

## Heren 50

### 100 m

03-10-04	Eibergen	Henri Gesink	<b>M 50</b>	14.8	2004
03-10-99	Eibergen	Theo Schootman	<b>M 51</b>	15.1	1999
03-10-99	Eibergen	Jo Wassink	<b>M 51</b>	16.1	1999
02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	17.5	2005

### 300 m

02-10-94	Eibergen	Bennie Huirne	<b>M 59</b>	63.5	1994
----------	----------	---------------	-------------	------	------

### 600 m

17-09-16	Eibergen	Robert Leussenkamp	<b>M 51</b>	1.47.9	2016
03-10-04	Eibergen	Henri Gesink	<b>M 50</b>	2.02.0	2004
17-09-16	Eibergen	Theo Schootman	<b>M 67</b>	2.07.5	2016
17-09-16	Eibergen	Herbert Garritsen	<b>M 50</b>	2.17.3	2016
17-09-16	Eibergen	Casper Hummelink	<b>M 55</b>	2.29.0	2016
17-09-16	Eibergen	Martin Rooks	<b>M 61</b>	2.29.9	2016
17-09-16	Eibergen	Dinant Vaags	G Atl <b>M 58</b>	3.25.7	2016

### 800 m

03-10-99	Eibergen	Theo Schootman	<b>M 50</b>	2.26.1	1999
07-06-19	Aalten	Robert Leussenkamp	<b>M 54</b>	2.30.9	2019
10-06-16	Winterswijk	Jan te Luggenhorst	<b>M 70</b>	3.06.7	2016
10-06-16	Winterswijk	Luco Post	<b>M 67</b>	3.28.3	2016
10-06-16	Winterswijk	Henk Steentjes	<b>M 80</b>	4.49.6	2016

### 1000 m

22-06-17	Hengelo	Robert Leussenkamp	<b>M 52</b>	3.17.18	2017
04-10-98	Eibergen	Jo Wassink	<b>M 50</b>	4.55.0	1998

### 1500 m

11-05-16	Haaksbergen	Robert Leussenkamp	<b>M 51</b>	4.54.5	2016
05-10-03	Eibergen	Theo Schootman	<b>M 54</b>	5.03.0	2003
02-10-94	Eibergen	Bennie Huirne	<b>M 59</b>	6.42.1	1994
02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	6.50.2	2005
20-04-11	Eibergen	Dinant Vaags	G Atl <b>M 53</b>	8.15.0	2011
07-04-04	Eibergen	Peter Huijts	<b>M 67</b>	8.59.0	2004

**3000 m**

05-07-01	Hengelo	Theo Schootman	<b>M 52</b>	10.04.76	2001
06-05-16	Rijssen	Robert Leussenkamp	<b>M 51</b>	10.24.05	2016
18-04-12	Eibergen	Jan Bolster	<b>M 51</b>	12.10.0	2012
17-09-16	Eibergen	Henk Kloosterman	<b>M 52</b>	12.28.8	2016
14-04-10	Eibergen	Gert Jan Tuller	<b>M 51</b>	12.46.0	2010
17-09-16	Eibergen	Jan te Luggenhorst	<b>M 70</b>	14.08.2	2016
05-10-03	Eibergen	Bennie Huirne	<b>M 68</b>	14.14.0	2003
08-10-06	Eibergen	Tonny Scharenborg	<b>M 51</b>	14.26.2	2006
17-09-16	Eibergen	Rob Hofman	<b>M 51</b>	14.55.6	2016
17-09-16	Eibergen	Casper Hummelink	<b>M 55</b>	15.51.9	2016

**2 EM**

30-05-02	Hengelo	Theo Schootman	<b>M 53</b>	10.52	2002
06-06-19	Hengelo	Robert Leussenkamp	<b>M 54</b>	11.31	2019
05-06-14	Hengelo	Gert Jan Tuller	<b>M 55</b>	13.44	2014
23-09-21	Hengelo	Fokke-Gert Spinder	<b>M 52</b>	14.56	2021
26-05-13	Eibergen	Peter Zandee	<b>M 50</b>	20.25	2013

**5000 m**

13-04-03	Losser	Theo Schootman	<b>M 54</b>	17.42	2003
27-04-16	Hengelo	Robert Leussenkamp	<b>M 51</b>	18.22.83	2016
09-04-03	Eibergen	Herman Heideveld	<b>M 51</b>	18.47	2003
16-06-12	Steinfurt	<b>Did</b> Hilco Doesburg	<b>M 50</b>	19.40	2012
07-04-04	Eibergen	Jan Wikkerink	<b>M 50</b>	19.43	2004
13-06-09	Rijssen	Gert Jan Tuller	<b>M 50</b>	19.45	2009
06-10-02	Groenlo	Pim van Vuren	<b>M 55</b>	20.14	2002
05-10-14	Groenlo	Jan Bolster	<b>M 53</b>	20.42	2014
15-08-80	Papendal	Huib Ras	<b>M 50</b>	20.56	1980
14-04-10	Eibergen	Hans te Rietmole	<b>M 52</b>	21.09	2010
05-04-06	Eibergen	Dick Drenten	<b>M 53</b>	22.04	2006
14-04-10	Eibergen	Martin Rooks	<b>M 55</b>	22.21	2010
05-03-16	Markelo	Gerard Ernst	<b>M 50</b>	22.44	2016
18-04-01	Eibergen	Matty Gerfen	<b>M 58</b>	22.46	2001
02-10-94	Eibergen	Bennie Huirne	<b>M 59</b>	24.00	1994
19-05-19	Borne	Fokke-Gert Spinder	<b>M 50</b>	24.13	2019
14-04-10	Eibergen	Bob Doornweerd	<b>M 51</b>	24.19	2010
18-04-12	Eibergen	Ton Harmsen	<b>M 51</b>	25.00	2012
01-04-09	Eibergen	Johan Meenink	<b>M 69</b>	25.47	2009
23-09-06	Wierden	Jan Timmerije	<b>M 59</b>	28.53	2006
09-04-03	Eibergen	Hans van Loosen	<b>M 50</b>	29.29	2003

**5000 m E.T.**

27-04-16	Hengelo	Robert Leussenkamp	<b>M 50</b>	18.22.83	2016
27-06-13	Hengelo	Theo Schootman	<b>M 64</b>	20.09.37	2013
27-06-12	Hengelo	Hilco Doesburg	<b>M 50</b>	20.31.96	2012
02-09-21	Hengelo	Fokke-Gert Spinder	<b>M 52</b>	23.49.23	2021

**3 EM**

08-12-12	Eibergen	Andre Wassink	<b>M 51</b>	21.30	2012
08-12-12	Eibergen	Henk Steentjes	<b>M 76</b>	32.04	2012

**5 EM**

16-04-05	Eibergen	Theo Schootman	<b>M 56</b>	30.00	2005
20-03-16	Haaksbergen	Robert Leussenkamp	<b>M 51</b>	30.11	2016
25-10-14	Nijverdal	Hilco Doesburg	<b>M 52</b>	31.47	2014
25-03-12	Haaksbergen	Gert Jan Tuller	<b>M 53</b>	33.39	2012
20-05-12	Eibergen	Jan Bolster	<b>M 51</b>	34.15	2012
26-05-13	Eibergen	Jan Wikkerink	<b>M 59</b>	35.47	2013
20-04-02	Eibergen	Matty Gerfen	<b>M 59</b>	36.08	2002
21-03-04	Haaksbergen	Bert Vogel	<b>M 51</b>	36.12	2004
26-05-13	Eibergen	Marcel Liebrand	<b>M 54</b>	36.22	2013
22-05-11	Eibergen	Hans te Rietmole	<b>M 53</b>	36.48	2011
04-03-06	Winterwijk	Dick Drenten	<b>M 53</b>	36.59	2006
25-05-14	Eibergen	Andre Wassink	<b>M 53</b>	37.05	2014
12-09-21	Enschede	Richard Schippers	<b>M 51</b>	37.11	2021
25-03-18	Haaksbergen	Hans Lammertink	<b>M 53</b>	37.37	2018
25-03-07	Haaksbergen	Martin Rooks	<b>M 52</b>	37.52	2007
17-09-06	Enschede	Wim Groot Kormelink	<b>M 56</b>	38.31	2006
26-05-13	Eibergen	Ben Spekschoor	<b>M 60</b>	38.33	2013
17-05-09	Eibergen	Jan van Alst	<b>M 50</b>	38.39	2009
27-03-11	Haaksbergen	Inus Westhoff	<b>M 60</b>	39.00	2011
29-05-16	Eibergen	Gerwin Tenhagen	<b>M 53</b>	39.17	2016
29-05-16	Eibergen	Johan Onstein	<b>M 51</b>	39.53	2016
26-06-13	Eibergen	André Geverinck	<b>M 50</b>	40.01	2013
29-05-16	Eibergen	Michel van der Heijde	<b>M 52</b>	40.08	2016
29-05-16	Eibergen	Herbert Garritsen	<b>M 50</b>	40.38	2016
06-05-00	Eibergen	Leo Groot Zevert	<b>M 65</b>	40.40	2000
16-05-10	Eibergen	Bob Doornweerd	<b>M 51</b>	40.49	2010
31-05-15	Eibergen	Bennie te Brinke	<b>M 54</b>	40.57	2015
22-05-11	Eibergen	Willem Brons	<b>M 62</b>	41.11	2011
26-05-13	Eibergen	Laurens Taken	<b>M 50</b>	41.24	2013
14-09-14	Enschede	Ton Harmsen	<b>M 53</b>	41.40	2014
29-05-16	Eibergen	Rob Hofman	<b>M 51</b>	41.40	2016
22-05-11	Eibergen	Hans Schepers	<b>M 68</b>	42.00	2011
26-05-13	Eibergen	Walter van de Gevel	<b>M 50</b>	42.22	2013
25-03-07	Haaksbergen	Gerrit Kamers	<b>M 51</b>	42.31	2007
08-04-17	Haaksbergen	Jan te Luggenhorst	<b>M 71</b>	42.40	2017
08-04-17	Haaksbergen	Luco Post	<b>M 68</b>	42.40	2017
25-03-07	Haaksbergen	Johan Meenink	<b>M 67</b>	42.50	2007
14-04-19	Hoogeveen	Fokke-Gert Spinder	<b>M 50</b>	43.01	2019
26-05-13	Eibergen	Gerard Bleumink	<b>M 55</b>	43.05	2013
25-05-14	Eibergen	Alan Knigge	<b>M 51</b>	43.28	2014
17-05-09	Eibergen	Peter Floors	<b>M 55</b>	43.42	2009
31-05-15	Eibergen	Henk Kloosterman	<b>M 51</b>	45.46	2015
22-03-09	Haaksbergen	Jan Timmerije	<b>M 62</b>	46.05	2009
25-03-12	Haaksbergen	Bert Hummel	<b>M 67</b>	46.13	2012
29-05-16	Eibergen	Bert van der Vegte	<b>M 51</b>	47.11	2016
25-03-07	Haaksbergen	Gerard Willekes	<b>M 51</b>	47.27	2007
01-05-99	Eibergen	Huib Ras	<b>M 69</b>	47.54	1999
19-04-03	Eibergen	Hans van Loosen	<b>M 50</b>	48.00	2003
26-05-13	Eibergen	Henk Kreunen	<b>M 50</b>	48.11	2013
26-05-13	Eibergen	Sake Dijkstra	<b>M 61</b>	48.12	2013
26-05-13	Eibergen	Pieter Koeman	<b>M 51</b>	49.07	2013
21-03-10	Haaksbergen	Henni van Leeuwen	<b>M 50</b>	49.21	2010
25-05-14	Eibergen	Ron Smits	<b>M 53</b>	49.44	2014
17-05-09	Eibergen	Casper Spoor	<b>M 54</b>	49.48	2009

**10 km**

23-06-00	Bergentheim	Theo Schootman	<b>M 51</b>	35.12	2000
21-06-02	Bergentheim	Herman Heideveld	<b>M 50</b>	37.47	2002
03-03-19	Vorden	Robert Leussenkamp	<b>M 54</b>	38.29	2019
30-12-12	Meddo	Hilco Doesburg	<b>M 50</b>	38.51	2012
29-06-80	Eibergen	Huib Ras	<b>M 50</b>	39.00	1980
21-08-04	Aalten	Jan Wikkerink	<b>M 50</b>	39.43	2004
12-09-98	Haaksbergen	Pim van Vuren	<b>M 51</b>	40.05	1998
12-01-14	Hengelo	Jan Bolster	<b>M 53</b>	41.12	2014
17-04-09	Hardenberg	Gert Jan Tuller	<b>M 50</b>	41.32	2009
21-05-95	Doetinchem	Leo Sijtsma	<b>M 54</b>	41.43	1995
12-09-98	Haaksbergen	Matty Gerfen	<b>M 55</b>	42.23	1998
26-03-16	Haarle	Gerard Ernst	<b>M 50</b>	43.19	2016
04-10-09	Groenlo	Hans te Rietmole	<b>M 51</b>	43.40	2009
16-05-21	Enschede	Richard Schippers	<b>M 51</b>	44.57	2021
27-04-08	Enschede	Herman Franck	<b>M 50</b>	45.06	2008
02-03-14	Vorden	Andre Wassink	<b>M 53</b>	45.25	2014
24-12-06	Meddo	Martin Rooks	<b>M 51</b>	46.51	2006
24-12-06	Meddo	Hendrik Jan te Winkel	<b>M 50</b>	46.53	2006
14-01-18	Hengelo	Hans Lammertink	<b>M 53</b>	46.56	2018
28-12-14	Meddo	Gerwin Tenhagen	<b>M 51</b>	47.25	2014
12-09-98	Haaksbergen	Theo Broekman	<b>M 50</b>	47.38	1998
21-08-04	Aalten	Dick Drenten	<b>M 51</b>	48.11	2004
12-09-98	Haaksbergen	Bennie Huirne	<b>M 63</b>	48.20	1998
08-03-09	Vorden	Jan te Luggenhorst	<b>M 63</b>	48.28	2009
03-04-11	Hengelo	Inus Westhof	<b>M 60</b>	49.40	2011
15-03-09	Hengelo	Willem Brons	<b>M 60</b>	49.59	2009
02-10-16	Groenlo	Dick Wezel	<b>M 62</b>	50.27	2016
02-04-18	Hengelo	Johan Onstein	<b>M 53</b>	50.55	2018
10-01-16	Hengelo	Ton Harmsen	<b>M 54</b>	50.58	2016
22-02-04	Hengelo	Jan Willemink	<b>M 54</b>	51.38	2004
02-03-14	Vorden	Bennie te Brinke	<b>M 53</b>	51.47	2014
17-06-04	Bredevoort	Bert vogel	<b>M 51</b>	52.12	2004
19-02-12	Hengelo	Hans ter Welle	<b>M 50</b>	52.23	2012
26-12-11	Meddo	Bob Doornweerd	<b>M 52</b>	52.49	2011
30-12-12	Meddo	Bennie Bomers	<b>M 51</b>	53.14	2012
04-02-07	Hengelo	Gerrit Kamers	<b>M 51</b>	53.16	2007
13-06-10	Hoog Keppel	Johan Meenink	<b>M 70</b>	52.58	2010
29-12-02	Meddo	Leo Groot Zevert	<b>M 67</b>	53.27	2002
02-10-11	Groenlo	Casper Hummelink	<b>M 50</b>	54.26	2011
06-10-19	Breda	Olav Wissink	<b>M 51</b>	54.36	2019
30-01-11	Hengelo	Hans Hartman	<b>M 52</b>	55.12	2011

**10 km E.T.**

22-09-16	Hengelo	Robert Leussenkamp	<b>M 51</b>	40.39.04	2016
----------	---------	--------------------	-------------	----------	------

**15 km**

09-04-00	Oldenzaal	Theo Schootman	<b>M 51</b>	54.06	2000
23-02-03	Hengelo	Herman Heideveld	<b>M 51</b>	59.27	2003
13-01-13	Hengelo	Hilco Doesburg	<b>M 51</b>	1.01.22	2013
15-03-15	Hengelo	Jan Bolster	<b>M 54</b>	1.02.15	2015
13-04-97	Oldenzaal	Matty Gerfen	<b>M 54</b>	1.03.32	1997
12-06-82	Goor	Huib Ras	<b>M 52</b>	1.04.51	1982
06-04-03	Nijverdal	Theo Broekman	<b>M 55</b>	1.09.02	2003
03-12-06	S-Heerenberg	Willie Penterman	<b>M 50</b>	1.08.28	2006
13-04-14	Hengelo	Hans te Rietmole	<b>M 56</b>	1.09.17	2014
11-03-12	Hengelo	Marcel Liebrand	<b>M 53</b>	1.09.51	2012

**15 km vervolg**

01-10-06	Groenlo	Jan Homrighausen	<b>M 52</b>	1.10.42	2006
07-10-07	Groenlo	Hendrik Jan te Winkel	<b>M 51</b>	1.12.46	2007
16-11-97	Nijmegen	Dirk Schilp	<b>M 50</b>	1.12.47	1997
03-12-00	S-Heerenberg	Leo Groot Zevert	<b>M 65</b>	1.15.11	2000
19-11-06	Nijmegen	Herman Fokkink	<b>M 60</b>	1.16.03	2006
01-04-12	Lochem	Gert Jan Tuller	<b>M 53</b>	1.16.28	2012
17-11-13	Nijmegen	Laurens Taken	<b>M 50</b>	1.16.39	2013
18-03-01	Hengelo	Bennie Huirne	<b>M 66</b>	1.16.48	2001
13-04-08	Hengelo	Willem Brons	<b>M 59</b>	1.17.23	2008
02-04-18	Hengelo	Inus Westhof	<b>M 67</b>	1.17.24	2018
04-10-09	Groenlo	Jan te Luggenhorst	<b>M 63</b>	1.17.52	2009
07-12-14	S-Heerenberg	Ton Harmsen	<b>M 53</b>	1.17.59	2014
04-04-04	Losser	Jan Willemink	<b>M 54</b>	1.18.09	2004
13-01-13	Hengelo	Luco Post	<b>M 64</b>	1.19.04	2013
13-04-14	Hengelo	Casper Hummelink	<b>M 53</b>	1.19.28	2014
20-11-03	Nijmegen	Dick Drenten	<b>M 50</b>	1.20.48	2003
09-04-12	Hengelo	Hans ter Welle	<b>M 50</b>	1.21.39	2012
13-04-09	Hengelo	Johan Meenink	<b>M 69</b>	1.21.46	2009
06-04-15	Hengelo	Bennie te Brinke	<b>M 54</b>	1.22.10	2015
07-10-12	Groenlo	Bennie Bomers	<b>M 51</b>	1.23.03	2012
09-04-07	Hengelo	Gerrit Kamers	<b>M 51</b>	1.23.53	2007

**10 EM**

26-03-00	Haaksbergen	Theo Schootman	<b>M 51</b>	58.27	2000
24-03-02	Haaksbergen	Herman Heideveld	<b>M 50</b>	1.03.23	2002
04-03-95	Winterswijk	Matty Gerfen	<b>M 52</b>	1.04.24	1995
06-03-99	Winterswijk	Pim van Vuren	<b>M 52</b>	1.05.04	1999
30-10-04	Nijverdal	Jan Wikkerink	<b>M.50</b>	1.06.53	2004
24-03-96	Haaksbergen	Jan Staring	<b>M 52</b>	1.08.15	1996
26-05-13	Eibergen	Jan Bolster	<b>M 52</b>	1.08.53	2013
04-03-95	Winterswijk	Leo Sijtsma	<b>M 53</b>	1.09.00	1995
29-05-16	Eibergen	Gerard Ernst	<b>M 50</b>	1.10.04	2016
22-03-09	Haaksbergen	Hans te Rietmole	<b>M 51</b>	1.11.43	2009
20-04-02	Eibergen	Henk Wesselink	<b>M 52</b>	1.12.35	2002
25-03-12	Haaksbergen	Marcel Liebrand	<b>M 53</b>	1.12.41	2012
16-04-05	Eibergen	Theo Broekman	<b>M 58</b>	1.12.45	2005
22-03-09	Haaksbergen	Gert Jan Tuller	<b>M 50</b>	1.13.46	2009
14-06-97	Rijssen	Freek Notten	<b>M 46</b>	1.14.52	1997
04-03-06	Winterswijk	Jan Homrighausen	<b>M 52</b>	1.15.21	2006
23-03-14	Haaksbergen	Andre Wassink	<b>M 53</b>	1.16.37	2014
25-03-07	Haaksbergen	Hendrik Jan te Winkel	<b>M 51</b>	1.17.02	2007
15-04-06	Eibergen	Martin Rooks	<b>M 51</b>	1.17.35	2006
22-03-98	Haaksbergen	Leo Groot Severt	<b>M 63</b>	1.18.24	1998
26-05-13	Eibergen	Luco Post	<b>M 64</b>	1.18.46	2013
31-10-93	Nijverdal	Bennie Huirne	<b>M 58</b>	1.19.14	1993
31-05-15	Eibergen	Gerwin Tenhagen	<b>M 52</b>	1.19.37	2015

**20 km**

23-05-82	Eibergen	Huub Ras	<b>M 52</b>	1.32.08	1982
29-10-16	Nijverdal	Jan te Luggenhorst	<b>M 70</b>	1.50.51	2016
29-10-16	Nijverdal	Luco Post	<b>M 67</b>	1.55.05	2016

**Halve Marathon**

14-10-00	Loenen	Theo Schootman	<b>M 51</b>	1.16.22	2000
12-06-04	Zwolle	Herman Heideveld	<b>M 52</b>	1.24.21	2004
14-04-19	Enschede	Robert Leussenkamp	<b>M 54</b>	1.25.22	2019
22-12-12	Borne	Hilco Doesburg	<b>M 50</b>	1.27.27	2012
26-12-04	Meddo	Jan Wikkerink	<b>M.50</b>	1.28.59	2004
02-09-95	Warnsveld	Matty Gerfen	<b>M 52</b>	1.29.00	1995
19-04-15	Enschede	Marcel Liebrand	<b>M 56</b>	1.37.38	2015
21-04-13	Enschede	Jan Bolster	<b>M 52</b>	1.38.13	2013
02-09-00	Zutphen	Henk Wesselink	<b>M 50</b>	1.38.37	2000
22-04-12	Enschede	Hans te Rietmole	<b>M 54</b>	1.39.47	2012
03-03-13	Vorden	Andre Wassink	<b>M 52</b>	1.39.58	2013
13-03-05	Vorden	Jan Homrighausen	<b>M 51</b>	1.41.33	2005
28-08-98	Nijverdal	Bennie Huirne	<b>M 63</b>	1.43.09	1998
14-10-00	Loenen	Theo Broekman	<b>M 52</b>	1.44.33	2000
23-04-06	Enschede	Herman Fokkink	<b>M 60</b>	1.44.36	2006
14-10-12	Eindhoven	Willie Penterman	<b>M 56</b>	1.45.57	2012
02-04-18	Hengelo	Jan Willem Raaben	<b>M 63</b>	1.46.37	2018
15-12-13	Emmerich	<b>Dld</b> Jan te Luggenhorst	<b>M 67</b>	1.47.40	2013
19-04-15	Enschede	Gerwin Tenhagen	<b>M 52</b>	1.48.43	2015
15-12-13	Emmerich	<b>Dld</b> Luco Post	<b>M 64</b>	1.50.15	2013
14-10-00	Loenen	Leo Groot Zevert	<b>M 65</b>	1.51.26	2000
19-04-15	Enschede	Johan Bomers	<b>M 51</b>	1.51.47	2015
23-04-17	Enschede	Hanno Tempel	<b>M 50</b>	1.52.01	2017
19-04-15	Enschede	Ton Harmsen	<b>M 54</b>	1.52.09	2015
14-04-19	Enschede	Inus Westhof	<b>M 68</b>	1.53.59	2019
06-11-11	Terschelling	Hans Hartman	<b>M 52</b>	1.54.03	2011
22-04-12	Enschede	Bennie Bomers	<b>M 51</b>	1.54.26	2012
22-04-12	Enschede	Casper Hummelink	<b>M 51</b>	1.54.47	2012
08-05-05	Enschede	Martin Rooks	<b>M 50</b>	1.55.27	2005
19-04-15	Enschede	Laurens Taken	<b>M 52</b>	1.55.37	2015
27-04-08	Enschede	Willem Brons	<b>M 59</b>	1.56.30	2008
17-12-11	Borne	Gert Jan Tuller	<b>M 52</b>	1.56.48	2011
27-04-14	Enschede	Bennie Bomers	<b>M 53</b>	1.57.34	2014
06-04-15	Hengelo	Hans ter Welle	<b>M 53</b>	1.59.21	2015
08-11-09	Terschelling	Bob Doornweerd	<b>M 50</b>	1.59.26	2009
13-12-09	Emmerich	<b>Dld</b> Hans Schepers	<b>M 66</b>	2.00.42	2009
05-11-06	Terschelling	Gerrit Kamers	<b>M 50</b>	2.05.27	2006

**25 km**

02-04-00	Losser	Theo Schootman	<b>M 51</b>	1.35.42	2000
07-04-02	Losser	Herman Heideveld	<b>M 50</b>	1.43.43	2002
01-04-12	Losser	Hilco Doesburg	<b>M 50</b>	1.44.29	2012
28-03-99	Losser	Pim van Vuren	<b>M 52</b>	1.49.12	1999
28-03-99	Losser	Matthy Gerfen	<b>M 56</b>	1.59.04	1999
03-04-04	Losser	Theo Broekman	<b>M 56</b>	1.59.46	2004
03-04-04	Losser	Jan Homrighausen	<b>M.50</b>	2.03.42	2004
05-04-10	Losser	Gert Jan Tuller	<b>M 51</b>	2.10.30	2010
28-03-99	Losser	Bennie Huirne	<b>M 64</b>	2.15.15	1999
20-03-11	Losser	Ton Harmsen	<b>M 50</b>	2.26.41	2011

**30 km**

04-03-12	Vorden	Hilco Doesburg	<b>M 50</b>	2.19.41	2012
19-06-82	Aalten	Huub Ras	<b>M 52</b>	2.20.21	1982
26-09-04	Almere	Theo Broekman	<b>M 56</b>	2.36.41	2004
08-03-08	Vorden	Jan Homrighausen	<b>M 54</b>	2.37.48	2008
03-03-13	Vorden	Luco Post	<b>M 64</b>	2.38.45	2013
01-03-20	Vorden	Olav Wissink	<b>M 52</b>	2.48.59	2020
01-03-15	Vorden	Jan te Luggenhorst	<b>M 69</b>	2.53.41	2015

**Marathon**

29-09-02	Berlijn	<b>Did</b> Theo Schootman	<b>M 53</b>	2.52.19	2002
02-05-82	Rotterdam	Gerrit Kluivers	<b>M 50</b>	2.55.50	1982
22-04-12	Enschede	Hilco Doesburg	<b>M 50</b>	3.06.43	2012
10-10-04	Eindhoven	Jan Wikkerink	<b>M.50</b>	3.12.58	2004
13-10-02	Eindhoven	Herman Heideveld	<b>M 50</b>	3.13.40	2002
16-06-99	Enschede	Matty Gerfen	<b>M 56</b>	3.22.08	1999
10-04-16	Rotterdam	Jan Bolster	<b>M 55</b>	3.23.59	2016
26-05-02	Enschede	Henk Wesselink	<b>M 52</b>	3.31.37	2002
23-04-06	Enschede	Jan Homrighausen	<b>M 52</b>	3.40.13	2006
10-09-83	Enschede	Huub Ras	<b>M 53</b>	3.40.53	1983
12-10-14	Eindhoven	Marcel Liebrand	<b>M 55</b>	3.50.35	2014
11-10-98	Eindhoven	Bennie Huirne	<b>M 63</b>	3.51.15	1998
21-04-13	Enschede	Luco Post	<b>M 64</b>	4.00.55	2013

**Ver**

03-10-04	Eibergen	Henri Gesink	<b>M 50</b>	4.10 m	2004
17-09-16	Eibergen	Herbert Garritsen	<b>M 50</b>	3.97 m	2016
17-09-16	Eibergen	Casper Hummelink	<b>M 55</b>	3.80 m	2016
04-10-98	Eibergen	Jo Wassink	<b>M 50</b>	3.75 m	1998
17-09-16	Eibergen	Robert Leussenkamp	<b>M 51</b>	3.51 m	2016
17-09-16	Eibergen	Theo Schootman	<b>M 67</b>	3.10 m	2016
02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	2.92 m	2005
17-09-16	Eibergen	Dinant Vaags	<b>M 58</b>	2.57 m	2016
		G Atl			

**Kogel 6 kg**

03-10-04	Eibergen	Henri Gesink	<b>M 50</b>	9.35 m	2004
02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	8.07 m	2005
04-10-98	Eibergen	Jo Wassink	<b>M 50</b>	7.48 m	1998

**Speer 700 gr**

03-10-99	Eibergen	Theo Schootman	<b>M 50</b>	21.24 m	1999
03-10-99	Eibergen	Jo Wassink	<b>M 51</b>	19.92 m	1999