| | | | | | |
|----------------------------------|-------|-------------------------|-----------------------------|------------------|----------|
| 12,57 | 0,6 | Natalia van Houts | MC 26-06-95 LG Deurne | Helmond | 02-07-09 |
| 12,58 | 0,4 | Miranda de Regt | 29-09-93 De Spartaan | Amsterdam | 31-05-09 |
| 12,59 | 1,3 | Ashley Rijnsburger | MC 22-02-94 AV Almere '81 | Utrecht | 22-05-09 |
| 12,59 | 0,4 | Nancy van Petersen | 10-05-92 Cialfo | Wageningen | 17-07-09 |
| 12,68 | 1,4 | Iris van Daalen | 12-10-93 PAC | Den Haag | 07-06-09 |
| 12,71 | -0,4 | Robin Wingbermühle | 20-05-92 R' dam Atletiek | Emmeloord | 27-06-09 |
| 12,75 | 0,5 | Madiea Ghafoor | 09-09-92 Continental Sport | Utrecht | 01-05-09 |
| 12,76 | 0,2 | Lenneke Bouwman | 24-10-93 AV '34 | Lokeren | 01-06-09 |
| (20) | | | | | |
| 12,76 | -0,8 | Winne Vos | 06-09-93 Daventria | Emmeloord | 27-06-09 |
| 12,78 | 0,6 | Aisha Shokoya | 24-06-93 Groningen Atl | Zutphen | 07-06-09 |
| 12,82 | -0,9 | Sacha van Agt | MC 10-08-94 GVAC | Emmeloord | 27-06-09 |
| 12,84 | -1,6 | Lisanne de Witte | 10-09-92 Trias | Heerhugowaard | 07-06-09 |
| 12,88 | 1,4 | Amy Stolk | 12-11-92 Olympus '70 | Den Haag | 07-06-09 |
| 12,88 | 0,4 | Gabriëlla van der Wijck | MD 27-03-97 AV Edam | Hoorn | 12-06-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 12,43 | | Marloes Duijn | 18-06-93 SAV | Ede | 20-09-09 |
| <i>betere handtijden:</i> | | | | | |
| 12,5 | | Evelien Bos | 18-03-92 AV Wieringermeer | Schagen | 08-05-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 11,73 | w 2,1 | Jamile Samuel | 24-04-92 Phanos | Amsterdam | 02-08-09 |
| 12,60 | w 5,2 | Morayo Akinrogunde | 03-12-92 AV Haarl'meer | Leiden | 08-07-09 |
| 12,61 | w 2,4 | Madiea Ghafoor | 09-09-92 Continental Sport | Utrecht | 22-05-09 |
| 12,65 | w 2,1 | Iris van Daalen | 12-10-93 PAC | Weganan di Reino | 28-07-09 |
| 12,69 | w 2,2 | Winne Vos | 03-01-93 Daventria | Heerde | 27-05-09 |
| 12,71 | w 2,2 | Lenneke Bouwman | 24-10-93 AV '34 | Heerde | 27-05-09 |
| 12,85 | w 2,3 | Inge de Wolf | MC 17-04-95 PEC 1910 | Kampen | 22-04-09 |
| 150 meter meisjes-B | | | | | |
| 17,72 | 1,7 | Ashley Rijnsburger | MC 22-02-94 AV Almere '81 | Amersfoort | 29-08-09 |
| 17,88 | 0,1 | Dafne Schippers | 15-06-92 Hellas | Lisse | 09-05-09 |
| 18,44 | 0,1 | Janice Babel | 10-11-92 Phanos | Lisse | 09-05-09 |
| 18,84 | 0,6 | Tessa van Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 27-05-09 |
| 19,06 | 0,0 | Vera van den Haak | MC 13-01-95 Sparta | Enschede | 19-09-09 |
| 19,20 | 0,2 | Sam Bouwhuis | MC 10-08-94 Prins Hendrik | Gemert | 23-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 18,85 | o | Naomi Sedney | MC 17-12-94 Ilion | Zoetermeer | 03-10-09 |
| 200 meter meisjes-B | | | | | |
| 24,21 | 0,9 | Dafne Schippers | 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| 24,31 | 0,3 | Eva Lubbers | 06-02-92 AKU | Amersfoort | 13-04-09 |
| 24,58 | 0,3 | Berthe Makizodila | 14-06-92 Triathlon | Amersfoort | 13-04-09 |
| 25,04 | -0,1 | Naomi Klomp | 16-11-93 Energie | Emmeloord | 28-06-09 |
| 25,17 | 0,4 | Janice Babel | 10-11-92 Phanos | Hoorn | 23-05-09 |
| 25,21 | -0,1 | Iris van Daalen | 12-10-93 PAC | Emmeloord | 28-06-09 |
| 25,22 | -0,5 | Madiea Ghafoor | 09-09-92 Continental Sport | Krommenie | 05-07-09 |
| 25,49 | -0,1 | Miranda de Regt | 29-09-93 De Spartaan | Emmeloord | 28-06-09 |
| 25,57 | -0,9 | Marloes Duijn | 18-06-93 SAV | Amsterdam | 05-07-09 |
| 25,66 | 1,0 | Lisanne de Witte | 10-09-92 Trias | Castricum | 03-06-09 |
| (10) | | | | | |
| 25,72 | 1,1 | Jolanda Nobels | 09-02-93 Energie | Nieuwegein | 20-09-09 |
| 26,02 | 1,2 | Nancy van Petersen | 10-05-92 Cialfo | Heerde | 27-05-09 |
| 26,03 | 0,8 | Ruchama Juriën | MC 28-07-95 Atl. Maastricht | Kerkrade | 14-08-09 |
| 26,23 | -0,5 | Lenneke Bouwman | 24-10-93 AV '34 | Apeldoorn | 03-07-09 |
| 26,29 | -0,2 | Winne Vos | 03-01-93 Daventria | Enschede | 19-09-09 |
| 26,31 | 0,2 | Ashley Rijnsburger | MC 22-02-94 AV Almere '81 | Utrecht | 01-05-09 |
| 26,40 | -1,8 | Sharon Hendriks | 10-01-93 AV '34 | Emmeloord | 28-06-09 |
| 26,43 | -0,2 | Ellis Gielen | 15-03-93 Unitas | Enschede | 19-09-09 |
| 26,49 | -0,9 | Rebecca Rijken | 19-03-93 AV Zaanland | Emmeloord | 28-06-09 |
| 26,52 | -0,9 | Britt Duijn | 18-06-93 SAV | Amsterdam | 05-07-09 |
| (20) | | | | | |
| 26,53 | -1,1 | Lianne Kokken | 03-11-93 Spark | Spijkenisse | 19-04-09 |
| 26,55 | -0,1 | Dominique Verheijen | 10-09-93 De Gemzen | Nieuwegein | 28-06-09 |
| 26,55 | -0,4 | Natalia van Houts | MC 26-06-95 LG Deurne | Helmond | 02-07-09 |
| 26,58 | -0,8 | Roan Stijns | 07-04-92 Achilles-Top | Maastricht | 31-05-09 |
| 26,62 | -0,8 | Renske van Os | MC 31-03-94 Gen. Michaëlis | Emmeloord | 28-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|--------|----------|----------------------|-----------|----------|
| 26,28 | Amy | Stolk | 12-11-92 Olympus '70 | Naaldwijk | 28-05-09 |
| 26,33 | Sharon | Hendriks | 10-01-93 AV '34 | Ede | 20-09-09 |
| 26,35 | Anouk | Vetter | 04-02-93 AAC | Zaandam | 04-07-09 |

betere handtijden:

| | | | | | |
|------|--------|---------|----------------------------|------------------|----------|
| 24,5 | Madiea | Ghafoor | 09-09-92 Continental Sport | Weganan di Reino | 30-07-09 |
|------|--------|---------|----------------------------|------------------|----------|

met teveel rugwind:

| | | | | | |
|-------|------------------|----------|-----------------------------|------------|----------|
| 25,62 | w 2,4 Nancy van | Petersen | 10-05-92 Cialfo | Wageningen | 17-07-09 |
| 26,14 | w 3,7 Tessa van | Schagen | MC 02-02-94 Leiden Atletiek | Leiden | 08-07-09 |
| 26,21 | w 2,3 Daphne van | Es | 12-12-92 Dokev | Heiloo | 21-05-09 |

300 meter meisjes-B

| | | | | | |
|-------|--------------|-----------|-----------------------------|------------|----------|
| 41,48 | Iris van | Daalen | 12-10-93 PAC | Lisse | 09-05-09 |
| 41,71 | Dominique | Verheijen | 10-09-93 De Gemzen | Epe | 08-04-09 |
| 41,71 | Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lokeren | 01-06-09 |
| 42,86 | Maureen | Rots | 25-02-93 PEC 1910 | Epe | 08-04-09 |
| 42,97 | Miranda de | Regt | 29-09-93 De Spartaan | Lisse | 09-05-09 |
| 43,01 | Winne | Vos | 03-01-93 Daventria | Amersfoort | 11-04-09 |
| 43,28 | Vera van den | Haak | MC 13-01-95 Sparta | Almelo | 05-09-09 |
| 43,30 | Suzanne van | Wijck | 09-09-92 U-Track | Utrecht | 10-07-09 |
| 43,36 | Inge de | Wolf | MC 17-04-95 PEC 1910 | Utrecht | 10-07-09 |
| 43,56 | Maaïke | Spuij | 07-03-92 AV Gouda | Lisse | 09-05-09 |

(10)

400 meter meisjes-B

| | | | | | |
|-------|--------------|-----------|-----------------------------|---------------|----------|
| 56,16 | Lisanne de | Witte | 10-09-92 Trias | Emmeloord | 28-06-09 |
| 56,44 | Vera van den | Haak | MC 13-01-95 Sparta | Emmeloord | 28-06-09 |
| 56,58 | Madiea | Ghafoor | 09-09-92 Continental Sport | Krommenie | 05-07-09 |
| 57,82 | Iris van | Daalen | 12-10-93 PAC | Den Haag | 07-06-09 |
| 58,16 | Ruchama | Juriën | MC 28-07-95 Atl. Maastricht | Lanaken (BEL) | 25-07-09 |
| 58,78 | Britt | Duijn | 18-06-93 SAV | Emmeloord | 27-06-09 |
| 58,83 | Denise van | Herp | 02-05-93 Daventria | Heerenveen | 23-05-09 |
| 58,88 | Bianca | Baak | 25-01-92 AV Almere '81 | Heerhugowaard | 07-06-09 |
| 59,26 | Fieke | Wolters | 07-06-93 Nijmegen Atletiek | Apeldoorn | 28-08-09 |
| 59,27 | Dominique | Verheijen | 10-09-93 De Gemzen | Dronten | 02-07-09 |

(10)

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|-------|---------------|-----------|-----------------------------|----------------|----------|
| 59,37 | Chelsea van | Dijk | MC 19-04-95 Atl. Maastricht | Kerkrade | 05-07-09 |
| 59,42 | Ellis | Gielen | 15-03-93 Unitas | Vught | 10-05-09 |
| 59,43 | Marije | Wever | 22-07-93 Nea-Volharding | Amsterdam | 01-08-09 |
| 59,71 | Agnes van | Leemput | 08-08-92 Energie | Spijkenisse | 19-04-09 |
| 59,88 | Roan | Stijns | 07-04-92 Achilles-Top | Maastricht | 31-05-09 |
| 60,01 | Anouk | Trooster | 05-06-93 AAC '61 | Zutphen | 07-06-09 |
| 60,02 | Heleen | Wildoer | MC 24-01-94 SAV | Emmeloord | 27-06-09 |
| 60,08 | Juliette | Mattijsen | 05-12-93 Spirit-OB | Zevenbergen | 21-06-09 |
| 60,10 | Marjolein van | Marrewijk | 18-11-92 Olympus '70 | Bergen op Zoom | 06-09-09 |
| 60,12 | Miranda de | Regt | 29-09-93 De Spartaan | Amstelveen | 26-07-09 |

(20)

| | | | | | |
|-------|------------|-----------|---------------------|-----------|----------|
| 60,14 | Roos-Sanne | Claassen | MC 23-10-94 AV NOP | Zutphen | 07-06-09 |
| 60,30 | Sanne de | Boer | MC 20-11-94 Suomi | Emmeloord | 27-06-09 |
| 60,31 | Suzanne | Voorrips | 11-10-93 Startbaan | Krommenie | 05-07-09 |
| 60,35 | Rachel | Rozenkamp | 29-09-92 AV Rijssen | Utrecht | 22-05-09 |
| 60,46 | Tessa | Strijp | MC 15-02-94 AV '23 | Haarlem | 07-06-09 |

800 meter meisjes-B

| | | | | | |
|---------|---------------|-----------|----------------------------|------------|----------|
| 2.09,91 | Maureen | Koster | 03-07-92 AV '47 | Hoorn | 23-05-09 |
| 2.11,35 | Marjolein van | Marrewijk | 18-11-92 Olympus '70 | Gent (BEL) | 21-07-09 |
| 2.13,19 | Marleen | Loman | 25-04-92 AV NOP | Leiden | 13-06-09 |
| 2.13,75 | Juul | Lavrijsen | 25-02-93 Seven Hills RT | Vught | 21-05-09 |
| 2.14,48 | Fieke | Wolters | 07-06-93 Nijmegen Atletiek | Apeldoorn | 03-07-09 |
| 2.14,51 | Marlin van | Hal | 05-09-93 De Keien | Wageningen | 03-06-09 |
| 2.14,72 | Anouk | Trooster | 05-06-93 AAC '61 | Emmeloord | 26-06-09 |
| 2.14,91 | Marlies | Huigen | MC 22-08-94 Hanzesport | Wageningen | 18-09-09 |
| 2.15,88 | Irene van | Lieshout | 01-09-93 De Keien | Wageningen | 03-06-09 |
| 2.16,17 | Rachel | Rozenkamp | 29-09-92 AV Rijssen | Wageningen | 03-06-09 |

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| | | | | | |
|---------|-------------|----------|------------------------|-----------|----------|
| 2.16,22 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Leiden | 13-06-09 |
| 2.16,54 | Suzanne van | Wijck | 09-09-92 U-Track | Emmeloord | 26-06-09 |

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|-----------------------------|-----------------|--------------|-------------------------------|----------------|----------|
| 2.16,93 | Julia van | Velthoven | MC 12-03-94 Attila | Valkenswaard | 23-06-09 |
| 2.17,20 | Dana van | Velde | MC 25-05-95 Hera | Hoorn | 12-06-09 |
| 2.17,32 | Juliette | Mattijsen | 05-12-93 Spirit-OB | Emmeloord | 26-06-09 |
| 2.18,14 | Tinka | Offereins | 05-10-93 Startbaan | Leiden | 13-06-09 |
| 2.18,26 | Githa de | Wildt | 04-02-93 AKU | Wageningen | 17-07-09 |
| 2.18,89 | Anniek de | Jong | 02-08-93 AV Heerenveen | Emmeloord | 26-06-09 |
| 2.19,04 | Heleen | Wildoer | MC 24-01-94 SAV | Leiden | 13-06-09 |
| 2.19,18 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Wageningen | 17-07-09 |
| (20) | | | | | |
| 2.19,34 | Elisa de | Jong | 05-12-92 Groningen Atl | Groningen | 19-06-09 |
| 2.19,67 | Tirza van der | Wolf | MC 26-05-94 SC Reeuwijk | Leiden | 13-06-09 |
| 2.19,86 | Rio-Sarah | Nederveen | 04-12-93 Energie | Gouda | 21-05-09 |
| 2.20,56 | Laura | Wientjens | MC 17-08-94 Spado | Roosendaal | 02-07-09 |
| 2.21,18 | Marije | Wever | 22-07-93 Nea-Volharding | Utrecht | 04-09-09 |
| 1000 meter meisjes-B | | | | | |
| 2.51,64 | Maureen | Koster | 03-07-92 AV '47 | Utrecht | 10-07-09 |
| 2.54,54 | Marjolein van | Marrewijk | 18-11-92 Olympus '70 | Leiden | 26-08-09 |
| 2.59,67 | Anne | Luijten | MC 04-04-94 AV '40 | Utrecht | 10-07-09 |
| 2.59,80 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Utrecht | 10-07-09 |
| 1500 meter meisjes-B | | | | | |
| 4.24,32 | Maureen | Koster | 03-07-92 AV '47 | Leiden | 13-06-09 |
| 4.32,90 | Marlin van | Hal | 05-09-93 De Keien | Leiden | 13-06-09 |
| 4.36,10 | Irene van | Lieshout | 01-09-93 De Keien | Leiden | 13-06-09 |
| 4.36,48 | Juul | Lavrijsen | 25-02-93 Seven Hills RT | Leiden | 13-06-09 |
| 4.36,73 | Céline de | Wild | 08-02-92 THOR | Leiden | 13-06-09 |
| 4.36,79 | Julia van | Velthoven | MC 12-03-94 Attila | Leiden | 13-06-09 |
| 4.42,73 | Marjolein van | Marrewijk | 18-11-92 Olympus '70 | Merksem (BEL) | 28-08-09 |
| 4.44,88 | Elisa de | Jong | 05-12-92 Groningen Atl | Emmeloord | 28-06-09 |
| 4.46,34 | Marleen | Loman | 25-04-92 AV NOP | Emmeloord | 28-06-09 |
| 4.46,46 | Jip | Vastenburger | MC 21-03-94 GAC-Hilversum | Utrecht | 13-06-09 |
| (10) | | | | | |
| 4.49,05 | Merel van | Steenbergen | 22-01-92 AV '47 | Leiden | 08-07-09 |
| 4.49,69 | Anouk | Trooster | 05-06-93 AAC '61 | Apeldoorn | 03-07-09 |
| 4.49,95 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Emmeloord | 27-06-09 |
| 4.50,91 | Marlies | Huigen | MC 22-08-94 Hanzesport | Utrecht | 01-05-09 |
| 4.50,93 | Sophie van der | Most | MC 02-08-95 De Liemers | Utrecht | 13-06-09 |
| 4.51,47 | Shannon van der | Gaag | 21-03-93 AV Almere '81 | Utrecht | 13-06-09 |
| 4.51,57 | Laura | Wientjens | MC 17-08-94 Spado | Roosendaal | 17-09-09 |
| 4.53,04 | Anne | Luijten | MC 04-04-94 AV '40 | Utrecht | 01-05-09 |
| 4.53,99 | Fieke | Wolters | 07-06-93 Nijmegen Atletiek | Erkelenz (GER) | 22-07-09 |
| 4.54,00 | Sanne | Reichgelt | MD 07-01-97 Nijmegen Atletiek | Erkelenz (GER) | 22-07-09 |
| (20) | | | | | |
| 4.54,33 | Minke van der | Meer | MC 03-06-95 AV Heerenveen | Heerenveen | 19-09-09 |
| 4.55,31 | Tirza van der | Wolf | MC 26-05-94 SC Reeuwijk | Emmeloord | 28-06-09 |
| 4.57,10 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Eindhoven | 12-07-09 |
| 4.57,44 | Marije | Peters | 30-07-93 Seven Hills RT | Wageningen | 17-07-09 |
| 4.59,79 | Juliette | Mattijsen | 05-12-93 Spirit-OB | Zevenbergen | 21-06-09 |
| 2000 meter meisjes-B | | | | | |
| 6.45,70 | Julia van | Velthoven | MC 12-03-94 Attila | Vught | 05-04-09 |
| 6.50,36 | Marlies | Huigen | MC 22-08-94 Hanzesport | Almelo | 05-09-09 |
| 6.58,48 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Almelo | 05-09-09 |
| 7.05,04 | Judi | Becx | MC 16-10-94 Attila | Vught | 05-04-09 |
| 7.06,01 | Mirthe | Overkamp | MC 17-06-94 Hanzesport | Almelo | 05-09-09 |
| 7.10,22 | Shannon | Lakerveld | MC 13-08-94 AV Aalsmeer | Zaandam | 08-05-09 |
| 3000 meter meisjes-B | | | | | |
| 9.50,59 | Marlin van | Hal | 05-09-93 De Keien | Vught | 21-05-09 |
| 9.52,70 | Irene van | Lieshout | 01-09-93 De Keien | Vught | 21-05-09 |
| 9.56,6 | Céline de | Wild | 08-02-92 THOR | Roosendaal | 02-07-09 |
| 10.03,07 | Maureen | Koster | 03-07-92 AV '47 | Gouda | 28-08-09 |
| 10.25,16 | Jip | Vastenburger | MC 21-03-94 GAC-Hilversum | Apeldoorn | 03-07-09 |
| 10.33,75 | Sophie van der | Most | MC 02-08-95 De Liemers | Utrecht | 07-08-09 |
| 10.40,14 | Saskia | Weinans | MC 12-02-94 Atletico '73 | Utrecht | 07-08-09 |
| 10.41,59 | Elisa de | Jong | 05-12-92 Groningen Atl | Drachten | 17-05-09 |
| 10.42,95 | Marije | Peters | 30-07-93 Seven Hills RT | Utrecht | 13-06-09 |

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|---|-----------------|------------------|-----------------------------|---------------|----------|
| 10.53,74 (10) | Tirza van der | Wolf | MC 26-05-94 SC Reeuwijk | Gouda | 28-08-09 |
| 11.07,85 | Lindsey | Faken | 03-04-92 Energie | Spijkenisse | 25-06-09 |
| 11.14,30 | Denise | Sinnema | MC 19-11-95 AV Heerenveen | Dronten | 02-07-09 |
| 11.14,99 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Heiloo | 17-07-09 |
| 11.15,19 | Ashley | Schouwenaar | 03-02-92 Sportlust | Heiloo | 31-07-09 |
| 11.16,11 | Karlijn van | Es | MC 02-08-95 Energie | Barendrecht | 31-05-09 |
| 11.17,62 | Fleur | Baljet | MC 20-12-95 Horror | Dronten | 02-07-09 |
| 11.20,29 | Anouk | Everts | 12-10-93 AAC '61 | Drachten | 17-05-09 |
| 11.21,56 | Lotte | Krause | 29-11-92 AKU | Amsterdam | 31-05-09 |
| 11.22,17 | Marjolein van | Marrewijk | 18-11-92 Olympus '70 | Leiden | 26-08-09 |
| 11.26,45 (20) | Judi | Becx | MC 16-10-94 Attila | Tilburg | 01-07-09 |
| 11.28,40 | Lisa | Habermehl | 22-01-92 Energie | Barendrecht | 31-05-09 |
| 11.33,79 | Anke de | Boer | MC 20-01-94 AV Almere '81 | Apeldoorn | 03-07-09 |
| 11.44,04 | Shannon van der | Gaag | 21-03-93 AV Almere '81 | Heiloo | 31-07-09 |
| 11.45,32 | Wendy van der | Velden | 02-08-92 Lycurgus | Ede | 20-09-09 |
| 11.47,2 | Jeske van der | Pal | MD 05-02-97 AV Zaanland | Warmenhuizen | 19-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 10.50,16 o | Marjolein | Verheem | MD 27-03-96 Achilles-EL | Etten-leur | 25-09-09 |
| 10.45,0 o | Anne | Luijten | MC 04-04-94 AV '40 | Delft | 04-10-09 |
| 11.31,8 o | Marlijn van der | Mei | MC 21-03-94 AV Heerenveen | Heerenveen | 03-10-09 |
| 11.40,1 o | Ydwine van der | Veen | 30-05-93 Lionitas | Heerenveen | 03-10-09 |
| 2000 meter steeple chase meisjes-B | | | | | |
| 7.44,83 | Giselle | Slotboom | 09-03-93 De Spartaan | Castricum | 03-06-09 |
| 8.12,53 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Castricum | 03-06-09 |
| 3000 meter steeple chase meisjes-B | | | | | |
| 12.09,11 | Giselle | Slotboom | 09-03-93 De Spartaan | Emmeloord | 27-06-09 |
| 12.38,85 | Wendy van der | Velden | 02-08-92 Lycurgus | Emmeloord | 27-06-09 |
| 12.41,06 | Femke van der | Pal | MC 17-08-95 AV Zaanland | Emmeloord | 27-06-09 |
| 12.48,55 | Marjolein van | Marrewijk | 18-11-92 Olympus '70 | Zwolle | 17-05-09 |
| 12.57,31 | Joëlle | Hoogendoorn | 19-06-93 PAC | Emmeloord | 27-06-09 |
| 100 meter horden 76,2 cm meisjes-B | | | | | |
| 13,79 | -1,1 Dafne | Schippers | 15-06-92 Hellas | Emmeloord | 28-06-09 |
| 13,94 | 0,0 Marloes | Duijn | 18-06-93 SAV | Tampere (FIN) | 21-07-09 |
| 14,38 | 1,1 Nancy van | Petersen | 10-05-92 Cialfo | Amsterdam | 31-05-09 |
| 14,41 | -0,9 Robin | Wingbermhöhe | 20-05-92 R' dam Atletiek | Amsterdam | 31-05-09 |
| 14,57 | 1,1 Naomi | Klomp | 16-11-93 Energie | Amsterdam | 31-05-09 |
| 14,57 | 0,5 Anouk | Oosterhuis | 06-03-92 Zuidwal | Haarlem | 07-06-09 |
| 14,62 | 0,5 Miranda de | Regt | 29-09-93 De Spartaan | Haarlem | 07-06-09 |
| 14,70 | 1,1 Winne | Vos | 03-01-93 Daventria | Amsterdam | 31-05-09 |
| 14,82 | 0,3 Nora | Ritzen | 03-07-93 Groningen Atl | Enschede | 19-09-09 |
| 14,85 | 1,1 Suzanne | Williams | 07-10-93 Groningen Atl | Amsterdam | 31-05-09 |
| <i>(10)</i> | | | | | |
| 14,90 | -1,1 Rachel | Kocken | 06-10-92 Atverni | Emmeloord | 28-06-09 |
| 14,90 | 0,3 Maureen | Rots | 25-02-93 PEC 1910 | Enschede | 19-09-09 |
| 14,97 | -1,9 Maaïke | Spuij | 07-03-92 AV Gouda | Dronten | 02-07-09 |
| 15,10 | 0,3 Lianne | Kokken | 03-11-93 Spark | Beverwijk | 03-05-09 |
| 15,18 | -0,6 Renee | Granzier (84 cm) | 02-07-92 Unitas | Valkenswaard | 19-04-09 |
| 15,31 | 0,9 Nicole | Schoute | 22-12-92 Lycurgus | Krommenie | 03-05-09 |
| 15,38 | -0,2 Dominique | Verheijen | 10-09-93 De Gemzen | Enschede | 19-09-09 |
| 15,42 | 0,2 Brenda | Oosterbosch | 26-01-93 GVAC | Best | 04-07-09 |
| 15,50 | -0,8 Anouk | Vetter | 04-02-93 AAC | Amsterdam | 31-05-09 |
| 15,51 | 0,6 Marije van | Hunenstijn | MC 02-03-95 AV '34 | Enschede | 03-05-09 |
| <i>(20)</i> | | | | | |
| 15,53 | 0,7 Dionne | Koehorst | 02-03-93 AC TION | Wageningen | 07-06-09 |
| 15,54 | -1,6 Jennifer | Onasanya | MC 18-02-94 Leiden Atletiek | Gouda | 21-05-09 |
| 15,54 | -1,1 Claudia | Aernaudts | 05-08-92 Triathlon | Best | 04-07-09 |
| 15,60 | 1,1 Michelle | Groothedde | 23-07-92 AV '34 | Amsterdam | 31-05-09 |
| 15,62 | 1,1 Helen van | Rossum | 02-05-92 AKU | Heiloo | 03-05-09 |
| <i>geen windgegevens bekend:</i> | | | | | |
| 15,15 | Anouk | Vetter | 04-02-93 AAC | Zaandam | 04-07-09 |
| 15,27 | Dominique | Verheijen | 10-09-93 De Gemzen | Emmeloord | 05-09-09 |
| 15,39 | Winnie | Vos | 03-01-93 Daventria | Groningen | 13-09-09 |

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|---------------------------------|-----------|-----------|-----------------|-----------|----------|
| 15,58 | Karin van | Groningen | 27-01-93 AV NOP | Groningen | 13-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 14,95 | o Renee | Granzier | 02-07-92 Unitas | Sittard | 27-09-09 |
| 15,34 | o Jamile | Samuel | 24-04-92 Phanos | Amsterdam | 04-10-09 |

400 meter horden 76,2 cm meisjes-B

| | | | | | |
|-------|------------|-----------|----------------------------|---------------|----------|
| 60,31 | Bianca | Baak | 25-01-92 AV Almere '81 | Tampere (FIN) | 23-07-09 |
| 63,80 | Marloes | Duijn | 18-06-93 SAV | Emmeloord | 26-06-09 |
| 64,13 | Roos-Sanne | Claassen | MC 23-10-94 AV NOP | Emmeloord | 26-06-09 |
| 64,80 | Rens | Nijman | 19-11-93 Nijmegen Atletiek | Krommenie | 21-06-09 |
| 66,00 | Rachel | Rozenkamp | 29-09-92 AV Rijssen | Utrecht | 04-09-09 |
| 66,39 | Ellis | Gielen | 15-03-93 Unitas | Den Haag | 17-05-09 |
| 66,40 | Tinka | Offereins | 05-10-93 Startbaan | Emmeloord | 26-06-09 |
| 66,68 | Renske van | Os | MC 31-03-94 Gen. Michaëlis | Emmeloord | 26-06-09 |
| 66,85 | Maaïke | Spuij | 07-03-92 AV Gouda | Emmeloord | 26-06-09 |
| 67,36 | Lianne | Kokken | 03-11-93 Spark | Nieuwegein | 17-05-09 |

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|-------|---------------|-----------|-------------------------------|------------|----------|
| 67,47 | Anouk | Kruiswijk | 12-06-92 AV '40 | Amsterdam | 31-05-09 |
| 68,00 | Willemijn van | Laar | 26-04-93 Cialfo | Amersfoort | 13-04-09 |
| 68,21 | Nephele de | Bruin | MC 15-05-94 Nijmegen Atletiek | Emmeloord | 26-06-09 |
| 68,24 | Maureen | Rots | 25-02-93 PEC 1910 | Emmeloord | 26-06-09 |
| 68,63 | Suzanne van | Wijck | 09-09-92 U-Track | Nieuwegein | 20-09-09 |
| 68,65 | Nicole | Schoute | 22-12-92 Lycurgus | Amsterdam | 31-05-09 |
| 68,77 | Diede | Fennema | 07-03-92 Sparta | Amsterdam | 31-05-09 |
| 68,97 | Brigitte | Kremers | 15-02-93 AAC | Emmeloord | 26-06-09 |
| 69,12 | Rebecca | Rijken | 19-03-93 AV Zaanland | Emmeloord | 26-06-09 |
| 69,22 | Laura | Hoogers | 02-01-93 Gen. Michaëlis | Tilburg | 01-06-09 |

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|-------|------------|--------|----------------------|------------|----------|
| 69,51 | Miranda de | Regt | 29-09-93 De Spartaan | Den Haag | 17-05-09 |
| 69,96 | Helen van | Rossum | 02-05-92 AKU | Emmeloord | 26-06-09 |
| 70,05 | Donna de | Maat | 19-11-92 Sprint | Tilburg | 01-06-09 |
| 70,08 | Naomi | Klomp | 16-11-93 Energie | Nieuwegein | 20-09-09 |
| 71,61 | Kim | Boon | MC 26-09-94 Hellas | Utrecht | 22-05-09 |

hoogspringen meisjes-B

| | | | | | |
|------|----------|------------|----------------------------|----------------|----------|
| 1,72 | Maureen | Rots | 25-02-93 PEC 1910 | Amsterdam | 31-05-09 |
| 1,71 | Tanita | Hofmans | MC 22-10-94 DAK | Drunen | 25-06-09 |
| 1,70 | Eva | Lubbers | 06-02-92 AKU | Amsterdam | 19-04-09 |
| 1,70 | Suzan | Stevens | MC 04-02-94 ATV Venray | Sittard | 16-05-09 |
| 1,70 | Winne | Vos | 03-01-93 Daventria | Gemert | 23-05-09 |
| 1,70 | Chrissie | Broersen | 24-12-93 SAV | Amsterdam | 31-05-09 |
| 1,70 | Anouk | Vetter | 04-02-93 AAC | Zaandam | 04-07-09 |
| 1,69 | Dafne | Schippers | 15-06-92 Hellas | Novi Sad (SRB) | 25-07-09 |
| 1,67 | Britt | Schoenaker | 03-04-93 Nijmegen Atletiek | Gemert | 23-05-09 |
| 1,66 | Chante | Samuel | MD 09-04-96 Phanos | Amersfoort | 13-04-09 |

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| | | | | | |
|------|---------|---------------|----------------------|-------------|----------|
| 1,66 | Sabine | Monden | 13-06-93 DJA | Lisse | 09-05-09 |
| 1,65 | Ivana | Reintke | 15-10-92 Spark | Spijkenisse | 19-04-09 |
| 1,65 | Ellis | Gielen | 15-03-93 Unitas | Vught | 10-05-09 |
| 1,65 | Mirthe | Wiltink | 10-05-93 KAV Holland | Amsterdam | 31-05-09 |
| 1,65 | Richel | Klarenbeek | 06-06-92 Triathlon | Amstelveen | 31-05-09 |
| 1,65 | Nadine | Visser | MC 09-02-95 SAV | Barendrecht | 27-06-09 |
| 1,65 | Janneke | Bruintjes | MD 29-03-96 AV NOP | Amsterdam | 06-09-09 |
| 1,62 | Maxime | Nieuwenhuizen | 13-04-93 De Spartaan | Lokeren | 01-06-09 |
| 1,60 | Elske | Princen | 21-10-93 AV Oss '78 | Uden | 05-04-09 |
| 1,60 | Tyka | Uijting | 29-06-92 Triathlon | Almere | 05-04-09 |

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|------|--------------|-------------|--------------------------|--------------|----------|
| 1,60 | Dominick | Nouws | MC 27-02-94 Achilles-EL | Amersfoort | 13-04-09 |
| 1,60 | Claudia | Aernaudts | 05-08-92 Triathlon | Amersfoort | 13-04-09 |
| 1,60 | Sarah | Jager | MC 27-02-94 Spirit-OB | Terneuzen | 18-04-09 |
| 1,60 | Babette | Schekkerman | MC 12-02-94 Startbaan | Haarlem | 18-04-09 |
| 1,60 | Melanie | Versteeg | 21-08-92 GAC-Hilversum | Naaldwijk | 19-04-09 |
| 1,60 | Ellis van de | Valk | 27-05-92 AV Valkenswaard | Valkenswaard | 19-04-09 |
| 1,60 | Anna van | Stralen | MC 11-03-94 Phanos | Alkmaar | 24-04-09 |
| 1,60 | Sharissa | Dutrieux | MC 28-01-94 Spado | Oss | 03-05-09 |
| 1,60 | Marijke | Bax | 23-05-93 Impala | Assen | 10-05-09 |

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|---------------------------------|------|---------------|--------------|---------------------------|----------------|----------|
| 1,60 | | Marceline | Manders | MD 14-02-96 HAC | Gemert | 23-05-09 |
| | (30) | | | | | |
| 1,60 | | Froukje van | Ligten | MC 15-10-94 Ciko '66 | Gemert | 23-05-09 |
| 1,60 | | Vera van den | Haak | MC 13-01-95 Sparta | Amstelveen | 31-05-09 |
| 1,60 | | Elena | Monte | MC 11-08-94 GAC-Hilversum | Amstelveen | 31-05-09 |
| 1,60 | | Nynke | Venhuizen | MC 15-08-95 Unitas | Venray | 07-06-09 |
| 1,60 | | Robin | Wingbermhöhe | 20-05-92 R' dam Atletiek | Den Haag | 07-06-09 |
| 1,60 | | Valerie le | Loux | MC 08-08-94 Hellas | Purmerend | 20-06-09 |
| 1,60 | | Susan van der | Pas | 22-01-92 GVAC | Sittard | 21-06-09 |
| 1,60 | | Hilde van | Zundert | 26-08-93 Atledo | Zevenbergen | 21-06-09 |
| 1,60 | | Lara | Borst | MC 05-05-95 AAC | Amsterdam | 23-08-09 |
| 1,60 | | Manon | Verlinden | 20-03-92 Spado | Bergen op Zoom | 06-09-09 |
| | (40) | | | | | |
| 1,60 | | Michelle | Bruins | MC 30-04-94 Isala '96 | Hoorn | 12-09-09 |
| 1,60 | | Dominique | Verheijen | 10-09-93 De Gemzen | Enschede | 19-09-09 |
| 1,60 | | Lentine | Klaassen | MC 18-04-95 AV Castricum | Enschede | 19-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 1,73 | o | Maureen | Rots | 25-02-93 PEC 1910 | Zwolle | 26-09-09 |
| 1,65 | o | Hilde van | Zundert | 26-08-93 Atledo | Dongen | 26-09-09 |
| 1,60 | o | Sana | Kadri | MC 26-02-94 VAV | Veenenedaal | 03-10-09 |
| 1,60 | o | Mandy van der | Eijk | MC 10-03-94 Startbaan | Amstelveen | 10-10-09 |

polstokhoogspringen meisjes-B

| | | | | | | |
|------|------|---------------|--------------|---------------------------|---------------|----------|
| 3,65 | | Marijke | Valk | 15-07-92 Unitas | Tampere (FIN) | 21-07-09 |
| 3,60 | | Robin | Wingbermhöhe | 20-05-92 R' dam Atletiek | Breda | 29-08-09 |
| 3,35 | | Julia de | Hoop | 27-07-92 Unitas | Emmeloord | 28-06-09 |
| 3,11 | | Isabel | Janssen | MC 24-08-94 PAC | Amsterdam | 22-08-09 |
| 3,10 | | Rianne | Pessel | 04-10-93 Nea-Volharding | Hoorn | 12-06-09 |
| 3,00 | | Margit | Korporaal | 22-12-93 AV '34 | Amsterdam | 31-05-09 |
| 2,90 | | Rubina | Brouns | MC 30-06-95 Unitas | Almelo | 05-09-09 |
| 2,82 | | Sabine | Groenestein | MC 19-06-94 PAC | Spijkenisse | 05-07-09 |
| 2,80 | | Annemiek | Silven | 22-08-93 AV Edam | Krommenie | 05-07-09 |
| 2,80 | | Lindsey | Bervoets | 19-03-93 Unitas | Breda | 29-08-09 |
| | (10) | | | | | |
| 2,70 | | Tatjana | Simoiu | 19-08-92 AV Edam | Hoorn | 12-06-09 |
| 2,60 | | Sandra | Jacobs | MC 31-10-95 Unitas | Sittard | 11-07-09 |
| 2,55 | | Kimberley | Bos | 07-10-93 Climax | Emmeloord | 28-06-09 |
| 2,50 | | Vonne van | Burg | MC 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| 2,50 | | Laurette van | Sloun | MC 15-05-94 Unitas | Sittard | 06-06-09 |
| 2,50 | | Sanne | Veenboer | MC 26-03-94 Lycurgus | Amsterdam | 22-08-09 |
| 2,45 | | Mariska | Wust | MC 16-10-94 Hercules | Emmeloord | 28-06-09 |
| 2,40 | | Maryse | Fröling | 08-01-92 AV Gouda | Utrecht | 01-05-09 |
| 2,40 | | Anne | Krebber | MC 10-11-94 Unitas | Sittard | 11-07-09 |
| 2,40 | | Any | Koch | 24-04-93 PAC | Ede | 20-09-09 |
| | (20) | | | | | |
| 2,30 | | Jelly van der | Zweep | 21-09-93 Avantri | Schoonhoven | 12-05-09 |
| 2,30 | | Loes van der | Velden | 06-03-93 GVAC | Ede | 17-05-09 |
| 2,30 | | Margriet | Lantink | 16-03-92 Leiden Atletiek | Leiden | 27-05-09 |
| 2,30 | | Fenna van | Burg | MC 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| 2,30 | | Tessa | Schoute | MC 23-07-94 Lycurgus | Hoorn | 12-06-09 |
| 2,30 | | Fleur | Tysma | MC 11-08-95 PAC | Amsterdam | 22-08-09 |
| 2,30 | | Diede | Streng | MC 23-04-94 PAC | Amsterdam | 22-08-09 |

verspringen meisjes-B

| | | | | | | |
|------|------|-------------|------------|------------------------|------------|----------|
| 5,69 | 0,3 | Dafne | Schippers | 15-06-92 Hellas | Emmeloord | 28-06-09 |
| 5,68 | 0,3 | Renee | Granzier | 02-07-92 Unitas | Den Haag | 17-05-09 |
| 5,64 | 0,5 | Berthe | Makizodila | 14-06-92 Triathlon | Leiden | 13-06-09 |
| 5,63 | 1,5 | Jolanda | Nobels | 09-02-93 Energie | Reeuwijk | 21-06-09 |
| 5,57 | 0,4 | Miranda de | Regt | 29-09-93 De Spartaan | Emmeloord | 28-06-09 |
| 5,56 | -0,1 | Nora | Ritzen | 03-07-93 Groningen Atl | Enschede | 20-09-09 |
| 5,55 | 1,0 | Anouk | Vetter | 04-02-93 AAC | Emmeloord | 28-06-09 |
| 5,50 | 0,0 | Gabriëlla | Dwomoh | MC 12-01-94 Ilion | Zoetermeer | 20-06-09 |
| 5,39 | -0,4 | Melanie | Versteeg | 21-08-92 GAC-Hilversum | Krommenie | 21-06-09 |
| 5,39 | 0,7 | Ellis | Gielen | 15-03-93 Unitas | Emmeloord | 28-06-09 |
| | (10) | | | | | |
| 5,38 | 1,7 | Suzanne den | Boef | 27-11-92 Typhoon | Oss | 03-05-09 |

| | | | | | |
|------|---------------|-------------|---------------------------|----------------|----------|
| 5,36 | 1,9 Anouk | Oosterhuis | 06-03-92 Zuidwal | Utrecht | 10-07-09 |
| 5,34 | -0,7 Maureen | Rots | 25-02-93 PEC 1910 | Enschede | 20-09-09 |
| 5,25 | 0,7 Jacky van | Splunteren | 06-10-92 AV Zaanland | Amersfoort | 30-08-09 |
| 5,25 | 1,1 Janice | Babel | 10-11-92 Phanos | Bergen op Zoom | 06-09-09 |
| 5,25 | -0,7 Nadine | Visser | MC 09-02-95 SAV | Groningen | 13-09-09 |
| 5,22 | 1,3 Simone | Hagen | 14-02-93 AV Gouda | Den Haag | 07-06-09 |
| 5,20 | 1,3 Lou-Aisa | Dors | MC 16-02-94 PAC | Emmeloord | 28-06-09 |
| 5,19 | 0,7 Brenda | Oosterbosch | 26-01-93 GVAC | Tilburg | 01-06-09 |
| 5,17 | 0,8 Genevieve | Emanuel | MC 05-07-94 AV Almere '81 | Amsterdam | 22-08-09 |

(20)

| | | | | | |
|------|----------------|-----------|---------------------------|-----------|----------|
| 5,15 | 1,2 Sam | Bouwhuis | MC 10-08-94 Prins Hendrik | Tilburg | 01-06-09 |
| 5,15 | 1,0 Manouk van | Busse | MC 22-02-94 LG Deurne | Tilburg | 01-06-09 |
| 5,15 | 0,9 Dominique | Verheijen | 10-09-93 De Gemzen | Dronten | 10-06-09 |
| 5,15 | 1,1 Louise | Taatgen | 05-01-93 Groningen Atl | Emmeloord | 28-06-09 |
| 5,14 | 0,0 Linda van | Rossum | MC 17-07-94 AKU | Huizen | 05-06-09 |
| 5,14 | 1,7 Sophie van | Doeveren | 30-06-93 Spark | Den Haag | 07-06-09 |

geen windgegevens bekend:

| | | | | | |
|------|------------|------------|---------------------------|---------------|----------|
| 5,78 | Berthe | Makizodila | 14-06-92 Triathlon | Heiloo | 03-05-09 |
| 5,61 | Gabriëlla | Dwomoh | MC 12-01-94 Ilion | Papendrecht | 06-06-09 |
| 5,44 | Ellis | Gielen | 15-03-93 Unitas | Gemert | 24-05-09 |
| 5,39 | Genevieve | Emanuel | MC 05-07-94 AV Almere '81 | Almere | 05-04-09 |
| 5,39 | Maureen | Rots | 25-02-93 PEC 1910 | Gemert | 24-05-09 |
| 5,34 | Lisa | Lagrand | 25-05-93 Lycurgus | Heiloo | 21-05-09 |
| 5,34 | Louise | Taatgen | 05-01-93 Groningen Atl | Zaandam | 05-07-09 |
| 5,23 | Inge de | Wolf | MC 17-04-95 PEC 1910 | Stadskanaal | 06-06-09 |
| 5,22 | Lou-Aisa | Dors | MC 16-02-94 PAC | Barendrecht | 18-04-09 |
| 5,22 | Brenda | Bohle | MD 10-01-96 Hollandia | Heerhugowaard | 20-06-09 |
| 5,20 | Dominique | Verheijen | 10-09-93 De Gemzen | Nieuwegein | 28-06-09 |
| 5,20 | Lentine | Klaassen | MC 18-04-95 AV Castricum | Castricum | 13-09-09 |
| 5,18 | Linda van | Rossum | MC 17-07-94 AKU | Amsterdam | 22-08-09 |
| 5,16 | Djanne van | Kooten | MC 09-06-95 VAV | Veenendaal | 04-04-09 |
| 5,15 | Astrid | Ekelmans | MD 31-10-96 Hollandia | Amsterdam | 06-09-09 |

met teveel rugwind:

| | | | | | |
|------|------------------|-----------|------------------------|-----------|----------|
| 5,86 | w 2,5 Dafne | Schippers | 15-06-92 Hellas | Lisse | 07-06-09 |
| 5,61 | w 2,6 Miranda de | Regt | 29-09-93 De Spartaan | Groningen | 13-09-09 |
| 5,45 | w 2,4 Louise | Taatgen | 05-01-93 Groningen Atl | Lisse | 07-06-09 |
| 5,19 | w 4,0 Suzanne | Janssens | 16-01-92 Sprint | Oss | 03-05-09 |

in onderlinge wedstrijd:

| | | | | | |
|------|----------|--------|-----------------|-------------|----------|
| 5,39 | o Nadine | Visser | MC 09-02-95 SAV | Grootebroek | 04-10-09 |
|------|----------|--------|-----------------|-------------|----------|

hink-stap-sprong meisjes-B

| | | | | | |
|-------|-----------------|-----------|------------------------|----------------|----------|
| 11,91 | 1,0 Louise | Taatgen | 05-01-93 Groningen Atl | Emmeloord | 28-06-09 |
| 10,99 | -1,6 Bonne de | Boer | 02-02-93 Phanos | Amsterdam | 31-05-09 |
| 10,81 | 1,4 Els | Hufen | 12-04-92 AAC | Zeist | 17-05-09 |
| 10,70 | 1,0 Lisa | Lagrand | 25-05-93 Lycurgus | Emmeloord | 28-06-09 |
| 10,68 | 1,4 Anouk | Kruiswijk | 12-06-92 AV '40 | Amsterdam | 31-05-09 |
| 10,42 | 0,4 Suzanne | Janssens | 16-01-92 Sprint | Emmeloord | 28-06-09 |
| 10,38 | 1,9 Manon | Haakman | MC 02-03-95 Lycurgus | Almelo | 05-09-09 |
| 10,29 | 1,7 Renee | Granzier | 02-07-92 Unitas | Bergen op Zoom | 06-09-09 |
| 10,25 | -0,7 Sophie van | Doeveren | 30-06-93 Spark | Nieuwegein | 17-05-09 |
| 10,25 | 0,4 Suzan van | Amerongen | 10-03-93 Ciko '66 | Amsterdam | 31-05-09 |

(10)

| | | | | | |
|-------|--------------|------------|----------------------|-----------|----------|
| 10,15 | 1,0 Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Almelo | 05-09-09 |
| 10,10 | 0,8 Myrthe | Nanninga | MC 23-10-94 Zuidwal | Almelo | 05-09-09 |
| 10,08 | 0,0 Lindsey | Bervoets | 19-03-93 Unitas | Helmond | 14-06-09 |
| 9,95 | -0,4 Melanie | Wassenaar | 16-02-93 DEM | Alkmaar | 17-05-09 |
| 9,93 | 0,0 Melissa | Kolhorn | 21-04-92 Achilles-EL | Helmond | 14-06-09 |
| 9,83 | 0,2 Silke | Boon | 07-11-92 De Spartaan | Emmeloord | 28-06-09 |

geen windgegevens bekend:

| | | | | | |
|-------|-------------|------------|--------------------|-------------|----------|
| 10,88 | Ivana | Reintke | 15-10-92 Spark | Spijkenisse | 05-07-09 |
| 10,32 | Lisanne van | Doeveren | 30-06-93 Spark | Spijkenisse | 05-07-09 |
| 10,15 | Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Naaldwijk | 09-07-09 |
| 10,13 | Tanita | Hofmans | MC 22-10-94 DAK | Drunen | 25-06-09 |
| 9,96 | Melanie | Wassenaar | 16-02-93 DEM | Beverwijk | 25-04-09 |
| 9,95 | Ilsa | Brooymans | 06-11-92 Diomedon | Tilburg | 01-06-09 |

met teveel rugwind:

| | | | | | | |
|-------|---|-------------|------------|----------------------|----------------|----------|
| 10,85 | w | 2,4 Anouk | Kruiswijk | 12-06-92 AV '40 | Emmeloord | 28-06-09 |
| 10,71 | w | 2,5 Renee | Granzier | 02-07-92 Unitas | Bergen op Zoom | 06-09-09 |
| 10,43 | w | 4,2 Sjoera | Tjin A-Lim | MC 07-12-95 Sparta | Almelo | 05-09-09 |
| 10,04 | w | 2,2 Melissa | Kolhorn | 21-04-92 Achilles-EL | Ede | 17-05-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|------|--------|------------------------|-----------|----------|
| 11,12 | o | Nora | Ritzen | 03-07-93 Groningen Atl | Groningen | 03-10-09 |
|-------|---|------|--------|------------------------|-----------|----------|

kogelstoten 3 kg meisjes-B

| | | | | | | |
|-------|--|------------|------------|------------------------|------------|----------|
| 16,68 | | Corinne | Nugter | 28-03-92 AV NOP | Emmeloord | 27-06-09 |
| 15,10 | | Louise | Taatgen | 05-01-93 Groningen Atl | Groningen | 29-05-09 |
| 15,08 | | Denise van | Herp | 02-05-93 Daventria | Emmeloord | 27-06-09 |
| 14,51 | | Charlene | Okken | MC 03-01-94 HAC '63 | Hoogeveen | 12-06-09 |
| 14,49 | | Jacky van | Splunteren | 06-10-92 AV Zaanland | Emmeloord | 27-06-09 |
| 13,73 | | Eva | Reinders | 12-05-93 Groningen Atl | Zutphen | 07-06-09 |
| 13,72 | | Melanie | Versteeg | 21-08-92 GAC-Hilversum | Amersfoort | 13-04-09 |
| 13,70 | | Anouk | Vetter | 04-02-93 AAC | Zaandam | 04-07-09 |
| 13,42 | | Inge | Zonneveld | 08-08-93 AV '40 | Lisse | 29-05-09 |
| 13,22 | | Shereen | Heeswijk | MC 24-09-94 Sparta | Zoetermeer | 20-06-09 |

(10)

| | | | | | | |
|-------|--|-------------|--------------|------------------------|-----------|----------|
| 12,97 | | Roos de | Klerk | MC 24-06-94 Energie | Almelo | 05-09-09 |
| 12,89 | | Vivian | Brandthoff | 27-06-93 SAV | Steenwijk | 11-10-09 |
| 12,85 | | Dafne | Schippers | 15-06-92 Hellas | Enschede | 19-09-09 |
| 12,63 | | Linda | Prop | 05-02-93 Spado | Best | 07-06-09 |
| 12,57 | | Ilse | Rietberg | 18-02-92 Groningen Atl | Steenwijk | 04-04-09 |
| 12,54 | | Dominique | Verheijen | 10-09-93 De Gemzen | Zwolle | 30-05-09 |
| 12,53 | | Eva van den | Born | 30-12-92 AV '40 | Lisse | 25-09-09 |
| 12,29 | | Wassiliki | Alexandridis | 10-08-93 U-Track | Utrecht | 01-05-09 |
| 12,24 | | Linda | Hoedemakers | 01-02-92 Unitas | Emmeloord | 27-06-09 |
| 12,20 | | Ellis | Gielen | 15-03-93 Unitas | Beek | 09-09-09 |

(20)

| | | | | | | |
|-------|--|-----------|------------|------------------------|------------|----------|
| 12,14 | | Nora | Ritzen | 03-07-93 Groningen Atl | Enschede | 19-09-09 |
| 12,10 | | Lieke | Miltenburg | 09-07-93 PEC 1910 | Groningen | 13-09-09 |
| 12,02 | | Maaïke | Cortjens | 07-08-93 Startbaan | Haarlem | 07-06-09 |
| 11,97 | | Mandy van | Egdom | 10-08-93 Triathlon | Amersfoort | 11-04-09 |
| 11,92 | | Rianne | Gorter | 10-08-92 Isala '96 | Kampen | 22-04-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-----------|----------|------------------------|----------------|----------|
| 14,00 | o | Eva | Reinders | 12-05-93 Groningen Atl | Groningen | 03-10-09 |
| 12,52 | o | Ellis | Gielen | 15-03-93 Unitas | Sittard | 27-09-09 |
| 12,12 | o | Dominique | Gommers | MC 03-03-95 Spado | Bergen op Zoom | 25-09-09 |

discuswerpen 1 kg meisjes-B

| | | | | | | |
|-------|--|--------------|-------------|------------------------|--------------------|----------|
| 45,54 | | Corinne | Nugter | 28-03-92 AV NOP | Tampere (FIN) | 21-07-09 |
| 41,81 | | Denise van | Herp | 02-05-93 Daventria | Emmeloord | 27-06-09 |
| 39,08 | | Vivian | Brandthoff | 27-06-93 SAV | Emmeloord | 27-06-09 |
| 38,74 | | Ella van der | Donk | 06-04-93 Hellas | Emmeloord | 27-06-09 |
| 36,53 | | Linda | Hoedemakers | 01-02-92 Unitas | Emmeloord | 27-06-09 |
| 35,96 | | Louise | Taatgen | 05-01-93 Groningen Atl | Groningen | 29-05-09 |
| 35,74 | | Linda | Prop | 05-02-93 Spado | Sint Niklaas (BEL) | 31-10-09 |
| 35,29 | | Mandy van | Egdom | 10-08-93 Triathlon | Emmeloord | 27-06-09 |
| 34,95 | | Inge | Zonneveld | 08-08-93 AV '40 | Leiden | 23-04-09 |
| 34,48 | | Amanda | Ouwens | 14-04-92 Energie | Vlaardingens | 29-03-09 |

(10)

| | | | | | | |
|-------|--|------------|-------------|----------------------------|------------|----------|
| 34,32 | | Anne-Lique | Weeren | MC 10-02-94 Triathlon | Almelo | 05-09-09 |
| 34,29 | | Dominique | Verheijen | 10-09-93 De Gemzen | Dronten | 02-07-09 |
| 33,15 | | Shereen | Heeswijk | MC 24-09-94 Sparta | Beverwijk | 03-05-09 |
| 32,92 | | Iris | Lok | 30-08-92 Lycurgus | Heiloo | 17-07-09 |
| 32,85 | | Roos de | Klerk | MC 24-06-94 Energie | Zoetermeer | 20-06-09 |
| 32,80 | | Lisa | Haas | 01-04-93 Nea-Volharding | Emmeloord | 27-06-09 |
| 31,99 | | Eva | Reinders | 12-05-93 Groningen Atl | Zutphen | 07-06-09 |
| 31,35 | | Alissa | Olofsen | MC 12-09-94 SAV | Hoorn | 12-09-09 |
| 31,13 | | Tamara | Doreleijers | MC 22-01-94 Gen. Michaëlis | Almelo | 05-09-09 |
| 31,10 | | Nathalie | Meijer | 09-09-92 Flevo Delta | Almelo | 17-05-09 |

(20)

| | | | | | | |
|-------|--|-----------|------------|-----------------------|-----------|----------|
| 30,87 | | Jacky van | Splunteren | 06-10-92 AV Zaanland | Steenwijk | 11-10-09 |
| 30,70 | | Sharon | Rispens | MC 08-02-95 Daventria | Hengelo | 16-05-09 |
| 30,68 | | Rianne | Gorter | 10-08-92 Isala '96 | Assen | 19-04-09 |

| | | | | | | | |
|---------------------------------------|-----------------|------------------|-------------|-----------------------------------|----------------|----------|----------|
| 30,68 | Sophie | Vetter | MC 13-10-95 | Phanos | Amsterdam | 22-08-09 | |
| 30,47 | Marleen | Westra | MC 19-05-94 | De Spartaan | Haarlem | 07-06-09 | |
| kogelslingeren 3 kg meisjes-B | | | | | | | |
| 53,61 | Eva | Reinders | 12-05-93 | Groningen Atl | Amsterdam | 31-05-09 | |
| 48,65 | Linda | Prop | 05-02-93 | Spado | Amsterdam | 31-05-09 | |
| 46,49 | Anselma van | Midden | 26-02-92 | GAC-Hilversum | Apeldoorn | 24-01-09 | |
| 44,48 | Maaïke | Daas | 14-02-92 | OSM '75 | Emmeloord | 27-06-09 | |
| 42,09 | Wietske van der | Graaf | 31-01-93 | Groningen Atl | Groningen | 29-05-09 | |
| 40,35 | Eva van den | Born | 30-12-92 | AV '40 | Krommenie | 24-10-09 | |
| 40,21 | Vivian | Brandthoff | 27-06-93 | SAV | Emmeloord | 27-06-09 | |
| 39,53 | Odile | Janssen | 22-08-93 | KAV Holland | Emmeloord | 27-06-09 | |
| 36,01 | Sophie | Vetter | MC 13-10-95 | Phanos | Boskoop | 03-10-09 | |
| 35,49 | Naomi | Stegman | MC 29-12-95 | R' dam Atl. Übach-Palenberg (GER) | | 26-09-09 | |
| (10) | | | | | | | |
| 35,28 | Alissa | Olofsen | MC 12-09-94 | SAV | Den Helder | 28-08-09 | |
| 34,50 | Annemieke | Efdee | MC 21-01-95 | Leiden Atletiek | Amsterdam | 23-08-09 | |
| 33,92 | Evelien | Bos | 18-03-92 | AV Wieringermeer | Grootebroek | 22-05-09 | |
| 32,71 | Marillion | Zwijenburg | 03-04-93 | Avantri | Rotterdam | 29-08-09 | |
| 31,32 | Lisanne van | Manen | MC 05-01-95 | AV '47 | Amsterdam | 23-08-09 | |
| 29,16 | Jaleesa | Strating | MC 25-12-95 | Groningen Atl | Groningen | 19-06-09 | |
| 26,28 | Natasha | Rafferty | 22-11-93 | Scorpio | Breda | 18-10-09 | |
| 24,57 | Lisa | Smit | MC 31-03-94 | Scorpio | Breda | 18-10-09 | |
| 24,38 | Wendy | Janssen | 08-05-92 | Eindhoven Atl. | Helmond | 02-07-09 | |
| 23,46 | Taru van der | Zijde | MC 09-05-94 | Ilion | Boskoop | 20-06-09 | |
| (20) | | | | | | | |
| 22,85 | Priscilla | Meijer | MC 26-12-94 | Leiden Atletiek | Amsterdam | 23-08-09 | |
| 21,71 | Anne van | Heerebeek (4 kg) | 10-03-93 | GVAC | Sittard | 21-06-09 | |
| 21,28 | Loes | Oudenhuijsen | MC 17-03-94 | AV '34 | Amsterdam | 23-08-09 | |
| 21,04 | Anne | Suijdam (4 kg) | 19-07-93 | Nijmegen Atletiek | Nijmegen | 20-09-09 | |
| 20,38 | Tanja | Reuvecamp | MC 20-10-94 | PEC 1910 | Zwolle | 16-04-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | | |
| 22,30 | o | Sanna | Fenwick | MC 04-03-94 | Ciko '66 | Arnhem | 04-10-09 |
| 21,00 | o | Karin | Abeling | MC 20-12-94 | De Spartaan | Leiden | 30-06-09 |
| speerwerpen 600 gram meisjes-B | | | | | | | |
| 48,67 | Anouk | Vetter | 04-02-93 | AAC | Amstelveen | 10-05-09 | |
| 41,99 | Denise van | Herp | 02-05-93 | Daventria | Emmeloord | 26-06-09 | |
| 39,82 | Ellis | Gielen | 15-03-93 | Unitas | Enschede | 20-09-09 | |
| 38,38 | Roos de | Klerk | MC 24-06-94 | Energie | Almelo | 05-09-09 | |
| 38,14 | Mandy van der | Meer | 31-07-93 | Ilion | Schoonhoven | 16-06-09 | |
| 38,02 | Danien ten | Berge | 28-12-92 | De Sperwers | Emmen | 14-06-09 | |
| 37,98 | Melanie | Versteeg | 21-08-92 | GAC-Hilversum | Amstelveen | 01-06-09 | |
| 37,58 | Jacky van | Splunteren | 06-10-92 | AV Zaanland | Enschede | 20-09-09 | |
| 37,05 | Louise | Taatgen | 05-01-93 | Groningen Atl | Emmeloord | 03-05-09 | |
| 36,96 | Dominique | Gommers | MC 03-03-95 | Spado | Almelo | 05-09-09 | |
| (10) | | | | | | | |
| 36,48 | Anne-Lique | Weeren | MC 10-02-94 | Triathlon | Almelo | 05-09-09 | |
| 36,46 | Rianne | Gorter | 10-08-92 | Isala '96 | Emmeloord | 26-06-09 | |
| 36,19 | Linda | Ebbing | 10-03-93 | AAC '61 | Assen | 10-05-09 | |
| 36,03 | Britt | Schoenaker | 03-04-93 | Nijmegen Atletiek | Krommenie | 30-08-09 | |
| 35,56 | Sana | Ahmidach | 22-04-92 | RK HAV | Hulst | 01-06-09 | |
| 35,20 | Suzanne den | Boef | 27-11-92 | Typhoon | Enschede | 20-09-09 | |
| 35,13 | Laura | Killaars | 27-03-92 | Unitas | Sittard | 07-06-09 | |
| 34,59 | Mandy van | Egdom | 10-08-93 | Triathlon | Emmeloord | 26-06-09 | |
| 34,52 | Anouk | Kruiswijk | 12-06-92 | AV '40 | Enschede | 20-09-09 | |
| 34,35 | Tyka | Uijting | 29-06-92 | Triathlon | Enschede | 20-09-09 | |
| (20) | | | | | | | |
| 34,04 | Dafne | Schippers | 15-06-92 | Hellas | Novi Sad (SRB) | 26-07-09 | |
| 34,02 | Lisa | Hogers | 13-05-93 | Phanos | Santpoort | 14-06-09 | |
| 33,61 | Eva van den | Born | 30-12-92 | AV '40 | Amersfoort | 30-08-09 | |
| 33,56 | Suzan van | Amerongen | 10-03-93 | Ciko '66 | Enschede | 03-05-09 | |
| 33,29 | Diede | Fennema | 07-03-92 | Sparta | Voorburg | 09-05-09 | |
| <i>in onderlinge wedstrijd:</i> | | | | | | | |
| 35,76 | o | Suzan van | Amerongen | 10-03-93 | Ciko '66 | Arnhem | 04-10-09 |
| 33,66 | o | Diede | Fennema | 07-03-92 | Sparta | Den Haag | 04-10-09 |

7-kamp meisjes-B

| 100mH* hoog *kogel * 200m * ver * speer * 800m * windgegevens | | | | | | |
|---|---|-------------------|----------|-------------------|----------------|----------|
| 5507 | Dafne | Schippers (A-mat) | 15-06-92 | Hellas | Novi Sad (SRB) | 26-07-09 |
| | 14,05 * 1,69 * 12,01 * 24,21 * 5,62 * 34,04 * 2.23,01 * 2,2 * 0,9 * -1,0 | | | | | |
| 5169 | Anouk | Vetter | 04-02-93 | AAC | Zaandam | 05-07-09 |
| | 15,15 * 1,70 * 13,70 * 26,35 * 5,46 * 41,00 * 2.39,68 * * * | | | | | |
| 4909 | Maureen | Rots | 25-02-93 | PEC 1910 | Enschede | 20-09-09 |
| | 14,90 * 1,69 * 11,30 * 26,92 * 5,34 * 30,20 * 2.25,92 * 0,3 * -0,2 * -0,7 | | | | | |
| 4885 | Ellis | Gielen | 15-03-93 | Unitas | Gemert | 24-05-09 |
| | 15,83 * 1,61 * 12,03 * 26,72 * 5,44 * 38,73 * 2.31,12 * -0,7 * -1,5 * | | | | | |
| 4834 | Nora | Ritzen | 03-07-93 | Groningen Atl | Enschede | 20-09-09 |
| | 14,82 * 1,54 * 12,14 * 26,71 * 5,56 * 28,03 * 2.26,26 * 0,3 * 0,0 * -0,1 | | | | | |
| 4822 | Jacky van | Splunteren | 06-10-92 | AV Zaanland | Enschede | 20-09-09 |
| | 15,84 * 1,57 * 13,63 * 27,44 * 4,99 * 37,58 * 2.24,45 * -0,2 * 0,0 * 0,0 | | | | | |
| 4591 | Winne | Vos | 03-01-93 | Daventria | Best | 05-07-09 |
| | 15,02 * 1,60 * 08,99 * 26,47 * 5,06 * 27,80 * 2.22,97 * -1,2 * 0,3 * | | | | | |
| 4548 | Louise | Taatgen | 05-01-93 | Groningen Atl | Zaandam | 05-07-09 |
| | 16,36 * 1,45 * 13,88 * 28,21 * 5,34 * 36,98 * 2.33,61 * * * | | | | | |
| 4500 | Miranda de | Regt | 29-09-93 | De Spartaan | Enschede | 20-09-09 |
| | 14,77 * 1,42 * 10,19 * 26,06 * 5,47 * 21,20 * 2.24,91 * 0,3 * -0,2 * 0,1 | | | | | |
| 4411 | Melanie | Versteeg | 21-08-92 | GAC-Hilversum | Amstelveen | 01-06-09 |
| | 16,49 * 1,55 * 13,06 * 27,08 * 5,21 * 37,98 * 2.56,79 * -1,7 * 0,7 * | | | | | |
| (10) | | | | | | |
| 4160 | Richel | Klarenbeek | 06-06-92 | Triathlon | Amstelveen | 01-06-09 |
| | 16,54 * 1,65 * 10,42 * 28,25 * 5,08 * 30,34 * 2.48,09 * -0,8 * 0,0 * | | | | | |
| 4104 | Linda | Ebbinge | 10-03-93 | AAC '61 | Amstelveen | 01-06-09 |
| | 16,49 * 1,45 * 10,92 * 28,43 * 5,04 * 31,98 * 2.36,60 * -0,8 * 0,0 * | | | | | |
| 4038 | Maaïke | Spuij | 07-03-92 | AV Gouda | Schoonhoven | 05-07-09 |
| | 14,9= * 1,50 * 09,72 * 27,5= * 4,78 * 19,32 * 2.33,0= * * * | | | | | |
| 4035 | Mirthe | Wiltink | 10-05-93 | KAV Holland | Enschede | 20-09-09 |
| | 17,03 * 1,57 * 10,38 * 28,22 * 4,77 * 30,05 * 2.37,95 * 0,0 * -0,4 * 0,5 | | | | | |
| 4011 | Tyka | Uijting | 29-06-92 | Triathlon | Enschede | 20-09-09 |
| | 17,36 * 1,57 * 09,91 * 29,03 * 4,66 * 34,35 * 2.33,50 * 0,0 * -0,4 * 0,2 | | | | | |
| 3967 | Suzanne den | Boef | 27-11-92 | Typhoon | Enschede | 20-09-09 |
| | 16,39 * 1,48 * 11,33 * 28,15 * 4,93 * 35,20 * 3.01,66 * -0,2 * 0,0 * 0,5 | | | | | |
| 3960 | Brenda | Oosterbosch | 26-01-93 | GVAC | Best | 05-07-09 |
| | 15,42 * 1,50 * 09,05 * 28,43 * 5,14 * 22,83 * 2.42,23 * 0,2 * -1,9 * | | | | | |
| 3947 | Anouk | Kruiswijk | 12-06-92 | AV '40 | Zaandam | 05-07-09 |
| | 17,50 * 1,40 * 09,87 * 28,54 * 4,96 * 31,69 * 2.27,32 * * * | | | | | |
| 3892 | Britt | Schoenaker | 03-04-93 | Nijmegen Atletiek | Krommenie | 30-08-09 |
| | 16,6= * 1,40 * 11,08 * 28,8= * 4,80 * 36,03 * 2.45,0= * * * | | | | | |
| 3880 | Lisa | Lagrand | 25-05-93 | Lycurgus | Krommenie | 30-08-09 |
| | 16,6= * 1,45 * 11,06 * 27,9= * 5,02 * 33,20 * 2.58,6= * * * | | | | | |
| (20) | | | | | | |
| 3866 | Claudia | Aernauids | 05-08-92 | Triathlon | Best | 05-07-09 |
| | 15,54 * 1,55 * 09,11 * 27,52 * 4,79 * 19,83 * 2.47,77 * -1,1 * -1,0 * | | | | | |
| 3861 | Ivana | Reintke | 15-10-92 | Spark | Gemert | 24-05-09 |
| | 16,06 * 1,67 * 11,70 * 28,73 * 4,96 * 22,93 * 3.16,18 * 0,0 * -2,9 * | | | | | |
| 3826 | Tinka | Offereins | 05-10-93 | Startbaan | Amstelveen | 01-06-09 |
| | 16,42 * 1,40 * 09,74 * 27,85 * 4,68 * 18,39 * 2.24,63 * -0,8 * 0,0 * | | | | | |
| 3810 | Diede | Fennema | 07-03-92 | Sparta | Amersfoort | 30-08-09 |
| | 17,49 * 1,38 * 10,21 * 28,14 * 4,48 * 32,14 * 2.31,55 * 1,7 * 2,6 * 0,5 | | | | | |
| 3758 | Michelle | Hofstee | 25-04-93 | Sprint | Enschede | 20-09-09 |
| | 17,24 * 1,51 * 09,81 * 27,87 * 4,59 * 31,55 * 2.52,16 * 0,0 * 0,0 * 0,0 | | | | | |
| <i>in onderlinge wedstrijd:</i> | | | | | | |
| 4035 | o | Lisanne de Witte | 10-09-92 | Trias | Heiloo | 04-10-09 |
| | 16,1= * 1,45 * 10,14 * 26,7= * 4,59 * 27,00 * 2.31,9= * * * | | | | | |
| 3849 | o | Tinka Offereins | 05-10-93 | Startbaan | Amstelveen | 11-10-09 |
| | 16,1= * 1,40 * 09,63 * 28,18 * 4,54 * 22,63 * 2.24,33 * * * | | | | | |

4 x 100 meter clubteams meisjes-B

| | | | | | | |
|-------|--|-------------|----|---------------|---------------|----------|
| 48,52 | | Grootebroek | | SAV | Amstelveen | 26-09-09 |
| 48,58 | | Barendrecht | | Energie | Amstelveen | 26-09-09 |
| 49,03 | | Uithoorn | | AKU | Amstelveen | 26-09-09 |
| 50,23 | | Zoetermeer | MC | Ilion | Beverwijk | 03-05-09 |
| 50,23 | | Almere | | AV Almere '81 | Heerhugowaard | 07-06-09 |

| | | | | | |
|-------|--|-----------|---------------|------------|----------|
| 50,30 | | Hilversum | GAC-Hilversum | Haarlem | 07-06-09 |
| 50,33 | | Apeldoorn | AV '34 | Amstelveen | 26-09-09 |
| 50,43 | | Sittard | Unitas | Uden | 03-05-09 |
| 50,43 | | Deventer | Daventria | Zutphen | 07-06-09 |
| 50,61 | | Groningen | Groningen Atl | Groningen | 13-09-09 |

(10)

| | | | | | |
|-------|--|-----------|-------------------|---------------|----------|
| 51,34 | | Lisse | De Spartaan | Haarlem | 07-06-09 |
| 51,74 | | Best | Gen. Michaëlis | Amstelveen | 26-09-09 |
| 51,84 | | Hoorn | Hollandia | Heerhugowaard | 07-06-09 |
| 51,87 | | Nijmegen | Nijmegen Atletiek | Wageningen | 07-06-09 |
| 52,05 | | Breda | Sprint | Best | 07-06-09 |
| 52,05 | | Goes | AV '56 | Best | 07-06-09 |
| 52,09 | | Heiloo | Trias | Heerhugowaard | 07-06-09 |
| 52,16 | | Rotterdam | PAC | Beverwijk | 03-05-09 |
| 52,22 | | Zwolle | PEC 1910 | Zutphen | 07-06-09 |
| 52,36 | | Krommenie | Lycurgus | Haarlem | 07-06-09 |

(20)

| | | | | | |
|-------|--|---------------|-----------|---------------|----------|
| 52,38 | | Amersfoort | Triathlon | Heiloo | 03-05-09 |
| 52,54 | | Amstelveen | Startbaan | Amstelveen | 26-09-09 |
| 52,69 | | Emmeloord | AV NOP | Groningen | 13-09-09 |
| 52,73 | | Gouda | AV Gouda | Beverwijk | 03-05-09 |
| 52,85 | | Heerhugowaard | Hera | Heerhugowaard | 07-06-09 |

4 x 100 meter meisjes-B

| | | | | | |
|-------|--|--|------------|--------|----------|
| 45,99 | | | Nat. Ploeg | Leiden | 13-06-09 |
|-------|--|--|------------|--------|----------|

Madiea Ghafoor - Naomi Klomp - Eva Lubbers - Berthe Makizodila

4 x 200 meter clubteams meisjes-B

| | | | | | |
|---------|--|-------------|-------------------|------------|----------|
| 1.43,95 | | Barendrecht | Energie | Amstelveen | 27-09-09 |
| 1.48,05 | | Apeldoorn | AV '34 | Amstelveen | 27-09-09 |
| 1.48,95 | | Nijmegen | Nijmegen Atletiek | Amstelveen | 27-09-09 |
| 1.49,84 | | Hoofddorp | AV Haarl'meer | Amstelveen | 27-09-09 |
| 1.51,76 | | Best | Gen. Michaëlis | Amstelveen | 27-09-09 |
| 1.52,61 | | Amstelveen | Startbaan | Amstelveen | 27-09-09 |
| 1.54,99 | | Den Haag | Haag Atletiek | Amstelveen | 27-09-09 |
| 1.56,16 | | Arnhem | Ciko '66 | Amstelveen | 27-09-09 |

4 x 400 meter clubteams meisjes-B

| | | | | | |
|---------|--|-----------|----------------|------------|----------|
| 4.07,35 | | Uithoorn | AKU | Amstelveen | 26-09-09 |
| 4.19,65 | | Amsterdam | AV '23 | Amstelveen | 26-09-09 |
| 4.19,90 | | Hoofddorp | AV Haarl'meer | Amstelveen | 26-09-09 |
| 4.20,46 | | Soest | Pijnenburg | Amstelveen | 26-09-09 |
| 4.30,01 | | Best | Gen. Michaëlis | Amstelveen | 26-09-09 |

zweedse estafette clubteams meisjes-B

| | | | | | |
|---------|--|-------------|-----------------|------------|----------|
| 2.18,53 | | Barendrecht | Energie | Amstelveen | 27-09-09 |
| 2.19,83 | | Grootebroek | SAV | Amstelveen | 27-09-09 |
| 2.22,51 | | Deventer | Daventria | Amstelveen | 27-09-09 |
| 2.22,77 | | Leiden | Leiden Atletiek | Amstelveen | 27-09-09 |
| 2.25,55 | | Rotterdam | PAC | Amstelveen | 27-09-09 |
| 2.25,86 | | Uithoorn | AKU | Amstelveen | 27-09-09 |
| 2.26,86 | | Amstelveen | Startbaan | Amstelveen | 27-09-09 |
| 2.27,06 | | Den Haag | Sparta | Amstelveen | 27-09-09 |
| 2.28,71 | | Amsterdam | AV '23 | Amstelveen | 27-09-09 |
| 2.29,36 | | Zoetermeer | Ilion | Amstelveen | 27-09-09 |

zweedse estafette meisjes-B

| | | | | | |
|---------|----|--|------------|------------------|----------|
| 2.26,68 | 40 | | Nat. Ploeg | Weganan di Reino | 30-07-09 |
|---------|----|--|------------|------------------|----------|

Meisjes-C

80 meter meisjes-C

| | | | | | |
|-------|----------------|-------------|--------------------------|--------------|----------|
| 10,08 | 0,5 Ruchama | Juriën | 28-07-95 Atl. Maastricht | Uden | 20-06-09 |
| 10,09 | 2,0 Ashley | Rijnsburger | 22-02-94 AV Almere '81 | Purmerend | 20-06-09 |
| 10,16 | -0,5 Tessa van | Schagen | 02-02-94 Leiden Atletiek | Leiden | 18-04-09 |
| 10,18 | Natalia van | Houts | 26-06-95 LG Deurne | Valkenswaard | 23-06-09 |
| 10,21 | -0,5 Naomi | Sedney | 17-12-94 Ilion | Lisse | 16-05-09 |
| 10,21 | -0,3 Sacha van | Agt | 10-08-94 GVAC | Tilburg | 01-06-09 |

| | | | | | |
|-------|---|-------------|--------------------------|----------------|----------|
| 10,25 | 2,0 Linda van | Rossum | 17-07-94 AKU | Purmerend | 20-06-09 |
| 10,30 | -0,3 Sam | Bouwhuis | 10-08-94 Prins Hendrik | Tilburg | 01-06-09 |
| 10,34 | Miquella | Lobo | 23-08-94 Ilion | Papendrecht | 06-06-09 |
| 10,38 | Kim | Korving | 17-06-94 Ilion | Papendrecht | 06-06-09 |
| | (10) | | | | |
| 10,40 | Sandra | Kleuskens | 24-10-95 ATV Venray | Venray | 07-06-09 |
| 10,42 | 2,0 Genevieve | Emanuel | 05-07-94 AV Almere '81 | Purmerend | 20-06-09 |
| 10,42 | 1,0 Nadine | Visser | 09-02-95 SAV | Amsterdam | 22-08-09 |
| 10,44 | 0,8 Marije van | Hunenstijn | 02-03-95 AV '34 | Enschede | 20-06-09 |
| 10,44 | 0,4 Manuelle | Bot | 01-03-94 AV '34 | Enschede | 04-07-09 |
| 10,45 | 0,3 Krista | IJspeerd | 01-06-95 MPM | Gemert | 12-09-09 |
| 10,47 | Esther | Mannak | 20-06-94 HAC '63 | Hoogeveen | 12-06-09 |
| 10,47 | 0,2 Manon van | Tongerlo | 28-04-94 AV Wijchen | Enschede | 04-07-09 |
| 10,50 | 0,3 Vera van den | Haak | 13-01-95 Sparta | Gemert | 12-09-09 |
| 10,50 | 0,0 Lisa | Wagemaker | 01-02-94 Startbaan | Hoorn | 12-09-09 |
| | (20) | | | | |
| 10,53 | Irini | Gialamatzis | 25-03-94 DEM | Haarlem | 18-04-09 |
| 10,55 | Gabriëlla | Dwomoh | 12-01-94 Ilion | Papendrecht | 06-06-09 |
| 10,55 | 0,4 Julia | Sialino | 03-01-95 Climax | Enschede | 04-07-09 |
| 10,56 | 1,3 Lou-Aisa | Dors | 16-02-94 PAC | Barendrecht | 18-04-09 |
| 10,60 | 1,8 Aafje | Seinstra | 13-03-94 AV Heerenveen | Heerenveen | 19-09-09 |
| | <i>mindere prestaties met bekende windgegevens:</i> | | | | |
| 10,19 | -0,3 Natalia van | Houts | 26-06-95 LG Deurne | Tilburg | 01-06-09 |
| 10,42 | 1,9 Sandra | Kleuskens | 24-10-95 ATV Venray | Sittard | 16-05-09 |
| 10,48 | 1,0 Miquella | Lobo | 23-08-94 Ilion | Amsterdam | 22-08-09 |
| 10,52 | -0,7 Kim | Korving | 17-06-94 Ilion | Zoetermeer | 05-04-09 |
| 10,57 | 2,0 Irini | Gialamatzis | 25-03-94 DEM | Purmerend | 20-06-09 |
| | <i>betere handtijden:</i> | | | | |
| 10,3 | Laura de | Witte | 07-08-95 Trias | Castricum | 08-05-09 |
| | <i>met teveel rugwind:</i> | | | | |
| 10,06 | w 4,8 Tessa van | Schagen | 02-02-94 Leiden Atletiek | Leiden | 08-07-09 |
| 10,26 | w 2,4 Sam | Bouwhuis | 10-08-94 Prins Hendrik | Best | 16-05-09 |
| 10,35 | w 2,5 Nadine | Visser | 09-02-95 SAV | Heerhugowaard | 20-06-09 |
| 10,37 | w 2,5 Gabriëlla | Dwomoh | 12-01-94 Ilion | Leiden | 08-07-09 |
| 10,43 | w 2,5 Lisa | Wagemaker | 01-02-94 Startbaan | Heerhugowaard | 20-06-09 |
| 10,45 | w 4,8 Jennifer | Onasanya | 18-02-94 Leiden Atletiek | Leiden | 08-07-09 |
| 10,47 | w 2,5 Vera van den | Haak | 13-01-95 Sparta | Leiden | 08-07-09 |
| 10,56 | w 3,5 Francis van der | Eijk | 19-02-95 Phanos | Haarlem | 18-04-09 |
| | 150 meter meisjes-C | | | | |
| 17,72 | 1,7 Ashley | Rijnsburger | 22-02-94 AV Almere '81 | Amersfoort | 29-08-09 |
| 18,84 | 0,6 Tessa van | Schagen | 02-02-94 Leiden Atletiek | Leiden | 27-05-09 |
| 19,06 | 0,0 Vera van den | Haak | 13-01-95 Sparta | Enschede | 19-09-09 |
| 19,20 | 0,2 Sam | Bouwhuis | 10-08-94 Prins Hendrik | Gemert | 23-05-09 |
| 19,49 | 1,2 Inge de | Wolf | 17-04-95 PEC 1910 | Utrecht | 10-07-09 |
| 19,51 | -0,3 Nadine | Visser | 09-02-95 SAV | Amstelveen | 31-05-09 |
| 19,52 | 0,1 Mariska | Bun | 19-04-94 RK HAV | Gemert | 23-05-09 |
| 19,53 | 1,2 Linda van | Rossum | 17-07-94 AKU | Utrecht | 10-07-09 |
| 19,54 | Miquella | Lobo | 23-08-94 Ilion | Delft | 04-07-09 |
| 19,57 | Esther | Mannak | 20-06-94 HAC '63 | Hoogeveen | 12-06-09 |
| | (10) | | | | |
| 19,62 | 0,1 Natalia van | Houts | 26-06-95 LG Deurne | Gemert | 23-05-09 |
| 19,63 | Irini | Gialamatzis | 25-03-94 DEM | Beverwijk | 25-04-09 |
| 19,64 | 1,7 Genevieve | Emanuel | 05-07-94 AV Almere '81 | Amersfoort | 29-08-09 |
| 19,65 | 0,4 Manuelle | Bot | 01-03-94 AV '34 | Gemert | 23-05-09 |
| 19,65 | Jennifer | Onasanya | 18-02-94 Leiden Atletiek | Barendrecht | 27-06-09 |
| 19,66 | Kim | Korving | 17-06-94 Ilion | Delft | 04-07-09 |
| 19,80 | -0,6 Renske van | Os | 31-03-94 Gen. Michaëlis | Enschede | 19-09-09 |
| 19,81 | -0,6 Lieke van den | Brink | 12-07-95 Athlos | Enschede | 19-09-09 |
| 19,87 | Anne Sjoukje | Runia | 01-07-95 SAV | Zaandam | 04-07-09 |
| 19,88 | -0,6 Tessa | Strijp | 15-02-94 AV '23 | Amstelveen | 31-05-09 |
| | (20) | | | | |
| 19,90 | 0,9 Suzan | Stevens | 04-02-94 ATV Venray | Gemert | 23-05-09 |
| 19,97 | Lou-Aisa | Dors | 16-02-94 PAC | Oud Beijerland | 25-04-09 |
| 19,98 | Krista | IJspeerd | 01-06-95 MPM | Beverwijk | 25-04-09 |
| 20,01 | -0,4 Dominick | Nouws | 27-02-94 Achilles-EL | Enschede | 19-09-09 |

| | | | | | |
|---|-------|-----------------------|-------------------------------|----------------|----------|
| 20,02 | -0,8 | Janneke van Raan | 01-10-95 Daventria | Amersfoort | 13-04-09 |
| 20,02 | -0,6 | Sigrid van der Velden | 30-05-94 Flevo Delta | Enschede | 19-09-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 19,92 | 0,0 | Kim Korving | 17-06-94 Ilion | Enschede | 19-09-09 |
| <i>betere handtijden:</i> | | | | | |
| 19,7 | | Sanne de Boer | 20-11-94 Suomi | Beverwijk | 05-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 19,74 | w 4,4 | Lieke van den Brink | 12-07-95 Athlos | Woerden | 29-08-09 |
| 19,79 | w 3,3 | Renske van Os | 31-03-94 Gen. Michaëlis | Woerden | 29-08-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 18,85 | o | Naomi Sedney | 17-12-94 Ilion | Zoetermeer | 03-10-09 |
| 19,44 | o | Lisa Wagemaker | 01-02-94 Startbaan | Amstelveen | 10-10-09 |
| 19,47 | o | Miquella Lobo | 23-08-94 Ilion | Zoetermeer | 03-10-09 |
| 19,83 | o | Atke Visser | 22-05-95 PEC 1910 | Zwolle | 26-09-09 |
| 19,90 | o | Kim Boon | 26-09-94 Hellas | Utrecht | 03-10-09 |
| 19,7 | o | Laura de Witte | 07-08-95 Trias | Heiloo | 03-10-09 |
| 600 meter meisjes-C | | | | | |
| 1.37,93 | | Heleen Wildoer | 24-01-94 SAV | Amsterdam | 23-08-09 |
| 1.38,62 | | Patricia Nooyen | 26-02-94 Leiden Atletiek | Amsterdam | 23-08-09 |
| 1.39,36 | | Mirthe Overkamp | 17-06-94 Hanzesport | Enschede | 04-07-09 |
| 1.39,56 | | Marjolein Verheem | MD 27-03-96 Achilles-EL | Bergen op Zoom | 04-07-09 |
| 1.39,85 | | Inge Drost | MD 15-01-96 Ilion | Delft | 05-07-09 |
| 1.39,97 | | Saskia Weinans | 12-02-94 Atletico '73 | Enschede | 04-07-09 |
| 1.40,13 | | Laura Wientjens | 17-08-94 Spado | Papendrecht | 06-06-09 |
| 1.40,15 | | Meike van Gastel | 27-01-95 Delta Sport | Hulst | 04-07-09 |
| 1.40,20 | | Vera van den Haak | 13-01-95 Sparta | Delft | 05-07-09 |
| 1.40,2 | | Minke van der Meer | 03-06-95 AV Heerenveen | Sneek | 12-09-09 |
| (10) | | | | | |
| 1.40,31 | | Tessa Strijp | 15-02-94 AV '23 | Best | 05-07-09 |
| 1.40,84 | | Julia van Velthoven | 12-03-94 Attila | Helmond | 25-07-09 |
| 1.40,94 | | Anne Luijten | 04-04-94 AV '40 | Barendrecht | 30-05-09 |
| 1.41,05 | | Chelsea van Dijk | 19-04-95 Atl. Maastricht | Sittard | 12-07-09 |
| 1.41,17 | | Michelle Velthuizen | 27-02-94 Leiden Atletiek | Amsterdam | 23-08-09 |
| 1.41,77 | | Emma Bouterse | 15-11-94 PAC | Papendrecht | 06-06-09 |
| 1.41,87 | | Dana van Velde | 25-05-95 Hera | Amstelveen | 01-06-09 |
| 1.41,99 | | Karlijn van Es | 02-08-95 Energie | Papendrecht | 06-06-09 |
| 1.42,01 | | Roos-Sanne Claassen | 23-10-94 AV NOP | Amstelveen | 26-07-09 |
| 1.42,13 | | Djanne van Kooten | 09-06-95 VAV | Zaandam | 05-07-09 |
| (20) | | | | | |
| 1.42,21 | | Sanne Reichgelt | MD 07-01-97 Nijmegen Atletiek | Nijmegen | 12-05-09 |
| 1.42,24 | | Pascale Maas | 28-12-94 HAC | Helmond | 25-07-09 |
| 1.42,31 | | Kim Hittinger | 01-05-95 AKU | Amsterdam | 23-08-09 |
| 1.42,53 | | Larissa Schut | 20-07-94 Spado | Papendrecht | 06-06-09 |
| 1.42,68 | | Sam Bouwhuis | 10-08-94 Prins Hendrik | Gemert | 24-05-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 1.40,52 | o | Julia van Velthoven | 12-03-94 Attila | Tilburg | 04-10-09 |
| 1.41,02 | o | Kim Boon | 26-09-94 Hellas | Utrecht | 04-10-09 |
| 1.41,98 | o | Fenna van Burg | MD 03-02-95 Prins Hendrik | Vught | 27-09-09 |
| 1000 meter meisjes-C | | | | | |
| 2.59,67 | | Anne Luijten | 04-04-94 AV '40 | Utrecht | 10-07-09 |
| 2.59,80 | | Saskia Weinans | 12-02-94 Atletico '73 | Utrecht | 10-07-09 |
| 3.00,41 | | Sanne Reichgelt | MD 07-01-97 Nijmegen Atletiek | Nijmegen | 15-09-09 |
| 3.01,00 | | Julia van Velthoven | 12-03-94 Attila | Utrecht | 10-07-09 |
| 3.01,56 | | Nisrine Masrhalmi | MD 17-11-96 Energie | Rotterdam | 03-07-09 |
| 3.02,34 | | Marlies Huigen | 22-08-94 Hanzesport | Utrecht | 10-07-09 |
| 3.03,15 | | Marjolein Verheem | MD 27-03-96 Achilles-EL | Amsterdam | 06-09-09 |
| 3.04,14 | | Pascale Maas | 28-12-94 HAC | Utrecht | 10-07-09 |
| 3.04,27 | | Sophie van der Most | 02-08-95 De Liemers | Enschede | 20-06-09 |
| 3.04,40 | | Laura Wientjens | 17-08-94 Spado | Gemert | 12-09-09 |
| (10) | | | | | |
| 3.04,65 | | Vera van den Haak | 13-01-95 Sparta | Zoetermeer | 20-06-09 |
| 3.05,20 | | Kim Hittinger | 01-05-95 AKU | Gemert | 12-09-09 |
| 3.05,29 | | Jip Vastenburger | 21-03-94 GAC-Hilversum | Heerhugowaard | 20-06-09 |
| 3.05,36 | | Minke van der Meer | 03-06-95 AV Heerenveen | Utrecht | 10-07-09 |

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|---------|---------------|----------|------------------------|---------------|----------|
| 3.05,37 | Mirthe | Overkamp | 17-06-94 Hanzesport | Amsterdam | 22-08-09 |
| 3.05,55 | Lysanne | Wilkens | 17-09-94 AV Oss '78 | Tilburg | 01-06-09 |
| 3.06,15 | Tirza van der | Wolf | 26-05-94 SC Reeuwijk | Gouda | 18-04-09 |
| 3.06,15 | Heleen | Wildoer | 24-01-94 SAV | Heerhugowaard | 20-06-09 |
| 3.06,32 | Karlijn van | Es | 02-08-95 Energie | Zoetermeer | 20-06-09 |
| 3.06,43 | Fenna van | Burg | 03-02-95 Prins Hendrik | Hoorn | 12-09-09 |

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| | | | | | |
|---------|-------------|---------|-----------------------|-----------|----------|
| 3.06,98 | Kim | Lahaije | MD 03-03-97 Attila | Tilburg | 01-06-09 |
| 3.08,06 | Dagmar | Smid | MD 26-01-97 AAV '36 | Amsterdam | 06-09-09 |
| 3.08,20 | Melissa de | Haan | MD 15-08-97 AV '34 | Enschede | 04-07-09 |
| 3.08,79 | Esther | Brilman | MD 12-02-96 Triathlon | Purmerend | 20-06-09 |
| 3.09,07 | Corinda van | Es | MD 11-02-97 Energie | Amsterdam | 06-09-09 |

1500 meter meisjes-C

| | | | | | |
|---------|----------------|--------------|-------------------------------|----------------|----------|
| 4.36,79 | Julia van | Velthoven | 12-03-94 Attila | Leiden | 13-06-09 |
| 4.46,46 | Jip | Vastenburger | 21-03-94 GAC-Hilversum | Utrecht | 13-06-09 |
| 4.49,95 | Saskia | Weinans | 12-02-94 Atletico '73 | Emmeloord | 27-06-09 |
| 4.50,91 | Marlies | Huigen | 22-08-94 Hanzesport | Utrecht | 01-05-09 |
| 4.50,93 | Sophie van der | Most | 02-08-95 De Liemers | Utrecht | 13-06-09 |
| 4.51,57 | Laura | Wientjens | 17-08-94 Spado | Roosendaal | 17-09-09 |
| 4.53,04 | Anne | Luijten | 04-04-94 AV '40 | Utrecht | 01-05-09 |
| 4.54,00 | Sanne | Reichgelt | MD 07-01-97 Nijmegen Atletiek | Erkelenz (GER) | 22-07-09 |
| 4.54,33 | Minke van der | Meer | 03-06-95 AV Heerenveen | Heerenveen | 19-09-09 |
| 4.55,31 | Tirza van der | Wolf | 26-05-94 SC Reeuwijk | Emmeloord | 28-06-09 |

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|---------|-----------|-----------|---------------------------|------------|----------|
| 4.57,10 | Mirthe | Overkamp | 17-06-94 Hanzesport | Eindhoven | 12-07-09 |
| 5.00,72 | Denise | Sinnema | 19-11-95 AV Heerenveen | Utrecht | 13-06-09 |
| 5.04,34 | Shannon | Lakerveld | 13-08-94 AV Aalsmeer | Utrecht | 01-05-09 |
| 5.04,85 | Fleur | Baljet | 20-12-95 Horror | Utrecht | 07-08-09 |
| 5.05,72 | Anke de | Boer | 20-01-94 AV Almere '81 | Emmeloord | 27-06-09 |
| 5.06,13 | Judi | Becx | 16-10-94 Attila | Emmeloord | 27-06-09 |
| 5.08,8 | Laura | Rijvers | 05-08-95 Gloria | Waalwijk | 09-06-09 |
| 5.10,0 | Tessa den | Heijer | MD 27-02-96 Groningen Atl | Heerenveen | 11-04-09 |
| 5.10,8 | Tess | Wegman | MD 25-03-96 Altis | Amersfoort | 28-04-09 |
| 5.11,4 | Esther | Brilman | MD 12-02-96 Triathlon | Amersfoort | 28-04-09 |

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|---------|-----------------|----------|------------------------|------------|----------|
| 5.14,59 | Pam | Scholten | 24-10-95 Iphitos | Enschede | 04-07-09 |
| 5.15,75 | Femke van der | Pal | 17-08-95 AV Zaanland | Leiden | 08-07-09 |
| 5.16,1 | Marlijn van der | Mei | 21-03-94 AV Heerenveen | Heerenveen | 11-04-09 |
| 5.16,4 | Karlijn van | Es | 02-08-95 Energie | Schagen | 08-05-09 |
| 5.16,5 | Jolien de | Waard | 28-03-94 ATC '75 | Heerenveen | 11-04-09 |

2000 meter meisjes-C

| | | | | | |
|---------|-----------|-----------|-----------------------|---------|----------|
| 6.45,70 | Julia van | Velthoven | 12-03-94 Attila | Vught | 05-04-09 |
| 6.50,36 | Marlies | Huigen | 22-08-94 Hanzesport | Almelo | 05-09-09 |
| 6.58,48 | Saskia | Weinans | 12-02-94 Atletico '73 | Almelo | 05-09-09 |
| 7.05,04 | Judi | Becx | 16-10-94 Attila | Vught | 05-04-09 |
| 7.06,01 | Mirthe | Overkamp | 17-06-94 Hanzesport | Almelo | 05-09-09 |
| 7.10,22 | Shannon | Lakerveld | 13-08-94 AV Aalsmeer | Zaandam | 08-05-09 |

80 meter horden 76,2 cm meisjes-C

| | | | | | |
|-------|--------------------|------------|--------------------------|------------|----------|
| 11,95 | 1,8 Renske van | Os | 31-03-94 Gen. Michaëlis | Uden | 20-06-09 |
| 12,05 | 0,0 Nadine | Visser | 09-02-95 SAV | Enschede | 19-09-09 |
| 12,10 | 0,4 Sigrid van der | Velden | 30-05-94 Flevo Delta | Enschede | 04-07-09 |
| 12,18 | 1,2 Dominick | Nouws | 27-02-94 Achilles-EL | Amersfoort | 13-04-09 |
| 12,21 | 0,4 Eefje | Boons | 18-07-94 Daventria | Enschede | 04-07-09 |
| 12,22 | -1,3 Jennifer | Onasanya | 18-02-94 Leiden Atletiek | Hoorn | 12-09-09 |
| 12,30 | -0,2 Marije van | Hunenstijn | 02-03-95 AV '34 | Enschede | 20-06-09 |
| 12,38 | 0,4 Marjolijn | Dekkers | 26-03-94 SISU | Enschede | 04-07-09 |
| 12,39 | 1,9 Roos-Sanne | Claassen | 23-10-94 AV NOP | Amersfoort | 13-04-09 |
| 12,40 | Inge de | Wolf | 17-04-95 PEC 1910 | Zaandam | 04-07-09 |

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|-------|-------------------|------------|------------------------|------------|----------|
| 12,41 | 0,0 Mariska | Bun | 19-04-94 RK HAV | Enschede | 19-09-09 |
| 12,42 | 1,2 Janneke van | Raan | 01-10-95 Daventria | Amersfoort | 13-04-09 |
| 12,42 | -0,3 Sjoera | Tjin A-Lim | 07-12-95 Sparta | Zoetermeer | 20-06-09 |
| 12,44 | -1,6 Anne Sjoukje | Runia | 01-07-95 SAV | Amstelveen | 31-05-09 |
| 12,44 | -1,2 Sam | Bouwhuis | 10-08-94 Prins Hendrik | Amsterdam | 23-08-09 |

| | | | | | |
|---|-----------------------|-------------|----------------------------|---------------|----------|
| 12,50 | 1,6 Miquella | Lobo | 23-08-94 Ilion | Zoetermeer | 20-06-09 |
| 12,51 | 0,0 Simone | Hendriks | 02-11-94 AV Wijchen | Enschede | 04-07-09 |
| 12,59 | 1,3 Francis van der | Eijk | 19-02-95 Phanos | Santpoort | 16-05-09 |
| 12,59 | -0,3 Vera van den | Haak | 13-01-95 Sparta | Enschede | 19-09-09 |
| 12,64 | 1,3 Tessa | Strijp | 15-02-94 AV '23 | Santpoort | 16-05-09 |
| (20) | | | | | |
| 12,64 | -0,2 Rachel | Geurts | 27-08-94 AV '34 | Enschede | 20-06-09 |
| 12,64 | 1,5 Jill | Schonk | 07-06-94 Ciko '66 | Enschede | 04-07-09 |
| 12,64 | -0,1 Elizabeth | Zwerver | 04-04-94 AAC | Amsterdam | 23-08-09 |
| 12,64 | -0,1 Dominique | Gommers | 03-03-95 Spado | Enschede | 19-09-09 |
| 12,66 | 0,2 Kim | Boon | 26-09-94 Hellas | Gemert | 12-09-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 12,58 | -0,9 Inge de | Wolf | 17-04-95 PEC 1910 | Gemert | 23-05-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 12,15 | w 2,1 Sam | Bouwhuis | 10-08-94 Prins Hendrik | Almelo | 05-09-09 |
| 12,40 | w 3,0 Francis van der | Eijk | 19-02-95 Phanos | Heerhugowaard | 20-06-09 |
| 12,55 | w 2,2 Juliëtte | Dekkers | 26-03-94 SISU | Stadskanaal | 29-08-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 12,43 | o Kim | Boon | 26-09-94 Hellas | Utrecht | 03-10-09 |
| 300 meter horden 76,2 cm meisjes-C | | | | | |
| 45,66 | Roos-Sanne | Claassen | 23-10-94 AV NOP | Amsterdam | 22-08-09 |
| 46,90 | Vera van den | Haak | 13-01-95 Sparta | Leiden | 08-07-09 |
| 47,36 | Janneke van | Raan | 01-10-95 Daventria | Amsterdam | 22-08-09 |
| 47,45 | Kim | Boon | 26-09-94 Hellas | Amsterdam | 22-08-09 |
| 47,46 | Dominick | Nouws | 27-02-94 Achilles-EL | Amersfoort | 13-04-09 |
| 47,49 | Nephele de | Bruin | 15-05-94 Nijmegen Atletiek | Nijmegen | 14-04-09 |
| 47,62 | Renske van | Os | 31-03-94 Gen. Michaëlis | Amsterdam | 22-08-09 |
| 47,96 | Sam | Bouwhuis | 10-08-94 Prins Hendrik | Amsterdam | 22-08-09 |
| 48,14 | Jennifer | Onasanya | 18-02-94 Leiden Atletiek | Leiden | 08-07-09 |
| 48,49 | Tessa | Strijp | 15-02-94 AV '23 | Amsterdam | 22-08-09 |
| (10) | | | | | |
| 48,50 | Elizabeth | Zwerver | 04-04-94 AAC | Amsterdam | 22-08-09 |
| 48,74 | Nikki | Klarenbeek | 10-02-95 Pijnenburg | Amersfoort | 13-04-09 |
| 48,5 | Lisa | Jongewaard | 28-03-95 Lycurgus | Santpoort | 18-09-09 |
| 48,83 | Michelle | Velthuizen | 27-02-94 Leiden Atletiek | Leiden | 08-07-09 |
| 48,98 | Sjoera | Tjin A-Lim | 07-12-95 Sparta | Leiden | 08-07-09 |
| 49,04 | Dominique | Gommers | 03-03-95 Spado | Amsterdam | 22-08-09 |
| 49,0 | Inge de | Wolf | 17-04-95 PEC 1910 | Apeldoorn | 28-03-09 |
| 49,69 | Suzan | Stevens | 04-02-94 ATV Venray | Amsterdam | 22-08-09 |
| 49,72 | Saskia | Gootjes | 19-01-95 Flevo Delta | Enschede | 04-07-09 |
| 49,5 | Chloe | Wichard | 05-07-95 AV '34 | Apeldoorn | 28-03-09 |
| (20) | | | | | |
| 49,6 | Fien van | Amelsvoort | 06-06-95 AV '34 | Apeldoorn | 28-03-09 |
| 49,89 | Eefje | Boons | 18-07-95 Daventria | Amsterdam | 22-08-09 |
| 50,21 | Sanne | Boonman | 14-08-94 LG Deurne | Amsterdam | 22-08-09 |
| 50,0 | Irini | Gialamatzis | 25-03-94 DEM | Santpoort | 18-09-09 |
| 50,51 | Marjolijn | Dekkers | 26-03-94 SISU | Amersfoort | 13-04-09 |
| <i>mindere prestatie met elektronische tijd:</i> | | | | | |
| 49,55 | Inge de | Wolf | 17-04-95 PEC 1910 | Amersfoort | 13-04-09 |
| hoogspringen meisjes-C | | | | | |
| 1,71 | Tanita | Hofmans | 22-10-94 DAK | Drunen | 25-06-09 |
| 1,70 | Suzan | Stevens | 04-02-94 ATV Venray | Sittard | 16-05-09 |
| 1,66 | Chante | Samuel | MD 09-04-96 Phanos | Amersfoort | 13-04-09 |
| 1,65 | Nadine | Visser | 09-02-95 SAV | Barendrecht | 27-06-09 |
| 1,65 | Janneke | Bruintjes | MD 29-03-96 AV NOP | Amsterdam | 06-09-09 |
| 1,60 | Dominick | Nouws | 27-02-94 Achilles-EL | Amersfoort | 13-04-09 |
| 1,60 | Sarah | Jager | 27-02-94 Spirit-OB | Terneuzen | 18-04-09 |
| 1,60 | Babette | Schekkerman | 12-02-94 Startbaan | Haarlem | 18-04-09 |
| 1,60 | Anna van | Stralen | 11-03-94 Phanos | Alkmaar | 24-04-09 |
| 1,60 | Sharissa | Dutrieux | 28-01-94 Spado | Oss | 03-05-09 |
| (10) | | | | | |
| 1,60 | Marceline | Manders | MD 14-02-96 HAC | Gemert | 23-05-09 |
| 1,60 | Froukje van | Ligten | 15-10-94 Ciko '66 | Gemert | 23-05-09 |
| 1,60 | Vera van den | Haak | 13-01-95 Sparta | Amstelveen | 31-05-09 |

| | | | | | | |
|------|------|---------------------------------------|-------------|-----------------------------|----------------|----------|
| 1,60 | | Elena | Monte | 11-08-94 GAC-Hilversum | Amstelveen | 31-05-09 |
| 1,60 | | Nynke | Venhuizen | 15-08-95 Unitas | Venray | 07-06-09 |
| 1,60 | | Valerie le | Loux | 08-08-94 Hellas | Purmerend | 20-06-09 |
| 1,60 | | Lara | Borst | 05-05-95 AAC | Amsterdam | 23-08-09 |
| 1,60 | | Michelle | Bruins | 30-04-94 Isala '96 | Hoorn | 12-09-09 |
| 1,60 | | Lentine | Klaassen | 18-04-95 AV Castricum | Enschede | 19-09-09 |
| 1,58 | | Mandy van der | Eijk | 10-03-94 Startbaan | Amstelveen | 30-08-09 |
| | (20) | | | | | |
| 1,56 | | Kim | Korving | 17-06-94 Ilion | Papendrecht | 06-06-09 |
| 1,55 | | Mariska | Bun | 19-04-94 RK HAV | Terneuzen | 04-04-09 |
| 1,55 | | Sigrid van der | Velden | 30-05-94 Flevo Delta | Dronten | 04-04-09 |
| 1,55 | | Lisa | Keuken | MD 30-06-96 Horror | Heereveen | 11-04-09 |
| 1,55 | | Anne | Kippers | 13-10-94 AV Rijssen | Almelo | 18-04-09 |
| 1,55 | | Cecile | Monden | 10-03-95 DJA | Terneuzen | 18-04-09 |
| 1,55 | | Eefje | Overgaauw | 21-09-94 Sprint | Terneuzen | 18-04-09 |
| 1,55 | | Djanne van | Kooten | 09-06-95 VAV | Almere | 18-04-09 |
| 1,55 | | Willie | Vogel | 14-01-94 Suomi | Haarlem | 18-04-09 |
| 1,55 | | Jill de | Gier | 15-09-94 AV '40 | Leiden | 18-04-09 |
| | (30) | | | | | |
| 1,55 | | Judith | Kok | 30-08-95 SAV | Castricum | 18-04-09 |
| 1,55 | | Myrthe | Nanninga | 23-10-94 Zuidwal | Amsterdam | 16-05-09 |
| 1,55 | | Veerle | Simons | MD 12-02-96 STB | Sittard | 16-05-09 |
| 1,55 | | Merel | Kramer | 30-06-95 AV Wijchen | Gendringen | 16-05-09 |
| 1,55 | | Lieke | Muller | 03-11-94 AV Salland | Gemert | 23-05-09 |
| 1,55 | | Romy | Smith | MD 25-01-97 Leiden Atletiek | Amstelveen | 31-05-09 |
| 1,55 | | Renilde | Zwartkruis | MD 04-02-96 Unitas | Venray | 07-06-09 |
| 1,55 | | Lisa | Jongewaard | 28-03-95 Lycurgus | Haarlem | 07-06-09 |
| 1,55 | | Elanor | Miltenburg | 01-08-94 Attila | Best | 07-06-09 |
| 1,55 | | Melissa de | Haan | MD 15-08-97 AV '34 | Apeldoorn | 13-06-09 |
| | (40) | | | | | |
| 1,55 | | Marleen | Westra | 19-05-94 De Spartaan | Delft | 04-07-09 |
| 1,55 | | Sophie | Klumper | 04-04-95 Phanos | Zaandam | 04-07-09 |
| 1,55 | | Tessa van | Schagen | 02-02-94 Leiden Atletiek | Best | 04-07-09 |
| 1,55 | | Mathilde | Bakker | 20-10-95 AV '23 | Amsterdam | 23-08-09 |
| 1,55 | | Lisanne | Hagens | 04-08-95 Ilion | Zoetermeer | 13-09-09 |
| | | <i>in onderlinge wedstrijd:</i> | | | | |
| 1,60 | o | Sana | Kadri | 26-02-94 VAV | Veenenedaal | 03-10-09 |
| 1,60 | o | Mandy van der | Eijk | 10-03-94 Startbaan | Amstelveen | 10-10-09 |
| 1,55 | o | Dominique | Gommers | 03-03-95 Spado | Bergen op Zoom | 25-09-09 |
| 1,55 | o | Imke van | Grinsven | 18-09-94 Prins Hendrik | Vught | 26-09-09 |
| | | polsstokhoogspringen meisjes-C | | | | |
| 3,11 | | Isabel | Janssen | 24-08-94 PAC | Amsterdam | 22-08-09 |
| 2,90 | | Rubina | Brouns | 30-06-95 Unitas | Almelo | 05-09-09 |
| 2,82 | | Sabine | Groenestein | 19-06-94 PAC | Spijkenisse | 05-07-09 |
| 2,60 | | Sandra | Jacobs | 31-10-95 Unitas | Sittard | 11-07-09 |
| 2,50 | | Vonne van | Burg | 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| 2,50 | | Laurette van | Sloun | 15-05-94 Unitas | Sittard | 06-06-09 |
| 2,50 | | Sanne | Veenboer | 26-03-94 Lycurgus | Amsterdam | 22-08-09 |
| 2,45 | | Mariska | Wust | 16-10-94 Hercules | Emmeloord | 28-06-09 |
| 2,40 | | Anne | Krebber | 10-11-94 Unitas | Sittard | 11-07-09 |
| 2,30 | | Fenna van | Burg | 03-02-95 Prins Hendrik | Den Bosch | 28-05-09 |
| | (10) | | | | | |
| 2,30 | | Tessa | Schoute | 23-07-94 Lycurgus | Hoorn | 12-06-09 |
| 2,30 | | Fleur | Tysma | 11-08-95 PAC | Amsterdam | 22-08-09 |
| 2,30 | | Diede | Streng | 23-04-94 PAC | Amsterdam | 22-08-09 |
| 2,10 | | Jula van den | Akker | 16-07-95 Sprint | Breda | 14-04-09 |
| 2,10 | | Nina de | Poorter | 16-01-95 Eindhoven Atl. | Eindhoven | 06-06-09 |
| 2,10 | | Anne | Frebber | 10-11-94 Sprint | Tilburg | 01-07-09 |
| | | <i>in onderlinge wedstrijd:</i> | | | | |
| 2,00 | o | Merel | Glorie | 15-01-95 Lycurgus | Krommenie | 03-10-09 |
| 2,00 | o | Yvette de | Koning | 03-04-94 Lycurgus | Krommenie | 03-10-09 |
| | | verspringen meisjes-C | | | | |
| 5,61 | | Gabriëlla | Dwomoh | 12-01-94 Ilion | Papendrecht | 06-06-09 |
| 5,39 | | Genevieve | Emanuel | 05-07-94 AV Almere '81 | Almere | 05-04-09 |

| | | | | | | |
|------|------|------------|----------|------------------------|---------------|----------|
| 5,25 | -0,7 | Nadine | Visser | 09-02-95 SAV | Groningen | 13-09-09 |
| 5,23 | | Inge de | Wolf | 17-04-95 PEC 1910 | Stadskanaal | 06-06-09 |
| 5,22 | | Lou-Aisa | Dors | 16-02-94 PAC | Barendrecht | 18-04-09 |
| 5,22 | | Brenda | Bohle | MD 10-01-96 Hollandia | Heerhugowaard | 20-06-09 |
| 5,20 | | Lentine | Klaassen | 18-04-95 AV Castricum | Castricum | 13-09-09 |
| 5,18 | | Linda van | Rossum | 17-07-94 AKU | Amsterdam | 22-08-09 |
| 5,16 | | Djanne van | Kooten | 09-06-95 VAV | Veenendaal | 04-04-09 |
| 5,15 | 1,2 | Sam | Bouwhuis | 10-08-94 Prins Hendrik | Tilburg | 01-06-09 |

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|------|------|---------------|----------|---------------------------|----------------|----------|
| 5,15 | 1,0 | Manouk van | Bussel | 22-02-94 LG Deurne | Tilburg | 01-06-09 |
| 5,15 | | Astrid | Ekelmans | MD 31-10-96 Hollandia | Amsterdam | 06-09-09 |
| 5,13 | | Jip | Mukanay | 19-12-95 AKU | Naaldwijk | 30-08-09 |
| 5,12 | | Lisa | Postema | MD 20-01-96 Prins Hendrik | Amsterdam | 06-09-09 |
| 5,10 | -0,5 | Kim | Korving | 17-06-94 Ilion | Zoetermeer | 20-06-09 |
| 5,10 | | Laura | Brands | 24-04-95 Sprint | Bergen op Zoom | 04-07-09 |
| 5,10 | 0,0 | Roos-Sanne | Claassen | 23-10-94 AV NOP | Groningen | 13-09-09 |
| 5,09 | 0,1 | Lieke van den | Brink | 12-07-95 Athlos | Enschede | 20-09-09 |
| 5,07 | 0,8 | Jill | Schonk | 07-06-94 Ciko '66 | Gemert | 12-09-09 |
| 5,06 | | Charlene | Onyema | 18-10-95 Clytoneus | Purmerend | 20-06-09 |

(20)

| | | | | | | |
|------|-----|----------------|------------|----------------------|-----------|----------|
| 5,05 | 0,8 | Janneke | Bruintjes | MD 29-03-96 AV NOP | Enschede | 04-07-09 |
| 5,05 | | Krista | IJspeerd | 01-06-95 MPM | Enschede | 29-08-09 |
| 5,04 | | Sigrid van der | Velden | 30-05-94 Flevo Delta | Heerde | 09-05-09 |
| 5,04 | | Joyce | Swanenberg | 26-02-94 Hellas | Purmerend | 20-06-09 |
| 5,03 | 0,0 | Tirza | Walhof | 01-05-94 SISU | Amsterdam | 22-08-09 |

mindere prestaties met bekende windgegevens:

| | | | | | | |
|------|-----|-----------|---------|------------------------|------------|----------|
| 5,50 | 0,0 | Gabriëlla | Dwomoh | 12-01-94 Ilion | Zoetermeer | 20-06-09 |
| 5,20 | 1,3 | Lou-Aisa | Dors | 16-02-94 PAC | Emmeloord | 28-06-09 |
| 5,17 | 0,8 | Genevieve | Emanuel | 05-07-94 AV Almere '81 | Amsterdam | 22-08-09 |
| 5,14 | 0,0 | Linda van | Rossum | 17-07-94 AKU | Huizen | 05-06-09 |
| 5,08 | 0,0 | Laura | Brands | 24-04-95 Sprint | Amsterdam | 22-08-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|----------|--------|------------------------|-------------|----------|
| 5,39 | o | Nadine | Visser | 09-02-95 SAV | Grootebroek | 04-10-09 |
| 5,04 | o | Rachel | Geurts | 27-08-94 AV '34 | Apeldoorn | 26-09-09 |
| 5,03 | o | Karmijne | Vrede | 26-11-94 Haag Atletiek | Den Haag | 11-10-09 |

kogelstoten 3 kg meisjes-C

| | | | | | | |
|-------|--|------------|----------|-------------------------|------------|----------|
| 14,51 | | Charlene | Okken | 03-01-94 HAC '63 | Hoogeveen | 12-06-09 |
| 13,22 | | Shereen | Heeswijk | 24-09-94 Sparta | Zoetermeer | 20-06-09 |
| 12,97 | | Roos de | Klerk | 24-06-94 Energie | Almelo | 05-09-09 |
| 11,85 | | Dominique | Gommers | 03-03-95 Spado | Amsterdam | 22-08-09 |
| 11,74 | | Dominick | Nouws | 27-02-94 Achilles-EL | Enschede | 19-09-09 |
| 11,62 | | Anne-Lique | Weeren | 10-02-94 Triathlon | Amsterdam | 22-08-09 |
| 11,48 | | Alissa | Olofsen | 12-09-94 SAV | Heiloo | 17-07-09 |
| 11,30 | | Elizabeth | Zwerver | 04-04-94 AAC | Purmerend | 20-06-09 |
| 11,24 | | Suzan | Stevens | 04-02-94 ATV Venray | Gemert | 23-05-09 |
| 11,17 | | Nina de | Poorter | 16-01-95 Eindhoven Atl. | Tilburg | 01-06-09 |

(10)

| | | | | | | |
|-------|--|------------|------------|----------------------|------------|----------|
| 11,17 | | Lisa | Smit | 31-03-94 Scorpio | Amsterdam | 22-08-09 |
| 11,08 | | Vere | König | 16-10-94 Ciko '66 | Wageningen | 07-06-09 |
| 11,08 | | Mariska | Bun | 19-04-94 RK HAV | Enschede | 19-09-09 |
| 10,97 | | Annabel de | Gier | 24-03-95 Typhoon | Oss | 03-05-09 |
| 10,89 | | Lieke | Muller | 03-11-94 AV Salland | Assen | 29-03-09 |
| 10,88 | | Jip | Mukanay | 19-12-95 AKU | Nieuwegein | 28-06-09 |
| 10,88 | | Marleen | Westra | 19-05-94 De Spartaan | Delft | 04-07-09 |
| 10,80 | | Sophie | Vetter | 13-10-95 Phanos | Hoorn | 12-09-09 |
| 10,79 | | Nikki | Klarenbeek | 10-02-95 Pijnenburg | Amsterdam | 22-08-09 |
| 10,77 | | Dana van | Velde | 25-05-95 Hera | Amstelveen | 31-05-09 |

(20)

| | | | | | | |
|-------|--|------------|-------------|---------------------------|-----------|----------|
| 10,75 | | Renske van | Os | 31-03-94 Gen. Michaëlis | Amsterdam | 22-08-09 |
| 10,69 | | Evi | Terreehorst | 27-01-94 Passaat | Waalwijk | 16-05-09 |
| 10,68 | | Hilde | Pracht | 20-01-94 AV Voorsch'n '97 | Amsterdam | 22-08-09 |
| 10,66 | | Eva | Nijboer | 28-01-94 Cialfo | Enschede | 04-07-09 |
| 10,66 | | Iris de | Laat | 15-06-94 Sprint | Breda | 19-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|-------|---|-----------|---------|----------------|----------------|----------|
| 12,12 | o | Dominique | Gommers | 03-03-95 Spado | Bergen op Zoom | 25-09-09 |
|-------|---|-----------|---------|----------------|----------------|----------|

| | | | | | | | |
|-------|---|----------|-------|----------|---------|---------------|----------|
| 11,48 | o | Lisa | Smit | 31-03-94 | Scorpio | Oosterhout | 26-09-09 |
| 10,82 | o | Dana van | Velde | 25-05-95 | Hera | Heerhugowaard | 05-04-09 |

discuswerpen 1 kg meisjes-C

| | | | | | | | |
|-------|--|------------|-------------|----------|----------------|------------|----------|
| 34,32 | | Anne-Lique | Weeren | 10-02-94 | Triathlon | Almelo | 05-09-09 |
| 33,15 | | Shereen | Heeswijk | 24-09-94 | Sparta | Beverwijk | 03-05-09 |
| 32,85 | | Roos de | Klerk | 24-06-94 | Energie | Zoetermeer | 20-06-09 |
| 31,35 | | Alissa | Olofsen | 12-09-94 | SAV | Hoorn | 12-09-09 |
| 31,13 | | Tamara | Doreleijers | 22-01-94 | Gen. Michaëlis | Almelo | 05-09-09 |
| 30,70 | | Sharon | Rispens | 08-02-95 | Daventria | Hengelo | 16-05-09 |
| 30,68 | | Sophie | Vetter | 13-10-95 | Phanos | Amsterdam | 22-08-09 |
| 30,47 | | Marleen | Westra | 19-05-94 | De Spartaan | Haarlem | 07-06-09 |
| 30,03 | | Lisa | Smit | 31-03-94 | Scorpio | Oosterhout | 05-09-09 |
| 30,00 | | Charlene | Okken | 03-01-94 | HAC '63 | Steenwijk | 11-10-09 |

(10)

| | | | | | | | |
|-------|--|-----------------|------------|----------|----------------|------------|----------|
| 29,68 | | Esmée | Bannink | 28-02-95 | AV '34 | Nijmegen | 19-09-09 |
| 29,14 | | Karlijn | Rutten | 31-05-94 | Daventria | Groningen | 13-09-09 |
| 28,75 | | Femke | Kleinhout | 27-06-95 | Climax | Amsterdam | 22-08-09 |
| 28,29 | | Noortje van den | Burg | 08-05-95 | GAC-Hilversum | Haarlem | 07-06-09 |
| 28,28 | | Anniek | Slijkoord | 01-01-95 | Unitas | Beek | 09-09-09 |
| 28,22 | | Lindsay | Wallenburg | 24-10-94 | Hellas | Gemert | 12-09-09 |
| 28,17 | | Dominick | Nouws | 27-02-94 | Achilles-EL | Dongen | 26-04-09 |
| 28,02 | | Anne | Varvik | 09-03-94 | MPM | Almelo | 18-04-09 |
| 27,96 | | Nina de | Poorter | 16-01-95 | Eindhoven Atl. | Uden | 20-06-09 |
| 27,59 | | Fiona | Lindaya | 31-05-94 | Hylas | Den Helder | 28-08-09 |

(20)

| | | | | | | | |
|-------|--|-----------|------------|----------|-----------------|-------------|----------|
| 27,39 | | Elin | Tveter | 01-01-95 | Spark | Spijkenisse | 16-05-09 |
| 27,35 | | Manon | Lettinga | 09-03-94 | Flevo Delta | Gemert | 12-09-09 |
| 27,30 | | Rowan | Hagendoorn | 10-06-95 | Ilion | Reeuwijk | 24-06-09 |
| 27,24 | | Priscilla | Meijer | 26-12-94 | Leiden Atletiek | Hoorn | 12-09-09 |
| 26,69 | | Loes | Ruissen | 18-01-94 | Ciko '66 | Amsterdam | 22-08-09 |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|------|---------|----------|----------|--------|----------|
| 29,06 | o | Loes | Ruissen | 18-01-94 | Ciko '66 | Arnhem | 04-10-09 |
|-------|---|------|---------|----------|----------|--------|----------|

kogelslingeren 3 kg meisjes-C

| | | | | | | | |
|-------|--|--------------|----------|----------|-----------------------------------|-----------------|----------|
| 36,01 | | Sophie | Vetter | 13-10-95 | Phanos | Boskoop | 03-10-09 |
| 35,49 | | Naomi | Stegman | 29-12-95 | R' dam Atl. Übach-Palenberg (GER) | Palenberg (GER) | 26-09-09 |
| 35,28 | | Alissa | Olofsen | 12-09-94 | SAV | Den Helder | 28-08-09 |
| 34,50 | | Annemieke | Efdee | 21-01-95 | Leiden Atletiek | Amsterdam | 23-08-09 |
| 31,32 | | Lisanne van | Manen | 05-01-95 | AV '47 | Amsterdam | 23-08-09 |
| 29,16 | | Jaleesa | Strating | 25-12-95 | Groningen Atl | Groningen | 19-06-09 |
| 24,57 | | Lisa | Smit | 31-03-94 | Scorpio | Breda | 18-10-09 |
| 23,46 | | Taru van der | Zijde | 09-05-94 | Ilion | Boskoop | 20-06-09 |
| 22,85 | | Priscilla | Meijer | 26-12-94 | Leiden Atletiek | Amsterdam | 23-08-09 |

(10)

| | | | | | | | |
|-------|--|-----------|--------------|----------|-----------|-------------|----------|
| 21,28 | | Loes | Oudenhuijsen | 17-03-94 | AV '34 | Amsterdam | 23-08-09 |
| 20,38 | | Tanja | Reuvecamp | 20-10-94 | PEC 1910 | Zwolle | 16-04-09 |
| 20,01 | | Quinta | Duba | 16-05-94 | AKU | Grootebroek | 29-03-09 |
| 20,00 | | Bianca de | Jong | | Hollandia | Grootebroek | 29-03-09 |

in onderlinge wedstrijd:

| | | | | | | | |
|-------|---|-------|---------|----------|-------------|--------|----------|
| 22,30 | o | Sanna | Fenwick | 04-03-94 | Ciko '66 | Arnhem | 04-10-09 |
| 21,00 | o | Karin | Abeling | 20-12-94 | De Spartaan | Leiden | 30-06-09 |

speerwerpen 500 gram meisjes-C

| | | | | | | | |
|-------|--|------------|----------------|----------|-----------------|----------------|----------|
| 41,04 | | Shereen | Heeswijk | 24-09-94 | Sparta | Oud Beijerland | 25-04-09 |
| 39,67 | | Anne-Lique | Weeren | 10-02-94 | Triathlon | Amersfoort | 13-04-09 |
| 38,38 | | Roos de | Klerk (600 gr) | 24-06-94 | Energie | Almelo | 05-09-09 |
| 38,35 | | Dominique | Gommers | 03-03-95 | Spado | Amsterdam | 23-08-09 |
| 37,18 | | Dominick | Nouws | 27-02-94 | Achilles-EL | Best | 05-07-09 |
| 35,77 | | Nikki | Klarenbeek | 10-02-95 | Pijnenburg | Amersfoort | 13-04-09 |
| 35,66 | | Jennifer | Onasanya | 18-02-94 | Leiden Atletiek | Zoetermeer | 20-06-09 |
| 34,94 | | Linda | Hansen | 14-06-94 | Atverni | Den Bosch | 18-10-09 |
| 34,78 | | Melissa | Geerarts | 18-10-95 | HAC | Gemert | 16-06-09 |
| 34,44 | | Kim | Hittinger | 01-05-95 | AKU | Gemert | 12-09-09 |

(10)

| | | | | | | | |
|-------|--|--------|---------|----------|----------|----------|----------|
| 34,06 | | Nadine | Visser | 09-02-95 | SAV | Enschede | 20-09-09 |
| 33,79 | | Sanna | Fenwick | 04-03-94 | Ciko '66 | Nijmegen | 19-09-09 |

| | | | | | |
|---|----------------|----------------|---|----------------------|----------|
| 33,76 | Jeanne | Klein Koerkamp | 11-01-95 AC TION | Steenwijk | 11-10-09 |
| 33,33 | Charlene | Okken | 03-01-94 HAC '63 | Steenwijk | 11-10-09 |
| 32,97 | Janine de | Wit | 30-01-95 Atverni | Amsterdam | 23-08-09 |
| 32,66 | Iris de | Laat | 15-06-94 Sprint | Hoorn | 12-09-09 |
| 32,56 | Saskia | Gootjes | 19-01-95 Flevo Delta | Kampen | 16-05-09 |
| 32,50 | Froukje van | Ligten | 15-10-94 Ciko '66 | Nijmegen | 19-09-09 |
| 32,38 | Lucca | Vledder | 16-06-95 Sprint | Hoorn | 12-09-09 |
| 32,02 | Tamara | Doreleijers | 22-01-94 Gen. Michaëlis | Tilburg | 01-06-09 |
| (20) | | | | | |
| 31,95 | Birgit | Kos | 13-04-95 PEC 1910 | Stadskanaal | 06-06-09 |
| 31,76 | Karin | Abeling | 20-12-94 De Spartaan | Lisse | 16-05-09 |
| 31,70 | Tori | Thijssen | 21-02-95 GVAC | Tilburg | 01-06-09 |
| 30,94 | Maureen de | Vries | 20-12-95 AV Almere '81 | Almere | 18-04-09 |
| 30,89 | Loes | Ruissen | 18-01-94 Ciko '66 | Arnhem | 11-04-09 |
| 30,89 | Sjoera | Tjin A-Lim | 07-12-95 Sparta | Delft | 05-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 32,96 | o | Karin | Abeling | 20-12-94 De Spartaan | Lisse |
| 32,45 | o | Vera van den | Haak | 13-01-95 Sparta | Den Haag |
| 7-kamp meisjes-C | | | | | |
| <i>80mH * hoog * kogel * 150m * ver * speer * 600m * windgegevens</i> | | | | | |
| 4410 | Nadine | Visser | 09-02-95 SAV | Enschede | 20-09-09 |
| | | | <i>12,05 * 1,65 * 10,17 * 19,53 * 5,11 * 34,06 * 147,52 * 0,0 * 0,0 * 0,0</i> | | |
| 4255 | Vera van den | Haak | 13-01-95 Sparta | Enschede | 20-09-09 |
| | | | <i>12,59 * 1,60 * 10,02 * 19,06 * 4,90 * 28,97 * 1,45,49 * -0,3 * 0,0 * 0,0</i> | | |
| 4148 | Roos de | Klerk | 24-06-94 Energie | Barendrecht | 28-06-09 |
| | | | <i>13,06 * 1,50 * 12,52 * 20,41 * 4,86 * 37,92 * 1,52,02 * * *</i> | | |
| 4133 | Dominick | Nouws | 27-02-94 Achilles-EL | Best | 05-07-09 |
| | | | <i>12,42 * 1,60 * 11,09 * 20,74 * 4,77 * 37,18 * 1,55,53 * -1,3 * *</i> | | |
| 4106 | Suzan | Stevens | 04-02-94 ATV Venray | Gemert | 24-05-09 |
| | | | <i>13,48 * 1,65 * 11,24 * 19,90 * 4,93 * 25,49 * 1,46,85 * -2,4 * 0,9 *</i> | | |
| 4053 | Lentine | Klaassen | 18-04-95 AV Castricum | Enschede | 20-09-09 |
| | | | <i>12,97 * 1,60 * 10,18 * 20,39 * 5,02 * 27,53 * 1,48,71 * -0,3 * -0,4 * -0,9</i> | | |
| 4050 | Renske van | Os | 31-03-94 Gen. Michaëlis | Best | 05-07-09 |
| | | | <i>12,40 * 1,45 * 10,56 * 19,92 * 4,75 * 25,64 * 1,43,22 * -1,3 * *</i> | | |
| 4011 | Mariska | Bun | 19-04-94 RK HAV | Gemert | 24-05-09 |
| | | | <i>12,58 * 1,50 * 10,10 * 19,52 * 4,92 * 24,98 * 1,50,14 * -1,8 * 0,1 *</i> | | |
| 3996 | Dominique | Gommers | 03-03-95 Spado | Enschede | 20-09-09 |
| | | | <i>12,64 * 1,50 * 11,41 * 20,78 * 4,49 * 34,60 * 1,51,51 * -0,1 * -0,6 * 0,1</i> | | |
| 3988 | Lieke van den | Brink | 12-07-95 Athlos | Enschede | 20-09-09 |
| | | | <i>13,00 * 1,45 * 09,65 * 19,81 * 5,09 * 30,53 * 1,50,85 * -0,1 * -0,6 * 0,1</i> | | |
| (10) | | | | | |
| 3939 | Dana van | Velde | 25-05-95 Hera | Amstelveen | 01-06-09 |
| | | | <i>13,27 * 1,50 * 10,77 * 20,57 * 4,73 * 24,24 * 1,41,87 * -2,4 * -1 *</i> | | |
| 3918 | Inge de | Wolf | 17-04-95 PEC 1910 | Gemert | 24-05-09 |
| | | | <i>12,58 * 1,45 * 07,96 * 19,95 * 5,05 * 25,57 * 1,45,82 * -0,9 * -1,9 *</i> | | |
| 3913 | Sophie | Klumper | 04-04-95 Phanos | Enschede | 20-09-09 |
| | | | <i>12,97 * 1,50 * 09,68 * 20,26 * 4,82 * 27,75 * 149,60 * -0,3 * -0,4 * 0,2</i> | | |
| 3912 | Sam | Bouwhuis | 10-08-94 Prins Hendrik | Gemert | 24-05-09 |
| | | | <i>12,87 * 1,45 * 08,64 * 19,20 * 4,94 * 19,80 * 1,42,68 * -1,8 * 0,2 *</i> | | |
| 3909 | Nikki | Klarenbeek | 10-02-95 Pijnenburg | Enschede | 20-09-09 |
| | | | <i>13,52 * 1,50 * 10,64 * 20,53 * 4,35 * 31,55 * 144,77 * -0,3 * -0,4 * 0,2</i> | | |
| 3893 | Sigrid van der | Velden | 30-05-94 Flevo Delta | Barendrecht | 28-06-09 |
| | | | <i>12,45 * 1,55 * 08,40 * 20,10 * 4,79 * 22,47 * 1,47,40 * * *</i> | | |
| 3891 | Kim | Korving | 17-06-94 Ilion | Delft | 05-07-09 |
| | | | <i>13,02 * 1,55 * 08,60 * 19,66 * 4,95 * 25,35 * 1,52,94 * * *</i> | | |
| 3881 | Tessa | Strijp | 15-02-94 AV '23 | Best | 05-07-09 |
| | | | <i>13,03 * 1,40 * 08,51 * 20,14 * 4,58 * 28,95 * 1,40,31 * -1,3 * *</i> | | |
| 3874 | Anne Sjoukje | Runia | 01-07-95 SAV | Zaandam | 05-07-09 |
| | | | <i>12,59 * 1,50 * 07,19 * 19,87 * 4,70 * 26,49 * 1,45,25 * * *</i> | | |
| 3797 | Jennifer | Onasanya | 18-02-94 Leiden Atletiek | Barendrecht | 28-06-09 |
| | | | <i>12,42 * 1,35 * 09,63 * 19,65 * 4,55 * 27,35 * 1,53,01 * * *</i> | | |
| (20) | | | | | |
| 3772 | Saskia | Gootjes | 19-01-95 Flevo Delta | Amstelveen | 01-06-09 |
| | | | <i>13,39 * 1,50 * 08,87 * 20,64 * 4,49 * 29,19 * 1,48,06 * -1,6 * -1,6 *</i> | | |
| 3761 | Sjoera | Tjin A-Lim | 07-12-95 Sparta | Woerden | 30-08-09 |

| | | | | | |
|------|-------------|--------|---|-------------|----------|
| | | | 12,54 * 1,40 * 08,37 * 20,29 * 4,45 * 26,64 * 1.46,21 * 2,7 * 3,3 * 1,0 | | |
| 3725 | Froukje van | Ligten | 15-10-94 Ciko '66 | Stadskanaal | 30-08-09 |
| | | | 14,48 * 1,55 * 09,94 * 20,95 * 4,31 * 29,58 * 1.46,68 * * * | | |
| 3718 | Anne-Lique | Weeren | 10-02-94 Triathlon | Amstelveen | 01-06-09 |
| | | | 14,88 * 1,40 * 11,56 * 21,22 * 4,69 * 35,53 * 1.52,03 * -1,2 * -0,6 * | | |
| 3691 | Miquella | Lobo | 23-08-94 Ilion | Delft | 05-07-09 |
| | | | 12,55 * 1,50 * 07,86 * 19,54 * 4,75 * 19,90 * 1.56,60 * * * | | |

met teveel rugwind:

| | | | | | | |
|------|---|-----------|---------|---|---------|----------|
| 4032 | W | Dominique | Gommers | 03-03-95 Spado | Woerden | 30-08-09 |
| | | | | 12,70 * 1,50 * 10,77 * 20,32 * 4,79 * 35,95 * 1.55,44 * 4,3 * 4,4 * 2,2 | | |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|---------|--------|--|-------------|----------|
| 3791 | o | Kim | Boon | 26-09-94 Hellas | Utrecht | 04-10-09 |
| | | | | 12,43 * 1,35 * 09,55 * 19,90 * 4,49 * 19,70 * 1.41,02 * * * | | |
| 3674 | o | Cheryl | Blangé | 23-08-95 Spirit-OB | Barendrecht | 04-10-09 |
| | | | | 13,69 * 1,50 * 09,48 * 20,49 * 4,83 * 21,81 * 1.52,32 * * * | | |
| 3713 | o | Maaïke | Boon | 08-02-95 De Spartaan | Lisse | 04-10-09 |
| | | | | 13,1= * 1,45 * 09,0,3 * 20,7= * 4,44 * 26,38 * 1.45,4= * * * | | |
| 3705 | o | Marleen | Westra | 19-05-94 De Spartaan | Lisse | 04-10-09 |
| | | | | 13,7= * 1,50 * 10,51 * 20,5= * 4,59 * 27,99 * 1.54,6= * * * | | |

4 x 80 meter clubteams meisjes-C

| | | | | | |
|-------|--|-------------|-----------------|---------------|----------|
| 39,12 | | Zoetermeer | Ilion | Zoetermeer | 20-06-09 |
| 39,87 | | Apeldoorn | AV '34 | Enschede | 04-07-09 |
| 40,04 | | Vught | Prins Hendrik | Uden | 20-06-09 |
| 40,07 | | Almere | AV Almere '81 | Purmerend | 20-06-09 |
| 40,09 | | Deurne | LG Deurne | Uden | 20-06-09 |
| 40,16 | | Leiden | Leiden Atletiek | Leiden | 18-04-09 |
| 40,42 | | Grootebroek | SAV | Heerhugowaard | 20-06-09 |
| 40,73 | | Zwolle | PEC 1910 | Heerenveen | 20-06-09 |
| 40,73 | | Dronten | Flevo Delta | Enschede | 04-07-09 |
| 40,74 | | Amsterdam | Phanos | Haarlem | 18-04-09 |

(10)

| | | | | | |
|-------|--|------------|----------------|---------------|----------|
| 40,76 | | Sittard | Unitas | Uden | 20-06-09 |
| 40,81 | | Veldhoven | GVAC | Uden | 20-06-09 |
| 40,99 | | Rotterdam | PAC | Zoetermeer | 20-06-09 |
| 41,07 | | Deventer | Daventria | Enschede | 20-06-09 |
| 41,14 | | Amstelveen | Startbaan | Heerhugowaard | 20-06-09 |
| 41,28 | | Hengelo | MPM | Gemert | 12-09-09 |
| 41,31 | | Best | Gen. Michaëlis | Gemert | 12-09-09 |
| 41,33 | | Den Haag | Sparta | Gemert | 12-09-09 |
| 41,36 | | Drunen | DAK | Waalwijk | 16-05-09 |
| 41,44 | | Amsterdam | AV '23 | Santpoort | 16-05-09 |

(20)

| | | | | | |
|-------|--|----------------|---------------|---------------|----------|
| 41,46 | | Arnhem | Ciko '66 | Enschede | 04-07-09 |
| 41,51 | | Wijchen | AV Wijchen | Wageningen | 18-04-09 |
| 41,52 | | Oud Beijerland | Spirit-OB | Vlissingen | 16-05-09 |
| 41,55 | | Utrecht | Hellas | Purmerend | 20-06-09 |
| 41,60 | | Santpoort | Suomi | Santpoort | 16-05-09 |
| 41,60 | | Hilversum | GAC-Hilversum | Heerhugowaard | 20-06-09 |

betere handtijden:

| | | | | | |
|------|--|----------------|------------|-----------|----------|
| 40,8 | | Zutphen | Hanzesport | Hengelo | 16-05-09 |
| 41,2 | | Oud Beijerland | Spirit-OB | Terneuzen | 18-04-09 |

4 x 80 meter meisjes-C

| | | | | | |
|-------|--|--|---------------------|-------------|----------|
| 39,02 | | | Nat. Ploeg | Almelo | 05-09-09 |
| 39,69 | | | Zuid-Holland Midden | Papendrecht | 06-06-09 |

Meisjes-D

60 meter meisjes-D

| | | | | | |
|------|-----|-------------------------|----------------------|-------------|----------|
| 8,05 | 0,9 | Gabriëlla van der Wijck | 27-03-97 AV Edam | Purmerend | 20-06-09 |
| 8,18 | 0,3 | Anouschka Schröder | 20-08-96 Flevo Delta | Enschede | 04-07-09 |
| 8,19 | 0,3 | Eva Hovenkamp | 19-07-96 Climax | Enschede | 04-07-09 |
| 8,25 | | Lianne van Krieken | 15-01-97 Typhoon | Papendrecht | 06-06-09 |
| 8,26 | | Inge Drost | 15-01-96 Ilion | Papendrecht | 06-06-09 |
| 8,26 | | Laura van Haaften | 20-03-96 Groene Ster | Papendrecht | 06-06-09 |

| | | | | | |
|---|--------------------|-----------------|----------------------------|----------------|----------|
| 8,29 | Nyala | Stevens | 11-02-97 Hollandia | Hoorn | 04-07-09 |
| 8,29 | Naomi | Nachtegaal | 15-01-96 RK HAV | Hulst | 04-07-09 |
| 8,30 | Vianney de | Cock | 01-04-96 Spartacus | Amsterdam | 06-09-09 |
| 8,32 | 1,3 Céline van der | Kruk | 06-03-96 Sparta | Barendrecht | 30-05-09 |
| | (10) | | | | |
| 8,34 | Lisa | Postema | 20-01-96 Prins Hendrik | Uden | 06-06-09 |
| 8,35 | Jaimie van | Tholl | 02-01-96 AV '23 | Purmerend | 05-04-09 |
| 8,35 | Zola van | Zwol | 01-03-96 Hollandia | Hoorn | 04-07-09 |
| 8,35 | Sanne | Nijse | 02-08-96 AV '56 | Hulst | 04-07-09 |
| 8,38 | Nienke | Huisman | 24-08-96 Nea-Volharding | Purmerend | 05-04-09 |
| 8,38 | Brenda | Bohle | 10-01-96 Hollandia | Hoorn | 04-07-09 |
| 8,38 | 0,5 Babs | Mevissen | 26-01-96 Achilles-Top | Amsterdam | 06-09-09 |
| 8,40 | 0,9 Jet v.d. | Meulen | 03-06-96 Nea-Volharding | Purmerend | 20-06-09 |
| 8,40 | 1,4 Yasmin | Kammeron | 30-06-97 Daventria | Gemert | 12-09-09 |
| 8,41 | Milet | Hoornaar | 18-06-96 Parthenon | Papendrecht | 06-06-09 |
| | (20) | | | | |
| 8,42 | Bo van | Hemert | 01-02-96 Typhoon | Papendrecht | 06-06-09 |
| 8,42 | Frederique | Voorhans | 23-04-96 Scheldesport | Hulst | 04-07-09 |
| 8,43 | 1,7 Julia | Baur | 23-05-96 Fortuna | Zoetermeer | 20-06-09 |
| 8,44 | Sarah | Jebose | 14-08-96 AAC | Hoorn | 04-07-09 |
| 8,44 | Melissa | Kooy | 23-01-96 Hylas | Hoorn | 04-07-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 8,31 | 0,9 Inge | Drost | 15-01-96 Ilion | Lisse | 16-05-09 |
| 8,31 | 1,9 Vianney de | Cock | 01-04-96 Spartacus | Heerenveen | 23-05-09 |
| 8,39 | 1,3 Lianne van | Krieken | 15-01-97 Typhoon | Barendrecht | 30-05-09 |
| 8,39 | 0,6 Lisa | Postema | 20-01-96 Prins Hendrik | Amsterdam | 06-09-09 |
| 8,43 | 0,9 Bo van | Hemert | 01-02-96 Typhoon | Tilburg | 18-04-09 |
| <i>betere handtijden:</i> | | | | | |
| 8,2 | Gracia | Makumba Mokanda | 04-06-96 Eindhoven Atl. | Oss | 18-04-09 |
| 8,2 | Rosalien | Bauman | 13-02-96 Athlos | Harderwijk | 13-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 8,24 | w 2,6 Nyala | Stevens | 11-02-97 Hollandia | Heerhugowaard | 20-06-09 |
| 8,30 | w 2,2 Chantal van | Wissen | 10-02-96 Phanos | Nieuwegein | 28-06-09 |
| 8,41 | w 2,6 Aimee | Lovers | 29-07-96 GAC-Hilversum | Heerhugowaard | 20-06-09 |
| 8,43 | w 2,2 Esmay | Koster | 11-06-96 Atverni | Nieuwegein | 28-06-09 |
| 600 meter meisjes-D | | | | | |
| 1.39,56 | Marjolein | Verheem | 27-03-96 Achilles-EL | Bergen op Zoom | 04-07-09 |
| 1.39,85 | Inge | Drost | 15-01-96 Ilion | Delft | 05-07-09 |
| 1.42,21 | Sanne | Reichgelt | 07-01-97 Nijmegen Atletiek | Nijmegen | 12-05-09 |
| 1.43,73 | Julia | Baur | 23-05-96 Fortuna | Barendrecht | 28-06-09 |
| 1.44,20 | Tess | Wegman | 25-03-96 Altis | Amstelveen | 26-07-09 |
| 1.44,4 | Monique | Schokker | 11-12-96 AV Edam | Krommenie | 30-08-09 |
| 1.44,46 | Lotte | Keizer | 27-10-96 Nijmegen Atletiek | Nijmegen | 19-09-09 |
| 1.44,61 | Melissa de | Haan | 15-08-97 AV '34 | Gemert | 24-05-09 |
| 1.44,92 | Judith | Rasch | 28-03-96 Pijnenburg | Amstelveen | 01-06-09 |
| 1.45,5 | Doortje | Swaters | 21-11-96 Athletics | Almelo | 13-06-09 |
| | (10) | | | | |
| 1.45,51 | Francis | Sikkenga | 16-05-97 Hollandia | Hoorn | 04-07-09 |
| 1.45,58 | Esther | Brilman | 12-02-96 Triathlon | Best | 05-07-09 |
| 1.46,13 | Floortje van | Kampen | 14-03-97 Hollandia | Hoorn | 04-07-09 |
| 1.46,18 | Michelle | Oud | 19-07-96 SAV | Amstelveen | 01-06-09 |
| 1.46,28 | Ilona | Poel | 05-08-96 DEM | Zaandam | 05-07-09 |
| 1.46,40 | Kaylee van | Beelen | 26-03-96 De Spartaan | Enschede | 20-09-09 |
| 1.46,52 | Anne van de | Wiel | 04-06-97 Sprint | Gemert | 24-05-09 |
| 1.47,13 | Milou | Dekkers | 18-03-97 Eindhoven Atl. | Eindhoven | 16-04-09 |
| 1.47,17 | Corinda van | Es | 11-02-97 Energie | Barendrecht | 30-05-09 |
| 1.47,32 | Yacintha | Aakster | 25-06-96 Groningen Atl | Stadskanaal | 30-08-09 |
| | (20) | | | | |
| 1.47,41 | Céline van der | Kruk | 06-03-96 Sparta | Enschede | 20-09-09 |
| 1.47,44 | Tessa van den | Brink | 03-09-97 Scheldesport | Hulst | 04-07-09 |
| 1.47,67 | Aafke | Soet | 23-11-97 AV Heerenveen | Heerenveen | 19-09-09 |
| 1.47,91 | Celine | Ruiter | 21-10-96 Trias | Heerenveen | 19-09-09 |
| 1.47,92 | Esmee | Kroon | 01-03-96 AV '40 | Leiden | 08-07-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 1.41,98 | o Fenna van | Burg | 03-02-95 Prins Hendrik | Vught | 27-09-09 |

| | | | | | | |
|---------|---|-----------|-------------|----------------------|-----------------|----------|
| 1.43,72 | o | Dagmar | Smid | 26-01-97 AAV '36 | Alphen a/d Rijn | 04-10-09 |
| 1.44,1 | o | Anouschka | Schröder | 20-08-96 Flevo Delta | Dronten | 26-09-09 |
| 1.46,23 | o | Kim | Lahaije | 03-03-97 Attila | Tilburg | 04-10-09 |
| 1.47,3 | o | Celine | Ruiter | 21-10-96 Trias | Heiloo | 04-10-09 |
| 1.47,45 | o | Talitha | Tuinebrijer | 20-06-96 AAV '36 | Alphen a/d Rijn | 04-10-09 |
| 1.47,85 | o | Paulien | Plat | 27-01-96 PEC 1910 | Zwolle | 27-09-09 |

1000 meter meisjes-D

| | | | | | | |
|---------|--|-------------|-----------|----------------------------|-----------|----------|
| 3.00,41 | | Sanne | Reichgelt | 07-01-97 Nijmegen Atletiek | Nijmegen | 15-09-09 |
| 3.01,56 | | Nisrine | Masrhalmi | 17-11-96 Energie | Rotterdam | 03-07-09 |
| 3.03,15 | | Marjolein | Verheem | 27-03-96 Achilles-EL | Amsterdam | 06-09-09 |
| 3.06,98 | | Kim | Lahaije | 03-03-97 Attila | Tilburg | 01-06-09 |
| 3.08,06 | | Dagmar | Smid | 26-01-97 AAV '36 | Amsterdam | 06-09-09 |
| 3.08,20 | | Melissa de | Haan | 15-08-97 AV '34 | Enschede | 04-07-09 |
| 3.08,79 | | Esther | Brilman | 12-02-96 Triathlon | Purmerend | 20-06-09 |
| 3.09,07 | | Corinda van | Es | 11-02-97 Energie | Amsterdam | 06-09-09 |
| 3.10,03 | | Rosalie | Wijnker | 27-06-97 Hera | Amsterdam | 06-09-09 |
| 3.10,23 | | Sabine | Rutten | 04-05-97 VAV | Amsterdam | 02-08-09 |

(10)

| | | | | | | |
|---------|--|--------------|----------|----------------------------|-------------|----------|
| 3.10,33 | | Anouschka | Schröder | 20-08-96 Flevo Delta | Enschede | 04-07-09 |
| 3.10,68 | | Tess | Wegman | 25-03-96 Altis | Amsterdam | 02-08-09 |
| 3.10,73 | | Doortje | Swaters | 21-11-96 Athletics | Enschede | 04-07-09 |
| 3.12,28 | | Lotte | Keizer | 27-10-96 Nijmegen Atletiek | Enschede | 04-07-09 |
| 3.13,51 | | Isis | Visser | 29-04-96 PAC | Vlaardingen | 16-05-09 |
| 3.13,63 | | Inge | Drost | 15-01-96 Ilion | Amsterdam | 06-09-09 |
| 3.13,83 | | Floortje van | Kampen | 14-03-97 Hollandia | Hoorn | 12-09-09 |
| 3.13,86 | | Celine | Ruiter | 21-10-96 Trias | Amsterdam | 06-09-09 |
| 3.13,87 | | Monique | Schokker | 11-12-96 AV Edam | Gemert | 12-09-09 |
| 3.14,7 | | Sanne | Rijnders | 08-04-97 LG Deurne | Deurne | 18-10-09 |

(20)

| | | | | | | |
|---------|--|---------------|--------|------------------------|-----------|----------|
| 3.14,80 | | Judith | Rasch | 28-03-96 Pijnenburg | Gemert | 12-09-09 |
| 3.15,14 | | Fenna van | Burg | 03-02-95 Prins Hendrik | Best | 16-05-09 |
| 3.15,23 | | Veerle | Bakker | 29-09-97 Triathlon | Gemert | 12-09-09 |
| 3.15,35 | | Aafke | Soet | 23-11-97 AV Heerenveen | Amsterdam | 06-09-09 |
| 3.15,7 | | Tessa van den | Brink | 03-09-97 Scheldesport | Hulst | 13-06-09 |
| 3.15,72 | | Ilona | Poel | 05-08-96 DEM | Gemert | 12-09-09 |

1000 meter hindernisloop meisjes-D

| | | | | | | |
|---------|--|---------------|------------|--------------------------|-----------|----------|
| 3.23,71 | | Melissa de | Haan | 15-08-97 AV '34 | Amsterdam | 06-09-09 |
| 3.29,12 | | Floortje van | Kampen | 14-03-97 Hollandia | Amsterdam | 06-09-09 |
| 3.33,44 | | Joyce | Velthuizen | 23-12-96 Leiden Atletiek | Amsterdam | 06-09-09 |
| 3.33,86 | | Dagmar van | Hinte | 25-11-96 Flevo Delta | Amsterdam | 06-09-09 |
| 3.34,40 | | Kaylee van | Beelen | 26-03-96 De Spartaan | Amsterdam | 06-09-09 |
| 3.35,54 | | Tessa van den | Brink | 03-09-97 Scheldesport | Terneuzen | 19-09-09 |
| 3.36,17 | | Emma | Venneker | 11-11-96 Hylas | Amsterdam | 06-09-09 |
| 3.36,83 | | Anie | Wolsing | 24-06-96 Triathlon | Amsterdam | 06-09-09 |
| 3.41,43 | | Suzanne | Jonkers | 05-03-96 Sprint | Amsterdam | 06-09-09 |
| 3.41,53 | | Ornella | Wierikx | 22-06-97 THOR | Amsterdam | 06-09-09 |

(10)

60 meter horden 76,2 cm meisjes-D

| | | | | | | |
|-------|------|---------------|------------|--------------------------|-----------|----------|
| 9,71 | 0,2 | Tunde | Brinkerhof | 01-06-96 De Spartaan | Enschede | 19-09-09 |
| 9,74 | -0,8 | Chante | Samuel | 09-04-96 Phanos | Hoorn | 12-09-09 |
| 9,79 | 1,3 | Kaylee van | Beelen | 26-03-96 De Spartaan | Enschede | 19-09-09 |
| 9,83 | | Zola van | Zwol | 01-03-96 Hollandia | Hoorn | 04-07-09 |
| 9,89 | 1,3 | Inge | Drost | 15-01-96 Ilion | Enschede | 19-09-09 |
| 9,92 | -1,3 | Astrid | Ekelmans | 31-10-96 Hollandia | Amsterdam | 06-09-09 |
| 9,98 | -0,8 | Jaimie van | Tholl | 02-01-96 AV '23 | Hoorn | 12-09-09 |
| 10,07 | | Daphne | Simons | 12-02-96 STB | Venray | 07-06-09 |
| 10,10 | -0,3 | Romy | Smith | 25-01-97 Leiden Atletiek | Amsterdam | 06-09-09 |
| 10,16 | 2,0 | Renske van de | Wijdeven | 23-01-96 AV Valkenswaard | Uden | 20-06-09 |

(10)

| | | | | | | |
|-------|-----|----------------|----------|-------------------------|-----------|----------|
| 10,18 | | Fabiënne | Stoffels | 06-03-96 Scopias | Venray | 07-06-09 |
| 10,22 | 1,3 | Céline van der | Kruk | 06-03-96 Sparta | Enschede | 19-09-09 |
| 10,24 | 0,9 | Mariska | Nekkers | 04-03-96 Nea-Volharding | Purmerend | 20-06-09 |
| 10,26 | 0,6 | Anne van | Zuijlen | 15-01-96 AV '34 | Enschede | 04-07-09 |
| 10,33 | 0,2 | Tasa | Jiya | 16-09-97 Atos | Enschede | 19-09-09 |

| | | | | | |
|---|----------------|------------|--------------------------|---------------|----------|
| 10,34 | 0,1 Yara | Gast | 16-04-96 Triathlon | Purmerend | 20-06-09 |
| 10,36 | 1,3 Esmay | Koster | 11-06-96 Atverni | Amersfoort | 13-04-09 |
| 10,37 | 0,2 Lisa | Keuken | 30-06-96 Horror | Enschede | 19-09-09 |
| 10,40 | Romy | Spruit | 26-05-96 DEM | Zaandam | 04-07-09 |
| 10,41 | -1,2 Michelle | Oud | 19-07-96 SAV | Amstelveen | 31-05-09 |
| (20) | | | | | |
| 10,44 | 0,7 Bo van | Hemert | 01-02-96 Typhoon | Gemert | 12-09-09 |
| 10,44 | -0,1 Dijnja | Bosker | 10-10-97 AAC '61 | Hoorn | 12-09-09 |
| 10,47 | 0,7 Daphne | Veerman | 13-10-96 AV Edam | Gemert | 12-09-09 |
| 10,51 | Janneke | Bruintjes | 29-03-96 AV NOP | Emmeloord | 05-09-09 |
| 10,54 | -1,0 Sarah | Jebose | 14-08-96 AAC | Amsterdam | 06-09-09 |
| <i>mindere prestaties met bekende windgegevens:</i> | | | | | |
| 9,84 | -0,8 Zola van | Zwol | 01-03-96 Hollandia | Hoorn | 12-09-09 |
| 10,21 | -2,0 Daphne | Simons | 12-02-96 STB | Sittard | 16-05-09 |
| 10,34 | -1,1 Fabienne | Stoffels | 06-03-96 Scopias | Amsterdam | 06-09-09 |
| 10,47 | -1,0 Romy | Spruit | 26-05-96 DEM | Amsterdam | 06-09-09 |
| <i>betere handtijden:</i> | | | | | |
| 9,9 | Céline van der | Kruk | 06-03-96 Sparta | Den Haag | 12-06-09 |
| 10,2 | Naomi | Nachtegaal | 15-01-96 RK HAV | Hulst | 13-06-09 |
| <i>met teveel rugwind:</i> | | | | | |
| 9,71 | w 2,4 Chante | Samuel | 09-04-96 Phanos | Heerhugowaard | 20-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 10,00 | o Romy | Smith | 25-01-97 Leiden Atletiek | Leiden | 10-10-09 |
| 10,2 | o Aimee | Lovers | 29-07-96 GAC-Hilversum | Hilversum | 03-10-09 |
| 10,3 | o Rémi van | Dijk | 17-01-96 De Spartaan | Lisse | 03-10-09 |
| hoogspringen meisjes-D | | | | | |
| 1,66 | Chante | Samuel | 09-04-96 Phanos | Amersfoort | 13-04-09 |
| 1,65 | Janneke | Bruintjes | 29-03-96 AV NOP | Amsterdam | 06-09-09 |
| 1,60 | Marceline | Manders | 14-02-96 HAC | Gemert | 23-05-09 |
| 1,55 | Lisa | Keuken | 30-06-96 Horror | Heerenveen | 11-04-09 |
| 1,55 | Veerle | Simons | 12-02-96 STB | Sittard | 16-05-09 |
| 1,55 | Romy | Smith | 25-01-97 Leiden Atletiek | Amstelveen | 31-05-09 |
| 1,55 | Renilde | Zwartkruis | 04-02-96 Unitas | Venray | 07-06-09 |
| 1,55 | Melissa de | Haan | 15-08-97 AV '34 | Apeldoorn | 13-06-09 |
| 1,50 | Romy | Matulessya | 21-03-96 Atverni | Almere | 18-04-09 |
| 1,50 | Marieke | Turkesteen | 16-04-97 VAV | Almere | 18-04-09 |
| (10) | | | | | |
| 1,50 | Michelle | Oud | 19-07-96 SAV | Castricum | 18-04-09 |
| 1,50 | Marit van der | Veen | 14-02-96 Parthenon | Waalwijk | 16-05-09 |
| 1,50 | Jasmine | Anpong | 06-04-96 Eindhoven Atl. | Best | 16-05-09 |
| 1,50 | Renske van de | Wijdeven | 23-01-96 AV Valkenswaard | Gemert | 23-05-09 |
| 1,50 | Lena van | Lee | 15-08-96 AV Oss '78 | Gemert | 23-05-09 |
| 1,50 | Mirte | Scheper | 30-01-97 Startbaan | Amstelveen | 31-05-09 |
| 1,50 | Naomi | Cools | 24-01-96 THOR | Uden | 06-06-09 |
| 1,50 | Jolien | Bijl | 16-01-97 THOR | Breda | 20-06-09 |
| 1,50 | Inge | Drost | 15-01-96 Ilion | Delft | 04-07-09 |
| 1,50 | Lisa | Tillema | 14-03-96 AV Almere '81 | Gemert | 12-09-09 |
| (20) | | | | | |
| 1,45 | Nadine de | Rijke | 17-09-96 Delta Sport | Terneuzen | 04-04-09 |
| 1,45 | Fleur van | Es | 11-07-96 De Keien | Uden | 05-04-09 |
| 1,45 | Nadine | Lammers | 26-08-96 AV '47 | Gouda | 18-04-09 |
| 1,45 | Daphne | Veerman | 13-10-96 AV Edam | Haarlem | 18-04-09 |
| 1,45 | Romy | Spruit | 26-05-96 DEM | Haarlem | 18-04-09 |
| 1,45 | Jessie | Lof | 15-01-96 AV Edam | Haarlem | 18-04-09 |
| 1,45 | Tessa | Miedema | 08-01-96 AV Heerenveen | Groningen | 18-04-09 |
| 1,45 | Priscilla van | Oorschot | 03-09-96 AAC | Amsterdam | 18-04-09 |
| 1,45 | Suzan van | Gastel | 28-10-96 Prins Hendrik | Oss | 18-04-09 |
| 1,45 | Nele van den | Broek | 03-02-97 Sprint | Zundert | 09-05-09 |
| (30) | | | | | |
| 1,45 | Luka | Jansen | 05-02-96 AV '23 | Santpoort | 16-05-09 |
| 1,45 | Daphne van den | Hoven | 26-10-96 Trias | Den Helder | 16-05-09 |
| 1,45 | Marjo van den | Velden | 17-06-96 AC Waalwijk '66 | Waalwijk | 16-05-09 |
| 1,45 | Sien | Snelder | 08-01-96 AV Argo | Hengelo | 16-05-09 |
| 1,45 | Anne van de | Wiel | 04-06-97 Sprint | Gemert | 23-05-09 |
| 1,45 | Judith | Rasch | 28-03-96 Pijnenburg | Gemert | 23-05-09 |

| | | | | | |
|------|----------|-----------|-----------------------|------------|----------|
| 1,45 | Nadine | Harmeling | 26-02-96 AV Argo | Apeldoorn | 13-06-09 |
| 1,45 | Yasmin | Kammeron | 30-06-97 Daventria | Wageningen | 13-06-09 |
| 1,45 | Julia de | Koning | 22-01-97 Olympus '70 | Zoetermeer | 20-06-09 |
| 1,45 | Lotte | Bodelier | 25-11-96 Achilles-Top | Uden | 20-06-09 |

(40)

| | | | | | |
|------|--------------|------------|----------------------|-----------|----------|
| 1,45 | Danielle van | Dorth | 28-03-96 Hylas | Alkmaar | 23-08-09 |
| 1,45 | Tunde | Brinkerhof | 01-06-96 De Spartaan | Woerden | 29-08-09 |
| 1,45 | Jaimy | Loos | 08-08-97 De Spartaan | Amsterdam | 06-09-09 |
| 1,45 | Tasa | Jiya | 16-09-97 Atos | Enschede | 19-09-09 |
| 1,45 | Anne van de | Wiel | 04-06-97 | Enschede | 19-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|-------------|---------|-------------------|--------|----------|
| 1,45 | o | Juliette de | Klerk | 31-07-97 BAV | Baarn | 20-09-09 |
| 1,45 | o | Marit | Redeker | 04-12-96 PEC 1910 | Zwolle | 26-09-09 |

verspringen meisjes-D

| | | | | | |
|------|-------------------|-----------|--------------------------|---------------|----------|
| 5,22 | Brenda | Bohle | 10-01-96 Hollandia | Heerhugowaard | 20-06-09 |
| 5,15 | Astrid | Ekelmans | 31-10-96 Hollandia | Amsterdam | 06-09-09 |
| 5,12 | Lisa | Postema | 20-01-96 Prins Hendrik | Amsterdam | 06-09-09 |
| 5,05 | 0,8 Janneke | Bruintjes | 29-03-96 AV NOP | Enschede | 04-07-09 |
| 5,00 | Gabriëlla van der | Wijck | 27-03-97 AV Edam | Amsterdam | 06-09-09 |
| 4,98 | Inge | Drost | 15-01-96 Ilion | Leiden | 18-04-09 |
| 4,98 | Chante | Samuel | 09-04-96 Phanos | Zaandam | 05-07-09 |
| 4,90 | Milet | Hoornaar | 18-06-96 Parthenon | Utrecht | 05-07-09 |
| 4,87 | Chantal van | Wissen | 10-02-96 Phanos | Heerhugowaard | 20-06-09 |
| 4,87 | 1,0 Romy | Smith | 25-01-97 Leiden Atletiek | Zoetermeer | 20-06-09 |

(10)

| | | | | | |
|------|------------|-----------|------------------------|---------------|----------|
| 4,87 | Daphne | Simons | 12-02-96 STB | Sittard | 12-07-09 |
| 4,85 | Julia | Baur | 23-05-96 Fortuna | Delft | 05-07-09 |
| 4,82 | Eva | Hovenkamp | 19-07-96 Climax | Barendrecht | 30-05-09 |
| 4,82 | Lianne van | Krieken | 15-01-97 Typhoon | Papendrecht | 06-06-09 |
| 4,80 | Anouschka | Schröder | 20-08-96 Flevo Delta | Harderwijk | 13-06-09 |
| 4,80 | Romy | Spruit | 26-05-96 DEM | Purmerend | 20-06-09 |
| 4,74 | Mikki | Richert | 15-06-96 KAV Holland | Heerhugowaard | 20-06-09 |
| 4,71 | Rosalien | Bauman | 13-02-96 Athlos | Heerenveen | 20-06-09 |
| 4,67 | Aimee | Lovers | 29-07-96 GAC-Hilversum | Amstelveen | 01-06-09 |
| 4,65 | Francis | Sikkenga | 16-05-97 Hollandia | Den Helder | 28-08-09 |

(20)

| | | | | | |
|------|--------------------|----------|--------------------------|-----------|----------|
| 4,65 | 0,3 Céline van der | Kruk | 06-03-96 Sparta | Enschede | 20-09-09 |
| 4,63 | Nyala | Stevens | 11-02-97 Hollandia | Hoorn | 05-04-09 |
| 4,63 | Lisa | Tillema | 14-03-96 AV Almere '81 | Purmerend | 20-06-09 |
| 4,62 | Lisa | Keuken | 30-06-96 Horror | Alkmaar | 04-04-09 |
| 4,58 | Maureen | Pelgrim | 13-05-97 Prins Hendrik | Uden | 06-06-09 |
| 4,58 | Renske van de | Wijdeven | 23-01-96 AV Valkenswaard | Best | 05-07-09 |

mindere prestaties met bekende windgegevens:

| | | | | | |
|------|-----------------------|----------|------------------------|----------|----------|
| 4,83 | -0,6 Chante | Samuel | 09-04-96 Phanos | Enschede | 20-09-09 |
| 4,82 | -1,2 Inge | Drost | 15-01-96 Ilion | Enschede | 20-09-09 |
| 4,76 | 0,0 Lisa | Postema | 20-01-96 Prins Hendrik | Hoorn | 12-09-09 |
| 4,72 | 0,2 Anouschka | Schröder | 20-08-96 Flevo Delta | Gemert | 12-09-09 |
| 4,72 | 0,0 Astrid | Ekelmans | 31-10-96 Hollandia | Hoorn | 12-09-09 |
| 4,71 | 0,0 Brenda | Bohle | 10-01-96 Hollandia | Hoorn | 12-09-09 |
| 4,65 | 0,4 Lianne van | Krieken | 15-01-97 Typhoon | Gemert | 12-09-09 |
| 4,65 | -1,4 Julia | Baur | 23-05-96 Fortuna | Enschede | 20-09-09 |
| 4,63 | 1,0 Gabriëlla van der | Wijck | 27-03-97 AV Edam | Gemert | 12-09-09 |
| 4,60 | -0,3 Lisa | Keuken | 30-06-96 Horror | Enschede | 20-09-09 |

in onderlinge wedstrijd:

| | | | | | | |
|------|---|---------|------------|------------------------|-----------|----------|
| 4,88 | o | Lotte | Jacobs | 02-04-96 Groningen Atl | Groningen | 03-10-09 |
| 4,62 | o | Jaimy | Loos | 08-08-97 De Spartaan | Lisse | 04-10-09 |
| 4,60 | o | Babs | Mevissen | 26-01-96 Achilles-Top | Kerkrade | 27-09-09 |
| 4,59 | o | Renilde | Zwartkruis | 04-02-96 Unitas | Sittard | 27-09-09 |

kogelstoten 2 kg meisjes-D

| | | | | | |
|-------|---------|------------|-------------------------|------------|----------|
| 14,58 | Jasmine | Anpong | 06-04-96 Eindhoven Atl. | Amsterdam | 06-09-09 |
| 13,24 | Simone | Luijten | 05-03-96 Achilles-EL | Uden | 06-06-09 |
| 11,74 | Alissa | Groenedijk | 27-09-96 Spark | Zoetermeer | 20-06-09 |
| 11,73 | Nyala | Stevens | 11-02-97 Hollandia | Hoorn | 12-09-09 |
| 11,68 | Luka | Jansen | 05-02-96 AV '23 | Alkmaar | 23-08-09 |

| | | | | | |
|---------------------------------------|---------------|------------------|----------------------------|-----------------|----------|
| 11,64 | Anne | Egbers | 21-06-97 Ciko '66 | Zevenaar | 09-05-09 |
| 11,64 | Lotte | Bodelier | 25-11-96 Achilles-Top | Kerkrade | 19-09-09 |
| 11,62 | Chimene | Fodjagbo-Azoungo | 05-04-96 Leiden Atletiek | Leiden | 18-04-09 |
| 11,52 | Michelle | Dijkhuis | 25-06-96 AAC '61 | Hoorn | 12-09-09 |
| 11,45 | Lisa | Goossen | MPA 20-01-98 AV '40 | Alphen a/d Rijn | 10-10-09 |
| (10) | | | | | |
| 11,40 | Esther | Welten | 02-02-96 Prins Hendrik | Den Bosch | 18-10-09 |
| 11,39 | Vincie | Vossenaar | 29-05-96 Prins Hendrik | Hoorn | 12-09-09 |
| 11,36 | Keeley | Heijdeman | 09-04-97 AAC | Santpoort | 18-09-09 |
| 11,23 | Roos | Majoor | 11-04-96 Triathlon | Veenendaal | 29-08-09 |
| 11,17 | Lisa | Keuken | 30-06-96 Horror | Enschede | 20-09-09 |
| 11,14 | Kaylee van | Beelen | 26-03-96 De Spartaan | Enschede | 20-09-09 |
| 11,02 | Brenda | Bohle | 10-01-96 Hollandia | Hoorn | 04-07-09 |
| 11,01 | Felicia | Onbekent | 07-03-96 Sparta | Spijkenisse | 16-05-09 |
| 10,97 | Chante | Samuel | 09-04-96 Phanos | Woerden | 30-08-09 |
| 10,92 | Annabelle | Verweij | 25-02-96 Diomedon | Amsterdam | 06-09-09 |
| (20) | | | | | |
| 10,80 | Cindy | Konadu | 29-05-97 Ilion | Leiden | 18-04-09 |
| 10,76 | Wies | Rebel | 16-02-96 AV '40 | Lisse | 16-05-09 |
| 10,76 | Robin | Tesselaar | 16-01-96 Nova | Reusel | 28-06-09 |
| 10,72 | Mirjam | Berrevoets | 20-02-96 Delta Sport | Terneuzen | 19-09-09 |
| 10,70 | Lisa | Tillema | 14-03-96 AV Almere '81 | Amsterdam | 06-09-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 11,73 | o Lotte | Bodelier | 25-11-96 Achilles-Top | Kerkrade | 27-09-09 |
| 11,68 | o Lisa | Goossen | MPA 20-01-98 AV '40 | Delft | 04-10-09 |
| 11,67 | o Kylie de | Beer | 12-04-96 GAC-Hilversum | Hilversum | 03-10-09 |
| 11,45 | o Esther | Welten | 02-02-96 Prins Hendrik | Vught | 27-09-09 |
| 10,80 | o Robin | Tesselaar | 16-01-96 Nova | Amstelveen | 25-04-09 |
| discuswerpen 750 gr meisjes-D | | | | | |
| 31,89 | Dewi | Dankmeyer | 09-02-96 Hollandia | Leeuwarden | 26-09-09 |
| 28,52 | Fleur van der | Put | 31-08-96 Leiden Atletiek | Hoorn | 12-09-09 |
| 27,91 | Rémi van | Dijk | 17-01-96 De Spartaan | Amsterdam | 06-09-09 |
| 27,72 | Daphne | Willems | 29-08-96 AV '23 | Heerhugowaard | 20-06-09 |
| 27,23 | Lisa | Biesterveld | 28-08-96 Pijnenburg | Veenendaal | 04-04-09 |
| 26,58 | Annabelle | Verweij | 25-02-96 Diomedon | Amsterdam | 06-09-09 |
| 26,49 | Renske | Versloot | 28-01-96 De Liemers | Amsterdam | 06-09-09 |
| 26,49 | Iris van | Zantvliet | 30-06-96 KAV Holland | Santpoort | 18-09-09 |
| 26,21 | Elianne | Pasker | 06-01-97 Altis | Amsterdam | 06-09-09 |
| 25,82 | Zillah | Cornelissen | 21-03-97 Nijmegen Atletiek | Amsterdam | 06-09-09 |
| (10) | | | | | |
| 25,71 | Xanthe de | Bont | 22-06-96 Phanos | Amsterdam | 06-09-09 |
| 25,53 | Janneke | Bruintjes | 29-03-96 AV NOP | Harderwijk | 13-06-09 |
| 25,37 | Sarah | Danner | 20-07-96 Phanos | Hoorn | 12-09-09 |
| 25,16 | Inge | Drost | 15-01-96 Ilion | Zoetermeer | 05-04-09 |
| 24,92 | Dagmar | Oenema | 03-05-96 AV Heerenveen | Heerenveen | 20-06-09 |
| 24,58 | Lieke | Brouwer | 13-02-96 De Spartaan | Reeuwijk | 24-06-09 |
| 24,53 | Brenda | Bohle | 10-01-96 Hollandia | Hoorn | 04-07-09 |
| 24,50 | Kim | Habets | 07-09-96 Caesar | Venray | 07-06-09 |
| 24,48 | Lisa | Keuken | 30-06-96 Horror | Leeuwarden | 26-09-09 |
| 24,32 | Bente van der | Wal | 04-04-96 AC TION | Almelo | 18-04-09 |
| (20) | | | | | |
| 24,10 | Jose | Ebbinge | 03-12-96 AAC '61 | Heerenveen | 19-09-09 |
| 24,09 | Sarah | Smits | 18-05-96 Prins Hendrik | Amsterdam | 06-09-09 |
| 23,96 | Nadine de | Rijke | 17-09-96 Delta Sport | Bergen op Zoom | 28-03-09 |
| 23,90 | Vincie | Vossenaar | 29-05-96 Prins Hendrik | Uden | 06-06-09 |
| 23,89 | Alysha | Grooten | 15-06-97 Passaat | Breda | 20-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 29,71 | o Rémi van | Dijk | 17-01-96 De Spartaan | Lisse | 04-10-09 |
| speerwerpen 400 gram meisjes-D | | | | | |
| 38,43 | Simone | Luijten | 05-03-96 Achilles-EL | Amsterdam | 06-09-09 |
| 34,60 | Nadine | Harmeling | 26-02-96 AV Argo | Ede | 19-09-09 |
| 32,84 | Demi van | Noort | 23-07-96 DEM | Amsterdam | 06-09-09 |
| 32,35 | Nina | Dijkstra | 28-11-96 De Liemers | Hoorn | 12-09-09 |
| 32,32 | Julia den | Ouden | 01-01-96 Fortuna | Amsterdam | 06-09-09 |

Statistisch jaarboek 2009

| | | | | | |
|---------------------------------|---------------|-------------|----------------------------|---------------|----------|
| 31,72 | Tanne | Schuilng | 16-05-96 Daventria | Goor | 04-09-09 |
| 30,50 | Noa | Onwudiegwu | 11-06-96 Leiden Atletiek | Lisse | 16-05-09 |
| 30,40 | Brenda | Bohle | 10-01-96 Hollandia | Hoorn | 12-09-09 |
| 29,96 | Tunde | Brinkerhof | 01-06-96 De Spartaan | Amsterdam | 06-09-09 |
| 29,04 | Zillah | Cornelissen | 21-03-97 Nijmegen Atletiek | Enschede | 04-07-09 |
| (10) | | | | | |
| 28,94 | Talitha | Tuinebrijer | 20-06-96 AAV '36 | Enschede | 19-09-09 |
| 28,74 | Judith | Rasch | 28-03-96 Pijnenburg | Zaandam | 04-07-09 |
| 28,73 | Heleen van | Hal | 14-02-96 Prins Hendrik | Amsterdam | 06-09-09 |
| 28,27 | Iris van | Zantvliet | 30-06-96 KAV Holland | Heerhugowaard | 13-09-09 |
| 28,22 | Larissa | Scheffer | 13-08-96 AC TION | Goor | 04-09-09 |
| 27,89 | Laurine van | Roosmalen | 09-07-96 Sparta | Zoetermeer | 20-06-09 |
| 27,30 | Lincy | Disco | 13-02-97 THOR | Breda | 20-06-09 |
| 27,26 | Renske van de | Wijdeven | 23-01-96 AV Valkenswaard | Uden | 06-06-09 |
| 27,25 | Laqisha | Gemerts | 12-01-97 Nea-Volharding | Purmerend | 04-10-09 |
| 27,11 | Astrid | Niezing | 14-02-96 De Sprinter | Amsterdam | 06-09-09 |
| (20) | | | | | |
| 27,07 | Jessie | Lof | 15-01-96 AV Edam | Gemert | 12-09-09 |
| 26,62 | Femke | Riensema | 14-02-97 ATV Venray | Deurne | 18-10-09 |
| 26,57 | Inge | Drost | 15-01-96 Ilion | Delft | 04-07-09 |
| 26,50 | Michelle | Dijkhuis | 25-06-96 AAC '61 | Steenwijk | 11-10-09 |
| 26,44 | Karina | Voois | 10-01-97 Olympus '70 | Zoetermeer | 20-06-09 |
| <i>in onderlinge wedstrijd:</i> | | | | | |
| 28,68 | o Esther | Welten | 02-02-96 Prins Hendrik | Vught | 26-09-09 |
| 27,00 | o Luka | Jansen | 05-02-96 AV '23 | Amsterdam | 04-10-09 |

6-kamp meisjes-D

| | | | | | |
|---|----------------|------------|--------------------------|-------------|----------|
| <i>60mH * hoog * speer * ver * kogel * 600m * windgegevens</i> | | | | | |
| 3464 | Chante | Samuel | 09-04-96 Phanos | Enschede | 20-09-09 |
| <i>09,76 * 1,65 * 23,99 * 4,83 * 10,69 * 1.50,55 * 1,3 * -0,6 *</i> | | | | | |
| 3451 | Inge | Drost | 15-01-96 Ilion | Delft | 05-07-09 |
| <i>10,13 * 1,50 * 26,57 * 4,89 * 09,59 * 1.39,85 * * *</i> | | | | | |
| 3210 | Kaylee van | Beelen | 26-03-96 De Spartaan | Enschede | 20-09-09 |
| <i>09,79 * 1,40 * 22,17 * 4,38 * 11,14 * 1.46,40 * 1,3 * -0,1 *</i> | | | | | |
| 3175 | Judith | Rasch | 28-03-96 Pijnenburg | Enschede | 20-09-09 |
| <i>10,68 * 1,40 * 28,56 * 4,53 * 09,68 * 1.45,53 * 0,6 * 0,2 *</i> | | | | | |
| 3173 | Lisa | Keuken | 30-06-96 Horror | Enschede | 20-09-09 |
| <i>10,37 * 1,55 * 19,62 * 4,60 * 11,17 * 1.52,28 * 0,2 * -0,3 *</i> | | | | | |
| 3165 | Romy | Smith | 25-01-97 Leiden Atletiek | Barendrecht | 28-06-09 |
| <i>10,46 * 1,50 * 22,35 * 4,76 * 10,28 * 1.52,15 * * *</i> | | | | | |
| 3148 | Renske van de | Wijdeven | 23-01-96 AV Valkenswaard | Best | 05-07-09 |
| <i>10,28 * 1,50 * 24,48 * 4,58 * 09,14 * 1.50,98 * * *</i> | | | | | |
| 3124 | Michelle | Oud | 19-07-96 SAV | Amstelveen | 01-06-09 |
| <i>10,41 * 1,50 * 21,01 * 4,36 * 09,85 * 1.46,18 * -1,2 * *</i> | | | | | |
| 3059 | Luka | Jansen | 05-02-96 AV '23 | Enschede | 20-09-09 |
| <i>10,55 * 1,40 * 25,09 * 4,45 * 11,00 * 1.54,46 * 0,2 * -0,1 *</i> | | | | | |
| 3046 | Tunde | Brinkerhof | 01-06-96 De Spartaan | Woerden | 30-08-09 |
| <i>10,73 * 1,45 * 26,73 * 4,33 * 09,61 * 1.52,07 * 2,5 * 1,7 *</i> | | | | | |
| (10) | | | | | |
| 2951 | Julia | Baur | 23-05-96 Fortuna | Barendrecht | 28-06-09 |
| <i>11,43 * 1,40 * 19,73 * 4,82 * 08,32 * 1.43,73 * * *</i> | | | | | |
| 2912 | Marceline | Manders | 14-02-96 HAC | Enschede | 20-09-09 |
| <i>10,76 * 1,45 * 25,00 * 4,38 * 09,29 * 2.00,13 * 0,6 * -1,0 *</i> | | | | | |
| 2905 | Tasa | Jiya | 16-09-97 Atos | Enschede | 20-09-09 |
| <i>10,33 * 1,45 * 20,32 * 4,21 * 08,23 * 1.50,80 * 0,2 * -1,8 *</i> | | | | | |
| 2904 | Anne van de | Wiel | 04-06-97 Sprint | Gemert | 24-05-09 |
| <i>11,60 * 1,45 * 24,55 * 4,35 * 07,94 * 1.46,52 * -0,1 * *</i> | | | | | |
| 2876 | Romy | Spruit | 26-05-96 DEM | Enschede | 20-09-09 |
| <i>10,83 * 1,40 * 21,63 * 4,45 * 09,29 * 1.54,99 * 0,2 * -0,4 *</i> | | | | | |
| 2855 | Lena van | Lee | 15-08-96 AV Oss '78 | Gemert | 24-05-09 |
| <i>11,09 * 1,50 * 19,36 * 4,33 * 09,50 * 1.56,34 * -1,8 * *</i> | | | | | |
| 2790 | Melissa de | Haan | 15-08-97 AV '34 | Gemert | 24-05-09 |
| <i>11,31 * 1,35 * 20,74 * 4,05 * 08,68 * 1.44,61 * 1,1 * *</i> | | | | | |
| 2771 | Céline van der | Kruk | 06-03-96 Sparta | Woerden | 30-08-09 |
| <i>10,43 * 1,30 * 20,16 * 4,23 * 09,15 * 1.54,76 * 3,0 * 1,6 *</i> | | | | | |
| 2737 | Daphne | Willems | 29-08-96 AV '23 | Best | 05-07-09 |

| | | | | | |
|------|---------------------|--|-------------|-------------|----------|
| | | 11,12 * 1,40 * 25,10 * 4,14 * 08,60 * 2.01,01 * * * | | | |
| 2729 | Rémi van Dijk | 17-01-96 | De Spartaan | Enschede | 20-09-09 |
| | | 10,80 * 1,25 * 23,30 * 4,07 * 09,30 * 1.54,17 * 0,6 * -1,2 * | | | |
| 2650 | Esther Brillman | 12-02-96 | Triathlon | Best | 05-07-09 |
| | | 12,14 * 1,40 * 16,55 * 4,18 * 08,18 * 1.45,58 * * * | | | |
| 2645 | Talitha Tuinebrijer | 20-06-96 | AAV '36 | Schoonhoven | 05-07-09 |
| | | 12,2= * 1,20 * 26,18 * 4,27 * 10,08 * 1.54,4= * * * | | | |
| 2624 | Jessy van Ee | 17-09-97 | Altis | Krommenie | 30-08-09 |
| | | 11,3= * 1,35 * 18,55 * 3,89 * 09,18 * 1.51,4= * * * | | | |
| 2604 | Daphne Knolhoff | 13-07-96 | Jahn II | Stadskanaal | 30-08-09 |
| | | 12,27 * 1,30 * 19,78 * 4,18 * 09,08 * 1.50,36 * * * | | | |
| 2593 | Tess Wegman | 25-03-96 | Altis | Krommenie | 30-08-09 |
| | | 11,2= * 1,25 * 17,07 * 4,32 * 07,94 * 1.48,4= * * * | | | |

in onderlinge wedstrijd:

| | | | | | |
|------|-----------------------|---|-------------|-----------------|----------|
| 2986 | o Rémi van Dijk | 17-01-96 | De Spartaan | Lisse | 04-10-09 |
| | | 10,3= * 1,35 * 25,55 * 4,39 * 10,45 * 1.54,7= * * * | | | |
| 2936 | o Anouschka Schröder | 20-08-96 | Flevo Delta | Dronten | 26-09-09 |
| | | 11,4= * 1,35 * 18,64 * 4,71 * 10,28 * 1.44,1= * * * | | | |
| 2840 | o Brenda Bohle | 10-01-96 | Hollandia | Hoorn | 04-10-09 |
| | | 11,0= * 1,40 * 28,79 * 4,64 * 10,15 * 2.13,4= * * * | | | |
| 2719 | o Talitha Tuinebrijer | 20-06-96 | AAV '36 | Alphen a/d Rijn | 04-10-09 |
| | | 12,18 * 1,20 * 24,00 * 4,22 * 10,18 * 1.47,45 * * * | | | |
| 2654 | o Jessie Tijbout | 24-11-97 | Isala '96 | Kampen | 26-09-09 |
| | | 11,6= * 1,40 * 20,86 * 4,30 * 07,31 * 1.52,0= * * * | | | |
| 2618 | o Kim Lahaije | 03-03-97 | Attila | Tilburg | 04-10-09 |
| | | 11,78 * 1,40 * 14,79 * 4,39 * 07,05 * 1.46,23 * * * | | | |

4 x 60 meter clubteams meisjes-D

| | | | | | |
|-------|--|-----------|----------------|---------------|----------|
| 31,23 | | Hoorn | Hollandia | Heerhugowaard | 20-06-09 |
| 31,54 | | Amsterdam | Phanos | Hoorn | 12-09-09 |
| 31,70 | | Edam | AV Edam | Purmerend | 20-06-09 |
| 31,77 | | Purmerend | Nea-Volharding | Amstelveen | 27-09-09 |
| 31,81 | | Amsterdam | AV '23 | Heerhugowaard | 20-06-09 |
| 32,12 | | Sittard | Unitas | Uden | 20-06-09 |
| 32,29 | | Haarlem | KAV Holland | Haarlem | 18-04-09 |
| 32,32 | | Vught | Prins Hendrik | Uden | 06-06-09 |
| 32,40 | | Uden | De Keien | Uden | 20-06-09 |
| 32,51 | | Lisse | De Spartaan | Zoetermeer | 20-06-09 |

(10)

| | | | | | |
|-------|--|-----------------|-----------------|------------|----------|
| 32,52 | | Zoetermeer | Ilion | Lisse | 16-05-09 |
| 32,60 | | Leiden | Leiden Atletiek | Zoetermeer | 20-06-09 |
| 32,62 | | Almere | AV Almere '81 | Purmerend | 20-06-09 |
| 32,70 | | Arnhem | Ciko '66 | Enschede | 04-07-09 |
| 32,75 | | Beverwijk | DEM | Gemert | 12-09-09 |
| 32,79 | | Soest | Pijnenburg | Amsterdam | 16-05-09 |
| 32,80 | | Alkmaar | Hylas | Den Helder | 16-05-09 |
| 32,88 | | Alphen a/d Rijn | AAV '36 | Gemert | 12-09-09 |
| 32,94 | | Rotterdam | PAC | Amstelveen | 27-09-09 |
| 32,98 | | Breda | Sprint | Breda | 20-06-09 |

(20)

| | | | | | |
|-------|--|-------------|---------------|---------------|----------|
| 32,99 | | Rijssen | AV Rijssen | Enschede | 20-06-09 |
| 33,05 | | Huizen | Zuidwal | Amsterdam | 18-04-09 |
| 33,06 | | Utrecht | Phoenix | Purmerend | 20-06-09 |
| 33,15 | | Hilversum | GAC-Hilversum | Heerhugowaard | 20-06-09 |
| 33,19 | | Vlaardingen | Fortuna | Zoetermeer | 20-06-09 |

beter handtijden:

| | | | | | |
|------|--|-----------|----------------|---------|----------|
| 32,5 | | Eindhoven | Eindhoven Atl. | Oss | 18-04-09 |
| 33,0 | | Hengelo | MPM | Hengelo | 16-05-09 |

4 x 60 meter meisjes-D

| | | | | | |
|-------|--|---------------------|--|-------------|----------|
| 32,14 | | Zuid-Holland Midden | | Papendrecht | 06-06-09 |
| 32,22 | | Rijmond | | Papendrecht | 06-06-09 |
| 33,08 | | Dordrecht | | Papendrecht | 06-06-09 |

Ranglijsten 2009 Wegatletiek

(* = officieel gemeten parcours; # = netto tijd, ? = vermoedelijk kort parcours, R = trimloop; ! = speciale omstandigheden)

Mannen

10 km mannen - onder 32.00

| | | | | | | |
|--------|--------------|-------------------|--------------|-------------------|-------------|----------|
| 28.54 | * Martin | Lauret | M35 27-10-71 | Loopgroep PK | Tilburg | 06-09-09 |
| 28.55 | * Michel | Butter | 05-11-85 | DEM | Schoorl | 08-02-09 |
| 29.01 | * Koen | Raymaekers | 31-01-80 | Hellas | Tilburg | 06-09-09 |
| 29.02 | * Jamal | Baligha (MAR) | M35 11-12-73 | Improve RR | Brunssum | 29-03-09 |
| 29.05 | * Patrick | Stitzinger | 25-08-81 | Pegasus | Brunssum | 29-03-09 |
| 29.12 | * Patrick | Stitzinger | | | Tilburg | 06-09-09 |
| 29.15 | * Sander | Schutgens | 31-12-75 | Pegasus | Den Haag | 24-05-09 |
| 29.16 | * Marco | Gielen | M35 30-05-70 | Scopias | Den Haag | 24-05-09 |
| 29.19 | * Michel | Butter | | | Tilburg | 06-09-09 |
| 29.24 | * Greg | van Hest | M35 04-06-73 | TRR | Tilburg | 06-09-09 |
| (10/8) | | | | | | |
| 29.35 | * Neals | Strik | M35 10-12-73 | GAC Hilversum | Schoorl | 08-02-09 |
| 29.44 | * Tom | Wiggers | 10-08-87 | Castricum | Tilburg | 06-09-09 |
| (10) | | | | | | |
| 29.48 | * Ronald | Schröer | 28-09-84 | HERA | Tilburg | 06-09-09 |
| 29.50 | * Robert | Ton | 12-04-85 | Phanos | Tilburg | 06-09-09 |
| 29.50 | * Abdi | Nageeye | 02-03-89 | Loopgroep AS | Tilburg | 06-09-09 |
| 29.52 | * Hugo | van de Broek | 18-09-76 | Castricum | Schoorl | 08-02-09 |
| 29.54 | * Colin | Bekers | 21-09-79 | Sprint | Tilburg | 06-09-09 |
| 29.55 | * Ruben | Scheurwater | 19-02-80 | Parthenon | Tilburg | 06-09-09 |
| 30.00 | * Khalid | Choukoud | 20-03-86 | Haag Atletiek | Den Haag | 01-11-09 |
| 30.01 | * Said | Hayek (MAR) | 30-12-80 | Eindhoven Atl. | Tilburg | 06-09-09 |
| 30.02 | * Jesper | van der Wielen | JA 02-08-91 | Nijmegen Atletiek | Tilburg | 06-09-09 |
| 30.02 | * Roy | Hoornweg | 08-05-89 | Passaat | Tilburg | 06-09-09 |
| (20) | | | | | | |
| 30.04 | * Jeroen | Veldhuis | 20-10-75 | AAC | Tilburg | 06-09-09 |
| 30.10 | * Joost | van den Ende | 19-02-88 | Seven Hills RT | Tilburg | 06-09-09 |
| 30.18 | * Dennis | Weijers | 17-06-86 | Phoenix | Voorthuizen | 15-07-09 |
| 30.23 | * Thomas | Poesiat | 18-01-88 | Haag Atletiek | Den Haag | 01-11-09 |
| 30.25 | * Rens | Dekkers | 29-11-81 | HERA | Tilburg | 06-09-09 |
| 30.31 | * Mohamed | Ali Mohamed (SOM) | 11-11-89 | Eindhoven Atl. | Utrecht | 27-09-09 |
| 30.40 | * Huub | Maas | M35 23-11-70 | THOR | Rijsbergen | 20-06-09 |
| 30.40 | * Christian | de Lie | 31-07-76 | Castricum | Schoorl | 08-02-09 |
| 30.41 | * Timothy | Karanu | 07-08-80 | Eindhoven Atl. | Appingedam | 27-06-09 |
| 30.42 | * Luc | Krotwaar | M40 25-01-68 | Prins Hendrik | Wierden | 04-07-09 |
| (30) | | | | | | |
| 30.44 | * David | Hemstede | 17-04-79 | Climax | Voorthuizen | 15-07-09 |
| 30.45 | * Edo | Baart | M40 16-04-68 | ATOS | Voorthuizen | 15-07-09 |
| 30.46 | * Michel | Schrier | 06-11-79 | Dynamica | Rijsbergen | 20-06-09 |
| 30.47 | * Pim | Molenaar | 30-11-87 | Trias | Utrecht | 18-10-09 |
| 30.48 | * Edgard | Creemers | 26-03-75 | Leiden Atletiek | Schoorl | 08-02-09 |
| 30.52 | * Michel | Basemans | 07-04-87 | DES | Tilburg | 06-09-09 |
| 30.52 | * Dirk | de Heer | 08-04-81 | Ilion | Tilburg | 06-09-09 |
| 30.52 | * Jeroen | Maas | 29-11-82 | TRR | Rijsbergen | 20-06-09 |
| 30.52 | * Yennick | Wolthuizen | 16-12-84 | DOKEV | Schoorl | 08-02-09 |
| 30.53 | * Gert-Jan | Wassink | 12-12-85 | Argo | Brunssum | 29-03-09 |
| (40) | | | | | | |
| 30.57 | * Christiaan | van Beusichem | 14-12-80 | Loopteam ES | Schoorl | 08-02-09 |
| 31.00 | * Wesley | van der Gouw | 30-04-85 | Prins Hendrik | Tilburg | 06-09-09 |
| 31.01 | * Wesley | Pauel | 20-10-90 | Almere'81 | Tilburg | 06-09-09 |
| 31.08 | * Ron | van Diepen | M35 19-06-70 | HERA | Schoorl | 08-02-09 |
| 31.11 | * Roger | Smeets | M35 23-08-73 | Caesar | Rijsbergen | 20-06-09 |
| 31.12 | * Orphan | van Faassen | 18-12-83 | Ciko'66 | Kaatsheuvel | 17-05-09 |
| 31.14 | * Rob | Detert Oude Weme | 11-12-78 | AAC | Hilversum | 19-04-09 |
| 31.16 | * Abraham | Zewdie | M45 22-08-64 | Loopgroep AS | Den Haag | 01-11-09 |
| 31.17 | * Erik | Sanders | 22-05-84 | Nijmegen Atletiek | Den Haag | 01-11-09 |
| 31.17 | * Mike | Barsaryan (BDI) | 26-12-87 | Hylas | Den Haag | 24-05-09 |

| | | | | | | |
|-------|------|--|------------------------------|-----------------|----------|--|
| | (50) | | | | | |
| 31.18 | * | Erik Negerman | 15-01-75 GAC Hilversum | Schoorl | 08-02-09 | |
| 31.18 | * | Jorit van Malsen | 02-10-88 Hellas | Utrecht | 27-09-09 | |
| 31.19 | * | Olfert Molenhuis | 28-09-83 Groningen Atl. | Musselkanaal | 13-04-09 | |
| 31.21 | * | Michiel Otten | M40 26-10-68 Prins Hendrik | Tilburg | 06-09-09 | |
| 31.22 | * | Niels de Jong | 04-01-88 TRR | Tilburg | 06-09-09 | |
| 31.22 | * | Sullivan Smith | 16-09-76 Phanos | Tilburg | 06-09-09 | |
| 31.22 | * | Oskar de Kuijer | M40 12-11-66 Leiden Atletiek | Tilburg | 06-09-09 | |
| 31.23 | * | Alwin Groen | 19-02-89 NOVA | Tilburg | 06-09-09 | |
| 31.30 | * | Gerwin van den Hurk | 03-06-86 Prins Hendrik | Brunssum | 29-03-09 | |
| 31.34 | * | Armand van der Smissen | M40 30-06-68 Attila | Tilburg | 06-09-09 | |
| | (60) | | | | | |
| 31.38 | * | Wouter Janssen | >Oost-Souburg | Utrecht | 27-09-09 | |
| 31.39 | * | Ronald Bassa | 11-02-75 De Keien | Schoorl | 08-02-09 | |
| 31.42 | * | Toon Heeren | M40 08-03-67 Loopteam ES | Schoorl | 08-02-09 | |
| 31.45 | * | Fransua Woldemariam | M35 20-10-70 Zuidwal | Tilburg | 06-09-09 | |
| 31.48 | * | Jelte Brontsema | 05-12-79 Phanos | Tilburg | 06-09-09 | |
| 31.56 | * | Pascal van Troost | 11-12-85 Haag Atletiek | Voorthuizen | 15-07-09 | |
| 31.57 | * | Said Kanfaoui (MAR) | M35 15-12-73 Gouda | Schoorl | 08-02-09 | |
| 31.58 | * | Patrick Kwist | M40 07-11-68 Rotterdam Atl. | Tilburg | 06-09-09 | |
| 32.00 | * | Martijn Vos | 22-02-80 TRR | Utrecht | 27-09-09 | |
| | | <i>betere prestaties op gecertificeerd parcours in trimloop:</i> | | | | |
| 29.32 | * | R Hugo van de Broek | 18-09-76 Castricum | Groesbeek | 07-06-09 | |
| | | <i>betere prestaties op ongecertificeerd parcours:</i> | | | | |
| 30.31 | | David Hemstede | 17-04-79 Climax | Alphen, NB | 11-07-09 | |
| 31.10 | | Mike Barsaryan (BDI) | 26-12-87 Hylas | Spierdijk | 17-04-09 | |
| 31.42 | | Gerard Cornelissen | M35 20-06-71 Phoenix | Utrecht | 13-04-09 | |
| 31.43 | | Said Kanfaoui (MAR) | M35 15-12-73 Gouda | Woerden | 15-06-09 | |
| 31.45 | | Patrick Kwist | M40 07-11-68 Rotterdam Atl. | Numansdorp | 20-06-09 | |
| 31.49 | | Wim Padmos | M40 11-07-66 Voorne Atletiek | Middelharnis | 26-09-09 | |
| 31.52 | | Rene Stokvis | 25-01-87 TION | Oldenzaal | 09-08-09 | |
| 31.54 | | Adnan Naanaa | 23-03-80 AAC | Amsterdam | 05-04-09 | |
| 31.56 | | Jorrit Pels | 23-06-87 Rotterdam Atl. | Delft | 21-05-09 | |
| 31.56 | | Wim Opten | M40 05-05-66 Veendam | Stadskanaal | 14-11-09 | |
| | | <i>betere prestaties in trimloop:</i> | | | | |
| 31.07 | | R Said Kanfaoui (MAR) | M35 15-12-73 Gouda | Noordwijkerhout | 26-04-09 | |
| 31.26 | | R Wim Nieuwkerk | 07-07-81 TRR | Rucphen | 18-10-09 | |
| 31.37 | | R Jeroen van Damme | M35 29-09-72 Loopteam ES | Rucphen | 18-10-09 | |
| | | 15 km mannen - onder 50.00 | | | | |
| 45.26 | * | Jamal Baligha (MAR) | M35 11-12-73 Improve RR | Nijmegen | 15-11-09 | |
| 45.51 | * | Patrick Stitzinger | 25-08-81 Pegasus | Nijmegen | 15-11-09 | |
| 45.59 | * | Ruben Scheurwater | 19-02-80 Parthenon | Nijmegen | 15-11-09 | |
| 46.00 | * | Said Hayek (MAR) | 30-12-80 Eindhoven Atl. | Nijmegen | 15-11-09 | |
| 46.02 | * | Neals Strik | M35 10-12-73 GAC Hilversum | Nijmegen | 15-11-09 | |
| 46.22 | * | Thomas Poesiat | 18-01-88 Haag Atletiek | Nijmegen | 15-11-09 | |
| 46.30 | * | Marco Gielen | M35 30-05-70 Scopias | Nijmegen | 15-11-09 | |
| 47.09 | * | Koen Raymaekers | 31-01-80 Hellas | 's Heerenberg | 06-12-09 | |
| 47.20 | * | Wesley van der Gouw | 30-04-85 Prins Hendrik | Nijmegen | 15-11-09 | |
| 47.27 | * | Mohamed Ali Mohamed (SOM) | 11-11-89 Eindhoven Atl. | Nijmegen | 15-11-09 | |
| | (10) | | | | | |
| 47.43 | * | Erik Sanders | 22-05-84 Nijmegen Atletiek | Nijmegen | 15-11-09 | |
| 47.45 | * | Huub Maas | M35 23-11-70 THOR | Nijmegen | 15-11-09 | |
| 48.05 | * | Olfert Molenhuis | 28-09-83 Groningen Atl. | Nijmegen | 15-11-09 | |
| 48.17 | * | David Hemstede | 17-04-79 Climax | Nijmegen | 15-11-09 | |
| 48.26 | * | Michiel Otten | M40 26-10-68 Prins Hendrik | Nijmegen | 15-11-09 | |
| 48.32 | * | Sven van der Vliet | 25-09-88 Almere'81 | Nijmegen | 15-11-09 | |
| 48.35 | * | Benjamin Romkes | M40 15-02-65 Zaanland | Nijmegen | 15-11-09 | |
| 48.38 | * | Tom Pleijte | 03-07-85 Dynamica | Nijmegen | 15-11-09 | |
| 48.42 | * | Wilbert van Vliet | 03-01-89 Seven Hills RT | Nijmegen | 15-11-09 | |
| 48.43 | * | Koen Vossers | 06-05-89 Hanzesport | Nijmegen | 15-11-09 | |
| | (20) | | | | | |
| 48.45 | * | Arthur Schramade | M40 21-09-69 Cifla | Nijmegen | 15-11-09 | |
| 49.04 | * | Jorrit Pels | 23-06-87 Rotterdam Atl. | 's Heerenberg | 06-12-09 | |
| 49.05 | * | Fransua Woldemariam | M35 20-10-70 Zuidwal | Nijmegen | 15-11-09 | |
| 49.16 | * | Alexander van der Vooren | 04-12-85 Atverni | Nijmegen | 15-11-09 | |

| | | | | | |
|-------|-----------|------------------|------------------------------|---------------|----------|
| 49.18 | * Rob | Detert Oude Weme | 11-12-78 AAC | 's Heerenberg | 06-12-09 |
| 49.19 | * Noel | Keijsers | M35 22-05-73 Prins Hendrik | Nijmegen | 15-11-09 |
| 49.21 | * Oskar | de Kuijer | M40 12-11-66 Leiden Atletiek | Nijmegen | 15-11-09 |
| 49.24 | * Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Nijmegen | 15-11-09 |
| 49.56 | * Gaby | van Caulil | M35 10-06-70 't Haasje | Nijmegen | 15-11-09 |
| 49.57 | * Jarno | van Miltenburg | 09-04-88 Hellas | Nijmegen | 15-11-09 |

(30)

| | | | | | |
|-------|-------|--------------|-------------------------|----------|----------|
| 49.59 | * Tom | van Oorschot | 09-03-89 Seven Hills RT | Nijmegen | 15-11-09 |
|-------|-------|--------------|-------------------------|----------|----------|

betere prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|-------|---------|------------------|-------------------|------|----------|
| 49.01 | *,R Edo | Baart | M40 16-04-68 ATOS | Velp | 27-09-09 |
| 49.17 | *,R Rob | Detert Oude Weme | 11-12-78 AAC | Velp | 27-09-09 |

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|-------|----------|----------------|------------------------------|-----------------|----------|
| 48.30 | Said | Kanfaoui (MAR) | M35 15-12-73 Gouda | Reeuwijk | 21-03-09 |
| 48.37 | Roger | Smeets | M35 23-08-73 Caesar | Landgraaf | 07-06-09 |
| 48.44 | Jorrit | Pels | 23-06-87 Rotterdam Atl. | Zoetermeer | 08-11-09 |
| 48.50 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Zoetermeer | 08-11-09 |
| 49.12 | Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Zoetermeer | 08-11-09 |
| 49.43 | Fouad | Fertoute | M35 06-03-73 Spirit OB | Standdaarbuiten | 21-05-09 |
| 49.47 | Marcel | Laros | M35 10-10-71 Scorpio | Oisterwijk | 18-04-09 |
| 49.49 | Sullivan | Smith | 16-09-76 Phanos | IJmuiden | 12-09-09 |

betere prestaties in trimloop:

| | | | | | |
|-------|-----------|-------|-----------------------------|-----------|----------|
| 47.25 | R Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Rotterdam | 31-10-09 |
|-------|-----------|-------|-----------------------------|-----------|----------|

10 EM mannen - onder 53.30

| | | | | | |
|-------|------------|---------------|----------------------------|---------|----------|
| 48.03 | * Jamal | Baligha (MAR) | M35 11-12-73 Improve RR | Zaandam | 20-09-09 |
| 48.21 | * Hugo | van de Broek | 18-09-76 Castricum | Zaandam | 20-09-09 |
| 48.40 | * Patrick | Stitzinger | 25-08-81 Pegasus | Zaandam | 20-09-09 |
| 49.47 | * Michel | Butter | 05-11-85 DEM | Zaandam | 20-09-09 |
| 50.17 | * Jeroen | Veldhuis | 20-10-75 AAC | Zaandam | 20-09-09 |
| 50.43 | * Gert-Jan | Wassink | 12-12-85 Argo | Zaandam | 20-09-09 |
| 50.56 | * Neals | Strik | M35 10-12-73 GAC Hilversum | Holten | 31-10-09 |
| 51.20 | * Ronald | Schröer | 28-09-84 HERA | Zaandam | 20-09-09 |
| 51.20 | * Robert | Ton | 12-04-85 Phanos | Zaandam | 20-09-09 |
| 51.24 | * Rens | Dekkers | 29-11-81 HERA | Zaandam | 20-09-09 |

(10)

| | | | | | |
|-------|-------------|------------------|---------------------------|---------|----------|
| 51.31 | * Thijs | Feuth | 08-10-81 Leiden Atletiek | Tilburg | 06-09-09 |
| 51.54 | * Said | Hayek (MAR) | 30-12-80 Eindhoven Atl. | Holten | 31-10-09 |
| 51.57 | * Wesley | van der Gouw | 30-04-85 Prins Hendrik | Zaandam | 20-09-09 |
| 51.58 | * Rob | Detert Oude Weme | 11-12-78 AAC | Holten | 31-10-09 |
| 52.00 | * Edo | Baart | M40 16-04-68 ATOS | Zaandam | 20-09-09 |
| 52.22 | * Fransua | Woldemariam | M35 20-10-70 Zuidwal | Zaandam | 20-09-09 |
| 52.41 | * Yennick | Wolthuizen | 16-12-84 DOKEV | Zaandam | 20-09-09 |
| 52.59 | * Wesley | Pauel | 20-10-90 Almere'81 | Zaandam | 20-09-09 |
| 53.00 | * Michel | Schrier | 06-11-79 Dynamica | Zaandam | 20-09-09 |
| 53.03 | *,# Abraham | Zewdie | M45 22-08-64 Loopgroep AS | Zaandam | 20-09-09 |

(20)

| | | | | | |
|-------|-----------|-----|--------------|---------|----------|
| 53.06 | * Martijn | Vos | 22-02-80 TRR | Tilburg | 06-09-09 |
|-------|-----------|-----|--------------|---------|----------|

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|-------|---------|----------------|------------------------------|---------------|----------|
| 51.38 | Edgard | Creemers | 26-03-75 Leiden Atletiek | Voorschoten | 22-03-09 |
| 51.51 | Jorrit | Pels | 23-06-87 Rotterdam Atl. | Barendrecht | 13-12-09 |
| 52.02 | Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Barendrecht | 13-12-09 |
| 52.10 | Roger | Smeets | M35 23-08-73 Caesar | Beek | 03-05-09 |
| 52.29 | Erik | Negerman | 15-01-75 GAC Hilversum | Berlikum | 12-09-09 |
| 52.33 | Ferdy | van der Heide | 28-10-85 HERA | Heerhugowaard | 11-10-09 |
| 52.47 | Ron | van Diepen | M35 19-06-70 HERA | Heerhugowaard | 11-10-09 |
| 53.02 | Remon | van Lunzen | M40 09-03-69 Lionitas | Berlikum | 12-09-09 |
| 53.16 | Rudy | van de Lelie | M35 23-09-72 Athlon | Heerenveen | 09-05-09 |
| 53.19 | Wim | Opten | M40 05-05-66 Veendam | Winschoten | 28-03-09 |
| 53.25 | Said | Kanfaoui (MAR) | M35 15-12-73 Gouda | Uithoorn | 25-01-09 |
| 53.30 | Oskar | de Kuijer | M40 12-11-66 Leiden Atletiek | Voorschoten | 22-03-09 |

20 km mannen - onder 67.00

| | | | | | |
|-------|-----------|----------------|----------------------|-----------------|----------|
| 63.35 | * Koen | Raymaekers | 31-01-80 Hellas | Alphen a/d Rijn | 08-03-09 |
| 65.59 | * Said | Kanfaoui (MAR) | M35 15-12-73 Gouda | Alphen a/d Rijn | 08-03-09 |
| 66.01 | * Fransua | Woldemariam | M35 20-10-70 Zuidwal | Alphen a/d Rijn | 08-03-09 |

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|-------|-------|------------|------------------------|-------|----------|
| 64.06 | Erik | Negerman | 15-01-75 GAC Hilversum | Sneek | 29-08-09 |
| 65.57 | Remon | van Lunzen | M40 09-03-69 Lionitas | Sneek | 29-08-09 |

½ marathon mannen – top 100

| | | | | | |
|---------|-------------|----------------|------------------------------|----------------|----------|
| 1.02.31 | * Jamal | Baligha (MAR) | M35 11-12-73 Improve RR | Venlo | 22-03-09 |
| 1.02.43 | * Patrick | Stitzinger | 25-08-81 Pegasus | Den Haag | 14-03-09 |
| 1.03.57 | * Jamal | Baligha (MAR) | M35 | Breda | 04-10-09 |
| 1.03.58 | * Hugo | van de Broek | 18-09-76 Castricum | Zwolle | 13-06-09 |
| 1.04.03 | * Hugo | van de Broek | | Venlo | 22-03-09 |
| 1.04.24 | * Jamal | Baligha (MAR) | M35 | Dronten | 19-12-09 |
| 1.04.27 | * Martin | Lauret | M35 27-10-71 Loopgroep PK | Berlin (GER) | 05-04-09 |
| 1.04.48 | * Greg | van Hest | M35 04-06-73 TRR | Breda | 04-10-09 |
| 1.05.05 | * Patrick | Stitzinger | | Breda | 04-10-09 |
| 1.05.10 | * Marco | Gielen | M35 30-05-70 Scopias | Venlo | 22-03-09 |
| (10/6) | | | | | |
| 1.05.22 | * Koen | Raymaekers | 31-01-80 Hellas | Rotterdam | 13-09-09 |
| 1.05.24 | * Gert-Jan | Wassink | 12-12-85 Argo | Den Haag | 14-03-09 |
| 1.05.50 | * Michel | Butter | 05-11-85 DEM | Egmond aan Zee | 11-01-09 |
| 1.05.58 | * Ruben | Scheurwater | 19-02-80 Parthenon | Rotterdam | 13-09-09 |
| (10) | | | | | |
| 1.05.59 | * Robert | Ton | 12-04-85 Phanos | Den Haag | 14-03-09 |
| 1.06.05 | * Ronald | Schröer | 28-09-84 HERA | Rotterdam | 13-09-09 |
| 1.06.08 | * Colin | Bekers | 21-09-79 Sprint | Breda | 04-10-09 |
| 1.06.12 | * Neals | Strik | M35 10-12-73 GAC Hilversum | Breda | 04-10-09 |
| 1.06.18 | * Christian | de Lie | 31-07-76 Castricum | Den Haag | 14-03-09 |
| 1.06.37 | * Olfert | Molenhuis | 28-09-83 Groningen Atl. | Den Haag | 14-03-09 |
| 1.07.00 | * Said | Hayek (MAR) | 30-12-80 Eindhoven Atl. | Dronten | 19-12-09 |
| 1.07.06 | * Edgard | Creemers | 26-03-75 Leiden Atletiek | Den Haag | 14-03-09 |
| 1.07.06 | * Raymon | van den Berg | 10-09-82 Prins Hendrik | Drunen | 08-03-09 |
| 1.07.20 | * Thijs | Feuth | 08-10-81 Leiden Atletiek | Venlo | 22-03-09 |
| (20) | | | | | |
| 1.07.31 | * Edward | Kiprop (KEN) | 28-08-82 Loopgroep PK | Drunen | 08-03-09 |
| 1.07.36 | * Sander | Schutgens | 31-12-75 Pegasus | Egmond aan Zee | 11-01-09 |
| 1.07.40 | * Luc | van Es | 06-06-84 Caesar | Venlo | 22-03-09 |
| 1.07.42 | * Huub | Maas | M35 23-11-70 THOR | Breda | 04-10-09 |
| 1.07.46 | * Kamiel | Maase | M35 20-10-71 Leiden Atletiek | Egmond aan Zee | 11-01-09 |
| 1.07.54 | * Yennick | Wolthuizen | 16-12-84 DOKEV | Den Haag | 14-03-09 |
| 1.08.00 | * Rens | Dekkers | 29-11-81 HERA | Rotterdam | 13-09-09 |
| 1.08.01 | * Timothy | Karanu | 07-08-80 Eindhoven Atl. | Venlo | 22-03-09 |
| 1.08.03 | * Jeroen | Veldhuis | 20-10-75 AAC | Den Haag | 14-03-09 |
| 1.08.17 | * Tom | Wiggers | 10-08-87 Castricum | Egmond aan Zee | 11-01-09 |
| (30) | | | | | |
| 1.08.25 | * Alex | van de Meer | 03-05-77 Prins Hendrik | Den Haag | 14-03-09 |
| 1.08.46 | * Pip | Tesselaar | M35 26-06-69 HERA | Den Haag | 14-03-09 |
| 1.09.05 | * Fransua | Woldemariam | M35 20-10-70 Zuidwal | Schoorl | 08-02-09 |
| 1.09.07 | * Erik | Sanders | 22-05-84 Nijmegen Atletiek | Venlo | 22-03-09 |
| 1.09.08 | * Benjamin | Romkes | M40 15-02-65 Zaanland | Den Haag | 14-03-09 |
| 1.09.16 | * Michiel | Otten | M40 26-10-68 Prins Hendrik | Den Haag | 14-03-09 |
| 1.09.22 | * Noel | Keijsers | M35 22-05-73 Prins Hendrik | Schoorl | 08-02-09 |
| 1.09.24 | * Jelte | Brontsema | 05-12-79 Phanos | Haarlem | 27-09-09 |
| 1.09.36 | * Hidde | Tangerman | 13-12-77 AAC | Den Haag | 14-03-09 |
| 1.09.38 | * Lourens | van Es | Unitas | Egmond aan Zee | 11-01-09 |
| (40) | | | | | |
| 1.09.40 | * Pascal | van Troost | 11-12-85 Haag Atletiek | Den Haag | 14-03-09 |
| 1.09.41 | * Michel | Schrier | 06-11-79 Dynamica | Den Haag | 14-03-09 |
| 1.09.43 | * Erik | Negerman | 15-01-75 GAC Hilversum | Venlo | 22-03-09 |
| 1.09.50 | * Wim | Padmos | M40 11-07-66 Voorne Atletiek | Rotterdam | 13-09-09 |
| 1.09.55 | * Oskar | de Kuijer | M40 12-11-66 Leiden Atletiek | Den Haag | 14-03-09 |
| 1.10.02 | * Harm | Sengers | 27-08-82 Eindhoven Atl. | Rotterdam | 13-09-09 |
| 1.10.09 | * Jay | Sauer | M35 17-01-72 Cifla | Den Haag | 14-03-09 |
| 1.10.26 | * Said | Kanfaoui (MAR) | M35 15-12-73 Gouda | Zwolle | 13-06-09 |
| 1.10.40 | * Jorrit | Pels | 23-06-87 Rotterdam Atl. | Dordrecht | 25-10-09 |
| 1.10.50 | * Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Rotterdam | 13-09-09 |
| (50) | | | | | |
| 1.10.52 | * Patrick | Delait | M35 07-07-69 Caesar | Venlo | 22-03-09 |

| | | | | | |
|---|-----------|-------------------|----------------------------------|-------------------|----------|
| 1.10.58 | * Luc | Krotwaar | M40 25-01-68 Prins Hendrik | Egmond aan Zee | 11-01-09 |
| 1.10.59 | * Bernard | te Boekhorst | M35 18-02-72 Phoenix | Schoorl | 08-02-09 |
| 1.11.07 | * Harald | van Doorn | M40 03-09-64 Lycurgus | Den Haag | 14-03-09 |
| 1.11.08 | * Anton | Costeris | 05-07-82 Athlon | Den Haag | 14-03-09 |
| 1.11.27 | * Paul | Hagedoren | M40 25-12-67 Unitas | Den Haag | 14-03-09 |
| 1.11.31 | * Leon | Sanderman | 28-04-81 Rijssen | Hengelo | 13-04-09 |
| 1.11.35 | * Rachid | Mohammadi | M40 07-07-67 ATOS | Schoorl | 08-02-09 |
| 1.11.37 | * Michiel | Snuverink | 15-02-82 TION | Den Haag | 14-03-09 |
| 1.11.43 | * Edo | Baart | M40 16-04-68 ATOS | Egmond aan Zee | 11-01-09 |
| (60) | | | | | |
| 1.11.48 | * Arthur | Schramade | M35 21-09-69 Cifla | Best | 18-01-09 |
| 1.11.59 | * Rudy | van de Lelie | M35 23-09-72 Athlon | Den Haag | 14-03-09 |
| 1.12.01 | * Jeroen | van Damme | M35 29-09-72 Loopteam ES | Etten-Leur | 25-10-09 |
| 1.12.15 | * Armand | van der Smissen | M40 30-06-68 Attila | Egmond aan Zee | 11-01-09 |
| 1.12.29 | * John | Philipsen | 21-09-74 LGD | Venlo | 22-03-09 |
| 1.12.30 | * Jan | Paalman | M35 09-02-74 Rijssen | Enschede | 26-04-09 |
| 1.12.34 | * Michael | Woerden | 19-07-75 De Veenlopers | Heemskerk | 21-06-09 |
| 1.12.39 | * Aissa | Margoum | M45 10-01-62 Parthenon | Den Haag | 14-03-09 |
| 1.12.42 | * Roger | Rousseau | M35 17-01-72 Atletiek Maastricht | Venlo | 22-03-09 |
| 1.12.46 | * Martin | Ketellapper | M35 05-12-73 Lionitas | Den Haag | 14-03-09 |
| (70) | | | | | |
| 1.12.49 | * Lamko | Hulzebos | M40 14-01-67 HAC'63 | Raalte | 09-05-09 |
| 1.12.50 | * George | Eichhorn | M45 26-02-64 Haag Atletiek | Den Haag | 14-03-09 |
| 1.12.52 | * Jan | Venhuizen | M40 19-10-68 AAC'61 | Dalfsen | 07-08-09 |
| 1.12.58 | * Niels | Staring | 15-01-79 Wijchen | Den Haag | 14-03-09 |
| 1.13.04 | * David | Hemstede | 17-04-79 Climax | Egmond aan Zee | 11-01-09 |
| 1.13.06 | * Koos | Verweij | M35 05-04-71 DAK | Drunen | 08-03-09 |
| 1.13.10 | * Remco | Grasman | M35 25-05-05 Running 2000 | Dronten | 19-12-09 |
| 1.13.11 | * Richard | van Oosterhout | M40 13-10-65 | Etten-Leur | 25-10-09 |
| 1.13.16 | * Shayne | Rookhuyzen | 19-11-75 Veluwe | Dronten | 19-12-09 |
| 1.13.26 | * Thomas | Nusmeier | M35 09-05-74 TRR | Etten-Leur | 25-10-09 |
| (80) | | | | | |
| 1.13.35 | * Remon | van Lunzen | M40 09-03-69 Lionitas | Raalte | 09-05-09 |
| 1.13.36 | * Richard | Clevett (GBR) | M40 01-04-66 GAC Hilversum | Warnsveld | 05-09-09 |
| 1.13.39 | * Harmen | Perk | 03-04-79 EURR | Den Haag | 14-03-09 |
| 1.13.44 | * Peter | Bruinsma | M35 28-01-71 Athletics | Zwolle | 13-06-09 |
| 1.13.50 | * Merwin | Dollison | 12-05-75 Artemis | Dordrecht | 25-10-09 |
| 1.13.55 | * Tonnie | Stouten | M40 27-09-65 Veluwe | Enschede | 26-04-09 |
| 1.14.00 | * Joop | Pauw | M35 15-05-71 Hellas | Den Haag | 14-03-09 |
| 1.14.05 | * Bas | Diederer | 19-05-80 Caesar | Egmond aan Zee | 11-01-09 |
| 1.14.07 | * Michiel | Mooibroek | 04-11-74 Phoenix | Rotterdam | 13-09-09 |
| 1.14.07 | * Casper | Dirks | M35 31-03-73 Phanos | Den Haag | 14-03-09 |
| (90) | | | | | |
| 1.14.13 | * Ralph | Apeldoorn | 01-09-76 Leiden Atletiek | Heemskerk | 21-06-09 |
| 1.14.16 | * Luis | Pearson | M35 04-06-69 AV NOP | Den Haag | 14-03-09 |
| 1.14.18 | * Mart | Solleveld | 20-01-84 Olympus'70 | Den Haag | 14-03-09 |
| 1.14.20 | * Cesar | Garcia | | Hilversum | 19-04-09 |
| 1.14.27 | * Jeroen | Bonnes | 28-04-77 Sparta | Den Haag | 14-03-09 |
| 1.14.31 | * Maarten | van Ommen | 07-07-80 Phoenix | Den Haag | 14-03-09 |
| 1.14.31 | * Stefan | van der Pols | M40 15-07-67 NSL | Haarlem | 27-09-09 |
| 1.14.33 | * Wayne | Blas | 03-11-77 >Doenrade | Venlo | 22-03-09 |
| 1.14.34 | * Emiel | Pieterse | 21-01-77 AV'23 | Den Haag | 14-03-09 |
| 1.14.37 | * Bart | Wassenberg | M40 09-03-67 Hellas | Breda | 04-10-09 |
| (100) | | | | | |
| <i>beter prestaties op gecertificeerd parcours in trimloop:</i> | | | | | |
| 1.12.23 | * R Iwan | Kamminga | 20-12-78 >Nieuwe Pekela | Groningen | 28-08-09 |
| <i>beter prestaties op ongecertificeerd parcours:</i> | | | | | |
| 1.06.53 | Said | Hayek (MAR) | 30-12-80 Eindhoven Atl. | Valkenswaard | 08-11-09 |
| 1.07.29 | Tom | Wiggers | 10-08-87 Castricum | West-Terschelling | 08-11-09 |
| 1.08.28 | David | Hemstede | 17-04-79 Climax | West-Terschelling | 08-11-09 |
| 1.08.45 | Armand | van der Smissen | M40 30-06-68 Attila | Veldhoven | 15-03-09 |
| 1.09.00 | Mohamed | Ali Mohamed (SOM) | 11-11-89 Eindhoven Atl. | Eindhoven | 11-10-09 |
| 1.09.32 | Mikko | Tyni (FIN) | 28-01-84 >Heemskerk | Eindhoven | 11-10-09 |
| 1.10.23 | Joris | Kampen | 01-10-80 Groningen Atl. | Groningen | 21-05-09 |
| 1.10.38 | Remon | van Lunzen | M40 09-03-69 Lionitas | Bovensmilde | 22-08-09 |

| | | | | | |
|---------|-----------|---------------|---------------------------|-------------------|----------|
| 1.11.15 | Michiel | Snuverink | 15-02-82 TION | Eindhoven | 11-10-09 |
| 1.11.33 | Peter | Visser | M45 06-11-63 Start'78 | Meppel | 10-10-09 |
| 1.12.02 | Marcel | Uppelschoten | M40 21-09-66 Hellas | Woerden | 28-02-09 |
| 1.12.03 | Alwin | Groen | 19-02-89 NOVA | West-Terschelling | 08-11-09 |
| 1.12.15 | Jan | Venhuizen | M40 19-10-68 AAC'61 | Appelscha | 05-09-09 |
| 1.12.30 | Thijmen | Schouten | 30-12-84 Loopgroep PK | Woerden | 28-02-09 |
| 1.12.39 | Martijn | Vos | 22-02-80 TRR | Deurne | 20-09-09 |
| 1.12.39 | Jan | Scheenstra | M35 23-08-70 Start'78 | Meppel | 10-10-09 |
| 1.12.42 | Merwin | Dollison | 12-05-75 Artemis | Nijeveen | 05-12-09 |
| 1.12.52 | Wim | Opten | M40 05-05-66 Veendam | Haren | 07-03-09 |
| 1.12.54 | Herman | Leeman | M40 19-06-69 AvVN | Amsterdam | 18-10-09 |
| 1.12.57 | Arjen | Kuper | 12-09-76 Groningen Atl. | Haren | 07-03-09 |
| 1.13.00 | Sandor | Bron | M40 20-02-68 Gouda | Woerden | 28-02-09 |
| 1.13.05 | Peter | Heusschen | 09-01-76 GAC Gemert | Eindhoven | 11-10-09 |
| 1.13.11 | Casper | Koelma | 06-03-77 MPM | Hilvarenbeek | 20-09-09 |
| 1.13.13 | Rob | Schilder | M35 02-10-69 SAV | Harderwijk | 07-03-09 |
| 1.13.22 | Michiel | van Nispen | 14-10-82 Sprint | Eindhoven | 11-10-09 |
| 1.13.30 | Raimond | van der Boom | 31-10-74 Loopgroep PK | Harderwijk | 07-03-09 |
| 1.13.33 | André | Heeren | M40 27-02-69 Clytoneus | Woerden | 28-02-09 |
| 1.13.40 | Huub | Bots | M40 04-09-67 Lionitas | Leeuwarden | 04-04-09 |
| 1.13.46 | Edward | de Ruiter | M40 07-05-66 AvVN | Groningen | 21-05-09 |
| 1.13.49 | Ron | Wijnen | M35 11-08-70 Caesar | Eindhoven | 11-10-09 |
| 1.13.52 | Jan | Stuursma | 22-02-87 Veendam | Blijham | 27-12-09 |
| 1.14.03 | Jos | op 't Hoog | M40 24-08-66 Loopgroep PK | Hilvarenbeek | 20-09-09 |
| 1.14.08 | Gerrit | Kramer | M40 20-04-66 Horror | Leeuwarden | 04-04-09 |
| 1.14.13 | Wesley | van der Gouw | 30-04-85 Prins Hendrik | Amsterdam | 31-07-09 |
| 1.14.16 | Robert | Willemsen | 25-06-77 >Maastricht | Valkenswaard | 08-11-09 |
| 1.14.19 | Jan-Louke | Vos | 18-08-82 Heerenveen | Dokkum | 21-03-09 |
| 1.14.30 | Megersha | Gadisha | >Baexem | Eindhoven | 11-10-09 |
| 1.14.30 | Pieter | Mans | 26-02-79 Twenterand | Utrecht | 13-04-09 |
| 1.14.32 | Hans | van de Mortel | M45 11-07-61 LGD | Valkenswaard | 08-11-09 |

betere prestaties in trimloop:

| | | | | | |
|---------|--------------|-----------------|----------------------------|-----------------|----------|
| 1.08.47 | ?,R Sullivan | Smith | 16-09-76 Phanos | Linschoten | 19-12-09 |
| 1.10.35 | R Leon | Sanderman | 28-04-81 Rijssen | Ommen | 04-04-09 |
| 1.10.36 | ?,R Michael | Woerden | 19-07-75 De Veenlopers | Linschoten | 19-12-09 |
| 1.10.51 | R Joris | Kampen | 01-10-80 Groningen Atl. | Leek | 21-03-09 |
| 1.10.57 | R Rachid | Mohammadi | M40 07-07-67 ATOS | Noordwijkerhout | 26-04-09 |
| 1.11.35 | R Peter | Bruinsma | M35 28-01-71 Athletics | Ommen | 04-04-09 |
| 1.11.37 | R John | Aalbers | M40 01-06-65 Prins Hendrik | Gennep | 21-06-09 |
| 1.11.39 | ?,R Wouter | Kegge | 10-02-84 Clytoneus | Linschoten | 19-12-09 |
| 1.12.00 | ?,R Thijmen | Schouten | 30-12-84 Loopgroep PK | Linschoten | 19-12-09 |
| 1.12.01 | ?,R Bert | Flier | M35 27-11-72 Energie | Linschoten | 19-12-09 |
| 1.12.05 | R Arjen | Kuper | 12-09-76 Groningen Atl. | Leek | 21-03-09 |
| 1.12.11 | R Fouad | Fertoute | M35 06-03-73 Spirit OB | Maassluis | 18-01-09 |
| 1.12.32 | R Paul | Zwama | 23-04-87 Groningen Atl. | Ulrum | 01-08-09 |
| 1.12.48 | ?,R Willem | Lenting | 07-01-77 Haag Atletiek | Linschoten | 19-12-09 |
| 1.12.49 | ?,R Bart | Wassenberg | M40 09-03-67 Hellas | Linschoten | 19-12-09 |
| 1.12.53 | R Pieter | Mans | 26-02-79 Twenterand | Oldenzaal | 04-10-09 |
| 1.12.58 | R Simon | Vroemen | M40 11-05-69 Sprint | Ulrum | 01-08-09 |
| 1.13.04 | R Mohamed | Labqaira (MAR) | 01-01-76 AV'40 | Ulrum | 01-08-09 |
| 1.13.34 | R Ralf | Preibisch (GER) | M45 28-06-62 Flakkee | Maassluis | 18-01-09 |
| 1.13.41 | ?,R Joop | Pauw | M35 15-05-71 Hellas | Linschoten | 19-12-09 |
| 1.13.49 | R Wim | Nieuwkerk | 07-07-81 TRR | Nisse | 29-11-09 |
| 1.13.52 | ?,R André | Heeren | M40 27-02-69 Clytoneus | Linschoten | 19-12-09 |
| 1.13.53 | R Milan | Perc | M35 07-04-71 Cifla | Gennep | 21-06-09 |
| 1.13.58 | R Wim | Opten | M40 05-05-66 Veendam | Klazienaveen | 30-05-09 |
| 1.14.02 | ?,R Casper | Dirks | M35 31-03-73 Phanos | Linschoten | 19-12-09 |
| 1.14.09 | R Ramon | van der Wilde | 13-07-75 Loopgroep PK | Maassluis | 18-01-09 |
| 1.14.20 | R Antonio | Duijmelinck | M35 31-12-69 Loopgroep PK | Sint Anthonis | 21-03-09 |

25 km mannen - onder 1.30.00

| | | | | | |
|---------|---------|-------------|------------------------------|----------------|----------|
| 1.21.55 | Ruben | Scheurwater | 19-02-80 Parthenon | Oud Beijerland | 14-02-09 |
| 1.23.41 | Patrick | Franken | M35 16-01-74 Pegasus | Meerssen | 13-09-09 |
| 1.24.35 | Fouad | Fertoute | M35 06-03-73 Spirit OB | Oud Beijerland | 14-02-09 |
| 1.24.38 | Wim | Padmos | M40 11-07-66 Voorne Atletiek | Oud Beijerland | 14-02-09 |
| 1.24.40 | Sam | Landman | 14-08-76 MPM | Losser | 05-04-09 |

| | | | | | |
|---------|------------|----------------|----------------------------------|----------------|----------|
| 1.25.56 | Edwin | Veenstra | M40 09-09-67 MPM | Losser | 05-04-09 |
| 1.26.08 | Jan-Willem | Schaar | 24-08-75 Parthenon | Oud Beijerland | 14-02-09 |
| 1.26.25 | Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Oud Beijerland | 14-02-09 |
| 1.27.23 | Roger | Rousseau | M35 17-01-72 Atletiek Maastricht | Meerssen | 13-09-09 |
| 1.28.17 | Harald | van Doorn | M40 03-09-64 Lycurgus | Schagen | 01-03-09 |
| (10) | | | | | |
| 1.28.20 | Andre | Oude Elferink | M40 11-01-67 Dionysos | Losser | 05-04-09 |
| 1.28.25 | Ramon | van der Wilde | 13-07-75 Loopgroep PK | Oud Beijerland | 14-02-09 |
| 1.28.51 | Folkert | van der Krol | M35 01-02-72 Parthenon | Oud Beijerland | 14-02-09 |
| 1.28.53 | Aart-Peter | Baan | M40 07-11-68 Energie | Oud Beijerland | 14-02-09 |
| 1.28.53 | Wim | van Sparrentak | M35 04-11-69 Dynamica | Oud Beijerland | 14-02-09 |
| 1.28.55 | Harmen | Perk | 03-04-79 EURR | Oud Beijerland | 14-02-09 |
| 1.29.17 | Tonnie | Stouten | M40 27-09-65 Veluwe | Losser | 05-04-09 |
| 1.29.28 | Gijs | Tuinman | 15-11-79 Loopgroep PK | Oud Beijerland | 14-02-09 |

30 km mannen - onder 1.45.00

| | | | | | |
|---------|---------|------------|----------------------------|-----------|----------|
| 1.37.27 | * Erik | Sanders | 22-05-84 Nijmegen Atletiek | Schoorl | 08-02-09 |
| 1.44.13 | * Luc | Krotwaar | M40 25-01-68 Prins Hendrik | Amsterdam | 06-09-09 |
| 1.44.51 | * Remon | van Lunzen | M40 09-03-69 Lionitas | Amsterdam | 06-09-09 |

betere prestaties in trimloop:

| | | | | | |
|---------|-----------|-------------|----------------------------|--------|----------|
| 1.38.07 | R Luc | Krotwaar | M40 25-01-68 Prins Hendrik | Almere | 27-09-09 |
| 1.38.17 | R Fransua | Woldemariam | M35 20-10-70 Zuidwal | Almere | 27-09-09 |

marathon mannen – top 100

| | | | | | |
|---------|-------------|-----------------|------------------------------|----------------|----------|
| 2.12.59 | * Koen | Raymaekers | 31-01-80 Hellas | Amsterdam | 18-10-09 |
| 2.13.25 | * Hugo | van de Broek | 18-09-76 Castricum | Amsterdam | 18-10-09 |
| 2.15.01 | * Patrick | Stitzinger | 25-08-81 Pegasus | Amsterdam | 18-10-09 |
| 2.17.29 | * Robert | Ton | 12-04-85 Phanos | Amsterdam | 18-10-09 |
| 2.18.04 | * Rens | Dekkers | 29-11-81 HERA | Amsterdam | 18-10-09 |
| 2.18.10 | * Neals | Strik | M35 10-12-73 GAC Hilversum | Amsterdam | 18-10-09 |
| 2.18.14 | * Ronald | Schröer | 28-09-84 HERA | Amsterdam | 18-10-09 |
| 2.18.59 | * Koen | Raymaekers | | Rotterdam | 05-04-09 |
| 2.21.58 | * Jeroen | Veldhuis | 20-10-75 AAC | Amsterdam | 18-10-09 |
| 2.23.32 | * Jelte | Brontsema | 05-12-79 Phanos | Amsterdam | 18-10-09 |
| (10/9) | | | | | |
| 2.23.35 | * Thijs | Feuth | 08-10-81 Leiden Atletiek | Rotterdam | 05-04-09 |
| (10) | | | | | |
| 2.24.46 | * Christian | de Lie | 31-07-76 Castricum | Amsterdam | 18-10-09 |
| 2.25.14 | * Remon | van Lunzen | M40 09-03-69 Lionitas | Amsterdam | 18-10-09 |
| 2.26.13 | * Colin | Bekers | 21-09-79 Sprint | Eindhoven | 11-10-09 |
| 2.26.32 | * Oskar | de Kuijer | M40 12-11-66 Leiden Atletiek | Amsterdam | 18-10-09 |
| 2.26.57 | * Luc | Krotwaar | M40 25-01-68 Prins Hendrik | Rotterdam | 05-04-09 |
| 2.27.01 | * Patrick | Kwist | M40 07-11-68 Rotterdam Atl. | Amsterdam | 18-10-09 |
| 2.27.21 | * Iwan | Kamminga | 20-12-78 >Nieuwe Pekela | Belgrado (SRB) | 18-04-09 |
| 2.27.57 | * Harm | Sengers | 27-08-82 Eindhoven Atl. | Eindhoven | 11-10-09 |
| 2.28.27 | * Michiel | Otten | M40 26-10-68 Prins Hendrik | Amsterdam | 18-10-09 |
| 2.28.57 | * Alex | van de Meer | 03-05-77 Prins Hendrik | Amsterdam | 18-10-09 |
| (20) | | | | | |
| 2.29.16 | * Fransua | Woldemariam | M35 20-10-70 Zuidwal | Utrecht | 13-04-09 |
| 2.30.32 | * Marcel | Uppelschoten | M40 21-09-66 Hellas | Berlin (GER) | 20-09-09 |
| 2.30.51 | * Bart | Wassenberg | M40 09-03-67 Hellas | Amsterdam | 18-10-09 |
| 2.31.01 | * Arthur | Schramade | M40 21-09-69 Cifla | Eindhoven | 11-10-09 |
| 2.31.35 | * Michael | Woerden | 19-07-75 De Veenlopers | Eindhoven | 11-10-09 |
| 2.31.37 | * Patrick | Delait | M35 07-07-69 Caesar | Rotterdam | 05-04-09 |
| 2.31.54 | * Timothy | Karanu | 07-08-80 Eindhoven Atl. | Utrecht | 13-04-09 |
| 2.32.11 | * Tonnie | Stouten | M40 27-09-65 Veluwe | Amsterdam | 18-10-09 |
| 2.32.20 | * Patrick | Franken | M35 16-01-74 Pegasus | Amsterdam | 18-10-09 |
| 2.32.38 | * Casper | Koelma | 06-03-77 MPM | Eindhoven | 11-10-09 |
| (30) | | | | | |
| 2.33.00 | * Peter | Bruinsma | M35 28-01-71 Athletics | Berlin (GER) | 20-09-09 |
| 2.33.09 | * Jay | Sauer | M35 17-01-72 Cifla | Eindhoven | 11-10-09 |
| 2.33.38 | * Richard | Clevett (GBR) | M40 01-04-66 GAC Hilversum | Amsterdam | 18-10-09 |
| 2.33.46 | * Rob | Schilder | M40 02-10-69 SAV | Amsterdam | 18-10-09 |
| 2.34.37 | * Joop | Pauw | M35 15-05-71 Hellas | Amsterdam | 18-10-09 |
| 2.35.03 | * Emiel | Pieterse | 21-01-77 AV'23 | Amsterdam | 18-10-09 |
| 2.35.36 | * Ralf | Preibisch (GER) | M45 28-06-62 Flakkee | Hoofddorp | 06-09-09 |

| | | | | | | |
|---------|--------------|-----------------|--------------|---------------------|---------------------|----------|
| 2.35.56 | * Niels | Koole | M35 13-07-71 | Dynamica | Apeldoorn | 01-02-09 |
| 2.35.57 | * Martin | Ketellapper | M35 05-12-73 | Lionitas | Rotterdam | 05-04-09 |
| 2.36.06 | * Olivier | Jacques | M40 06-10-67 | NEA Volharding | Berlin (GER) | 20-09-09 |
| (40) | | | | | | |
| 2.36.18 | * Matthieu | Leclercq (FRA) | M35 09-05-71 | GAC Hilversum | Berlin (GER) | 20-09-09 |
| 2.36.46 | * Evgeny | Alekseyev | 27-03-88 | >Capelle a/d IJssel | Rotterdam | 05-04-09 |
| 2.37.46 | * Ron | van den Berg | M40 09-10-65 | Waterweg | Etten-Leur | 25-10-09 |
| 2.37.55 | * Theo | Stelling | M50 12-03-58 | AV'23 | Amsterdam | 18-10-09 |
| 2.38.20 | * Jos | op 't Hoog | M40 24-08-66 | Loopgroep PK | Etten-Leur | 25-10-09 |
| 2.38.24 | * Jan | Venhuizen | M40 19-10-68 | AAC'61 | Berlin (GER) | 20-09-09 |
| 2.39.12 | * Harald | van Doorn | M45 03-09-64 | Lycurgus | Etten-Leur | 25-10-09 |
| 2.39.31 | * Hitoshi | Kimoto | 11-04-79 | >Delft | Rotterdam | 05-04-09 |
| 2.39.37 | * Edwin | Veenstra | M40 09-09-67 | MPM | Amsterdam | 18-10-09 |
| 2.40.32 | * Hitoshi | Komoto | 11-04-79 | >Delft | Amsterdam | 18-10-09 |
| (50) | | | | | | |
| 2.40.35 | * Dirk | Ekkelboom | M50 16-08-57 | ATOS | Amsterdam | 18-10-09 |
| 2.41.05 | * Bart | van Aalst | 11-05-79 | Prins Hendrik | Etten-Leur | 25-10-09 |
| 2.41.17 | * Fons | Liebregts | M40 18-02-65 | Eindhoven Atl. | Berlin (GER) | 20-09-09 |
| 2.41.42 | * Wim | van Sparrentak | M35 04-11-69 | Dynamica | Amsterdam | 18-10-09 |
| 2.41.58 | * Eric | van der Linden | 17-04-74 | HERA | Rotterdam | 05-04-09 |
| 2.42.07 | * Michiel | Mooibroek | 04-11-74 | Phoenix | Amsterdam | 18-10-09 |
| 2.42.07 | * André | Heeren | M40 27-02-69 | Clytoneus | Utrecht | 13-04-09 |
| 2.42.16 | * Stefan | van der Pols | M40 15-07-67 | NSL | Amsterdam | 18-10-09 |
| 2.42.20 | * Aart-Peter | Baan | M40 07-11-68 | Energie | Rotterdam | 05-04-09 |
| 2.42.34 | * Pascal | van Norden | M35 05-09-72 | Gouda | Rotterdam | 05-04-09 |
| (60) | | | | | | |
| 2.43.14 | * Pieter | Mans | 26-02-79 | Twenterand | Apeldoorn | 01-02-09 |
| 2.43.18 | * Robert | van Boxtel | M40 26-09-67 | Prins Hendrik | Rotterdam | 05-04-09 |
| 2.43.22 | * Jan | Komen | M45 21-08-64 | >Amsterdam | Amsterdam | 18-10-09 |
| 2.43.26 | * Eric | Baten | M40 11-11-67 | Veluwe | Berlin (GER) | 20-09-09 |
| 2.43.29 | * Thijs | Gipmans | 23-11-74 | AvVN | Rotterdam | 05-04-09 |
| 2.43.31 | * Barry | Bronsema | 15-06-75 | Loopservice.nl | Rotterdam | 05-04-09 |
| 2.43.47 | * Marco | Jong | M35 22-12-69 | SAV | Amsterdam | 18-10-09 |
| 2.43.49 | * Armand | van der Smissen | M40 30-06-68 | Attila | Eindhoven | 11-10-09 |
| 2.43.58 | * Ronnie | Duinkerken | M35 15-02-73 | De Kieviten | Eindhoven | 11-10-09 |
| 2.44.00 | * Kees | van Helmond | M40 26-05-66 | Scorpio | Belgrado (SRB) | 18-04-09 |
| (70) | | | | | | |
| 2.44.06 | * Wim | Meems | M35 28-05-71 | Veendam | Rotterdam | 05-04-09 |
| 2.44.10 | * Leslie | Pangemanan | M35 25-03-73 | >Hilversum | Amsterdam | 18-10-09 |
| 2.44.35 | * Eddy | Wagner | 03-02-79 | Suomi | Amsterdam | 18-10-09 |
| 2.44.35 | * Menno | van Bruggen | M35 19-08-71 | >Lunteren | Rotterdam | 05-04-09 |
| 2.44.52 | * Gerard | de Lange | M40 01-11-65 | Waterweg | Etten-Leur | 25-10-09 |
| 2.45.03 | * Bob | Keuzekamp | M45 24-10-63 | Suomi | Rotterdam | 05-04-09 |
| 2.45.10 | * Ger | Kragten | M50 15-04-55 | ATOS | Amsterdam | 18-10-09 |
| 2.45.14 | * Martijn | Vos | 22-02-80 | TRR | Eindhoven | 11-10-09 |
| 2.45.15 | * Marco | Tramontina | M40 17-06-68 | Eindhoven Atl. | Rotterdam | 05-04-09 |
| 2.45.17 | * Hans | Verbaandert | M50 10-11-58 | GVAC | Amsterdam | 18-10-09 |
| (80) | | | | | | |
| 2.45.25 | * Philippe | Letessier | M45 22-04-61 | | Amsterdam | 18-10-09 |
| 2.45.29 | * Arjan | van den Berg | M40 02-02-66 | AvVN | Amsterdam | 18-10-09 |
| 2.45.30 | * Henri | Veldman | M45 01-09-62 | AV'55 | New York City (USA) | 01-11-09 |
| 2.45.33 | * Bernard | Roelen | M40 21-04-68 | Loopgroep PK | Amsterdam | 18-10-09 |
| 2.45.36 | * David | Knappstein | M35 23-05-71 | >Amsterdam | Firenze (ITA) | 29-11-09 |
| 2.45.54 | * Wytze | Muijzert | M40 12-12-64 | Ron Clarke | Rotterdam | 05-04-09 |
| 2.45.54 | * Bart | Borghuis | 17-10-75 | | New York City (USA) | 01-11-09 |
| 2.46.06 | * Martijn | Hiensch | M40 20-11-64 | Phanos | Amsterdam | 18-10-09 |
| 2.46.11 | * Raimond | van der Boom | 31-10-74 | Loopgroep PK | Belgrado (SRB) | 18-04-09 |
| 2.46.15 | * Jo | Schoonbroodt | M55 11-09-50 | Maasrunners | Amsterdam | 18-10-09 |
| (90) | | | | | | |
| 2.46.19 | * Marc | Boes | 29-01-78 | Hellas | Rotterdam | 05-04-09 |
| 2.46.25 | * Maurits | Heikoop | M35 25-12-72 | Loopgroep PK | Rotterdam | 05-04-09 |
| 2.46.30 | * Imro | Simmelink | M45 20-04-63 | Leiden Atletiek | Berlin (GER) | 20-09-09 |
| 2.46.32 | * Berry | Snoeren | 09-05-76 | TRR | Rotterdam | 05-04-09 |
| 2.46.37 | * Amriet | Oemraw | M45 05-09-60 | Rotterdam Atl. | Rotterdam | 05-04-09 |
| 2.46.40 | * Marcel | Elfrink | M50 17-05-59 | AV'34 Apeldoorn | Amsterdam | 18-10-09 |

| | | | | | |
|---------|----------|------------|------------------------------|--------------|----------|
| 2.46.41 | * Frank | van Eijk | M45 02-10-63 't Jasper Sport | Rotterdam | 05-04-09 |
| 2.46.44 | * Barend | Klein | 12-11-74 Passaat | Rotterdam | 05-04-09 |
| 2.46.56 | * Bert | Vanwersch | M40 23-02-66 Achilles Top | Berlin (GER) | 20-09-09 |
| 2.47.04 | * Marcel | Flinterman | M45 12-03-63 Olympus'70 | Rotterdam | 05-04-09 |

(100)

betere prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|---------|------------|-----------|-----------------------|--------------|----------|
| 2.31.34 | *,R Harald | van Doorn | M40 03-09-64 Lycurgus | Hoorn | 17-05-09 |
| 2.37.32 | *,R Jan | Venhuizen | M40 19-10-68 AAC'61 | Klazienaveen | 30-05-09 |

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|---------|-------------|-----------------|---------------------------|-------------------|----------|
| 2.33.04 | Jay | Sauer | M35 17-01-72 Cifla | Beneden-Leeuwen | 06-09-09 |
| 2.34.20 | Ralf | Preibisch (GER) | M45 28-06-62 Flakkee | Spijkenisse | 13-12-09 |
| 2.34.39 | Martin | Ketellapper | M35 05-12-73 Lionitas | Leeuwarden | 07-06-09 |
| 2.37.08 | Roger | Smeets | M35 23-08-73 Caesar | Visé (BEL) | 10-05-09 |
| 2.37.59 | Simon | Brownlee | M35 11-01-71 Loopgroep AS | Spijkenisse | 13-12-09 |
| 2.40.39 | Kees | van Helmond | M40 26-05-66 Scorpio | Beneden-Leeuwen | 06-09-09 |
| 2.40.51 | Christiaan | Hemstede | 17-04-79 Climax | West-Terschelling | 08-11-09 |
| 2.42.29 | Robert | Willemsen | 25-06-77 >Maastricht | Meerssen | 13-09-09 |
| 2.43.52 | Maurice | van der Velden | M35 09-01-74 Energie | Spijkenisse | 13-12-09 |
| 2.43.54 | Stefan | van der Pal | 10-10-80 SV Friesland | West-Terschelling | 08-11-09 |
| 2.44.21 | Tom | Werrelmann | 22-07-75 Energie | Hilvarenbeek | 20-09-09 |
| 2.44.58 | Jo | Schoonbroodt | M55 11-09-50 Maasrunners | Meerssen | 13-09-09 |
| 2.45.11 | Huib | Bots | M40 04-09-67 Lionitas | Leeuwarden | 07-06-09 |
| 2.45.42 | Kosta | Poltavets | M45 27-11-62 AV'55 | Leeuwarden | 07-06-09 |
| 2.45.46 | Jean-Pierre | Dieteren | M40 17-08-65 Caesar | Meerssen | 13-09-09 |

betere prestaties in trimloop:

| | | | | | |
|---------|-------------|---------------|---------------------------|-----------------|----------|
| 2.44.21 | R Alwin | Vermeulen | M35 26-05-70 AV'56 | Terneuzen | 16-05-09 |
| 2.45.35 | R Jeroen | Romeijn | 19-09-80 Loopgroep AS | Lekkerkerk | 01-11-09 |
| 2.48.52 | R Cees | Kersten | M40 22-10-64 TAS'82 | Gilze | 09-05-09 |
| 2.52.36 | R Jurgen | Segers | >Veldhoven | Terneuzen | 16-05-09 |
| 2.53.58 | R Rut | Zoutman | M50 11-01-59 Olympus'70 | Maasdam | 14-03-09 |
| 2.54.24 | R Ralf | van der Rijst | 16-03-77 Clytoneus | IJsselstein | 03-10-09 |
| 2.55.37 | R Harold | Hiel | M40 04-06-68 RKHAV | Terneuzen | 16-05-09 |
| 2.55.39 | R Sébastiën | Schletterer | M35 21-12-72 >Middelburg | Burgh-Haamstede | 03-10-09 |
| 2.56.09 | R Edwin | Arens | >Kruiningen | Terneuzen | 16-05-09 |
| 2.56.13 | R Miquel | van Tongeren | M35 17-05-71 Dynamica | Burgh-Haamstede | 03-10-09 |
| 2.56.58 | R Bert | Flier | M35 27-11-72 Energie | Burgh-Haamstede | 03-10-09 |
| 2.58.36 | R Gert-Jan | Verbrugge | M40 27-11-67 AV'56 | Terneuzen | 16-05-09 |
| 2.59.08 | R Erik | Goossen | M35 19-06-71 Scheldesport | Terneuzen | 16-05-09 |
| 2.59.10 | R Rinus | Witte | M45 07-08-62 Dynamica | Terneuzen | 16-05-09 |
| 2.59.17 | R Eelco | Hoogeveen | M35 17-09-70 SV Friesland | Diever | 18-07-09 |
| 2.59.42 | R Roger | van Gompel | >Nijmegen | Diever | 18-07-09 |

50 km mannen - onder 4.00.00

| | | | | | |
|---------|----------|------------|---------------------------|------------|----------|
| 3.52.59 | * Andy | Roodenburg | M35 04-03-71 Loopgroep AS | Winschoten | 12-09-09 |
| 3.59.43 | * Egbert | Top | M40 19-02-65 AvVN | Winschoten | 12-09-09 |

betere prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|---------|------------|---------|-----------------------------|------------|----------|
| 3.38.20 | *,R Robert | Boersma | M40 23-07-68 Nea Volharding | Amstelveen | 23-05-09 |
|---------|------------|---------|-----------------------------|------------|----------|

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|---------|--------|------------|-----------------------------|-------|----------|
| 3.27.15 | Edward | de Ruiter | M40 07-05-66 AvVN | Assen | 04-07-09 |
| 3.28.35 | Martin | Veenhuizen | M40 24-01-69 AAC'61 | Assen | 04-07-09 |
| 3.44.57 | Robert | Boersma | M40 23-07-68 Nea Volharding | Assen | 04-07-09 |
| 3.50.04 | Cees | Verhagen | M45 21-04-60 Fortuna | Assen | 04-07-09 |
| 3.57.40 | Karel | Vos | M50 22-07-56 AAC'61 | Assen | 04-07-09 |

betere prestaties in trimloop:

| | | | | | |
|---------|--------|-------------|-------------------------|------------|----------|
| 3.40.53 | R Jan | Reichart | M45 16-04-64 Nijkerk | Spakenburg | 16-05-09 |
| 3.41.08 | R Bart | Eigenhuis | M40 18-09-67 >Soest | Spakenburg | 16-05-09 |
| 3.44.20 | R Cees | Verhagen | M45 21-04-60 Fortuna | Gouda | 30-08-09 |
| 3.44.22 | R Karl | Bleijenberg | M45 28-09-59 Atverni | Spakenburg | 16-05-09 |
| 3.59.41 | R Wim | de Ruijter | M45 11-06-60 BAV | Spakenburg | 16-05-09 |
| 3.59.50 | R Jan | Schinkel | M55 01-03-53 Ron Clarke | Spakenburg | 16-05-09 |

100 km mannen - onder 11.00.00

| | | | | | |
|---------|----------|-------------|-----------------------------|------------|----------|
| 7.32.35 | * Martin | Ketellapper | M35 05-12-73 Lionitas | Winschoten | 12-09-09 |
| 8.31.00 | * Robert | Boersma | M40 23-07-68 Nea Volharding | Winschoten | 12-09-09 |
| 8.31.23 | * Erwin | van Diemen | M35 17-03-72 Energie | Winschoten | 12-09-09 |
| 8.41.37 | * Dik | Jagersma | M55 20-08-54 SV Friesland | Winschoten | 12-09-09 |

| | | | | | |
|---------|----------|----------|------------------------|------------|----------|
| 8.58.33 | * Arnold | Koers | M45 27-07-62 Daventria | Winschoten | 12-09-09 |
| 9.22.03 | * Henry | Okkersen | M60 16-10-45 AvVN | Winschoten | 12-09-09 |
| 9.29.10 | * Wim | Douw | M45 25-12-63 Diomedon | Winschoten | 12-09-09 |
| 9.29.53 | * Herman | Ebbekink | M50 26-04-55 Aquilo | Winschoten | 12-09-09 |
| 9.33.57 | * Nitish | Zuidema | M40 | Winschoten | 12-09-09 |
| 9.34.19 | * Ernst | Daniel | M50 05-04-55 AAV'36 | Winschoten | 12-09-09 |

(10)

| | | | | | |
|----------|-----------|----------------|-----------------------------|------------|----------|
| 9.35.46 | * Johan | van Litsenburg | M55 21-10-52 GVAC | Winschoten | 12-09-09 |
| 9.38.08 | * Anton | Slagers | M40 25-02-67 Groningen Atl. | Winschoten | 12-09-09 |
| 9.44.43 | * Richard | van der Klis | M45 21-08-63 AvVN | Winschoten | 12-09-09 |
| 9.46.45 | * Erwin | Borrias | M40 03-09-68 De Spartaan | Winschoten | 12-09-09 |
| 9.47.40 | * Jan | van de Erve | M40 | Winschoten | 12-09-09 |
| 10.13.50 | * Feike | van Driesum | M55 06-08-52 Loopgroep PK | Winschoten | 12-09-09 |
| 10.32.27 | * Jan | Bogaard | M55 31-10-51 De Gemzen | Winschoten | 12-09-09 |
| 10.35.05 | * Rinus | van der Wal | M40 | Winschoten | 12-09-09 |
| 10.48.17 | * Adrie | van Dijk | M55 25-08-54 ATC'75 | Winschoten | 12-09-09 |

betere prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|----------|------------|---------------|--------------------------|------------|----------|
| 9.28.42 | *,R Cees | Verhagen | M45 21-04-60 Fortuna | Amstelveen | 23-05-09 |
| 10.18.41 | *,R Erwin | Borrias | M40 03-09-68 De Spartaan | Amstelveen | 23-05-09 |
| 10.53.54 | *,R Arnold | van der Kraan | M45 06-07-63 AV'40 | Amstelveen | 23-05-09 |

6 uur mannen - boven 70.000

| | | | | | |
|-------|-----------|--------------|------------------------------|-------------|----------|
| 80083 | * Olivier | Jacques | M40 06-10-67 NEA Volharding | Stein | 01-03-09 |
| 80067 | * Robert | Boersma | M40 23-07-68 Nea Volharding | Stein | 01-03-09 |
| 76185 | * Robert | Boersma | M40 | Steenbergen | 09-05-09 |
| 74475 | * Jo | Schoonbroodt | M55 11-09-50 Maasrunners | Stein | 01-03-09 |
| 73468 | * Leon | Nillessen | M40 07-11-66 Cifla | Den Haag | 20-06-09 |
| 71731 | * Tom | Hendriks | M50 02-01-57 Haarlemmermeer | Stein | 01-03-09 |
| 70991 | * John | Haan | M50 12-01-58 STB | Stein | 01-03-09 |
| 70537 | * Lex | de Boer | M60 23-06-47 Loopgroep Hoorn | Den Haag | 20-06-09 |

12 uur mannen - boven 100.000

| | | | | | |
|--------|-----------|------------------|------------------------|----------|----------|
| 119403 | * Ferry | van der Ent | M45 24-09-59 AvVN | Den Haag | 20-06-09 |
| 115998 | * John | Bouwens | M50 31-08-55 AAV'36 | Den Haag | 20-06-09 |
| 114823 | * Koos | Rademaker | M60 28-05-45 Triathlon | Den Haag | 20-06-09 |
| 111647 | * Adrie | van Dijk | M50 25-08-54 ATC'75 | Den Haag | 20-06-09 |
| 111480 | * Bob | Verbrugge | M50 12-05-57 RRZ | Den Haag | 20-06-09 |
| 111064 | * Erik | van Konijnenburg | >Dordrecht | Den Haag | 20-06-09 |
| 107504 | * Stef | Mullens | | Den Haag | 20-06-09 |
| 102548 | * Wim | de Graaff | | Den Haag | 20-06-09 |
| 101827 | * Maurice | Koree | >Rotterdam | Den Haag | 20-06-09 |

24 uur mannen - boven 150.000

| | | | | | |
|--------|----------|-----------|-----------------------------|-------------|----------|
| 218598 | * Peter | Rietveld | M50 22-09-58 HERA | Steenbergen | 09-05-09 |
| 190544 | * Tom | Hendriks | M50 02-01-57 Haarlemmermeer | Steenbergen | 09-05-09 |
| 182380 | * Herman | Jakobs | M45 31-05-62 ATV Venray | Steenbergen | 09-05-09 |
| 180589 | * Willy | Jonkers | M40 30-09-65 AvVN | Steenbergen | 09-05-09 |
| 173802 | * Henk | Doorten | M45 26-07-63 AAC'61 | Steenbergen | 09-05-09 |
| 170023 | * Dennis | Boom | M40 >Doetinchem | Steenbergen | 09-05-09 |
| 167427 | * Bob | Stultiens | M40 27-09-64 Weert | Steenbergen | 09-05-09 |
| 166414 | * Herman | Krijnen | M45 03-05-60 DJA | Steenbergen | 09-05-09 |
| 164891 | * Jeroen | Moser | M45 15-03-64 Groningen Atl. | Steenbergen | 09-05-09 |
| 160184 | * Jelle | Bolte | M45 PAC | Steenbergen | 09-05-09 |

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| | | | | | |
|--------|---------|----------|-----------------------------|-------------|----------|
| 156963 | * Adrie | van Dijk | M50 25-08-54 ATC'75 | Steenbergen | 09-05-09 |
| 156708 | * Jos | Akkerman | M55 18-04-50 Haarlemmermeer | Steenbergen | 09-05-09 |

Ekiden mannen - onder 2.30.00

| | | | | | |
|---------|--|------------------------|--------|-----------|----------|
| 2.24.17 | | Koplopers Running Team | | Naaldwijk | 26-09-09 |
| 2.29.07 | | AV Veluwe | Veluwe | Zwolle | 29-03-09 |

3 kilometer snelwandelen jongens CD

| | | | | | |
|-------|-------|----------|-----------------|-----------|----------|
| 16.25 | Colin | Versteeg | JC 95 RWV | Rotterdam | 06-12-09 |
| 19.44 | Jordi | Huntjens | JC 22-05-95 RWV | Rotterdam | 01-02-09 |

5 kilometer snelwandelen jongens CD

| | | | | | |
|-------|-------|----------|-----------------|--------|----------|
| 36.11 | Jordi | Huntjens | JC 22-05-95 RWV | Olland | 08-03-09 |
|-------|-------|----------|-----------------|--------|----------|

10 kilometer snelwandelen

| | | | | | |
|-------|--------------|-----------|---------------------|---------------|----------|
| 44.52 | Jacques van | Bremen | 22-08-84 RWV | Rotterdam | 01-02-09 |
| 45.10 | Harold van | Beek | M45 14-04-62 RWV | Rotterdam | 04-01-09 |
| 48.36 | Marcelino | Sobczak | M35 19-05-68 Unitas | Rotterdam | 06-12-09 |
| 51.13 | Richard | Leijenaar | M45 26-05-59 RWV | Rotterdam | 01-03-09 |
| 52.01 | Victor | Mennen | M40 07-04-63 Unitas | Rotterdam | 04-01-09 |
| 52.45 | Theo | Koenis | M55 12-10-51 De LAT | Rotterdam | 04-01-09 |
| 53.26 | Pedro | Huntjens | M40 10-09-67 Unitas | Rotterdam | 01-02-09 |
| 54.01 | Bart | Snoeren | M35 25-07-69 DAK | Rotterdam | 01-03-09 |
| 54.23 | Dennis van | Reeden | Neo 07-06-89 OLAT | Yverdon (SUI) | 13-12-09 |
| 54.37 | Hans van der | Knaap | M50 09-12-59 RWV | Yverdon (SUI) | 13-12-09 |

(10)

| | | | | | |
|-------|--------------|---------------|-------------------|-----------|----------|
| 56.00 | Ronald | Maas | 29-03-87 RWV | Rotterdam | 06-12-09 |
| 56.15 | Jaap van | Broekhoven | 22-08-85 RWV | Rotterdam | 15-11-09 |
| 56.28 | Marcel | Bunschoten | 08-12-78 De LAT | Rotterdam | 15-11-09 |
| 56.46 | Hans van der | Knaap | M45 09-12-59 RWV | Rotterdam | 15-11-09 |
| 57.11 | Ton van | Andel | M45 02-09-58 RWV | Rotterdam | 04-01-09 |
| 57.35 | Boetje | Huliselan | M50 22-05-55 OLAT | Rotterdam | 01-03-09 |
| 57.46 | Wilfried van | Bremen | Neo 11-02-87 RWV | Tilburg | 04-10-09 |
| 58.32 | Frans | Leijtens | 08-02-76 RWV | Rotterdam | 01-02-09 |
| 58.46 | Dirk-Jan | Nieuwenhuizen | 16-10-75 DAK | Tilburg | 04-10-09 |
| 58.49 | Ronald | Maas | Neo 29-03-87 RWV | Tilburg | 04-10-09 |

(20)

| | | | | | |
|-------|----------|------------|------------------------|-----------|----------|
| 58.59 | Huib van | Broekhoven | M45 19-06-61 RWV | Rotterdam | 01-03-09 |
| 59.13 | Alex | Wijsman | M60 03-02-48 De LAT | Rotterdam | 01-03-09 |
| 59.14 | Hans van | Ginneken | M45 10-09-60 Parthenon | Rotterdam | 01-03-09 |
| 59.44 | Gert | Bakkers | M35 06-09-70 DAK | Rotterdam | 01-03-09 |

overige masters

| | | | | | |
|---------|------|---------|---------------------|-----------|----------|
| 1.02.16 | John | Redeker | M40 07-09-64 DAK | Rotterdam | 06-12-09 |
| 1.03.27 | Paul | Altena | M40 18-01-64 De LAT | Amsterdam | 08-02-09 |

| | | | | | |
|---------|--------|----------|------------------|-----------|----------|
| 1.04.00 | Gerrit | Riezebos | M45 15-02-59 RWV | Dordrecht | 29-03-09 |
|---------|--------|----------|------------------|-----------|----------|

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|---------|--------|--------|------------------|-----------|----------|
| 1.02.07 | Gerard | Heunks | M50 15-04-58 RWV | Rotterdam | 06-12-09 |
| 1.04.32 | Riny | Jehoel | M50 28-06-58 DAK | Rotterdam | 15-11-09 |
| 1.09.19 | Paul | Maas | M50 22-08-56 RWV | Rotterdam | 06-12-09 |

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|---------|----------|------------|---------------------|-----------|----------|
| 1.01.00 | Hans van | Wakeren | M55 02-03-49 Unitas | Rotterdam | 04-01-09 |
| 1.01.34 | Fred | Röhner | M55 11-09-50 Unitas | Rotterdam | 01-03-09 |
| 1.03.11 | Harry | Bijnen | M55 22-03-52 DAK | Rotterdam | 06-12-09 |
| 1.04.58 | Ad | Leermakers | M55 08-10-51 Attila | Rotterdam | 01-02-09 |
| 1.05.46 | Aad van | Leeuwen | M55 17-06-49 AV NOP | Rotterdam | 15-11-09 |
| 1.06.14 | Ad | Leermakers | M55 08-10-51 DAK | Rotterdam | 06-12-09 |

| | | | | | |
|---------|--------|----------|-----------------------|---------|----------|
| 1.04.23 | Ad van | Oijen | M60 31-05-44 AV Weert | Olland | 08-03-09 |
| 1.04.52 | Rob | Frielink | M60 02-02-46 RWV | Tilburg | 04-10-09 |

| | | | | | |
|---------|-------------|------|------------------|-----------|----------|
| 1.08.01 | Wim van der | Bijl | M65 31-10-39 RWV | Dordrecht | 29-03-09 |
|---------|-------------|------|------------------|-----------|----------|

| | | | | | |
|---------|----------|------------|---------------------|-----------|----------|
| 1.04.32 | Tjabel | Ras | M70 02-10-35 RWV | Rotterdam | 04-01-09 |
| 1.04.57 | Jaap | Visser | M70 27-07-37 RWV | Olland | 08-03-09 |
| 1.15.32 | Bernard | Krabbendam | M70 11-08-34 De LAT | Rotterdam | 01-02-09 |
| 1.15.37 | Wout van | Wieringen | M70 17-04-33 RWV | Rotterdam | 01-03-09 |

| | | | | | |
|---------|------|----------|------------------|---------|----------|
| 1.08.38 | Nico | Schroten | M75 14-07-34 RWV | Tilburg | 04-10-09 |
|---------|------|----------|------------------|---------|----------|

20 kilometer snelwandelen mannen

| | | | | | |
|---------|---------------|------------|---------------------|--------------|----------|
| 1.35.02 | Harold van | Beek | M45 14-04-62 RWV | Lugano (SUI) | 08-03-09 |
| 1.35.21 | Jacques van | Bremen | 22-08-84 RWV | Ibiza | 29-03-09 |
| 1.46.43 | Marcelino | Sobczak | M35 19-05-68 Unitas | Tilburg | 04-10-09 |
| 1.53.20 | Pedro | Huntjens | M40 10-09-67 Unitas | Tilburg | 04-10-09 |
| 1.57.42 | Jaap van | Broekhoven | 22-08-85 RWV | Tilburg | 04-10-09 |
| 1.58.15 | Frank van der | Gulik | 29-08-77 De LAT | Tilburg | 04-10-09 |
| 1.58.43 | Ronald | Maas | Neo 29-03-87 RWV | Tilburg | 04-10-09 |
| 2.04.04 | Dennis van | Reeden | Neo 07-06-89 OLAT | Tilburg | 04-10-09 |
| 2.04.42 | Frans | Leijtens | 08-02-76 RWV | Tilburg | 04-10-09 |

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|---|---------------|------------|---------------------|---------------|----------|
| 2.06.00 | Gert | Bakkers | M35 06-09-70 DAK | Olland | 08-03-09 |
| (10) | | | | | |
| 2.07.30 | Hans van der | Knaap | M45 09-12-59 RWV | Sirault (BEL) | 05-07-09 |
| 2.09.21 | Huib van | Broekhoven | M45 19-06-61 RWV | Tilburg | 04-10-09 |
| 2.10.16 | Boetje | Huliselan | M50 22-05-55 OLAT | Tilburg | 04-10-09 |
| 2.10.32 | Jaap | Visser | M70 27-07-37 RWV | Olland | 08-03-09 |
| 2.10.33 | Ton van | Andel | M45 02-09-58 RWV | Olland | 08-03-09 |
| 2.11.36 | Fred | Röhner | M55 11-09-50 Unitas | Tilburg | 04-10-09 |
| 2.12.18 | Hans van | Wakeren | M55 02-03-49 Unitas | Olland | 08-03-09 |
| 2.19.49 | Nico | Schroten | M75 14-07-34 RWV | Tilburg | 04-10-09 |
| 2.21.00 | Rob | Frielink | M60 02-02-46 RWV | Tilburg | 04-10-09 |
| 2.40.54 | Bernard | Krabbendam | M70 11-08-34 De LAT | Tilburg | 04-10-09 |
| (20) | | | | | |
| 2.42.04 | Bernard | Krabbendam | M75 11-08-34 De LAT | Binche (BEL) | 30-08-09 |
| 30 kilometer snelwandelen mannen | | | | | |
| 2.42.02 | Marcelino | Sobczak | M35 19-05-68 Unitas | Tilburg | 04-10-09 |
| 2.53.20 | Pedro | Huntjens | M40 10-09-67 Unitas | Tilburg | 04-10-09 |
| 2.54.58 | Theo | Koenis | M55 12-10-51 De LAT | Aarhus (DEN) | 31-05-09 |
| 2.59.41 | Frank van der | Gulik | 29-08-77 De LAT | Tilburg | 04-10-09 |
| 3.02.55 | Ronald | Maas | Neo 29-03-87 RWV | Tilburg | 04-10-09 |
| 3.09.40 | Frans | Leijtens | 08-02-76 RWV | Tilburg | 04-10-09 |
| 3.16.06 | Huib van | Broekhoven | M45 19-06-61 RWV | Olland | 08-03-09 |
| 3.18.50 | Boetje | Huliselan | M50 22-05-55 OLAT | Tilburg | 04-10-09 |
| 3.19.01 | Alex | Wijsman | M60 03-02-48 De LAT | Aarhus (DEN) | 31-05-09 |
| 3.20.15 | Rob | Frielink | M60 02-02-46 RWV | Tilburg | 04-10-09 |
| (10) | | | | | |
| 3.22.11 | Ton van | Andel | M45 02-09-58 RWV | Olland | 08-03-09 |
| 3.23.55 | Fred | Röhner | M55 11-09-50 Unitas | Tilburg | 04-10-09 |
| 3.30.12 | Jaap | Visser | M70 27-07-37 RWV | Olland | 08-03-09 |
| 3.58.50 | Bernard | Krabbendam | M70 11-08-34 De LAT | Aarhus (DEN) | 31-05-09 |
| 35 kilometer snelwandelen mannen | | | | | |
| 3.10.05 | Marcelino | Sobczak | M35 19-05-68 Unitas | Tilburg | 04-10-09 |
| 3.25.32 | Pedro | Huntjens | M40 10-09-67 Unitas | Tilburg | 04-10-09 |
| 3.32.00 | Frank van der | Gulik | 29-08-77 De LAT | Tilburg | 04-10-09 |
| 3.36.38 | Ronald | Maas | Neo 29-03-87 RWV | Tilburg | 04-10-09 |
| 3.43.40 | Frans | Leijtens | 08-02-76 RWV | Tilburg | 04-10-09 |
| 3.50.10 | Huib van | Broekhoven | M45 19-06-61 RWV | Olland | 08-03-09 |
| 3.55.00 | Boetje | Huliselan | M50 22-05-55 OLAT | Tilburg | 04-10-09 |
| 3.55.40 | Rob | Frielink | M60 02-02-46 RWV | Tilburg | 04-10-09 |
| 3.59.10 | Ton van | Andel | M45 02-09-58 RWV | Olland | 08-03-09 |
| 4.03.55 | Fred | Röhner | M55 11-09-50 Unitas | Tilburg | 04-10-09 |
| (10) | | | | | |
| 4.11.05 | Jaap | Visser | M70 27-07-37 RWV | Olland | 08-03-09 |
| 50 kilometer snelwandelen mannen | | | | | |
| 4.38.18 | Marcelino | Sobczak | M35 19-05-68 Unitas | Tilburg | 04-10-09 |
| 5.07.52 | Pedro | Huntjens | M40 10-09-67 Unitas | Tilburg | 04-10-09 |
| 5.09.42 | Frank van der | Gulik | 29-08-77 De LAT | Tilburg | 04-10-09 |
| 5.23.28 | Ronald | Maas | Neo 29-03-87 RWV | Tilburg | 04-10-09 |
| 5.35.19 | Frans | Leijtens | 08-02-76 RWV | Tilburg | 04-10-09 |
| 5.36.46 | Huib van | Broekhoven | M45 19-06-61 RWV | Tilburg | 04-10-09 |
| 5.42.50 | Boetje | Huliselan | M50 22-05-55 OLAT | Tilburg | 04-10-09 |
| 5.43.07 | Rob | Frielink | M60 02-02-46 RWV | Tilburg | 04-10-09 |
| 5.49.22 | Ton van | Andel | M45 02-09-58 RWV | Olland | 08-03-09 |
| 5.58.38 | Fred | Röhner | M55 11-09-50 Unitas | Tilburg | 04-10-09 |
| (10) | | | | | |
| 6.15.39 | Jaap | Visser | M70 27-07-37 RWV | Olland | 08-03-09 |

Vrouwen

10 km vrouwen - onder 38.00

| | | | | | |
|-------|----------------|--------------|--------------------|----------------|-----------------|
| 31.45 | * Lornah | Kiplagat | 01-05-74 Hylas | San Juan (PUR) | 01-03-09 |
| 31.59 | * Hilda | Kibet | 17-03-81 Castricum | Appingedam | 27-06-09 |
| 32.37 | * <i>Hilda</i> | <i>Kibet</i> | | <i>Schoorl</i> | <i>08-02-09</i> |
| 33.59 | * Merel | de Knecht | 09-05-79 Attila | Den Haag | 01-11-09 |

| | | | | | |
|--|--------------|--------------------|----------------------------------|---------------|----------|
| 33.59 | Merel | de Knegt | | Baarle-Nassau | 29-08-09 |
| 34.01 | * Merel | de Knegt | | Tilburg | 06-09-09 |
| 34.14 | * Ilse | Pol | 27-06-82 Running 2000 | Hilversum | 19-04-09 |
| 34.33 | * Merel | de Knegt | | Utrecht | 27-09-09 |
| 34.33 | * Ilse | Pol | | Voorthuizen | 15-07-09 |
| 34.36 | * Nina | Mathijssen | 03-05-80 Phanos | Hilversum | 19-04-09 |
| (10/5) | | | | | |
| 34.48 | * Sanne | Broeksma | 26-05-85 PAC | Hilversum | 19-04-09 |
| 35.19 | * Ruth | van der Meijden | 15-08-84 VAV | Tilburg | 06-09-09 |
| 35.19 | * Marieke | Falkmer | 07-01-87 Groningen Atl. | Tilburg | 06-09-09 |
| 35.21 | * Nadezhda | Wijnenberg | V45 02-04-64 Unitas | Den Haag | 01-11-09 |
| 35.31 | * Saskia | van Vugt | 13-12-82 Phoenix | Voorthuizen | 15-07-09 |
| (10) | | | | | |
| 35.32 | * Miriam | van Reijen | 20-10-83 Phanos | Voorthuizen | 15-07-09 |
| 35.35 | * Andrea | Deelstra | 06-03-85 AV'55 | Tilburg | 06-09-09 |
| 35.37 | * Inge | van Bergen | V35 02-06-72 Unitas | Tilburg | 06-09-09 |
| 35.37 | * Ingrid | Versteegh | 06-07-78 Loopgroep AS | Tilburg | 06-09-09 |
| 35.42 | * Inge | de Jong | 06-06-76 Trias | Schoorl | 08-02-09 |
| 35.45 | * Lindsay | van Marrewijk | 04-02-83 Haag Atletiek | Utrecht | 18-10-09 |
| 35.46 | * Jolanda | Verstraten | 23-06-83 Scopias | Tilburg | 06-09-09 |
| 35.52 | * Corine | Spaans | 14-09-76 Eindhoven Atl. | Schoorl | 08-02-09 |
| 35.53 | * Heleen | Plaatzer | 20-11-79 't Haasje | Tilburg | 06-09-09 |
| 36.01 | * Margriet | Berkhout | MA 27-08-90 NOVA | Schoorl | 08-02-09 |
| (20) | | | | | |
| 36.08 | * Petra | Sloots | V35 10-09-71 Spark | Utrecht | 18-10-09 |
| 36.16 | * Reina | Visser | 02-12-85 Nijmegen Atletiek | Utrecht | 18-10-09 |
| 36.18 | * Lianne | Groen | 23-08-87 Phanos | Tilburg | 06-09-09 |
| 36.21 | * Mechtild | Panhuijsen | 09-05-79 Atletiek Maastricht | Tilburg | 06-09-09 |
| 36.21 | * Ingrid | Prigge | V45 04-11-63 LAAC | Tilburg | 06-09-09 |
| 36.24 | * Jancy | Burgman | 24-05-83 Nijmegen Atletiek | Tilburg | 06-09-09 |
| 36.25 | * Jacqueline | Rustidge | V40 28-04-68 Isala'96 | Voorthuizen | 15-07-09 |
| 36.48 | * Hanneke | Hink | 31-05-05 Groningen Atl. | Schoorl | 08-02-09 |
| 36.49 | * Danne | Boterenbrood | 19-07-85 | Utrecht | 18-10-09 |
| 36.50 | * Patricia | Schreurs | 25-04-76 Hellas | Tilburg | 06-09-09 |
| (30) | | | | | |
| 36.50 | * Marlies | Overbeeke | 25-06-80 PAC | Nijmegen | 17-05-09 |
| 36.52 | * Maud | Golsteyn | 20-07-80 Caesar | Brunssum | 29-03-09 |
| 36.57 | * Femke | van Hest | 02-05-76 TRR | Brunssum | 29-03-09 |
| 37.00 | * Eva | Janssen | 10-05-77 GAC Hilversum | Hilversum | 19-04-09 |
| 37.02 | * Sandra | de Jonge-ter Horst | V35 28-04-73 Ciko'66 | Tilburg | 06-09-09 |
| 37.08 | * Irma | Heeren | V40 16-04-67 Athlos | Voorthuizen | 15-07-09 |
| 37.12 | * Corelien | Kloek | 24-03-87 AV NOP | Tilburg | 06-09-09 |
| 37.17 | * Fa | Adda | V35 06-12-72 AV'23 | Tilburg | 06-09-09 |
| 37.51 | * Lia | Wijnberger | V40 06-04-69 Phoenix | Voorthuizen | 15-07-09 |
| 37.53 | * Marlien | van Beek | V40 06-04-65 LADB | Alblasserdam | 03-10-09 |
| (40) | | | | | |
| 37.58 | * Melanie | Spruyt | 14-12-79 Running 2000 | Voorthuizen | 15-07-09 |
| 37.59 | * Bregje | Dieden | 06-11-79 Attila | Tilburg | 06-09-09 |
| 38.00 | * Sandra | de Block | 04-09-82 RKHAV | Tilburg | 06-09-09 |
| <i>betera prestaties op ongecertificeerd parcours:</i> | | | | | |
| 33.59 | Merel | de Knegt | 09-05-79 Attila | Baarle-Nassau | 29-08-09 |
| 35.05 | Miriam | van Reijen | 20-10-83 Phanos | Dordrecht | 29-03-09 |
| 35.07 | Corine | Spaans | 14-09-76 Eindhoven Atl. | Helmond | 04-10-09 |
| 35.45 | Sabine | van de Reijt | 08-09-81 Sprint | Oosterhout | 04-04-09 |
| 36.14 | Femke | van Hest | 02-05-76 TRR | Utrecht | 13-04-09 |
| 36.26 | Evelien | Ruijters | 10-08-85 Atletiek Maastricht | Meerssen | 13-09-09 |
| 37.17 | Marisa | Hopmans | 19-04-79 Spado | Alphen, NB | 11-07-09 |
| 37.28 | Lia | Wijnberger | V35 06-04-69 Phoenix | Dordrecht | 29-03-09 |
| 37.30 | Birgit | Cals-Beek | Unitas | Borgharen | 19-07-09 |
| 37.42 | Yvonne | Georg | V35 28-07-69 Veendam | Nieuwe Pekela | 03-06-09 |
| 37.44 | Claudia | van Rijn | V35 31-03-72 Leiden Atletiek | Voorschoten | 22-03-09 |
| 37.51 | Belinda | Westera | V35 23-05-05 Atletiek Maastricht | Borgharen | 19-07-09 |
| 37.54 | Angelica | Esparza | 12-12-77 AAC | Amsterdam | 05-04-09 |
| 37.54 | Anjolie | Engels | 17-09-76 Dynamica | Domburg | 08-07-09 |
| 38.00 | Eline | Vollenbroek | MA 12-06-05 >Losser | Oldenzaal | 09-08-09 |

betere prestaties in trimloop:

| | | | | | | |
|-------|-----------|----------------|--------------|-------------------|-----------------|----------|
| 33.24 | R Ilse | Pol | 27-06-82 | Running 2000 | Nunspeet | 07-11-09 |
| 35.20 | R Rachel | Klamer | MA 08-10-90 | LAAC | Oldenzaal | 04-10-09 |
| 35.20 | R Ingrid | Versteegh | 06-07-78 | Loopgroep AS | Breda | 03-05-09 |
| 36.16 | R Hanneke | Hink | 31-05-05 | Groningen Atl. | Drachten | 28-02-09 |
| 37.08 | R Renata | Haring | 08-04-76 | Rotterdam Atl. | Rotterdam | 31-10-09 |
| 37.14 | R Marisa | Hopmans | 19-04-79 | Spado | Breda | 03-05-09 |
| 37.14 | R Marlien | van Beek | V40 06-04-65 | LADB | Rucphen | 18-10-09 |
| 37.25 | R Renske | Smetsers-Weeda | 16-07-78 | Nijmegen Atletiek | IJsselstein | 31-05-09 |
| 37.28 | R Marjon | de Kok | 15-11-74 | Prins Hendrik | Breda | 03-05-09 |
| 37.39 | R Melanie | Spruyt | 14-12-79 | Running 2000 | Nunspeet | 07-11-09 |
| 37.41 | R Claudia | van Rijn | V35 31-03-72 | Leiden Atletiek | Noordwijkerhout | 26-04-09 |

15 km vrouwen - onder 60.00

| | | | | | | |
|--------|--------------|------------------|--------------|---------------------|---------------|----------|
| 51.14 | * Ilse | Pol | 27-06-82 | Running 2000 | Nijmegen | 15-11-09 |
| 51.46 | * Ilse | Pol | | | 's Heerenberg | 06-12-09 |
| 51.54 | * Merel | de Knegt | 09-05-79 | Attila | Nijmegen | 15-11-09 |
| 52.57 | * Corine | Spaans | 14-09-76 | Olympia Eindhoven | | Nijmegen |
| 53.14 | * Merel | de Knegt | | | 's Heerenberg | 06-12-09 |
| 54.12 | * Lindsay | van Marrewijk | 04-02-83 | Haag Atletiek | Nijmegen | 15-11-09 |
| 54.33 | * Nadezhda | Wijenberg | V45 02-04-64 | Unitas | Nijmegen | 15-11-09 |
| 55.07 | * Heleen | Plaatzer | 20-11-79 | 't Haasje | Nijmegen | 15-11-09 |
| 55.16 | * Nadezhda | Wijenberg | V45 | | 's Heerenberg | 06-12-09 |
| 55.21 | * Heleen | Plaatzer | | | Heerde | 04-07-09 |
| (10/6) | | | | | | |
| 55.23 | * Ingrid | Versteegh | 06-07-78 | Loopgroep AS | Nijmegen | 15-11-09 |
| 55.38 | * Inge | van Bergen | V35 02-06-72 | Unitas | Nijmegen | 15-11-09 |
| 56.17 | * Miriam | van Reijen | 20-10-83 | Phanos | 's Heerenberg | 06-12-09 |
| 56.28 | * Reina | Visser | 02-12-85 | Nijmegen Atletiek | Nijmegen | 15-11-09 |
| (10) | | | | | | |
| 56.34 | * Ingrid | Prigge | V45 04-11-63 | LAAC | Nijmegen | 15-11-09 |
| 57.22 | * Irene | Kalter | V40 04-08-68 | Daventria | Nijmegen | 15-11-09 |
| 57.23 | * Jacqueline | Rustidge | V40 28-04-68 | Isala'96 | Heerde | 04-07-09 |
| 57.26 | * Yvonne | Kassenberg | V35 28-08-74 | Lionitas | Nijmegen | 15-11-09 |
| 57.31 | * Irma | Heeren | V40 16-04-67 | Athlos | 's Heerenberg | 06-12-09 |
| 57.35 | * Ingrid | Grutters | V35 28-08-74 | Atverni | Nijmegen | 15-11-09 |
| 57.36 | * Corelien | Kloek | 24-03-87 | AV NOP | Nijmegen | 15-11-09 |
| 57.42 | * Maud | Golsteyn | 20-07-80 | Caesar | Nijmegen | 15-11-09 |
| 57.52 | * Helen | Hofstede | 31-12-80 | Atverni | Nijmegen | 15-11-09 |
| 58.05 | * Marjon | de Kok | V35 15-11-74 | Prins Hendrik | 's Heerenberg | 06-12-09 |
| (20) | | | | | | |
| 58.10 | * Lia | Wijnberger | V40 06-04-69 | Phoenix | Nijmegen | 15-11-09 |
| 58.12 | * Bregje | Dieden | 06-11-79 | Attila | Nijmegen | 15-11-09 |
| 58.26 | * Mechtild | Panhuijsen | 09-05-79 | Atletiek Maastricht | Nijmegen | 15-11-09 |
| 58.27 | * Renata | Haring | 08-04-76 | Rotterdam Atl. | Nijmegen | 15-11-09 |
| 58.30 | * Patricia | Schreurs | 25-04-76 | Hellas | Maastricht | 14-06-09 |
| 58.35 | * Melanie | Spruyt | 14-12-79 | Running 2000 | 's Heerenberg | 06-12-09 |
| 59.08 | * Petra | Sloots | V35 10-09-71 | Spark | Vlaardingen | 27-09-09 |
| 59.16 | * Jeanine | van de Klashorst | MA 05-04-91 | U-Track | Nijmegen | 15-11-09 |
| 59.21 | * Agnes | Schipper | V40 03-09-68 | Hellas | Nijmegen | 15-11-09 |
| 59.32 | * Evelien | Ruijters | 10-08-85 | Atletiek Maastricht | Maastricht | 14-06-09 |
| (30) | | | | | | |
| 59.33 | * Marjan | Faber | V40 21-05-69 | Cifla | Nijmegen | 15-11-09 |
| 59.35 | * Francis | Schinkel | V40 28-04-65 | PAC | Vlaardingen | 27-09-09 |
| 59.54 | * Inge | van der Meulen | V35 21-05-73 | Eindhoven Atl. | Nijmegen | 15-11-09 |
| 59.55 | * Dorien | van der Schot | 23-12-84 | Phoenix | Nijmegen | 15-11-09 |

betere prestaties op ongecertificeerd parcours:

| | | | | | | |
|-------|----------|----------------------|--------------|----------------|------------|----------|
| 57.12 | Petra | Sloots | V35 10-09-71 | Spark | Reeuwijk | 21-03-09 |
| 58.43 | Anne | Zijderveld | 08-09-83 | Loopgroep PK | Zoetermeer | 08-11-09 |
| 59.00 | Fa | Adda | V35 06-12-72 | AV'23 | IJmuiden | 12-09-09 |
| 59.03 | Inge | van der Meulen | V35 21-05-73 | Eindhoven Atl. | Oisterwijk | 18-04-09 |
| 59.04 | Yvonne | Georg | V35 28-07-69 | Veendam | Wildervank | 08-02-09 |
| 59.04 | Angelica | Esparza | 12-12-77 | AAC | Amsterdam | 19-04-09 |
| 59.22 | Marianne | Goijert-Hoogerbrugge | V35 31-12-73 | Haag Atletiek | Maasdijk | 13-06-09 |
| 59.42 | Carla | Ophorst | V50 02-12-58 | Olympus'70 | Maasdijk | 13-06-09 |

betere prestaties in trimloop:

57.16 ?,R Fa Adda V35 06-12-72 AV'23 Breda 03-05-09

10 EM vrouwen - onder 64.00

51.21 * Hilda Kibet 17-03-81 Castricum Zaandam 20-09-09
 58.35 * Ilse Pol 27-06-82 Running 2000 Zaandam 20-09-09
 59.22 * Inge van Bergen V35 02-06-72 Unitas Zaandam 20-09-09
 60.41 * Ingrid Prigge V45 04-11-63 LAAC Holten 31-10-09
 60.48 * Inge de Jong 06-06-76 Trias Zaandam 20-09-09
 60.50 * Irma Heeren V40 16-04-67 Athlos Holten 31-10-09
 61.48 * Lisanne Groen 23-08-87 Phanos Zaandam 20-09-09
 62.00 *,# Jacqueline Rustidge V40 28-04-68 Isala'96 Zaandam 20-09-09
 62.18 * Petra Sloots V35 10-09-71 Spark Lelystad 30-05-09
 62.26 * Jacqueline Rustidge V40 Epe 12-05-09

(10/9)

62.33 * Fa Adda V35 06-12-72 AV'23 Zaandam 20-09-09

(10)

63.10 * Anne van Schuppen V45 11-10-60 Cialfo Wapenveld 21-03-09
 63.42 * Marjon de Kok 15-11-74 Prins Hendrik Zaandam 20-09-09

betere prestaties op gecertificeerd parcours in trimloop:

58.46 *,R Saskia van Vugt 13-12-82 Phoenix Woudenberg 03-01-09
 63.18 *,R Nicole Philippens V35 11-02-72 Loopgroep AS Woudenberg 03-01-09

betere prestaties op ongecertificeerd parcours:

60.23 Ingrid Prigge V45 04-11-63 LAAC Eibergen 17-05-09
 61.34 Petra Sloots V35 10-09-71 Spark Barendrecht 13-12-09
 62.42 Marlien van Beek V40 06-04-65 LADB Papendrecht 10-10-09
 62.45 Lindsay van Marrewijk 04-02-83 Haag Atletiek 's Gravenzande 19-09-09
 62.52 Anne Zijderveld 08-09-83 Loopgroep PK Barendrecht 13-12-09
 62.59 Yvonne Georg V35 28-07-69 Veendam Winschoten 28-03-09
 63.16 Lucienne Groenendijk V35 24-08-69 Sportlust Schagen 17-05-09
 63.22 Carla Ophorst V50 02-12-58 Olympus'70 's Gravenzande 19-09-09

20 km vrouwen - onder 1.23.30

1.19.06 * Carla Ophorst V50 02-12-58 Olympus'70 Alphen a/d Rijn 08-03-09

betere prestaties op ongecertificeerd parcours:

1.17.36 Yvonne Kassenberg V35 28-08-74 Lionitas Sneek 29-08-09
 1.17.52 Heleen Plaatzter 20-11-79 't Haasje Sneek 29-08-09
 1.21.18 Ylona Kruis V35 09-04-73 Horror Sneek 29-08-09
 1.22.37 Bertha Bruggenkamp V40 07-03-68 AAC'61 Sneek 29-08-09

betere prestaties in trimloop:

1.21.50 R Mariska Kramer-Postma V35 26-04-74 SV Friesland Drachten 04-10-09

½ marathon vrouwen – top 100

1.13.10 * Ilse Pol 27-06-82 Running 2000 Dronten 19-12-09
 1.13.17 * Miranda Boonstra V35 29-08-72 Nijmegen Atletiek Venlo 22-03-09
 1.14.31 * Merel de Knecht 09-05-79 Attila Rotterdam 13-09-09
 1.14.40 * Ilse Pol Den Haag 14-03-09
 1.16.12 * Inge de Jong 06-06-76 Trias Den Haag 14-03-09
 1.16.12 * Saskia van Vugt 13-12-82 Phoenix Den Haag 14-03-09
 1.16.23 * Lornah Kiplagat 01-05-74 Hylas Lagos (NGR) 21-02-09
 1.17.04 * Eva Janssen 10-05-77 GAC Hilversum Den Haag 14-03-09
 1.17.09 * Corine Spaans 14-09-76 Olympia Eindhoven Den Haag
 1.17.18 * Miriam van Reijen 20-10-83 Phanos Den Haag 14-03-09

(10/9)

1.17.32 * Hilda Kibet 17-03-81 Castricum Egmond aan Zee 11-01-09

(10)

1.17.50 * Jolanda Verstraten 23-06-83 Scopias Rotterdam 13-09-09
 1.18.44 * Nadezhda Wijenberg V40 02-04-64 Unitas Venlo 22-03-09
 1.18.54 * Lindsay van Marrewijk 04-02-83 Haag Atletiek Rotterdam 13-09-09
 1.19.03 * Femke van Hest 02-05-76 TRR Den Haag 14-03-09
 1.19.59 * Reina Visser 02-12-85 Nijmegen Atletiek Venlo 22-03-09
 1.20.34 * Ingrid Prigge V45 04-11-63 LAAC Den Haag 14-03-09
 1.20.46 * Jacqueline Rustidge V40 28-04-68 Isala'96 Den Haag 14-03-09
 1.20.48 * Marlies Overbeeke 25-06-80 PAC Rotterdam 13-09-09
 1.20.51 * Ingrid Versteegh 06-07-78 Loopgroep AS Breda 04-10-09
 1.21.06 * Irma Heeren V40 16-04-67 Athlos Dronten 19-12-09

(20)

| | | | | | | |
|---------|-------------|----------------------|--------------|---------------------|----------------|----------|
| 1.21.16 | * Heleen | Plaatzter | 20-11-79 | 't Haasje | Venlo | 22-03-09 |
| 1.21.17 | * Melanie | Spruyt | 14-12-79 | Running 2000 | Dronten | 19-12-09 |
| 1.21.20 | * Petra | Sloots | V35 10-09-71 | Spark | Den Haag | 14-03-09 |
| 1.22.09 | * Marisa | Hopmans | 19-04-79 | Spado | Den Haag | 14-03-09 |
| 1.22.13 | * Esther | Schipper | 26-11-87 | Hylas | Breda | 04-10-09 |
| 1.22.28 | * Fa | Adda | V35 06-12-72 | AV'23 | Den Haag | 14-03-09 |
| 1.22.37 | * Marjon | de Kok | 15-11-74 | Prins Hendrik | Den Haag | 14-03-09 |
| 1.22.42 | * Mechtild | Panhuijsen | 09-05-79 | Atletiek Maastricht | Den Haag | 14-03-09 |
| 1.22.53 | * Patricia | Schreurs | 25-04-76 | Hellas | Den Haag | 14-03-09 |
| 1.23.14 | * Angelica | Esparza | 12-12-77 | AAC | Den Haag | 14-03-09 |
| (30) | | | | | | |
| 1.23.21 | *,# Bridget | O'Donovan | | >Amsterdam | Egmond aan Zee | 11-01-09 |
| 1.24.05 | * Bregje | Dieden | 06-11-79 | Attila | Breda | 04-10-09 |
| 1.24.06 | * Renske | Smetsers-Weeda | 16-07-78 | Nijmegen Atletiek | Den Haag | 14-03-09 |
| 1.24.17 | * Carla | Ophorst | V50 02-12-58 | Olympus'70 | Den Haag | 14-03-09 |
| 1.24.28 | * Marianne | Goijert-Hoogerbrugge | V35 31-12-73 | Haag Atletiek | Den Haag | 14-03-09 |
| 1.25.01 | * Inge | van Bergen | V35 02-06-72 | Unitas | Egmond aan Zee | 11-01-09 |
| 1.25.09 | * Sabine | Zelen | 27-11-77 | Atletiek Helden | Venlo | 22-03-09 |
| 1.25.21 | * Anne | Zijderveld | 08-09-83 | Loopgroep PK | Dordrecht | 25-10-09 |
| 1.25.24 | * Anjolie | Engels | 17-09-76 | Dynamica | Dalfsen | 07-08-09 |
| 1.25.41 | * Lucienne | Groenendijk | V35 24-08-69 | Sportlust | Egmond aan Zee | 11-01-09 |
| (40) | | | | | | |
| 1.25.43 | * Jorieke | Casteleijn | 04-12-85 | Atletiek Maastricht | Den Haag | 14-03-09 |
| 1.26.01 | * Ilonka | van den Hengel | 28-07-87 | Running 2000 | Egmond aan Zee | 11-01-09 |
| 1.26.02 | * Hanneke | Hink | 31-05-05 | Groningen Atl. | Egmond aan Zee | 11-01-09 |
| 1.26.03 | * Susan | Hagevoort | V45 09-06-62 | Triathlon | Den Haag | 14-03-09 |
| 1.26.07 | * Francis | Schinkel | V40 28-04-65 | PAC | Dordrecht | 25-10-09 |
| 1.26.07 | * Monique | Arkenbout-Andriessen | V45 16-05-63 | Castricum | Venlo | 22-03-09 |
| 1.26.19 | * Elizabeth | Stavreski | V35 16-02-74 | | Den Haag | 14-03-09 |
| 1.26.24 | * Julie | Beukers | V40 26-07-67 | De Kieviten | Den Haag | 14-03-09 |
| 1.26.38 | * Rahel | Bellinga | V40 27-02-69 | Pijnenburg | Hilversum | 19-04-09 |
| 1.26.43 | * Esther | Devilee | V35 09-10-70 | Lg Oegstgeest | Zwolle | 13-06-09 |
| (50) | | | | | | |
| 1.26.44 | * Corina | Voorn | V45 15-07-63 | De Koplopers | Den Haag | 14-03-09 |
| 1.26.46 | * Elisabeth | de Nooijer | V40 02-10-64 | Altis | Den Haag | 14-03-09 |
| 1.26.59 | * Danne | Boterenbrood | 19-07-85 | | Venlo | 22-03-09 |
| 1.27.02 | * Mariska | Dute | 16-11-85 | Loopgroep PK | Haarlem | 27-09-09 |
| 1.27.17 | * Jolanda | ten Brinke | V35 02-09-70 | AKU | Den Haag | 14-03-09 |
| 1.27.34 | * Inge | Dijkman | V50 04-11-57 | Ron Clarke | Den Haag | 14-03-09 |
| 1.27.40 | * Anne | van Schuppen | V45 11-10-60 | Cialfo | Dronten | 19-12-09 |
| 1.27.40 | * Birgit | Krämer | V35 27-12-69 | GAC Hilversum | Den Haag | 14-03-09 |
| 1.27.57 | * Diny | Bosker | V50 30-06-57 | SV Friesland | Den Haag | 14-03-09 |
| 1.27.58 | * Marlin | Nijhof | 10-04-83 | MPM | Hengelo | 13-04-09 |
| (60) | | | | | | |
| 1.28.24 | * Laura | Huijbregts | 06-06-80 | Asterix | Egmond aan Zee | 11-01-09 |
| 1.28.28 | * Saskia | Schutte | V35 03-04-72 | Cialfo | Zwolle | 13-06-09 |
| 1.28.40 | * Ingrid | van Lubek | V35 12-05-71 | Hellas | Egmond aan Zee | 11-01-09 |
| 1.28.53 | * Marleen | Westhoff | V40 16-03-68 | Haag Atletiek | Den Haag | 14-03-09 |
| 1.28.53 | * Ylona | Kruis | V35 09-04-73 | Horror | Schoorl | 08-02-09 |
| 1.28.59 | * Fleur | Runeman | V35 11-10-70 | Olympus'70 | Den Haag | 14-03-09 |
| 1.29.01 | * Marianne | de Kok | V35 20-07-71 | Dynamica | Den Haag | 14-03-09 |
| 1.29.03 | * Polly | Nkambi | V40 02-11-65 | Athlos | Den Haag | 14-03-09 |
| 1.29.26 | * Jolanda | Buter-Hopman | V40 13-02-64 | Trias | Schoorl | 08-02-09 |
| 1.29.33 | * Birgit | Voorn | V40 18-09-66 | RR Etten-Leur | Etten-Leur | 25-10-09 |
| (70) | | | | | | |
| 1.29.37 | * Winifred | Broeder | V40 20-10-64 | PAC | Den Haag | 14-03-09 |
| 1.29.38 | * Vivian | Ruijters | V35 31-08-71 | Rotterdam RA | Dronten | 19-12-09 |
| 1.29.44 | * Sonja | Jaarsveld | 11-07-79 | Hollandia | Egmond aan Zee | 11-01-09 |
| 1.29.44 | * Mariette | ten Bokkel-Ammerlaan | V45 03-01-61 | Argo | Den Haag | 14-03-09 |
| 1.29.45 | * Cindy | Elsnerus | 11-09-82 | >Leiden | Den Haag | 14-03-09 |
| 1.29.47 | * Marleen | Lubbers | V45 24-07-62 | AvVN | Hattem | 19-09-09 |
| 1.29.47 | * Brigitte | Nieuwlaat | 18-03-76 | Loopteam ES | Drunen | 08-03-09 |
| 1.29.48 | * Eva | de Jong | 04-03-87 | >Haarlem | Den Haag | 14-03-09 |
| 1.29.52 | * Riikka | Vreeswijk-Kelja | V40 08-09-68 | Typhoon | Egmond aan Zee | 11-01-09 |
| 1.29.55 | * Marijke | Dijkstra | 02-09-84 | Phoenix | Rotterdam | 13-09-09 |

| | | | | | |
|--|-------------|------------------|------------------------------|-------------------|----------|
| (80) | | | | | |
| 1.29.57 | * Irene | Kalter | V40 04-08-68 Daventria | Zwolle | 13-06-09 |
| 1.30.07 | * Hellen | de Vries | 19-06-79 PEC1910 | Dronten | 19-12-09 |
| 1.30.09 | * Annemieke | Peet | 26-05-77 Leiden Atletiek | Den Haag | 14-03-09 |
| 1.30.12 | * Lida | Deen | V40 10-02-66 HERA | Schoorl | 08-02-09 |
| 1.30.33 | * Ilonka | Betjes-Langeberg | V3527-01-72 Lycurgus | Schoorl | 08-02-09 |
| 1.30.37 | * Bertha | Bruggenkamp | V40 07-03-68 AAC'61 | Egmond aan Zee | 11-01-09 |
| 1.31.03 | * Angnetta | van 't Wout | V55 23-06-53 Oss'78 | Den Haag | 14-03-09 |
| 1.31.04 | * Chantal | Koole | 01-02-77 Dynamica | Schoorl | 08-02-09 |
| 1.31.06 | * Fiona | Jaberg | V40 03-07-64 LGD | Venlo | 22-03-09 |
| 1.31.24 | * Maaïke | Hornstra | V40 09-02-65 SV Friesland | Schoorl | 08-02-09 |
| (90) | | | | | |
| 1.31.39 | * Bianca | Damme | 15-06-84 MPM | Hengelo | 13-04-09 |
| 1.31.44 | * Amy | van den Broek | 11-02-82 Attila | Den Haag | 14-03-09 |
| 1.31.46 | * Mirjam | de Boer | V45 22-08-63 SAV | Schoorl | 08-02-09 |
| 1.32.00 | * An | Rindt | V50 28-01-58 Eindhoven Atl. | Drunen | 08-03-09 |
| 1.32.04 | * Carolina | Verspuij | V35 05-12-70 OSM'75 | Den Haag | 14-03-09 |
| 1.32.12 | * Gabriela | Guzman Sanabria | V3529-06-73Phanos | Enschede | 26-04-09 |
| 1.32.20 | * Carola | Schot | V40 02-07-68 Energie | Dordrecht | 25-10-09 |
| 1.32.32 | * Francisca | Hensen | V35 21-04-71 DAK | Drunen | 08-03-09 |
| 1.32.37 | * Lotte | Harbers | 11-06-80 >Amsterdam | Den Haag | 14-03-09 |
| 1.32.41 | * Angéla | de Boer | 04-11-84 Edam | Den Haag | 14-03-09 |
| (100) | | | | | |
| <i>betere prestaties op ongecertificeerd parcours:</i> | | | | | |
| 1.18.09 | Heleen | Plaatzer | 20-11-79 't Haasje | Leiden | 17-05-09 |
| 1.19.13 | Stefanie | Bouma | 31-08-82 Impala | Haren | 07-03-09 |
| 1.19.17 | Mariska | Kramer-Postma | V35 26-04-74 SV Friesland | Nes Ameland | 12-12-09 |
| 1.19.58 | Reina | Visser | 02-12-85 Nijmegen Atletiek | West-Terschelling | 08-11-09 |
| 1.21.12 | Kristijna | Loonen | V35 26-07-70 Phanos | Pune (IND) | 06-12-09 |
| 1.22.21 | Yvonne | Kassenberg | V35 28-08-74 Lionitas | Amsterdam | 18-10-09 |
| 1.23.03 | Marlies | Jongerius-Kort | V35 21-06-72 AV'56 | Burgh-Haamstede | 12-09-09 |
| 1.23.26 | Yvonne | Georg | V35 28-07-69 Veendam | Haren | 07-03-09 |
| 1.24.03 | Ylona | Kruis | V35 09-04-73 Horror | Amsterdam | 18-10-09 |
| 1.24.06 | Evelien | Ruijters | 10-08-85 Atletiek Maastricht | Eindhoven | 11-10-09 |
| 1.24.11 | Laura | Huibregts | 06-06-80 Asterix | Eindhoven | 11-10-09 |
| 1.24.38 | Francis | Schinkel | V40 28-04-65 PAC | Spijkenisse | 13-12-09 |
| 1.24.38 | Inge | van der Meulen | V35 21-05-73 Eindhoven Atl. | Eindhoven | 11-10-09 |
| 1.25.42 | Bertha | Bruggenkamp | V40 07-03-68 AAC'61 | Appelscha | 05-09-09 |
| 1.25.54 | Daniële | Huikeshoven | V35 20-08-72 PAC | Leiden | 17-05-09 |
| 1.25.58 | Marleen | Lubbers | V45 24-07-62 AvVN | Meppel | 10-10-09 |
| 1.26.02 | Manon | Kruiver | 03-01-88 NOVA | West-Terschelling | 08-11-09 |
| 1.26.04 | Mirjam | Bijlsma-Veldman | V40 30-12-64 Lg Drentsche Aa | West-Terschelling | 08-11-09 |
| 1.26.42 | Petra | Hasper-ten Kate | V45 11-04-63 De Sprinter | Meppel | 10-10-09 |
| 1.26.47 | Marleen | Verdonkschot | V45 24-07-62 Lg Klazienaveen | Appelscha | 05-09-09 |
| 1.26.57 | Liesbeth | van Leeuwen | V40 28-09-64 LRRRC | Leiden | 17-05-09 |
| 1.27.19 | Yvonne | Tinga | 23-06-74 SV Friesland | Leeuwarden | 07-06-09 |
| 1.27.22 | Raika | Lenaarts | 02-03-88 HERA | West-Terschelling | 08-11-09 |
| 1.27.29 | Anita | van den Bogert | V40 14-03-67 Altis | Renswoude | 07-11-09 |
| 1.27.33 | Rian | van de Burgt | 25-11-75 AVV Valk'waard | Eindhoven | 11-10-09 |
| 1.27.38 | Marlin | Nijhof | 10-04-83 MPM | Eindhoven | 11-10-09 |
| 1.27.41 | Angéla | de Boer | 04-11-84 Edam | Amsterdam | 18-10-09 |
| 1.27.43 | Kim | Dillen | 15-01-83 GVAC | Eil | 28-11-09 |
| 1.28.00 | Marjolein | Bakker-Huyts | V45 27-08-61 PAC | West-Terschelling | 08-11-09 |
| 1.28.04 | Saskia | Schutte | V35 03-04-72 Cialfo | Meppel | 10-10-09 |
| 1.28.18 | Marietta | van der Linden | V35 05-03-70 >Zwijndrecht | Amsterdam | 18-10-09 |
| 1.28.31 | Ella | Witjes | V50 27-02-57 Altis | Amsterdam | 18-10-09 |
| 1.28.33 | Elsemieke | de Vos | 13-03-77 Spark | Spijkenisse | 13-12-09 |
| 1.28.37 | Lizette | van der Vegt | 08-03-79 Vitalis | Haren | 07-03-09 |
| 1.28.39 | Michelle | Eggenhuizen | V35 14-11-69 Eindhoven Atl. | Eindhoven | 21-05-09 |
| 1.28.57 | Mirjam | Koersen | V35 06-05-74 GAC Hilversum | Amsterdam | 18-10-09 |
| 1.29.11 | Andrea | Bakker | 08-06-05 >Enschede | Harderwijk | 07-03-09 |
| 1.29.21 | Hanneke | de Boer-Bouma | >Leiden | Amsterdam | 18-10-09 |
| 1.29.22 | Anita | Valen-de Vries | V40 21-05-05 >Zwolle | Loenen | 10-10-09 |
| 1.29.25 | Esther | van Egmond | V35 01-09-73 >Voorburg | Leiden | 17-05-09 |
| 1.29.30 | Martine | Lust | V40 14-07-65 Voorne Atletiek | Leiden | 17-05-09 |

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|---------------------------------------|-------------|-------------------|--------------------------------|-------------------|----------|
| 1.29.44 | Hellen | de Vries | 19-06-79 PEC1910 | Meppel | 10-10-09 |
| 1.29.47 | Petra | Panneman | V35 24-07-70 Veendam | Haren | 07-03-09 |
| 1.30.24 | Monique | van Vliet-Heijnen | V35 11-04-70 Scorpio | Eindhoven | 11-10-09 |
| 1.30.24 | Nynke | Beunders | 24-04-85 LAAC | West-Terschelling | 08-11-09 |
| 1.30.48 | Aylin | Koca | | Eindhoven | 11-10-09 |
| 1.30.56 | Gonny | Rosendaal | V35 02-01-71 Triathlon | Utrecht | 13-04-09 |
| 1.31.00 | Helmie | Ramakers | V35 04-12-69 Haag Atletiek | West-Terschelling | 08-11-09 |
| 1.31.02 | Ellen | van der Heijden | 08-06-78 De Keien | Eindhoven | 11-10-09 |
| 1.31.07 | An | Rindt | V50 28-01-58 Eindhoven Atl. | Sint-Oedenrode | 21-06-09 |
| 1.31.09 | Lydia | Klessens | V40 19-08-64 SV Friesland | Leeuwarden | 04-04-09 |
| 1.31.16 | Corine | Nelen | 29-11-83 Edam | Wieringerwerf | 04-10-09 |
| 1.31.33 | Inge | van Schaick | V45 25-07-61 Lionitas | Nes Ameland | 12-12-09 |
| 1.31.37 | Annefloor | Samsom | >Amsterdam | Amsterdam | 18-10-09 |
| 1.31.38 | Antien | van der Vegt | 27-08-77 AV'34 Apeldoorn | Meppel | 10-10-09 |
| 1.31.45 | Jessica | Gabrielli | MA 27-10-91 >Amsterdam | Amsterdam | 18-10-09 |
| 1.31.45 | Bernadet | Schuurman | V50 12-06-58 Aquilo | Blijham | 27-12-09 |
| 1.31.52 | Maaïke | van Reenen | 08-09-78 >Veenendaal | Renswoude | 07-11-09 |
| 1.32.15 | Haike | Nillesen | V45 11-02-63 ATC'75 | Norg | 30-04-09 |
| 1.32.21 | Leonie | Ton | 14-01-75 Delta Sport | Burgh-Haamstede | 12-09-09 |
| 1.32.25 | Janneke | Molenhuis | 17-01-77 De Sprinter | Meppel | 10-10-09 |
| 1.32.28 | Aly | Waninge | V45 25-06-64 Lg Drentsche Aa | Blijham | 27-12-09 |
| 1.32.41 | Frederique | Versluys | V35 11-11-69 De Wielingen | Cadzand-Bad | 01-02-09 |
| <i>betere prestaties in trimloop:</i> | | | | | |
| 1.18.48 | ?,R Lindsay | van Marrewijk | 04-02-83 Haag Atletiek | Linschoten | 19-12-09 |
| 1.21.42 | ?,R Lia | Wijnberger | V40 06-04-69 Phoenix | Linschoten | 19-12-09 |
| 1.23.44 | R Agnes | Hijman | V40 17-01-66 De Veenlopers | Vinkeveen | 15-02-09 |
| 1.24.05 | R Jolanda | ten Brinke | V35 02-09-70 AKU | Noordwijkerhout | 26-04-09 |
| 1.25.58 | R Ylona | Kruis | V35 09-04-73 Horror | Vlieland | 09-08-09 |
| 1.26.22 | R Sabine | de Vries | V40 30-03-69 Loopgroep PK | Hoogland | 20-09-09 |
| 1.26.38 | R Anouk | Claessens | 29-05-85 AKU | Roelofarendsveen | 29-03-09 |
| 1.26.40 | R Daphne | Lensen | >Groesbeek | Heumen | 17-05-09 |
| 1.26.55 | R Liesbeth | van Leeuwen | V40 28-09-64 LRRC | Roelofarendsveen | 29-03-09 |
| 1.26.56 | R Inge | van der Meulen | V35 21-05-73 Eindhoven Atl. | Sint Anthonis | 21-03-09 |
| 1.27.09 | ?,R Hanneke | de Boer | >Leiden | Linschoten | 19-12-09 |
| 1.28.03 | R Marleen | Lubbers | V45 24-07-62 AvVN | Opeinde | 20-06-09 |
| 1.28.05 | ?,R Rianne | Kremers | V40 06-12-66 Typhoon | Linschoten | 19-12-09 |
| 1.28.07 | R Petra | Hasper-ten Kate | V45 11-04-63 De Sprinter | Ommen | 04-04-09 |
| 1.28.24 | R Monique | Derks | V40 20-07-67 Nijmegen Atletiek | Sint Anthonis | 21-03-09 |
| 1.28.26 | R Anja | van 't Schip | V35 16-09-70 Loopgroep AS | Amersfoort | 14-06-09 |
| 1.28.51 | R Anita | van den Bogert | V40 14-03-67 Altis | Hoogland | 20-09-09 |
| 1.28.54 | R Yvonne | Kassenberg | 28-08-74 Lionitas | Ulrum | 01-08-09 |
| 1.29.11 | R Sylvia | Kruijer | 06-09-74 NOVA | Hoorn | 17-05-09 |
| 1.29.17 | R Claudia | van Rijn | V35 31-03-72 Leiden Atletiek | Katwijk | 26-09-09 |
| 1.29.19 | R Winifred | Broeder | V40 20-10-64 PAC | Maassluis | 18-01-09 |
| 1.29.23 | ?,R Julitta | Boschman | 21-07-84 Loopgroep PK | Linschoten | 19-12-09 |
| 1.29.39 | ?,R Yvonne | van der Helm | V40 17-06-67 Atverni | Linschoten | 19-12-09 |
| 1.29.43 | R Hellen | de Vries | 19-06-79 PEC1910 | Ommen | 04-04-09 |
| 1.29.49 | R Rian | van Helvoort | V35 26-06-69 De Keien | Heumen | 17-05-09 |
| 1.29.52 | R Ida | Verduin-Boone | V50 07-02-58 TAS'82 | Middenbeemster | 26-04-09 |
| 1.30.06 | ?,R Ruda | van Zeijst | >IJsselstein | Linschoten | 19-12-09 |
| 1.30.12 | R Naomi | Hendriksen | V35 18-04-74 Hylas | Middenbeemster | 26-04-09 |
| 1.30.50 | R Janna | Brand | V35 31-03-73 De Kieviten | Maassluis | 18-01-09 |
| 1.30.51 | R Nicole | Philippens | V35 11-02-72 Loopgroep AS | Amersfoort | 14-06-09 |
| 1.30.53 | R Truus | Piels | V45 03-05-60 Monnickendam | Middelie | 13-09-09 |
| 1.31.00 | R Karin | Versteeg | V40 30-06-65 AKU | Vinkeveen | 15-02-09 |
| 1.31.06 | ?,R Tatjana | Cernochova | 28-09-76 Atverni | Linschoten | 19-12-09 |
| 1.31.08 | R Bianca | Jansen | V35 15-06-70 KAV Holland | Hoorn | 17-05-09 |
| 1.31.14 | R Carla | van Rooyen | | Vinkeveen | 15-02-09 |
| 1.31.15 | R Adrienne | Marlet | V40 19-03-69 Cifla | Sint Anthonis | 21-03-09 |
| 1.31.21 | R Claudia | Wesselman | V35 03-04-69 >Nieuw Vennep | Roelofarendsveen | 29-03-09 |
| 1.32.14 | R Carola | Nell | 17-12-74 Loopgroep AS | Maassluis | 18-01-09 |
| 1.32.18 | R Zahra | Es Sabbar | 26-03-75 ATOS | Noordwijkerhout | 26-04-09 |
| 1.32.20 | R Mieke | Brouwers | V45 16-02-62 GAC Gemert | Sint Anthonis | 21-03-09 |
| 1.32.24 | R Ineke | Luppers | V50 08-12-55 NEA Volharding | Oostzaan | 22-11-09 |
| 1.32.30 | R Anneke | Starrenburg | V50 24-03-58 Olympus'70 | IJsselstein | 31-05-09 |

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|---------|------------|-----------|--------------------------|------------|----------|
| 1.32.36 | ?,R Maaïke | van Vliet | 10-04-82 Tt Leidschendam | Linschoten | 19-12-09 |
| 1.32.37 | R Jacquie | Gough | V40 18-05-05 >Venlo | Posterholt | 18-01-09 |

25 km vrouwen - onder 1.50.00

| | | | | | |
|---------|---------|------------|----------------------------------|----------------|----------|
| 1.34.00 | Ingrid | Prigge | V45 04-11-63 LAAC | Losser | 05-04-09 |
| 1.34.36 | Inge | van Bergen | V35 02-06-72 Unitas | Meerssen | 13-09-09 |
| 1.41.30 | Belinda | Westera | V35 23-05-05 Atletiek Maastricht | Meerssen | 13-09-09 |
| 1.41.49 | Sylvia | Kruijjer | 06-09-74 NOVA | Schagen | 01-03-09 |
| 1.43.13 | Julie | Beukers | V40 26-07-67 De Kieviten | Oud Beijerland | 14-02-09 |
| 1.45.38 | Corina | Voorn | V45 15-07-63 De Koplopers | Oud Beijerland | 14-02-09 |
| 1.45.58 | Carola | Schot | V40 02-07-68 Energie | Oud Beijerland | 14-02-09 |
| 1.47.35 | Janna | Brand | V35 31-03-73 De Kieviten | Oud Beijerland | 14-02-09 |
| 1.49.58 | Helmie | Ramakers | V35 04-12-69 Haag Atletiek | Meerssen | 13-09-09 |

30 km vrouwen - onder 2.20.00

| | | | | | |
|---------|-------------|---------------|-----------------------------|-----------|----------|
| 2.04.46 | * Anja | van 't Schip | V35 16-09-70 Loopgroep AS | Amsterdam | 06-09-09 |
| 2.05.38 | * Carla | Ophorst | V50 02-12-58 Olympus'70 | Schoorl | 08-02-09 |
| 2.06.56 | * Inez-Anne | Haagen | V45 03-07-63 Loopservice.nl | Schoorl | 08-02-09 |
| 2.09.57 | * Susan | Hagevoort | V45 09-06-62 Triathlon | Amsterdam | 06-09-09 |
| 2.14.22 | * Cécile | Vanier (FRA) | V35 02-11-73 >Rijswijk | Schoorl | 08-02-09 |
| 2.17.26 | * Ineke | Stofmeel | V50 04-05-55 THOR | Amsterdam | 06-09-09 |
| 2.18.43 | * Ineke | Luppers | V50 08-12-55 NEA Volharding | Schoorl | 08-02-09 |
| 2.19.26 | * Ida | Verduin-Boone | V50 07-02-58 TAS'82 | Schoorl | 08-02-09 |
| 2.19.31 | * Mieke | Brouwers | V45 16-02-62 GAC Gemert | Schoorl | 08-02-09 |

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|---------|----------|-----------|---------------------------|-------------|----------|
| 2.18.27 | Leonie | Verstegen | V35 07-11-71 Loopgroep PK | Velsen-Zuid | 22-03-09 |
| 2.19.43 | Francien | Lenssen | V45 19-07-59 GAC Gemert | Tilburg | 15-03-09 |

betere prestaties in trimloop:

| | | | | | |
|---------|-----------|------------------|-------------------------|--------|----------|
| 2.02.03 | R Miriam | van Reijen | 20-10-83 Phanos | Almere | 27-09-09 |
| 2.02.58 | R Heleen | Plaatzer | 20-11-79 't Haasje | Almere | 27-09-09 |
| 2.03.43 | R Yvonne | Kassenberg | V35 28-08-74 Lionitas | Almere | 27-09-09 |
| 2.12.35 | R Ilonka | Betjes-Langeberg | V3527-01-72 Lycurgus | Vorden | 08-03-09 |
| 2.12.53 | R Jolanda | de Vries | V40 22-05-05 >Haren | Almere | 27-09-09 |
| 2.18.39 | R Inge | Dijkman | V50 04-11-57 Ron Clarke | Almere | 27-09-09 |

marathon vrouwen – top 100

| | | | | | |
|---------|-------------|------------|---------------------|-----------------|----------|
| 2.30.33 | * Hilda | Kibet | 17-03-81 Castricum | Amsterdam | 18-10-09 |
| 2.44.02 | * Miriam | van Reijen | 20-10-83 Phanos | Amsterdam | 18-10-09 |
| 2.44.07 | * Inge | van Bergen | V35 02-06-72 Unitas | Eindhoven | 11-10-09 |
| 2.44.19 | * Ingrid | Prigge | V45 04-11-63 LAAC | Eindhoven | 11-10-09 |
| 2.46.17 | * Nadezhda | Wijenberg | V40 02-04-64 Unitas | Marrakech (MAR) | 25-01-09 |
| 2.48.10 | * Barbara | Hosack-Yff | 06-09-78 | Firenze (ITA) | 29-11-09 |
| 2.48.44 | * Stijntje | Reulen | Loopgroep AS | Amsterdam | 18-10-09 |
| 2.50.50 | * Esther | Schipper | 26-11-87 Hylas | Amsterdam | 18-10-09 |
| 2.53.19 | * Kristijna | Loonen | V35 26-07-70 Phanos | Miami (USA) | 25-01-09 |
| 2.53.57 | * Marlies | Overbeeke | 25-06-80 PAC | Amsterdam | 18-10-09 |

(10)

| | | | | | |
|---------|------------|--------------|------------------------------|-----------------|----------|
| 2.54.40 | * Fa | Adda | V35 06-12-72 AV'23 | Amsterdam | 18-10-09 |
| 2.55.46 | * Marisa | Hopmans | 19-04-79 Spado | Amsterdam | 18-10-09 |
| 2.57.47 | * Mechtild | Panhuijsen | 09-05-79 Atletiek Maastricht | Eindhoven | 11-10-09 |
| 2.58.22 | * Agnes | Hijman | V40 17-01-66 De Veenlopers | Leiden | 17-05-09 |
| 2.59.42 | * Birgit | Krämer | V35 27-12-69 GAC Hilversum | Rotterdam | 05-04-09 |
| 3.00.27 | * Petra | Sloots | V35 10-09-71 Spark | Frankfurt (GER) | 25-10-09 |
| 3.04.37 | * Anja | van 't Schip | V35 16-09-70 Loopgroep AS | Köln (GER) | 04-10-09 |
| 3.05.50 | * Julie | Beukers | V40 26-07-67 De Kieviten | Leiden | 17-05-09 |
| 3.06.49 | * Sabine | de Vries | V40 30-03-69 Loopgroep PK | Rotterdam | 05-04-09 |
| 3.06.59 | * Anne | Zijderveld | 08-09-83 Loopgroep PK | Rotterdam | 05-04-09 |

(20)

| | | | | | |
|---------|------------|----------------------|-----------------------------|--------------|----------|
| 3.07.09 | * Anita | Joziassse | V45 03-10-62 AV'56 | Amsterdam | 18-10-09 |
| 3.07.38 | * Mariska | Dute | 16-11-85 Loopgroep PK | Amsterdam | 18-10-09 |
| 3.08.25 | * Wilma | van Onna | V40 13-06-65 PAC | Berlin (GER) | 20-09-09 |
| 3.09.30 | * Polly | Nkambi | V40 02-11-65 Athlos | Enschede | 26-04-09 |
| 3.09.57 | * Liesbeth | van Leeuwen | V40 28-09-64 LRRC | Enschede | 26-04-09 |
| 3.10.03 | * Corina | Voorn | V45 15-07-63 De Koplopers | Amsterdam | 18-10-09 |
| 3.10.57 | * Marianne | Goijert-Hoogerbrugge | V35 31-12-73 Haag Atletiek | Amsterdam | 18-10-09 |
| 3.11.08 | * Ilona | Duits | V50 16-09-55 Groningen Atl. | Amsterdam | 18-10-09 |
| 3.11.18 | * Bertha | Bruggenkamp | V40 07-03-68 AAC'61 | Berlin (GER) | 20-09-09 |

| | | | | | | |
|---------|-------------|----------------------|--------------|-----------------|---------------------|----------|
| 3.11.43 | * Mariette | ten Bokkel-Ammerlaan | V45 03-01-61 | Argo | Amsterdam | 18-10-09 |
| (30) | | | | | | |
| 3.11.55 | * Winifred | Broeder | V40 20-10-64 | PAC | Rotterdam | 05-04-09 |
| 3.12.13 | * Angela | Koolmees | 20-05-76 | >Vlaardingen | Rotterdam | 05-04-09 |
| 3.12.49 | * Martine | Lust | V40 14-07-65 | Voorne Atletiek | Rotterdam | 05-04-09 |
| 3.14.10 | * Janna | Brand | V35 31-03-73 | De Kieviten | Rotterdam | 05-04-09 |
| 3.14.24 | * Fleur | Runeman | V35 11-10-70 | Olympus'70 | Rotterdam | 05-04-09 |
| 3.14.35 | * Nathalie | Backer | V40 03-03-67 | Achil'87 | Amsterdam | 18-10-09 |
| 3.14.39 | * Magda | Gehenius | V40 12-07-65 | No Limits | Amsterdam | 18-10-09 |
| 3.14.58 | * Ella | Witjes | V50 27-02-57 | Altis | Athene (GRE) | 08-11-09 |
| 3.14.58 | * Marjolein | Goos | V45 28-11-61 | Fortuna | Rotterdam | 05-04-09 |
| 3.15.34 | * Andrea | van der Sluijs | V35 12-05-70 | Flakkee | Rotterdam | 05-04-09 |
| (40) | | | | | | |
| 3.15.49 | * Carola | Schot | V40 02-07-68 | Energie | Rotterdam | 05-04-09 |
| 3.16.30 | * Ina | Swinkels | V55 27-06-53 | AvVN | Amsterdam | 18-10-09 |
| 3.17.00 | * Ilonka | Betjes-Langeberg | V3527-01-72 | Lycurgus | Amsterdam | 18-10-09 |
| 3.17.21 | * Tanja | de Jong | V45 26-03-63 | Spirit OB | Rotterdam | 05-04-09 |
| 3.18.18 | * Petra | Rasenberg | V40 19-08-65 | Scheldesport | Amsterdam | 18-10-09 |
| 3.18.39 | * Sigrid | Martin | 04-07-75 | >Rotterdam | Rotterdam | 05-04-09 |
| 3.18.46 | * Petra | Brummelhuis | V40 13-08-65 | Loopgroep PK | Dubai (UAE) | 16-01-09 |
| 3.19.21 | * Esther | van Egmond | V35 01-09-73 | >Voorburg | Rotterdam | 05-04-09 |
| 3.19.45 | * Mieke | Kuilder | V50 09-08-59 | De Sperwers | New York City (USA) | 01-11-09 |
| 3.19.54 | * Ines | van Rinsum | 26-10-79 | >Utrecht | New York City (USA) | 01-11-09 |
| (50) | | | | | | |
| 3.20.03 | * Kim | Dillen | 15-01-83 | GVAC | Berlin (GER) | 20-09-09 |
| 3.20.04 | * Ineke | Stofmeel | V50 04-05-55 | THOR | Amsterdam | 18-10-09 |
| 3.20.19 | * Annet | Hartnack | V50 02-11-55 | Lycurgus | Amsterdam | 18-10-09 |
| 3.20.25 | * Ylona | Kruis | V35 09-04-73 | Horror | Rotterdam | 05-04-09 |
| 3.20.28 | * Elsemieke | de Vos | 13-03-77 | Spark | Rotterdam | 05-04-09 |
| 3.21.20 | * Bernadet | Schuurman | V50 12-06-58 | Aquilo | Berlin (GER) | 20-09-09 |
| 3.21.38 | * Claudia | Wesselman | V40 03-04-69 | >Nieuw Venne | Zwolle | 28-11-09 |
| 3.21.47 | * Gaby | Toenbreker | V40 30-05-69 | Prins Hendrik | Eindhoven | 11-10-09 |
| 3.21.47 | * Jet | Bles | V45 02-09-64 | Achil'87 | Eindhoven | 11-10-09 |
| 3.21.52 | * José | Nouws | V45 11-11-61 | THOR | Eindhoven | 11-10-09 |
| (60) | | | | | | |
| 3.21.55 | * Monique | Weening | V45 24-03-60 | AvVN | Rotterdam | 05-04-09 |
| 3.22.25 | * Sylvia | Dingemans | V55 08-12-51 | Haag Atletiek | Amsterdam | 18-10-09 |
| 3.22.31 | * Haydee | Dijkstal | 26-11-82 | >Den Haag | Amsterdam | 18-10-09 |
| 3.22.41 | * Anneke | Bovens | V45 22-08-62 | >Rotterdam | Rotterdam | 05-04-09 |
| 3.22.49 | * Mirjam | Duivenvoorden | V40 22-01-68 | AvVN | Rotterdam | 05-04-09 |
| 3.22.51 | * Nynke | van Zorge | V35 01-11-71 | Haag Atletiek | Berlin (GER) | 20-09-09 |
| 3.22.53 | * Christine | Toonstra | V40 22-06-66 | GAC Hilversum | Berlin (GER) | 20-09-09 |
| 3.22.53 | * Karien | Evers | V45 14-07-62 | Rotterdam RA | Rotterdam | 05-04-09 |
| 3.23.01 | * Nicole | van Gerwen | V35 09-04-71 | GVAC | Eindhoven | 11-10-09 |
| 3.23.51 | * Carmen | Hagenaars | V35 16-11-71 | >Den Haag | Roma (ITA) | 22-03-09 |
| (70) | | | | | | |
| 3.24.27 | * Paula | de Gier | V55 14-01-53 | Triathlon | Eindhoven | 11-10-09 |
| 3.24.51 | * Petra | Bus | V35 05-11-69 | Lg Bedum | Utrecht | 13-04-09 |
| 3.25.00 | * Dimphy | Ariaens | 31-07-74 | >Cuijk | Rotterdam | 05-04-09 |
| 3.25.46 | * Monique | van Hattum | V40 17-08-69 | >Haarlem | Amsterdam | 18-10-09 |
| 3.25.47 | * Tanja | Neppelenbroek | V40 11-09-68 | OSS VOLO | Rotterdam | 05-04-09 |
| 3.25.57 | * Maryette | Keizer-Beilmann | | >Katwijk | Leiden | 17-05-09 |
| 3.26.02 | * Sonja | van Hecke | V35 17-03-71 | THOR | Rotterdam | 05-04-09 |
| 3.26.05 | * Carla | Gubbels | V40 14-11-66 | Scopias | Rotterdam | 05-04-09 |
| 3.26.07 | * Margreet | Jeuken | V45 14-05-05 | OLC'93 | Köln (GER) | 04-10-09 |
| 3.26.30 | * Inge | Dijkman | V50 04-11-57 | Ron Clarke | Amsterdam | 18-10-09 |
| (80) | | | | | | |
| 3.26.36 | * Ria | Stam | V55 17-10-54 | Castricum | Amsterdam | 18-10-09 |
| 3.26.40 | * Hiltje | Venema | V40 27-10-64 | Lg Drentsche Aa | Eindhoven | 11-10-09 |
| 3.26.40 | * Ineke | Kosse | V50 04-12-59 | Phanos | Lisboa (POR) | 06-12-09 |
| 3.26.43 | * Hermie | Drenth | V40 05-07-67 | PEC1910 | Amsterdam | 18-10-09 |
| 3.26.43 | * Ingrid | Dekker | V40 04-10-65 | Haarlemmermeer | Amsterdam | 18-10-09 |
| 3.27.11 | * Francien | Lenssen | V45 19-07-59 | GAC Gemert | Rotterdam | 05-04-09 |
| 3.27.17 | * Angeli | de Koning | V45 15-06-63 | Thof running | Paris (FRA) | 05-04-09 |
| 3.27.18 | * Marion | Hoff | V40 26-08-68 | KAV Holland | Stockholm (SWE) | 30-05-09 |

| | | | | | |
|---------|--------------|-------------------|--------------------------------|---------------------|----------|
| 3.27.20 | * Mariëtte | Spoelder | V35 27-07-71 Triathlon | Hoofddorp | 06-09-09 |
| 3.27.33 | * Irene | Ijntema van de Z. | V45 23-12-62 >Rotterdam | Rotterdam | 05-04-09 |
| (90) | | | | | |
| 3.27.33 | * Berdina | Seinstra | V40 06-10-68 >Leeuwarden | Rotterdam | 05-04-09 |
| 3.27.36 | * Kitty | Groothedde | V45 02-10-62 >Apeldoorn | Eindhoven | 11-10-09 |
| 3.27.38 | * Corina | Cecilia | V35 21-12-72 >Amsterdam | Rotterdam | 05-04-09 |
| 3.28.06 | * Rianne | Kremers | V40 06-12-66 Typhoon | Paris (FRA) | 05-04-09 |
| 3.28.19 | * Anita | Spieker-Mulder | V45 13-04-62 Daventria | Apeldoorn | 01-02-09 |
| 3.28.47 | * Joke | de Zeeuw | V60 09-05-49 PAC | Amsterdam | 18-10-09 |
| 3.28.59 | * Elly | Visser | V50 17-10-57 Altis | Amsterdam | 18-10-09 |
| 3.29.03 | * Silvia | Verhoeven | V45 29-09-63 Achilles E-L | Etten-Leur | 25-10-09 |
| 3.29.04 | * Jacqueline | Klein Gunnewiek | V40 23-05-67 Nijmegen Atletiek | Berlin (GER) | 20-09-09 |
| 3.29.14 | * Esther | Koning | V40 07-10-65 >Haarlem | New York City (USA) | 01-11-09 |

(100)

betera prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|---------|------------|-----------------|----------------------------------|------------|----------|
| 3.05.06 | *,R Sabine | de Vries | V40 30-03-69 Loopgroep PK | Amersfoort | 14-06-09 |
| 3.08.02 | *,R Susan | Hagevoort | V45 09-06-62 Triathlon | Amersfoort | 14-06-09 |
| 3.10.34 | *,R Petra | Hasper-ten Kate | V45 11-04-63 De Sprinter | Amersfoort | 14-06-09 |
| 3.15.15 | *,R Ida | Verduin-Boone | V50 07-02-58 TAS'82 | Hoorn | 17-05-09 |
| 3.15.57 | *,R Petra | Knops | V45 12-06-59 Atletiek Maastricht | Hoorn | 17-05-09 |
| 3.18.08 | *,R Anita | van den Bogert | V40 14-03-67 Altis | Amersfoort | 14-06-09 |

betera prestaties op ongecertificeerd parcours:

| | | | | | |
|---------|------------|---------------|----------------------------------|-------------------|----------|
| 3.03.01 | Yvonne | Kassenberg | 28-08-74 Lionitas | Leeuwarden | 07-06-09 |
| 3.12.00 | Belinda | Westera | V35 23-05-05 Atletiek Maastricht | Visé (BEL) | 10-05-09 |
| 3.14.55 | Mariska | Kramer-Postma | 26-04-74 SV Friesland | Diever | 14-03-09 |
| 3.17.21 | Simone | Guikema | V35 11-01-70 >Amsterdam | Essen (GER) | 11-10-09 |
| 3.17.22 | Ida | Verduin-Boone | V50 07-02-58 TAS'82 | West-Terschelling | 08-11-09 |
| 3.17.45 | Ines | van Rinsum | 26-10-79 >Utrecht | Leeuwarden | 07-06-09 |
| 3.18.12 | Inge | Tijsmans | V40 15-02-65 Loopgroep Hoorn | West-Terschelling | 08-11-09 |
| 3.21.04 | Mieke | Hekkers | V45 10-01-64 Daventria | Spijkenisse | 13-12-09 |
| 3.21.08 | Claudia | Wesselman | V40 03-04-69 >Nieuw Vennep | West-Terschelling | 08-11-09 |
| 3.21.25 | Leonie | van den Haak | 14-03-81 Loopgroep AS | Spijkenisse | 13-12-09 |
| 3.23.22 | Jacqueline | Veth | V50 08-04-58 RRZ | West-Terschelling | 08-11-09 |
| 3.24.32 | Lucie | van Gastel | V45 26-11-60 Atletiek Maastricht | Meerssen | 13-09-09 |
| 3.26.07 | Janny | Jonker | V45 03-10-63 AV'34 Apeldoorn | West-Terschelling | 08-11-09 |
| 3.27.34 | Gerry | Visser | V45 27-10-63 LAAC | West-Terschelling | 08-11-09 |
| 3.27.36 | Marleen | Vos | 08-08-74 Spirit Lelystad | Diever | 14-03-09 |
| 3.28.03 | Cinta | Groos | V45 02-02-62 DGLA | Copenhagen (DEN) | 26-07-09 |
| 3.28.23 | Martine | Withag | 25-08-75 >Enschede | West-Terschelling | 08-11-09 |

betera prestaties in trimloop:

| | | | | | |
|---------|---------|------------|----------------------|------------|----------|
| 3.22.46 | R Rina | van Poecke | V40 >Terneuzen | Terneuzen | 16-05-09 |
| 3.28.01 | R Lydia | de Graaf | 03-06-05 >Lekkerkerk | Lekkerkerk | 01-11-09 |

50 km vrouwen - onder 5.00.00

| | | | | | |
|---------|-------------|--------------|------------------------------|------------|----------|
| 4.32.23 | * Inge | Tijsmans | V40 15-02-65 Loopgroep Hoorn | Winschoten | 12-09-09 |
| 4.40.45 | * Gerry | Visser | V45 27-10-63 LAAC | Winschoten | 12-09-09 |
| 4.47.44 | * Nellie | van der Made | V50 17-08-55 AAC'61 | Winschoten | 12-09-09 |
| 4.53.54 | * Ilona | Stevens | V45 12-02-64 Cifla | Winschoten | 12-09-09 |
| 4.55.50 | * Christina | Bongertman | V45 29-12-63 Fivelstreek | Winschoten | 12-09-09 |

betera prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|---------|---------|----------|---------------------------|------------|----------|
| 4.52.27 | *,R Els | Annegarn | V50 04-09-56 Loopgroep PK | Amstelveen | 23-05-09 |
|---------|---------|----------|---------------------------|------------|----------|

betera prestaties op ongecertificeerd parcours:

| | | | | | |
|---------|-----------|-----------|---------------------------|---------------|----------|
| 4.31.19 | Gerry | Visser | V45 27-10-63 LAAC | Assen | 04-07-09 |
| 4.33.26 | Mariëtte | Spoelder | V35 27-07-71 Triathlon | Assen | 04-07-09 |
| 4.35.04 | Els | Annegarn | V50 04-09-56 Loopgroep PK | Bottrop (GER) | 08-11-09 |
| 4.38.20 | Ellen | van Pelt | V40 04-02-69 AAC'61 | Assen | 04-07-09 |
| 4.53.34 | Katelijne | Lodde | 27-01-76 Phanos | Assen | 04-07-09 |
| 4.54.32 | Mieke | Hekkers | V45 10-01-64 Daventria | Assen | 04-07-09 |
| 4.57.43 | Yvonne | Rosenkamp | V40 22-06-67 Salland | Assen | 04-07-09 |

100 km vrouwen - onder 12.00.00

| | | | | | |
|----------|-------------|--------------|-----------------------|------------|----------|
| 9.44.38 | * Jannet | Lange | V45 12-07-64 AvVN | Winschoten | 12-09-09 |
| 10.25.35 | * Henriëtte | Klomp | V40 01-09-65 AVA'70 | Winschoten | 12-09-09 |
| 11.33.21 | * Leonie | van den Haak | 14-03-81 Loopgroep AS | Winschoten | 12-09-09 |

betera prestaties op gecertificeerd parcours in trimloop:

| | | | | | |
|----------|------------|-------|-------------------|------------|----------|
| 10.12.31 | *,R Jannet | Lange | V40 12-07-64 AvVN | Amstelveen | 23-05-09 |
|----------|------------|-------|-------------------|------------|----------|

6 uur vrouwen – boven 60.000

| | | | | | |
|-------|------------|--------------|----------------------------------|-------------|----------|
| 64576 | * Gerry | Visser | V45 27-10-63 LAAC | Stein | 01-03-09 |
| 63413 | * Petra | Knops | V45 12-06-59 Atletiek Maastricht | Stein | 01-03-09 |
| 62855 | * Nellie | van der Made | V50 17-08-55 AAC'61 | Stein | 01-03-09 |
| 61507 | * Mieke | Hekkers | V45 10-01-64 Daventria | Stein | 01-03-09 |
| 61296 | * Monika | Hille | V55 13-03-53 >Almere | Stein | 01-03-09 |
| 60727 | * Mariëtte | Spoelder | V35 27-07-71 Triathlon | Steenbergen | 09-05-09 |

betere prestaties op ongecertificeerd parcours:

| | | | | | |
|-------|--------|---------------|---------------------------|----------|----------|
| 67052 | Ida | Verduin-Boone | V50 07-02-58 TAS'82 | Cruquius | 07-06-09 |
| 64361 | Jannet | Lange | V45 12-07-64 AvVN | Epe | 27-12-09 |
| 60984 | Els | Annegarn | V50 04-09-56 Loopgroep PK | Epe | 27-12-09 |

12 uur vrouwen – boven 80.000

| | | | | | |
|-------|----------|-----------|-------------------|----------|----------|
| 81772 | * Regina | van Geene | V50 29-10-54 GVAC | Den Haag | 20-06-09 |
|-------|----------|-----------|-------------------|----------|----------|

24 uur vrouwen – boven 140.000

| | | | | | |
|--------|----------|--------------|---------------------------|-------------|----------|
| 173451 | * Wilma | Dierx | V40 15-01-66 Loopgroep AS | Steenbergen | 09-05-09 |
| 148592 | * Nellie | van der Made | V50 17-08-55 AAC'61 | Steenbergen | 09-05-09 |

Ekiden vrouwen - onder 3.15.00

| | | | | | |
|---------|--|----------------------------------|------------|-----------|----------|
| 2.59.56 | | PEC First Ladies | PEC1910 | Zwolle | 29-03-09 |
| 3.03.21 | | Haze Accountancy Lady's | | Naaldwijk | 26-09-09 |
| 3.04.01 | | HAC'63 Bouwbedrijf "Fieko" Dames | 1HAC'63 | Zwolle | 29-03-09 |
| 3.13.20 | | AV Heerenveen Dames 1 | Heerenveen | Zwolle | 29-03-09 |

5 kilometer snelwandelen vrouwen

| | | | | | |
|-------|--------------|-------------------------|---------------------|-----------|----------|
| 29.20 | Liesbeth van | Leeuwen | Neo 10-07-88 AV NOP | Tilburg | 04-10-09 |
| 31.21 | Marleen | Radder-Willems | V55 22-02-51 RWV | Tilburg | 04-10-09 |
| 33.00 | Sandra | Maas | 09-03-85 RWV | Rotterdam | 06-12-09 |
| 33.04 | Truus | Wijnen-v.d. Beemt | V45 02-06-60 RWV | Amsterdam | 08-02-09 |
| 33.17 | Riet | Jonkers-Slegers | V65 04-10-43 Attila | Tilburg | 04-10-09 |
| 33.41 | Yvonne | Grootswagers-Leermakers | 29-08-78 DAK | Rotterdam | 15-11-09 |
| 33.49 | Loes van den | Beemt | 30-09-86 RWV | Rotterdam | 15-11-09 |
| 34.51 | Coby | Bunschoten-Kriek | V55 18-12-47 RWV | Rotterdam | 06-12-09 |
| 35.36 | Rietje | Dijkman | V65 21-06-39 AV '23 | Amsterdam | 08-02-09 |
| 37.05 | Remke | Rutgers | V35 11-05-72 De LAT | Tilburg | 04-10-09 |
| (10) | | | | | |
| 37.59 | Carry | Ombelet | V35 12-06-71 OLAT | Rotterdam | 15-11-09 |
| 38.39 | Tilly van de | Merwe | V55 18-03-53 Unitas | Tilburg | 04-10-09 |
| 39.15 | Ria van | Houten-Gertsen | V60 18-05-45 DAK | Rotterdam | 15-11-09 |
| 44.09 | Hermien | Teske | V55 15-02-49 RWV | Rotterdam | 04-01-09 |

10 kilometer snelwandelen vrouwen

| | | | | | |
|---------|--------------|-------------------------|---------------------|-----------|----------|
| 59.22 | Liesbeth van | Leeuwen | Neo 10-07-88 AV NOP | Amsterdam | 25-01-09 |
| 1.01.08 | Marleen | Radder-Willems | V55 22-02-51 RWV | Rotterdam | 01-03-09 |
| 1.07.22 | Sandra | Maas | 09-03-85 RWV | Tilburg | 04-10-09 |
| 1.07.25 | Truus | Wijnen-v.d. Beemt | V45 02-06-60 RWV | Rotterdam | 04-01-09 |
| 1.08.34 | Riet | Jonkers-Slegers | V65 04-10-43 Attila | Tilburg | 04-10-09 |
| 1.08.57 | Loes van den | Beemt | 30-09-86 RWV | Tilburg | 04-10-09 |
| 1.09.27 | Yvonne | Grootswagers-Leermakers | 29-08-78 DAK | Tilburg | 04-10-09 |
| 1.14.26 | Remke | Rutgers | V35 11-05-72 De LAT | Tilburg | 04-10-09 |
| 1.18.31 | Tilly van de | Merwe | V55 18-03-53 Unitas | Tilburg | 04-10-09 |
| 1.18.54 | Carry | Ombelet | V35 12-06-71 OLAT | Tilburg | 04-10-09 |

20 kilometer snelwandelen vrouwen

| | | | | | |
|---------|---------|----------------|---------------------|--------|----------|
| 2.13.37 | Marleen | Radder-Willems | V55 22-02-51 RWV | Olland | 08-03-09 |
| 2.42.47 | Remke | Rutgers | V35 11-05-72 De LAT | Olland | 08-03-09 |

30 kilometer snelwandelen vrouwen

| | | | | | |
|---------|---------|----------------|---------------------|--------|----------|
| 3.26.00 | Marleen | Radder-Willems | V55 22-02-51 RWV | Olland | 08-03-09 |
| 4.04.20 | Remke | Rutgers | V35 11-05-72 De LAT | Olland | 08-03-09 |

35 kilometer snelwandelen vrouwen

| | | | | | |
|---------|---------|----------------|---------------------|--------|----------|
| 4.02.14 | Marleen | Radder-Willems | V55 22-02-51 RWV | Olland | 08-03-09 |
| 4.44.40 | Remke | Rutgers | V35 11-05-72 De LAT | Olland | 08-03-09 |

50 kilometer snelwandelen vrouwen

| | | | | | |
|---------|---------|----------------|---------------------|--------|----------|
| 5.52.36 | Marleen | Radder-Willems | V55 22-02-51 RWV | Olland | 08-03-09 |
| 6.51.03 | Remke | Rutgers | V35 11-05-72 De LAT | Olland | 08-03-09 |

Prestatieontwikkeling CD-junioren

| JONGENS C | 2005 | | 2006 | | 2007 | | 2008 | | 2009 | |
|--------------------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| 100 meter | 11,43 | 12,15 | 11,47 | 12,10 | 11,21 | 12,10 | 11,39 | 12,18 | 11,21 | 12,04 |
| 800 meter | 1.57,73 | 2.08,85 | 1.58,24 | 2.09,48 | 1.58,55 | 2.08,71 | 1.56,05 | 2.10,82 | 1.58,75 | 2.09,70 |
| 1500 meter | 4.07,6= | 4.40,22 | 4.09,84 | 4.37,1= | 4.06,16 | 4.35,95 | 4.11,02 | 4.44,29 | 4.12,74 | 4.34,2= |
| 100m hrd 84 cm | 13,86 | 15,14 | 13,92 | 15,27 | 13,69 | 15,05 | 13,27 | 14,96 | 13,42 | 14,67 |
| 300m hrd 76,2 cm | 38,92 | 45,69 | 40,80 | 46,78 | 40,26 | 47,47 | 40,57 | 46,2= | 40,12 | 46,08 |
| hoogspringen | 1,95 | 1,70 | 2,00 | 1,70 | 1,90 | 1,70 | 1,95 | 1,75 | 1,91 | 1,70 |
| polstokhoogspr. | 3,85 | 2,40 | 4,00 | 2,40 | 3,61 | 2,30 | 3,72 | | 3,40 | |
| verspringen | 6,36 | 5,61 | 6,44 | 5,68 | 6,43 | 5,66 | 6,92 | 5,69 | 6,94 | 5,67 |
| kogelstoten 4 kg | 14,61 | 12,22 | 16,75 | 12,43 | 16,96 | 12,53 | 16,29 | 12,75 | 15,63 | 12,08 |
| discuswerpen 1 kg | 48,26 | 37,83 | 57,10 | 37,45 | 52,73 | 38,19 | 49,97 | 38,19 | 52,81 | 38,91 |
| speerwerpen 600 gr | 58,60 | 41,16 | 64,25 | 41,81 | 56,68 | 41,86 | 61,96 | 42,02 | 53,61 | 41,60 |
| kogelslingeren | 47,99 | | 48,88 | | 59,19 | | 43,73 | | 54,20 | |
| 8-kamp | 5.956 | 5.001 | 6.031 | | 6146 | 4983 | 6258 | 5020 | 6000 | 5058 |
| 4 x 100 meter | 45,95 | 48,68 | 45,97 | 49,00 | 45,70 | 48,78 | 46,39 | 48,87 | 45,74 | 49,00 |

| JONGENS D | 2005 | | 2006 | | 2007 | | 2008 | | 2009 | |
|--------------------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| 80 meter | 10,06 | 10,89 | 9,92 | 10,83 | 9,65 | 10,66 | 9,13 | 10,84 | 9,89 | 10,68 |
| 1000 meter | 2.47,96 | 3.04,99 | 2.57,42 | 3.09,6= | 2.50,7= | 3.05,48 | 2.56,93 | 3.06,95 | 2.49,47 | 3.06,64 |
| 80m hrd 76,2 cm | 12,20 | 13,73 | 11,98 | 13,71 | 11,68 | 13,22 | 12,07 | 13,44 | 11,82 | 13,39 |
| hoogspringen | 1,70 | 1,51 | 1,75 | 1,55 | 1,72 | 1,55 | 1,70 | 1,50 | 1,65 | 1,51 |
| verspringen | 5,41 | | 5,95 | 4,80 | 5,92 | 4,90 | 6,92 | 4,77 | 5,48 | 4,90 |
| kogelstoten 3 kg | 15,20 | 10,57 | 14,29 | 10,75 | 13,81 | 10,92 | 13,02 | 10,59 | 15,20 | 10,39 |
| discuswerpen 1 kg | 36,59 | 25,37 | 39,44 | 26,10 | 40,24 | 25,16 | 33,43 | 25,12 | 37,89 | 25,75 |
| speerwerpen 400 gr | 42,90 | 33,73 | 47,42 | 34,48 | 44,56 | 33,76 | 50,47 | 34,86 | 49,53 | 34,64 |
| 7-kamp | 4.374 | 3.475 | 4.694 | 3.547 | 4.549 | 3.534 | 4626 | 3502 | 4648 | 3671 |
| 4 x 80 meter | 40,85 | 43,51 | 39,57 | 43,70 | 40,12 | 43,34 | 41,49 | 43,62 | 39,60 | 43,65 |

| MEISJES C | 2005 | | 2006 | | 2007 | | 2008 | | 2009 | |
|---------------------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| 80 meter | 10,13 | 10,61 | 9,89 | 10,70 | 9,98 | 10,73 | 10,10 | 10,59 | 10,08 | 10,60 |
| 150 meter | 18,44 | 19,87 | 18,54 | | 17,79 | 20,02 | 18,75 | 20,00 | 17,72 | 20,02 |
| 600 meter | 1.37,70 | 1.42,78 | 1.35,29 | 1.42,74 | 1.35,45 | 1.43,37 | 1.37,29 | 1.43,45 | 1.37,93 | 1.42,68 |
| 1000 meter | 2.56,87 | 3.10,69 | 2.51,90 | 3.09,97 | 2.58,5= | 3.12,20 | 2.55,0= | 3.10,27 | 2.59,67 | 3.09,07 |
| 1500m | 4.39,11 | 5.20,95 | 4.34,49 | | 4.37,38 | 5.29,3= | 4.42,84 | 5.15,60 | 4.36,79 | 5.16,5 |
| 80m hrd 76,2 cm | 11,78 | 12,81 | 11,61 | 12,73 | 11,62 | 12,84 | 11,90 | 12,76 | 11,95 | 12,66 |
| 300m hrd 76,2 cm | 46,38 | 51,14 | 46,12 | 51,27 | 45,80 | 50,84 | 44,56 | 50,44 | 45,66 | 50,51 |
| hoogspringen | 1,65 | 1,55 | 1,65 | 1,55 | 1,73 | 1,55 | 1,69 | 1,56 | 1,71 | 1,55 |
| polstokhoogspr. | 3,43 | | 3,10 | | 3,50 | | 3,10 | | 3,11 | |
| verspringen | 5,83 | 5,04 | 5,76 | 4,93 | 5,55 | 5,03 | 5,54 | 5,06 | 5,61 | 5,03 |
| kogelstoten 3 kg | 14,87 | 10,82 | 15,41 | 11,12 | 14,41 | 11,00 | 15,36 | 10,84 | 14,51 | 10,66 |
| discuswerpen 1 kg | 36,02 | 26,31 | 41,14 | 26,14 | 40,90 | 26,34 | 37,40 | 26,63 | 34,32 | 26,69 |
| speerwerpen 600 gr | 36,92 | 30,39 | 43,53 | 29,62 | 39,79 | 32,03 | 44,48 | 30,49 | 41,04 | 30,89 |
| kogelslingeren 3 kg | 55,53 | | 60,16 | | 41,10 | | 54,54 | | 36,01 | |
| 7-kamp | 4.437 | 3.705 | 4.479 | 3.676 | 4.543 | 3.683 | 4587 | 3621 | 4410 | 3691 |
| 4 x 80 meter | 37,74 | 41,58 | 39,91 | 42,21 | 40,04 | 42,14 | 39,92 | 42,11 | 39,12 | 41,60 |

| MEISJES D | 2005 | | 2006 | | 2007 | | 2008 | | 2008 | |
|---------------------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| 60 meter | 7,92 | 8,56 | 8,09 | 8,50 | 7,99 | 8,48 | 8,14 | 8,50 | 8,05 | 8,44 |
| 600 meter | 1.38,43 | 1.48,1= | 1.41,04 | 1.48,42 | 1.43,37 | 1.48,12 | 1.37,29 | 1.49,11 | 1.39,56 | 1.47,92 |
| 1000 meter | 3.07,0 | 3.20,24 | 3.01,69 | 3.19,6= | 3.08,16 | 3.17,95 | 3.05,25 | 3.17,50 | 3.00,41 | 3.15,72 |
| 60m hrd 76,2 cm ht | 8,88 | 10,52 | 9,54 | 10,60 | 9,42 | 10,59 | 9,72 | 10,42 | 9,71 | 10,54 |
| hoogspringen | 1,65 | 1,45 | 1,65 | 1,45 | 1,60 | 1,45 | 1,60 | 1,45 | 1,66 | 1,45 |
| verspringen | 5,83 | 4,56 | 5,13 | 4,63 | 5,23 | 4,62 | 5,14 | 4,55 | 5,22 | 4,58 |
| kogelstoten 2 kg | 14,48 | 11,39 | 14,61 | 10,98 | 13,81 | 11,00 | 12,90 | 10,96 | 14,58 | 10,70 |
| discuswerpen 750 gr | 33,06 | 22,61 | 36,43 | 23,41 | 28,21 | 23,93 | 33,61 | 23,55 | 31,89 | 23,89 |
| speerwerpen 400 gr | 38,04 | 28,28 | 40,37 | 29,36 | 39,15 | 26,72 | 35,07 | 27,64 | 38,43 | 26,44 |
| 6-kamp | 3.923 | 2.774 | 3.630 | 2.820 | 3.725 | 2.823 | 3722 | 2756 | 3464 | 2593 |
| 4 x 60 meter | 31,37 | 33,03 | 31,49 | 33,29 | 30,92 | 33,14 | 31,54 | 33,12 | 31,23 | 33,19 |

Top 10 Aller Tijden Nationaal

Mannen

100 meter

| | | | | | |
|-------|-----------------|---------------|--------------------------|------------|----------|
| 9,93 | 0,0 Churandy | Martina (AHO) | 03-07-84 R' dam Atletiek | Beijing | 16-08-08 |
| 10,15 | 1,9 Guus | Hoogmoed | 27-09-81 Phanos | Vaasa | 23-06-07 |
| 10,19 | 0,2 Troy | Douglas | 30-11-62 AAC | Zürich | 17-08-01 |
| 10,20 | 1,6 Nathanael | Esprit | 07-05-78 Haag Atletiek | Boise | 05-06-99 |
| 10,23 | 0,1 Patrick van | Balkom | 14-09-74 Hellas | Tel Aviv | 19-07-98 |
| 10,23 | 0,1 Caimin | Douglas | 11-05-77 Haag Atletiek | El Paso | 04-05-02 |
| 10,25 | 1,7 Achmed de | Kom | 15-02-59 AAC | Bratislava | 09-06-88 |
| 10,25 | 1,5 Patrick van | Luijk | 17-09-84 R' dam Atletiek | Leiria | 21-06-08 |
| 10,29 | 1,4 Geronimo | Goeloe (AHO) | 18-11-81 R' dam Atletiek | Willemstad | 18-06-04 |
| 10,30 | 0,9 Martijn | Ungerer | 06-06-78 AAV '36 | Apeldoorn | 26-06-99 |

windmeting mogelijk niet juist

| | | | | | |
|-------|----------|---------|--------------|----------|----------|
| 10,09 | 0,0 Troy | Douglas | 30-11-62 AAC | Edmonton | 04-08-01 |
|-------|----------|---------|--------------|----------|----------|

200 meter

| | | | | | |
|-------|------------------|---------------|--------------------------|--------------|----------|
| 20,11 | -0,4 Churandy | Martina (AHO) | 03-07-84 R' dam Atletiek | Beijing | 19-08-08 |
| 20,19 | 0,8 Troy | Douglas | 30-11-62 AAC | Rieti | 02-09-01 |
| 20,36 | -1,4 Patrick van | Balkom | 14-09-74 Hellas | Apeldoorn | 27-06-99 |
| 20,48 | 0,0 Caimin | Douglas | 11-05-77 Haag Atletiek | Tilburg | 08-07-01 |
| 20,48 | -0,5 Guus | Hoogmoed | 27-09-81 Phanos | Amsterdam | 01-07-07 |
| 20,52 | 0,5 Patrick van | Luijk | 17-09-84 R' dam Atletiek | Geneve (SUI) | 06-06-09 |
| 20,59 | -3,9 Miguel | Janssen | 05-09-70 AAC | Assen | 17-07-94 |
| 20,60 | 0,3 Achmed de | Kom | 15-02-59 AAC | Keulen | 16-08-87 |
| 20,63 | 1,1 Daniël | Ward | 04-01-84 RK HAV | El Paso | 13-05-06 |
| 20,67 | -1,4 Nathanael | Esprit | 07-05-78 Haag Atletiek | Apeldoorn | 27-06-99 |

400 meter

| | | | | | |
|-------|------------|---------------|--------------------------|------------|----------|
| 45,68 | Arjan | Visserman | 20-08-65 AAC | Hengelo | 27-06-86 |
| 45,80 | Koen | Gijsbers | 22-08-58 De Bataven | Lille | 04-07-81 |
| 45,98 | Julien | Hagen | 05-04-75 Hellas | Palma | 08-07-99 |
| 46,11 | Harry | Schulting | 11-02-56 Prins Hendrik | Roosendaal | 20-06-79 |
| 46,13 | Churandy | Martina (AHO) | 03-07-84 R' dam Atletiek | El Paso | 31-03-07 |
| 46,17 | Allan | Ellsworth | 10-06-64 Startbaan | Helsinki | 04-07-84 |
| 46,19 | Marcel | Klarenbeek | 01-06-60 SOS | Kil | 24-06-81 |
| 46,28 | Daniël | Ward | 04-01-84 RK HAV | El Paso | 16-04-05 |
| 46,33 | Raymond | Heerenveen | 09-11-48 PEC 1910 | Pretoria | 22-03-75 |
| 46,43 | Youssef El | Rhalfioui | 06-09-83 Phanos | Leiden | 10-06-06 |

800 meter

| | | | | | |
|---------|-----------|------------|--------------------------|----------|----------|
| 1.43,45 | Bram | Som | 20-02-80 Atletico '73 | Zürich | 18-08-06 |
| 1.43,56 | Rob | Druppers | 29-04-62 Hellas | Keulen | 25-08-85 |
| 1.44,01 | Marko | Koers | 03-11-72 AV Nijmegen | Brussel | 22-08-97 |
| 1.44,75 | Robert | Lathouwers | 08-07-83 R' dam Atletiek | Monaco | 29-07-08 |
| 1.45,17 | Robin van | Helden | 06-02-65 V&L/TC | Hengelo | 14-08-88 |
| 1.45,47 | Gert-Jan | Liefers | 26-09-78 AV '34-A | Leiden | 13-06-98 |
| 1.45,50 | Ton | Baltus | 28-12-65 Lycurgus | Berlin | 08-08-89 |
| 1.45,64 | Arnoud | Okken | 20-04-82 Atletico '73 | Beijing | 01-09-01 |
| 1.46,07 | Leon | Haan | 01-08-68 R'dam Atletiek | Lausanne | 08-07-92 |
| 1.46,4= | Sjef | Hensgens | 27-01-48 Achilles Top | Papendal | 16-06-71 |

1000 meter

| | | | | | |
|---------|--------|----------|-----------------------|------------|----------|
| 2.15,05 | Marko | Koers | 03-11-72 AV Nijmegen | Nice | 16-07-97 |
| 2.15,23 | Rob | Druppers | 29-04-62 Hellas | Utrecht | 17-08-85 |
| 2.18,07 | Han | Kulker | 15-08-59 De Bataven | Budapest | 11-08-86 |
| 2.19,26 | Bram | Som | 20-02-80 Atletico '73 | Lisse | 09-05-09 |
| 2.19,3= | Evert | Hoving | 14-01-53 NOP | Gateshead | 26-07-75 |
| 2.19,99 | Arnoud | Okken | 20-04-82 Atletico '73 | Lisse | 04-05-02 |
| 2.20,3= | Haico | Scharn | 18-06-45 Ciko '66 | Kopenhagen | 14-08-74 |
| 2.20,33 | Bob | Dielis | 31-12-65 Unitas | Tilburg | 16-09-89 |
| 2.20,38 | Stefan | Beumer | 28-04-81 AV '34-A | Brussel | 25-08-00 |
| 2.20,8= | Ton | Baltus | 28-12-65 Lycurgus | Heiloo | 05-08-94 |

| | | | | | |
|------------------------------------|-----------|-----------|-------------------------|---------------|----------|
| 2.20,86 | Jaap van | Treyen | 05-01-66 AV Nijmegen | Lage | 09-08-85 |
| <i>indoor:</i> | | | | | |
| 2.20,51 i | Robin van | Helden | 06-02-65 V&L/TC | Oklahoma City | 14-03-87 |
| 2.20,86 i | Leon | Haan | 01-08-68 R'dam Atletiek | Berlin | 04-02-94 |
| 1500 meter | | | | | |
| 3.32,89 | Gert-Jan | Liefers | 26-09-78 Atletico '73 | Brussel | 24-08-01 |
| 3.33,05 | Marko | Koers | 03-11-72 AV Nijmegen | Paris | 28-06-96 |
| 3.35,07 | Rob | Druppers | 29-04-62 Hellas | Berlin | 23-08-85 |
| 3.36,08 | Han | Kulker | 15-08-59 De Bataven | Rome | 04-09-87 |
| 3.36,16 | Bob | Dielis | 31-12-65 Unitas | Hengelo | 13-08-89 |
| 3.37,31 | Evert | Hoving | 14-01-53 NOP | Stockholm | 05-07-76 |
| 3.37,46 | Arnoud | Okken | 20-04-82 Atletico '73 | Kassel | 14-06-02 |
| 3.37,71 | Marcel | Versteeg | 20-08-65 Haag Atletiek | Hengelo | 28-06-92 |
| 3.37,8= | Haico | Scharn | 18-06-45 Ciko '66 | Aarhus | 24-06-73 |
| 3.38,08 | Frank | Wiegman | 17-12-64 Tartletos | Hengelo | 12-08-90 |
| 1 mijl | | | | | |
| 3.51,39 | Gert Jan | Liefers | 26-09-78 AV '34 | Hengelo | 01-06-03 |
| 3.53,47 | Marko | Koers | 03-11-72 AV Nijmegen | Berlin | 30-08-96 |
| 3.53,93 | Han | Kulker | 15-08-59 De Bataven | Hechtel | 14-08-85 |
| 3.57,18 | Haico | Scharn | 18-06-45 Ciko '66 | Zurich | 16-08-74 |
| 3.57,22 | Rob | Druppers | 29-04-62 Hellas | Formia | 16-06-85 |
| 3.57,28 | Stijn | Jaspers | 23-06-61 AV Haarlem | Koblenz | 25-08-82 |
| 3.57,69 | Klaas | Lok | 12-01-55 Phoenix | Leiden | 22-05-81 |
| 3.57,80 | Evert | Hoving | 14-01-53 NOP | Gateshead | 30-07-77 |
| 3.59,78 | Wibo | Lelieveld | 07-05-57 De Bataven | Leiden | 22-05-81 |
| 4.00,65 | Frank | Wiegman | 17-12-64 Tartletos | Kevelaer | 04-08-90 |
| <i>indoor:</i> | | | | | |
| 3.59,60 i | Wibo | Lelieveld | 07-05-57 De Bataven | Boston | 05-03-83 |
| 4.00,42 i | Marcel | Laros | 10-10-71 Sprint | Des Moines | 13-02-93 |
| 4.00,49 i | Robin van | Helden | 06-02-65 V&L/TC | Oklahoma City | 12-03-88 |
| 2000 meter (t = tussentijd) | | | | | |
| 4.56,56 | Gert-Jan | Liefers | 26-09-78 Atletico '73 | Berlijn | 31-08-01 |
| 5.01,27 | Joost | Borm | 08-08-56 Phoenix | Bordeaux | 05-06-82 |
| 5.03,9= t | Klaas | Lok | 12-01-55 Phoenix | Roosendaal | 20-09-78 |
| 5.04,75 | Marko | Koers | 03-11-72 AV Nijmegen | Woluwe | 15-06-97 |
| 5.05,9= | Stijn | Jaspers | 23-06-61 AV Haarlem | Papendal | 17-08-83 |
| 5.06,15 | Jos | Hermens | 08-01-50 KNAU | London | 04-07-75 |
| 5.07,85 | Marc | Borghans | 01-04-60 Unitas | Hechtel | 08-08-87 |
| 5.08,82 | Patrick | Aris | 05-10-56 V&L/TC | Hechtel | 08-08-87 |
| 5.09,8= | Haico | Scharn | 18-06-45 Ciko '66 | Kopenhagen | 13-08-75 |
| 5.10,48 | Tonnie | Dirks | 12-02-61 De Keien | Hechtel | 08-08-87 |
| <i>indoor:</i> | | | | | |
| 5.05,94 i | Han | Kulker | 15-08-59 De Bataven | Sindelfingen | 03-03-91 |
| 5.09,24 i | Frank | Wiegman | 17-12-64 Tartletos | Karlsruhe | 31-01-92 |
| 3000 meter | | | | | |
| 7.37,48 | Gert-Jan | Liefers | 26-09-78 AV '34 | Hengelo | 29-05-05 |
| 7.44,4= | Jos | Hermens | 08-01-50 KNAU | Oslo | 04-07-74 |
| 7.45,44 | Kamiel | Maase | 20-10-71 Leiden Atl. | Leiden | 12-06-99 |
| 7.45,88 | Marcel | Versteeg | 20-08-65 V&L/TC | Koblenz | 26-08-92 |
| 7.46,52 | Marko | Koers | 03-11-72 AV Nijmegen | Leiden | 12-06-99 |
| 7.47,2= | Gerard | Tebroke | 09-11-49 Ciko '66 | Keulen | 22-06-77 |
| 7.47,4= | Stijn | Jaspers | 23-06-61 AV Haarlem | Brussel | 24-08-84 |
| 7.51,48 | Marcel | Laros | 10-10-71 Sprint | Tessenderlo | 31-08-96 |
| 7.51,76 | Henk | Gommer | 17-11-62 AVS | Rhede | 06-08-93 |
| 7.52,49 | Cor | Lambregts | 04-08-58 Pegasus | Rhede | 18-06-99 |
| <i>indoor:</i> | | | | | |
| 7.51,34 i | Rob de | Brouwer | 23-11-62 Achilles | Sevilla | 08-03-91 |
| 7.51,4= i | Klaas | Lok | 12-01-55 Phoenix | Milaan | 12-03-78 |
| 5000 meter | | | | | |
| 13.13,06 | Kamiel | Maase | 20-10-71 Leiden Atl. | Berlijn | 06-09-02 |
| 13.21,68 | Gerard | Tebroke | 09-11-49 Ciko '66 | Zurich | 16-08-78 |
| 13.21,9= | Jos | Hermens | 08-01-50 KNAU | Nijmegen | 09-07-78 |
| 13.22,26 | Gert Jan | Liefers | 26-09-78 AV '34 | Luzern | 14-06-05 |

| | | | | | |
|----------|-----------|-----------|------------------------|----------|----------|
| 13.24,46 | Stijn | Jaspers | 23-06-61 AV Haarlem | Leuven | 02-06-84 |
| 13.26,29 | Marcel | Versteeg | 20-08-65 Haag Atletiek | Kerkrade | 30-05-92 |
| 13.30,25 | Henk | Gommer | 17-11-62 AVS | Hechtel | 31-07-93 |
| 13.32,94 | Cor | Lambregts | 04-08-58 Swift | Koblenz | 25-08-82 |
| 13.33,28 | Sander | Schutgens | 31-12-75 Pegasus | Hechtel | 01-08-98 |
| 13.33,41 | Marti ten | Kate | 16-12-58 Fortis | Hengelo | 13-08-89 |

indoor:

| | | | | | |
|-----------|--------|---------|-----------------|-----------------|----------|
| 13.33,24i | Rob de | Brouwer | 23-11-62 Unitas | East Rutherford | 09-02-85 |
|-----------|--------|---------|-----------------|-----------------|----------|

10000 meter

| | | | | | |
|----------|-----------|-----------|----------------------|------------|----------|
| 27.26,29 | Kamiel | Maase | 20-10-71 Leiden Atl. | Brussel | 30-08-02 |
| 27.36,64 | Gerard | Tebroke | 09-11-49 Ciko '66 | Praag | 29-08-78 |
| 27.41,25 | Jos | Hermens | 08-01-50 KNAU | Stockholm | 04-07-77 |
| 27.50,30 | Marti ten | Kate | 16-12-58 Fortis | Seoul | 26-09-88 |
| 27.57,53 | Cor | Lambregts | 04-08-58 Unitas | Aachen | 30-05-86 |
| 28.09,96 | Martin | Lauret | 27-10-71 Ciko '66 | Hengelo | 30-05-99 |
| 28.20,51 | Greg van | Hest | 03-06-73 TRR | Bratislava | 29-05-96 |
| 28.24,7= | Klaas | Lok | 12-01-55 Phoenix | Sittard | 27-04-79 |
| 28.31,6= | Rob de | Brouwer | 23-11-62 Unitas | Kessel-Lo | 18-06-86 |
| 28.33,54 | Tonnie | Dirks | 12-02-61 AVS | Amsterdam | 23-07-93 |

3000 meter steeple chase

| | | | | | |
|---------|------------|----------|--------------------------|-----------|----------|
| 8.04,95 | Simon | Vroemen | 11-05-69 Sprint | Brussel | 26-08-05 |
| 8.18,02 | Hans | Koeleman | 05-10-57 AAC | Budapest | 04-08-85 |
| 8.21,90 | Marcel | Laros | 10-10-71 Sprint | Brussel | 22-08-97 |
| 8.29,95 | Herman | Hofstee | 17-07-63 DOS-D | St.Denis | 07-06-88 |
| 8.34,74 | Marti ten | Kate | 16-12-58 Fortis | Hengelo | 27-06-86 |
| 8.35,18 | Casper | Vroemen | 11-05-69 Haag Atletiek | Hechtel | 06-07-96 |
| 8.35,93 | René | Godlieb | 01-12-66 AAC | Hengelo | 12-08-90 |
| 8.40,50 | Joost | Blokland | 07-02-82 AV Gouda | Bydgoszcz | 20-06-04 |
| 8.41,51 | Dennis | Licht | 30-05-84 Phanos | Groningen | 11-05-08 |
| 8.41,6 | Jeroen van | Dijke | 06-04-76 Leiden Atletiek | Hengelo | 29-08-01 |

110 meter horden 106cm

| | | | | | |
|-------|--------------------|------------|------------------------|-------------|----------|
| 13,15 | 0,3 Robin | Korving | 29-07-74 AAC | Lausanne | 02-07-99 |
| 13,35 | 0,4 Marcel van der | Westen | 01-08-76 AAC | Kassel | 06-06-08 |
| 13,37 | 0,8 Gregory | Sedoc | 16-10-81 AAC | Hengelo | 26-05-07 |
| 13,69 | Gordon | Drijver | 08-06-73 Parthenon | Bloomington | 17-05-98 |
| 13,75 | 1,9 Mike van | Kruchten | 07-04-87 Phanos | Heusden | 18-07-09 |
| 13,79 | 0,5 Virgil | Spier | 08-01-81 AAC | Bydgoszcz | 18-07-03 |
| 13,81 | Sven | Ootjers | 24-06-73 Nova | Catania | 26-08-97 |
| 13,88 | 0,2 Bart | Bennema | 28-04-77 AAC '61 | Jona | 26-07-98 |
| 13,91 | 0,5 Ruud van | Maurik | 18-03-64 AAV '36 | Eindhoven | 28-07-91 |
| 13,93 | 0,3 James | Sharpe | 09-11-62 PSV | Budapest | 02-07-95 |
| 13,93 | 0,2 Rodney | Zuyderwijk | 30-03-71 Haag Atletiek | Brisbane | 12-03-99 |

400 meter horden 91,4cm

| | | | | | |
|-------|---------|-------------|------------------------|-------------|----------|
| 48,44 | Harry | Schulting | 11-02-56 Prins Hendrik | Mexico City | 12-09-79 |
| 48,95 | Thomas | Kortbeek | 02-04-81 Prins Hendrik | Daegu | 28-08-03 |
| 49,40 | Hugo | Pont | 20-07-59 SISU | Mexico City | 11-09-79 |
| 49,48 | Frank | Nusse | 23-03-53 AAC | Zurich | 20-08-75 |
| 49,88 | Jeroen | Prent | 26-03-65 Hellas | Brussel | 18-07-99 |
| 50,19 | Eelco | Veldhuyzen | 19-07-84 Clytoneus | Genève | 09-06-07 |
| 50,37 | Vincent | Kerssies | 11-07-80 SISU | Leiria | 21-06-08 |
| 50,40 | Marco | Beukenkamp | 15-03-63 GAC-H | Amsterdam | 24-07-93 |
| 50,57 | Marcel | Roosen | 11-09-70 KAV Holland | Groningen | 21-06-92 |
| 50,59 | Rodney | Zuijderwijk | 30-03-71 Haag Atletiek | Melbourne | 13-03-94 |

hoogspringen

| | | | | | |
|------|------------|------------|----------------------|-----------|----------|
| 2,30 | Wilbert | Pennings | 23-02-75 Attila | Eberstadt | 07-08-99 |
| 2,29 | Martijn | Nuijens | 18-11-83 Unitas | Bergen | 20-06-09 |
| 2,28 | Ruud | Wielart | 03-05-54 AV Haarlem | Leiden | 01-09-79 |
| 2,25 | Jan Peter | Larsen | 18-03-79 Ilion | Papendal | 18-06-08 |
| 2,21 | Sven | Ootjers | 24-06-73 KAV Holland | Wettingen | 26-09-92 |
| 2,20 | Erik | Rollenberg | 25-08-58 AV Haarlem | Nijmegen | 29-07-82 |
| 2,20 | Björn | Groen | 03-05-72 Ilion | Leiden | 26-06-93 |
| 2,17 | Raymond de | Vries | 17-05-53 Sparta | Den Haag | 14-05-78 |
| 2,17 | Henk Jan | Gebben | 24-10-65 Argo '77 | Eindhoven | 24-05-90 |

| | | | | | | |
|------|---|----------|--------------|------------------------|-----------|----------|
| 2,15 | | Kees | Verspaget | 05-05-58 HAC | Amsterdam | 20-06-82 |
| 2,15 | | René van | Loon | 23-09-60 SPADO | Haarlem | 19-05-85 |
| 2,15 | | Jacco | Boekhouder | 11-11-71 V&L/TC | Amsterdam | 17-06-90 |
| 2,15 | | Bert | Albers | 15-04-72 Haag Atletiek | Den Haag | 22-05-93 |
| 2,15 | | Ron | Naaktgeboren | 13-07-65 Parthenon | Hengelo | 20-06-93 |
| 2,15 | i | Casper | Oosterhof | 05-06-74 De Sperwers | Zwolle | 22-01-94 |

polstokhoogspringen

| | | | | | | |
|------|---|-------------|--------------|------------------------|-----------|----------|
| 5,81 | | Rens | Blom | 01-03-77 Unitas | Zaragossa | 08-06-04 |
| 5,76 | | Chris | Tamminga | 30-04-74 Haag Atletiek | Hechtel | 01-08-98 |
| 5,71 | | Laurens | Looye | 12-01-73 Ilion | Hechtel | 01-08-98 |
| 5,56 | | Robbert Jan | Jansen | 22-07-83 Prins Hendrik | Heusden | 18-07-09 |
| 5,55 | | Wout van | Wengerden | 16-02-87 Unitas | Helmond | 08-06-08 |
| 5,50 | | Chris | Leeuwenburgh | 04-10-62 V&L/TC | Hechtel | 15-08-86 |
| 5,45 | | Richel | Keyzers | 03-01-69 Weert | Groningen | 12-07-98 |
| 5,30 | | Eelco | Sintnicolaas | 07-04-87 AV '34 | Kaunas | 17-07-09 |
| 5,30 | i | Jorn | Bakker | 19-02-87 Ilion | Apeldoorn | 28-02-09 |
| 5,25 | | Richard | Coté | 09-10-69 Lycurgus | Amsterdam | 22-05-93 |

verspringen

| | | | | | | |
|------|-----|-----------|----------|--------------------|------------|----------|
| 8,23 | i | Emiel | Mellaard | 21-03-66 AAC | Den Haag | 05-02-89 |
| 8,11 | i | Frans | Maas | 13-07-64 Sprint | Den Haag | 19-02-89 |
| 7,98 | | Henk | Visser | 23-03-32 AAC | Bucharest | 17-09-56 |
| 7,90 | 2,0 | Niels | Kruller | 17-05-75 AAC | Tel Aviv | 17-07-97 |
| 7,87 | 2,0 | Jurgen | Cools | 16-09-75 Attila | Leverkusen | 03-08-03 |
| 7,85 | 1,1 | Chiel | Warners | 02-04-78 AAC | Götzis | 29-05-04 |
| 7,82 | i | Erik de | Vos | 07-03-66 Hollandia | Zwolle | 20-01-90 |
| 7,82 | 2,0 | Gregory | Sedoc | 16-10-81 AAC | Hilversum | 04-09-05 |
| 7,81 | | Roy | Sedoc | 27-03-54 AAC | Den Haag | 22-08-76 |
| 7,80 | 2,0 | Marc v.d. | Worp | 07-04-70 PEC 1910 | Amsterdam | 24-07-93 |

hinkstapspringen

| | | | | | | |
|-------|-----|----------------|----------|------------------------|---------------|----------|
| 16,65 | 0,7 | Fabian | Florant | 01-02-83 Haag Atletiek | Wesel | 01-06-09 |
| 16,24 | i | Frans | Maas | 13-07-64 Sprint | Oklahoma City | 27-02-88 |
| 16,15 | | Peter van | Leeuwen | 20-06-58 THOR | Dublin | 21-08-83 |
| 16,11 | | Aafbrecht v.d. | Veen | 30-12-61 AV Haarlem | Vught | 03-08-86 |
| 16,01 | | Roy | Sedoc | 27-03-54 AAC | Aarhus | 23-06-74 |
| 15,97 | | Annejan v.d. | Veen | 15-04-60 AV Haarlem | Amsterdam | 29-08-82 |
| 15,94 | 0,7 | Arthur | Lynch | 05-05-67 AAC | Rimini | 30-05-92 |
| 15,90 | i | Paul | Lucassen | 28-10-63 Unitas | Vittel | 27-02-88 |
| 15,71 | i | Bas de | Vos | 16-09-75 Haag Atletiek | Den Haag | 24-02-96 |
| 15,64 | | Henk | Evers | 05-10-39 AV '55 | Innsbruck | 27-07-63 |

kogelstoten 7,25kg

| | | | | | | |
|-------|---|-------------|------------|------------------------|-----------|----------|
| 21,62 | | Rutger | Smith | 09-07-81 Groningen Atl | Leiden | 10-06-06 |
| 20,95 | | Erik de | Bruin | 25-05-63 V&L/TC | Leiden | 14-05-86 |
| 19,18 | | Eddy | Cardol | 06-05-78 Hera | Leiria | 18-06-05 |
| 19,10 | | Ben | Vet | 02-02-68 AAC | Zwolle | 09-05-99 |
| 19,04 | | Erik van | Vreumingen | 15-06-78 Haag Atletiek | Vught | 28-06-08 |
| 18,99 | i | Erik | Cadée | 15-02-84 Prins Hendrik | Apeldoorn | 15-02-09 |
| 18,64 | | Jan | Langeveld | 28-06-57 AAC | Amsterdam | 23-09-91 |
| 18,21 | | Patrick | Groot | 08-03-80 Lycurgus | Vught | 21-05-09 |
| 18,20 | | Maarten | Persoon | 15-03-87 Phanos | Uden | 27-06-09 |
| 18,12 | | Pieter v.d. | Kruk | 10-02-72 Ciko '66 | Lisse | 01-05-99 |

discuswerpen 2kg

| | | | | | | |
|-------|--|-------------|-----------|------------------------|-------------|----------|
| 68,12 | | Erik de | Bruin | 25-05-63 V&L/TC | Sneek | 01-04-91 |
| 67,63 | | Rutger | Smith | 09-07-81 Groningen Atl | Helsingborg | 15-09-07 |
| 66,03 | | Pieter v.d. | Kruk | 10-02-72 Ciko '66 | Leiden | 04-08-99 |
| 65,61 | | Erik | Cadée | 15-02-84 Prins Hendrik | Chula | 28-04-09 |
| 62,40 | | Ben | Vet | 02-02-68 AAC | Zaandam | 08-05-96 |
| 61,48 | | Wim de | Wolff | 25-05-63 AAC | Sneek | 21-05-87 |
| 60,88 | | Mike v.d. | Bilt | 23-10-76 Haag Atletiek | Roosendaal | 15-07-98 |
| 60,18 | | Marco | Versterre | 26-08-60 AAC | Amsterdam | 23-09-90 |
| 58,87 | | Boudewijn | Luijten | 25-08-88 Start '78 | Amsterdam | 01-08-09 |
| 58,27 | | Maarten | Persoon | 15-03-87 Phanos | Leiden | 14-06-08 |

kogelslingeren 7,25kg

| | | | | | |
|-------|------------|---------|-----------------------|--------------------|----------|
| 71,77 | Ronald | Gram | 31-03-74 Sprint | Nijmegen | 10-07-02 |
| 70,89 | Frank v.d. | Dool | 10-07-67 AV '34-A | Roermond | 23-10-99 |
| 67,98 | Peter van | Noort | 23-01-55 De Spartaan | Groningen | 17-07-88 |
| 66,21 | Vincent | Onos | 08-04-86 SAV | Halle | 25-05-08 |
| 61,16 | Maarten | Persoon | 15-03-87 Phanos | VR d Santa Antonio | 25-05-08 |
| 60,85 | Rutger | Smith | 09-07-81 Argo '77 | Hesel | 15-09-01 |
| 60,24 | Erik de | Bruin | 25-05-63 V&L/TC | Utrecht | 20-09-87 |
| 60,06 | Swen | Linden | 16-04-67 Achilles-Top | Uden | 23-05-04 |
| 59,90 | Chris | Hoede | 19-07-65 TION | Hengelo | 09-07-89 |
| 59,35 | Jan | Romani | 17-11-32 V&L | Brussel | 29-08-64 |

speerwerpen 800gr

| | | | | | |
|-------|--------------|-----------|-------------------|-----------|----------|
| 80,51 | Johan van | Lieshout | 08-03-69 Ciko '66 | Lahti | 06-06-99 |
| 80,00 | Jeroen v.d. | Meer | 07-04-59 V&L/TC | Leiden | 12-05-90 |
| 75,84 | Enno | Tjepkema | 05-06-65 AAC | Helmond | 16-07-89 |
| 74,90 | Marcel | Bunck | 09-08-63 AAC | Knoxville | 15-04-89 |
| 74,64 | Oscar | Schermer | 28-05-75 Lycurgus | Tilburg | 07-07-01 |
| 74,35 | Elliott | Thijssen | 30-03-71 Hellas | Reeuwijk | 18-06-06 |
| 73,44 | Bjorn | Blommerde | 06-07-87 Sprint | Breda | 29-08-09 |
| 73,04 | Ludo van der | Plaat | 03-07-83 Ilion | Sittard | 12-05-08 |
| 72,58 | Lars | Timmerman | 19-04-91 Spado | Novi Sad | 23-07-09 |
| 72,27 | Jeroen | Blommerde | 17-12-84 Phanos | Lisse | 09-05-09 |

tienkamp

| | | | | | |
|------|-----------|--------------|-----------------------|-----------|----------|
| 8447 | Robert de | Wit | 07-08-62 Unitas | Eindhoven | 22-05-88 |
| 8363 | Chiel | Warners | 02-04-78 AAC '61 | Götzis | 30-05-99 |
| 8269 | W Jack | Rosendaal | 12-09-73 AV '34-A | Tallinn | 05-07-98 |
| 8233 | Eugène | Martineau | 14-05-80 Achilles-Top | Ratingen | 22-06-08 |
| 8177 | Jack | Rosendaal | 12-09-73 AV '34-A | Emmeloord | 24-05-88 |
| 8112 | Eelco | Sintnicolaas | 07-04-87 AV '34 | Kaunas | 17-07-09 |
| 8111 | Marcel | Dost | 28-09-69 TION | Atlanta | 01-08-96 |
| 8009 | Ingmar | Vos | 28-05-86 PAC | Berlijn | 20-08-09 |
| 7995 | Bart | Bennema | 28-04-77 AAC '61 | Goetzis | 31-05-98 |
| 7955 | Pelle | Rietveld | 04-02-85 Ilion | Debrecen | 13-07-07 |
| 7868 | Rick | Wassenaar | 17-01-76 KAV Holland | Jona | 26-07-98 |

4 x 100 meter

| | | | | | |
|-------|------------------------------|--|--|-----------|----------|
| 38,63 | Nationale Ploeg | | | Parijs | 30-08-03 |
| 39,77 | AAC-Amsterdam | | | Utrecht | 22-06-97 |
| 40,02 | ROTTERDAM ATLETIEK-Rotterdam | | | Vught | 16-05-93 |
| 40,03 | PHANOS-Amsterdam | | | Amsterdam | 03-06-07 |
| 40,08 | HELLAS-Utrecht | | | Lisse | 08-05-04 |
| 40,47 | HAAG ATLETIEK-Den Haag | | | Tilburg | 21-06-98 |
| 40,81 | V&L/TC-Den Haag | | | Hengelo | 07-07-89 |
| 40,85 | AAC'61-Assen | | | Utrecht | 21-06-98 |
| 40,88 | PSV-Eindhoven | | | Eindhoven | 10-05-98 |
| 40,92 | SPRINT-Breda | | | Krommenie | 25-06-89 |
| 40,95 | AV'34-Apeldoorn | | | Groningen | 21-06-98 |

4 x 400 meter

| | | | | | |
|---------|------------------------------|--|--|-------------|----------|
| 3.03,18 | Nationale Ploeg | | | Mexico City | 13-09-79 |
| 3.08,97 | AAC-Amsterdam | | | Den Haag | 10-07-88 |
| 3.09,31 | LYCURGUS-Krommenie | | | Den Haag | 10-07-88 |
| 3.10,14 | HELLAS-Utrecht | | | Amstelveen | 18-09-05 |
| 3.10,61 | ROTTERDAM ATLETIEK-Rotterdam | | | Amstelveen | 18-09-05 |
| 3.11,05 | V&L/TC-Den Haag | | | Rotterdam | 14-07-90 |
| 3.11,40 | HAAG ATLETIEK-Den Haag | | | Eindhoven | 28-07-91 |
| 3.12,39 | ARGO'77-Groningen | | | Amsterdam | 25-07-93 |
| 3.12,43 | PHANOS-Amsterdam | | | Amsterdam | 03-06-07 |
| 3.13,73 | LEIDEN ATLETIEK-Leiden | | | Uden | 30-06-01 |
| 3.13,97 | PRINS HENDRIK-Vught | | | Vught | 12-09-81 |

4 x 800 meter

| | | | | | |
|---------|--------------------------|--|--|-----------------|----------|
| 7.18,84 | ATLETICO '73-Genderingen | | | Amstelveen | 23-09-01 |
| 7.25,94 | AVN-Nijmegen | | | Lisse | 03-07-88 |
| 7.27,57 | AV'34-Apeldoorn | | | Alphen a/d Rijn | 03-06-90 |
| 7.28,05 | V&L/TC-Den Haag | | | Alphen a/d Rijn | 03-06-90 |

| | | | |
|---------|--------------------|-----------|----------|
| 7.29,2= | AAC-Amsterdam | Amsterdam | 25-09-83 |
| 7.29,9= | DE BATAVEN-Leiden | Den Haag | 29-08-80 |
| 7.30,98 | LYCURGUS-Krommenie | Lisse | 03-07-88 |
| 7.32,7= | NOP-Emmeloord | Den Haag | 25-09-76 |
| 7.33,56 | THOR-Rosendaal | Rosendaal | 16-09-84 |
| 7.33,66 | PSV-Eindhoven | Kerkrade | 03-07-88 |

4 x 1500 meter

| | | | |
|----------|----------------------|-----------|----------|
| 15.08,90 | Nationale Ploeg | Sheffield | 05-06-92 |
| 15.12,00 | TARTLETOS-Wageningen | Dordrecht | 02-06-91 |
| 15.23,69 | V&L/TC-Den Haag | Lisse | 03-07-88 |
| 15.27,10 | DE BATAVEN-Leiden | Dordrecht | 02-06-91 |
| 15.31,2= | PHOENIX-Utrecht | Den Haag | 06-09-78 |
| 15.32,28 | AAC-Amsterdam | Rotterdam | 20-09-87 |
| 15.32,63 | UNITAS-Sittard | Rotterdam | 20-09-87 |
| 15.35,4= | CIKO'66-Arnhem | Uden | 06-09-70 |
| 15.37,07 | HELLAS-Utrecht | Helmond | 16-07-89 |
| 15.39,21 | DEM-Beverwijk | Lisse | 03-07-88 |
| 15.39,54 | PSV-Eindhoven | Helmond | 16-07-89 |

Vrouwen

100 meter

| | | | | | |
|-------|------------------|----------------|------------------------|-----------------|----------|
| 11,08 | 0,8 Nelli | Fiere-Cooman | 06-06-64 AVR | Stuttgart | 27-08-86 |
| 11,17 | 1,2 Els | Scharn-Vader | 24-09-59 AVR | Lissabon | 14-06-86 |
| 11,27 | 0,7 Jacqueline | Poelman | 05-10-73 Argo '77 | Hechtel | 30-07-94 |
| 11,34 | 0,8 Mireille | Donders | 07-07-74 Haag Atletiek | Geneve | 30-06-81 |
| 11,35 | 1,1 Joan van den | Akker | 16-01-84 KAV Holland | Utrecht | 10-07-04 |
| 11,43 | 0,8 Wilma van | Gool v.d.Berg | 11-08-47 De Keien | Munchen | 01-09-72 |
| 11,44 | 1,8 Annemarie | Kramer | 15-02-75 KAV Holland | Oordgem | 07-06-97 |
| 11,49 | 1,7 Tilly | Verhoef-Jacobs | 19-06-56 Sparta | Innsbruck | 19-05-79 |
| 11,50 | 0,3 Pascal van | Assendelft | 06-10-79 Haag Atletiek | Sittard | 06-07-02 |
| 11,54 | 1,1 Petra | Huybrechtse | 26-09-72 KAV Holland | Alphen a/d Rijn | 29-06-91 |

200 meter

| | | | | | |
|-------|--------------------------------|---------------|------------------------|-------------|----------|
| 22,81 | 0,0 Els | Vader | 24-09-59 Zeeland Sport | Pescara | 02-08-81 |
| 23,00 | 0,5 Jacqueline | Poelman | 05-10-73 Hellas | Heusden | 20-07-02 |
| 23,08 | 1,9 Mireille | Donders | 07-07-74 Haag Atletiek | Geneve | 01-07-01 |
| 23,22 | 1,6 Wilma van | Gool-v.d.Berg | 11-08-47 De Keien | Munchen | 04-09-72 |
| 23,24 | 1,7 Annemarie | Kramer | 15-02-75 KAV Holland | Turku | 13-07-97 |
| 23,41 | -0,9 Karin de | Lange | 15-01-64 Ciko '66 | Barcelona | 03-08-92 |
| 23,43 | 0,0 Truus Hennipman-Cruiming | | 15-06-43 De Bataven | Mexico City | 17-10-68 |
| 23,44 | 0,4 Nelli | Fiere-Cooman | 06-06-64 AVR | Schwechat | 04-06-86 |
| 23,50 | 1,7 Martha Grossenbacher-Derby | | 31-08-59 Sparta | Amsterdam | 12-07-86 |
| 23,51 | -0,5 Karen v.d. | Kooy | 26-12-63 Haag Atletiek | Papendal | 12-07-92 |

400 meter

| | | | | | |
|-------|------------|----------------|----------------------|-------------|----------|
| 51,35 | Ester | Goossens | 21-02-72 AV '34-A | Malmö | 06-06-98 |
| 51,68 | Gretha | Tromp | 21-02-64 Hera | Eindhoven | 28-07-91 |
| 51,92 | Els | Scharn-Vader | 24-09-59 AVR | Hengelo | 27-06-86 |
| 52,38 | Tilly | Verhoef-Jacobs | 19-06-56 Sparta | Winterthur | 14-06-80 |
| 52,45 | Trudy | Wunderink-Ruth | 20-05-50 GAC-H | Munchen | 03-09-72 |
| 52,64 | Romara van | Noort | 11-09-86 De Spartaan | Göteborg | 08-08-06 |
| 52,69 | Myrna v.d. | Hoeven-Jansen | 08-05-48 Olympia'48 | Mexico City | 15-10-68 |
| 52,84 | Yvonne van | Dorp | 06-01-66 Holland-L | Seoul | 23-09-88 |
| 52,84 | Jacqueline | Poelman | 05-10-73 Hellas | Cottbus | 18-07-01 |
| 52,93 | Marjo van | Agt-Ruyters | 13-05-58 PSV | Hengelo | 27-06-86 |

800 meter

| | | | | | |
|---------|-------------|-----------|-------------------------|--------------|----------|
| 1.55,54 | Ellen van | Langen | 09-02-66 ADA | Barcelona | 03-08-92 |
| 1.58,61 | Stella | Jongmans | 17-05-71 R'dam Atletiek | Hengelo | 28-06-92 |
| 1.59,24 | Ester | Goossens | 21-02-72 AV '34-A | Hechtel | 01-08-98 |
| 1.59,62 | Elly van | Hulst | 09-06-59 Olympia'48 | Pescara | 02-08-81 |
| 1.59,98 | Yvonne | Hak | 30-06-86 Hera | Athene (GRE) | 13-07-08 |
| 2.00,82 | Yvonne v.d. | Kolk | 07-01-69 AVR | Hengelo | 25-06-91 |
| 2.00,96 | Lotte | Visschers | 02-08-79 Unitas | Hengelo | 31-05-04 |
| 2.01,18 | Heidi v.d. | Plas | 09-01-64 De Gemzen | Hengelo | 25-06-91 |

| | | | | | |
|-------------------------------------|---------------------------|------------------|-------------------------|--------------|----------|
| 2.01,43 | Najla | Jaber | 12-05-84 Seven Hills RT | Rome | 02-07-04 |
| 2.01,55 | Laura | Bosman | 08-10-67 AAV '36 | Hechtel | 10-08-91 |
| 1000 meter | | | | | |
| 2.35,21 | Ellen van | Langen | 09-02-66 ADA | Sheffield | 29-08-93 |
| 2.36,70 | Elly van | Hulst | 06-09-59 Olympia'48 | London | 11-09-81 |
| 2.38,10 | Stella | Jongmans | 17-05-71 R'dam Atletiek | Stockholm | 10-07-95 |
| 2.38,15 | Heidi v.d. | Plas | 09-01-64 De Gemzen | Hilversum | 20-05-91 |
| 2.38,27 | Yvonne v.d. | Kolk | 07-01-69 AVR | Berlin | 10-09-91 |
| 2.39,86 | Ester | Goossens | 21-02-72 Hellas | Zurich | 04-08-93 |
| 2.41,87 | Christine | Toonstra | 22-06-66 ADA | Hengelo | 14-08-88 |
| 2.41,9= | Laura | Bosman | 08-10-67 AAV '36 | Leiden | 20-06-91 |
| 2.42,03 | Anneke | Schutte | 17-07-66 De Gemzen | Beverwijk | 16-07-89 |
| 2.42,34 | Sylvia | Kruijer | 06-09-74 Hellas | Ninove | 28-07-01 |
| 1500 meter (* = in mijlrace) | | | | | |
| 4.03,63 | Elly van | Hulst | 09-06-59 PAC | Rome | 05-09-87 |
| 4.05,13 | Ilja | Keizer-Laman | 26-02-44 Vitesse | Munchen | 09-09-72 |
| 4.05,86 | Susan | Kuijken | 08-07-86 Seven Hills RT | Uden | 27-06-09 |
| 4.06,07 | Adrienne | Herzog | 30-09-85 AV '34 | Barcelona | 25-07-09 |
| 4.06,25 | Yvonne v.d. | Kolk | 07-01-69 AVR | Monaco | 03-08-91 |
| 4.06,92 | Ellen van | Langen | 09-02-66 ADA | Sevilla | 06-06-92 |
| 4.08,81 | Bernie | Boxem-Lenferink | 12-05-48 Marathon | Munchen | 07-09-72 |
| 4.09,03 | Anjolie | Wisse | 17-09-76 Haag Atletiek | Kassel | 14-06-02 |
| 4.09,21 | Grete | Koens | 26-05-67 Ciko '66 | Leverkusen | 20-08-00 |
| 4.09,80 * | Heidi v.d. | Plas | 09-01-64 De Gemzen | Keulen | 08-09-91 |
| 1 mijl | | | | | |
| 4.22,40 | Elly van | Hulst | 09-06-59 PAC | Brussel | 05-09-86 |
| 4.27,51 | Heidi v.d. | Plas | 09-01-64 De Gemzen | Keulen | 08-09-91 |
| 4.31,88 | Ellen van | Langen | 09-02-66 ADA | Lausanne | 08-07-92 |
| 4.34,02 | Christine | Toonstra | 22-06-66 ADA | Bratislava | 09-06-88 |
| 4.34,36 | Yvonne v.d. | Kolk | 07-01-69 AVR | Barcelona | 20-09-91 |
| 4.36,6= | Joke van | Gerven-v.d.Stelt | 18-05-49 De Spartaan | London | 29-08-75 |
| 4.36,8= | Mia | Gommers | 26-09-39 Unitas | Leicester | 14-06-69 |
| 4.38,44 | Stella | Jongmans | 17-05-71 R'dam Atletiek | Hilversum | 23-05-94 |
| 4.38,7= | Bernie | Boxem-Lenferink | 12-05-48 Marathon | Sittard | 20-08-71 |
| 4.40,44 | Grete | Koens | 26-05-67 Ciko '66 | Hilversum | 23-05-94 |
| <i>indoor:</i> | | | | | |
| 4.36,43 i | Karen | Glerum | 06-04-70 Dynamo '70 | Indianapolis | 14-03-92 |
| 3000 meter (*=mixed race) | | | | | |
| 8.33,97 | Elly van | Hulst | 09-06-59 PAC | Zurich | 17-08-88 |
| 8.45,96 | Christine | Toonstra | 22-06-66 ADA | Hengelo | 28-06-92 |
| 8.53,01 | Grete | Koens | 26-05-67 Ciko '66 | Helsinki | 29-06-94 |
| 8.54,75 * | Sylvia | Kruijer | 06-09-74 AV Castricum | Vught | 13-05-99 |
| 8.57,84 | Erika v.d. | Bilt | 07-04-71 Leiden Atl. | Leiden | 10-06-00 |
| 8.58,14 i | Susan | Kuijken | 08-07-86 Seven Hills RT | Lafayette | 15-03-08 |
| 8.59,7= * | Marian | Freriks | 13-12-61 Daventria | Zwolle | 25-08-89 |
| 9.01,69 | Adrienne | Herzog | 30-09-85 Groningen Atl | Rovereto | 30-08-06 |
| 9.03,76 * | Wilma van | Onna | 13-06-65 Haag Atletiek | Vught | 13-05-99 |
| 9.04,32 | Saskia | Brouwer | 14-08-60 Ciko '66 | Brussel | 26-08-83 |
| <i>indoor:</i> | | | | | |
| 8.33,82 i | Elly van | Hulst | 09-06-59 FSTC | Budapest | 04-03-89 |
| 5000 meter (*=mixed race) | | | | | |
| 14.56,43 | Lornah | Kiplagat | 01-05-74 Hylas | Stockholm | 05-08-03 |
| 15.07,68 | Christine | Toonstra | 22-06-66 ADA | Hechtel | 18-07-92 |
| 15.17,08 | Elly van | Hulst | 09-06-59 FSTC | Brussel | 25-08-89 |
| 15.20,91 | Grete | Koens | 26-05-67 Ciko '66 | Helsinki | 25-06-96 |
| 15.23,27* | Erica v.d. | Bilt | 07-04-71 Leiden Atl. | Heusden | 05-08-00 |
| 15.34,3=* | Marian | Freriks | 13-12-61 PEC 1910 | Emmeloord | 03-06-92 |
| 15.35,22 | Wilma van | Onna | 13-06-65 PAC | Papendal | 05-07-00 |
| 15.42,24* | Adrienne | Herzog | 30-09-85 Groningen Atl | Steenwijk | 08-04-06 |
| 15.44,25 | Rita | Delnoye | 20-06-66 Kimbria | Hechtel | 30-07-88 |
| 15.46,20 | Carla Roemerman-Beurskens | | 15-02-52 Festina | Oslo | 27-06-85 |

10.000 meter (*=mixed race)

| | | | | | |
|-----------|---------------------------|----------|------------------------|----------|----------|
| 30.12,53 | Lornah | Kiplagat | 01-05-74 Hylas | Parijs | 23-08-03 |
| 30.51,92 | Hilda | Kibet | 17-03-81 AV Castricum | Utrecht | 14-06-09 |
| 31.43,55 | Christine | Toonstra | 22-06-66 ADA | Lommel | 25-04-92 |
| 32.22,8=* | Carlien | Harms | 13-02-68 Sparta | Nijmegen | 08-06-90 |
| 32.23,0=* | Marian | Freriks | 13-12-61 PEC 1910 | Zwolle | 11-08-90 |
| 32.28,28 | Carla Roemerman-Beurskens | | 15-02-52 Festina | Oslo | 27-07-85 |
| 32.33,61 | Wilma van | Onna | 13-06-65 Haag Atletiek | Hengelo | 25-06-91 |
| 32.37,51 | Grete | Koens | 26-05-67 Prins Hendrik | Lissabon | 04-04-98 |
| 32.41,12 | Selma | Borst | 06-09-83 Hera | Göteborg | 07-08-06 |
| 32.47,77 | Ilse | Pol | 27-06-82 Running 2000 | Utrecht | 14-06-09 |

3000 meter steeple chase

| | | | | | |
|----------|-----------|--------------|----------------------------|-----------|----------|
| 9.38,40 | Miranda | Boonstra V35 | 29-08-72 Nijmegen Atletiek | Nijmegen | 29-05-09 |
| 9.54,25 | Andrea | Deelstra | 06-03-85 Athlon | Heusden | 22-07-06 |
| 9.59,93 | Jolanda | Verstraten | 23-06-83 Scopias | Ninove | 10-08-08 |
| 10.05,84 | Helen | Hofstede | 31-12-80 Atverni | Uden | 25-06-05 |
| 10.22,33 | Eva | Janssen | 10-05-77 GAC-Hilversum | Utrecht | 10-08-01 |
| 10.38,45 | Annet | Bezemer | 23-03-69 De Keien | Hengelo | 04-06-01 |
| 10.42,93 | Susan | Kuijken | 08-07-86 Seven Hills RT | Kessel-Lo | 04-06-05 |
| 11.08,48 | Christine | Bosch | 15-08-85 GAC-Hilversum | Amsterdam | 02-08-09 |
| 11.10,10 | Heleen | Plaatzer | 20-11-79 't Haasje | Hengelo | 28-08-02 |
| 11.16,56 | Esther | Vermuë | 18-02-88 R' dam Atletiek | Amsterdam | 02-08-09 |

100 meter horden 84cm

| | | | | | |
|-------|--------------------|--------------|--------------------------|------------------|----------|
| 12,77 | 0,6 Marjan | Olyslager | 08-03-62 AVR | Villeneuve d'Asq | 25-06-89 |
| 13,05 | 1,2 Judith | Vis | 21-06-80 R' dam Atletiek | Jambes | 10-08-03 |
| 13,17 | 1,0 Karin | Ruckstuhl | 02-11-80 AAC | Göteborg | 07-08-06 |
| 13,28 | 0,7 Ine | Langenhuizen | 27-10-68 PSV | Hengelo | 20-06-93 |
| 13,31 | Gretha | Tromp | 21-02-64 Hera | Groningen | 17-07-88 |
| 13,35 | 1,0 Sharon | Jaklofsky | 30-09-68 Lycurgus | Baton Rouge | 22-04-95 |
| 13,35 | 1,3 Rosina | Hodde | 10-02-83 R' dam Atletiek | Thessaloniki | 18-06-06 |
| 13,35 | -0,4 Femke van der | Meij | 20-05-85 Suomi | Leiden | 09-06-07 |
| 13,44 | 1,2 Tineke | Hidding | 28-07-59 Hera | Roosendaal | 25-06-89 |
| 13,44 | -0,5 Petra | Huybrechtse | 26-09-72 KAV Holland | Thessaloniki | 09-08-91 |

400 meter horden 76,2cm

| | | | | | |
|-------|--------------|------------------|--------------------------|------------|----------|
| 54,62 | Ester | Goossens | 21-02-72 AV '34-A | Budapest | 21-08-98 |
| 55,30 | Gretha | Tromp | 21-02-64 Hera | Sheffield | 24-07-91 |
| 55,64 | Marjolein de | Jong | 12-06-81 Phanos | Breda | 20-08-05 |
| 56,51 | Olga | Commandeur | 30-10-58 ADA | Hengelo | 06-07-84 |
| 57,05 | Mirian | Knijn | 12-08-66 Sparta | Eagle Rock | 08-05-93 |
| 57,39 | Sanne | Verstegen | 10-11-85 R' dam Atletiek | Merksem | 28-08-09 |
| 57,73 | Esther van | Ooyen | 12-10-73 KAV Holland | Apeldoorn | 27-06-99 |
| 57,92 | Tamara | Ruben | 11-06-82 Atverni | Amsterdam | 01-07-07 |
| 58,00 | Thelma | Joziasse | 19-01-79 AV '34-A | Apeldoorn | 27-06-99 |
| 58,48 | Wilma | Hillen-Schippers | 26-10-51 TION | Sittard | 12-08-78 |

hoogsprijngen

| | | | | | |
|------|--------------|------------------|-----------------------|------------|----------|
| 1,88 | Mieke van | Doorn | 24-12-54 De Spartaan | Utrecht | 17-08-75 |
| 1,88 | Mirjam van | Laar | 24-09-56 Achilles Top | Sittard | 31-07-77 |
| 1,88 | i Ella | Wijnants | 02-06-65 Sparta | Rotterdam | 13-02-83 |
| 1,88 | Monique v.d. | Weide | 28-11-63 Unitas | Diekirch | 21-07-90 |
| 1,88 | i Karin | Ruckstuhl | 02-11-80 Hellas | Birmingham | 02-03-07 |
| 1,87 | Ria | Steenpaal-Ahlers | 20-07-54 De Sperwers | Dresden | 20-05-76 |
| 1,87 | Sylvia | Barlag | 04-05-54 ADA | Winterthur | 15-06-80 |
| 1,87 | Marjon | Wijnsma | 18-07-65 Olympia | Sittard | 17-06-89 |
| 1,86 | i Merian | Knijn | 12-08-66 Sparta | Boston | 05-02-89 |
| 1,86 | Marije | Langen | 29-12-86 AAC '61 | Velenje | 22-06-03 |

polshoog

| | | | | | |
|------|-------------|------------|------------------------|-----------|----------|
| 4,40 | Monique de | Wilt | 31-03-76 Prins Hendrik | München | 09-08-02 |
| 4,34 | Sandra v.d. | Geer | 25-05-72 Haag Atletiek | Beckum | 25-08-02 |
| 4,31 | i Rianna | Galiart | 22-11-85 Lycurgus | Epinal | 09-02-08 |
| 4,15 | i Yvette | Caldenhove | 30-01-82 Haag Atletiek | Apeldoorn | 14-02-09 |
| 4,05 | Denise | Groot | 26-05-90 Unitas | Mannheim | 21-06-08 |
| 4,00 | Sabine | Verbeek | 25-03-80 Sparta | Leuven | 17-06-00 |
| 3,91 | Leonie | Schilder | 15-09-90 AV Edam | Utrecht | 08-07-07 |

| | | | | | |
|------|-----------------|---------|-------------------|-------------|----------|
| 3,82 | Christa van der | Toorn | 17-03-76 Fit | Oordegem | 16-08-03 |
| 3,80 | Irene | Timmers | 23-07-78 Ilion | Eindhoven | 28-06-98 |
| 3,75 | Margriet | Vedder | 16-03-80 Argo '77 | Stadskanaal | 30-06-02 |

verspringen

| | | | | | |
|------|------------------|----------------|--------------------|------------|----------|
| 6,75 | 0,8 Sharon | Jaklofsky | 30-09-68 Lycurgus | Atlanta | 01-08-96 |
| 6,64 | 1,9 Karin | Ruckstuhl | 02-11-80 AAC | Leiden | 09-06-07 |
| 6,63 | i Edine van | Heezik | 27-01-61 ADA | Lievin | 21-02-87 |
| 6,61 | Tineke | Hidding | 28-07-59 Hera | Roosendaal | 23-07-88 |
| 6,57 | Marjon | Wijnsma | 18-07-65 Olympia | Hengelo | 14-08-88 |
| 6,57 | 1,5 Mieke v.d. | Kolk | 14-04-68 DEM | Hengelo | 09-07-89 |
| 6,53 | Ciska | Janssen-Jansen | 23-09-44 Sagitta | Papendal | 09-06-76 |
| 6,38 | Corrie | Bakker | 16-06-45 Hellas | Papendal | 02-06-70 |
| 6,34 | Sylvia | Barlag | 04-05-54 ADA | Sittard | 18-06-78 |
| 6,32 | 0,7 Danielle van | Varsseveld | 15-02-77 Hollandia | Mannheim | 15-06-96 |
| 6,31 | Joke | Bijleveld | 07-10-40 Celebes | Weimar | 22-05-61 |
| 6,31 | 1,6 Anja | Mulder | 05-10-67 Athletics | Sittard | 06-07-02 |

hinkstapspringen

| | | | | | |
|-------|-----------------------------|-----------|------------------------|-----------------|----------|
| 12,99 | -0,6 Brenda | Baar | 19-07-87 AV '23 | Kessel-Lo (BEL) | 06-06-09 |
| 12,97 | -0,5 Yvonne de | Vreede | 19-09-78 Haag Atletiek | Groningen | 12-07-98 |
| 12,86 | 0,1 Annemarie | Hendriks | 22-12-75 DEM | Hengelo | 31-05-95 |
| 12,77 | 0,1 Karin | Ruckstuhl | 02-11-80 Zuidwal | Bydgoszcz | 08-07-00 |
| 12,69 | i Janneke | Hulshof | 30-03-77 Phanos | Gent | 16-02-08 |
| 12,68 | i Wendy Tavenier-Schaareman | | 08-04-71 Haag Atletiek | Den Haag | 15-02-98 |
| 12,53 | 1,2 Anja | Mulder | 05-10-71 Athletics | Utrecht | 11-07-04 |
| 12,49 | Ingrid van | Lingen | 13-03-64 Haag Atletiek | Hengelo | 27-06-92 |
| 12,48 | i Marije | Langen | 29-12-86 Ilion | Apeldoorn | 28-02-09 |
| 12,38 | -3,4 Francien | Vierkant | 26-07-83 Zuidwal | Hilversum | 04-09-05 |

kogelstoten 4kg

| | | | | | |
|-------|-------------|--------------|------------------------|-----------|----------|
| 18,97 | i Corrie de | Bruin | 26-10-76 Ciko '66 | Valencia | 28-02-98 |
| 18,82 | Lieja | Tunks-Koeman | 10-03-76 AAC | Papendal | 25-06-03 |
| 18,02 | Ria | Stalman | 11-12-51 Sparta | San Jose | 10-06-84 |
| 17,92 | Deborah | Dunant | 03-04-66 Lycurgus | Brussel | 13-06-92 |
| 17,87 | Els van | Noorduyn | 03-04-66 Sagitta | Uden | 11-07-71 |
| 17,77 | Jacqueline | Goormachtigh | 28-02-70 PAC | Vught | 16-05-93 |
| 17,74 | i Melissa | Boekelman | 11-05-89 Prins Hendrik | Torino | 06-03-09 |
| 17,66 | i Denise | Kemkers | 11-04-85 Hera | Torino | 06-03-09 |
| 16,38 | Bernadette | Fransen | 02-01-65 AVR | Hilversum | 15-05-89 |
| 16,18 | Linda | Tukkers | 03-05-71 TION | Lisse | 07-05-94 |

discuswerpen 1kg

| | | | | | |
|-------|------------|--------------|------------------------|----------------|----------|
| 71,22 | Ria | Stalman | 11-12-51 Sparta | Walnut | 16-07-84 |
| 63,88 | Corrie de | Bruin | 26-10-76 Ciko '66 | Groningen | 11-07-98 |
| 63,86 | Jacqueline | Goormachtigh | 28-02-70 PAC | Lisse | 02-05-98 |
| 59,36 | Bea | Wiarda | 24-02-59 Horror | Sneek | 10-07-84 |
| 58,98 | Monique | Jansen | 03-10-78 Altis | Lier | 29-06-08 |
| 58,93 | Lieja | Koeman | 10-03-76 Lycurgus | Lancaster | 21-03-98 |
| 57,83 | Ilona | Rutjes | 28-05-80 Groningen Atl | Tempe | 30-04-05 |
| 56,42 | Monique | Kuenen | 09-04-71 Prins Hendrik | Bergen op Zoom | 15-07-95 |
| 56,18 | Deborah | Dunant | 03-04-66 ADA | Vught | 03-08-86 |
| 55,05 | Loes | Verlaak | 27-11-82 AV Weert | Amsterdam | 01-08-09 |

kogelslingeren 4kg

| | | | | | |
|-------|----------------|-----------|------------------------|-------------|----------|
| 65,79 | Debby van der | Schilt | 24-11-81 Groningen Atl | Halle | 22-05-04 |
| 61,85 | Wendy | Koolhaas | 05-01-80 Groningen Atl | Zwolle | 03-04-04 |
| 60,84 | Renate | Beunder | 31-08-70 Leiden Atl. | Hoorn | 20-05-00 |
| 59,66 | Maaïke | Schetters | 10-10-83 PSV | Grootebroek | 19-08-07 |
| 58,48 | Tamara van der | Bij | 14-01-84 AAC | Eindhoven | 15-07-06 |
| 56,34 | Aafke | Vogelzang | 16-10-85 Groningen Atl | Amsterdam | 10-07-05 |
| 55,54 | Lianne | Bousema | 31-07-80 Argo '77 | Leiden | 09-06-01 |
| 55,11 | Nicky van der | Schilt | 29-06-91 Groningen Atl | Apeldoorn | 04-07-09 |
| 53,06 | Gonny | Mik | 23-03-65 Groningen Atl | Ljubljana | 27-07-08 |
| 51,15 | Eva | Reinders | 12-05-93 Groningen Atl | Boskoop | 20-06-09 |

speerwerpen 600gr oud model (* = nieuw model)

| | | | | | |
|-------|--------|------------|-------------------|-----------|----------|
| 61,98 | Ingrid | Lammertsma | 06-09-67 Lycurgus | Rotterdam | 11-06-89 |
| 58,22 | Gerda | Blokziel | 11-02-61 ADA | Krommenie | 31-08-86 |

| | | | | | |
|---------|------------|---------------|------------------------|--------------------|----------|
| 57,90 | Elly | Beusekom-Lute | 04-09-51 AV Castricum | Beverwijk | 08-06-75 |
| 57,57 * | Bregje | Crolla | 31-01-86 Unitas | Kerkrade | 17-06-07 |
| 57,12 | Lida | Berkhout-Kuys | 21-12-52 DEM | Beverwijk | 08-06-75 |
| 57,12 | Bernadette | Fransen | 02-01-65 AVR | Leiden | 08-05-86 |
| 56,31 * | Kitty van | Haperen | 20-04-76 Attila | Fana | 28-07-99 |
| 55,68 | Marjo | Bus | 31-10-63 Ciko '66 | Dublin | 11-06-94 |
| 53,75 * | Melissa | Boekelman | 11-05-89 Prins Hendrik | Uden | 27-06-09 |
| 53,16 * | Evelien | Dekkers | 28-04-88 Achilles-EL | Fayetteville (USA) | 12-06-09 |

speerwerpen 600gr vanaf 1999

| | | | | | |
|-------|-----------|-----------|------------------------|--------------------|----------|
| 57,57 | Bregje | Crolla | 31-01-86 Unitas | Kerkrade | 17-06-07 |
| 56,31 | Kitty van | Haperen | 20-04-76 Attila | Fana | 28-07-99 |
| 53,75 | Melissa | Boekelman | 11-05-89 Prins Hendrik | Uden | 27-06-09 |
| 53,16 | Evelien | Dekkers | 28-04-88 Achilles-EL | Fayetteville (USA) | 12-06-09 |
| 51,96 | Manon | Post | 12-09-81 Argo '77 | Breda | 16-06-02 |
| 51,88 | Marjo | Bus | 31-10-63 Ciko '66 | Apeldoorn | 27-06-99 |
| 51,76 | Laurien | Hoos | 18-08-83 Hera | Arles | 08-06-08 |
| 51,70 | Nadine | Broersen | 29-04-90 Sprint | Krommenie | 21-06-09 |
| 49,83 | Karin | Geertsma | 23-02-72 Lycurgus | Woerden | 24-06-00 |
| 49,63 | Inge | Hoogeveen | 26-04-78 AV '34 | Sittard | 07-07-02 |

zevenkamp (* = nieuwe speer)

| | | | | | |
|--------|---------|-----------|----------------------|-----------|----------|
| 6423 * | Karin | Ruckstuhl | 02-11-80 AAC | Göteborg | 08-08-06 |
| 6370 * | Jolanda | Keizer | 05-04-85 Phanos | Beijing | 16-08-08 |
| 6291 * | Laurien | Hoos | 18-08-83 Hera | Erfurt | 15-07-05 |
| 6213 | Marjon | Wijnsma | 18-07-65 Olympia | Eindhoven | 22-05-88 |
| 6197 | Sharon | Jaklofsky | 30-09-68 Lycurgus | Helmond | 02-07-95 |
| 6176 | Tineke | Hidding | 20-05-59 Hera | Eindhoven | 22-05-88 |
| 6100 * | Yvonne | Wisse | 06-06-82 De Spartaan | Götzis | 31-05-09 |
| 6087 | Ester | Goossens | 21-02-72 AV '34-A | Tallinn | 29-06-79 |
| 5973 * | Bregje | Crolla | 31-01-86 Unitas | Debrecen | 15-07-07 |
| 5914 | Saskia | Meyer | 08-02-79 AV '34-A | Goetzis | 31-05-98 |

zevenkamp vanaf 1999

| | | | | | |
|------|----------|-----------|--------------------------|-----------|----------|
| 6423 | Karin | Ruckstuhl | 02-11-80 AAC | Göteborg | 08-08-06 |
| 6370 | Jolanda | Keizer | 05-04-85 Phanos | Beijing | 16-08-08 |
| 6291 | Laurien | Hoos | 18-08-83 Hera | Erfurt | 15-07-05 |
| 6100 | Yvonne | Wisse | 06-06-82 De Spartaan | Götzis | 31-05-09 |
| 5798 | Remona | Fransen | 25-11-85 De Spartaan | Lisse | 07-06-09 |
| 5973 | Bregje | Crolla | 31-01-86 Unitas | Debrecen | 15-07-07 |
| 5775 | Frenke | Bolt | 08-06-80 Groningen Atl | Woerden | 21-05-04 |
| 5764 | Saskia | Meijer | 08-02-79 AV '34-A | Apeldoorn | 27-08-00 |
| 5743 | Judith | Vis | 21-06-80 R 'dam Atletiek | Apeldoorn | 27-08-00 |
| 5675 | Ottelien | Olsthoorn | 20-06-78 DEM | Ried | 01-07-01 |

4 x 100 meter

| | | | |
|-------|--------------------------|-------------|----------|
| 43,44 | Nationale Ploeg | Mexico City | 20-10-68 |
| 45,15 | AVR-Rotterdam | Lissabon | 05-06-88 |
| 45,25 | PHANOS-Amsterdam | Lisse | 08-06-08 |
| 45,44 | HAAG ATLETIEK - Den Haag | Vught | 08-06-08 |
| 45,60 | CIKO'66-Arnhem | Eindhoven | 21-05-95 |
| 45,91 | ARGO'77-Groningen | Assen | 17-07-94 |
| 46,03 | SPARTA-Den Haag | Innsbruck | 19-05-79 |
| 46,27 | HOLLAND-Haarlem | Krommenie | 21-05-95 |
| 46,38 | ADA-Amsterdam | Amsterdam | 25-07-93 |
| 46,44 | DEM-Beverwijk | Amsterdam | 09-06-96 |
| 46,56 | AV'34-Apeldoorn | Sittard | 17-05-92 |

4 x 400 meter

| | | | |
|---------|------------------------------|-----------|----------|
| 3.32,31 | Nationale Ploeg | Eindhoven | 28-06-98 |
| 3.41,4= | OLYMPIA'48-Den Haag | Den Haag | 06-09-78 |
| 3.41,85 | HAAG ATLETIEK - Den Haag | Vught | 08-06-08 |
| 3.42,04 | UNITAS-Sittard | Vught | 08-06-08 |
| 3.42,22 | ROTTERDAM ATLETIEK-Rotterdam | Vught | 08-06-08 |
| 3.44,99 | ADA-Amsterdam | Zwolle | 22-05-82 |
| 3.45,14 | AVR-Rotterdam | Dordrecht | 01-06-91 |
| 3.45,7= | DAVENTRIA-Deventer | Leiden | 06-10-79 |
| 3.46,1= | SPARTA-Den Haag | Den Haag | 13-09-80 |

| | | | |
|---------|-----------------|----------------|----------|
| 3.46,53 | AV'34-Apeldoorn | Bergen op Zoom | 06-06-92 |
| 3.47,64 | HELLAS-Utrecht | Vught | 15-05-94 |

4 x 800 meter

| | | | |
|---------|---------------------------|------------|----------|
| 8.29,70 | Nationale Ploeg | Sheffield | 05-06-92 |
| 8.45,20 | A.D.A.-Amsterdam | Roosendaal | 16-09-84 |
| 8.47,3= | OLYMPIA'48-Den Haag | Den Haag | 01-10-82 |
| 9.03,0= | SPARTA-Den Haag | Den Haag | 14-09-80 |
| 9.03,80 | HELLAS-Utrecht | Lisse | 03-07-88 |
| 9.03,9= | DE BATAVEN-Leiden | Leiden | 07-10-79 |
| 9.06,04 | A.V.R.-Rotterdam | Rotterdam | 20-09-87 |
| 9.07,28 | P.A.C.-Rotterdam | Vught | 22-09-85 |
| 9.09,20 | H.A.C.-Helmond | Den Haag | 26-09-76 |
| 9.10,34 | PRINS HENDRIK-Vught | Vught | 22-09-85 |
| 9.10,50 | A.A.V.'36-Alphen a/d Rijn | Roosendaal | 16-09-84 |

Jongens

100 meter

| | | | | | |
|-------|------------------|---------------|--------------------------|-------------------|----------|
| 10,29 | 0,8 Churandy | Martina (AHO) | 03-07-84 R' dam Atletiek | st Georga | 06-07-03 |
| 10,48 | 1,0 Daniël | Ward | 04-01-84 RK HAV | Duffel | 25-05-03 |
| 10,49 | -1,2 Jairo | Duzant | 01-08-79 Haag Atletiek | Annecy | 29-07-98 |
| 10,52 | 0,8 Martijn | Ungerer | 06-06-78 AAV '36 | Amsterdam | 14-06-97 |
| 10,52 | 0,8 Jerrel | Feller | 09-06-87 DEM | Bergen op Zoom | 01-07-06 |
| 10,52 | -0,9 Rachmil van | Lamoen (AHO) | 15-12-91 R' dam Atletiek | Emmeloord | 27-06-09 |
| 10,53 | 1,4 Jermaine | Esprit | 10-11-79 Haag Atletiek | Georgetown | 10-07-98 |
| 10,54 | 1,6 Virgil | Spier | 08-01-81 Sparta | Santiago de Chile | 18-10-00 |
| 10,55 | 0,6 Maarten | Heisen | 11-02-84 Clytoneus | Lisse | 28-06-03 |
| 10,55 | -1,5 Lindell | Philip | 26-03-90 Phanos | Novi Sad | 23-07-09 |

200 meter

| | | | | | |
|-------|------------------|---------------|--------------------------|------------|----------|
| 20,71 | 0,0 Churandy | Martina (AHO) | 03-07-84 R' dam Atletiek | Bridgetown | 20-07-03 |
| 20,92 | -0,2 Jairo | Duzant | 01-08-79 Haag Atletiek | Annecy | 01-08-98 |
| 20,88 | -0,9 Rachmil van | Lamoen (AHO) | 15-12-91 R' dam Atletiek | Emmeloord | 28-06-09 |
| 21,08 | 1,2 Jerrel | Feller | 09-06-87 DEM | Hoorn | 13-05-06 |
| 21,10 | 1,3 Daniël | Ward | 04-01-84 RK HAV | Utrecht | 09-08-03 |
| 21,29 | 0,9 Dennis | Spillekom | 07-08-90 Lycurgus | Uden | 27-06-09 |
| 21,34 | 1,6 Martijn | Ungerer | 06-06-78 AAV '36 | Ljubljana | 25-07-97 |
| 21,38 | 1,1 Uros | Zver | 03-05-80 Haarl'meer | Oordegem | 04-07-98 |
| 21,42 | 2,0 Gregor van | Betuw | 12-05-88 Ciko '66 | Utrecht | 08-07-07 |
| 21,43 | 2,0 Michael-Pat | Anpong | 26-03-88 PSV | Utrecht | 08-07-07 |

400 meter

| | | | | | |
|-------|-----------|------------|--------------------------|-------------|----------|
| 46,68 | Marcel | Klarenbeek | 01-06-60 SOS | Mexico City | 09-09-79 |
| 46,96 | Arjen | Visserman | 20-08-65 Impala | Amsterdam | 04-08-84 |
| 47,09 | Bram | Som | 20-02-80 Atletico '73 | Hilversum | 12-09-99 |
| 47,09 | Dennis | Spillekom | 07-08-90 Lycurgus | Hoorn | 23-05-09 |
| 47,11 | Robert | Lathouwers | 08-07-83 PAC | Uden | 29-06-02 |
| 47,14 | Mario | Westbroek | 11-03-61 AV Haarlem | Den Haag | 04-07-80 |
| 47,45 | Niels van | Dijk | 29-07-88 Clytoneus | Amsterdam | 01-07-07 |
| 47,50 | Koen | Gijsbers | 22-04-58 De Bataven | Oslo | 06-07-77 |
| 47,66 | Curtis | Kock (AHO) | 21-06-89 R' dam Atletiek | El Paso | 12-04-08 |
| 47,65 | Pel v.d. | Kerkhoff | 15-03-68 Hellas | Amsterdam | 06-09-87 |

800 meter

| | | | | | |
|---------|--------------|-----------|-----------------------|------------|----------|
| 1.45,64 | Arnoud | Okken | 20-04-82 Atletico '73 | Peking | 01-09-01 |
| 1.45,66 | Gert-Jan | Liefers | 26-09-78 AV '34-A | Hengelo | 31-05-97 |
| 1.46,58 | Bram | Som | 20-02-80 Atletico '73 | Utrecht | 04-09-99 |
| 1.46,88 | Rob | Druppers | 29-04-62 Hellas | Hengelo | 26-09-81 |
| 1.47,23 | Stefan | Beumer | 28-04-81 AV '34-A | Leiden | 10-06-00 |
| 1.48,11 | Marko | Koers | 03-11-72 AV Nijmegen | Hengelo | 25-06-91 |
| 1.48,36 | Arjen | Visserman | 20-08-65 Impala | Hengelo | 27-07-82 |
| 1.48,69 | Maarten v.d. | Heuvel | 15-04-81 Hanzesport | Zevenaar | 12-06-99 |
| 1.49,1= | Koen | Gijsbers | 22-04-58 De Bataven | Roosendaal | 04-09-77 |
| 1.49,3= | Arno | Kormeling | 25-08-56 SISU | Papendal | 16-07-75 |
| 1.49,3= | Vincent | Hoek | 14-04-71 Avantri | Nijmegen | 16-06-89 |

1000 meter

| | | | | | |
|---------|---------|------------|-----------------------|-----------|----------|
| 2.20,18 | Bram | Som | 20-02-80 Atletico '73 | Gorinchem | 17-09-99 |
| 2.20,6= | Marko | Koers | 03-11-72 AV Nijmegen | Uden | 10-07-91 |
| 2.21,72 | Stefan | Beumer | 28-04-81 AV '34-A | Uden | 01-07-00 |
| 2.23,19 | Arnoud | Okken | 20-04-82 Atletico '73 | Lisse | 05-05-01 |
| 2.23,62 | Vincent | Hoek | 14-04-71 Avantri | Tilburg | 16-09-89 |
| 2.23,73 | Rob | Druppers | 29-04-62 Hellas | Rattvig | 18-07-81 |
| 2.24,66 | Wim de | Koning | 31-01-62 Hellas | Rattvig | 18-07-81 |
| 2.25,08 | Arjen | Visserman | 20-08-65 Impala | Papendal | 17-08-83 |
| 2.25,74 | Jeroen | Beumer | 02-12-78 AV '34-A | Lisse | 03-05-97 |
| 2.26,12 | Wijnand | Rijkenberg | 30-10-84 Lycurgus | Krommenie | 06-07-03 |

1500 meter

| | | | | | |
|---------|--------------|-----------|-----------------------|---------------|----------|
| 3.38,07 | Gert-Jan | Liefers | 26-09-78 AV '34-A | Hechtel | 19-07-97 |
| 3.41,15 | Stefan | Beumer | 28-04-81 AV '34-A | Glasgow | 03-09-00 |
| 3.43,8= | Paul | Jaspers | 10-08-65 AV Haarlem | Neerpelt | 01-08-84 |
| 3.44,7= | Wibo | Lelieveld | 07-05-57 De Bataven | Roosendaal | 05-09-76 |
| 3.44,76 | Arnoud | Okken | 20-04-82 Atletico '73 | Utrecht | 10-08-01 |
| 3.45,44 | Marc van der | Koelen | 03-10-83 AV Nijmegen | Vught | 20-06-02 |
| 3.45,52 | Luc | Krotwaar | 25-01-68 PSV | Vught | 16-06-87 |
| 3.45,55 | Eyob | Muller | 08-09-67 Spark | Papendal | 19-05-86 |
| 3.46,22 | Tom | Wiggers | 10-08-87 AV Castricum | Heusden (BEL) | 22-07-06 |
| 3.46,35 | John | Sloot | 05-03-69 Start '78 | Rhede | 03-07-87 |

3000 meter

| | | | | | |
|---------|----------------|------------|----------------------------|------------|----------|
| 7.57,62 | Paul | Jaspers | 10-08-65 AV Haarlem | Hechtel | 14-08-84 |
| 8.04,9= | Marcel | Versteeg | 20-08-65 VAV | Den Haag | 15-06-84 |
| 8.05,2= | Johan | Kuypers | 06-03-65 Festina | Nijmegen | 03-08-83 |
| 8.07,16 | Koen | Raymaekers | 31-01-80 Hellas | Vught | 13-05-99 |
| 8.08,54 | Jesper van der | Wielen | 02-08-91 Nijmegen Atletiek | Leiden | 13-06-09 |
| 8.09,9= | Marc | Borghans | 01-04-60 Caesar | Bydgoszcz | 19-08-79 |
| 8.13,3= | Armando | Houtveen | 21-04-59 Altis | Roosendaal | 02-09-78 |
| 8.13,90 | Gert-Jan | Liefers | 26-09-78 AV '34-A | Apeldoorn | 10-09-95 |
| 8.13,97 | Eyob | Muller | 08-09-67 Spark | Hechtel | 17-08-86 |
| 8.14,0= | Jos | Hermens | 08-01-50 UNC | Kleve | 19-05-69 |

indoor:

| | | | | | |
|-----------|----------|---------|-------------------|----------|----------|
| 8.00,40 i | Gert-Jan | Liefers | 26-09-78 AV '34-A | Den Haag | 23-02-97 |
|-----------|----------|---------|-------------------|----------|----------|

5000 meter

| | | | | | |
|----------|----------|-------------|--------------------------|------------|----------|
| 14.02,89 | Koen | Raymaekers | 31-01-80 Hellas | Uden | 03-07-99 |
| 14.04,21 | Gert-Jan | Liefers | 26-09-78 AV '34-A | Hoorn | 21-06-96 |
| 14.12,2= | Luc | Krotwaar | 25-01-68 PSV | Breda | 24-05-87 |
| 14.19,3= | Marc | Borghans | 01-04-60 Caesar | Papendal | 04-06-79 |
| 14.20,01 | Joep | Tigchelaar | 09-02-81 Seven Hills RT | Nijmegen | 23-05-00 |
| 14.20,46 | Abdi | Nageeye | 02-03-89 LG Aart Stigter | Wageningen | 11-06-08 |
| 14.20,6= | Armando | Houtveen | 21-04-59 Altis | Papendal | 16-06-78 |
| 14.21,6= | Bob | Dielis | 31-12-65 HAC | Amsterdam | 03-06-84 |
| 14.22,09 | Said | Ayada | 03-10-82 R' dam Atletiek | Utrecht | 01-09-01 |
| 14.24,43 | Jeroen | Broekzitter | 08-02-77 Hellas | Kerkrade | 17-05-96 |

10.000 meter

| | | | | | |
|----------|---------------|-------------|--------------------------|-----------|----------|
| 29.38,83 | Koen | Raymaekers | 31-01-80 Hellas | Gorinchem | 08-04-99 |
| 29.47,28 | Joep | Tigchelaar | 09-02-81 Seven Hills RT | Gorinchem | 31-03-00 |
| 29.50,05 | Marco | Gielen | 30-05-70 AVT | Varazdin | 26-08-89 |
| 30.01,52 | Jeroen | Broekzitter | 08-02-77 Hellas | Troisdorf | 24-08-96 |
| 30.12,06 | Khalid | Choukoud | 23-03-86 Sparta | Drunen | 02-04-05 |
| 30.31,42 | Roy van | Son | 13-10-75 Scopias | Troisdorf | 26-08-94 |
| 30.32,26 | Abdi | Nageeye | 02-03-89 LG Aart Stigter | Gouda | 01-05-08 |
| 30.49,8= | Greg van | Hest | 03-06-73 SATC | Uden | 08-05-92 |
| 30.54,25 | Joost van den | Ende | 19-02-88 Seven Hills RT | Utrecht | 17-05-07 |
| 30.57,3= | Richard | Beumer | 20-12-68 Ciko '66 | Hilversum | 01-07-87 |

3000 meter steeple chase

| | | | | | |
|---------|------------|--------|------------------------|-----------|----------|
| 8.52,21 | Marcel | Laros | 10-10-71 Sprint | Plovdiv | 10-08-90 |
| 9.00,57 | Jeroen van | Dijke | 06-04-76 Typhoon | Santpoort | 28-06-95 |
| 9.04,06 | Wim de | Koning | 31-01-62 Hellas | Utrecht | 08-08-81 |
| 9.07,21 | Stan | Rijken | 18-04-73 Prins Hendrik | Eindhoven | 31-05-92 |
| 9.10,2= | Jack van | Bladel | 12-06-65 Unitas | Amsterdam | 03-06-84 |

| | | | | | |
|---------|--------------|------------|-------------------------|-----------|----------|
| 9.12,11 | Herman | Hofstee | 17-07-63 DOS-D | Amsterdam | 29-08-82 |
| 9.12,60 | Roy | Hoornweg | 08-05-89 Passaat | Amsterdam | 06-07-08 |
| 9.14,78 | Marc van der | Koelen | 03-10-83 AV Nijmegen | Hengelo | 28-08-02 |
| 9.15,69 | Joep | Tigchelaar | 09-02-81 Seven Hills RT | Tilburg | 22-08-99 |
| 9.15,8= | Joost | Blokland | 07-02-82 AV Gouda | Hengelo | 29-08-01 |

110 meter horden 100cm (* = 106,7 cm)

| | | | | | |
|-------|--------------|----------|------------------|-----------|----------|
| 13,62 | Robin | Korving | 29-07-74 Hera | Groningen | 27-06-93 |
| 13,77 | 1,7 Mike van | Kruchten | 07-04-87 Phanos | Den Haag | 27-05-06 |
| 13,85 | 1,4 Erik | Leeflang | 10-08-89 Zuidwal | Mannheim | 23-06-08 |
| 13,94 | 1,9 Gregory | Sedoc | 16-10-81 AAC | Hengelo | 25-06-00 |
| 14,01 | * 0,0 Bart | Bennema | 28-04-77 AAC '61 | Mannheim | 15-06-96 |
| 14,02 | 1,2 Pelle | Rietveld | 04-02-85 Ilion | Sittard | 27-06-04 |
| 14,11 | Guido v.d. | Sluis | 03-02-63 AAC | Veldhoven | 20-05-82 |
| 14,14 | Rino | Curiel | 27-01-72 PSV | Groningen | 02-09-90 |
| 14,15 | 1,2 Reinier | Bouma | 02-06-88 AV '55 | Utrecht | 08-07-07 |
| 14,15 | -1,5 Tjendo | Samuel | 19-12-89 Phanos | Groningen | 01-06-08 |

400 meter horden 91,4cm

| | | | | | |
|-------|----------|------------|------------------------|-----------|----------|
| 51,08 | Daniël | Franken | 11-01-87 AV '34 | Beijing | 18-08-06 |
| 51,40 | Marius | Kranendonk | 08-01-88 AAC | Beijing | 16-08-06 |
| 51,90 | Harry | Schulting | 11-02-56 Prins Hendrik | Athene | 23-08-75 |
| 51,92 | Pel v.d. | Kerkhoff | 15-03-68 Hellas | Utrecht | 03-08-87 |
| 52,07 | Thomas | Kortbeek | 02-04-81 Prins Hendrik | Riga | 06-08-99 |
| 52,17 | Hugo | Pont | 20-07-59 SISU | Groningen | 06-08-78 |
| 52,19 | Frank | Peeters | 18-04-77 AV '34-A | Vught | 09-06-96 |
| 52,41 | Menno | Swier | 10-04-66 Holland-L | Leiden | 16-05-85 |
| 52,43 | Eelco | Veldhuyzen | 19-07-84 Clytoneus | Amsterdam | 13-07-03 |
| 52,46 | Jarno | Boutkam | 17-02-90 Hellas | Oordegem | 31-05-09 |

hoogspringen

| | | | | | |
|------|------------|------------|----------------------|----------------|----------|
| 2,21 | Sven | Ootjers | 24-06-73 KAV Holland | Wettingen | 26-09-92 |
| 2,15 | Jacco | Boekhouder | 11-11-71 V&L/TC | Amsterdam | 17-06-90 |
| 2,15 | Wilbert | Pennings | 23-02-75 Attila | Eindhoven | 25-09-94 |
| 2,14 | Bert | Albers | 15-04-72 Ciko '66 | Eindhoven | 28-07-91 |
| 2,14 | Norman van | Mook | 27-02-72 THOR | Eindhoven | 28-07-91 |
| 2,14 | Casper | Oosterhof | 05-06-74 De Sperwers | Assen | 11-09-93 |
| 2,13 | Ruud | Wielart | 03-05-54 AV Haarlem | Brussel | 30-06-73 |
| 2,13 | Rick van | Ruiten | 24-01-85 De Spartaan | Schoonhoven | 05-07-03 |
| 2,12 | i Joep | Elenbaas | 06-03-60 Sparta | Zwolle | 03-02-79 |
| 2,12 | Rene van | Loon | 23-09-60 SPADO | Bergen op Zoom | 22-09-79 |
| 2,12 | Henk Jan | Gebben | 24-10-65 De Sperwers | Dorpen | 08-07-84 |
| 2,12 | Maurice | Meewisse | 14-11-78 AV '40 | Nijvel | 02-08-97 |

polsstokhoogspringen

| | | | | | |
|------|--------------|-----------|------------------------|-----------|----------|
| 5,45 | Laurens | Looije | 12-01-73 Ilion | Seoul | 18-09-92 |
| 5,40 | Chris | Tamminga | 30-04-74 Haag Atletiek | Zierikzee | 09-05-93 |
| 5,40 | Rens | Blom | 01-03-77 Unitas | Mannheim | 15-06-96 |
| 5,21 | Wout van | Wengerden | 16-02-87 Unitas | Ninove | 29-07-06 |
| 5,10 | Robbert-Jan | Jansen | 02-07-83 Prins Hendrik | Duffel | 25-05-02 |
| 4,90 | Gilbert | Wijntjens | 08-02-88 Caesar | Veldhoven | 22-04-07 |
| 4,84 | Richel | Keysers | 03-01-69 Weert | Krommenie | 26-06-88 |
| 4,83 | Marco | Meulink | 12-10-65 V&L/TC | Amsterdam | 15-07-84 |
| 4,81 | Maurice | Penders | 30-11-63 Unitas | Sittard | 30-07-82 |
| 4,81 | Ludo van der | Plaat | 03-07-83 Ilion | Leiden | 08-06-02 |

verspringen

| | | | | | |
|------|-----------|----------|---------------------|------------|----------|
| 7,99 | i Emiel | Mellaard | 21-03-66 AAC | Dortmund | 10-03-85 |
| 7,72 | 0,7 Randy | Sedoc | 08-09-75 AAC | Amsterdam | 24-07-93 |
| 7,63 | 1,1 Frans | Maas | 13-07-64 Unitas | Vught | 24-07-83 |
| 7,61 | Niels | Kruller | 17-05-75 AAC | Krommenie | 04-07-93 |
| 7,56 | Leo de | Winter | 28-04-44 AAC | Enschede | 13-07-63 |
| 7,48 | Henk | Visser | 23-03-32 AAC | Rijswijk | 09-09-51 |
| 7,45 | Roy | Sedoc | 27-03-54 AAC | Amsterdam | 24-06-73 |
| 7,44 | 0,9 Chiel | Warners | 02-04-78 AAC '61 | Ljubljana | 24-07-97 |
| 7,43 | i Hein | Macnack | 30-09-67 AV Haarlem | Maastricht | 02-02-85 |
| 7,42 | Ad de | Jong | 07-09-46 Diomedon | Roosendaal | 20-06-65 |

hinkstapspringen

| | | | | | |
|-------|--------------|------------|---------------------|-----------|----------|
| 15,50 | Roy | Sedoc | 27-03-54 AAC | Amsterdam | 09-09-73 |
| 15,27 | 0.2 Ydo van | Oostende | 21-07-70 Athletics | Groningen | 16-07-88 |
| 15,24 | Frans | Maas | 13-07-64 Unitas | Koblenz | 16-07-83 |
| 15,10 | Gregory | Lede | 16-06-72 AAC | Athene | 28-09-91 |
| 15,09 | Randy | Sedoc | 08-09-75 AAC | Amsterdam | 12-06-94 |
| 15,02 | Hein | Macnak | 30-09-67 AV Haarlem | Utrecht | 26-08-84 |
| 14,93 | 1.3 Derk Jan | Visser | 05-05-74 Unitas | Breda | 27-06-92 |
| 14,85 | Arthur | Lynch | 05-05-67 AAC | London | 04-10-86 |
| 14,83 | Peter | Zuidhof | 15-07-62 THOR | Blois | 28-08-81 |
| 14,82 | i Mark | Vlaanderen | 07-03-79 PSV | Den Haag | 17-03-96 |

kogelstoten 6 kg

| | | | | | |
|-------|------------|------------|------------------------|-----------|----------|
| 20,85 | Rutger | Smith | 09-07-81 Argo '77 | Hengelo | 24-06-00 |
| 19,34 | Erik de | Bruin | 25-05-63 Typhoon | Haarlem | 29-05-82 |
| 19,11 | Robert-Jan | Vos | 20-06-90 AV Weert | Leiden | 13-06-09 |
| 18,81 | i | Simpelaar | 09-01-78 AV '56 | Den Haag | 16-02-97 |
| 18,72 | i | Cronie | 05-11-89 Passaat | Gent | 16-03-08 |
| 18,64 | Erik | Cadee | 15-02-84 Prins Hendrik | Boxtel | 30-03-03 |
| 18,63 | i | Friso | Hagman | Den Haag | 28-03-93 |
| 18,17 | Erik van | Vreumingen | 15-06-78 Haag Atletiek | Amsterdam | 15-06-97 |
| 17,88 | Mike v.d. | Bilt | 23-10-76 Haag Atletiek | Emmen | 27-08-95 |
| 17,69 | Boudewijn | Luijten | 25-08-88 Start '78 | Utrecht | 07-07-07 |

discuswerpen 1.75 kg

| | | | | | |
|-------|------------|-----------|------------------------|------------|----------|
| 63,44 | Rutger | Smith | 09-07-81 Argo '77 | Hesel | 25-09-99 |
| 62,37 | Erik | Cadée | 15-02-84 Prins Hendrik | Lisse | 28-06-03 |
| 61,22 | Mike v.d. | Bilt | 23-10-76 Haag Atletiek | St.Niklaas | 15-09-95 |
| 59,86 | Erik de | Bruin | 25-05-63 Typhoon | Nijmegen | 21-06-81 |
| 56,56 | Maarten | Persoon | 15-03-87 Phanos | Eindhoven | 15-07-06 |
| 55,12 | Rudi | Velthuis | 02-04-78 PEC 1910 | Eindhoven | 27-09-97 |
| 55,04 | Erwin | Simpelaar | 09-01-78 AV '56 | Hoorn | 23-06-96 |
| 53,46 | Henk | Demmink | 01-10-65 V&L/TC | Amsterdam | 06-07-84 |
| 53,16 | Frank v.d. | Dool | 10-07-67 AV '34-A | Hengelo | 07-09-86 |
| 53,02 | Boudewijn | Luyten | 25-08-88 Start '78 | Epe | 11-04-07 |

kogelslingeren 6 kg

| | | | | | |
|-------|------------|---------|-------------------|---------------|----------|
| 66,46 | Frank v.d. | Dool | 10-07-67 AV '34-A | Roermond | 25-09-86 |
| 65,22 | Ronald | Gram | 31-03-74 Sprint | Gent | 30-05-93 |
| 64,84 | Vincent | Onos | 08-04-86 SAV | Eeklo | 15-10-05 |
| 63,09 | Rutger | Smith | 09-07-81 Argo '77 | Hengelo | 24-06-00 |
| 61,08 | Luigi | Bellu | 12-07-70 Unitas | Kerkrade | 30-09-89 |
| 60,96 | Mischa ter | Horst | 08-05-71 AV '34-A | Bergen o/Zoom | 01-07-89 |
| 58,50 | Martin van | Malsen | 23-09-69 Sprint | Rotterdam | 12-05-88 |
| 58,28 | Arjan | Klein | 13-04-80 AV '47 | Boskoop | 18-09-99 |
| 56,83 | Maarten | Persoon | 15-03-87 AAV '36 | Lisse | 07-05-05 |
| 56,76 | Chris | Hoede | 19-07-65 TION | Hengelo | 25-09-83 |

speerwerpen 800 gr

| | | | | | |
|-------|--------------|------------|----------------------|----------------|----------|
| 75,20 | Johan van | Lieshout | 08-03-69 HAC | Helmond | 02-09-88 |
| 72,58 | Lars | Timmerman | 19-04-91 Spado | Novi Sad (SRB) | 23-07-09 |
| 70,01 | Ludo van der | Plaat | 03-07-83 Ilion | Kingston | 19-07-02 |
| 68,96 | Bjorn | Blommerde | 06-07-87 Spado | Amsterdam | 09-07-05 |
| 67,20 | Roelof | Geertsema | 16-02-67 De Sperwers | Hengelo | 26-05-86 |
| 66,16 | Brian | Lesterhuis | 29-09-72 PSV | Enschede | 22-09-91 |
| 65,08 | Danny | Mayer | 15-12-72 V&L/TC | Breda | 12-05-91 |
| 64,82 | Roar | Strooper | 17-04-71 AV Oss '78 | Valkenswaard | 15-09-90 |
| 63,52 | Othmar | Okx | 28-07-75 GAC-H | Den Haag | 24-06-94 |
| 63,50 | Niels | Terol | 10-09-75 AV Haarlem | Hengelo | 04-06-94 |

tienkamp (seniorenmateriaal)

| | | | | | |
|------|------------|------------|----------------------|--------------|----------|
| 7835 | Chiel | Warners | 02-04-78 Spirit-L | Emmeloord | 18-05-97 |
| 7560 | Robert de | Wit | 07-08-62 PSV | Blankenberge | 04-10-81 |
| 7487 | Enno | Tjepkema | 05-06-65 AAC | Ottawa | 09-06-84 |
| 7354 | Guido v.d. | Sluis | 03-02-63 AAC | Helmond | 03-10-82 |
| 7313 | Remco van | Veldhuizen | 11-10-73 AV '34-A | Seoul | 17-09-92 |
| 7299 | Rick | Wassenaar | 17-01-76 KAV Holland | Nyiregyhaza | 30-07-95 |
| 7280 | Bart | Bennema | 28-04-77 AAC '61 | Lelystad | 30-06-96 |

| | | | | | |
|------|--------|-------|-----------------|-----------|----------|
| 7278 | Frank | Nusse | 23-02-53 AAC | Papendal | 11-07-71 |
| 7164 | Virgil | Spier | 08-01-81 Sparts | Apeldoorn | 27-08-00 |
| 7149 | Marcel | Dost | 28-09-69 TION | Uden | 05-06-88 |

tienkamp (juniorenmateriaal) (* = horde 1,067)

| | | | | | | |
|------|---|--------------|--------------|----------------------|----------------|----------|
| 7822 | * | Pelle | Rietveld | 04-02-85 Ilion | Grosseto | 15-07-04 |
| 7735 | | Robert de | Wit | 07-08-62 PSV | Veldhoven | 05-07-81 |
| 7416 | | Eelco | Sintnicolaas | 07-04-87 AV '34 | Beijing | 17-08-06 |
| 7360 | * | Bob | Altena | 11-02-86 Unitas | Brasschaat | 20-06-04 |
| 7346 | | Remco van | Veldhuizen | 11-10-73 AV '34-A | Apeldoorn | 23-08-92 |
| 7206 | | Rick | Wassenaar | 17-01-76 KAV Holland | Vught | 21-08-94 |
| 7254 | | Rowdy | Middelkoop | 04-03-78 AV '34-A | Sittard | 31-08-97 |
| 7234 | | Ludo van der | Plaats | 03-07-83 Ilion | Bergen op Zoom | 25-08-02 |
| 7206 | | Bart | Bennema | 28-04-77 AAC '61 | Herentals | 20-08-95 |
| 7201 | * | Ingmar | Vos | 28-05-86 PAC | Bernhausen | 05-06-05 |

4 x 100 meter

| | | | |
|-------|----------------------------------|------------|----------|
| 40,02 | Nationale Ploeg | Novi Sad | 26-07-09 |
| 41,17 | AAC'61-Assen | Lisse | 27-04-96 |
| 41,56 | AV'34-Apeldoorn | Delft | 15-09-96 |
| 41,97 | AAC-Amsterdam | Rotterdam | 20-09-87 |
| 42,22 | PSV-Eindhoven | Sittard | 25-04-93 |
| 42,30 | ROTTERDAM ATLETIEK-Rotterdam | Amstelveen | 20-09-03 |
| 42,51 | HELLAS-Utrecht | Hengelo | 07-09-86 |
| 42,56 | ILION-Zoetermeer | Rotterdam | 20-06-04 |
| 42,60 | ATLETIEK MAASTRICHT - Maastricht | Amstelveen | 18-09-05 |
| 42,74 | KAV HOLLAND - Haarlem | Amstelveen | 18-09-05 |
| 42,88 | LYCURGUS - Krommenie | Helmond | 07-09-08 |

4 x 400 meter

| | | | |
|---------|-------------------------|------------|----------|
| 3.12,12 | Nationale Ploeg | Bern | 07-07-79 |
| 3.16,99 | AAC-Amsterdam | Luik | 29-09-84 |
| 3.18,78 | AAC'61-Assen | Hilversum | 15-09-96 |
| 3.20,00 | V&L/TC-Den Haag | Den Haag | 14-09-77 |
| 3.20,16 | AV'34-Apeldoorn | Diekirch | 26-09-98 |
| 3.20,58 | AV HAARL'MEER-Hoofddorp | Amstelveen | 16-09-06 |
| 3.21,55 | HOLLAND-Leiden | Roosendaal | 16-09-84 |
| 3.21,75 | PRINS HENDRIK-Vught | Rotterdam | 20-09-87 |
| 3.22,4= | CIKO'66-Arnhem | Uden | 05-09-70 |
| 3.22,4= | SPRINT-Breda | Den Haag | 25-09-76 |
| 3.22,81 | LYCURGUS-Krommenie | Roosendaal | 16-09-84 |

4 x 800 meter

| | | | |
|---------|----------------------|-----------------|----------|
| 7.34,9= | AVN-Nijmegen | Alphen a/d Rijn | 15-08-91 |
| 7.41,75 | HELLAS-Utrecht | Vught | 12-09-81 |
| 7.45,7= | OLYMPUS'70-Naaldwijk | Den Haag | 05-09-79 |
| 7.46,0= | DE LIEMERS-Zevenaar | Roosendaal | 16-09-84 |
| 7.48,91 | IMPALA-Drachten | Vught | 12-09-81 |
| 7.49,76 | HAC-Helmond | Lisse | 03-07-88 |
| 7.49,93 | PAC-Rotterdam | Lisse | 03-07-88 |
| 7.50,13 | AAC-Amsterdam | Groningen | 20-09-86 |
| 7.53,87 | UNITAS-Sittard | Groningen | 20-09-86 |
| 7.54,4= | V&L/TC-Den Haag | Nijmegen | 02-10-77 |

Meisjes

100 meter

| | | | | | |
|-------|------------------|--------------|----------------------|-----------------|----------|
| 11,44 | 0,3 Jacqueline | Poelman | 05-10-73 Argo '77 | Seoul | 17-09-92 |
| 11,54 | 0,0 Nelli | Cooman | 06-06-64 AVR | Dublin | 03-07-82 |
| 11,54 | 1,1 Petra | Huybrechtse | 26-09-72 KAV Holland | Alphen a/d Rijn | 29-06-91 |
| 11,62 | 1,4 Monique | Bogaards | 08-01-71 Ciko '66 | Rotterdam | 24-05-90 |
| 11,72 | Claudia | Elissen | 05-07-68 Kimbria | Leiden | 12-07-87 |
| 11,72 | 1,1 Joan van den | Akker | 16-01-84 KAV Holland | Leiden | 08-06-02 |
| 11,75 | 1,2 Jamile | Samuel | 24-04-92 Phanos | Leiden | 14-06-08 |
| 11,77 | 1,4 Mami | Awuah Asante | 09-10-75 KAV Holland | Assen | 16-07-94 |
| 11,79 | 1,2 Dafne | Schippers | 15-06-92 Hellas | Leiden | 13-06-09 |
| 11,80 | Martha | Derby | 31-08-59 Sparta | Sittard | 12-08-78 |

200 meter

| | | | | | |
|-------|----------------|-------------|------------------------|-----------------|----------|
| 23,28 | 0,3 Jacqueline | Poelman | 05-10-73 Argo '77 | Groningen | 21-06-92 |
| 23,57 | -0,1 Jamile | Samuel | 24-04-92 Phanos | Bydgoszcz) | 10-07-08 |
| 23,84 | 0,5 Petra | Huybrechtse | 26-09-72 KAV Holland | Alphen a/d Rijn | 30-06-91 |
| 23,86 | 1,9 Loreanne | Kuhurima | 07-05-91 Phanos | Leiria | 22-06-08 |
| 23,89 | 0,4 Lotte | Visschers | 02-08-79 Unitas | Ljubljana | 25-07-97 |
| 23,95 | Nelli | Cooman | 06-06-64 AVR | Vught | 23-07-83 |
| 23,95 | 1,0 Mirian | Knijn | 12-08-66 Energie | Sittard | 23-06-84 |
| 23,96 | Els | Vader | 24-09-59 Zeeland Sport | Donyetsk | 20-08-77 |
| 23,96 | 1,7 Annique | Goudemond | 10-05-71 ATC '75 | Hengelo | 08-07-89 |
| 23,99 | Lilian | Gillissen | 18-09-60 Dynamo '70 | Sittard | 10-07-77 |

400 meter

| | | | | | |
|-------|---------------|-------------|-------------------------|------------|----------|
| 53,67 | Annemarie | Schulte | 13-02-85 De Sperwers | Grosseto | 13-07-04 |
| 53,78 | Ester | Goossens | 21-02-72 Clytoneus | Kapfenberg | 23-06-90 |
| 54,12 | Marjolein de | Jong | 12-06-81 Phanos | Hilversum | 10-09-00 |
| 54,19 | Ingrid | Stoot | 29-07-64 Sprint | Nancy | 03-08-80 |
| 54,19 | Monique | Steenis | 02-09-69 Altis | Vught | 27-06-87 |
| 54,41 | mix Najla | Jaber | 12-05-84 Seven Hills RT | Apeldoorn | 16-05-03 |
| 54,53 | Lotte | Visschers | 02-08-79 Unitas | Sittard | 17-05-98 |
| 54,61 | Jorien | Kranendijk | 05-12-74 PEC 1910 | Helmond | 05-07-92 |
| 54,61 | Esther van de | Lijcke | 19-08-89 AV '23 | Enschede | 18-05-08 |
| 54,63 | Henriëke | Krommendijk | 03-09-86 Unitas | Helmond | 26-06-05 |

800 meter

| | | | | | |
|---------|-------------|------------|-------------------------|----------------|----------|
| 2.01,76 | tt Najla | Jaber | 12-05-84 Seven Hills RT | Heusden-Zolder | 02-08-03 |
| 2.01,6= | Olga | Commandeur | 30-10-58 Suomi | Aalst | 07-09-75 |
| 2.02,05 | Machteld | Mulder | 21-02-89 Hollandia | Bydgoszcz | 11-07-08 |
| 2.03,2= | Elly van | Hulst | 09-06-59 Lionitas | Schaan | 17-09-78 |
| 2.03,72 | Machteld | Mulder | 21-02-89 Hollandia | Hengelo | 22-07-07 |
| 2.04,16 | Stella | Jongmans | 17-05-71 Sparta | Varazdin | 27-08-89 |
| 2.04,30 | Yvonne v.d. | Kolk | 07-01-69 AVR | Koblenz | 01-06-88 |
| 2.04,6= | Karin de | Nijs | 30-07-59 RK HAV | Roosendaal | 12-07-78 |
| 2.04,71 | Krista | Aukema | 20-09-67 Spartacus | Budapest | 10-08-85 |
| 2.05,02 | Monique | Jansen | 01-06-60 Olympia'48 | Sittard | 09-07-77 |

1500 meter

| | | | | | |
|---------|-------------|------------|-------------------------|------------|----------|
| 4.13,98 | Yvonne v.d. | Kolk | 07-01-60 AVR | Leverkusen | 28-06-88 |
| 4.17,50 | Anny | Moedt | 09-11-61 Woldstreek | Roosendaal | 20-06-79 |
| 4.17,5= | Maaïke | Persoons | 24-07-63 AAV '36 | Helmond | 22-06-82 |
| 4.19,22 | Adrienne | Herzog | 30-09-85 Fit | Mannheim | 15-06-02 |
| 4.19,72 | Susan | Kuijken | 08-07-86 Seven Hills RT | Leiria | 19-06-05 |
| 4.19,98 | Machteld | Mulder | 21-02-89 Hollandia | Ninove | 10-08-08 |
| 4.20,12 | Krista | Aukema | 20-09-67 Spartacus | Papendal | 13-08-86 |
| 4.20,8= | Elly van | Hulst | 09-06-59 Lionitas | Luxemburg | 10-09-78 |
| 4.20,9= | Karin de | Nijs | 30-07-59 RK HAV | Oslo | 06-06-78 |
| 4.21,5= | Carla | Grimbergen | 18-03-53 De Spartaan | Papendal | 16-06-71 |

3000 meter

| | | | | | |
|---------|------------|------------|-------------------------|---------------|----------|
| 9.12,2= | Maaïke | Persoons | 24-07-63 AAV '36 | Den Haag | 04-09-81 |
| 9.15,88 | Adrienne | Herzog | 30-09-85 Fit | Tessenderloo | 28-08-04 |
| 9.27,83 | Krista | Aukema | 20-09-67 Spartacus | Hengelo | 31-08-85 |
| 9.28,45 | Susan | Kuijken | 08-07-86 Seven Hills RT | Kaunas | 23-07-05 |
| 9.28,64 | Esther | Schrijvers | 18-01-85 Prins Hendrik | Assen | 21-06-02 |
| 9.29,84 | Margriet | Berkhout | 27-08-90 Nova | Heiloo | 01-08-08 |
| 9.30,3= | Silvia | Kruijjer | 06-09-74 Nova | Heerhugowaard | 24-09-93 |
| 9.32,99 | Lesley van | Miert | 10-06-85 Sprint | Vught | 20-05-04 |
| 9.33,10 | Jolanda | Verstraten | 26-06-83 Scopias | Duffel | 25-05-02 |
| 9.34,4= | Selma | Borst | 06-09-83 Hera | Heiloo | 12-07-02 |

5000 meter (* = mixed race)

| | | | | | |
|-----------|-----------|------------|-------------------------|------------|----------|
| 16.09,7=* | Adrienne | Herzog | 30-09-85 Fit | Heiloo | 07-08-04 |
| 16.41,31 | Susan | Kuijken | 08-07-86 Seven Hills RT | Diest | 31-05-03 |
| 16.49,43* | Wendy de | Boer | 26-02-85 AV Castricum | Gold Coast | 26-01-03 |
| 16.53,3 | Selma | Borst | 06-09-83 Hera | Heiloo | 09-08-02 |
| 16.54,48 | Jolanda | Verstraten | 26-06-83 Scopias | Zeist | 12-04-02 |
| 16.55,75 | Wendy de | Boer | 26-02-85 AV Castricum | Utrecht | 24-05-02 |
| 16.57,7= | Frederike | Sieders | 21-12-61 Ciko '66 | Sittard | 10-08-80 |

| | | | | | |
|----------|----------|------------|-------------------------|-----------|----------|
| 17.02,01 | Margriet | Berkhout | 27-08-90 Nova | Amsterdam | 06-07-08 |
| 17.15,21 | Daphne | Panhuysen | 30-07-77 Kimbria | Kerkrade | 17-05-96 |
| 17.19,29 | Esther | Schrijvers | 18-01-85 Seven Hills RT | Zeist | 12-04-02 |

10000 meter (* = mixed race)

| | | | | | |
|-----------|-------------|--------------|----------------------|------------|----------|
| 35.56,48 | Brenda | Sleeuwenhoek | 03-11-70 Avantri | Varazdin | 27-08-89 |
| 36.13,4= | Annet | Bezemer | 23-03-69 HAC | Helmond | 17-06-88 |
| 37.20,0= | Krystyna | Loonen | 26-07-69 Altis | Amersfoort | 23-05-87 |
| 37.22,9= | Simone | Guikema | 11-01-70 Start '78 | Hengelo | 13-07-89 |
| 37.47,60 | Wendy | Mullink | 17-11-86 AV Argo | Utrecht | 18-06-04 |
| 37.58,92 | Vanessa van | Voskuilen | 01-03-81 Ilion | Gorinchem | 31-03-00 |
| 38.24,6= | Esther | Schilt | 01-04-69 SCV | Hilversum | 01-07-87 |
| 38.26,6=* | Vivian | Ruyters | 31-08-71 Unitas | Sittard | 17-04-90 |
| 38.38,8= | Roxanne | Weeda | 31-12-85 AV Waterweg | Naaldwijk | 11-07-02 |
| 38.42,9= | Erica v.d. | Bilt | 07-04-71 Altis | Amersfoort | 28-09-89 |

3000 meter steeple chase

| | | | | | |
|----------|---------|------------|-------------------------|------------|----------|
| 10.26,12 | Jolanda | Verstraten | 26-06-83 Scopias | Namen | 31-08-02 |
| 10.42,93 | Susan | Kuijken | 08-07-86 Seven Hills RT | Kessel-Lo | 04-06-05 |
| 11.13,44 | Andrea | Deelstra | 06-03-85 Athlon | Utrecht | 11-07-04 |
| 11.58,79 | Anniek | Hylkema | 14-09-89 Atverni | Utrecht | 26-05-06 |
| 12.00,12 | Nikki | Godschalk | 13-07-88 THOR | Utrecht | 07-07-07 |
| 12.08,32 | Hilde | Pape | 20-04-89 SISU | Harderwijk | 20-06-07 |
| 12.09,11 | Giselle | Slotboom | 09-03-93 De Spartaan | Emmeloord | 27-06-09 |

100 meter horden 84cm

| | | | | | |
|-------|----------------|--------------|-------------------------|-----------------|----------|
| 13,36 | 1,2 Judith | Vis | 21-06-80 R'dam Atletiek | Riga | 06-08-99 |
| 13,44 | -0,4 Petra | Huybrechtse | 26-09-72 KAV Holland | Thessaloniki | 09-08-91 |
| 13,49 | 1,5 Ine | Langenhuizen | 27-10-68 PSV | Leiden | 12-07-87 |
| 13,52 | Marjan | Olyslager | 08-03-62 Scheldesport | Utrecht | 09-08-81 |
| 13,77 | 1,7 Jacqueline | Poelman | 05-10-73 Argo '77 | Alphen a/d Rijn | 30-06-91 |
| 13,82 | Marijke van | Zon | 12-05-68 DEM | Cottbus | 23-08-85 |
| 13,82 | 0,1 Sharona | Bakker | 12-04-90 Suomi | Leiden | 13-06-09 |
| 13,84 | Marjon | Wijnsma | 18-07-65 Lionitas | Sittard | 23-06-84 |
| 13,84 | 0,9 Nicole | Kroonenburg | 14-03-89 SAV | Leiden | 14-06-08 |
| 13,86 | Deborah den | Boer | 18-04-75 AAC | Lissabon | 22-07-94 |

400 meter horden 76,2cm

| | | | | | |
|-------|--------------|-------------|--------------------|-------------------|----------|
| 56,26 | Marjolein de | Jong | 12-06-81 Phanos | Santiago de Chile | 19-10-00 |
| 58,48 | Michelle | Martinot | 05-12-69 AVR | Rotterdam | 12-05-88 |
| 58,65 | Thelma | Joziasse | 19-01-79 AV '34-A | Ljubljana | 26-07-97 |
| 58,81 | Astrid | Joziasse | 19-01-79 AV '34-A | Hengelo | 01-06-98 |
| 59,06 | Ester | Goossens | 21-02-72 Clytoneus | Hilversum | 16-09-90 |
| 59,22 | Elke | Spierenburg | 06-09-63 Fortis | Amsterdam | 29-08-82 |
| 59,44 | Leonie | Schilder | 15-09-90 AV Edam | Belgrado | 26-07-07 |
| 59,70 | Marianne de | Vries | 24-12-73 Start '78 | Villeneuve d'Asq | 18-07-92 |
| 60,08 | Marlies | Manders | 18-09-91 Hellas | Vught | 28-06-08 |
| 60,15 | Leonie | Schilder | 15-09-90 AV Edam | Mannheim | 23-06-08 |

hoogspringen

| | | | | | | |
|------|---|--------------|----------|-------------------------|------------|----------|
| 1,88 | i | Ella | Wijnants | 02-06-65 Sparta | Rotterdam | 13-02-83 |
| 1,86 | | Marije | Langen | 29-12-86 AAC '61 | Velenje | 22-06-03 |
| 1,85 | | Saskia | Meyer | 08-02-79 AV '34-A | Emmeloord | 28-05-95 |
| 1,84 | i | Mirjam van | Laar | 24-09-56 AVON | Arnhem | 16-02-74 |
| 1,84 | | Annemiek | Bouma | 12-03-56 Atmodes | Papendal | 28-07-74 |
| 1,84 | | Marjon | Wijnsma | 18-07-65 Lionitas | Schwechat | 27-08-83 |
| 1,83 | | Jolanda | Bleeker | 06-08-67 DEM | Lisse | 29-04-84 |
| 1,82 | | Ria | Ahlers | 20-07-54 De Sperwers | Papendal | 20-07-72 |
| 1,82 | | Mieke van | Doorn | 24-12-54 De Spartaan | Amsterdam | 27-05-73 |
| 1,82 | | Etwaria | Sardjoe | 25-06-64 Sagitta | Nancy | 03-08-80 |
| 1,82 | | Judith van | Gorp | 12-05-76 PSV | Den Haag | 26-06-94 |
| 1,82 | | Karlijn van | Beurden | 12-05-76 Hollandia | Amstelveen | 21-05-95 |
| 1,82 | | Marieke v.d. | Heyden | 26-07-78 Weert | Emmeloord | 05-07-97 |
| 1,82 | i | Sietske | Noorman | 16-07-91 Gen. Michaëlis | Apeldoorn | 15-02-09 |

polsstokhoogspringen

| | | | | | |
|------|--------|----------|-------------------|---------|----------|
| 4,20 | Denise | Groot | 26-05-90 Unitas | Hoorn | 23-05-09 |
| 3,91 | Rianna | Galiart | 22-11-85 Lycurgus | Utrecht | 11-07-04 |
| 3,91 | Leonie | Schilder | 15-09-90 AV Edam | Utrecht | 08-07-07 |

| | | | | | |
|------|-------------|---------------|--------------------------|-----------|----------|
| 3,85 | Sabine | Verbeek | 25-03-80 Sparta | Apeldoorn | 27-06-99 |
| 3,70 | Yvette | Caldenhove | 30-01-82 SPADO | Uden | 23-06-01 |
| 3,65 | Marijke | Valk | 15-07-92 Unitas | Tampere | 21-07-09 |
| 3,60 | Mirjam | Sleumer | 01-09-83 AAC '61 | Hengelo | 25-06-00 |
| 3,60 | Robin | Wingbermhühle | 20-05-92 R' dam Atletiek | Breda | 29-08-09 |
| 3,51 | Imme van | Burg | 12-04-90 Unitas | Utrecht | 08-07-07 |
| 3,50 | Irene | Timmers | 23-07-78 Ilion | Lisse | 03-05-97 |
| 3,50 | Yvon | Hendrix | 14-02-81 Unitas | Hengelo | 24-06-00 |
| 3,50 | Marloes van | Putten | 08-11-82 Ilion | Gouda | 24-05-01 |
| 3,50 | Janneke | Oosterink | 22-01-87 GAC-Hilversum | Hengelo | 29-05-05 |

verspringen

| | | | | | |
|------|------------------|------------|-------------------------|----------------|----------|
| 6,57 | Edine van | Heezik | 27-01-61 ADA | Berlijn | 28-05-80 |
| 6,43 | Mieke v.d. | Kolk | 15-04-68 DEM | Vught | 03-08-86 |
| 6,34 | Corrie | Bakker | 16-06-45 Sagitta | Den Haag | 21-07-63 |
| 6,32 | 0,7 Danielle van | Varsseveld | 15-02-77 Hollandia | Mannheim | 15-06-96 |
| 6,24 | 1,5 Judith | Vis | 21-06-80 R'dam Atletiek | Apeldoorn | 26-06-99 |
| 6,20 | Anja | Mulder | 05-10-71 Nijkerk | Hengelo | 09-07-89 |
| 6,19 | Marjan | Goedhart | 05-06-62 AAV '36 | Groningen | 17-06-79 |
| 6,17 | Marjan | Olyslager | 08-03-62 Scheldesport | Groningen | 17-06-79 |
| 6,15 | Marjon | Wijnsma | 18-07-65 Lionitas | Sittard | 24-06-84 |
| 6,13 | 0,8 Maaïke | Olsthoorn | 07-08-76 DEM | Bergen op Zoom | 15-07-95 |

hink-stap-sprong

| | | | | | |
|-------|---------------|-------------|--------------------------|----------------|----------|
| 12,90 | 0,6 Yvonne de | Vreede | 19-09-78 AV '40 | Hengelo | 31-05-97 |
| 12,54 | 0,3 Karin | Ruckstuhl | 02-11-80 Zuidwal | Apeldoorn | 27-06-99 |
| 12,37 | 1,4 Annemarie | Hendriks | 22-12-75 DEM | Zevenaar | 28-08-94 |
| 12,29 | 0,2 Brenda | Baar | 19-07-87 GAC-Hilversum | Bergen op Zoom | 01-07-06 |
| 12,11 | -1,0 Chawa | Ringenoldus | 01-12-73 SAV | Helmond | 05-07-92 |
| 12,09 | Meruska | Eduarda | 30-07-91 R' dam Atletiek | Tilburg | 29-06-08 |
| 11,92 | 0,2 Marlon | Dek | 08-02-87 AV '56 | Zoetermeer | 19-06-05 |
| 11,91 | i Ottelien | Olsthoorn | 20-06-78 DEM | Den Haag | 16-02-97 |
| 11,91 | 1,0 Louise | Taatgen | 05-01-93 Groningen Atl | Emmeloord | 28-06-09 |
| 11,85 | 1,6 Larissa | Bronkhorst | 25-06-79 DEM | Vught | 13-06-98 |

kogelstoten 4kg

| | | | | | |
|-------|------------|--------------|-------------------------|---------------|----------|
| 18,15 | Corrie de | Bruin | 26-10-76 R'dam Atletiek | Arnhem | 19-06-94 |
| 17,66 | Melissa | Boekelman | 11-05-89 Prins Hendrik | Beijing (CHN) | 15-08-06 |
| 16,26 | Lieja | Koeman | 10-03-76 Lycurgus | Sittard | 24-06-95 |
| 16,24 | Deborah | Dunant | 03-04-66 ADA | Den Haag | 09-06-85 |
| 15,82 | Denise | Kemkers | 11-04-85 Hera | Sittard | 27-06-04 |
| 15,80 | Jacqueline | Goormachtigh | 28-02-70 PAC | Rotterdam | 11-06-89 |
| 15,13 | Elna | Schalk | 18-04-54 AVR | Lisse | 31-05-73 |
| 15,02 | i Monique | Schipper | 16-09-74 Delta Sport | Den Haag | 16-02-91 |
| 14,98 | Pamela | Kiel | 09-04-91 Passaat | Edam | 28-10-07 |
| 14,93 | Els van | Noorduyn | 25-05-46 Sagitta | Parijs | 04-09-65 |

discuswerpen 1kg

| | | | | | |
|-------|------------|--------------|-------------------------|-----------------|----------|
| 60,50 | Corrie de | Bruin | 26-10-76 R'dam Atletiek | Hengelo | 05-06-95 |
| 59,22 | Jacqueline | Goormachtigh | 28-02-70 PAC | Zoetermeer | 08-10-89 |
| 56,12 | Ilona | Rutjes | 28-05-80 Argo '77 | Cuxhaven | 23-07-99 |
| 55,10 | Bea | Wiarda | 24-02-59 Horror | Nijmegen | 11-06-78 |
| 54,01 | Melissa | Boekelman | 11-05-89 Prins Hendrik | Lisse | 05-05-07 |
| 53,24 | Lieja | Koeman | 10-03-76 Lycurgus | Nyiregyhaza | 30-07-95 |
| 52,94 | Deborah | Dunant | 03-04-66 ADA | Zwolle | 07-07-85 |
| 51,16 | Monique | Schipper | 16-09-74 Delta Sport | Alphen a/d Rijn | 30-06-91 |
| 50,62 | Linda | Tukkers | 03-05-71 TION | Rotterdam | 14-07-90 |
| 48,14 | Loes | Boling | 21-02-41 Sagitta | Amsterdam | 15-05-60 |

kogelslingeren 4kg

| | | | | | |
|-------|----------------|-----------|------------------------|-------------------|----------|
| 56,88 | Wendy | Koolhaas | 05-01-80 Argo '77 | Apeldoorn | 26-06-99 |
| 55,90 | Debby van der | Schilt | 24-11-81 Argo '77 | Santiago de Chile | 17-10-00 |
| 55,11 | Nicky van der | Schilt | 29-06-91 Groningen Atl | Apeldoorn | 04-07-09 |
| 54,00 | Aafke | Vogelzang | 16-10-85 Groningen Atl | Leiden | 12-06-04 |
| 51,99 | Maaïke | Schetters | 10-10-83 PSV | Roermond | 26-10-02 |
| 51,97 | Lianne | Bousema | 31-07-80 Argo '77 | Apeldoorn | 27-05-00 |
| 51,15 | Eva | Reinders | 12-05-93 Groningen Atl | Boskoop | 20-06-09 |
| 50,25 | Tamara van der | Bij | 14-01-84 AAC | Maastricht | 29-05-03 |

| | | | | | |
|-------|--------|------------|------------------|---------|----------|
| 49,14 | Yvonne | Veenhuizen | 28-02-86 AV '34 | Helmond | 26-06-05 |
| 48,92 | Nicole | Veenstra | 19-04-83 AC TION | Assen | 23-06-02 |

speerwerpen 600gr. oud model (* = nieuw model)

| | | | | | |
|-------|--------|-------------|-------------------|-----------|----------|
| 58,86 | Ingrid | Lammertsma | 06-09-67 Lycurgus | Krommenie | 31-08-86 |
| 53,80 | * | Bregje | Crolla | Emmeloord | 15-05-05 |
| 52,32 | | Renate | Beunder | Sittard | 17-06-89 |
| 51,70 | * | Nadine | Broersen | Krommenie | 21-06-09 |
| 51,38 | * | Evelien | Dekkers | Helmond | 24-06-05 |
| 51,36 | | Nicole | Heuwekemeyer | Leiden | 08-05-87 |
| 51,20 | | Sandra v.d. | Sommen | Haarlem | 29-06-85 |
| 50,76 | | Toos | Stoete | Hasselt | 10-08-85 |
| 50,23 | | Maaïke | Sinnema | Krommenie | 10-05-98 |
| 50,11 | * | Manon | Post | Maggingen | 01-07-00 |

speerwerpen 600gr. vanaf 1999

| | | | | | |
|-------|---------|-----------|------------------------|----------------|----------|
| 53,80 | Bregje | Crolla | 31-01-86 Unitas | Emmeloord | 15-05-05 |
| 51,70 | Nadine | Broersen | 29-04-90 Sprint | Krommenie | 21-06-09 |
| 51,38 | Evelien | Dekkers | 28-04-88 Achilles-EL | Helmond | 24-06-05 |
| 50,11 | Manon | Post | 12-09-81 Argo '77 | Maggingen | 01-07-00 |
| 49,83 | Melissa | Boekelman | 11-05-89 Prins Hendrik | Eeklo | 11-10-08 |
| 49,13 | Lisanne | Schol | 22-06-91 Phanos | Amstelveen | 10-05-09 |
| 49,00 | Tine | Veenstra | 20-03-83 SAV | Bergen op Zoom | 25-08-02 |
| 48,67 | Anouk | Vetter | 04-02-93 AAC | Amstelveen | 10-05-09 |
| 48,60 | Ilona | Rutjes | 28-05-80 Argo '77 | Breda | 29-05-99 |
| 46,35 | Laurien | Hoos | 18-08-83 Hera | Edam | 11-05-01 |

zevenkamp (* = nieuwe speer)

| | | | | | |
|------|--------|-------------|-------------------|-------------|----------|
| 5943 | Marjon | Wijnsma | 18-07-65 Lionitas | Los Angeles | 04-08-84 |
| 5914 | Saskia | Meyer | 08-02-79 AV '34-A | Goetzis | 31-05-98 |
| 5713 | * | Judith | Vis | Huddinge | 04-07-99 |
| 5700 | * | Gerja | Everts | Emmeloord | 23-05-99 |
| 5653 | * | Tine | Veenstra | Kingston | 20-07-02 |
| 5604 | | Deborah den | Boer | Lissabon | 23-07-94 |
| 5584 | * | Yvonne | Wisse | Vught | 26-08-01 |
| 5554 | * | Bregje | Crolla | Kaunas | 24-07-05 |
| 5534 | * | Amanda | Spiljard | Bydgoszcz | 12-07-08 |
| 5507 | * | Dafne | Schippers | Novi Sad | 26-07-09 |

zevenkamp vanaf 1999

| | | | | | |
|------|---------|-----------|-------------------------|-----------|----------|
| 5713 | Judith | Vis | 21-06-80 R'dam Atletiek | Huddinge | 04-07-99 |
| 5700 | Gerja | Everts | 04-10-81 AAC '61 | Emmeloord | 23-05-99 |
| 5653 | Tine | Veenstra | 20-03-83 SAV | Kingston | 20-07-02 |
| 5584 | Yvonne | Wisse | 06-06-82 Dynamica | Vught | 26-08-01 |
| 5554 | Bregje | Crolla | 31-01-86 Unitas | Kaunas | 24-07-05 |
| 5534 | Amanda | Spiljard | 18-09-89 Attila | Bydgoszcz | 12-07-08 |
| 5507 | Dafne | Schippers | 15-06-92 Hellas | Novi Sad | 26-07-09 |
| 5456 | Nadine | Broersen | 29-04-90 Sprint | Novi Sad | 26-07-09 |
| 5408 | Laurien | Hoos | 18-08-83 Hera | Emmeloord | 26-05-02 |
| 5375 | Frenke | Bolt | 08-06-80 Hanzesport | Boise | 05-06-99 |

4 x 100 meter

| | | | | | |
|-------|-------------------------|--|--|---------------|----------|
| 45,39 | Nationale Ploeg | | | Hengelo | 13-08-89 |
| 45,25 | PHANOS-Amsterdam | | | Lisse | 08-06-08 |
| 46,87 | DEM-Beverwijk | | | Emmeloord | 16-09-95 |
| 47,28 | HOLLAND-Haarlem | | | Apeldoorn | 02-07-94 |
| 47,44 | DE SPARTAAN-Lisse | | | Amstelveen | 18-09-04 |
| 47,93 | PAC-Rotterdam B-meisjes | | | Amstelveen | 18-09-05 |
| 47,95 | AV'34-Apeldoorn | | | Hoorn | 22-09-91 |
| 47,97 | UNITAS-Sittard | | | Heerhugowaard | 10-09-06 |
| 47,99 | AVR-Rotterdam | | | Rotterdam | 19-09-87 |
| 48,38 | HAC-Helmond | | | Lisse | 02-07-88 |
| 48,52 | SAV-Grootebroek | | | Amstelveen | 26-09-09 |

Wegatletiek Mannen

(* = prestatie op officieel gemeten parcours)

10 km

| | | | | | |
|-------|----------|------------|--------------|-------------|----------|
| 27.51 | Greg van | Hest | 03-06-73 AVS | Waddinxveen | 21-10-95 |
| 28.09 | * | Luc | Krotwaar | Brunssum | 07-04-02 |
| 28.13 | | Marti ten | Kate | Goor | 21-08-93 |
| 28.13 | + | Kamiel | Maase | Chiba | 23-11-95 |
| 28.21 | | Marco | Gielen | Brunssum | 10-04-94 |
| 28.20 | | Tonnie | Dirks | Den Haag | 04-06-89 |
| 28.24 | | Jeroen van | Damme | Gouda | 12-09-03 |
| 28.33 | | Cor | Lambregts | Den Haag | 05-06-88 |
| 28.40 | | Gerard | Kappert | Goor | 21-08-93 |
| 28.40 | * | John | Vermeule | Brunssum | 02-04-95 |

15 km

| | | | | | | |
|-------|---|------------|------------|--------------------------|-------------|----------|
| 43.38 | | Rob de | Brouwer | 23-11-62 Achilles | Brugge | 12-05-91 |
| 43.38 | * | Marco | Gielen | 30-05-70 Scopias | Nijmegen | 24-05-99 |
| 43.41 | * | Kamiel | Maase | 20-10-71 Leiden Atletiek | Nijmegen | 17-11-02 |
| 43.43 | * | Greg van | Hest | 03-06-73 TRR | Nijmegen | 16-11-97 |
| 43.48 | * | Luc | Krotwaar | 25-01-68 Prins Hendrik | Nijmegen | 11-11-01 |
| 43.54 | * | Tonnie | Dirks | 12-02-61 De Keien | Nijmegen | 21-11-93 |
| 43.56 | * | Jeroen van | Damme | 29-09-72 Achilles-EL | Nijmegen | 11-11-01 |
| 44.03 | * | Bert van | Vlaanderen | 25-11-64 Hellas | Nijmegen | 21-11-93 |
| 44.08 | * | Dennis | Licht | 30-05-84 AV'34 Apeldoorn | Nijmegen | 16-11-08 |
| 44.13 | | Gerard | Kappert | 10-12-61 Daventria | Papendrecht | 11-05-96 |

10 mijl

| | | | | | | |
|-------|---|-----------|------------|------------------------------|---------|----------|
| 45.48 | | Gerard | Tebroke | 09-11-49 Ciko '66 | Zaandam | 07-10-78 |
| 46.05 | | Marti ten | Kate | 16-12-58 Fortis | Zaandam | 29-09-91 |
| 46.29 | | Cor | Lambregts | 04-08-58 Unitas | Zaandam | 10-10-87 |
| 46.30 | | Tonnie | Dirks | 12-02-61 De Keien | Zaandam | 08-10-89 |
| 46.44 | * | Kamiel | Maase | M35 20-10-71 Leiden Atletiek | Tilburg | 02-09-07 |
| 46.46 | * | Greg van | Hest | 03-06-73 TRR | Tilburg | 06-06-99 |
| 47.10 | | John | Vermeule | 04-12-61 Dynamo '70 | Zaandam | 09-10-88 |
| 47.12 | * | Martin | Lauret | M35 27-10-71 Loopgroep PK | Zaandam | 21-09-08 |
| 47.13 | * | Bert van | Vlaanderen | 25-11-64 Hellas | Tilburg | 29-05-94 |
| 47.19 | | Rob de | Brouwer | 23-11-62 AVR '69 | Zaandam | 10-10-87 |
| 47.19 | * | Luc | Krotwaar | 25-01-68 Hellas | Heerlen | 30-08-98 |

20 km

| | | | | | | |
|-------|---|-----------|------------|--------------------------|-----------------|----------|
| 57.29 | | Marti ten | Kate | 16-12-58 Fortis | Alphen a/d Rijn | 11-03-89 |
| 57.40 | | Cor | Lambregts | 04-08-58 Unitas | Alphen a/d Rijn | 12-03-83 |
| 58.04 | * | Greg van | Hest | 03-06-73 TRR | Alphen a/d Rijn | 13-03-99 |
| 58.14 | | John | Vermeule | 04-12-61 Dynamo '70 | Alphen a/d Rijn | 11-03-89 |
| 58.44 | | Tonnie | Dirks | 12-02-61 De Keien | Alphen a/d Rijn | 14-03-87 |
| 58.52 | * | Marco | Gielen | 30-05-70 Scopias | Alphen a/d Rijn | 11-03-95 |
| 59.11 | | Peter | Rusman | 29-08-53 Unitas | Alphen a/d Rijn | 12-03-83 |
| 59.12 | * | Kamiel | Maase | 20-10-71 Leiden Atletiek | Alphen a/d Rijn | 12-03-06 |
| 59.20 | * | Bert van | Vlaanderen | 25-11-64 Hellas | Alphen a/d Rijn | 11-03-95 |
| 59.24 | | Adri | Hartveld | 07-10-59 AAV '36 | Alphen a/d Rijn | 08-03-86 |

halve marathon

| | | | | | | |
|---------|---|------------|-----------|------------------------------|--------------|----------|
| 1.00.40 | | Cor | Lambregts | 04-08-58 Unitas | Den Haag | 19-03-83 |
| 1.01.10 | * | Greg van | Hest | 03-06-73 TRR | Den Haag | 27-03-99 |
| 1.01.32 | | Tonnie | Dirks | 12-01-61 De Keien | Grevenmacher | 23-09-90 |
| 1.01.33 | | Marti ten | Kate | 16-12-58 Fortis | Grevenmacher | 22-09-91 |
| 1.01.52 | * | Luc | Krotwaar | 25-01-68 Hellas | Breda | 04-10-98 |
| 1.01.53 | | Michel de | Maat | 10-09-61 Fortuna | Avignon | 18-09-90 |
| 1.01.54 | * | John | Vermeule | 04-12-61 Dynamo '70 | Den Haag | 03-04-93 |
| 1.01.55 | * | Marco | Gielen | 30-05-70 Scopias | Den Haag | 23-03-97 |
| 1.02.03 | * | Kamiel | Maase | M35 20-10-71 Leiden Atletiek | Schoorl | 11-02-07 |
| 1.02.22 | * | Jeroen van | Damme | 29-09-72 Loopteam ES | Schoorl | 15-02-04 |

marathon

| | | | | | | |
|---------|---|--------|---------|--------------------------|-----------|----------|
| 2.08.21 | * | Kamiel | Maase | 20-10-71 Leiden Atletiek | Amsterdam | 21-10-07 |
| 2.09.01 | * | Gerard | Nijboer | 18-08-55 Daventria | Amsterdam | 26-04-80 |

| | | | | | |
|-----------|-------------|------------|------------------------|-----------|----------|
| 2.10.04 * | Marti ten | Kate | 16-12-58 Fortis | Rotterdam | 16-04-89 |
| 2.10.05 * | Greg van | Hest | 03-06-73 TRR | Rotterdam | 18-04-99 |
| 2.10.13 * | Luc | Krotwaar | 25-01-68 Prins Hendrik | Fukuoka | 06-12-03 |
| 2.10.27 * | Bert van | Vlaanderen | 25-11-64 Hellas | Rotterdam | 19-04-98 |
| 2.11.02 * | Cor | Lambregts | 04-08-58 Unitas | Rotterdam | 20-04-85 |
| 2.11.41 | Cor | Vriend | 08-11-49 PSV | Maassluis | 07-04-84 |
| 2.12.08 * | Hugo van de | Broek | 18-09-76 Castricum | Amsterdam | 17-10-04 |
| 2.12.22 * | John | Vermeule | 04-12-61 Dynamo '70 | Maassluis | 08-04-89 |

ekiden

| | | | | | |
|---------|------------------------|--|--|-----------|----------|
| 2.03.12 | Nationale Ploeg | | | Chiba | 23-11-94 |
| 2.06.30 | A.V.S.-Vught | | | Vught | 20-03-94 |
| 2.07.34 | HELLAS-Utrecht | | | Helmond | 14-05-95 |
| 2.08.13 | A.V.'34-Apeldoorn | | | Vught | 20-03-94 |
| 2.08.25 | PRINS HENDRIK-Vught | | | Zwolle | 06-04-97 |
| 2.09.03 | LEIDEN ATLETIEK-Leiden | | | Vught | 21-03-99 |
| 2.09.45 | ACHILLES-Etten Leur | | | Naaldwijk | 03-10-98 |
| 2.10.16 | A.A.C.-Amsterdam | | | Vught | 20-03-94 |
| 2.10.27 | TYPHOON-Gorinchem | | | Vught | 17-03-96 |
| 2.10.36 | ALTIS-Amersfoort | | | Vught | 20-03-94 |
| 2.11.09 | DE BATAVEN-Leiden | | | Utrecht | 12-04-93 |

100 km (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|-----------|------------|-------------|-----------------------|------------|----------|
| 6.38.12 * | Bruno | Joppen | 09-04-52 GVAV | Rodenbach | 23-04-88 |
| 6.43.38 | Henk | Bronswijk | Olympus '70 | Torhout | 06-84 |
| 6.45.48 | Henk van | Kasteren | Fortuna | Winschoten | 25-09-76 |
| 6.53.29 | Joop | Keizer | AV Edam | Winschoten | 13-09-80 |
| 6.53.39 * | Gerrit van | Rotterdam | 03-07-55 AV Gouda | Winschoten | 14-09-96 |
| 6.53.49 | Wim | Akkermans | 20-07-57 Mergelland | Winschoten | 10-09-88 |
| 6.57.02 * | Edward de | Ruiter | Jupiter | Rodenbach | 19-10-96 |
| 6.58.49 | Jan | Knippenberg | 19-04-48 AV Castricum | Winschoten | 25-09-76 |
| 6.59.20 * | Wim van | Dijke | 10-02-49 Olympia-H | Winschoten | 07-09-91 |
| 7.07.58 * | Wim | Epskamp | 08-01-54 Haarl'meer | Winschoten | 14-09-96 |

6 uur (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|----------|------------|-----------|-------------------------|------------|----------|
| 87.212 * | Wim | Epskamp | 08-01-54 Haarl'meer | Stein | 03-03-96 |
| 86.361 | Edward de | Ruiter | 07-05-66 Vet.Ned. | Gistel | 05-01-96 |
| 86.181 * | Wim | Akkermans | 20-07-57 Prins Hendrik | Geldrop | 16-10-94 |
| 83.569 * | Edwin v.d. | Loop | 01-01-68 AV Oss '78 | Stein | 07-03-99 |
| 83.300 | Ron | Teunisse | 12-06-52 Suomi | Amersfoort | 03-10-93 |
| 82.599 * | Wim van | Dijke | 10-02-49 Olympia | Stein | 07-03-99 |
| 81.580 * | Wim-Bart | Knol | 12-12-63 Artemis | Amersfoort | 04-10-98 |
| 80.358 | Peter de | Jongh | Sprint | Breda | 25-04-99 |
| 80.083 * | Olivier | Jacques | 06-10-67 NEA Volharding | Stein | 01-03-09 |
| 80.067 * | Robert | Boersma | 23-07-68 NEA Volharding | Stein | 01-03-09 |

12 uur (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|-----------|-----------|-----------|---------------------|------------|----------|
| 147.910 * | Ron | Teunisse | 12-06-52 Suomi | Amersfoort | 01-10-95 |
| 147.626 | Edward de | Ruiter | 07-05-66 Jupiter | Den Haag | 19-06-99 |
| 147.261 * | Wim-Bart | Knol | 12-12-63 Artemis | Cranendonk | 11-07-98 |
| 146.015 | Wim | Epskamp | 08-01-54 Haarl'meer | Den Haag | 21-06-97 |
| 135.385 | Henk | Noor | 07-02-52 Aquilo | Den Haag | 23-06-90 |
| 133.005 | Cees | Verhagen | 21-04-60 ROVS | Den Haag | 19-06-93 |
| 132.770 | Emiel van | Berkum | 20-02-55 Asterix | Den Haag | 27-06-92 |
| 131.241 * | Simon | Pols | 14-09-52 Startbaan | Geldrop | 19-07-97 |
| 131.151 | Gerrit | Immel | 15-07-53 ATC '75 | Den Haag | 15-06-91 |
| 131.098 * | Henk | Heemskerk | 17-09-53 Suomi | Amersfoort | 01-10-95 |

24 uur (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|-----------|--------------|----------|-----------------------|-------------|----------|
| 261.475 * | Ron | Teunisse | 12-06-52 Suomi | Apeldoorn | 25-05-90 |
| 251.572 * | Wim | Epskamp | 08-01-54 Haarl'meer | Uden | 11-10-03 |
| 225.636 * | Wim-Bart | Knol | 12-12-63 Jupiter | Apeldoorn | 27-05-95 |
| 224.720 * | Anton | Smeets | 04-05-56 Achilles Top | Apeldoorn | 10-05-91 |
| 224.534 | Math | Roberts | M40 04-11-62 Unitas | Stein | 02-04-06 |
| 222.144 * | Roel | Keizer | 28-02-51 Veluwe | Apeldoorn | 23-05-98 |
| 221.650 | sn Jan de | Jonge | 17-12-46 LAT | Rouen (FRA) | 29-04-79 |
| 219.526 | Edwin van de | Loop | 01-01-68 Oss'78 | Uden | 11-10-03 |
| 219.204 * | Henk | Noor | 07-02-52 ATC '75 | Apeldoorn | 25-05-90 |

218.598 * Peter Rietveld 22-09-58 HERA Steenberg 09-05-09

Wegatletiek Vrouwen

10 km

| | | | | | | |
|-------|---|-----------|------------------|------------------------|-----------|----------|
| 30.41 | * | Lornah | Kiplagat | 01-05-74 Hylas | San Juan | 29-02-04 |
| 31.01 | * | Hilda | Kibet | 17-03-81 Castricum | Schoorl | 10-02-08 |
| 31.53 | | Carla | Beurskens | 15-02-52 Festina | Hannover | 15-09-85 |
| 32.07 | * | Wilma van | Onna | 13-06-65 Haag Atletiek | Mobile | 28-03-93 |
| 32.17 | * | Irma | Heeren | 16-04-67 Dynamica | Noordwijk | 13-07-97 |
| 32.26 | | Joke | Kleyweg | 29-01-62 Sparta | Utrecht | 28-08-88 |
| 32.35 | | Marjan | Freriks | 13-12-61 AVS | Brunssum | 10-04-94 |
| 32.37 | | Christine | Toonstra | 22-06-66 ADA | Huizen | 08-12-91 |
| 32.45 | | Elly van | Hulst | 09-06-59 PAC | Schiphol | 01-05-88 |
| 32.54 | * | Nadezhda | Wijenberg-Ilyina | 02-04-64 TRR | Tilburg | 06-06-99 |

15 km

| | | | | | | |
|-------|---|-----------|------------------|------------------------|-----------------|----------|
| 48.36 | * | Carla | Beurskens | 15-02-52 Festina | Lissabon | 09-11-86 |
| 48.49 | * | Lornah | Kiplagat | 01-05-74 Hylas | 's Heerenberg | 07-12-08 |
| 49.11 | * | Wilma van | Onna | 13-06-65 Haag Atletiek | Tampa | 15-02-92 |
| 49.20 | * | Irma | Heeren | 16-04-67 Dynamica | Nijmegen | 11-11-01 |
| 50.06 | | Joke | Kleyweg | 13-07-62 Sparta | Rhoon | 22-12-90 |
| 50.24 | | Gabrielle | Vijverberg | 22-05-68 Caesar | Wolphaartsdijk | 10-08-96 |
| 50.56 | * | Christine | Toonstra | 22-06-66 ADA | Alphen a/d Rijn | 08-03-92 |
| 51.11 | * | Carlien | Harms | 13-02-68 Sparta | Alphen a/d Rijn | 15-11-92 |
| 51.13 | | Elly van | Hulst | 09-06-59 PAC | Alphen a/d Rijn | 08-03-86 |
| 51.14 | * | Joke van | Gerven-v.d.Stelt | 18-05-49 De Spartaan | Lissabon | 09-11-86 |
| 51.14 | * | Ilse | Pol | 27-06-82 Running 2000 | Nijmegen | 15-11-09 |

10 mijl

| | | | | | | |
|-------|---|-----------|------------------|------------------------|-----------|----------|
| 50.50 | * | Lornah | Kiplagat | 01-05-74 Hylas | Zaandam | 17-09-06 |
| 51.21 | * | Hilda | Kibet | 17-03-81 Castricum | Zaandam | 20-09-09 |
| 52.10 | | Carla | Beurskens | 15-02-52 Festina | Amsterdam | 10-10-87 |
| 53.34 | | Irma | Heeren | 16-04-67 AAC | Beverwijk | 08-11-98 |
| 53.37 | * | Wilma van | Onna | 13-06-65 Haag Atletiek | Flint | 22-08-92 |
| 54.21 | * | Nadzehda | Wijenberg-Ilyina | 02-04-64 TRR | Zaandam | 23-09-01 |
| 54.28 | * | Christine | Toonstra | 22-06-66 ADA | Den Haag | 20-12-92 |
| 54.30 | * | Carlien | Harms | 13-02-68 SATC | Den Haag | 20-12-92 |
| 54.48 | * | Gabrielle | Vijverberg | 22-05-68 Caesar | Heerlen | 04-05-97 |
| 54.53 | | Anne van | Schuppen | 11-10-60 Haag Atletiek | Uithoorn | 02-02-97 |

20 km

| | | | | | | |
|---------|-------|-----------|------------------|------------------------|-----------------|----------|
| 1.02.57 | *, tt | Lornah | Kiplagat | 01-05-74 Hylas | Udine (ITA) | 14-10-07 |
| 1.07.12 | * | Irma | Heeren | 16-04-67 AAC | Alphen a/d Rijn | 13-03-99 |
| 1.07.37 | * | Nadezhda | Wijenberg-Ilyina | 02-04-64 TRR | Alphen a/d Rijn | 11-03-01 |
| 1.07.43 | * | Carla | Beurskens | 15-02-52 Festina | Paris | 22-10-89 |
| 1.07.58 | | Joke | Kleyweg | 29-01-62 Sparta | Leiden | 30-03-91 |
| 1.09.18 | * | Vivian | Ruyters | 31-08-71 Prins Hendrik | Alphen a/d Rijn | 11-03-01 |
| 1.09.27 | * | Wilma van | Onna | 13-06-65 PAC | Alphen a/d Rijn | 13-03-99 |
| 1.10.04 | * | Anne van | Schuppen | 11-10-60 Cialfo | Alphen a/d Rijn | 09-03-03 |
| 1.10.07 | | Marja | Wokke | 21-03-57 ADA | Hilversum | 12-04-81 |
| 1.10.48 | * | Kristijna | Loonen | 26-07-70 Phanos | Alphen a/d Rijn | 06-03-05 |

halve marathon

| | | | | | | |
|---------|---|-----------|------------------|------------------------|-----------------|----------|
| 1.06.25 | * | Lornah | Kiplagat | 01-05-74 Hylas | Udine (ITA) | 14-10-07 |
| 1.08.56 | | Carla | Beurskens | 15-02-52 Festina | Grevenmacher | 21-09-86 |
| 1.10.03 | | Irma | Heeren | 16-04-67 AAC | Egmond | 10-01-99 |
| 1.10.30 | * | Nadezhda | Wijenberg-Ilyina | 02-04-64 TRR | Den Haag | 24-03-01 |
| 1.10.37 | * | Selma | Borst | 06-09-83 HERA | Debrecen (HUN) | 09-10-06 |
| 1.10.59 | * | Wilma van | Onna | 13-06-65 Haag Atletiek | Philadelphia | 20-09-92 |
| 1.11.06 | | Joke | Kleyweg | 13-07-62 Sparta | Den Haag | 24-03-91 |
| 1.11.34 | | Gabrielle | Vijverberg | 22-05-68 Caesar | Grevenmacher | 29-09-96 |
| 1.11.37 | * | Hilda | Kibet | 17-03-81 Castricum | Abu Dhabi (UAE) | 28-02-08 |
| 1.12.23 | * | Marjan | Freriks | 13-12-61 PEC 1910 | Newcastle | 20-09-92 |

marathon

| | | | | | | |
|---------|---|--------|-----------|------------------|----------|----------|
| 2.23.43 | * | Lornah | Kiplagat | 01-05-74 Hylas | New York | 02-11-03 |
| 2.26.34 | * | Carla | Beurskens | 15-02-52 Festina | Tokyo | 15-11-87 |

| | | | | | |
|-----------|-----------|------------------|--------------------------|-----------|----------|
| 2.28.45 * | Nadezhda | Wijenberg-Ilyina | 02-04-64 TRR | Eindhoven | 10-10-99 |
| 2.30.33 * | Hida | Kibet | 17-03-81 Castricum | Amsterdam | 18-10-09 |
| 2.31.26 * | Anne van | Schuppen | 11-10-60 HRR | Rotterdam | 28-04-96 |
| 2.32.28 * | Marja | Wokke | 21-03-57 Trias | Eugene | 07-09-80 |
| 2.33.28 * | Kristijna | Loonen | 26-07-70 Phanos | Rotterdam | 10-04-05 |
| 2.34.18 * | Joke | Kleyweg | 13-07-62 Sparta | Rotterdam | 21-04-91 |
| 2.34.12 * | Wilma van | Onna | 13-06-65 PAC | Eindhoven | 10-10-99 |
| 2.35.10 * | Marian | Freriks | 13-12-61 AV'34 Apeldoorn | Rotterdam | 17-04-94 |

ekiden

| | | | | | |
|---------|------------------------|--|--|------------|----------|
| 2.22.36 | Nationale Ploeg | | | Yokohama | 25-02-90 |
| 2.29.32 | DE BATAVEN-Leiden | | | Utrecht | 12-04-93 |
| 2.34.53 | HELLAS-Utrecht | | | Helmond | 14-05-95 |
| 2.35.20 | HAAG ATLETIEK-Den Haag | | | Vught | 20-03-94 |
| 2.35.56 | LAAC-Oldenzaal | | | Vught | 20-03-94 |
| 2.38.00 | PRINS HENDRIK-Vught | | | Vught | 14-03-04 |
| 2.39,26 | PHANOS-Amsterdam | | | Amstelveen | 01-07-01 |
| 2.40.14 | LEIDEN ATLETIEK-Leiden | | | Naaldwijk | 03-10-98 |
| 2.44.51 | CIKO'66-Arnhem | | | Vught | 21-03-99 |
| 2.44.59 | GAC-Gemert | | | Vught | 20-03-94 |
| 2.45.30 | Olympus'70-Naaldwijk | | | Naaldwijk | 03-10-98 |

100 km (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|-----------|-----------|---------------|------------------------|------------|----------|
| 8.51.47 * | Mareike | Bestenbreur | 19-11-48 Vet.Ned. | Lincoln | 23-06-85 |
| 8.57.43 | Ida | Verduin-Boone | V45 07-02-58 TAS'82 | Winschoten | 16-09-06 |
| 9.05.57 * | Ria | Buiten | 05-11-54 Vet.Ned. | Winschoten | 12-09-98 |
| 9.07.07 | Tine | Bronswijk | 12-02-47 Olympus '70 | Winschoten | 12-09-81 |
| 9.09.18 * | Letteke | Broekman | 24-04-49 Antilope | Rodenbach | 25-04-92 |
| 9.22.23 * | Joke | Keuning | V40 09-05-60 Sparta | Winschoten | 11-09-04 |
| 9.44.38 * | Jannet | Lange | 12-07-64 Vet.Ned. | Winschoten | 12-09-09 |
| 9.56.25 | Jenny de | Groot | V40 27-11-62 Friesland | Deventer | 12-11-06 |
| 9.58.22 | Corrie | Bouwmeester | 09-01-44 Waterweg | Winschoten | 12-09-87 |
| 10.04.49* | Karin van | Eck | V45 30-01-60 Daventria | Winschoten | 10-09-05 |

6 uur (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|----------|-----------|---------------|-------------------------------|------------|----------|
| 70.998 * | Joke | Keuning | V40 09-05-60 Sparta | Stein | 07-03-04 |
| 70.145 * | Ria | Buiten | 05-11-54 Vet.Ned. | Amersfoort | 05-10-97 |
| 70.016 | Majet | Spoelder | V35 27-07-71 Triathlon | Amersfoort | 01-10-06 |
| 67.052 | Ida | Verduin-Boone | 07-02-58 TAS '82 | Cruquius | 07-06-09 |
| 67.050 | Lydia | Doornbos | 17-07-78 Lg Bedum | Den Haag | 21-06-03 |
| 66.650 | Lies | Heijnen | V45 14-02-56 Veteranen N'land | Stein | 09-03-03 |
| 66.503 * | Petra | Knops | V40 12-06-59 | Stein | 07-03-04 |
| 66.460 | Karin van | Eck | V45 30-01-60 Daventria | Apeldoorn | 27-05-06 |
| 66.249 | Mariëtte | Spoelder | 27-07-71 Triathlon | Epe | 27-12-09 |
| 66.072 | Gerry | Visser | V40 27-10-63 LAAC Twente | Stein | 02-04-06 |

12 uur (boven 100km) (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|---------|------------|----------------|-------------------|-------------|----------|
| 121.300 | Ria | Buiten | 05-11-54 Vet.Ned. | Den Haag | 21-06-97 |
| 108.228 | Corrie | Bouwmeester | 09-01-44 Waterweg | Den Haag | 15-06-96 |
| 100.350 | sn Marleen | Radder-Willems | 22-02-51 RWV | Torcy (FRA) | 27-02-00 |

24 uur (uitslagen 2007/8 nog niet toegevoegd)

| | | | | | |
|-----------|------------|----------------|-----------------------------|--------------|----------|
| 212.500 | Annie v.d. | Meer-Timmerman | 24-02-47 RWV | Rouen (FRA) | 11-05-86 |
| 208.606 | Mareike | Bestenbreur | 19-11-48 Vet.Ned. | Apeldoorn | 08-05-86 |
| 203.625 | Janneke | Cazemier | V40 09-11-63 Artemis | Taipei | 25-02-06 |
| 200.000 | Aaf de | Rijk | 20-10-53 LAT | Mons | 11-04-82 |
| 195.990 | Marleen | Radder-Willems | 22-02-51 RWV | Roubaix | 13-09-98 |
| 185.535 | Jenny de | Groot | V40 27-11-62 Friesland | Apeldoorn | 27-05-06 |
| 184.512 | Ria | Buiten | V50 05-11-54 Vet. Nederland | Stein | 02-04-06 |
| 173.451 * | Wilma | Dierx | 15-01-66 Loopgroep AS | Steenbergen | 09-05-09 |
| 171.601 | Ineke | Scheffer | V45 22-05-58 SV Friesland | Apeldoorn | 06-05-05 |
| 168.974 | Christina | Elsenga | 05-08-64 RWV | London (GBR) | 15-08-99 |

Snelwandelen Mannen

10.000 meter (*=baan)

| | | | | | |
|-----------|-------------|------------|---------------------|------------|----------|
| 41.35,7 * | Harold van | Beek | 14-04-62 RWV | Zaandam | 02-06-95 |
| 42.31,8 * | Jan | Cortenbach | 11-02-59 OLAT | Weert | 21-09-88 |
| 44.27 | Henk | Plasman | 15-05-57 OLAT | Rotterdam | 02-02-97 |
| 44.38 | Frank van | Ravensberg | 13-09-60 AV Haarlem | Kopenhagen | 12-05-84 |
| 44.40,9 * | Ton van | Andel | 02-09-58 RWV | Weert | 19-08-87 |
| 44.52 | Jacques van | Bremen | 22-08-84 RWV | Rotterdam | 01-02-09 |
| 44.56 | Pedro | Huntjes | 10-09-67 Unitas | Rotterdam | 05-03-95 |
| 45.21 | Floor van | Lamoen | 15-07-66 AV '56 | Rotterdam | 01-02-98 |
| 45.43,7 * | Hans v.d. | Knaap | 09-12-59 RWV | Weert | 19-04-89 |
| 45.48 * | Marcel van | Gemert | 04-04-67 Argo '77 | Tilburg | 05-04-98 |

20.000 meter (*=baan)

| | | | | | |
|------------|-------------|-------------------|---------------------|------------------|----------|
| 1.27.48,1* | Harold van | Beek | 14-04-62 RWV | Bergen op Zoom | 15-07-95 |
| 1.28.31 | Jan | Cortenbach | 11-02-59 OLAT | Consdorf | 24-08-86 |
| 1.29.37,5* | Frank van | Ravensberg | 13-09-60 AV Haarlem | Sittard | 24-06-84 |
| 1.31.24,2* | Marcel van | Gemert | 04-04-67 Argo '77 | Tilburg | 05-04-98 |
| 1.31.25,9* | Henk | Plasman | 15-05-57 OLAT | Tilburg | 06-04-97 |
| 1.31.41 | Ton van | Andel | 02-09-58 RWV | Goirle | 10-04-88 |
| 1.33.58 | Hans v.d. | Knaap | 09-12-59 RWV | Hospitalet | 27-05-89 |
| 1.34.40 | Jacques van | Bremen | 22-08-84 RWV | Cheboksary (RUS) | 10-05-08 |
| 1.35.21 | Jacques van | Bremen | 22-08-84 RWV | Ibiza | 29-03-09 |
| 1.35.50 | Dirk | Maassen-v.d.Brink | 09-06-48 Holland-L | Bekescsaba | 02-04-83 |

30.000 meter (*=baan)

| | | | | | |
|------------|------------|------------|-------------------|--------------|----------|
| 2.17.57 | Harold van | Beek | 14-04-62 RWV | Aarhus | 17-06-95 |
| 2.19.00 | Jan | Cortenbach | 11-02-59 OLAT | Goirle | 05-06-88 |
| 2.20.15 | Ton van | Andel | 02-09-58 RWV | Goirle | 05-06-88 |
| 2.24.19 | Henk | Plasman | 15-05-57 OLAT | St.Oedenrode | 09-03-97 |
| 2.25.39 | Pedro | Huntjes | 10-09-67 Unitas | Barendrecht | 29-06-96 |
| 2.27.12 | Marcel van | Gemert | 04-04-67 Argo '77 | St.Oedenrode | 08-03-98 |
| 2.27.40 | Hans v.d. | Knaap | 09-12-59 RWV | Wielsbeke | 26-05-90 |
| 2.29.08 | Kees | Lambregts | 21-10-59 OLAT | St.Oedenrode | 09-03-97 |
| 2.30.18 | Theo | Koenis | 12-10-51 LAT | Milaan | 01-05-91 |
| 2.32.06,4* | Tjabel | Ras | 02-10-35 PAC | Rotterdam | 04-08-76 |

50.000 meter (*=baan)

| | | | | | |
|-----------|------------|------------|--------------------|----------------|----------|
| 3.58.21 | Harold van | Beek | 14-04-62 RWV | Bekescsaba | 05-04-92 |
| 3.58.23 | Jan | Cortenbach | 11-02-59 OLAT | Goirle | 05-06-88 |
| 4.03.53 | Ton van | Andel | 02-09-58 RWV | Goirle | 05-06-88 |
| 4.11.37 | Henk | Plasman | 15-05-57 OLAT | Podebrady | 20-04-97 |
| 4.16.40 | Marcel van | Gemert | 04-04-67 Argo '77 | Mézidon | 02-05-99 |
| 4.17.23 | Pedro | Huntjes | 10-09-57 Unitas | Barendrecht | 06-10-96 |
| 4.26.56 | Hans v.d. | Knaap | 09-12-59 RWV | Sint-Oedenrode | 10-03-91 |
| 4.28.30 * | Theo | Koenis | 12-10-51 LAT | Leiden | 29-09-90 |
| 4.31.02 | Jan | Cornelis | 31-05-56 Tartlétos | Schoonhoven | 12-10-86 |
| 4.32.52 | Jan de | Jonge | 17-12-46 LAT | Salzgitter | 13-10-74 |

1 uur baan

| | | | | | |
|--------|------------|-------------------|---------------------|------------------|----------|
| 14.125 | Harold van | Beek | 14-04-62 RWV | Zaandam | 02-06-95 |
| 13.764 | Jan | Cortenbach | 11-02-59 OLAT | Esch sur Alzette | 13-09-88 |
| 13.388 | Frank van | Ravensberg | 13-09-60 AV Haarlem | Rotterdam | 25-03-84 |
| 13.306 | Henk | Plasman | 15-05-57 OLAT | Rotterdam | 16-03-97 |
| 13.204 | Ton van | Andel | 02-09-58 RWV | Rotterdam | 22-03-87 |
| 13.081 | Pedro | Huntjes | 10-09-57 Unitas | Rotterdam | 19-03-95 |
| 12.999 | Jan | Cornelis | 31-05-56 Pallas | Zaandam | 04-06-93 |
| 12.997 | Hans v.d. | Knaap | 09-12-59 RWV | Rotterdam | 17-03-91 |
| 12.854 | Tjabel | Ras | 02-10-35 PAC | Rotterdam | 17-10-76 |
| 12.831 | Dirk | Maassen-v.d.Brink | 09-06-48 Holland-L | Rotterdam | 24-04-85 |

2 uur baan

| | | | | | |
|--------|------------|------------|------------------------|-------------|----------|
| 26.454 | Harold van | Beek | 14-04-62 RWV | Spijkenisse | 31-07-93 |
| 25.484 | Jan | Cortenbach | 11-02-59 OLAT | Rotterdam | 30-07-88 |
| 24.852 | Henk | Plasman | 15-05-57 Gen.Michaelis | Rotterdam | 01-08-98 |
| 24.688 | Pedro | Huntjes | 10-09-67 Unitas | Spijkenisse | 21-08-99 |

| | | | | | |
|--------|------------|-------------------|--------------------|-------------|----------|
| 24.600 | Ton van | Andel | 02-09-58 RWV | Rotterdam | 30-07-88 |
| 24.286 | Theo | Koenis | 12-10-51 LAT | Barendrecht | 23-06-90 |
| 24.243 | Tjabel | Ras | 02-10-35 PAC | Rotterdam | 04-08-76 |
| 24.076 | Hans v.d. | Knaap | 09-12-59 RWV | Rotterdam | 07-06-86 |
| 23.629 | Dirk | Maassen-v.d.Brink | 09-06-48 Holland-L | Barendrecht | 30-06-84 |
| 23.621 | Marcel van | Gemert | 04-04-67 Argo '77 | Rotterdam | 14-06-98 |

Snelwandelen Vrouwen

3000 meter (*=baan)

| | | | | | |
|------------|--------------|----------------|--------------------|-------------|----------|
| 14.13,9 * | Marica | Onos-Zethof | 02-07-56 AVA '64 | Schoonhoven | 24-04-83 |
| 15.40,8 * | Christien | Vijver-Heijen | 08-02-48 Spartacus | Zaandam | 03-06-83 |
| 16.05,6 * | Christa | Zethof | 23-05-63 AVA '64 | Zaandam | 03-07-87 |
| 16.34 | Jelly v.d. | Velde | 26-02-69 Spartacus | Hildesheim | 03-09-86 |
| 16.42,24 * | Marleen | Radder-Willems | 22-02-51 RWV | Ninove | 24-06-00 |
| 16.45,0 * | Brigitte | Genders | 21-12-82 Unitas | Zaandam | 29-01-95 |
| 17.05,7 * | Zsoka | Lahaye | 20-09-63 Unitas | Hasselt | 21-08-87 |
| 17.10,9 * | Mirjam | Aukema | 30-11-70 Spartacus | Rotterdam | 20-03-83 |
| 17.21,2 * | Karin van | Vliet | 01-02-67 RWV | Rotterdam | 20-03-83 |
| 17.22,4 * | Liesbeth van | Leeuwen | 10-07-88 AV NOP | Gouda | 21-05-09 |

5000 meter (*=baan)

| | | | | | |
|------------|--------------|----------------|--------------------|----------------|----------|
| 23.48 | Marica | Onos-Zethof | 02-07-56 AVA '64 | Franeke | 14-05-83 |
| 26.19 | Christien | Vijver-Heijen | 08-02-48 Spartacus | Rotterdam | 28-11-82 |
| 26.23 | Christa | Keessen-Zethof | 23-05-63 AVA '64 | St.Oedenrode | 12-03-88 |
| 28.26,3 * | Jelly v.d. | Velde | 26-02-69 Spartacus | Rotterdam | 07-06-86 |
| 28.27,1 * | Marleen | Radder-Willems | 22-02-51 RWV | Best | 01-07-00 |
| 29.12,0 * | Zsoka | Lahaye | 20-09-63 Unitas | Weert | 20-04-88 |
| 29.15,00 * | Liesbeth van | Leeuwen | 10-07-88 AV NOP | Gouda | 21-05-09 |
| 29.59 | Bianca | Maas | 16-03-63 RWV | Grand-Quevilly | 26-07-77 |
| 30.24,3 * | Karin van | Vliet | 01-02-67 RWV | Rotterdam | 07-06-86 |
| 30.43 | Petra | Mennen | 27-03-70 RWV | Rotterdam | 05-02-95 |

10.000 meter (*=baan)

| | | | | | |
|-----------|--------------------------|----------------|--------------------|---------------|----------|
| 49.46 | Marica | Onos-Zethof | 02-07-56 AVA '64 | Rotterdam | 10-04-83 |
| 56.24 | Christa | Zethof | 23-05-63 AVA '64 | St.A.I.Elbeuf | 23-06-85 |
| 58.10,0 * | Christien | Vijver-Heijen | 08-02-48 Spartacus | Zaandam | 09-07-82 |
| 58.19,5 * | Marleen | Radder-Willems | 22-02-51 RWV | Tilburg | 05-04-98 |
| 59.14,0 * | Zsoka | Lahaye | 20-09-63 Unitas | Weert | 17-06-87 |
| 59.22 | Liesbeth van | Leeuwen | 10-07-88 AV NOP | Amsterdam | 25-01-09 |
| 1.01.27 | Aaf de | Rijk | 20-10-53 LAT | Ubbergen | 10-01-80 |
| 1.01.50 | Ria Hoogerhoud-v.d.Vlugt | | 16-12-49 RWV | Dortmund | 05-09-71 |
| 1.04.45 | Mini | Starrenburg | 01-01-40 RWV | Roosendaal | 28-04-78 |
| 1.05.20 | Annie v.d. | Meer-Timmerman | 24-02-47 RWV | Goirle | 05-06-88 |