

## BAANRECORDS MANNEN

### Opmerkingen:

- Oranje gemarkeerde prestaties zijn een verbetering van het huidige Nederlandse record en worden beoordeeld.
- Schuin gedrukte records zijn behaald in het lopende kalenderjaar
- Per 1 januari 2023 zijn bij de masters als gevolg van een aangepaste age grading, de bestaande meerkamp records omgerekend. Deze zijn geel gemarkeerd.

### 100 meter

|            |                  |                        |                          |                       |                  |
|------------|------------------|------------------------|--------------------------|-----------------------|------------------|
| SEN        | 9.91 sec         | Churandy Martina       | Rotterdam Atletiek       | Londen (GBR)          | 5-8-2012         |
| U23        | 10.02 sec        | Raphael Bouju          | Feniks Amsterdam         | Genève (SUI)          | 10-6-2023        |
| U20        | 10.38 sec        | Xavi-Mo-Ajok           | Rotterdam Atletiek       | Breda                 | 25-6-2021        |
| U20        | 10.38 sec        | Maurice Afoignon       | Rotterdam Atletiek       | Breda                 | 20-7-2024        |
| <b>U20</b> | <b>10.35 sec</b> | <b>Jozuah Revierre</b> | <b>PAC Rotterdam</b>     | <b>Kortrijk (BEL)</b> | <b>12-7-2025</b> |
| M35        | 10.19 sec        | Troy Douglas           | AAC Amsterdam            | Zürich (SUI)          | 17-8-2001        |
| M40        | 10.29 sec        | Troy Douglas           | Haag Atletiek            | Leiden                | 7-6-2003         |
| M45        | 11.40 sec        | Erik Oostweegel        | Startbaan Amstelveen     | Heiloo                | 3-6-2007         |
| M50        | 11.74 sec        | Robert Moen            | DEM Beverwijk            | Lyon (FRA)            | 6-8-2015         |
| M55        | 12.10 sec        | Pierre Lommen          | Cifla Nijmegen           | Tampere (FIN)         | 29-6-2022        |
| M60        | 12.58 sec        | Ruud Wieles            | Typhoon Gorinchem        | Gouda                 | 10-6-2017        |
| M65        | 12.89 sec        | Tjerk Vos              | Noordkop Den Helder      | Heiloo                | 2-8-2019         |
| M70        | 13.62 sec        | Jan Ties               | Groningen Atletiek       | Emmen                 | 13-5-2018        |
| <b>M75</b> | <b>14.34 sec</b> | <b>Ko Florusse</b>     | <b>Fortius Dordrecht</b> | <b>Dongen</b>         | <b>24-8-2025</b> |
| M80        | 16.60 sec        | Joop Rüter             | PAC Rotterdam            | Kerkrade              | 26-5-2013        |
| M85        | 19.85 sec        | Joop Rüter             | PAC Rotterdam            | Woerden               | 9-6-2018         |
| M90        | 23.96 sec        | Bram Flierman          | Generaal Michaelis Best  | Best                  | 1-7-2022         |

### 200 meter

|            |                    |                       |                            |                     |                  |
|------------|--------------------|-----------------------|----------------------------|---------------------|------------------|
| SEN        | 19.81 sec          | Churandy Martina      | Rotterdam Atletiek         | Lausanne (SUI)      | 25-8-2016        |
| U23        | 20.63 sec          | Daniël Ward           | RKHAV Hulst                | El Paso (USA)       | 13-5-2006        |
| U20        | 20.82 sec          | Onyema Adigida        | Phanos Amsterdam           | Alphen aan den Rijn | 30-6-2019        |
| M35        | 20.19 sec          | Troy Douglas          | AAC Amsterdam              | Rieti (ITA)         | 2-9-2001         |
| M40        | 20.64 sec          | Troy Douglas          | Haag Atletiek              | Parijs (FRA)        | 27-8-2003        |
| M45        | 22.97 sec          | Robert Moen           | DEM Beverwijk              | Amstelveen          | 5-6-2011         |
| M50        | 23.03 sec          | Robert Moen           | DEM Beverwijk              | Lyon (FRA)          | 10-8-2015        |
| M55        | 24.77 sec          | Pierre Lommen         | Cifla Nijmegen             | Tampere (FIN)       | 3-7-2022         |
| M60        | 25.50 sec          | Ruud Wieles           | Typhoon Gorinchem          | Gouda               | 11-6-2017        |
| M65        | 26.59 sec          | Tjerk Vos             | Noordkop Den Helder        | Haarlem             | 23-8-2019        |
| <b>M70</b> | <b>27.99 sec</b>   | <b>Ruud Wieles</b>    | <b>Typhoon Gorinchem</b>   | <b>Eindhoven</b>    | <b>19-7-2025</b> |
| M75        | 31.46 sec          | Hans Smeets           | AV Achilles Top            | Hannuit (BEL)       | 14-7-2024        |
| M80        | 34.56 sec          | Joop Rüter            | PAC Rotterdam              | Gouda               | 7-6-2013         |
| M85        | 39.80 sec          | Joop Rüter            | PAC Rotterdam              | Woerden             | 9-6-2018         |
| M90        | *                  | vacant                |                            |                     |                  |
| <b>M90</b> | <b>1:07.99 min</b> | <b>Harry Sprenger</b> | <b>Atletiek Maastricht</b> | <b>Uden</b>         | <b>31-8-2025</b> |

### 400 meter

|            |                  |                            |                         |                   |                  |
|------------|------------------|----------------------------|-------------------------|-------------------|------------------|
| SEN        | 44.48 sec        | Liemarvin Bonevacia        | Rotterdam Atletiek      | Bern (SUI)        | 21-8-2021        |
| U23        | <b>44.71 sec</b> | <b>Jonas Phijffers</b>     | <b>AV '34 Apeldoorn</b> | <b>Hengelo</b>    | <b>3-8-2025</b>  |
| U20        | 46.67 sec        | Jochem Dobber              | Suomi Santpoort-Noord   | Breda             | 3-7-2016         |
| M35        | 44.88 sec        | Liemarvin Bonevacia        | Rotterdam Atletiek      | Rome (ITA)        | 10-6-2024        |
| M40        | 47.86 sec        | Eric Roeske                | Hellas Utrecht          | Potsdam (GER)     | 21-8-2002        |
| M45        | 50.84 sec        | Eric Roeske                | Hellas Utrecht          | Oordegem (BEL)    | 1-7-2006         |
| M50        | 51.82 sec        | Wim Scholtes               | Sparta Den Haag         | Cesenatico (ITA)  | 16-9-1998        |
| <b>M55</b> | <b>54.72 sec</b> | <b>Toine van Beckhoven</b> | <b>Attila Tilburg</b>   | <b>Oosterhout</b> | <b>25-5-2025</b> |
| <b>M60</b> | <b>57.22 sec</b> | <b>Martina Reynaldo</b>    | <b>AAV '36</b>          | <b>Vught</b>      | <b>21-6-2025</b> |
| M65        | 1:00.61 min      | Wim Threels                | GAC Hilversum           | Breda             | 23-9-2018        |
| M70        | 1:03.55 min      | Wim Threels                | GAC Hilversum           | Harderwijk        | 1-7-2023         |
| M75        | 1:08.27 min      | Hans Smeets                | Achilles Top Kerkrade   | Luik (BEL)        | 9-10-2022        |
| M80        | 1:18.06 min      | Joop Rüter                 | PAC Rotterdam           | Kerkrade          | 26-5-2013        |
| M85        | 1:35.65 min      | Joop Rüter                 | PAC Rotterdam           | Barendrecht       | 23-9-2018        |

|                            |             |                       |                         |                   |           |
|----------------------------|-------------|-----------------------|-------------------------|-------------------|-----------|
| <b>M90</b>                 | 2:55.50 min | Harry Sprenger        | Atletiek Maastricht     | Vught             | 21-6-2025 |
| <b>800 meter</b>           |             |                       |                         |                   |           |
| <b>SEN</b>                 | 1:43.45 min | Bram Som              | Atletico '73 Gendringen | Zürich (SUI)      | 18-8-2006 |
| <b>U23</b>                 | 1:43.98 min | Bram Som              | Atletico '73 Gendringen | Monte Carlo (MON) | 13-7-2001 |
| <b>U20</b>                 | 1:44.78 min | Niels Laros           | Scorpio Oosterhout      | Monaco (MON)      | 21-7-2023 |
| <b>M35</b>                 | 1:49.59 min | Sébastien Schletterer | Dynamica Vlissingen     | Kessel-Lo (BEL)   | 13-8-2011 |
| <b>M40</b>                 | 1:51.38 min | Sébastien Schletterer | Dynamica Vlissingen     | Kessel-Lo (BEL)   | 9-8-2014  |
| <b>M45</b>                 | 1:56.16 min | Ronald Mercelina      | AAC Amsterdam           | Lisse             | 7-7-1991  |
| <b>M50</b>                 | 1:59.06 min | Andrew Larasen        | Impala Drachten         | Utrecht           | 8-7-2022  |
| <b>M55</b>                 | 2:04.68 min | Marc van Gils         | De Keien Uden           | Weert             | 7-6-2022  |
| <b>M60</b>                 | 2:09.38 min | Martien van der Hoorn | De Spartaan Lisse       | Wageningen        | 19-9-2014 |
| <b>M65</b>                 | 2:18.17 min | Hans Smeets           | Achilles Top Kerkrade   | Aken (GER)        | 26-5-2012 |
| <b>M70</b>                 | 2:24.02 min | Hans Smeets           | Achilles Top Kerkrade   | Aken (GER)        | 6-5-2017  |
| <b>M75</b>                 | 2:33.30 min | Hans Smeets           | Achilles Top Kerkrade   | Tessenderlo (BEL) | 29-6-2024 |
| <b>M80</b>                 | 3:01.96 min | Joop Rüter            | PAC Rotterdam           | Gouda             | 7-6-2013  |
| <b>M85</b>                 | 3:38.06 min | Joop Rüter            | PAC Rotterdam           | Naaldwijk         | 28-4-2018 |
| <b>M90</b>                 | *           | vacant                |                         |                   |           |
| <b>1.000 meter</b>         |             |                       |                         |                   |           |
| <b>SEN</b>                 | 2:14.37 min | Niels Laros           | Scorpio Oosterhout      | Hengelo           | 7-7-2024  |
| <b>U23</b>                 | 2:17.07 min | Rob Druppers          | Hellas Utrecht          | Eugene (USA)      | 21-7-1984 |
| <b>U20</b>                 | 2:14.37 min | Niels Laros           | Scorpio Oosterhout      | Hengelo           | 7-7-2024  |
| <b>1.500 meter</b>         |             |                       |                         |                   |           |
| <b>SEN</b>                 | 3:29.20 min | Niels Laros           | Scorpio Oosterhout      | Zürich (ZWI)      | 28-8-2025 |
| <b>U23</b>                 | 3:29.20 min | Niels Laros           | Scorpio Oosterhout      | Zürich (ZWI)      | 28-8-2025 |
| <b>U20</b>                 | 3:29.54 min | Niels Laros           | Scorpio Oosterhout      | Parijs (FRA)      | 6-8-2024  |
| <b>M35</b>                 | 3:41.04 min | Simon Vroemen         | Sprint Breda            | Ninove (BEL)      | 29-7-2006 |
| <b>M40</b>                 | 3:50.89 min | Sébastien Schletterer | Dynamica Vlissingen     | Vilvoorde (BEL)   | 9-6-2014  |
| <b>M45</b>                 | 4:00.14 min | Benjamin Romkes       | Zaanland Zaandam        | Oordegem (BEL)    | 5-6-2010  |
| <b>M50</b>                 | 4:08.00 min | Benjamin Romkes       | Zaanland Zaandam        | Oordegem (BEL)    | 23-5-2015 |
| <b>M55</b>                 | 4:16.66 min | Gerard de Lange       | Waterweg Maassluis      | Barendrecht       | 7-7-2022  |
| <b>M60</b>                 | 4:28.95 min | Martien van der Hoorn | De Spartaan Lisse       | Utrecht           | 8-8-2014  |
| <b>M65</b>                 | 4:39.87 min | Siem Herlaar          | DEM Beverwijk           | Bedfort (GBR)     | 16-7-1994 |
| <b>M70</b>                 | 4:55.72 min | Hans Smeets           | Achilles Top Kerkrade   | Keulen (GER)      | 25-5-2017 |
| <b>M75</b>                 | 5:11.05 min | Cees Stolwijk         | Altis Amersfoort        | Amersfoort        | 25-3-2025 |
| <b>M80</b>                 | 6:14.71 min | Joop Rüter            | PAC Rotterdam           | Zoetermeer        | 21-6-2013 |
| <b>M85</b>                 | 7:51.63 min | Joop Rüter            | PAC Rotterdam           | Rotterdam         | 5-7-2018  |
| <b>M90</b>                 | *           | vacant                |                         |                   |           |
| <b>1 mijl (1609 meter)</b> |             |                       |                         |                   |           |
| <b>SEN</b>                 | 3:45.94 min | Niels Laros           | Scorpio Oosterhout      | Eugene (USA)      | 5-7-2025  |
| <b>U23</b>                 | 3:45.94 min | Niels Laros           | Scorpio Oosterhout      | Eugene (USA)      | 5-7-2025  |
| <b>U20</b>                 | 3:48.93 min | Niels Laros           | Scorpio Oosterhout      | Eugene (USA)      | 16-9-2023 |
| <b>M35</b>                 | 4:01.09 min | Johan de Koning       | Sprint Breda            | Brasschaat (BEL)  | 26-7-2009 |
| <b>M40</b>                 | 4:16.3= min | Rien van der Wilt     | Clytoneus Woerden       | Amsterdam         | 20-7-1990 |
| <b>M45</b>                 | 4:25.00 min | Benjamin Romkes       | Zaanland Zaandam        | Zaandam           | 3-9-2010  |
| <b>M50</b>                 | 4:35.4= min | Louis Vink            | AV Edam                 | Krommenie         | 30-7-1985 |
| <b>M55</b>                 | 4:39.30 min | Patrick Kwist         | Rotterdam Atletiek      | Barendrecht       | 21-9-2024 |
| <b>M60</b>                 | 4:52.32 min | Martien van der Hoorn | De Spartaan Lisse       | Essen (BEL)       | 29-9-2013 |
| <b>M65</b>                 | 5:13.3= min | Hans Smeets           | Achilles-Top Kerkrade   | Weert             | 7-10-2014 |
| <b>M70</b>                 | 5:19.75 min | Joop Rüter            | PAC Rotterdam           | Rotterdam         | 11-7-2003 |
| <b>M75</b>                 | 5:36.09 min | Cees Stolwijk         | Altis Amersfoort        | Dronten           | 21-5-2025 |
| <b>M80</b>                 | 7:27.67 min | Joop Rüter            | PAC Rotterdam           | Oud-Beijerland    | 16-4-2015 |
| <b>M85</b>                 | *           | vacant                |                         |                   |           |
| <b>M90</b>                 | *           | vacant                |                         |                   |           |

## 2.000 meter

|     |             |               |                    |               |           |
|-----|-------------|---------------|--------------------|---------------|-----------|
| SEN | 4:49.68 min | Niels Laros   | Scorpio Oosterhout | Brussel (BEL) | 8-9-2023  |
| U23 | 5:05.9= min | Stijn Jaspers | AV Haarlem         | Arnhem        | 17-8-1983 |

## 3.000 meter

|     |              |                      |                     |                     |           |
|-----|--------------|----------------------|---------------------|---------------------|-----------|
| SEN | 7:34.47 min  | Mike Foppen          | Cifla Nijmegen      | Chorzów (POL)       | 25-8-2024 |
| U23 | 7:40.17 min  | Noah Baltus          | SAV Grootebroek     | Rovereto (ITA)      | 3-9-2024  |
| U20 | 7:48.25 min  | Niels Laros          | Scorpio Oosterhout  | Zagreb (CRO)        | 11-9-2022 |
| M35 | 8:10.02 min  | Marc van Rooy        | AAC Amsterdam       | Vught               | 15-5-1997 |
| M40 | 8:14.9= min  | Rien van der Wilt    | Clytoneus Woerden   | Uden                | 6-6-1991  |
| M45 | 8:32.11 min  | Benjamin Romkes      | Zaanland Zaandam    | Oordegem (BEL)      | 3-7-2010  |
| M50 | 8:53.59 min  | Patrick Kwist        | Rotterdam Atletiek  | Rotterdam           | 22-8-2019 |
| M55 | 8:55.93 min  | Peter van der Velden | Eindhoven Atletiek  | Leuven (BEL)        | 27-7-2024 |
| M60 | 9:29.47 min  | Ad Heijdens          | Achilles Etten-Leur | Etten-Leur          | 27-6-2000 |
| M65 | 9:49.5= min  | Siem Herlaar         | DEM Beverwijk       | Alphen aan den Rijn | 21-7-1994 |
| M70 | 10:42.40 min | Siem Herlaar         | DEM Beverwijk       | Beverwijk           | 2-7-1999  |
| M75 | 10:58.7= min | Cees Stolwijk        | Altis Amersfoort    | Breda               | 28-8-2025 |
| M80 | 14:09.81 min | Joop Rüter           | PAC Rotterdam       | Naaldwijk           | 24-4-2014 |
| M85 | 16:29.63 min | Joop Rüter           | PAC Rotterdam       | Rotterdam           | 23-8-2018 |
| M90 | *            | vacant               |                     |                     |           |

## 5.000 meter

|     |              |                      |                        |                  |           |
|-----|--------------|----------------------|------------------------|------------------|-----------|
| SEN | 13:02.43 min | Mike Foppen          | Cifla Nijmegen         | Stockholm (SWE)  | 15-6-2025 |
| U23 | 13:10.86 min | Niels Laros          | Scorpio Oosterhout     | Nice (FRA)       | 31-5-2025 |
| U20 | 13:23.01 min | Niels Laros          | Scorpio Oosterhout     | Oordegem (BEL)   | 27-5-2023 |
| M35 | 13:32.49 min | Kamiel Maase         | Leiden Atletiek        | Brasschaat (BEL) | 21-7-2007 |
| M40 | 14:20.54 min | Rien van der Wilt    | Clytoneus Woerden      | Apeldoorn        | 14-9-1990 |
| M45 | 14:57.20 min | Benjamin Romkes      | Zaanland Zaandam       | Wageningen       | 2-6-2010  |
| M50 | 15:12.83 min | Aart Stigter         | Loopgroep AS Amerongen | Utrecht          | 8-9-2006  |
| M55 | 15:56.33 min | Ad Heijdens          | Achilles Etten-Leur    | Uden             | 28-6-1997 |
| M55 | 15:51.83 min | Peter van der Velden | Eindhoven Atletiek     | Utrecht          | 8-8-2025  |
| M60 | 16:12.57 min | Ad Heijdens          | Achilles Etten-Leur    | Uden             | 3-7-1999  |
| M65 | 17:05.93 min | Alex Stienstra       | LAAC Twente Oldenzaal  | Wageningen       | 20-9-2024 |
| M70 | 18:46.63 min | Cees Stolwijk        | Altis Amersfoort       | Soest            | 24-6-2022 |
| M75 | 19:14.42 min | Cees Stolwijk        | Altis Amersfoort       | Utrecht          | 2-5-2025  |
| M75 | 18:50.07 min | Cees Stolwijk        | Altis Amersfoort       | Breda            | 21-9-2025 |
| M80 | 23:13.71 min | Wim Oudejans         | AV Nijkerk             | Vught            | 22-6-2025 |
| M85 | 33:14.51 min | Gillis Bosman        | Göteborg (SWE)         | Rotterdam        | 15-8-2024 |
| M90 | *            | vacant               |                        |                  |           |

## 10.000 meter

|     |              |                      |                        |                |            |
|-----|--------------|----------------------|------------------------|----------------|------------|
| SEN | 27:26.29 min | Kamiel Maase         | Leiden Atletiek        | Brussel (BEL)  | 30-8-2002  |
| U23 | 28:29.67 min | Greg van Hest        | AV Schuurmans          | Dublin (IRL)   | 11-6-1994  |
| U20 | 29:04.30 min | Bart van Nunen       | Passaat Papendrecht    | Lissabon (POR) | 29-3-2014  |
| M35 | 28:31.02 min | Kamiel Maase         | Leiden Atletiek        | Neerpelt (BEL) | 2-6-2007   |
| M40 | 29:57.69 min | Rien van der Wilt    | Clytoneus Woerden      | Rotterdam      | 13-7-1990  |
| M45 | 31:19.2= min | John van der Wansem  | LADB Hilvarenbeek      | Roosendaal     | 17-7-1996  |
| M50 | 31:53.5= min | Aart Stigter         | Loopgroep AS Amerongen | Harderwijk     | 3-10-2006  |
| M55 | 32:55.47 min | Peter van der Velden | Eindhoven Atletiek     | Rotterdam      | 5-10-2024  |
| M60 | 34:33.2= min | Willem Ravensbergen  | AV De Bataven Leiden   | Leiden         | 13-10-1989 |
| M65 | 35:09.39 min | Alex Stienstra       | LAAC Twente            | Hengelo        | 26-9-2024  |
| M70 | 38:51.04 min | Cees Stolwijk        | Altis Amersfoort       | Rotterdam      | 15-10-2022 |
| M75 | 41:13.14 min | Cees Stolwijk        | Altis Amersfoort       | Vught          | 20-6-2025  |
| M75 | 39:08.28 min | Cees Stolwijk        | Altis Amersfoort       | Hengelo        | 25-9-2025  |
| M80 | 48:31.50 min | Wim Oudejans         | AV Nijkerk             | Vught          | 20-6-2025  |
| M85 | *            | vacant               |                        |                |            |
| M90 | *            | vacant               |                        |                |            |

## 1 uur

|            |              |                |                |           |           |
|------------|--------------|----------------|----------------|-----------|-----------|
| <b>SEN</b> | 20.944 meter | Jos Hermens    | KNAU           | Arnhem    | 1-5-1976  |
| <b>U23</b> | 15.844 meter | Niels Lousberg | AV Groene Ster | Zevenberg | 31-8-2024 |

## 110 meter horden

|            |         |           |                  |                    |                  |           |
|------------|---------|-----------|------------------|--------------------|------------------|-----------|
| <b>SEN</b> | 1.067 m | 13.15 sec | Robin Korving    | AAC Amsterdam      | Lausanne (SUI)   | 2-7-1999  |
| <b>U23</b> | 1.067 m | 13.35 sec | Mark Heiden      | PAC Rotterdam      | Graz (AUT)       | 12-5-2024 |
| <b>U20</b> | -.991 m | 13.15 sec | Matthew Sophia   | Rotterdam Atletiek | Willemstad (AHO) | 26-6-2021 |
| <b>M35</b> | -.991 m | 13.95 sec | James Sharpe     | AAC Amsterdam      | Boedapest (HUN)  | 4-8-1998  |
| <b>M40</b> | -.991 m | 15.07 sec | Vincent Kerssies | AC TION            | Hilversum        | 25-5-2024 |
| <b>M45</b> | -.991 m | 15.86 sec | Jan Harland      | Haag Atletiek      | Den Haag         | 28-5-2007 |

## 100 meter horden

|            |         |           |             |                  |              |           |
|------------|---------|-----------|-------------|------------------|--------------|-----------|
| <b>M50</b> | -.914 m | 14.41 sec | Wan Bakx    | AC TION Enschede | Lyon (FRA)   | 15-8-2015 |
| <b>M55</b> | -.914 m | 14.94 sec | Wan Bakx    | AC TION Enschede | Barendrecht  | 17-7-2019 |
| <b>M60</b> | -.838 m | 15.03 sec | Wan Bakx    | AC TION Enschede | Vught        | 21-6-2025 |
| <b>M65</b> | -.838 m | 18.31 sec | Wim Threels | GAC Hilversum    | Aarhus (DEN) | 28-7-2017 |

## 80 meter horden

|            |         |           |             |                  |                 |           |
|------------|---------|-----------|-------------|------------------|-----------------|-----------|
| <b>M70</b> | -.762 m | 14.33 sec | Frans Buijs | Pijnenburg Soest | Malmö (SWE)     | 24-7-1996 |
| <b>M75</b> | -.762 m | 16.62 sec | Frans Buijs | GAC Hilversum    | Jyväskylä (FIN) | 13-7-2000 |
| <b>M80</b> | -.686 m | 21.67 sec | Kees Jägers | GAC Hilversum    | Harderwijk      | 3-7-2023  |
| <b>M85</b> | -.686 m | *         | vacant      |                  |                 |           |
| <b>M90</b> | -.686 m | *         | vacant      |                  |                 |           |

## 400 meter horden

|            |         |             |                     |                     |                         |           |
|------------|---------|-------------|---------------------|---------------------|-------------------------|-----------|
| <b>SEN</b> | -.914 m | 48.36 sec   | Nick Smidt          | AAC '61 Assen       | La Chaux-de-Fonds (SUI) | 2-7-2023  |
| <b>U23</b> | -.914 m | 48.95 sec   | Thomas Kortbeek     | Prins Hendrik Vught | Taegu (KOR)             | 28-8-2003 |
| <b>U20</b> | -.914 m | 50.60 sec   | Binne Brok          | Tempo Bussum        | Jeruzalem (ISR)         | 9-8-2023  |
| <b>M35</b> | -.914 m | 50.75 sec   | Jeroen Prent        | Hellas Utrecht      | Brussel (BEL)           | 30-7-2000 |
| <b>M40</b> | -.914 m | 54.55 sec   | Vincent Kerssies    | AC TION Enschede    | Ninove (BEL)            | 22-7-2023 |
| <b>M45</b> | -.914 m | 56.21 sec   | Toine van Beckhoven | Attila Tilburg      | Gouda                   | 11-6-2017 |
| <b>M50</b> | -.838 m | 55.99 sec   | Toine van Beckhoven | Attila Tilburg      | Eindhoven               | 21-5-2023 |
| <b>M55</b> | -.838 m | 1.00.75 min | Toine van Beckhoven | Attila Tilburg      | Amersfoort              | 11-5-2025 |

## 300 meter horden

|            |         |           |             |               |                 |           |
|------------|---------|-----------|-------------|---------------|-----------------|-----------|
| <b>M60</b> | -.762 m | 45.30 sec | Wim Threels | GAC Hilversum | Terneuzen       | 10-6-2012 |
| <b>M65</b> | -.762 m | 47.36 sec | Wim Threels | GAC Hilversum | Gouda           | 11-6-2017 |
| <b>M70</b> | -.686 m | 50.80 sec | Wim Threels | GAC Hilversum | Soest           | 8-9-2023  |
| <b>M75</b> | -.686 m | 59.72 sec | Frans Buijs | GAC Hilversum | Jyväskylä (FIN) | 8-7-2000  |

## 200 meter horden

|            |         |           |             |               |               |           |
|------------|---------|-----------|-------------|---------------|---------------|-----------|
| <b>M80</b> | -.686 m | 50.77 sec | Kees Jägers | GAC Hilversum | Pescara (ITA) | 22-9-2023 |
| <b>M85</b> | -.686 m | *         | vacant      |               |               |           |
| <b>M90</b> | -.686 m | *         | vacant      |               |               |           |

## 3.000 meter steeplechase

|            |         |              |                       |                         |                     |           |
|------------|---------|--------------|-----------------------|-------------------------|---------------------|-----------|
| <b>SEN</b> | -.914 m | 8:04.95 min  | Simon Vroemen         | Sprint Breda            | Brussel (BEL)       | 26-8-2005 |
| <b>U23</b> | -.914 m | 8:20.48 min  | Stefan Nillesen       | Cifla Nijmegen          | Bergen (NOR)        | 20-7-2025 |
| <b>U20</b> | -.914 m | 8:47.27 min  | Nathan Houwaard       | AV Triathlon Amersfoort | Hengelo             | 29-6-2024 |
| <b>M35</b> | -.914 m | 8:04.95 min  | Simon Vroemen         | Sprint Breda            | Brussel (BEL)       | 26-8-2005 |
| <b>M40</b> | -.914 m | 8:51.67 min  | Simon Vroemen         | Prins Hendrik Vught     | Amsterdam           | 17-6-2012 |
| <b>M45</b> | -.914 m | 9.18.61 min  | Simon Vroemen         | Prins Hendrik Vught     | Alphen aan den Rijn | 13-9-2015 |
| <b>M50</b> | -.914 m | 10.15.22 min | Martien van der Hoorn | De Spartaan Lisse       | Den Haag            | 31-7-2005 |

|                                         |         |               |                       |                       |                 |            |
|-----------------------------------------|---------|---------------|-----------------------|-----------------------|-----------------|------------|
| <b>M55</b>                              | -914 m  | 10:34.87 min  | Martien van der Hoorn | De Spartaan Lisse     | Castricum       | 28-5-2008  |
| <b><u>2.000 meter steeplechase</u></b>  |         |               |                       |                       |                 |            |
| <b>M60</b>                              | -.762 m | 6:48.46 min   | Martien van der Hoorn | De Spartaan Lisse     | Barendrecht     | 5-6-2014   |
| <b>M65</b>                              | -.762 m | 7:45.28 min   | Theo Woldberg         | Phanos Amsterdam      | Harderwijk      | 28-5-2022  |
| <b>M70</b>                              | -.762 m | 8:29.92 min   | Jan Kreuk             | SAV Grootebroek       | Harderwijk      | 1-7-2023   |
| <b>M75</b>                              | -.762 m | *             | vacant                |                       |                 |            |
| <b>M80</b>                              | -.762 m | *             | vacant                |                       |                 |            |
| <b>M85</b>                              | -.762 m | *             | vacant                |                       |                 |            |
| <b>M90</b>                              | -.762 m | *             | vacant                |                       |                 |            |
| <b><u>3.000 meter snelwandelen</u></b>  |         |               |                       |                       |                 |            |
| <b>M35</b>                              |         | 12:37.03 min  | Rick Liesting         | OLAT Sint-Oedenrode   | Drunen          | 22-6-2017  |
| <b>M40</b>                              |         | 12:17.9 min   | Rick Liesting         | OLAT Sint-Oedenrode   | Veenendaal      | 9-9-2017   |
| <b>M45</b>                              |         | 12:55.7 min   | Harold van Beek       | RWV Rotterdam         | Dordrecht       | 23-7-2010  |
| <b>M50</b>                              |         | 13:38.4 min   | Remco de Bruin        | De LAT Amsterdam      | Gouda           | 25-5-2017  |
| <b>M55</b>                              |         | 14:03.8 min   | Remco de Bruin        | De LAT Amsterdam      | Drunen          | 12-9-2020  |
| <b>M60</b>                              |         | 14:28.79 min  | Remco de Bruin        | RWV Rotterdam         | Best            | 6-7-2024   |
| <b>M65</b>                              |         | 16:06.9h min  | Henk Plasman          | AV Generaal Michaelis | Drunen          | 9-9-2023   |
| <b>M70</b>                              |         | 17:40.07 min  | Klaas Bakker          | OLAT Sint-Oedenrode   | Veldhoven       | 9-6-2007   |
| <b>M75</b>                              |         | 19:52.5= min  | Bauke te Nijenhuis    | RWV Rotterdam         | Rotterdam       | 7-5-2011   |
| <b>M80</b>                              |         | 20:38.5= min  | Bauke te Nijenhuis    | RWV Rotterdam         | Veenendaal      | 9-9-2017   |
| <b>M85</b>                              |         | 23:28.3h min  | Bauke te Nijenhuis    | RWV Rotterdam         | Dordrecht       | 20-3-2022  |
| <b>M90</b>                              |         | *             | vacant                |                       |                 |            |
| <b><u>5.000 meter snelwandelen</u></b>  |         |               |                       |                       |                 |            |
| <b>M35</b>                              |         | 20:42.2 min   | Harold van Beek       | RWV Rotterdam         | Barendrecht     | 30-5-1997  |
| <b>M40</b>                              |         | 20:51.87 min  | Rick Liesting         | OLAT Sint-Oedenrode   | Best            | 7-7-2018   |
| <b>M45</b>                              |         | 22:19.05 min  | Paul Jansen           | DAK Drunen            | Gouda           | 30-5-2019  |
| <b>M50</b>                              |         | 23:11.03 min  | Remco de Bruin        | De LAT Amsterdam      | Best            | 7-7-2018   |
| <b>M55</b>                              |         | 23:44.28 min  | Remco de Bruin        | De LAT Amsterdam      | Best            | 15-9-2019  |
| <b>M60</b>                              |         | 25:00.01 min  | Remco de Bruin        | RWV Rotterdam         | Best            | 28-6-2025  |
| <b>M65</b>                              |         | 27:59.61 min  | Nico Schroten         | RWV Rotterdam         | Gateshead (GBR) | 7-8-1999   |
| <b>M70</b>                              |         | 29:50.2= min  | Klaas Bakker          | OLAT Sint-Oedenrode   | Rotterdam       | 3-6-2007   |
| <b>M75</b>                              |         | 33:09.46 min  | Bauke te Nijenhuis    | RWV Rotterdam         | Gouda           | 2-6-2011   |
| <b>M80</b>                              |         | 34:40.33 min  | Bauke te Nijenhuis    | RWV Rotterdam         | Gouda           | 5-5-2016   |
| <b>M85</b>                              |         | 40:31.90 min  | Bauke te Nijenhuis    | RWV Rotterdam         | Hengelo         | 19-9-2021  |
| <b>M90</b>                              |         | *             | vacant                |                       |                 |            |
| <b><u>10.000 meter snelwandelen</u></b> |         |               |                       |                       |                 |            |
| <b>U20</b>                              |         | 47:20.4= min  | Frank van Ravensberg  | AV Haarlem            | Drachten        | 6-10-1979  |
| <b><u>20.000 meter snelwandelen</u></b> |         |               |                       |                       |                 |            |
| <b>SEN</b>                              |         | 1:27:48.1 uur | Harold van Beek       | RWV Rotterdam         | Bergen op Zoom  | 15-7-1995  |
| <b>U23</b>                              |         | 1:37:30.4 uur | Frank van Ravensberg  | AV Haarlem            | Utrecht         | 9-8-1981   |
| <b><u>30.000 meter snelwandelen</u></b> |         |               |                       |                       |                 |            |
| <b>SEN</b>                              |         | 2:18:25.7 uur | Harold van Beek       | RWV Rotterdam         | Spijkenisse     | 31-7-1993  |
| <b>U23</b>                              |         | 2:34:11.= uur | Frank van Ravensberg  | AV Haarlem            | Helmond         | 24-10-1982 |
| <b><u>50.000 meter snelwandelen</u></b> |         |               |                       |                       |                 |            |
| <b>SEN</b>                              |         | 4:15:29.5 uur | Jan Cortenbach        | OLAT Sint-Oedenrode   | Leiden          | 9-10-1985  |
| <b>U23</b>                              |         | 4:47:05.= uur | Frank van Ravensberg  | AV Haarlem            | Helmond         | 24-10-1982 |

## Hoogspringen

|     |            |                   |                        |                     |           |
|-----|------------|-------------------|------------------------|---------------------|-----------|
| SEN | 2.30 meter | Wilbert Pennings  | Attila Tilburg         | Eberstadt (GER)     | 7-8-1999  |
| U23 | 2.28 meter | Douwe Amels       | Impala Drachten        | Tampere (FIN)       | 14-7-2013 |
| U20 | 2.21 meter | Sven Ootjers      | Holland Haarlem        | Baden (SUI)         | 26-9-1992 |
| M35 | 2.17 meter | Jan Peter Larsen  | ARV Ilion Zoetermeer   | Amsterdam           | 19-6-2016 |
| M40 | 2.00 meter | Leo Poirot        | Hercules Dordrecht     | Den Haag            | 29-7-1983 |
| M40 | 2.00 meter | Jan Peter Larsen  | ARV Ilion Zoetermeer   | Den Haag            | 30-4-2023 |
| M45 | 1.90 meter | Ruud Wielart      | AV Haarlem             | Velsen              | 16-6-2002 |
| M50 | 1.85 meter | Jan Huijbers      | GAC Gemert             | Apeldoorn           | 31-5-2002 |
| M50 | 1.85 meter | Ruud Wielart      | AV Haarlem             | Amsterdam           | 1-5-2005  |
| M55 | 1.81 meter | Jan Huijbers      | GAC Gemert             | Poznan (POL)        | 24-7-2006 |
| M60 | 1.65 meter | Jan Huijbers      | GAC Gemert             | Venlo               | 5-6-2011  |
| M65 | 1.60 meter | Wim Threels       | GAC Hilversum          | Alphen aan den Rijn | 25-6-2017 |
| M70 | 1.45 meter | Rob Dekker        | AV '56 Goes            | Gouda               | 11-6-2017 |
| M75 | 1.29 meter | Arend Koet        | AV Castricum           | Poznan (POL)        | 20-7-2006 |
| M75 | 1.31 meter | René Hondelink    | AV '34 Apeldoorn       | Harderwijk          | 2-7-2023  |
| M80 | 1.20 meter | Peter van der Ham | Haag Atletiek          | Terneuzen           | 12-5-2024 |
| M85 | 1.00 meter | Henri Gest        | Zaanland Zaandam       | Amsterdam           | 22-8-2003 |
| M85 | 1.05 meter | Peter Blom        | AV Jahn II Stadskanaal | Vught               | 21-6-2025 |
| M90 | *          | vacant            |                        |                     |           |

## Polssstokhoogspringen

|     |            |                         |                         |                 |            |
|-----|------------|-------------------------|-------------------------|-----------------|------------|
| SEN | 5.92 meter | Menno Vloon             | Lycurgus Assendelft     | Berlijn (GER)   | 1-9-2024   |
| U23 | 5.62 meter | Rens Blom               | Unitas Sittard          | Oordegem (BEL)  | 7-6-1997   |
| U20 | 5.45 meter | Laurens Looije          | ARV Ilion Zoetermeer    | Seoul (KOR)     | 18-9-1992  |
| M35 | 5.41 meter | Rens Blom               | Unitas Sittard          | Hof (GER)       | 21-6-2014  |
| M40 | 5.02 meter | Christiaan Leeuwenburgh | Sparta Den Haag         | Utrecht         | 10-7-2004  |
| M45 | 4.32 meter | Alex van Zutphen        | AAV '36 Alphen a/d Rijn | Alphen a/d Rijn | 28-4-2023  |
| M50 | 4.20 meter | Jan Harland             | Haag Atletiek           | Den Haag        | 18-6-2011  |
| M55 | 3.80 meter | Marc Suvaal             | Rotterdam Atletiek      | Zoetermeer      | 16-8-2020  |
| M60 | 3.53 meter | Marc Suvaal             | Rotterdam Atletiek      | Lisse           | 31-8-2025  |
| M65 | 3.15 meter | Willem Langeland        | Atletico '73 Gendringen | Hilversum       | 8-5-2022   |
| M70 | 3.04 meter | Willem Langeland        | Atletico '73 Gendringen | Vught           | 20-6-2025  |
| M75 | 2.75 meter | Michel van Osch         | Haag Atletiek           | Eindhoven       | 20-7-2024  |
| M80 | 2.07 meter | Kees Jägers             | GAC Hilversum           | Breda           | 20-10-2022 |
| M85 | *          | vacant                  |                         |                 |            |
| M90 | *          | vacant                  |                         |                 |            |

## Verspringen

|     |            |                   |                      |              |           |
|-----|------------|-------------------|----------------------|--------------|-----------|
| SEN | 8.29 meter | Ignisious Gaisah  | PAC Rotterdam        | Moskou (RUS) | 16-8-2013 |
| U23 | 8.19 meter | Emiel Mellaard    | AAC Amsterdam        | Groningen    | 17-7-1988 |
| U20 | 7.97 meter | Emiel Mellaard    | AAC Amsterdam        | Zwolle       | 7-7-1985  |
| M35 | 7.62 meter | Fabian Florant    | Haag Atletiek        | Amsterdam    | 12-5-2018 |
| M40 | 6.95 meter | Alje Kuiper       | ARV Ilion Zoetermeer | Zoetermeer   | 30-6-2002 |
| M45 | 7.02 meter | Alje Kuiper       | ARV Ilion Zoetermeer | Emmen        | 11-6-2006 |
| M50 | 6.19 meter | Alje Kuiper       | ARV Ilion Zoetermeer | Den Haag     | 19-6-2011 |
| M50 | 6.19 meter | Jurgen van Berkum | Fortius Dordrecht    | Barendrecht  | 1-7-2018  |
| M55 | 5.80 meter | Wan Bakx          | AC TION Enschede     | Apeldoorn    | 12-5-2019 |
| M60 | 5.54 meter | Wan Bakx          | AC TION Enschede     | Enschede     | 1-6-2025  |
| M65 | 5.24 meter | Willem Schoone    | NOVA Warmenhuizen    | Warmenhuizen | 1-7-2011  |
| M70 | 4.54 meter | Jan Ties          | Groningen Atletiek   | Gouda        | 2-6-2018  |
| M75 | 4.22 meter | Jan Ties          | Groningen Atletiek   | Groningen    | 4-9-2022  |
| M80 | 3.30 meter | Peter van der Ham | Haag Atletiek        | Dongen       | 28-4-2024 |
| M85 | *          | vacant            |                      |              |           |
| M90 | *          | vacant            |                      |              |           |

## Hink-stap-springen

|     |             |                |                |             |          |
|-----|-------------|----------------|----------------|-------------|----------|
| SEN | 16.65 meter | Fabian Florant | Haag Atletiek  | Wesel (GER) | 1-6-2009 |
| U23 | 16.09 meter | Frans Maas     | Unitas Sittard | Amsterdam   | 2-9-1984 |

|            |             |                   |                             |                       |           |
|------------|-------------|-------------------|-----------------------------|-----------------------|-----------|
| <b>U20</b> | 15.50 meter | Roy Sedoc         | AAC Amsterdam               | Amsterdam             | 9-9-1973  |
| <b>M35</b> | 15.77 meter | Fabian Florant    | Haag Atletiek               | Amsterdam             | 12-5-2018 |
| <b>M40</b> | 14.13 meter | Lennart Teunissen | Altis Amersfoort            | Breda                 | 27-6-2021 |
| <b>M45</b> | 12.66 meter | Lars Janssen      | Fortius Dordrecht           | Harderwijk            | 1-7-2018  |
| <b>M50</b> | 11.88 meter | Glenn Gentle      | AVON Heerlen                | Gent (BEL)            | 22-6-2002 |
| <b>M55</b> | 11.48 meter | Jan Huijbers      | GAC Gemert                  | Emmen                 | 10-6-2006 |
| <b>M60</b> | 10.90 meter | Jan Huijbers      | GAC Gemert                  | Den Haag              | 18-6-2011 |
| <b>M65</b> | 9.93 meter  | <i>Paul Zijp</i>  | <i>Startbaan Amstelveen</i> | <i>Bergen op Zoom</i> | 23-8-2025 |
| <b>M70</b> | 8.42 meter  | Ron Odendaal      | Loopgroep PK Dodewaard      | Medellin (COL)        | 7-11-2014 |
| <b>M75</b> | 7.75 meter  | Ron Odendaal      | Loopgroep PK Dodewaard      | Gouda                 | 1-6-2018  |
| <b>M80</b> | 6.13 meter  | Pieter Schouten   | GAC Hilversum               | Soest                 | 20-9-2014 |
| <b>M85</b> | *           | vacant            |                             |                       |           |
| <b>M90</b> | *           | vacant            |                             |                       |           |

## Kogelstoten

|            |         |             |                             |                           |                     |            |
|------------|---------|-------------|-----------------------------|---------------------------|---------------------|------------|
| <b>SEN</b> | 7,26 kg | 21.62 meter | Rutger Smith                | Groningen Atletiek        | Leiden              | 10-6-2006  |
| <b>U23</b> | 7,26 kg | 20.52 meter | Rutger Smith                | Groningen Atletiek        | Gioia Tauro (ITA)   | 1-3-2003   |
| <b>U20</b> | 6,00 kg | 21.81 meter | Yannick Rolvink             | AV Olympus '70 Naaldwijk  | Breda               | 20-7-2024  |
| <b>M35</b> | 7,26 kg | 17.29 meter | Erik van Vreumingen         | Haag Atletiek             | Heerhugowaard       | 8-5-2016   |
| <b>M35</b> | 7,26 kg | 17.32 meter | Patrick Cronie-van der Eijk | Prins Hendrik Vught       | Amsterdam           | 1-6-2025   |
| <b>M40</b> | 7,26 kg | 16.63 meter | Erik van Vreumingen         | Haag Atletiek             | Heerhugowaard       | 7-4-2019   |
| <b>M45</b> | 7,26 kg | 14.92 meter | Hans Schouten               | Hollandia Hoorn           | Hilversum           | 18-9-1994  |
| <b>M50</b> | 6,00 kg | 15.48 meter | Elliott Thijssen            | Hellas Utrecht            | Harderwijk          | 1-7-2023   |
| <b>M55</b> | 6,00 kg | 15.25 meter | Martin Regtop               | AC TION Enschede          | Vught               | 12-6-2005  |
| <b>M60</b> | 5,00 kg | 14.59 meter | <i>Jean-Marie Gielen</i>    | <i>Eindhoven Atletiek</i> | <i>Lommel (BEL)</i> | 7-6-2025   |
| <b>M65</b> | 5,00 kg | 13.92 meter | Frans de Laat               | Statina Culemborg         | Epe                 | 9-6-2013   |
| <b>M70</b> | 4,00 kg | 13.87 meter | Frans de Laat               | Swift Atletiek Roermond   | Aarhus (DEN)        | 3-8-2017   |
| <b>M75</b> | 4,00 kg | 12.84 meter | Dick Schrieken              | Trias Heiloo              | Perth (AUS)         | 29-10-2016 |
| <b>M80</b> | 3,00 kg | 11.81 meter | Dick Schrieken              | Trias Heiloo              | Harderwijk          | 27-5-2022  |
| <b>M85</b> | 3,00 kg | 8.58 meter  | Joop van den Brink          | Fortius Dordrecht         | Papendrecht         | 30-3-2019  |
| <b>M90</b> | 3,00 kg | *           | vacant                      |                           |                     |            |

## Discuswerpen

|            |         |             |                             |                        |                     |           |
|------------|---------|-------------|-----------------------------|------------------------|---------------------|-----------|
| <b>SEN</b> | 2,00 kg | 69.65 meter | <i>Shaquille Emanuelson</i> | <i>Haag Atletiek</i>   | <i>Ramona (USA)</i> | 17-4-2025 |
| <b>U23</b> | 2,00 kg | 66.38 meter | Erik de Bruin               | Sparta Den Haag        | Schwechat (AUT)     | 11-8-1985 |
| <b>U20</b> | 1,75 kg | 68.76 meter | Ruben Rolvink               | Olympus '70 Naaldwijk  | Amersfoort          | 11-9-2021 |
| <b>M35</b> | 2,00 kg | 59.99 meter | Rutger Smith                | Groningen Atletiek     | Amsterdam           | 9-7-2016  |
| <b>M40</b> | 2,00 kg | 54.11 meter | Piet Meijdam                | Hercules Dordrecht     | Zierikzee           | 21-6-1998 |
| <b>M45</b> | 2,00 kg | 54.53 meter | Piet Meijdam                | Hercules Dordrecht     | Rotterdam           | 4-9-2004  |
| <b>M50</b> | 1,50 kg | 58.28 meter | Piet Meijdam                | Hercules Dordrecht     | Ljubljana (SLO)     | 26-7-2008 |
| <b>M55</b> | 1,50 kg | 51.57 meter | Martin Regtop               | AC TION Enschede       | Zwolle              | 28-4-2005 |
| <b>M60</b> | 1,00 kg | 50.93 meter | Henk Jan Blom               | Hollandia Hoorn        | Grootebroek         | 30-4-2023 |
| <b>M65</b> | 1,00 kg | 48.07 meter | Teo Maat                    | Fortuna Vlaardingen    | Boedapest (HUN)     | 30-3-2014 |
| <b>M65</b> | 1,00 kg | 48.54 meter | Piet Meijdam                | ARV Ilion Zoetermeer   | Zoetermeer          | 5-7-2025  |
| <b>M70</b> | 1,00 kg | 43.74 meter | Jan van Hooft               | AV VN Hilversum        | Gemert              | 28-7-2021 |
| <b>M75</b> | 1,00 kg | 39.19 meter | <i>Jan van Hooft</i>        | <i>AV VN Hilversum</i> | <i>Nijmegen</i>     | 30-3-2025 |
| <b>M80</b> | 1,00 kg | 30.49 meter | Dick Schrieken              | Trias Heiloo           | Hengelo             | 17-9-2021 |
| <b>M85</b> | 1,00 kg | 21.99 meter | Joop van den Brink          | Fortius Dordrecht      | Papendrecht         | 30-3-2019 |
| <b>M90</b> | 1,00 kg | *           | vacant                      |                        |                     |           |

## Kogelslingeren

|            |         |             |                   |                   |                   |           |
|------------|---------|-------------|-------------------|-------------------|-------------------|-----------|
| <b>SEN</b> | 7,26 kg | 79.09 meter | Denzel Comenentia | AAC Amsterdam     | Los Angeles (USA) | 17-5-2024 |
| <b>U23</b> | 7,26 kg | 76.41 meter | Denzel Comenentia | AAC Amsterdam     | Eugene (USA)      | 6-6-2018  |
| <b>U20</b> | 6,00 kg | 74.06 meter | Denzel Comenentia | AAC Amsterdam     | Hilversum         | 13-7-2014 |
| <b>M35</b> | 7,26 kg | 66.60 meter | Ronald Gram       | Sprint Breda      | Eindhoven         | 12-7-2009 |
| <b>M40</b> | 7,26 kg | 60.24 meter | Peter van Noort   | De Spartaan Lisse | Emmen             | 7-6-1997  |
| <b>M45</b> | 7,26 kg | 57.47 meter | Peter van Noort   | De Spartaan Lisse | Kerkrade          | 17-6-2001 |
| <b>M50</b> | 6,00 kg | 60.12 meter | Peter van Noort   | De Spartaan Lisse | Apeldoorn         | 2-7-2005  |
| <b>M55</b> | 6,00 kg | 52.46 meter | Rinus Schreuder   | Hellas Utrecht    | Spa (BEL)         | 21-6-1997 |

|            |         |             |                    |                    |           |            |
|------------|---------|-------------|--------------------|--------------------|-----------|------------|
| <b>M60</b> | 5,00 kg | 58.80 meter | Peter van Noort    | De Spartaan Lisse  | Eindhoven | 7-2-2015   |
| <b>M65</b> | 5,00 kg | 53.80 meter | Rinus Schreuder    | Hellas Utrecht     | Apeldoorn | 7-4-2007   |
| <b>M70</b> | 4,00 kg | 42.70 meter | Wil van Uijthoven  | Spiridon Rijen     | Breda     | 13-10-2019 |
| <b>M75</b> | 4,00 kg | 35.47 meter | Martin Regtop      | MPM Hengelo        | Nijmegen  | 7-4-2024   |
| <b>M80</b> | 3,00 kg | 30.90 meter | Peter Blommestijn  | Rotterdam Atletiek | Rotterdam | 8-4-2023   |
| <b>M85</b> | 3,00 kg | 22.67 meter | Joop van den Brink | Fortius Dordrecht  | Edam      | 28-4-2019  |
| <b>M90</b> | 3,00 kg | *           | vacant             |                    |           |            |

## Speerwerpen

|            |        |             |                    |                      |              |           |
|------------|--------|-------------|--------------------|----------------------|--------------|-----------|
| <b>SEN</b> | 800 gr | 80.70 meter | Thomas van Ophem   | Hera Heerhugowaard   | Castricum    | 7-6-2017  |
| <b>U23</b> | 800 gr | 78.51 meter | Tom Egbers         | Ciko '66 Arnhem      | Woerden      | 26-9-2021 |
| <b>U20</b> | 800 gr | 79.59 meter | Lars Timmerman     | Spado Bergen op Zoom | Breda        | 28-8-2010 |
| <b>M35</b> | 800 gr | 75.41 meter | Daan Meyer         | AV '34 Apeldoorn     | Utrecht      | 24-6-2018 |
| <b>M40</b> | 800 gr | 70.22 meter | Elliott Thijssen   | Hellas Utrecht       | Amsterdam    | 20-7-2013 |
| <b>M45</b> | 800 gr | 63.88 meter | Dirk Kooreman      | Zaanland Zaandam     | Zaandam      | 4-9-1998  |
| <b>M50</b> | 700 gr | 62.42 meter | Elliott Thijssen   | Hellas Utrecht       | Utrecht      | 16-7-2021 |
| <b>M55</b> | 700 gr | 55.75 meter | Eugene Lommen      | De Keien Uden        | Den Haag     | 16-7-2023 |
| <b>M60</b> | 600 gr | 48.06 meter | Wim Threels        | GAC Hilversum        | Huizen       | 26-5-2013 |
| <b>M65</b> | 600 gr | 43.78 meter | Wim Threels        | GAC Hilversum        | Aarhus (DEN) | 28-7-2017 |
| <b>M70</b> | 500 gr | 40.30 meter | Wim Threels        | GAC Hilversum        | Hilversum    | 8-10-2023 |
| <b>M75</b> | 500 gr | 34.87 meter | Cor Braak          | Waterland Landsmeer  | Veldhoven    | 10-6-2007 |
| <b>M80</b> | 400 gr | 27.63 meter | Cor Braak          | AV VN Hilversum      | Huizen       | 2-10-2011 |
| <b>M85</b> | 400 gr | 19.97 meter | Joop van den Brink | Fortius Dordrecht    | Papendrecht  | 26-8-2017 |
| <b>M90</b> | 400 gr | *           | vacant             |                      |              |           |

## Gewichtwerpen

|            |          |             |                    |                         |               |           |
|------------|----------|-------------|--------------------|-------------------------|---------------|-----------|
| <b>M35</b> | 15,88 kg | 19.87 meter | Frank van den Dool | AV '34 Apeldoorn        | Huizen        | 6-10-2002 |
| <b>M40</b> | 15,88 kg | 15.69 meter | Sander Stok        | AV 1923 Amsterdam       | Hilversum     | 26-5-2024 |
| <b>M45</b> | 15,88 kg | 16.94 meter | Peter van Noort    | De Spartaan Lisse       | Huizen        | 3-10-2004 |
| <b>M50</b> | 11,34 kg | 21.00 meter | Peter van Noort    | De Spartaan Lisse       | Lisse         | 9-9-2007  |
| <b>M55</b> | 11,34 kg | 18.18 meter | Onno Heerlien      | Groningen Atletiek      | Venetië (ITA) | 8-9-2019  |
| <b>M60</b> | 9,08 kg  | 20.93 meter | Peter van Noort    | De Spartaan Lisse       | Amersfoort    | 30-5-2015 |
| <b>M65</b> | 9,08 kg  | 19.45 meter | Peter van Noort    | De Spartaan Lisse       | Eindhoven     | 8-2-2020  |
| <b>M70</b> | 7,26 kg  | 16.53 meter | Jan Titulaer       | Swift Atletiek Roermond | Rotterdam     | 15-7-2017 |
| <b>M75</b> | 7,26 kg  | 14.00 meter | Jan Titulaer       | AV VN Hilversum         | Merksum (BEL) | 4-6-2022  |
| <b>M80</b> | 5,45 kg  | 12.34 meter | Peter Blommestijn  | Rotterdam Atletiek      | Rotterdam     | 24-8-2024 |
| <b>M85</b> | 5,45 kg  | 9.58 meter  | Joop van den Brink | Fortius Dordrecht       | Edam          | 28-4-2019 |
| <b>M90</b> | 5,45 kg  | *           | vacant             |                         |               |           |

## Pentathlon - 5-kamp

|            |              |   |                                        |                    |                 |           |
|------------|--------------|---|----------------------------------------|--------------------|-----------------|-----------|
| <b>M35</b> |              | * | vacant                                 |                    |                 |           |
|            |              | * |                                        |                    |                 |           |
| <b>M40</b> | 3.357 punten |   | Alfredo Leenderts                      | Scorpio Oosterhout | Potsdam (GER)   | 19-8-2002 |
|            |              |   | 5.90 * 52.64 * 24.39 * 27.18 * 4:42.34 |                    |                 |           |
| <b>M45</b> | 3.544 punten |   | Glenn Gentle                           | AVON Heerlen       | Weert           | 1-6-1998  |
|            |              |   | 5.69 * 50.37 * 24.95 * 33.82 * 5:04.45 |                    |                 |           |
| <b>M50</b> | 3.740 punten |   | Glenn Gentle                           | AVON Heerlen       | Aarhus (DEN)    | 28-7-2004 |
|            |              |   | 5.46 * 42.91 * 24.54 * 38.85 * 4:52.48 |                    |                 |           |
| <b>M55</b> | 3.756 punten |   | Wim Threels                            | GAC Hilversum      | Ljubljana (SLO) | 28-7-2008 |
|            |              |   | 5.41 * 43.77 * 25.54 * 29.40 * 5:03.84 |                    |                 |           |
| <b>M60</b> | 3.970 punten |   | Wim Threels                            | GAC Hilversum      | Gorinchem       | 9-9-2012  |
|            |              |   | 5.12 * 44.99 * 25.96 * 34.90 * 5:01.15 |                    |                 |           |
| <b>M65</b> | 3.853 punten |   | Wim Threels                            | GAC Hilversum      | Stendal (GER)   | 26-9-2020 |
|            |              |   | 5.04 * 38.47 * 27.49 * 33.37 * 5:40.12 |                    |                 |           |
| <b>M70</b> | 3.827 punten |   | Wim Threels                            | GAC Hilversum      | Stendal (GER)   | 29-5-2022 |
|            |              |   | 4.28 * 38.96 * 28.70 * 32.69 * 5:43.77 |                    |                 |           |
| <b>M75</b> |              | * | vacant                                 |                    |                 |           |
|            |              | * |                                        |                    |                 |           |
| <b>M80</b> |              | * | vacant                                 |                    |                 |           |

|     |   |        |
|-----|---|--------|
|     |   | *      |
| M85 | * | vacant |
|     |   | *      |
| M90 | * | vacant |
|     |   | *      |

## Decathlon - 10-kamp

|     |              |                                                                               |                             |               |           |
|-----|--------------|-------------------------------------------------------------------------------|-----------------------------|---------------|-----------|
| SEN | 8.607 punten | Sven Roosen                                                                   | Eindhoven Atletiek          | Parijs (FRA)  | 3-8-2024  |
|     |              | 10.52 * 7.56 * 15.10 * 1.87 * 46.40 * 13.99 * 46.88 * 4.70 * 63.72 * 4:18.55  |                             |               |           |
| U23 | 8.363 punten | Chiel Warners                                                                 | AAC'61 Assen                | Götzis (AUT)  | 30-5-1999 |
|     |              | 10.78 * 7.76 * 14.74 * 1.97 * 46.61 * 14.32 * 40.91 * 4.80 * 61.44 * 4:37.07  |                             |               |           |
| U20 | 8.293 punten | Luuk Pelkmans                                                                 | AV Sprint                   | Tampere (FIN) | 8-8-2025  |
|     |              | 11.06 * 7.26 * 16.13 * 2.06 * 49.17 * 14.07 * 46.48 * 4.60 * 52.82 * 4:19.14  |                             |               |           |
| M35 | 6.569 punten | Alex van Zutphen                                                              | AAV '36 Alphen aan den Rijn | Amersfoort    | 1-9-2013  |
|     |              | 11.88 * 6.42 * 11.43 * 1.90 * 55.20 * 16.35 * 33.53 * 4.85 * 40.66 * 4:57.78  |                             |               |           |
| M40 | 6.824 punten | Justin François                                                               | Groene Ster Zevenbergen     | Aarhus (DEN)  | 28-7-2017 |
|     |              | 11.55 * 6.52 * 12.62 * 1.73 * 53.70 * 15.91 * 30.23 * 3.60 * 44.22 * 5:16.61  |                             |               |           |
| M45 | 6.936 punten | Jurgen van Berkum                                                             | Parthenon Dordrecht         | Best          | 7-7-2013  |
|     |              | 12.63 * 6.12 * 8.79 * 1.72 * 53.91 * 16.42 * 24.67 * 3.87 * 37.73 * 4:34.80   |                             |               |           |
| M50 | 7.578 punten | Jurgen van Berkum                                                             | Fortius Dordrecht           | Gemert        | 10-6-2018 |
|     |              | 12.59 * 6.01 * 10.09 * 1.69 * 53.95 * 14.70 * 29.47 * 3.70 * 39.22 * 4:38.85  |                             |               |           |
| M55 | 7.061 punten | Jurgen van Berkum                                                             | AV Valkenswaard             | Best          | 8-7-2023  |
|     |              | 13.31 * 5.43 * 8.93 * 1.59 * 58.54 * 15.47 * 25.95 * 3.31 * 34.35 * 5:07.29   |                             |               |           |
| M60 | 7.135 punten | Wim Threels                                                                   | GAC Hilversum               | Zittau (GER)  | 17-8-2012 |
|     |              | 12.86 * 5.21 * 9.13 * 1.57 * 1:00.22 * 16.66 * 33.00 * 2.20 * 41.88 * 5:10.45 |                             |               |           |
| M65 | 7.204 punten | Wim Threels                                                                   | GAC Hilversum               | Aarhus (DEN)  | 28-7-2017 |
|     |              | 13.39 * 4.61 * 8.89 * 1.54 * 1:02.36 * 18.31 * 29.01 * 2.10 * 43.78 * 5:22.23 |                             |               |           |
| M70 | 6.018 punten | Wim Threels                                                                   | GAC Hilversum               | Best          | 6-7-2024  |
|     |              | 14.79 * 3.70 * 9.61 * 1.39 * 1:12.93 * 16.36 * 30.68 * 1.72 * 35.68 * 6:21.64 |                             |               |           |
| M75 | 5.324 punten | Arend Koet                                                                    | AV Castricum                | Poznan (POL)  | 21-7-2006 |
|     |              | 16.45 * 3.49 * 8.47 * 1.29 * 1:19.83 * 16.82 * 17.26 * 2.30 * 19.22 * 7:31.87 |                             |               |           |
| M80 | *            | vacant                                                                        |                             |               |           |
|     |              | *                                                                             |                             |               |           |
| M85 | *            | vacant                                                                        |                             |               |           |
|     |              | *                                                                             |                             |               |           |
| M90 | *            | vacant                                                                        |                             |               |           |
|     |              | *                                                                             |                             |               |           |

## Werpviifkamp

|     |              |                                       |                         |                       |           |
|-----|--------------|---------------------------------------|-------------------------|-----------------------|-----------|
| M35 | 3.926 punten | Frank van den Dool                    | AV '34 Apeldoorn        | Huizen                | 6-10-2002 |
|     |              | 62.96 * 13.91 * 44.68 * 39.96 * 19.87 |                         |                       |           |
| M40 | 3.558 punten | Brian Lesterhuis                      | Eindhoven Atletiek      | Eindhoven             | 5-5-2013  |
|     |              | 42.73 * 14.01 * 39.15 * 52.38 * 14.06 |                         |                       |           |
| M45 | 3.979 punten | Piet Meijdam                          | Hercules Dordrecht      | Rotterdam             | 4-9-2004  |
|     |              | 41.45 * 14.19 * 54.53 * 43.82 * 13.14 |                         |                       |           |
| M50 | 4.097 punten | Brian Lesterhuis                      | Eindhoven Atletiek      | Barendrecht           | 9-9-2023  |
|     |              | 48.86 * 13.87 * 54.80 * 44.66 * 17.39 |                         |                       |           |
| M55 | 4.197 punten | Martin Regtop                         | AC TION Enschede        | Borken (GER)          | 16-4-2005 |
|     |              | 44.24 * 14.88 * 48.30 * 38.84 * 16.86 |                         |                       |           |
| M60 | 3.742 punten | Onno Heerlien                         | Groningen Atletiek      | Göteborg (SWE)        | 25-8-2024 |
|     |              | 51.38 * 12.30 * 41.60 * 29.50 * 18.78 |                         |                       |           |
| M65 | 3.678 punten | Frans de Laat                         | Statina Culemborg       | Übach-Palenberg (GER) | 29-9-2012 |
|     |              | 37.00 * 13.19 * 40.56 * 28.74 * 15.60 |                         |                       |           |
| M70 | 3.770 punten | Frans de Laat                         | Swift Atletiek Roermond | Hilversum             | 23-7-2016 |
|     |              | 39.60 * 13.84 * 38.82 * 26.69 * 16.32 |                         |                       |           |
| M75 | 3.384 punten | Jan van Hooft                         | AV VN Hilversum         | Eindhoven             | 29-3-2025 |
|     |              | 30.49 * 9.36 * 36.96 * 28.10 * 12.11  |                         |                       |           |
| M75 | 3.397 punten | Jan van Hooft                         | AV VN Hilversum         | Herentals (BEL)       | 6-9-2025  |
|     |              | 30.88 * 9.46 * 37.58 * 28.65 * 11.55  |                         |                       |           |
| M80 | 2.958 punten | Peter Blommestijn                     | Rotterdam Atletiek      | Huizen                | 30-6-2024 |

|     |              |                                                                                   |           |
|-----|--------------|-----------------------------------------------------------------------------------|-----------|
| M85 | 2.612 punten | 29.65 * 9.61 * 27.18 * 19.65 * 12.30<br>Joop van den Brink Fortius Dordrecht Edam | 28-4-2019 |
| M90 | *            | 22.67 * 8.15 * 21.44 * 13.50 * 9.58<br>vacant                                     |           |
|     | *            |                                                                                   |           |

#### 4 x 100 meter

|     |             |                                                                            |           |
|-----|-------------|----------------------------------------------------------------------------|-----------|
| SEN | 37.87 sec   | nationaal team Nederland Madrid (ESP)                                      | 28-6-2025 |
|     |             | Nsikak Ekpo * Taymir Burnet * Xavi Mo-Ajok * Elvis Afrifa                  |           |
| SEN | 37.81 sec   | nationaal team Nederland Tokyo (JPN)                                       | 21-9-2025 |
|     |             | Nsikak Ekpo * Taymir Burnet * Xavi Mo-Ajok * Elvis Afrifa                  |           |
| U23 | 38.88 sec   | nationaal team Nederland Espoo (FIN)                                       | 15-7-2023 |
|     |             | Raphael Bouju * Nsikak Ekpo * Damian Feller * Cédric Fini                  |           |
| U20 | 39.85 sec   | nationaal team Nederland Cali (COL)                                        | 4-8-2022  |
|     |             | Matthew Sophia * Maurice Afognon * Nsikak Ekpo * Daniljo Vriendwijk        |           |
| M35 | 46.16 sec   | clubteam AC TION Vught                                                     | 4-9-2016  |
|     |             | Quinten Stern * Vincent Kerssies * Wouter de Boer * Wan Bakx               |           |
| M35 | 45.02 sec   | samengesteld team Oud-Beijerland                                           | 8-8-2025  |
|     |             | Tom van Oudenaarden * Thomas Reijnders * Robert Hendriks * Samora Strijder |           |
| M40 | 42.27 sec   | nationaal team Nederland Breda                                             | 25-8-2001 |
|     |             | Eric Roeske * Erik Oostweegel * Kees van Pelt * Kay Schaafsma              |           |
| M45 | 45.92 sec   | nationaal team Nederland Recklinghausen (GER)                              | 20-9-1997 |
|     |             | Marino van Campen * Fred van Gasteren * Wim de Ronde * Kees Bakx           |           |
| M50 | 46.78 sec   | nationaal team Nederland Göteborg (SWE)                                    | 17-8-2024 |
|     |             | Bart Roth * Richard van Delft * Joris van Zoelen * Reinier van der Wal     |           |
| M55 | 50.07 min   | nationaal team Nederland Aarhus (DEN)                                      | 5-8-2017  |
|     |             | Uli Flücht * Justus van Nierop * Adry van den Wijngaard * Jacques Zaman    |           |
| M60 | 51.79 sec   | nationaal team Nederland Amstelveen                                        | 29-9-2007 |
|     |             | Dirk Klanker * Hans Schouten * Wim Scholtes * Wim Schreuder Goedheijt      |           |
| M65 | 53.39 sec   | nationaal team Nederland Amstelveen                                        | 29-9-2012 |
|     |             | Wim Scholtes * Jelle van der Schaaf * Hans Schouten * Jan Ties             |           |
| M70 | 55.76 min   | nationaal team Nederland Amstelveen                                        | 23-9-2017 |
|     |             | Roelf Akkerman * Wim Schreuder Goedheijt * Jelle van der Schaaf * Jan Ties |           |
| M75 | 1:09.60 min | clubteam GAC Hilversum Utrecht                                             | 6-5-2011  |
|     |             | Jaap Leeftang * Jan Sloodbeek * Pieter Schouten * Kees van Giezen          |           |
| M80 | *           | vacant                                                                     |           |
|     | *           |                                                                            |           |
| M85 | *           | vacant                                                                     |           |
|     | *           |                                                                            |           |
| M90 | *           | vacant                                                                     |           |
|     | *           |                                                                            |           |

#### 4 x 200 meter

|     |             |                                                                           |           |
|-----|-------------|---------------------------------------------------------------------------|-----------|
| SEN | 1:20.86 min | clubteam Rotterdam Atletiek Rotterdam                                     | 4-9-2021  |
|     |             | Taymir e Burnet * Churandy Martina * Hensley Paulina * Xavi Joy Mo-Ajok   |           |
| U23 | 1:31.69 min | clubteam AV Haarlemmermeer Amstelveen                                     | 27-9-2009 |
|     |             | Kevin Sweekhorst * Jeremy Bertels * Twan van Vastenhoven * Mitchell Kroon |           |

#### 4 x 400 meter

|     |             |                                                                         |           |
|-----|-------------|-------------------------------------------------------------------------|-----------|
| SEN | 2:57.18 min | nationaal team Nederland Tokyo (JPN)                                    | 7-8-2021  |
|     |             | Lie-marvin Bonevacía * Terrence Agard * Tony van Diepen * Ramsey Angela |           |
| U23 | 3:02.89 min | nationaal team Nederland Bergen (NOR)                                   | 20-7-2025 |
|     |             | Daan Kneppers * Isaya Klein Ikkink * Rens Altorf * Jonas Phijffers      |           |
| U20 | 3:11.22 min | nationaal team Nederland Tallinn (EST)                                  | 23-7-2011 |
|     |             | Jesper Arts * Jurgen Wielart * Sander Pupella * Bram Peters             |           |
| M35 | 3:26.37 min | nationaal team Nederland Lyon (FRA)                                     | 16-8-2015 |
|     |             | Vincent Kerssies * Quinten Stern * Rikkert van Rhee * Ricardo Rivers    |           |
| M40 | 3:28.77 min | nationaal team Nederland Verona (ITA)                                   | 2-7-1988  |
|     |             | Rob Mahieu * Rien Lunshof * Caspari de Geus * Ronald Mercelina          |           |

|            |             |                                                                           |           |                    |           |
|------------|-------------|---------------------------------------------------------------------------|-----------|--------------------|-----------|
| <b>M45</b> | 3:33.76 min | nationaal team                                                            | Nederland | Calais (FRA)       | 20-6-1998 |
|            |             | Kees Bakx * Wim Scholtes * Fred van Gasteren * Wim Threels                |           |                    |           |
| <b>M50</b> | 3:48.28 min | nationaal team                                                            | Nederland | Amstelveen         | 27-9-2014 |
|            |             | Bert van Lith * Werner Themen * Dolf Smid * Bart van Rookhuizen           |           |                    |           |
| <b>M55</b> | 3:56.82 min | nationaal team                                                            | Nederland | Amstelveen         | 29-9-2018 |
|            |             | Bert van Lith * Kees van Pelt * Falco Rademaker * Dolf Smid               |           |                    |           |
| <b>M60</b> | 4:18.46 min | nationaal team                                                            | Nederland | Kristiansand (NOR) | 3-7-1992  |
|            |             | Boy van Heemstede Obelt * Willem Ravensbergen * Hein Zethof * Piet Maijor |           |                    |           |
| <b>M65</b> | 4:34.65 min | nationaal team                                                            | Nederland | Amstelveen         | 29-9-2012 |
|            |             | Wim Metselaar * Roelf Akkerman * Wim Scholtes * Jelle van der Schaaf      |           |                    |           |
| <b>M70</b> | 5:37.48 min | nationaal team                                                            | Nederland | Lyon (FRA)         | 16-8-2015 |
|            |             | Roelf Akkerman * Frans van Boven * Gillis Bosman * Piet Verbeek           |           |                    |           |
| <b>M75</b> | *           | vacant                                                                    |           |                    |           |
|            |             | *                                                                         |           |                    |           |
| <b>M80</b> | *           | vacant                                                                    |           |                    |           |
|            |             | *                                                                         |           |                    |           |
| <b>M85</b> | *           | vacant                                                                    |           |                    |           |
|            |             | *                                                                         |           |                    |           |
| <b>M90</b> | *           | vacant                                                                    |           |                    |           |
|            |             | *                                                                         |           |                    |           |

**4 x 800 meter**

|            |              |                                                                     |                         |            |           |
|------------|--------------|---------------------------------------------------------------------|-------------------------|------------|-----------|
| <b>SEN</b> | 7:18.84 min  | clubteam                                                            | Atletico '73 Gendringen | Amstelveen | 23-9-2001 |
|            |              | Joeri Voltman * Gert-Jan Liefers * Arnoud Okken * Bram Som          |                         |            |           |
| <b>U23</b> | *            | vacant                                                              |                         |            |           |
|            |              | *                                                                   |                         |            |           |
| <b>M35</b> | 8:28.23 min  | clubteam                                                            | Prins Hendrik Vught     | Amstelveen | 17-9-2006 |
|            |              | Jimmy Schulten * Bert van Lith * Robert Wels * Michiel Otten        |                         |            |           |
| <b>M40</b> | 8:13.5= min  | clubteam                                                            | De Spartaan Lisse       | Lisse      | 11-5-1993 |
|            |              | Piet van der Poel * Aad Kortekaas * Anton Hens * Jan Laan           |                         |            |           |
| <b>M45</b> | 8:59.77 min  | clubteam                                                            | Eindhoven Atletiek      | Amstelveen | 28-9-2014 |
|            |              | Falco Rademaker * Ad Peeters * Peter Mijsberg * Koen Joosse         |                         |            |           |
| <b>M50</b> | 8:47.74 min  | nationaal team                                                      | Nederland               | Dordrecht  | 25-9-1992 |
|            |              | Ton Peters * Ad Heijdens * Wim Metselaar * Kees Steijn              |                         |            |           |
| <b>M55</b> | 9:43.61 min  | nationaal team                                                      | Nederland               | Amstelveen | 27-9-2015 |
|            |              | Marcel Scholten * Willem de Ruijter * Johan Smet * Stan Spangenberg |                         |            |           |
| <b>M55</b> | 9:20.56 min  | samengesteld team                                                   |                         | Amstelveen | 28-9-2025 |
|            |              | Peter Mijsberg * Marc van Gils * Caspar Wijkmans * Harry Fierkens   |                         |            |           |
| <b>M60</b> | 9:33.95 min  | nationaal team                                                      | Nederland               | Beverwijk  | 11-6-1992 |
|            |              | Piet Maijor * Willem Ravensbergen * Hein Zethof * Siem Herlaar      |                         |            |           |
| <b>M65</b> | 11:26.43 min | samengesteld team                                                   |                         | Amstelveen | 29-9-2024 |
|            |              | Theo Woldberg * Stan Spangenberg * Marcel Scholten * Twan Bongers   |                         |            |           |
| <b>M70</b> | 15:01.21 min | clubteam                                                            | Atletiek Oirschot       | Amstelveen | 29-9-2019 |
|            |              | Martien van de Ven * Ad van Zelst * Kees Smetters * Ton van Liempt  |                         |            |           |
| <b>M75</b> | *            | vacant                                                              |                         |            |           |
|            |              | *                                                                   |                         |            |           |
| <b>M80</b> | *            | vacant                                                              |                         |            |           |
|            |              | *                                                                   |                         |            |           |
| <b>M85</b> | *            | vacant                                                              |                         |            |           |
|            |              | *                                                                   |                         |            |           |
| <b>M90</b> | *            | vacant                                                              |                         |            |           |
|            |              | *                                                                   |                         |            |           |

**Afstands medley relay (1200-400-800-1600)**

|            |              |                                                                   |      |           |
|------------|--------------|-------------------------------------------------------------------|------|-----------|
| <b>SEN</b> | 10:52.90 min | ESAV Asterix Eindhoven                                            | Best | 12-6-2018 |
|            |              | Casper van der Putten * Robert Bervoets * Jordi Bot * Thomas Reep |      |           |
| <b>U23</b> | *            | vacant                                                            |      |           |
|            |              | *                                                                 |      |           |

**4 x 1500 meter nationale teams**

|            |              |                                                          |           |                 |          |
|------------|--------------|----------------------------------------------------------|-----------|-----------------|----------|
| <b>SEN</b> | 15:08.90 min | nationaal team                                           | Nederland | Sheffield (GBR) | 5-6-1992 |
|            |              | Simon Vroemen * Berthold Berger * Leon Haan * Han Kulker |           |                 |          |
| <b>U23</b> |              | * vacant                                                 |           |                 |          |
|            |              | *                                                        |           |                 |          |

**Zweedse estafette** (400-300-200-100)

|            |             |                                                                        |                     |                |           |
|------------|-------------|------------------------------------------------------------------------|---------------------|----------------|-----------|
| <b>M35</b> | 2:02.59 min | clubteam                                                               | Lycurgus Krommenie  | Veldhoven      | 29-6-2008 |
|            |             | Richard Janssens * Ger Wessel * Johnny Silié * Armand Ellsworth        |                     |                |           |
| <b>M35</b> | 2:00.74 min | clubteam                                                               | AV Sprint Breda     | Amstelveen     | 28-9-2025 |
|            |             | Bart Oomen * Paul Husslage * Kevin Damstra * Germain Hoek              |                     |                |           |
| <b>M40</b> | 2:06.3= min | clubteam                                                               | Prins Hendrik Vught | Gemert         | 2-9-2001  |
|            |             | Kees van Pelt * Jeroen Bronwasser * Cees Beekmans * Jack Cadée         |                     |                |           |
| <b>M45</b> | 2:12.36 min | clubteam                                                               | U-Track Utrecht     | Bussum         | 11-6-2023 |
|            |             | Joris van Zoelen * Bart Roth * Patrick Schoo * Samora Strijder         |                     |                |           |
| <b>M50</b> | 2:20.0= min | clubteam                                                               | AV Castricum        | Assen          | 24-4-2005 |
|            |             | Ton van Rooij * Hans Beentjes * Wim Kaandorp * Dirk Klanker            |                     |                |           |
| <b>M55</b> | 2:29.4= min | clubteam                                                               | PAC Rotterdam       | Steenbergen    | 27-6-2004 |
|            |             | Wim Beindorff * Hans Rodermond * Han Ruigrok * Fred van der Steenhoven |                     |                |           |
| <b>M60</b> | 2:25.49 min | samengesteld team                                                      |                     | Amstelveen     | 24-9-2023 |
|            |             | Bert van Lith * Dolf Smid * Adry van den Wijngaard * Denny Kreekel     |                     |                |           |
| <b>M65</b> | 2:40.54 min | samengesteld team                                                      |                     | Oud-Beijerland | 7-9-2024  |
|            |             | Twan Bongers * Justus van Nierop * Marcel Scholten * Stan Spangenberg  |                     |                |           |
| <b>M70</b> | 3:29.01 min | clubteam                                                               | Atletiek Oirschot   | Amstelveen     | 29-9-2019 |
|            |             | Martien van de Ven * Ad van Zelst * Kees Smetsers * Ton van Liempt     |                     |                |           |
| <b>M75</b> |             | * vacant                                                               |                     |                |           |
|            |             | *                                                                      |                     |                |           |
| <b>M80</b> |             | * vacant                                                               |                     |                |           |
|            |             | *                                                                      |                     |                |           |
| <b>M85</b> |             | * vacant                                                               |                     |                |           |
|            |             | *                                                                      |                     |                |           |
| <b>M90</b> |             | * vacant                                                               |                     |                |           |
|            |             | *                                                                      |                     |                |           |