

M.D.**60 m**

| | | | | |
|----------|-------------|--------------------|------|------|
| 08-06-96 | Zwolle | Diana ten Hagen | 8.11 | 1996 |
| 08-04-95 | Hengelo | Elles Wijlens | 8.2 | 1995 |
| 16-05-98 | Apeldoorn | Anique ten Hagen | 8.2 | 1998 |
| 24-05-81 | Eibergen | Marion Calia | 8.4 | 1981 |
| 02-07-83 | Zwolle | Marit Smeets | 8.4 | 1983 |
| 30-08-15 | Haaksbergen | Jana Kamps | 8.4 | 2015 |
| 10-06-17 | Almelo | Kyonne Ruardij | 8.55 | 2017 |
| 19-05-90 | Zevenaar | Kelly Meijerink | 8.5 | 1990 |
| 26.06.94 | Haaksbergen | Iris Dinter | 8.5 | 1994 |
| 16-04-05 | Nijverdal | Marloes Klumpers | 8.5 | 2005 |
| | | Francoise Borghuis | 8.6 | 1985 |
| 08-04-17 | Haaksbergen | Kyonne Ruardij | 8.6 | 2017 |
| 01-07-06 | Zwolle | Laura Kleinsman | 8.71 | 2006 |
| 25-06-83 | Hengelo | Natasja ter Doest | 8.7 | 1983 |
| 14-06-03 | Apeldoorn | Marlie de Witte | 8.7 | 2003 |
| 26-04-03 | Enschede | Marilva Soekhoe | 8.7 | 2003 |
| 23-04-05 | Apeldoorn | Mayke Laarhoven | 8.7 | 2005 |
| 08-10-17 | Haaksbergen | Laurie Mentink | 8.7 | 2017 |

60 m E.T.

| | | | | |
|----------|-------------|----------------------|-------|------|
| 08-06-96 | Zwolle | Diana ten Hagen | 8.11 | 1996 |
| | | Anique ten Hagen | 8.40 | 1998 |
| 10-06-17 | Almelo | Kyonne Ruardij | 8.55 | 2017 |
| 06-06-15 | Almelo | Jana Kamps | 8.61 | 2015 |
| 01-07-06 | Zwolle | Laura Kleinsman | 8.71 | 2006 |
| 14-05-05 | Almelo | Marloes Klumpers | 8.93 | 2005 |
| 27-05-17 | Haaksbergen | Laurie Mentink | 9.10 | 2017 |
| 18-06-05 | Ede | Mayke Laarhoven | 9.11 | 2005 |
| 17-06-06 | Hengelo | Sietske de Boer | 9.23 | 2006 |
| 26-05-12 | Apeldoorn | Susan Wouda | 9.27 | 2012 |
| 30-06-07 | Apeldoorn | Rosemarijn Steenberg | 9.33 | 2007 |
| 01-07-06 | Zwolle | Marieke Kleinsman | 9.35 | 2006 |
| 22-06-13 | Zutphen | Fabienne Scheffers | 9.38 | 2013 |
| 09-04-16 | Haaksbergen | Kyara Ruardij | 9.50 | 2016 |
| 17-06-06 | Hengelo | Ilhem Khiraoui | 9.70 | 2006 |
| 27-05-17 | Haaksbergen | Myrte Bloemberg | 9.70 | 2017 |
| 10-06-17 | Almelo | Amber van Rijn | 9.90 | 2017 |
| 18-06-05 | Ede | Denise Bouwmeester | 9.91 | 2005 |
| 22-04-17 | Enschede | Svenja Wolf | 9.92 | 2017 |
| 25-04-15 | Enschede | Isabelle Scholten | 9.93 | 2015 |
| 16-06-07 | Gendringen | Lisa van sark | 9.95 | 2007 |
| 16-06-07 | Gendringen | Natasja Afink | 10.09 | 2007 |
| 22-06-13 | Zutphen | Ruth Witbreuk | 10.09 | 2013 |

60 mh

| | | | | |
|----------|-------------|------------------|-------|------|
| 08-07-06 | Almelo | Laura Kleinsman | 10.14 | 2006 |
| 21-05-05 | Hengelo | Marloes Klumpers | 10.3 | 2005 |
| 10-06-17 | Almelo | Elin Ottenschot | 10.73 | 2017 |
| 07-07-12 | Stadskanaal | Susan Wouda | 11.22 | 2012 |
| 25.06.94 | Enschede | Ruth Mamphuys | 11.2 | 1994 |

60 mh vervolg

| | | | | |
|----------|-------------|---------------------|-------|------|
| 23-08-15 | Amsterdam | Jana Kamps | 11.49 | 2015 |
| | | Hanka Grutterink | 11.4 | 1980 |
| | | Francoise Borghuis | 11.4 | 1985 |
| 20-06-98 | Zevenaar | Dewi Koppelman | 11.72 | 1998 |
| 23-05-81 | | Hilde Poodt | 11.7 | 1981 |
| 15-05-82 | Hengelo | Evelien Knijff | 11.6 | 1982 |
| 04-06-94 | Deventer | Sharon Blokvoort | 11.8 | 1994 |
| 18-09-16 | Haaksbergen | Kyonne Ruardij | 11.8 | 2016 |
| | | Tanja Grutterink | 12.0 | 1978 |
| | | Marion Calia | 12.0 | 1980 |
| 02-07-83 | Zwolle | Monique waanders | 12.0 | 1983 |
| 21-04-90 | Hengelo | Fleur van Leeuwen | 12.0 | 1990 |
| 14-06-03 | Apeldoorn | Marilva Soekhoe | 12.0 | 2003 |
| 21-04-07 | Apeldoorn | Marieke Kleinsman | 12.0 | 2007 |
| 12-05-90 | Hengelo | Henriette Molenveld | 12.2 | 1990 |
| | | Joke Groot Obbink | 12.3 | 1974 |
| 10-05-86 | Hengelo | Barbara Spit | 12.3 | 1986 |
| 12-06-93 | Gendringen | Nanda Zandstra | 12.3 | 1993 |
| 15-04-95 | Haaksbergen | Diana ten Hagen | 12.3 | 1995 |
| 02-04-11 | Haaksbergen | Nienke Willems | 12.3 | 2011 |
| 15-04-95 | Haaksbergen | Elles Wijlens | 12.4 | 1995 |
| 18-09-16 | Haaksbergen | Isabelle Scholten | 12.4 | 2016 |

60 mh E.T.

| | | | | |
|----------|-------------|----------------------|-------|------|
| 08-07-06 | Almelo | Laura Kleinsman | 10.14 | 2006 |
| 25-06-05 | Hengelo | Marloes Klumpers | 10.52 | 2005 |
| 10-06-17 | Almelo | Elin Ottenschot | 10.73 | 2017 |
| 07-07-12 | Stadskanaal | Susan Wouda | 11.22 | 2012 |
| 23-08-15 | Amsterdam | Jana Kamps | 11.49 | 2015 |
| 20-06-98 | Zevenaar | Dewi Koppelman | 11.72 | 1998 |
| 09-04-16 | Haaksbergen | Kyonne Ruardij | 12.02 | 2016 |
| 08-07-06 | Almelo | Marieke Kleinsman | 12.25 | 2006 |
| 16-06-07 | Gendringen | Sietske de Boer | 12.66 | 2007 |
| 27-05-17 | Haaksbergen | Myrte Bloemberg | 12.91 | 2017 |
| 22-06-96 | Apeldoorn | Linda Rödel | 12.97 | 1996 |
| 17-06-06 | Hengelo | Simone Baltink | 12.99 | 2006 |
| 18-06-05 | Ede | Maike Laarhoven | 13.17 | 2005 |
| 17-06-06 | Hengelo | Rosemarijn Steenberg | 13.23 | 2006 |

200 m

| | | | | |
|----------|---------|------------|-------|------|
| 15-05-15 | Rijssen | Jana Kamps | 30.45 | 2015 |
|----------|---------|------------|-------|------|

600 m

| | | | | |
|----------|-------------|--------------------|---------|------|
| 24-09-94 | Enschede | Ruth Mamphuys | 1.44.9 | 1994 |
| 09-07-94 | Enschede | Iris Dinter | 1.45.1 | 1994 |
| 04-06-16 | Nijverdal | Kyonne Ruardij | 1.49.33 | 2016 |
| 28-09-96 | Enschede | Diana ten Hagen | 1.52.2 | 1996 |
| | | Henriëke Molenveld | 1.52.8 | 1991 |
| 24-09-94 | Enschede | Elles Wijlens | 1.53.3 | 1994 |
| 09-07-94 | Enschede | Sharon Blokvoort | 1.53.7 | 1994 |
| | | Marjolein van Os | 1.53.7 | 1998 |
| 27-09-86 | Hengelo | Barbara Spit | 1.53.9 | 1986 |
| 27-05-06 | Eibergen | Laura Kleinsman | 1.54.0 | 2006 |
| 28-05-05 | Eibergen | Simone Baltink | 1.54.2 | 2005 |
| 30-09-89 | Enschede | Fleur van Leeuwen | 1.54.2 | 1989 |
| 28-06-14 | Nijverdal | Tosca Oudshoorn | 1.55.6 | 2014 |
| 08-04-17 | Haaksbergen | Elin Ottenschot | 1.55.8 | 2017 |
| 28-09-91 | Hengelo | Anouk Veneboer | 1.56.1 | 1991 |
| 26-05-90 | Eibergen | Kelly Meierink | 1.56.5 | 1990 |
| | | Anique ten Hagen | 1.56.6 | 1998 |
| 10-09-11 | Haaksbergen | Susan Wouda | 1.56.7 | 2011 |
| | | Hanke Grutterink | 1.57.0 | 1980 |
| 19-04-97 | Haaksbergen | Annemarie van Os | 1.57.0 | 1997 |

600 m E.T.

| | | | | |
|----------|-------------|----------------------|-----------------------|------|
| 04-06-16 | Nijverdal | Kyonne Ruardij | 1.49.33 | 2016 |
| 09-07-06 | Almelo | Laura Kleinsman | 1.55.39 | 2006 |
| 03-06-12 | Almelo | Susan Wouda | 1.57.58 | 2012 |
| 24-09-16 | Almelo | Kyara Ruardij | 1.57.73 | 2016 |
| 02-06-07 | Almelo | Sietske de Boer | 1.58.25 | 2007 |
| 09-07-06 | Almelo | Marieke Kleinsman | 2.02.28 | 2006 |
| 26-06-05 | Hengelo | Marloes Klumpers | 2.03.43 | 2005 |
| 24-09-16 | Almelo | Amber van Rijn | 2.09.26 | 2016 |
| 27-06-15 | Haaksbergen | Jana Kamps | 2.09.45 | 2015 |
| 27-06-15 | Haaksbergen | Marlin Lammers | 2.15.03 | 2015 |
| 27-06-15 | Haaksbergen | Isabelle Scholten | 2.15.97 | 2015 |
| 23-09-17 | Haaksbergen | Svenja Wolf | 2.18.76 | 2017 |
| 23-09-17 | Haaksbergen | Cassandra Duinkerken | 2.31.97 | 2017 |
| 25-04-15 | Enschede | Evi Cattier | M.P.C. 2.49.35 | 2015 |
| 25-04-15 | Enschede | Megan van Wijk | M.P.C. 2.50.93 | 2015 |

800 m

| | | | | |
|----------|-------------|------------------|---------|------|
| 25-03-94 | Haaksbergen | Iris Dinter | 2.27.80 | 1994 |
| 05-06-03 | Haaksbergen | Romy Brugge | 2.28.84 | 2003 |
| 05-06-03 | Haaksbergen | Marilva Soekhoe | 2.59.57 | 2003 |
| 05-06-03 | Haaksbergen | Ellen van Loosen | 3.00.63 | 2003 |
| 05-06-03 | Haaksbergen | Marlie de Witte | 3.05.52 | 2003 |
| 05-06-03 | Haaksbergen | Susan van Sark | 3.05.88 | 2003 |
| 05-06-03 | Haaksbergen | Renske van Sark | 3.30.73 | 2003 |
| 05-06-03 | Haaksbergen | Sanne van Sark | 3.31.00 | 2003 |

1000 m

| | | | | | |
|----------|------------|--------------------|---------------|---------|------|
| 17-06-95 | Gendringen | Iris Dinter | | 3.05.4 | 1995 |
| 25-06-94 | Enschede | Sharon Blokvoort | | 3.28.2 | 1994 |
| | | Barbara Spit | | 3.28.7 | 1986 |
| 27-05-12 | Hengelo | Susan Wouda | | 3.29.95 | 2012 |
| 30.09.89 | Enschede | Henrieke Molenveld | M.P.A. | 3.30.4 | 1989 |
| 04-09-05 | Amsterdam | Leontien Weggen | | 3.31.73 | 2005 |
| 10-06-89 | Hengelo | Kelly Meijerink | | 3.31.8 | 1989 |
| 28-09-96 | Enschede | Marjolein van Os | M.P.A. | 3.33.3 | 1996 |
| 10-06-89 | Hengelo | Fleur van Leeuwen | | 3.34.9 | 1989 |
| 21-04-90 | Hengelo | Helga Ottink | | 3.36.3 | 1990 |
| 16-05-98 | Apeldoorn | Minke van Herk | | 3.36.7 | 1998 |
| 23.09.90 | Hengelo | Wencke Wijlens | M.P.A. | 3.36.9 | 1990 |
| 23-10-83 | Eibergen | Natasja ter Doest | | 3.37.0 | 1983 |
| 20-06-98 | Zevenaar | Jolien te Hennepe | | 3.38.0 | 1998 |
| 31-05-97 | Hengelo | Anique ten Hagen | M.P.A. | 3.39.3 | 1997 |

1000 m E.T.

| | | | | | |
|----------|-------------|-------------------|---------------|---------|------|
| 27-05-12 | Hengelo | Susan Wouda | | 3.29.95 | 2012 |
| 04-09-05 | Amsterdam | Leontien Weggen | | 3.31.73 | 2005 |
| 23-04-16 | Haaksbergen | Kyonne Ruardij | | 3.32.91 | 2016 |
| 20-06-93 | Hengelo | Elles Wijlens | M.P.A. | 3.40.48 | 1993 |
| 27-06-15 | Haaksbergen | Kyara Ruardij | M.P.A. | 3.40.93 | 2015 |
| 14-09-96 | Etten Leur | Annemarie van Os | | 3.42.79 | 1996 |
| 17-06-06 | Hengelo | Ilhem Khiraoui | | 3.44.49 | 2006 |
| 10-06-17 | Almelo | Myrte Bloemberg | | 3.46.13 | 2017 |
| 22-06-13 | Zutphen | Ruth Witbreuk | | 3.49.93 | 2013 |
| 06-05-17 | Enschede | Amber van Rijn | | 3.53.01 | 2017 |
| 20-06-15 | Almelo | Marlin Lammers | | 3.56.41 | 2015 |
| 16-06-07 | Gendringen | Anouk Katier | | 3.58.10 | 2007 |
| 29-05-05 | Hengelo | Sietske de Boer | M.P.A. | 4.00.35 | 2005 |
| 31-05-04 | Hengelo | Simone Baltink | M.P.A. | 4.01.98 | 2004 |
| 21-05-16 | Almelo | Elin Ottenschot | | 4.03.09 | 2016 |
| 28-05-06 | Hengelo | Celin Bouwmeester | M.P.B. | 4.10.08 | 2006 |
| 16-06-07 | Gendringen | Maaïke ten Buuren | | 4.20.96 | 2007 |

1500 m

| | | | | | |
|----------|-------------|-------------------|--|--------|------|
| 08-10-17 | Haaksbergen | Elin Ottenschot | | 5.28.0 | 2017 |
| 03-04-11 | Hengelo | Susan Wouda | | 5.33.0 | 2011 |
| 08-10-17 | Haaksbergen | Kyonne Ruardij | | 5.33.0 | 2017 |
| 08-10-17 | Haaksbergen | Laurie Mentink | | 5.59.0 | 2017 |
| 09-04-07 | Hengelo | Maaïke ten Buuren | | 8.22.0 | 2007 |

1 EM

| | | | | | |
|----------|-------------|--------------------|---------------|------|------|
| 27-03-11 | Haaksbergen | Susan Wouda | | 6.02 | 2011 |
| 22-03-15 | Haaksbergen | Kyara Ruardij | M.P.A. | 6.22 | 2015 |
| 25-03-12 | Haaksbergen | Emma Brummelhuis | | 6.29 | 2012 |
| 23-03-14 | Haaksbergen | Marlin Lammers | | 6.42 | 2014 |
| 23-03-14 | Haaksbergen | Tosca Oudshoorn | | 6.45 | 2014 |
| 27-03-11 | Haaksbergen | Nienke Willems | | 6.49 | 2011 |
| 22-03-15 | Haaksbergen | Isabella Scholten | | 6.59 | 2015 |
| 22-03-15 | Haaksbergen | Babet Vogt | | 7.19 | 2015 |
| 27-03-11 | Haaksbergen | Amber Velthof | M.P.A. | 7.23 | 2011 |
| 25-03-12 | Haaksbergen | Maureen Poth | | 7.29 | 2012 |
| 22.03.09 | Haaksbergen | Hanneke ten Buuren | | 7.29 | 2009 |

3000 m

| | | | | | |
|----------|-------------|---------------|---------------|---------|------|
| 02-10-11 | Oldenzaal | Susan Wouda | | 12.47.0 | 2011 |
| 08-10-17 | Haaksbergen | Lobke Schmitz | M.P.B. | 14.56.0 | 2017 |

2 EM

| | | | | | |
|----------|---------|-------------|--|-------|------|
| 24-05-12 | Hengelo | Susan Wouda | | 12.55 | 2012 |
|----------|---------|-------------|--|-------|------|

5 EM

| | | | | | |
|----------|-------------|----------------|--|-------|------|
| 26-03-17 | Haaksbergen | Kyonne Ruardij | | 42.02 | 2017 |
| 22-03-09 | Haaksbergen | Merle Eijsink | | 42.07 | 2009 |
| 22-03-09 | Haaksbergen | Femke Nijhof | | 43.58 | 2009 |
| 30-03-08 | Haaksbergen | Anouk Katier | | 44.57 | 2008 |
| 25-03-12 | Haaksbergen | Nienke Willems | | 45.03 | 2012 |
| 23-03-03 | Haaksbergen | Susan van Sark | | 45.41 | 2003 |
| 26-03-06 | Haaksbergen | Simone Baltink | | 47.53 | 2006 |

Ver

| | | | | | |
|----------|-------------|--------------------|--|--------|------|
| 08-06-96 | Zwolle | Diana ten Hagen | | 4.87 m | 1996 |
| 08-10-06 | Haaksbergen | Laura Kleinsman | | 4.64 m | 2006 |
| | | Tanja Grutterink | | 4.57 m | 1977 |
| 25-06-94 | Enschede | Iris Dinter | | 4.41 m | 1994 |
| | | Francoise Borghuis | | 4.40 m | 1985 |
| 21-05-16 | Almelo | Kyara Ruardij | | 4.38 m | 2016 |
| 15-09-90 | Haaksbergen | Kelly Meijerink | | 4.34 m | 1990 |
| 18-09-93 | Almelo | Nanda Zandstra | | 4.34 m | 1993 |
| 05-05-12 | Hengelo | Susan Wouda | | 4.31 m | 2012 |
| | | Marion Calia | | 4.30 m | 1981 |
| 07-05-94 | Hengelo | Ruth Mamphuys | | 4.28 m | 1994 |

Ver vervolg

| | | | | |
|----------|-------------|---------------------|--------|------|
| 28-06-98 | Eibergen | Marjolein van Os | 4.27 m | 1998 |
| 15-09-90 | Haaksbergen | Henriette Molenveld | 4.25 m | 1990 |
| 15-04-95 | Haaksbergen | Elles Wijlens | 4.25 m | 1995 |
| | | Anique ten Hagen | 4.25 m | 1998 |
| 20-09-03 | Hengelo | Marlie de Witte | 4.25 m | 2003 |
| 17-09-05 | Hengelo | Marloes Klumpers | 4.19 m | 2005 |
| 11-04-15 | Haaksbergen | Jana Kamps | 4.19 m | 2015 |

Hoog

| | | | | |
|----------|-------------|--------------------|----------------------|------|
| 17-05-06 | Haaksbergen | Simone Baltink | 1.45 m | 2006 |
| 08-07-06 | Almelo | Laura Kleinsman | 1.45 m | 2006 |
| 18-09-16 | Haaksbergen | Isabella Scholten | 1.45 m | 2016 |
| 10-06-17 | Almelo | Kyonne Ruardij | 1.45 m | 2017 |
| 31-08-91 | Hengelo | Anoek Veneboer | 1.40 m | 1991 |
| 12-06-93 | Gendringen | Nanda Zandstra | 1.40 m | 1993 |
| 09-09-95 | Hengelo | Elles Wijlens | 1.40 m | 1995 |
| 01-04-96 | Deventer | Sanne Dijkman | 1.40 m | 1996 |
| 21-04-07 | Apeldoorn | Marieke Kleinsman | 1.40 m | 2007 |
| 16-04-11 | Enschede | Susan Wouda | 1.40 m | 2011 |
| 18-09-16 | Haaksbergen | Kyara Ruardij | 1.40 m | 2016 |
| | | Tanja Grutterink | 1.35 m | 1977 |
| 16-04-83 | Eibergen | Monique Waanders | 1.35 m | 1983 |
| | | Francoise Borghuis | 1.35 m | 1985 |
| | | Helga Ottink | 1.35 m | 1990 |
| 17-04-93 | Hengelo | Charlotte van Os | 1.35 m | 1993 |
| 02-07-94 | Eibergen | Iris Dinter | 1.35 m | 1994 |
| | | Marjolein van Os | M.P.A. 1.35 m | 1996 |
| 24-08-96 | Haaksbergen | Diana ten Hagen | 1.35 m | 1996 |
| 16-05-98 | Apeldoorn | Marjolein Aalbers | 1.35 m | 1998 |
| 14-06-03 | Apeldoorn | Marlie de Witte | 1.35 m | 2003 |
| 27-08-05 | Haaksbergen | Marloes Klumpers | 1.35 m | 2005 |
| 06-09-14 | Haaksbergen | Tosca Oudshoorn | 1.35 m | 2014 |

Kogel 2kg

| | | | | |
|----------|-------------|-------------------|---------|------|
| 18-06-05 | Ede | Marloes Klumpers | 11.36 m | 2005 |
| 18-09-16 | Haaksbergen | Isabella Scholten | 11.19 m | 2016 |
| 29-04-00 | Enschede | Ilse Hageman | 10.62 m | 2000 |
| 09-07-06 | Almelo | Laura Kleinsman | 9.95 m | 2006 |
| 16-06-07 | Gendringen | Sieske de Boer | 9.77 m | 2007 |
| 12-09-98 | Krommenie | Minke van Herk | 9.70 m | 1998 |
| 06-05-17 | Enschede | Elin Ottenschot | 9.70 m | 2017 |
| 19-09-93 | Hengelo | Nanda Zandstra | 9.63 m | 1993 |
| | | Esther Terhurne | 9.52 m | 1991 |
| 05-06-82 | Hengelo | Evelien Knijff | 9.34 m | 1982 |
| 01-04-96 | Deventer | Sanne Dijkman | 9.28 m | 1996 |
| 01-10-83 | Hengelo | Monique Waanders | 9.16 m | 1983 |
| 11-04-15 | Haaksbergen | Jana Kamps | 9.12 m | 2015 |
| 28-09-91 | Hengelo | Anouk Veneboer | 9.05 m | 1991 |
| | | Marion Calia | 8.97 m | 1981 |
| | | Marjolein van Os | 8.94 m | 1998 |

Kogel 2kg vervolg

| | | | | |
|----------|-------------|----------------------|--------|------|
| 16-05-81 | Hengelo | Marion Calia | 8.86 m | 1981 |
| 08-10-06 | Haaksbergen | Marieke Kleinsman | 8.85 m | 2006 |
| 08-04-95 | Hengelo | Elles Wijlens | 8.64 m | 1995 |
| 06-05-17 | Enschede | Amber van Rijn | 8.64 m | 2017 |
| 22-04-17 | Enschede | Kyonne Ruardij | 8.52 m | 2017 |
| 07-09-12 | Goor | Susan Wouda | 8.51 m | 2012 |
| 08-10-06 | Haaksbergen | Simone Baltink | 8.49 m | 2006 |
| 22-04-17 | Enschede | Kyara Ruardij | 8.34 m | 2017 |
| 06-09-14 | Haaksbergen | Kaya Wildenborg | 8.33 m | 2014 |
| 08-10-89 | Haaksbergen | Ilse Blanckenborg | 8.32 m | 1989 |
| 07-09-96 | Hengelo | Diana ten Hagen | 8.28 m | 1996 |
| 14-04-07 | Hengelo | Rosemarijn Steenberg | 8.16 m | 2007 |
| 20-08-77 | Eibergen | Tanja Grutterink | 8.14 m | 1977 |
| 12.09-93 | Eibergen | Charlotte van Os | 8.13 m | 1993 |

Discus 0,750 gr

| | | | | |
|----------|-------------|----------------------|---------|------|
| 08-10-17 | Haaksbergen | Elin Ottenschot | 20.78 m | 2017 |
| 09-06-96 | Eibergen | Sanne Dijkman | 18.58 m | 1996 |
| | | Anoek Veneboer | 18.52 m | 1991 |
| 29-06-03 | Eibergen | Ellen van Loosen | 17.76 m | 2003 |
| 07-09-12 | Goor | Susan Wouda | 17.39 m | 2012 |
| 08-10-17 | Haaksbergen | Laurie Mentink | 17.14 m | 2017 |
| 28-08-04 | Haaksbergen | Marlie de Witte | 16.94 m | 2004 |
| 07-09-12 | Goor | Nienke Willems | 16.47 m | 2012 |
| 21-04-96 | Haaksbergen | Diana ten Hagen | 15.54 m | 1996 |
| 01-07-06 | Zwolle | Simone Baltink | 15.51 m | 2006 |
| 16-05-07 | Haaksbergen | Rosemarijn Steenberg | 15.10 m | 2007 |
| 22-06-96 | Apeldoorn | Annemarie van Os | 14.64 m | 1996 |
| 28-08-04 | Haaksbergen | Kamelya Yusuf | 14.59 m | 2004 |
| 08-10-17 | Haaksbergen | Kyonne Ruardij | 14.54 m | 2017 |
| 12-09-09 | Haaksbergen | Hanneke ten Buuren | 14.44 m | 2009 |
| 31-08-02 | Haaksbergen | Leonie Exterkate | 14.39 m | 2002 |
| 29-06-03 | Eibergen | Susan van Sark | 14.25 m | 2003 |

Speer 400 gr

| | | | | |
|----------|-------------|----------------------|---------|------|
| | | Marjolein van Os | 28.76 m | 1998 |
| 23-09-89 | Haaksbergen | Monique Scharenberg | 24.78 m | 1989 |
| 02-10-93 | Haaksbergen | Nanda Zandstra | 24.54 m | 1993 |
| 14-06-03 | Apeldoorn | Marilva Soekhoe | 24.21 m | 2003 |
| 22-06-96 | Apeldoorn | Linda Rödel | 23.70 m | 1996 |
| 24-09-94 | Enschede | Iris Dinter | 23.56 m | 1994 |
| 24-08-91 | Haaksbergen | Esther Terhurne | 23.18 m | 1991 |
| 31-08-14 | Haaksbergen | Kaya Wildenborg | 23.14 m | 2014 |
| 28-05-05 | Eibergen | Marloes Klumpers | 23.04 m | 2005 |
| 25-06-95 | Haaksbergen | Elles Wijlens | 22.76 m | 1995 |
| 24-09-94 | Enschede | Ruth Mamphuy | 22.46 m | 1994 |
| 30-06-07 | Apeldoorn | Rosemarijn Steenberg | 22.24 m | 2007 |
| 04-06-16 | Nijverdal | Kyonne Ruardij | 22.14 m | 2016 |
| | | Francoise Borghuis | 21.94 m | 1985 |
| | | Minke van Herk | 21.63 m | 1998 |

Bal 200 gr

| | | | | |
|----------|-------------|-----------------------|---------|------|
| | | Francoise Borghuis | 37.00 m | 1985 |
| 05-09-87 | Haaksbergen | Esther Schepers | 33.74 m | 1987 |
| 05-09-87 | Haaksbergen | Janke Lippinkhof | 33.66 m | 1987 |
| | | Leonie Maurik | 33.00 m | 1975 |
| 26-06-83 | Hengelo | Monique Waanders | 33.00 m | 1983 |
| | | Evelien Knijff | 32.00 m | 1981 |
| | | Nicole te Asbroek | 30.50 m | 1984 |
| 12-06-82 | Enschede | Liselot Borggreve | 30.00 m | 1982 |
| 05-09-87 | Haaksbergen | Brigitte Busschers | 25.18 m | 1987 |
| 01-10-88 | Hengelo | Marjan Walhain | 25.02 m | 1988 |
| 02-10-93 | Haaksbergen | Nanda Zandstra | 24.54 m | 1993 |
| 16-04-77 | Enschede | Tanja Grutterink | 24.00 m | 1977 |
| 25-09-83 | Enschede | Melanie Borghuis | 24.00 m | 1983 |
| | | Wilma Knijff | 23.50 m | 1975 |
| 25-09-83 | Enschede | Natasja ter Doest | 23.00 m | 1983 |
| 14-05-83 | Hengelo | Karin van Ommen | 21.00 m | 1983 |
| 04-06-83 | Haaksbergen | Elise Rupert | 21.00 m | 1983 |
| 23-09-84 | Hengelo | Annemiek Borggreve | 21.00 m | 1984 |
| 02-10-93 | Haaksbergen | Iris Dinter | 20.72 m | 1993 |
| 04-06-83 | Haaksbergen | Marit Smeets | 20.50 m | 1983 |
| 02-06-88 | Haaksbergen | Brenda Veneboer | 20.18 m | 1988 |
| 16-04-77 | Enschede | Mirjam van de Stichel | 20.00 m | 1977 |
| 05-09-87 | Haaksbergen | Ilse Blankenburg | 19.72 m | 1987 |
| 23-09-84 | Hengelo | Loes Ossewald | 19.50 m | 1984 |
| 07-06-86 | Eibergen | Barbara Spit | 19.50 m | 1986 |
| 23-09-84 | Hengelo | Enith Bouwmeester | 19.00 m | 1984 |
| 02-10-93 | Haaksbergen | Ruth Mamphuys | 17.52 m | 1993 |

4 Kamp

| | | | | |
|--|--|------------------|----------|------|
| | | Hanke Grutterink | 1530 pnt | 1980 |
|--|--|------------------|----------|------|

6 Kamp

| | | | | |
|----------|------------|--------------------|----------|------|
| 12-06-93 | Gendringen | Nanda Zandstra | 2502 pnt | 1993 |
| | | Francoise Borghuis | 2477 pnt | 1985 |
| 12-06-93 | Gendringen | Charlotte van Os | 2196 pnt | 1993 |
| 12-06-93 | Gendringen | Iris Dinter | 2080 pnt | 1993 |
| 12-06-93 | Gendringen | Marja Dijkman | 1630 pnt | 1993 |

6 Kamp nieuw

| | | | | |
|--------------------|----------------|-------------------|----------|------|
| 08-09-07-06 | Almelo | Laura Kleinsman | 2909 pnt | 2006 |
| 60 m Horden | 10.14 | | | |
| Hoog | 1.45 m | | | |
| Speer nieuw | 19.70 m | | | |
| Ver | 4.01 m | | | |
| Kogel | 9.95 m | | | |
| 600 m | 1.55.39 | | | |
| 25-26-06-05 | Hengelo | Marloes Klumpers | 2671 pnt | 2005 |
| 07-08-07-12 | Stadskanaal | Susan Wouda | 2528 pnt | 2012 |
| 08-09-07-06 | Almelo | Marieke Kleinsman | 2189 pnt | 2006 |
| 25-26-06-05 | Hengelo | Simone Baltink | 2121 pnt | 2005 |

4x60 m

| | | | | |
|----------|-----------|------------------|------|------|
| 14-06-03 | Apeldoorn | Susan van Sark | 33.1 | 2003 |
| 14-06-03 | Apeldoorn | Marilva Soekhoe | 33.1 | 2003 |
| 14-06-03 | Apeldoorn | Marlie de Witte | 33.1 | 2003 |
| 14-06-03 | Apeldoorn | Ellen van Loosen | 33.1 | 2003 |

4x60 m E.T.

| | | | | |
|----------|-----------|------------------|-------|------|
| 12-09-98 | Krommenie | Minke van Herk | 33.39 | 1998 |
| 12-09-98 | Krommenie | Dewi Koppelman | 33.39 | 1998 |
| 12-09-98 | Krommenie | Marjolein van Os | 33.39 | 1998 |
| 12-09-98 | Krommenie | Anique ten Hagen | 33.39 | 1998 |

4x60 m E.T.

| | | | | |
|----------|-----|------------------|-------|------|
| 18-06-05 | Ede | Marloes Klumpers | 33.53 | 2005 |
| 18-06-05 | Ede | Leontien Weggen | 33.53 | 2005 |
| 18-06-05 | Ede | Mayke Laarhoven | 33.53 | 2005 |
| 18-06-05 | Ede | Simone Baltink | 33.53 | 2005 |

4x60 m E.T.

| | | | | |
|----------|-------------|-----------------|-------|------|
| 27-05-17 | Haaksbergen | Laurie Mentink | 33.66 | 2017 |
| 27-05-17 | Haaksbergen | Elin Ottenschot | 33.66 | 2017 |
| 27-05-17 | Haaksbergen | Kyonne Ruardij | 33.66 | 2017 |
| 27-05-17 | Haaksbergen | Kyara Ruardij | 33.66 | 2017 |

Competitie

| | | | | |
|----------|--------|--|----------|------|
| 02-07-83 | Zwolle | | 3782 pnt | 1983 |
|----------|--------|--|----------|------|

| | | |
|--------------------|---------------|-----------------------|
| 4x60 m | 35.3 | Monique Waanders |
| 4x60 m | 35.3 | Loes Ossewold |
| 4x60 m | 35.3 | Marit Smeets |
| 4x60 m | 35.3 | Natasja ter Doest |
| 60 m | 8.4 | Marit Smeets |
| 60 m | 9.9 | Judith Oude Rikkerink |
| 60 m Horden | 15.2 | Deborah Dieperink |
| 60 m Horden | 12.0 | Monique Waanders |
| 600 m | 1.59.5 | Loes Ossewold |
| 600 m | 2.09.7 | Marit Smeets |
| Ver | 4.12 m | Natasja ter Doest |
| Hoog | 1.35 m | Monique Waanders |
| Kogel | 6.99 m | Natasja ter Doest |

| Competitie | Nieuw | 1000 m | 1984 | | |
|--------------------|----------------|------------------|-------------|----------|------|
| 22-06-96 | Apeldoorn | | | 4464 pnt | 1996 |
| 4x60 m | 33.89 | Diana ten hagen | | | |
| 4x60 m | 33.89 | Annemarie van Os | | | |
| 4x60 m | 33.89 | Linda Rödel | | | |
| 4x60 m | 33.89 | Sanne Dijkman | | | |
| 60 m | 8.23 | Diana ten hagen | | | |
| 60 m Horden | 13.34 | Linda Rödel | | | |
| 1000 m | 3.42.79 | Annemarie van Os | | | |
| Ver | 4.41 m | Diana ten hagen | | | |
| Hoog | 1.35 m | Sanne Dijkman | | | |
| Kogel | 8.92 m | Sanne Dijkman | | | |
| Speer | 23.70 m | Linda Rödel | | | |

| Competitie | | | | | |
|--------------------|----------------|-----------------------|--|----------|------|
| 02-06-90 | Hengelo | | | 3931 pnt | 1990 |
| 4x60 m | 33.6 | Fleur van Leeuwen | | | |
| 4x60 m | 33.6 | Henrieke Molenveld | | | |
| 4x60 m | 33.6 | Kelly Meijerink | | | |
| 4x60 m | 33.6 | Anouk Veneboer | | | |
| 60 m | 8.9 | Fleur van Leeuwen | | | |
| 60 m Horden | 11.8 | Fleur van Leeuwen | | | |
| 60 m Horden | 13.0 | Marieke Oude Kamphuis | | | |
| 1000 m | 3.32.6 | Henrieke Molenveld | | | |
| Ver | 4.10 m | Kelly Meijerink | | | |
| Hoog | 1.25 m | Anouk Veneboer | | | |
| Kogel | 4.91 m | Inge ter Braak | | | |
| Speer | 15.62 m | Esther Terhurne | | | |

| Competitie | | | | | |
|--------------------|----------------|--------------------|--|----------|------|
| 18-06-05 | Ede | | | 3629 pnt | 2005 |
| 4x60 m | 33.53 | Mayke Laarhoven | | | |
| 4x60 m | 33.53 | Marloes Klumpers | | | |
| 4x60 m | 33.53 | Simone Baltink | | | |
| 4x60 m | 33.53 | Ilhem Khiraoui | | | |
| 60 m | 9.11 | Leontien Weggen | | | |
| 60 m Horden | 11.32 | Marloes Klumpers | | | |
| 1000 m | 3.32.76 | Simone Baltink | | | |
| Ver | 3.80 m | Ilhem Khiraoui | | | |
| Hoog | 1.25 m | Denise Bouwmeester | | | |
| Kogel | 11.36 m | Marloes Klumpers | | | |
| Speer | 12.61 m | Leontien Weggen | | | |

Competitie

| | | | |
|----------|-------------|-------------------|------|
| 23-04-16 | Haaksbergen | 4166 pnt | 2016 |
| 4x60 m | 34.62 | Kyara Ruardij | |
| 4x60 m | 34.62 | Kyonne Ruardij | |
| 4x60 m | 34.62 | Elin Ottenschot | |
| 4x60 m | 34.62 | Isabella Scholten | |
| 60 m | 9.22 | Kyonne Ruardij | |
| 60 mh | 13.26 | Kyara Ruardij | |
| 60 mh | 12.67 | Elin Ottenschot | |
| 1000 m | 3.42.62 | Kyara Ruardij | |
| 1000 m | 3.32.91 | Kyonne Ruardij | |
| Ver | 3.23 m | Amber van Rijn | |
| Hoog | 1.40 m | Isabella Scholten | |
| Kogel | 10.26 m | Isabella Scholten | |
| Discus | 12.80 m | Elin Ottenschot | |
| Discus | 10.98 m | Amber van Rijn | |
| Speer | 11.34 m | Amber van Rijn | |

Competitie

| | | | |
|----------|----------|-----------------|------|
| 06-05-17 | Enschede | 4527 pnt | 2017 |
| 4x60 m | 34.66 | Laurie Mentink | |
| 4x60 m | 34.66 | Elin Ottenschot | |
| 4x60 m | 34.66 | Kyara Ruardij | |
| 4x60 m | 34.66 | Kyonne Ruardij | |
| 60 m | 8.91 | Kyonne Ruardij | |
| 60 m | 9.30 | Laurie Mentink | |
| 60 m | 10.05 | Myrte Bloemberg | |
| 60 mh | 10.87 | Elin Ottenschot | |
| 60 mh | 12.99 | Myrte Bloemberg | |
| 1000 m | 3.53.01 | Amber van Rijn | |
| Ver | 3.68 m | Kyara Ruardij | |
| Hoog | 1.25 m | Kyara Ruardij | |
| Hoog | 1.40 m | Kyonne Ruardij | |
| Kogel | 9.70 m | Elin Ottenschot | |
| Kogel | 8.64 m | Amber van Rijn | |
| Discus | 8.99 m | Myrte Bloemberg | |
| Speer | 15.78 m | Laurie Mentink | |
| Speer | 18.43 m | Amber van Rijn | |

Competitie

| | | | |
|----------|-------------|-----------------|------|
| 27-05-17 | Haaksbergen | 4515 pnt | 2017 |
| 4x60 m | 33.66 | Laurie Mentink | |
| 4x60 m | 33.66 | Elin Ottenschot | |
| 4x60 m | 33.66 | Kyonne Ruardij | |
| 4x60 m | 33.66 | Kyara Ruardij | |
| 60 m | 8.63 | Kyonne Ruardij | |
| 60 m | 9.10 | Laurie Mentink | |
| 60 m | 9.70 | Myrte Bloemberg | |
| 60 mh | 10.75 | Elin Ottenschot | |
| 60 mh | 12.91 | Myrte Bloemberg | |

Competitie vervolg

| | | |
|---------------|----------------|-----------------|
| 1000 m | 4.01.50 | Amber van Rijn |
| Ver | 3.84 m | Kyara Ruardij |
| Ver | 3.69 m | Amber van Rijn |
| Hoog | 1.35 m | Kyara Ruardij |
| Hoog | 1.40 m | Kyonne Ruardij |
| Kogel | 8.64 m | Elin Ottenschot |
| Kogel | 7.80 m | Amber van Rijn |
| Speer | 15.84 m | Laurie Mentink |
| Speer | 9.03 m | Myrte Bloemberg |