

M.C.**80 m**

| | | | | |
|----------|-------------|--------------------|------------------|------|
| 16-05-98 | Apeldoorn | Diana ten hagen | 10.1 | 1998 |
| | | Sandra Westera | 10.4 | 1978 |
| | | Inge Rouwenhorst | 10.4 | 1978 |
| 04-06-83 | Haaksbergen | Hilde Poodt | 10.4 | 1983 |
| | | Dewi Koppelman | 10.4 | 2000 |
| 04-07-87 | Haaksbergen | Francoise Borghuis | 10.5 | 1987 |
| 05-06-82 | Hengelo | Marion Calia | 10.6 | 1982 |
| 01-04-96 | Deventer | Elles Wijlens | 10.7 | 1996 |
| 02-07-95 | Eibergen | Iris Dinter | 10.8 | 1995 |
| 28-05-05 | Eibergen | Marlie de Witte | 10.8 | 2005 |
| 28-05-05 | Eibergen | Ellen van Loosen | 10.8 | 2005 |
| 14-08-76 | Arnhem | Ellen Buter | 10.9 | 1977 |
| 25-04-92 | Enschede | Kelly Meijerink | 10.9 | 1992 |
| 13-05-95 | Hengelo | Charlotte van Os | 10.9 | 1995 |
| 27-08-99 | Enschede | Anique ten Hagen | M.D. 10.9 | 1999 |
| 28-05-05 | Eibergen | Marilva Soekhoe | 10.9 | 2005 |
| 07-04-07 | Haaksbergen | Marloes Klumpers | 10.9 | 2007 |
| 02-04-16 | Almelo | Jana kamps | 10.9 | 2016 |

80 m E.T.

| | | | | |
|----------|-------------|-------------------|-------------------|------|
| 20-06-98 | Zevenaar | Diana ten hagen | 10.28 | 1998 |
| 22-06-96 | Apeldoorn | Elles Wijlens | 10.96 | 1996 |
| 09-04-16 | Haaksbergen | Jana kamps | 11.20 | 2016 |
| 14-05-05 | Almelo | Marlie de Witte | 11.21 | 2005 |
| 27-06-15 | Haaksbergen | Tosca Oudshoorn | 11.27 | 2015 |
| 15-05-04 | Zwolle | Ellen van Loosen | 11.32 | 2004 |
| 01-07-06 | Zwolle | Marloes Klumpers | 11.50 | 2006 |
| 27-06-15 | Haaksbergen | Ruth Witbreuk | 11.77 | 2015 |
| 27-06-15 | Haaksbergen | Kaya Wildenborg | 11.86 | 2015 |
| 16-06-07 | Gendringen | Maike Laarhoven | 11.91 | 2007 |
| 21-06-14 | Deventer | Emma Brummelhuis | 12.05 | 2014 |
| 20-06-15 | Almelo | Isabelle Scholten | M.D. 12.52 | 2015 |
| 27-08-05 | Amsterdam | Lisanne Geerdink | 12.65 | 2005 |
| 18-06-05 | Ede | Sanne van Sark | 13.07 | 2005 |

60 mh**eindstand**

| | | | | |
|----------|----------|------------------|------|------|
| | | Leonie Maurik | 10.4 | 1978 |
| | | Sandra Westera | 10.5 | 1978 |
| | | Inge Rouwenhorst | 10.5 | 1978 |
| | | Tanja Grutterink | 10.9 | 1978 |
| | | Wilma Knijff | 11.2 | 1978 |
| 04-09-76 | Enschede | Anneke Baltink | 14.1 | 1976 |

80 mh**Nieuw****1979**

| | | | | |
|----------|-------------|--------------------|-------|------|
| 07-04-07 | Haaksbergen | Marloes Klumpers | 12.8 | 2007 |
| 28-05-83 | Hengelo | Hilde Poodt | 13.0 | 1983 |
| 19-07-87 | Hengelo | Francoise Borghuis | 13.30 | 1987 |
| 25-04-92 | Enschede | Fleur van Leeuwen | 13.4 | 1992 |
| 27-06-82 | Zevenaar | Hanke Grutterink | 13.9 | 1982 |

80 mh vervolg

| | | | | |
|----------|-------------|----------------------|-------|------|
| 10-06-95 | Enschede | Ruth Mamphuys | 14.0 | 1995 |
| 05-07-14 | Stadskanaal | Susan Wouda | 14.19 | 2014 |
| | | Tanja Grutterink | 14.3 | 1979 |
| 02-10-82 | Eibergen | Marion Calia | 14.4 | 1982 |
| 12-06-93 | Gendringen | Henriëke Molenveld | 14.4 | 1993 |
| 25-06-05 | Hengelo | Renske van Sark | 14.51 | 2005 |
| | | Annuccia Calia | 14.6 | 1980 |
| 22-04-89 | Hengelo | Claudia Scharenberg | 14.7 | 1989 |
| 18-09-16 | Haaksbergen | Tosca Oudshoorn | 14.8 | 2016 |
| 20-06-15 | Almelo | Ruth Witbreuk | 15.02 | 2015 |
| 30-08-97 | Enschede | Diana ten Hagen | 15.1 | 1997 |
| 08-04-17 | Haaksbergen | Jana kamps | 15.1 | 2017 |
| 25-06-05 | Hengelo | Marilva Soekhoe | 15.38 | 2005 |
| 26-04-86 | Hengelo | Enith Bouwmeester | 15.5 | 1986 |
| 22-04-95 | Deventer | Sharon Blokvoort | 15.6 | 1995 |
| 02-07-84 | Hengelo | Monique Waanders | 15.7 | 1984 |
| 18-04-09 | Almelo | Rosemarijn Steenberg | 15.7 | 2009 |
| 15-06-84 | Hengelo | Elise Rupert | 15.9 | 1984 |
| 29-05-10 | Almelo | Anouk Katier | 16.1 | 2010 |
| 12-04-14 | Haaksbergen | Mirthe Morsink | 16.2 | 2014 |
| 02-07-84 | Hengelo | Marit Smeets | 16.3 | 1984 |
| 21-04-96 | Haaksbergen | Elles wijlens | 16.3 | 1996 |
| 09-04-94 | Haaksbergen | Nanda Zandstra | 16.4 | 1994 |
| 19-04-97 | Haaksbergen | Linda Rödel | 16.4 | 1997 |
| 09-04-05 | Haaksbergen | Lisanne Geerdink | 16.4 | 2005 |

80 mh E.T.

| | | | | |
|----------|-------------|--------------------|-------------|------|
| 02-06-07 | Almelo | Marloes Klumpers | 13.12 | 2007 |
| 19-07-87 | Hengelo | Francoise Borghuis | 13.30 | 1987 |
| 22-06-96 | Apeldoorn | Ruth Mamphuys | 14.12 | 1996 |
| 05-07-14 | Stadskanaal | Susan Wouda | 14.19 | 2014 |
| 25-06-05 | Hengelo | Renske van Sark | 14.51 | 2005 |
| 20-06-15 | Almelo | Ruth Witbreuk | 15.02 | 2015 |
| 20-06-15 | Almelo | Jana kamps | M.D. | 2015 |
| 09-04-16 | Haaksbergen | Tosca Oudshoorn | 15.35 | 2016 |
| 25-06-05 | Hengelo | Marilva Soekhoe | 15.38 | 2005 |
| 25-06-05 | Hengelo | Lisanne Geerdink | 16.51 | 2005 |
| 18-04-15 | Hengelo | Marlin Lammers | M.D. | 2015 |
| 30-05-15 | Enschede | Kaya Wildenborg | 16.88 | 2015 |
| 16-06-07 | Gendringen | Karlijn Brouwer | 17.24 | 2007 |
| 18-06-05 | Ede | Romy Brugge | 17.52 | 2005 |

150 m

| | | | | |
|----------|-------------|--------------------|-------------|------|
| 02-06-07 | Almelo | Marloes Klumpers | M.D. | 2007 |
| 27-08-99 | Enschede | Anique ten Hagen | 20.5 | 1999 |
| 25-06-05 | Hengelo | Marlie de Witte | 21.24 | 2005 |
| 25-06-05 | Hengelo | Marilva Soekhoe | 21.49 | 2005 |
| 12-06-93 | Gendringen | Henriëke Molenveld | 21.3 | 1993 |
| | | Elise Rupert | 21.5 | 1985 |
| 21-05-16 | Almelo | Jana Kamps | 21.75 | 2016 |
| 06-07-13 | Stadskanaal | Susan Wouda | 21.85 | 2013 |
| 25-06-05 | Hengelo | Renske van Sark | 22.36 | 2005 |
| 02-06-07 | Almelo | Simone Baltink | 23.00 | 2007 |
| 25-06-05 | Hengelo | Lisanne Geerdink | 24.01 | 2005 |

150 m E.T.

| | | | | | |
|----------|-------------|------------------|--|-------|------|
| 02-06-07 | Almelo | Marloes Klumpers | | 20.45 | 2007 |
| 25-06-05 | Hengelo | Marlie de Witte | | 21.24 | 2005 |
| 25-06-05 | Hengelo | Marilva Soekhoe | | 21.49 | 2005 |
| 21-05-16 | Almelo | Jana Kamps | | 21.75 | 2016 |
| 06-07-13 | Stadskanaal | Susan Wouda | | 21.85 | 2013 |
| 25-06-05 | Hengelo | Renske van Sark | | 22.36 | 2005 |
| 02-06-07 | Almelo | Simone Baltink | | 23.00 | 2007 |
| 25-06-05 | Hengelo | Lisanne Geerdink | | 24.01 | 2005 |
| 21-05-16 | Almelo | Britt Orriëns | | 29.08 | 2016 |

200 m

| | | | | | |
|----------|---------|------------|-------------|-------|------|
| 15-05-15 | Rijssen | Jana Kamps | M.D. | 30.45 | 2015 |
|----------|---------|------------|-------------|-------|------|

300 m

| | | | | | |
|----------|---------|-------------|--|-------|------|
| 08-08-14 | Utrecht | Susan Wouda | | 48.77 | 2014 |
|----------|---------|-------------|--|-------|------|

300 mh E.T.

| | | | | | |
|----------|-----------|------------------|--|-------|------|
| 30-06-07 | Apeldoorn | Marloes Klumpers | | 51.68 | 2007 |
| 14-05-05 | Almelo | Renske van Sark | | 57.25 | 2005 |
| 14-05-05 | Almelo | Marilva Soekhoe | | 57.53 | 2005 |

400 m

| | | | | | |
|----------|------------|----------------|--|-------|------|
| 13-05-07 | Wageningen | Simone Baltink | | 69.51 | 2007 |
|----------|------------|----------------|--|-------|------|

600 m

| | | | | | |
|----------|-------------|--------------------|-------------|---------|------|
| 14-09-96 | Etten-Leur | Iris Dinter | | 1.41.1 | 1996 |
| | | Inge Rouwenhorst | | 1.41.3 | 1978 |
| | | Ruth Mamphuis | M.D. | 1.44.9 | 1994 |
| 24-04-82 | Hengelo | Hanke Grutterink | | 1.48.4 | 1982 |
| 04-06-16 | Nijverdal | Kyonne Ruardij | M.D. | 1.49.33 | 2016 |
| 19-09-93 | Hengelo | Henriëke Molenveld | | 1.49.8 | 1993 |
| 13-04-96 | Hengelo | Elles Wijlens | | 1.49.9 | 1996 |
| 28-09-96 | Enschede | Diana ten Hagen | M.D. | 1.52.2 | 1996 |
| 02-06-07 | Almelo | Simone Baltink | | 1.52.58 | 2007 |
| 11-04-92 | Hengelo | Anouk Veneboer | | 1.52.5 | 1992 |
| 13-05-15 | Haaksbergen | Ruth Witbreuk | | 1.52.5 | 2015 |
| 02-09-95 | Haaksbergen | Sharon Blokvoort | | 1.52.6 | 1995 |
| 15-06-14 | Dronten | Susan Wouda | | 1.52.71 | 2014 |
| 13-06-81 | | Carin Jannink | | 1.52.8 | 1981 |
| | | Marjolein van Os | M.D. | 1.53.7 | 1998 |
| 18-05-05 | Haaksbergen | Ellen van Loosen | | 1.53.8 | 2005 |
| 27-09-86 | Hengelo | Barbara Spit | M.D. | 1.53.9 | 1986 |

600 m E.T.

| | | | | | |
|----------|------------|-------------------|-------------|---------|------|
| 04-06-16 | Nijverdal | Kyonne Ruardij | M.D. | 1.49.33 | 2016 |
| 02-06-07 | Almelo | Simone Baltink | | 1.52.58 | 2007 |
| 15-06-14 | Dronten | Susan Wouda | | 1.52.71 | 2014 |
| 25-04-15 | Enschede | Ruth Witbreuk | | 1.53.43 | 2015 |
| 09-07-06 | Almelo | Laura Kleinsman | M.D. | 1.55.39 | 2006 |
| 16-04-16 | Hengelo | Tosca Oudshoorn | | 1.55.73 | 2016 |
| 24-09-16 | Almelo | Kyara Ruardij | M.D. | 1.57.73 | 2016 |
| 13-05-07 | Wageningen | Sieske de Boer | M.D. | 1.58.25 | 2007 |
| 26-06-05 | Hengelo | Marilva Soekhoe | | 2.00.39 | 2005 |
| 09-07-06 | Almelo | Marieke Kleinsman | M.D. | 2.02.28 | 2006 |
| 26-06-05 | Hengelo | Renske van Sark | | 2.03.18 | 2005 |
| 26-06-05 | Hengelo | Marloes Klumpers | M.D. | 2.03.43 | 2005 |
| 26-06-05 | Hengelo | Lisanne Geerdink | | 2.04.33 | 2005 |

800 m

| | | | | | |
|----------|-------------|--------------------|-------------|---------|------|
| 25-03-94 | Haaksbergen | Iris Dinter | M.D. | 2.27.8 | 1994 |
| 05-06-03 | Haaksbergen | Romy Brugge | M.D. | 2.28.8 | 2003 |
| 04-06-93 | Deventer | Henriëke Molenveld | | 2.32.4 | 1993 |
| 13-05-07 | Wageningen | Laura Kleinsman | | 2.38.04 | 2007 |
| 25-03-94 | Haaksbergen | Charlotte van Os | | 2.38.5 | 1994 |
| 14-05-06 | Nijmegen | Leontien Weggen | | 2.49.30 | 2006 |
| 05-06-03 | Haaksbergen | Marilva Soekhoe | M.D. | 2.59.5 | 2003 |
| 05-06-03 | Haaksbergen | Ellen van Loosen | M.D. | 3.00.6 | 2003 |
| 05-06-03 | Haaksbergen | Marlie de Witte | M.D. | 3.05.5 | 2003 |
| 05-06-03 | Haaksbergen | Susan van Sark | M.D. | 3.05.8 | 2003 |
| 05-06-03 | Haaksbergen | Renske van Sark | M.D. | 3.30.7 | 2003 |
| 05-06-03 | Haaksbergen | Sanne van Sark | M.D. | 3.31.0 | 2003 |

800 m E.T.

| | | | | | |
|----------|------------|-----------------|--|---------|------|
| 13-05-07 | Wageningen | Laura Kleinsman | | 2.38.04 | 2007 |
| 14-05-06 | Nijmegen | Leontien Weggen | | 2.49.30 | 2006 |

1000 m

| | | | | | |
|----------|------------|--------------------|---------------|---------|------|
| 17-06-95 | Gendringen | Iris Dinter | | 3.05.4 | 1995 |
| 01-07-95 | Nijmegen | Sharon Blokvoort | | 3.21.2 | 1995 |
| | | Fleur van Leeuwen | | 3.21.5 | 1991 |
| 20-06-15 | Almelo | Ruth Witbreuk | | 3.23.74 | 2015 |
| 24-05-97 | Hengelo | Marjolein van Os | | 3.25.6 | 1997 |
| 16-05-87 | | Barbara Spit | | 3.28.0 | 1987 |
| 25-04-92 | Enschede | Fleur van Leeuwen | | 3.29.3 | 1992 |
| | | Esther Veen | | 3.30.4 | 1986 |
| 30.09.89 | Enschede | Henriëke Molenveld | M.P.A. | 3.30.4 | 1989 |
| 04-09-05 | Amsterdam | Leontien Weggen | M.D. | 3.31.73 | 2005 |
| 10-06-89 | Hengelo | Kelly Meijerink | M.D. | 3.31.8 | 1989 |
| 16-04-11 | Enschede | Susan Wouda | M.D. | 3.31.9 | 2011 |
| 23-04-05 | Apeldoorn | Lisanne Geerdink | | 3.33.3 | 2005 |
| 16-05-98 | Apeldoorn | Annemarie van Os | | 3.33.8 | 1998 |
| 16-05-98 | Apeldoorn | Minke van Herk | M.D. | 3.36.7 | 1998 |

1000 m E.T.

| | | | | | |
|----------|------------|------------------|---------------|---------|------|
| 22-06-96 | Apeldoorn | Iris Dinter | | 3.12.40 | 1996 |
| 20-06-15 | Almelo | Ruth Witbreuk | | 3.23.74 | 2015 |
| 27-05-12 | Hengelo | Susan Wouda | M.D. | 3.29.95 | 2012 |
| 04-09-05 | Amsterdam | Leontien Weggen | M.D. | 3.31.73 | 2005 |
| 20-06-93 | Hengelo | Elles Wijlens | M.P.A. | 3.40.48 | 1993 |
| 16-06-07 | Gendringen | Karlijn Brouwer | | 3.42.64 | 2007 |
| 17-06-06 | Hengelo | Ilhem Khiraoui | M.D. | 3.44.49 | 2006 |
| 18-04-15 | Hengelo | Emma Brummelhuis | | 3.44.65 | 2015 |
| 10-05-14 | Hengelo | Tosca Oudshoorn | | 3.47.01 | 2014 |
| 06-05-17 | Enschede | Amber van Rijn | M.D. | 3.53.01 | 2017 |

1500 m

| | | | | | |
|----------|----------|-------------------|-------------|--------|------|
| 03-04-11 | Hengelo | Susan Wouda | M.D. | 5.33.0 | 2011 |
| 22-10-78 | Eibergen | Tanja Grutterink | | 6.23.8 | 1978 |
| 21-10-79 | Eibergen | Petra Knijff | | 6.32.2 | 1979 |
| 21-10-79 | Eibergen | Marleen Kortekaas | | 6.43.0 | 1979 |
| 09-04-07 | Hengelo | Maaïke ten Buuren | M.D. | 8.22.0 | 2007 |

1 EM

| | | | | | |
|----------|-------------|--------------------|---------------|------|------|
| 27-03-11 | Haaksbergen | Susan Wouda | M.D. | 6.02 | 2011 |
| 23-03-14 | Haaksbergen | Ruth Witbreuk | | 6.20 | 2014 |
| 22-03-15 | Haaksbergen | Kyara Ruardij | M.P.A. | 6.22 | 2015 |
| 25-03-12 | Haaksbergen | Emma Brummelhuis | M.D. | 6.29 | 2012 |
| 23-03-14 | Haaksbergen | Kyonne Ruardij | M.P.A. | 6.40 | 2014 |
| 23-03-14 | Haaksbergen | Tosca Oudshoorn | M.D. | 6.45 | 2014 |
| 27-03-11 | Haaksbergen | Nienke Willems | M.D. | 6.49 | 2011 |
| 27-03-11 | Haaksbergen | Amber Velthof | M.P.A. | 7.23 | 2011 |
| 25-03-12 | Haaksbergen | Maureen Poth | M.D. | 7.29 | 2012 |
| 22.03.09 | Haaksbergen | Hanneke ten Buuren | M.D. | 7.29 | 2009 |

3000 m

| | | | | | |
|----------|-----------|-------------|--|-------|------|
| 05-10-14 | Oldenzaal | Susan Wouda | | 12.43 | 2014 |
|----------|-----------|-------------|--|-------|------|

2 EM

| | | | | | |
|----------|----------|---------------|-------------|-------|------|
| 24-05-12 | Hengelo | Susan Wouda | M.D. | 12.55 | 2012 |
| 31-05-15 | Eibergen | Ruth Witbreuk | | 13.49 | 2015 |

5000 m

| | | | | | |
|----------|---------|--------------|--|-------|------|
| 03-04-11 | Hengelo | Femke Nijhof | | 27.13 | 2011 |
|----------|---------|--------------|--|-------|------|

5 EM

| | | | | | |
|----------|-------------|-----------------|-------------|-------|------|
| 25-03-07 | Haaksbergen | Leontien Weggen | | 40.38 | 2007 |
| 23-03-14 | Haaksbergen | Nienke Willems | | 40.42 | 2014 |
| 22-03-09 | Haaksbergen | Anouk Katier | | 41.40 | 2009 |
| 22-03-09 | Haaksbergen | Merle Eijsink | M.D. | 42.07 | 2009 |
| 24-03-13 | Haaksbergen | Bo Slotman | | 42.33 | 2013 |

5 EM vervolg

| | | | | | |
|----------|-------------|--------------------|-------------|-------|------|
| 20-03-05 | Haaksbergen | Ellen van Loosen | | 42.51 | 2005 |
| 22-03-09 | Haaksbergen | Maaïke ten Buuren | | 43.01 | 2009 |
| 26-03-00 | Haaksbergen | Jolien te Hennepe | | 43.21 | 2000 |
| 22-03-09 | Haaksbergen | Femke Nijhof | M.D. | 43.58 | 2009 |
| 21-03-04 | Haaksbergen | Leonie Exterkate | | 44.08 | 2004 |
| 22-03-09 | Haaksbergen | Carlien Hartgerink | | 45.34 | 2009 |
| 23-03-03 | Haaksbergen | Susan van Sark | M.D. | 45.41 | 2003 |
| 22-03-09 | Haaksbergen | Emily Klein Rot | | 46.09 | 2009 |
| 25-03-07 | Haaksbergen | Karlijn Brouwer | | 47.19 | 2007 |
| 25-03-07 | Haaksbergen | Simone Baltink | | 47.23 | 2007 |

Ver

| | | | | | |
|----------|-------------|---------------------|-------------|--------|------|
| 29-08-87 | Hengelo | Francoise Borghuis | | 5.11 m | 1987 |
| | | Wilma Knijff | | 4.99 m | 1978 |
| 01-06-96 | Enschede | Iris Dinter | | 4.91 m | 1996 |
| 01-10-83 | Hengelo | Hilde Poodt | | 4.88 m | 1983 |
| 08-06-96 | Zwolle | Diana ten Hagen | M.D. | 4.87 m | 1996 |
| | | Sandra Westera | | 4.83 m | 1978 |
| 08-04-17 | Haaksbergen | Jana kamps | | 4.81 m | 2017 |
| 22.05.93 | Hengelo | Henriëke Molenveld | | 4.74 m | 1993 |
| | | Tanja Grutterink | | 4.68 m | 1978 |
| 13-05-07 | Wageningen | Laura Kleinsman | | 4.67 m | 2007 |
| 10-06-95 | Enschede | Nanda Zandstra | | 4.58 m | 1995 |
| 08.05.83 | Zevenaar | Marion Calia | | 4.55 m | 1983 |
| 17-09-14 | Enschede | Susan Wouda | | 4.53 m | 2014 |
| 08.10.06 | Haaksbergen | Marloes Klumpers | | 4.52 m | 2006 |
| 20.06.87 | Zwolle | Barbara Spit | | 4.45 m | 1987 |
| 25.04.92 | Enschede | Kelly Meijerink | | 4.43 m | 1992 |
| 29.05.10 | Almelo | Merle Eijsink | | 4.43 m | 2010 |
| 25-04-15 | Enschede | Tosca Oudshoorn | | 4.43 m | 2015 |
| 02.06.88 | Haaksbergen | Claudia Scharenberg | | 4.40 m | 1988 |
| 21-04-96 | Haaksbergen | Elles wijlens | | 4.39 m | 1996 |
| 21-05-16 | Almelo | Kyara Ruardij | | 4.38 m | 2016 |
| 18-06-05 | Ede | Marilva Soekhoe | | 4.36 m | 2005 |
| 09-04-94 | Haaksbergen | Charlotte van Os | | 4.35 m | 1994 |
| 29-05-10 | Almelo | Anouk Katier | | 4.35 m | 2010 |
| 08-05-82 | Eibergen | Marion Calia | | 4.31 m | 1982 |
| 03-06-04 | Haaksbergen | Leonie Exterkate | | 4.29 m | 2004 |

Hoog

| | | | | |
|----------|-------------|---------------------|--------------------|------|
| 09-09-78 | Eibergen | Inge Rouwenhorst | 1.58 m | 1978 |
| 11-07-87 | Hengelo | Francoise Borghuis | 1.55 m | 1987 |
| 25-06-95 | Haaksbergen | Charlotte van Os | 1.55 m | 1995 |
| 02-06-07 | Almelo | Marloes Klumpers | 1.55 m | 2007 |
| 04-06-16 | Nijverdal | Tosca Oudshoorn | 1.55 m | 2016 |
| 04-06-83 | Haaksbergen | Hilde Poodt | 1.50 m | 1983 |
| 07-05-93 | Hengelo | Anoek Veneboer | 1.50 m | 1993 |
| 24-06-95 | Eibergen | Nanda Zandstra | 1.50 m | 1995 |
| 12-05-07 | Hengelo | Simone Baltink | 1.50 m | 2007 |
| | | Leonie Maurik | 1.45 m | 1978 |
| 02-06-84 | Hengelo | Monique Waanders | 1.45 m | 1984 |
| 08-05-93 | Eibergen | Henriëke Molenveld | 1.45 m | 1993 |
| 24-06-95 | Eibergen | Iris Dinter | 1.45 m | 1995 |
| 19-04-97 | Haaksbergen | Diana ten Hagen | 1.45 m | 1997 |
| 23-04-05 | Apeldoorn | Marlie de Witte | 1.45 m | 2005 |
| 08-07-06 | Almelo | Laura Kleinsman | M.D. 1.45 m | 2006 |
| 14-06-14 | Dronten | Susan Wouda | 1.45 m | 2014 |
| 18-09-16 | Haaksbergen | Isabella Scholten | M.D. 1.45 m | 2016 |
| 30-09-84 | Hengelo | Liselot Borggreve | 1.40 m | 1984 |
| 23-09-89 | Haaksbergen | Claudia Scharenberg | 1.40 m | 1989 |
| 09-09-95 | Hengelo | Elles Wijlens | M.D. 1.40 m | 1995 |
| 24-06-95 | Eibergen | Marja Dijkman | 1.40 m | 1995 |
| | | Sanne Dijkman | M.D. 1.40 m | 1996 |
| 21-04-07 | Apeldoorn | Marieke Kleinsman | M.D. 1.40 m | 2007 |
| 29-05-10 | Almelo | Emily Klein Rot | 1.40 m | 2010 |
| 25-06-16 | Enschede | Kyonne Ruardij | M.D. 1.40 m | 2016 |
| 18-09-16 | Haaksbergen | Kyara Ruardij | M.D. 1.40 m | 2016 |

Hink Stap Springen

| | | | | |
|----------|----------|--------------------|--------|------|
| 17-10-93 | Enschede | Henriëke molenveld | 9.87 m | 1993 |
| 08-08-14 | Utrecht | Susan Wouda | 8.57 m | 2014 |

Kogel 3 kg

| | | | | |
|----------|-------------|-----------------------|---------|------|
| 25-06-95 | Haaksbergen | Charlotte van Os | 10.93 m | 1995 |
| 02-06-88 | Haaksbergen | Francoise Borghuis | 10.92 m | 1988 |
| 08-10-89 | Haaksbergen | Claudia Scharenberg | 10.89 m | 1989 |
| 02-06-07 | Almelo | Marloes Klumpers | 10.55 m | 2007 |
| | | Monique Waanders | 10.14 m | 1985 |
| 04-06-16 | Nijverdal | Jana kamps | 10.11 m | 2016 |
| 19-04-80 | Eibergen | Annuccia Calia | 9.34 m | 1980 |
| 27-08-83 | Hengelo | Marion Calia | 9.30 m | 1983 |
| 26-04-86 | Hengelo | Judith Oude Riekerink | 9.14 m | 1986 |
| 22.05.93 | Hengelo | Esther Terhurne | 9.09 m | 1993 |
| | | Wilma Knijff | 9.05 m | 1978 |

Kogel 3 kg vervolg

| | | | | |
|----------|-------------|-------------------|--------|------|
| | | Rini Kolenbrander | 9.03 m | 1972 |
| 04-05-96 | Eibergen | Elles wijlens | 9.00 m | 1996 |
| 01-07-05 | Kampen | Marilva Soekhoe | 8.89 m | 2005 |
| 10-09-94 | Hengelo | Nanda Zandstra | 8.84 m | 1994 |
| 07-04-01 | Haaksbergen | Ilse Hageman | 8.83 m | 2001 |
| 25-06-05 | Hengelo | Renske van Sark | 8.78 m | 2005 |
| | | Marjolein van Os | 8.65 m | 1999 |
| 26-05-84 | Hengelo | Marit Smeets | 8.50 m | 1984 |
| 30-05-15 | Enschede | Kaya Wildenborg | 8.32 m | 2015 |
| 17-09-05 | Hengelo | Lisanne Geerdink | 8.29 m | 2005 |

Discus

| | | | | |
|----------|-------------|--------------------|---------|------|
| 12-09-95 | Best | Nanda Zandstra | 29.26 m | 1995 |
| 19-09-87 | Almelo | Francoise Borghuis | 24.68 m | 1987 |
| 04-06-83 | Haaksbergen | Hilde Poodt | 24.42 m | 1983 |
| | | Monique Waanders | 23.92 m | 1985 |
| | | Wilma Knijff | 22.50 m | 1978 |
| 08-05-93 | Eibergen | Esther Terhurne | 22.46 m | 1993 |
| 24-08-91 | Haaksbergen | Brenda Veneboer | 22.34 m | 1991 |
| 04-06-83 | Haaksbergen | Marion Calia | 22.04 m | 1983 |
| | | Annuccia Calia | 21.48 m | 1980 |
| 28-09-91 | Hengelo | Ilse Blanckenborg | 21.10 m | 1991 |
| | | Wilma Molenveld | 20.92 m | 1975 |
| 28-05-05 | Eibergen | Lisanne Geerdink | 20.74 m | 2005 |
| | | Marjolein van Os | 20.18 m | 1999 |
| 16-06-07 | Gendringen | Marloes Klumpers | 19.70 m | 2007 |
| 08-05-93 | Eibergen | Henriëke Molenveld | 19.66 m | 1993 |
| 19-04-97 | Haaksbergen | Diana ten Hagen | 19.44 m | 1997 |
| 28-05-05 | Eibergen | Marilva Soekhoe | 19.25 m | 2005 |
| 13-09-96 | Haaksbergen | Iris Dinter | 19.20 m | 1996 |
| 16-09-84 | Eibergen | Liselot Borggreve | 18.98 m | 1984 |
| 24-04-10 | Enschede | Emily Klein Rot | 18.81 m | 2010 |
| 30-08-08 | Haaksbergen | Simone Baltink | 18.80 m | 2008 |
| 27-09-86 | Hengelo | Enith Bouwmeester | 18.48 m | 1986 |
| 24-06-95 | Eibergen | Ruth Mamphuis | 18.24 m | 1995 |

Speer 500 gr nieuw 2009

| | | | | |
|----------|-------------|--------------------|---------|------|
| 30-05-15 | Enschede | Kaya Wildenborg | 23.05 m | 2015 |
| 30-05-14 | Rijssen | Susan Wouda | 21.27 m | 2014 |
| 28-04-12 | Eibergen | Maaïke ten Buuren | 20.92 m | 2012 |
| 09-04-16 | Haaksbergen | Jana kamps | 20.77 m | 2016 |
| 11-04-15 | Haaksbergen | Emma Brummelhuis | 19.75 m | 2015 |
| 24-04-10 | Enschede | Hanneke ten Buuren | 19.18 m | 2010 |
| 31-08-14 | Haaksbergen | Mirthe Morsink | 17.74 m | 2014 |
| 12-04-14 | Haaksbergen | Ruth Witbreuk | 16.67 m | 2014 |

Speer 500 gr nieuw 2009 vervolg

| | | | | | |
|----------|-------------|-------------------|-------------|---------|------|
| 18-04-15 | Hengelo | Isabella Scholten | M.D. | 14.97 m | 2015 |
| 25-04-15 | Enschede | Tosca Oudshoorn | | 14.35 m | 2015 |
| 29-08-08 | Enschede | Anouk Katier | | 14.33 m | 2009 |
| 04-09-10 | Enschede | Emily Klein Rot | | 13.38 m | 2010 |
| 14-04-12 | Haaksbergen | Bo Slotman | | 13.25 m | 2012 |
| 10-04-10 | Nijverdal | Femke Nijhof | | 13.07 m | 2011 |
| 03-09-11 | Enschede | Merle Eijsink | | 12.41 m | 2010 |

Speer 600 gr oud

| | | | | | |
|----------|-------------|---------------------|--|---------|------|
| 03-07-82 | Harderwijk | Birgit Jurgens | | 28.52 m | 1982 |
| 14-09-96 | Etten-Leur | Ruth Mamphuys | | 28.50 m | 1996 |
| | | Francoise Borghuis | | 27.78 m | 1987 |
| 17-04-93 | Hengelo | Esther Terhurne | | 25.72 m | 1993 |
| 08-04-95 | Hengelo | Nanda Zandstra | | 25.26 m | 1995 |
| 25-06-95 | Haaksbergen | Charlotte van Os | | 24.68 m | 1995 |
| 02-07-95 | Eibergen | Iris Dinter | | 24.08 m | 1995 |
| 20-06-98 | Zevenaar | Linda Rödel | | 23.38 m | 1998 |
| 10-06-89 | Hengelo | Marjan Walhain | | 22.42 m | 1989 |
| 30-09-84 | Hengelo | Liselot Borggreve | | 22.00 m | 1984 |
| 12-09-93 | Eibergen | Henriette Molenveld | | 21.56 m | 1993 |
| 20-06-87 | Zwolle | Kaja Reyda | | 20.74 m | 1987 |
| | | Wilma Knijff | | 20.68 m | 1978 |
| 24-09-94 | Enschede | Wencke Wijlens | | 19.96 m | 1994 |
| | | Annemarie van Os | | 19.84 m | 1998 |

Speer 600 gr 1999

| | | | | | |
|----------|-------------|----------------------|--|---------|------|
| 28-08-05 | Amsterdam | Marilva Soekhoe | | 32.17 m | 2005 |
| 16-05-09 | Hengelo | Rosemarijn Steenberg | | 25.38 m | 2009 |
| 14-05-05 | Almelo | Lisanne Geerdink | | 24.83 m | 2005 |
| | | Marjolein van Os | | 24.40 m | 1999 |
| 07-04-07 | Haaksbergen | Marloes Klumpers | | 23.80 m | 2007 |
| 08-05-99 | Enschede | Jolien te Hennepe | | 21.83 m | 1999 |
| 07-04-01 | Haaksbergen | Ilse Hageman | | 21.67 m | 2001 |
| 09-09-06 | Almelo | Romy Brugge | | 18.58 m | 2006 |
| 14-04-07 | Hengelo | Leontien Weggen | | 18.33 m | 2007 |
| 14-04-07 | Hengelo | Maike Laarhoven | | 18.11 m | 2007 |
| 03-09-05 | Enschede | Ellen van Loosen | | 17.81 m | 2005 |
| 04-09-04 | Enschede | Elize te Hennepe | | 17.16 m | 2004 |
| 02-06-07 | Almelo | Simone Baltink | | 16.90 m | 2007 |
| 03-09-05 | Enschede | Susan van Sark | | 16.86 m | 2005 |
| 09-04-05 | Haaksbergen | Renske van Sark | | 15.49 m | 2005 |

4 Kamp

| | | |
|-------------------|----------|------|
| Inge Rouwenhorst | 2849 pnt | 1978 |
| Leonie Maurik | 2569 pnt | 1978 |
| Wilma Knijff | 2547 pnt | 1978 |
| Tanja Grutterink | 2431 pnt | 1978 |
| Rini Kolenbrander | 2126 pnt | 1972 |

7 kamp nieuwe Speer 500 gr

| | | | | |
|-------------|-------------|-------------|----------|------|
| 06-07-07-13 | Stadskanaal | Susan Wouda | 3207 pnt | 2013 |
| 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 | | | |

7 Kamp

| | | | | |
|----------|------------|------------------------------------|----------------------|--------------|
| 12-06-93 | Gendringen | Henriëke Molenveld Elise Rupert | 3180 pnt 3075 pnt | 1993 1985 |
|----------|------------|------------------------------------|----------------------|--------------|

7 Kamp**Nieuw****Speer 1999**

| | | | | |
|-------------|---------|-----------------|----------|------|
| 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 |

7 Kamp**Nieuw****Speer 1999 vervolg**

| | | | | |
|-------------|---------|------------------|----------|------|
| 25-26-06-05 | Hengelo | Renske van Sark | 2805 pnt | 2005 |
| 25-26-06-05 | Hengelo | Lisanne Geerdink | 2546 pnt | 2005 |
| 25-26-06-05 | Hengelo | Marlie de Witte | 1970 pnt | 2005 |

4x80 m

| | | | | |
|----------|----------|---------------|------|------|
| 01-06-96 | Enschede | Elles Wijlens | 42.7 | 1996 |
| 01-06-96 | Enschede | Ruth Mampuyos | 42.7 | 1996 |
| 01-06-96 | Enschede | Iris Dinter | 42.7 | 1996 |
| 01-06-96 | Enschede | Marja Dijkman | 42.7 | 1996 |

4x80 m E.T.

| | | | | |
|----------|-----|------------------|-------|------|
| 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 |

Competitie

| | | | | |
|---------------|----------------|--------------------|----------|------|
| 23-04-77 | Almelo | | 5994 pnt | 1977 |
| 4x80 m | 48.7 | Ellen Buter | | |
| 4x80 m | 48.7 | Inge Rouwenhorst | | |
| 4x80 m | 48.7 | Wilma Knijff | | |
| 4x80 m | 48.7 | Heidi Horck | | |
| 80 m | 11.8 | Ellen Buter | | |
| 80 m | 12.5 | Petra Mars | | |
| 600 m | 2.19.4 | Mirjam van Stichel | | |
| Ver | 3.38 m | Astrid Schipper | | |
| Ver | 3.65 m | Wilma Knijff | | |
| Hoog | 1.30 m | Ellen Buter | | |
| Kogel | 6.51 m | Inge Rouwenhorst | | |
| Kogel | 5.72 m | Brigitte Waanders | | |
| Discus | 16.62 m | Wilma Knijff | | |
| Discus | 11.50 m | Ilse Horck | | |

Competitie**Nieuw****1000 m 1984**

| | | | | |
|--------------------|----------------|------------------|----------|------|
| 11-05-96 | Enschede | | 5022 pnt | 1996 |
| 4x80 m | 42.9 | Elles Wijlens | | |
| 4x80 m | 42.9 | Ruth Mampuys | | |
| 4x80 m | 42.9 | Iris Dinter | | |
| 4x80 m | 42.9 | Marja Dijkman | | |
| 80 m | 10.7 | Elles Wijlens | | |
| 80 m Horden | 14.2 | Ruth Mampuys | | |
| 1000 m | 3.09.8 | Iris Dinter | | |
| 1000 m | 3.35.0 | Sharon Blokvoort | | |
| Ver | 4.20 m | Sharon Blokvoort | | |
| Hoog | 1.35 m | Elles Wijlens | | |
| Kogel | 8.19 m | Marja Dijkman | | |
| Discus | 17.00 m | Marja Dijkman | | |
| Speer | 26.56 m | Ruth Mampuys | | |

Competitie

| | | | | |
|--------------------|----------------|---------------------|----------|------|
| 20-06-87 | Zwolle | | 4739 pnt | 1987 |
| 4x80 m | 43.2 | Claudia Scharenberg | | |
| 4x80 m | 43.2 | Francoise Borghuis | | |
| 4x80 m | 43.2 | Barbara Spit | | |
| 4x80 m | 43.2 | Kaja Reyda | | |
| 80 m | 11.5 | Claudia Scharenberg | | |
| 80 m Horden | 13.7 | Francoise Borghuis | | |
| 1000 m | 3.35.8 | Barbara Spit | | |
| Ver | 4.45 m | Barbara Spit | | |
| Hoog | 1.50 m | Francoise Borghuis | | |
| Kogel | 7.41 m | Claudia Scharenberg | | |
| Discus | 15.38 m | Kaja Reyda | | |
| Speer | 20.74 m | Kaja Reyda | | |

Competitie

| | | | | |
|--------------------|----------------|-----------------------|----------|------|
| 25-04-92 | Enschede | | 4683 pnt | 1992 |
| 4x80 m | 44.3 | Marieke Oude Kamphuis | | |
| 4x80 m | 44.3 | Anouk Veneboer | | |
| 4x80 m | 44.3 | Fleur van Leeuwen | | |
| 4x80 m | 44.3 | Kelly Meijerink | | |
| 80 m | 10.9 | Kelly Meijerink | | |
| 80 m Horden | 13.4 | Fleur van Leeuwen | | |
| 1000 m | 3.29.3 | Fleur van Leeuwen | | |
| Ver | 4.43 m | Kelly Meijerink | | |
| Hoog | 1.35 m | Anouk Veneboer | | |
| Kogel | 7.45 m | Marieke Oude Kamphuis | | |
| Discus | 21.30 m | Esther Terhurne | | |
| Speer | 19.80 m | Esther Terhurne | | |

Competitie**Nieuw****Speer 1999**

| | | | | |
|--------------------|----------------|------------------|----------|------|
| 18-06-05 | Ede | | 4243 pnt | 2005 |
| 4x80 m | 42.74 | Ellen van Loosen | | |
| 4x80 m | 42.74 | Marlie de Witte | | |
| 4x80 m | 42.74 | Renske van Sark | | |
| 4x80 m | 42.74 | Marilva Soekhoe | | |
| 80 m | 11.41 | Marilva Soekhoe | | |
| 80 m Horden | 15.74 | Marlie de Witte | | |
| 1000 m | 3.39.08 | Renske van Sark | | |
| Ver | 4.36 m | Susan van Sark | | |
| Hoog | 1.45 m | Lisanne Geerdink | | |
| Kogel | 7.55 m | Sanne van Sark | | |
| Discus | 19.52 m | Romy Brugge | | |
| Speer | 31.07 m | Lisa Hilderink | | |
| | | Elize te Hennepe | | |