

## Clubrecords Dames

### M.P.C.

|                     |                |             |                    |         |      |
|---------------------|----------------|-------------|--------------------|---------|------|
| 40 m                | 10.09.94       | Hengelo     | Anique ten Hagen   | 6.6     | 1994 |
| 600 m               | 18-09-16       | Haaksbergen | Lobke Schmitz      | 2.25.0  | 2016 |
| 1000 m              | 04.09.76       | Enschede    | Hanneke Grutterink | 4.09.4  | 1976 |
| 1 EM                | 22-03-15       | Haaksbergen | Emma Timpers       | 7.39    | 2015 |
| Ver                 | 01.07.90       | Eibergen    | Elles Wijlens      | 3.52 m  | 1990 |
| Hoog                | 04.09.76       | Enschede    | Hanneke Grutterink | 0.95 m  | 1976 |
| Hoog                | 15.05.93       | Goor        | Marjolein van Os   | 0.95 m  | 1993 |
| Hoog                |                |             | Anique ten Hagen   | 0.95 m  | 1994 |
| Kogel 1 kg          |                |             | Bibi Nijhuis       | 4.92 m  | 1995 |
| Bal 155gr eindstand | 30.09.90       | Hengelo     | Elles Wijlens      | 16.36 m | 1990 |
| Bal 80-100 gr nieuw | 18.09.04       | Almelo      | Celin Bouwmeester  | 24.82 m | 2004 |
| Pupillen Meerkamp   | 05-07-14       | Enschede    | Anouk Winters      | 821 pnt | 2014 |
| 40 m                | <b>8.5</b>     |             |                    |         |      |
| Ver                 | <b>2.11 m</b>  |             |                    |         |      |
| Hoog                | <b>0.70 m</b>  |             |                    |         |      |
| Bal                 | <b>13.05 m</b> |             |                    |         |      |
| 600 m               | <b>2.54.6</b>  |             |                    |         |      |

### M.P.B.

|                         |               |             |                    |                      |      |
|-------------------------|---------------|-------------|--------------------|----------------------|------|
| 40 m                    | 26.08.95      | Enschede    | Anique ten Hagen   | 6.2                  | 1995 |
| 600 m                   | 18-09-16      | Haaksbergen | Lobke Schmitz      | <b>M.P.C.</b> 2.25.0 | 2016 |
| 1000 m                  |               |             | Hanneke Grutterink | 3.42 5               | 1977 |
| 1 EM                    | 22.03.09      | Haaksbergen | Emma Brummelhuis   | 6.55                 | 2009 |
| 3000 m                  | 08-10-17      | Haaksbergen | Lobke Schmitz      | 14.56.0              | 2017 |
| Ver                     | 26.08.95      | Enschede    | Anique ten Hagen   | 3.85 m               | 1995 |
| Hoog                    | 24-09-16      | Almelo      | Janet Schlömer     | 1.15 m               | 2016 |
| Kogel                   | 23-09-17      | Almelo      | Senne Drupsteen    | 5.56 m               | 2017 |
| Bal 140-160 gr          | 18-09-16      | Haaksbergen | Emma Timpers       | 25.63 m              | 2016 |
| Pupillen Meerkamp       | 02.07.05      | Enschede    | Celin Bouwmeester  | 1553 pnt             | 2005 |
| 40 m                    | <b>7.7</b>    |             |                    |                      |      |
| 1000 m                  | <b>4.32.5</b> |             |                    |                      |      |
| Ver                     | <b>2.82 m</b> |             |                    |                      |      |
| Hoog                    | <b>0.90 m</b> |             |                    |                      |      |
| Kogel                   | <b>5.23 m</b> |             |                    |                      |      |
| Pupillen Meerkamp nieuw | 05-07-14      | Enschede    | Maudi Noordink     | 1285 pnt             | 2014 |
| 40 m                    | <b>8.0</b>    |             |                    |                      |      |
| Ver                     | <b>2.52 m</b> |             |                    |                      |      |
| Hoog                    | <b>0.90 m</b> |             |                    |                      |      |
| Kogel                   | <b>4.76 m</b> |             |                    |                      |      |
| 1000 m                  | <b>5.11.2</b> |             |                    |                      |      |

### M.P.A.

|             |          |             |                    |                       |      |
|-------------|----------|-------------|--------------------|-----------------------|------|
| 60 m        |          |             | Anique ten Hagen   | 8.5                   | 1997 |
| 600 m       | 27.04.96 | Enschede    | Marjolein van Os   | 1.57.0                | 1996 |
| 1000 m      | 30.09.89 | Enschede    | Henriëke Molenveld | 3.30.4                | 1989 |
| 1000 m E.T. | 20-06-93 | Hengelo     | Elles Wijlens      | 3.40.48               | 1993 |
| 1 EM        | 22-03-15 | Haaksbergen | Kyara Ruardij      | 6.22                  | 2015 |
| 3000 m      | 08-10-17 | Haaksbergen | Lobke Schmitz      | <b>M.P.B.</b> 14.56.0 | 2017 |
| Ver         | 28.09.96 | Enschede    | Marjolein van Os   | 4.22 m                | 1996 |

## M.P.A. Vervolg

|                              |               |             |                    |          |      |
|------------------------------|---------------|-------------|--------------------|----------|------|
| <b>Hoog</b>                  | 15.06.96      | Enschede    | Marjolein van Os   | 1.35 m   | 1996 |
| <b>Kogel 2 kg</b>            |               |             | Nanda Zandstra     | 7.79 m   | 1991 |
| <b>Bal 155 gr eindstand</b>  | 23.06.96      | Haaksbergen | Marjolein van Os   | 36.08 m  | 1996 |
| <b>Bal 200 gr nieuw 1998</b> |               |             | Riet van de Schoot | 29.33 m  | 1999 |
| <b>4x60 m</b>                | 30-09-79      |             | Sandra Spikker     | 38.8     | 1979 |
|                              | 30-09-79      |             | Marion Calia       | 38.8     | 1979 |
|                              | 30-09-79      |             | Debby Braun        | 38.8     | 1979 |
|                              | 30-09-79      |             | Evelien Knijff     | 38.8     | 1979 |
| <b>Pupillen Meerkamp</b>     | 03.07.99      | Enschede    | Riet van de Schoot | 1803 pnt | 1999 |
| <b>60 m</b>                  | <b>9.5</b>    |             |                    |          |      |
| <b>600 m</b>                 | <b>2.09.3</b> |             |                    |          |      |
| <b>Ver</b>                   | <b>3.84 m</b> |             |                    |          |      |
| <b>Hoog</b>                  | <b>1.10 m</b> |             |                    |          |      |
| <b>Kogel</b>                 | <b>6.79 m</b> |             |                    |          |      |
| <b>Pupillen Meerkamp</b>     | 02.07.05      | Enschede    | Natsja Nijman      | 1562 pnt | 2005 |
| <b>60 m</b>                  | <b>11.1</b>   |             |                    |          |      |
| <b>1000 m</b>                | <b>5.03.2</b> |             |                    |          |      |
| <b>Ver</b>                   | <b>2.93 m</b> |             |                    |          |      |
| <b>Hoog</b>                  | <b>1.05 m</b> |             |                    |          |      |
| <b>Kogel</b>                 | <b>6.05 m</b> |             |                    |          |      |
| <b>Meerkamp Nieuw</b>        | 05-07-14      | Enschede    | Kyonne Ruardij     | 2220 pnt | 2014 |
| <b>60 m</b>                  | <b>9.4</b>    |             |                    |          |      |
| <b>Ver</b>                   | <b>3.29 m</b> |             |                    |          |      |
| <b>Hoog</b>                  | <b>1.15 m</b> |             |                    |          |      |
| <b>Kogel</b>                 | <b>4.93 m</b> |             |                    |          |      |
| <b>1000 m</b>                | <b>3.39.8</b> |             |                    |          |      |

## M.D.

|                        |          |             |                    |         |      |
|------------------------|----------|-------------|--------------------|---------|------|
| <b>60 m E.T.</b>       | 08-06-96 | Zwolle      | Diana ten Hagen    | 8.11    | 1996 |
| <b>60 mh E.T.</b>      | 08-07-06 | Almelo      | Laura Kleinsman    | 10.14   | 2006 |
| <b>200 m E.T.</b>      | 15-05-15 | Rijssen     | Jana Kamps         | 30.45   | 2015 |
| <b>600 m</b>           | 24.09.94 | Enschede    | Ruth Mamphuys      | 1.44.9  | 1994 |
| <b>600 m E.T.</b>      | 04-06-16 | Nijverdal   | Kyonne Ruardij     | 1.49.33 | 2016 |
| <b>800 m</b>           | 25.03.94 | Haaksbergen | Iris Dinter        | 2.27.80 | 1994 |
| <b>1000 m</b>          | 17.06.95 | Gendringen  | Iris Dinter        | 3.05.4  | 1995 |
| <b>1000 m E.T.</b>     | 27-05-12 | Hengelo     | Susan Wouda        | 3.29.95 | 2012 |
| <b>1500 m</b>          | 08-10-17 | Haaksbergen | Elin Ottenschot    | 5.28.0  | 2017 |
| <b>1 EM</b>            | 27-03-11 | Haaksbergen | Susan Wouda        | 6.02    | 2011 |
| <b>3000 m</b>          | 02-10-11 | Oldenzaal   | Susan Wouda        | 12.47.0 | 2011 |
| <b>2 EM</b>            | 24-05-12 | Hengelo     | Susan Wouda        | 12.55   | 2012 |
| <b>5 EM</b>            | 26-03-17 | Haaksbergen | Kyonne Ruardij     | 42.02   | 2017 |
| <b>Ver</b>             | 08.06.96 | Zwolle      | Diana ten Hagen    | 4.87 m  | 1996 |
| <b>Hoog</b>            | 17-05-06 | Haaksbergen | Simone Baltink     | 1.45 m  | 2006 |
| <b>Hoog</b>            | 08-07-06 | Almelo      | Laura Kleinsman    | 1.45 m  | 2006 |
| <b>Hoog</b>            | 18-09-16 | Haaksbergen | Isabella Scholten  | 1.45 m  | 2016 |
| <b>Hoog</b>            | 10-06-17 | Almelo      | Kyonne Ruardij     | 1.45 m  | 2017 |
| <b>Kogel 2 kg</b>      | 18.06.05 | Ede         | Marloes Klumpers   | 11.36 m | 2005 |
| <b>Discus 0,750 gr</b> | 08-10-17 | Haaksbergen | Elin Ottenschot    | 20.78 m | 2017 |
| <b>Speer 400 gr</b>    |          |             | Marjolein van Os   | 28.76 m | 1998 |
| <b>Bal 200 gr</b>      |          |             | Francoise Borghuis | 37.00 m | 1985 |

## M.D. Vervolg

|                    |                |           |                  |          |      |
|--------------------|----------------|-----------|------------------|----------|------|
| <b>6 Kamp</b>      | 08-09-07-06    | Almelo    | Laura Kleinsman  | 2909 pnt | 2006 |
| <b>60 mHorden</b>  | <b>10.14</b>   |           |                  |          |      |
| <b>Hoog</b>        | <b>1.45 m</b>  |           |                  |          |      |
| <b>Speer</b>       | <b>19.70 m</b> |           |                  |          |      |
| <b>Ver</b>         | <b>4.01 m</b>  |           |                  |          |      |
| <b>Kogel</b>       | <b>9.95 m</b>  |           |                  |          |      |
| <b>600 m</b>       | <b>1.55.39</b> |           |                  |          |      |
| <b>4x60 m</b>      | 14.06.03       | Apeldoorn | Susan van Sark   | 33.1     | 2003 |
| <b>4x60 m</b>      | 14.06.03       | Apeldoorn | Mariha Soekhoe   | 33.1     | 2003 |
| <b>4x60 m</b>      | 14.06.03       | Apeldoorn | Marlie de Witte  | 33.1     | 2003 |
| <b>4x60 m</b>      | 14.06.03       | Apeldoorn | Ellen van Loosen | 33.1     | 2003 |
| <b>4x60 m E.T.</b> | 12-09-98       | Krommenie | Minke van Herk   | 33.39    | 1998 |
| <b>4x60 m E.T.</b> | 12-09-98       | Krommenie | Dewi Koppelman   | 33.39    | 1998 |
| <b>4x60 m E.T.</b> | 12-09-98       | Krommenie | Marjolein van Os | 33.39    | 1998 |
| <b>4x60 m E.T.</b> | 12-09-98       | Krommenie | Anique ten Hagen | 33.39    | 1998 |

## M.C.

|                            |             |             |                     |                     |      |
|----------------------------|-------------|-------------|---------------------|---------------------|------|
| <b>80 m</b>                | 16.05.98    | Apeldoorn   | Diana ten hagen     | 10.1                | 1998 |
| <b>80 m E.T.</b>           | 20-06-98    | Zevenaar    | Diana ten hagen     | 10.28               | 1998 |
| <b>80 mh</b>               | 07-04-07    | Haaksbergen | Marloes Klumpers    | 12.8                | 2007 |
| <b>80 mh E.T.</b>          | 02-06-07    | Almelo      | Marloes Klumpers    | 13.12               | 2007 |
| <b>150 m</b>               | 02-06-07    | Almelo      | Marloes Klumpers    | 20.45               | 2007 |
| <b>200 m E.T.</b>          | 15-05-15    | Rijssen     | Jana Kamps          | <b>M.D.</b> 30.45   | 2015 |
| <b>300 mh E.T.</b>         | 30-06-07    | Apeldoorn   | Marloes Klumpers    | 51.68               | 2007 |
| <b>300 m E.T.</b>          | 08-08-14    | Utrecht     | Susan Wouda         | 48.77               | 2014 |
| <b>400 m</b>               | 13-05-07    | Wageningen  | Simone Baltink      | 69.51               | 2007 |
| <b>600 m</b>               | 14-09-96    | Etten-Leur  | Iris Dinter         | 1.41.1              | 1996 |
| <b>600 m E.T.</b>          | 04-06-16    | Nijverdald  | Kyonne Ruardij      | <b>M.D.</b> 1.49.33 | 2016 |
| <b>800 m</b>               | 25.03.94    | Haaksbergen | Iris Dinter         | <b>M.D.</b> 2.27.80 | 1994 |
| <b>800 m E.T.</b>          | 04-06-93    | Deventer    | Henriette Molenveld | 2.32.40             | 1993 |
| <b>1000 m</b>              | 17-06-95    | Gendringen  | Iris Dinter         | 3.05.4              | 1995 |
| <b>1500 m</b>              | 03-04-11    | Hengelo     | Susan Wouda         | 5.33                | 2011 |
| <b>3000 m</b>              | 05-10-14    | Oldenzaal   | Susan Wouda         | 12.43               | 2014 |
| <b>2 EM</b>                | 24-05-12    | Hengelo     | Susan Wouda         | <b>M.D.</b> 12.55   | 2012 |
| <b>5000 m</b>              | 03-04-11    | Hengelo     | Femke Nijhof        | 27.13               | 2011 |
| <b>5 EM</b>                | 25-03-07    | Haaksbergen | Leontien Weggen     | 40.38               | 2007 |
| <b>Ver</b>                 | 29-08-87    | Hengelo     | Francoise Borghuis  | 5.11 m              | 1987 |
| <b>Hoog</b>                | 09-09-78    | Eibergen    | Inge Rouwenhorst    | 1.58 m              | 1978 |
| <b>Hink Stap Springen</b>  | 17.10.93    | Enschede    | Henriette molenveld | 9.87 m              | 1993 |
| <b>Kogel 3 kg</b>          | 25.06.95    | Haaksbergen | Charlotte van Os    | 10.93 m             | 1995 |
| <b>Discus 1 kg</b>         | 12-09-95    | Best        | Nanda Zandstra      | 29.26 m             | 1995 |
| <b>Speer 500 gr nieuw</b>  | 30-05-15    | Enschede    | Kaya Wildenborg     | 23.05 m             | 2015 |
| <b>Speer 600 gr</b>        | 03-07-82    | Harderwijk  | Birgit Jurgens      | 28.52 m             | 1982 |
| <b>Speer 600 gr nieuw</b>  | 28-08-05    | Amsterdam   | Marilva Soekhoe     | 32.17 m             | 2005 |
| <b>7 kamp nieuwe Speer</b> | 06-07-07-13 | Stadskanaal | Susan Wouda         | 3207 pnt            | 2013 |
| <b>500 gr</b>              |             |             |                     |                     |      |
|                            |             |             | 80 mh               | 14.23               |      |
|                            |             |             | Hoog                | 1.40 m              |      |
|                            |             |             | Kogel               | 7.55 m              |      |
|                            |             |             | 150 m               | 21.85               |      |
|                            |             |             | Ver                 | 4.41 m              |      |
|                            |             |             | Speer 500gr         | 20.53 m             |      |
|                            |             |             | 600 m               | 1.53.34             |      |
|                            | 04-06-93    | Deventer    | Henriette Molenveld | <b>M.C.</b> 2.32.40 | 1993 |

## M.C. Vervolg

|                                |             |            |                   |          |      |
|--------------------------------|-------------|------------|-------------------|----------|------|
| <b>Speer 600 gr nieuw 1999</b> | 25-26-06-05 | Hengelo    | Marilva soekhoe   | 3041 pnt | 2005 |
|                                |             |            | 80 m Horden       | 15.38    |      |
|                                |             |            | Hoog              | 1.20 m   |      |
|                                |             |            | Kogel             | 8.17 m   |      |
|                                |             |            | 150 m             | 21.49    |      |
|                                |             |            | Ver               | 4.16 m   |      |
|                                |             |            | Speer 600 gr      | 29.48 m  |      |
|                                |             |            | 600 m             | 2.00.39  |      |
| <b>7 kamp</b>                  | 12.06.93    | Gendringen | Henriek Molenveld | 3180 pnt | 1993 |
| <b>4x80 meter E.T.</b>         | 18-06-05    | Ede        | Renske van Sark   | 42.74    | 2005 |
|                                | 18-06-05    | Ede        | Marilva Soekhoe   | 42.74    | 2005 |
|                                | 18-06-05    | Ede        | Marlie de Witte   | 42.74    | 2005 |
|                                | 18-06-05    | Ede        | Ellen van Loosen  | 42.74    | 2005 |
| <b>4x80 meter</b>              | 01-06-96    | Enschede   | Elles Wijlens     | 42.7     | 1996 |
|                                | 01-06-96    | Enschede   | Ruth Mampuy       | 42.7     | 1996 |
|                                | 01-06-96    | Enschede   | Iris Dinter       | 42.7     | 1996 |
|                                | 01-06-96    | Enschede   | Marja Dijkman     | 42.7     | 1996 |

## M.B.

|                       |          |             |                   |                      |      |
|-----------------------|----------|-------------|-------------------|----------------------|------|
| <b>100 m</b>          | 24-05-80 | Nijmegen    | Sandra Westera    | 12.3                 | 1980 |
| <b>100 m E.T.</b>     | 31-05-80 | Haarlem     | Sandra Westera    | 12.41                | 1980 |
| <b>100 mh</b>         |          |             | Sandra Westera    | 14.6                 | 1980 |
| <b>100 mh E.T.</b>    | 24-05-80 | Nijmegen    | Sandra Westera    | 14.87                | 1980 |
| <b>150 m</b>          | 02-06-07 | Almelo      | Marloes Klumpers  | <b>M.C.</b> 20.45    | 2007 |
| <b>200 m</b>          | 18-05-80 | Nijmegen    | Sandra Westera    | 25.7                 | 1980 |
| <b>200 m E.T.</b>     | 22-06-80 | Groningen   | Sandra Westera    | 25.89                | 1980 |
| <b>300 m</b>          |          |             | Joke Groot Obbink | 47.4                 | 1974 |
| <b>300 mh</b>         | 22-09-85 | Hengelo     | Hilde Poodt       | 47.5                 | 1985 |
| <b>400 m</b>          | 18-05-80 | Nijmegen    | Inge Rouwenhorst  | 56.6                 | 1980 |
| <b>400 m E.T.</b>     | 24-05-80 | Nijmegen    | Inge Rouwenhorst  | 57.68                | 1980 |
| <b>400 mh E.T.</b>    | 03-05-15 | Emmen       | Lisa Bieleveld    | <b>M.B.</b> 1.16.59  | 2015 |
| <b>800 m</b>          |          |             | Inge Rouwenhorst  | 2.19.2               | 1980 |
| <b>800 m E.T.</b>     | 04-06-93 | Deventer    | Henriek Molenveld | <b>M.C.</b> 2.32.40  | 1993 |
| <b>1000 m</b>         | 25-03-94 | Haaksbergen | Iris Dinter       | <b>M.C.</b> 3.05.4   | 1995 |
| <b>1500 m</b>         |          |             | Inge Rouwenhorst  | 5.10.2               | 1980 |
| <b>3000 m E.T.</b>    | 19-04-15 | Almelo      | Lisa Bieleveld    | <b>M.B.</b> 11.31.57 | 2015 |
| <b>3000 m Steeple</b> | 06-09-14 | Utrecht     | Lisa Bieleveld    | 14.23.06             | 2014 |
| <b>2 EM</b>           | 24-05-12 | Hengelo     | Susan Wouda       | <b>M.D.</b> 12.55    | 2012 |
| <b>5000 m</b>         | 09-09-15 | Enschede    | Lisa Bieleveld    | 21.46                | 2015 |
| <b>5 EM</b>           | 22-03-15 | Haaksbergen | Lisa Bieleveld    | 35.41                | 2015 |
| <b>10 km</b>          | 19-04-15 | Enschede    | Bo Slotman        | 49.54                | 2015 |
| <b>Ver</b>            |          |             | Elise Rupert      | 5.43 m               | 1986 |
| <b>Hoog</b>           | 11-05-85 | Nijmegen    | Hilde Poodt       | 1.62 m               | 1985 |

## M.B. Vervolg

|                    |          |             |                     |                   |      |
|--------------------|----------|-------------|---------------------|-------------------|------|
| Hink Stap Springen | 17.10.93 | Enschede    | Henriette Molenveld | 9.87 m            | 1993 |
| Kogel 3 kg         | 06.10.02 | Enschede    | Leonie Willekes     | 13.49 m           | 2002 |
| Kogel 4 kg         | 18-06-89 | Arnhem      | Lenny van Eekelen   | 11.50 m           | 1989 |
| Discus 1 kg        | 06.10.02 | Enschede    | Leonie Willekes     | 34.44 m           | 2002 |
| Speer 500 gr nieuw | 21-05-17 | Wijchen     | Kaya Wildenborg     | 27.45 m           | 2017 |
| Speer 600 gr       | 19-04-86 | Haaksbergen | Liselot Borggreve   | 29.68 m           | 1986 |
| Speer 600 gr nieuw | 26-05-07 | Hengelo     | Marilva Soekhoe     | 35.78 m           | 2007 |
| 7 Kamp             |          |             | Hilde Poodt         | 4595 pnt          | 1985 |
| 4x100 m            |          |             | Sandra Westra       | 52.2              | 1980 |
| 4x100 m            |          |             | Inge Rouwenhorst    | 52.2              | 1980 |
| 4x100 m            |          |             | Wilma Knijff        | 52.2              | 1980 |
| 4x100 m            |          |             | Tanja Grutterink    | 52.2              | 1980 |
| 4x 100 m E.T.      | 14-05-06 | Nijmegen    | Leonie Exterkate    | 55.52             | 2006 |
| 4x 100 m E.T.      | 14-05-06 | Nijmegen    | Marloes Klumpers    | <b>M.C.</b> 55.52 | 2006 |
| 4x 100 m E.T.      | 14-05-06 | Nijmegen    | Ellen van Loosen    | 55.52             | 2006 |
| 4x 100 m E.T.      | 14-05-06 | Nijmegen    | Marilva Soekhoe     | 55.52             | 2006 |

## M.A.

|                        |          |             |                     |                      |      |
|------------------------|----------|-------------|---------------------|----------------------|------|
| 100 m                  | 02-05-81 | Hengelo     | Sandra Westera      | 11.9                 | 1981 |
| 100 m E.T.             | 20-08-81 | Utrecht     | Sandra Westera      | 12.23                | 1981 |
| 100 mh                 |          |             | Sandra Westera      | 14.6                 | 1981 |
| 150 m                  | 02-06-07 | Almelo      | Marloes Klumpers    | <b>M.C.</b> 20.45    | 2007 |
| 200 m E.T.             | 22-08-81 | Utrecht     | Sandra Westera      | 25.24                | 1981 |
| 300 m                  |          |             | Joke Groot Obbink   | <b>M.B.</b> 47.4     | 1974 |
| 400 m                  |          |             | Inge Rouwenhorst    | <b>M.B.</b> 56.6     | 1980 |
| 400 mh E.T.            | 03-05-15 | Emmen       | Lisa Bieleveld      | 1.16.59              | 2015 |
| 800 m                  |          |             | Inge Rouwenhorst    | <b>M.B.</b> 2.19.2   | 1980 |
| 800 m E.T.             | 20-04-97 | Emmeloord   | Iris Dinter         | 2.24.48              | 1997 |
| 1500 m                 | 08-10-17 | Haaksbergen | Lisa Bieleveld      | <b>M.A.</b> 5.04.0   | 2017 |
| 3000 m E.T.            | 19-04-15 | Almelo      | Lisa Bieleveld      | <b>M.B.</b> 11.31.57 | 2015 |
| 2 EM                   | 09-06-17 | Hengelo     | Lisa Bieleveld      | 12.25                | 2017 |
| 5000 m                 | 19-06-16 | Enschede    | Lisa Bieleveld      | 19.44                | 2016 |
| 5 EM                   | 22-03-15 | Haaksbergen | Lisa Bieleveld      | <b>M.B.</b> 35.41    | 2015 |
| 10 km                  | 19-04-15 | Enschede    | Bo Slotman          | <b>M.B.</b> 49.54    | 2015 |
| Ver                    |          |             | Elise Rupert        | <b>M.B.</b> 5.43 m   | 1986 |
| Hoog                   | 11-05-85 | Nijmegen    | Hilde Poodt         | <b>M.B.</b> 1.62 m   | 1985 |
| Hink Stap Springen     | 22.05.96 | Haaksbergen | Henriette Molenveld | 9.89 m               | 1996 |
| Kogel 4 kg             | 01.07.05 | Kampen      | Leonie Willekes     | 13.11 m              | 2005 |
| Discus 1 kg            | 22.05.05 | Gendringen  | Leonie Willekes     | 40.42 m              | 2005 |
| Speer 600 gr           |          |             | Birgit Jurgens      | 32.26 m              | 1985 |
| Speer 600 gr nieuw     | 26-05-07 | Hengelo     | Marilva Soekhoe     | <b>M.B.</b> 35.78 m  | 2007 |
| 4x100 m                |          |             | Sandra Westra       | 50.4                 | 1980 |
| 4x100 m                |          |             | Inge Rouwenhorst    | <b>M.B.</b> 50.4     | 1980 |
| 4x100 m                |          |             | Hilda Lohuis        | 50.4                 | 1980 |
| 4x100 m                |          |             | Leonie Maurik       | 50.4                 | 1980 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Leonie Exterkate    | 55.52                | 2006 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Marloes Klumpers    | <b>M.C.</b> 55.52    | 2006 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Ellen van Loosen    | 55.52                | 2006 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Marilva Soekhoe     | 55.52                | 2006 |
| Zweedse Estafette      | 24-04-16 | Emmen       | Lisa Bieleveld      | <b>M.A.</b> 2.45.47  | 2016 |
| 400 - 300 - 200 -100 m | 24-04-16 | Emmen       | Emma Brummelhuis    | <b>M.B.</b> 2.45.47  | 2016 |
|                        | 24-04-16 | Emmen       | Bo Slotman          | <b>M.A.</b> 2.45.47  | 2016 |
|                        | 24-04-16 | Emmen       | Ruth Witbreuk       | <b>M.B.</b> 2.45.47  | 2016 |

## Dames

|                        |          |             |                    |             |          |      |
|------------------------|----------|-------------|--------------------|-------------|----------|------|
| 100 m                  | 02-05-81 | Hengelo     | Sandra Westera     | <b>M.A.</b> | 11.9     | 1981 |
| 100 m E.T.             | 20-08-81 | Utrecht     | Sandra Westera     | <b>M.A.</b> | 12.23    | 1981 |
| 100 mh                 |          |             | Sandra Westera     | <b>M.A.</b> | 14.6     | 1981 |
| 150 m                  | 02-06-07 | Almelo      | Marloes Klumpers   | <b>M.C.</b> | 20.45    | 2007 |
| 200 m                  |          |             | Sandra Westra      | <b>M.A.</b> | 25.2     | 1981 |
| 300 m                  |          |             | Joke Groot Obbink  | <b>M.B.</b> | 47.4     | 1974 |
| 400 m                  |          |             | Inge Rouwenhorst   | <b>M.B.</b> | 56.6     | 1980 |
| 400 m E.T.             | 24-05-80 | Nijmegen    | Inge Rouwenhorst   | <b>M.B.</b> | 57.68    | 1980 |
| 400 mH                 | 30-08-15 | Haaksbergen | Marloes Klumpers   | <b>V 23</b> | 76.2     | 2015 |
| 400 mh E.T.            | 28-05-17 | Assen       | Marloes Klumpers   | <b>V 25</b> | 1.13.68  | 2017 |
| 800 m                  |          |             | Inge Rouwenhorst   | <b>M.B.</b> | 2.19.2   | 1980 |
| 800 m E.T.             | 20-04-97 | Emmeloord   | Iris Dinter        | <b>M.A.</b> | 2.24.48  | 1997 |
| 1500 m                 | 08-10-17 | Haaksbergen | Lisa Bielevelt     | <b>M.A.</b> | 5.04.0   | 2017 |
| 1 EM                   | 03-10-82 | Enschede    | Agnes Damveld      |             | 5.41.6   | 1982 |
| 3000 m                 | 23.10.83 | Eibergen    | Agnes Damveld      |             | 11.22.0  | 1983 |
| 3000 m E.T.            | 19-04-15 | Almelo      | Lisa Bielevelt     | <b>M.B.</b> | 11.31.57 | 2015 |
| 2 EM                   | 09-06-17 | Hengelo     | Lisa Bielevelt     | <b>M.A.</b> | 12.25    | 2017 |
| 5000 m                 | 25.08.82 | Hengelo     | Agnes Damveld      |             | 19.33    | 1982 |
| 5 EM                   | 21-03-10 | Haaksbergen | Marjolein van Os   | <b>V 26</b> | 35.24    | 2010 |
| 10 km                  | 14-09-97 | Haaksbergen | Betsy Meyer        | <b>V 41</b> | 41.43    | 1997 |
| 15 km                  | 19-11-06 | Nijmegen    | Ellen Tibbe        | <b>V 34</b> | 1.05.20  | 2006 |
| 10 EM                  | 25-03-07 | Haaksbergen | Ellen Tibbe        | <b>V 35</b> | 1.10.54  | 2007 |
| 20 km                  | 29-10-16 | Nijverdal   | Carina Slingerland | <b>V 45</b> | 1.42.11  | 2016 |
| Halve Marathon         | 22-04-12 | Enschede    | Vera Tuchter       | <b>V 29</b> | 1.29.07  | 2012 |
| 25 km                  | 07-02-16 | Apeldoorn   | Carina Slingerland | <b>V 45</b> | 2.06.06  | 2016 |
| 30 km                  | 11.05.97 |             | Maria Luttje       |             | 2.27.19  | 1997 |
| Marathon               | 08.05.05 | Enschede    | Ellen Tibbe        | <b>V 33</b> | 3.26.18  | 2005 |
| Ver                    |          |             | Elise Rupert       | <b>M.B.</b> | 5.43 m   | 1986 |
| Hoog                   | 11-05-85 | Nijmegen    | Hilde Poodt        | <b>M.B.</b> | 1.62 m   | 1985 |
| Hink Stap Springen     | 22.05.96 | Haaksbergen | Henriek Molenveld  | <b>M.A.</b> | 9.89 m   | 1996 |
| Kogel 4 kg             | 21-06-07 | Hengelo     | Leonie Willekes    |             | 13.15 m  | 2007 |
| Discus 1 kg            | 22.05.05 | Gendringen  | Leonie Willekes    | <b>M.A.</b> | 40.42 m  | 2005 |
| Speer 600 gr           |          |             | Birgit Jurgens     | <b>M.A.</b> | 32.26 m  | 1985 |
| Speer 600 gr nieuw     | 26-05-07 | Hengelo     | Marilva Soekhoe    | <b>M.A.</b> | 35.78 m  | 2007 |
| Kogelslingeren 4 kg    | 26-06-16 | Almelo      | Marloes Klumpers   | <b>V 24</b> | 17.93 m  | 2016 |
| 4x100 m                |          |             | Sandra Westra      | <b>M.A.</b> | 50.4     | 1980 |
| 4x100 m                |          |             | Inge Rouwenhorst   | <b>M.A.</b> | 50.4     | 1980 |
| 4x100 m                |          |             | Hilda Lohuis       | <b>M.A.</b> | 50.4     | 1980 |
| 4x100 m                |          |             | Leonie Maurik      | <b>M.A.</b> | 50.4     | 1980 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Leonie Exterkate   |             | 55.52    | 2006 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Marloes Klumpers   | <b>M.C.</b> | 55.52    | 2006 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Ellen van Loosen   |             | 55.52    | 2006 |
| 4x100 m E.T.           | 14-05-06 | Nijmegen    | Marilva Soekhoe    |             | 55.52    | 2006 |
| 4x400 m E.T.           | 18-06-17 | Emmen       | Emma Brummelhuis   | <b>M.B.</b> | 4.44.69  | 2017 |
| 4x400 m E.T.           | 18-06-17 | Emmen       | Tosca Oudshoorn    | <b>M.B.</b> | 4.44.69  | 2017 |
| 4x400 m E.T.           | 18-06-17 | Emmen       | Bo Slotman         | <b>M.A.</b> | 4.44.69  | 2017 |
| 4x400 m E.T.           | 18-06-17 | Emmen       | Ruth Witbreuk      | <b>M.B.</b> | 4.44.69  | 2017 |
| Zweedse Estafette      | 06-06-10 | Nijmegen    | Susan van Sark     | <b>V 21</b> | 2.38.44  | 2010 |
| 400 - 300 - 200 -100 m | 06-06-10 | Nijmegen    | Marjolein van Os   | <b>V 25</b> | 2.38.44  | 2010 |
|                        | 06-06-10 | Nijmegen    | Marloes Klumpers   | <b>M.A.</b> | 2.38.44  | 2010 |
|                        | 06-06-10 | Nijmegen    | Romy Brugge        | <b>M.A.</b> | 2.38.44  | 2010 |