

Jongens B

30 m

| | | | | | |
|----------|-------------|-------------------------|---------------|------|------|
| 06-03-88 | Haaksbergen | Hans van Heyningen | | 4.27 | 1988 |
| 06-03-88 | Haaksbergen | Frits Hilderink | | 4.29 | 1988 |
| 11-12-05 | Haaksbergen | Bart Bemthuis | | 4.33 | 2005 |
| 11-12-05 | Haaksbergen | Jasper Schutte | | 4.34 | 2005 |
| 12-12-04 | Haaksbergen | Rolf Heukels | | 4.41 | 2004 |
| 06-03-88 | Haaksbergen | Martijn Heideman | | 4.51 | 1988 |
| 11-12-05 | Haaksbergen | Stefan Hummelink | | 4.56 | 2005 |
| 11-12-05 | Haaksbergen | Frank Wouda | | 4.57 | 2005 |
| 11-12-05 | Haaksbergen | Tijmen Steenberg | J.C. | 4.59 | 2005 |
| 16-12-07 | Haaksbergen | Tom Baumeister | J.C. | 4.69 | 2007 |
| 17-12-06 | Haaksbergen | Nick de Waart | | 4.70 | 2006 |
| 12-12-04 | Haaksbergen | Robert Jan Prins | J.C. | 4.72 | 2004 |
| 16-12-07 | Haaksbergen | Puck Somhorst | J.C. | 4.73 | 2006 |
| 16-12-07 | Haaksbergen | Peter Wouda | J.C. | 4.77 | 2007 |
| 11-12-05 | Haaksbergen | Ronald ter Huurne | | 4.78 | 2005 |
| 12-12-04 | Haaksbergen | Bram Bevers | | 4.79 | 2004 |
| 16-12-07 | Haaksbergen | Boy Foks | J.C. | 4.80 | 2007 |
| 16-12-07 | Haaksbergen | Tom Wouda | J.D. | 4.82 | 2007 |
| 17-12-06 | Haaksbergen | Laurens Dekkers | J.D. | 4.91 | 2006 |
| 06-03-88 | Haaksbergen | Marco Waanders | J.D. | 4.98 | 1988 |
| 16-12-07 | Haaksbergen | Zyon Ruardy | J.D. | 4.98 | 2007 |
| 01-03-15 | Haaksbergen | Boris Bintanja | | 4.98 | 2015 |
| 06-03-88 | Haaksbergen | Mark Bruil | J.P.A. | 5.03 | 1988 |
| 06-03-88 | Haaksbergen | Denis Ruben | J.D. | 5.08 | 1988 |
| 12-12-04 | Haaksbergen | Vincent Slotman | | 5.08 | 2004 |
| 11-12-05 | Haaksbergen | Gino Prinsen | | 5.11 | 2005 |
| 06-03-88 | Haaksbergen | Denis Ruben | J.C. | 5.12 | 1988 |
| 12-12-04 | Haaksbergen | Dave Eijsink | J.P.A. | 5.20 | 2004 |
| 06-03-88 | Haaksbergen | Carsten Krooshof | J.P.A. | 5.21 | 1988 |
| 06-03-88 | Haaksbergen | Bart ten Thije Boomkamp | | 5.21 | 1988 |

35 m

| | | | | | |
|----------|-------------|----------------------|-------------|------|------|
| 27-12-87 | Haaksbergen | Hans van Heyningen | | 4.88 | 1987 |
| 27-12-87 | Haaksbergen | Ivo Oosting | | 4.97 | 1987 |
| 23.12.90 | Haaksbergen | Kees Kleinhout | | 4.9 | 1990 |
| 03.01.93 | Haaksbergen | Carsten Krooshof | | 5.01 | 1993 |
| 27-12-87 | Haaksbergen | Pim Slood | | 5.03 | 1987 |
| 03.01.93 | Haaksbergen | Mark Bruil | | 5.08 | 1993 |
| 23.12.90 | Haaksbergen | Dimitri van Eekelen | | 5.0 | 1990 |
| 27-12-87 | Haaksbergen | Martijn Heideman | | 5.19 | 1987 |
| 19-02-17 | Haaksbergen | Jens Willems | | 5.1 | 2016 |
| 19-02-17 | Haaksbergen | Martin van den Brink | | 5.1 | 2017 |
| 19-02-17 | Haaksbergen | Tom Klein Poelhuis | | 5.1 | 2017 |
| 19-02-17 | Haaksbergen | Bram Brummelhuis | | 5.1 | 2017 |
| 07-02-16 | Haaksbergen | Rens Stegink | J.C. | 5.22 | 2016 |
| 03.01.93 | Haaksbergen | Pepijn van de Krogt | | 5.28 | 1993 |
| 24-12-89 | Haaksbergen | Walter Horck | | 5.3 | 1989 |
| 07-02-16 | Haaksbergen | Bram Brummelhuis | | 5.52 | 2016 |
| 19-02-17 | Haaksbergen | Jelle Golbach | J.C. | 5.5 | 2017 |
| 19-02-17 | Haaksbergen | Leon ten Elshof | J.C. | 5.5 | 2017 |
| 07-02-16 | Haaksbergen | Joep Schmitz | J.C. | 5.64 | 2016 |

35 m vervolg

| | | | | | |
|----------|-------------|-------------------------|-------------|------|------|
| 24-12-89 | Haaksbergen | Dennis Ruben | J.C. | 5.6 | 1989 |
| 23-12-90 | Haaksbergen | Jordy Robers | J.C. | 5.6 | 1990 |
| 23.12.90 | Haaksbergen | Roy Meijerink | | 5.6 | 1990 |
| 19-02-17 | Haaksbergen | Jelle Knoef | | 5.6 | 2017 |
| 19-02-17 | Haaksbergen | Jory Davids | J.D. | 5.6 | 2017 |
| 24-12-89 | Haaksbergen | Gijs Leussink | J.D. | 5.7 | 1989 |
| 24-12-89 | Haaksbergen | Dimitri van Eekelen | | 5.7 | 1989 |
| 19-02-17 | Haaksbergen | Ruben van Sark | J.C. | 5.7 | 2017 |
| 27-12-87 | Haaksbergen | Bert ten Thije Boomkamp | | 5.89 | 1987 |
| 28.12.03 | Haaksbergen | Jurre Verwer | | 5.8 | 2003 |
| 03.01.93 | Haaksbergen | Bart Dijkman | J.D. | 5.90 | 1993 |
| 03.01.93 | Haaksbergen | Huib Tankink | | 5.98 | 1993 |
| 19-02-17 | Haaksbergen | Koen Wilens | J.C. | 5.9 | 2017 |
| 19-02-17 | Haaksbergen | David Mebius | J.D. | 5.9 | 2017 |

40 m

| | | | | | |
|----------|-------------|-------------------------|-------------|------|------|
| 11-02-89 | Haaksbergen | Sam Walhain | | 5.59 | 1989 |
| 11-02-89 | Haaksbergen | Dennis Ruben | J.D. | 5.84 | 1989 |
| 11-02-89 | Haaksbergen | Dimitri van Eekelen | J.C. | 6.11 | 1989 |
| 11-02-89 | Haaksbergen | Bert ten Thije Boomkamp | | 6.15 | 1989 |
| 11-02-89 | Haaksbergen | Mark Bruil | J.D. | 6.22 | 1989 |
| 11-02-89 | Haaksbergen | Roy Meijerink | J.C. | 6.42 | 1989 |
| 11-02-89 | Haaksbergen | Marco Pietersen | J.D. | 6.48 | 1989 |
| 11-02-89 | Haaksbergen | Carsten Krooshof | J.D. | 6.52 | 1989 |
| 11-02-89 | Haaksbergen | Jordy Robers | J.D. | 6.54 | 1989 |
| 11-02-89 | Haaksbergen | Huib Tankink | J.D. | 6.73 | 1989 |
| 11-02-89 | Haaksbergen | Gijs Leussink | J.D. | 6.82 | 1989 |

50 m

| | | | | | |
|----------|-----------|-------------------------------|---------------|------|------|
| 07-02-88 | Enschede | Hans van Heyningen | | 6.8 | 1988 |
| 07-02-88 | Enschede | Ivo oosting | | 7.0 | 1988 |
| 02-03-13 | Steenwijk | Boris Bintanja | J.C. | 7.46 | 2013 |
| 28-11-15 | Münster | Dld Jory Davids | J.P.A. | 8.20 | 2015 |
| 28-11-15 | Münster | Dld Yannick ter Huurne | J.P.A. | 9.00 | 2015 |
| 02-02-86 | Enschede | Bas Jan van de Griek | J.P.A. | 9.3 | 1986 |
| 02-02-86 | Enschede | Sander Huls | J.P.A. | 9.9 | 1986 |

50 m E.T.

| | | | | | |
|----------|-----------|-------------------------------|---------------|------|------|
| 02-03-13 | Steenwijk | Boris Bintanja | J.C. | 7.46 | 2013 |
| 28-11-15 | Münster | Dld Jory Davids | J.P.A. | 8.20 | 2015 |
| 28-11-15 | Münster | Dld Yannick ter Huurne | J.P.A. | 9.00 | 2015 |

60 m

| | | | | | |
|----------|-----------|------------|----------------------|------------------|------|
| | | | Dave Braun | 7.4 | 1981 |
| 25-01-86 | Zwolle | | Nils Grutterink | 7.4 | 1986 |
| 20-03-88 | Enschede | | Frits Hilderink | 7.5 | 1988 |
| 18-12-05 | Dortmund | Dld | Bart Bemthuis | 7.70 | 2005 |
| 10-01-88 | Enschede | | Hans van Heyningen | 7.7 | 1988 |
| 27-10-02 | Enschede | | Chris Kalter | 7.7 | 2002 |
| 11-03-07 | Enschede | | Kevin Simmelink | 7.8 | 2007 |
| 28-10-07 | Enschede | | Frank Wouda | 7.8 | 2007 |
| 30-11-14 | Münster | Dld | Boris Bintanja | J.C. 7.92 | 2014 |
| | | | Edwin Lenderink | J.C. 7.9 | 1981 |
| 27-10-02 | Enschede | | Sebastiaan Steenberg | 7.9 | 2002 |
| 11-03-12 | Enschede | | Tom Wouda | 7.9 | 2012 |
| 27-12-16 | Apeldoorn | | Tom Klein Poelhuis | 7.88 | 2016 |
| | | | Rik Ottink | 8.0 | 1979 |
| | | | Dave Braun | 8.0 | 1979 |
| 21-11-82 | Enschede | | Jeffrey Braun | 8.0 | 1982 |
| 24-11-85 | Enschede | | Marc Oosting | 8.1 | 1985 |
| 27-10-02 | Enschede | | Koen Laarhuis | 8.1 | 2002 |
| 05-03-17 | Enschede | | Martin van den Brink | 8.23 | 2017 |
| 19-10-86 | Enschede | | Ivo Oosting | J.C. 8.2 | 1986 |
| 08-01-95 | Enschede | | Patrick Postma | 8.2 | 1995 |
| 26-10-03 | Enschede | | Jurre Verwer | 8.2 | 2003 |
| 27-01-08 | Groningen | | Nick de Waart | 8.35 | 2008 |
| 27-10-02 | Enschede | | Niels te Brake | 8.3 | 2002 |

60 m E.T

| | | | | | |
|----------|-----------|------------|----------------------|------------------|------|
| 18-12-05 | Dortmund | Dld | Bart Bemthuis | 7.70 | 2005 |
| 27-01-80 | Zwolle | | Dave Braun | 7.80 | 1980 |
| 27-12-16 | Apeldoorn | | Tom Klein Poelhuis | 7.88 | 2016 |
| 30-11-14 | Münster | Dld | Boris Bintanja | J.C. 7.92 | 2014 |
| 21-01-84 | Zwolle | | Nils Grutterink | J.C. 7.94 | 1984 |
| 29-01-06 | Groningen | | Kevin Simmelink | 8.13 | 2006 |
| 29-01-06 | Groningen | | Frank Wouda | 8.22 | 2006 |
| 05-03-17 | Enschede | | Martin van den Brink | 8.23 | 2017 |
| 29-01-06 | Groningen | | Tiemen Kleinsman | 8.26 | 2006 |
| 28-11-15 | Münster | Dld | Rens Stegink | J.C. 8.48 | 2015 |
| 30-10-16 | Enschede | | Jens Willems | J.C. 8.52 | 2016 |
| 28-01-07 | Groningen | | Dennis Hoogvorst | J.C. 8.58 | 2007 |
| 30-10-16 | Enschede | | Bram Brummelhuis | 8.64 | 2016 |
| 09-03-14 | Enschede | | Bram Plas Stortelder | J.C. 8.72 | 2014 |
| 12-11-16 | Utrecht | | Jory Davids | J.D. 8.73 | 2016 |
| 06-02-05 | Groningen | | Tijmen Steenberg | J.C. 8.74 | 2005 |
| 18-01-09 | Groningen | | Tom Wouda | 8.79 | 2009 |
| 30-10-16 | Enschede | | Jelle Knoef | J.C. 8.87 | 2016 |
| 30-10-16 | Enschede | | Jelle Golbach | J.C. 8.92 | 2016 |
| 27-10-13 | Enschede | | Bram Stortelder | J.C. 8.93 | 2013 |
| 28-01-07 | Groningen | | Puck Somhorst | 9.08 | 2007 |

60 m Horden

| | | | | |
|----------|-----------|----------------------|-------|------|
| 26-01-86 | Zwolle | Nils Grutterink | 8.7 | 1986 |
| 29-10-06 | Enschede | Bart Bemthuis | 9.4 | 2006 |
| 19-10-86 | Enschede | Marc Oosting | 9.8 | 1986 |
| | | Stefan Sogtoen | 10.0 | 1982 |
| 08-03-09 | Enschede | Peter Wouda | 10.6 | 2009 |
| 27-12-16 | Apeldoorn | Rens Stegink | 10.75 | 2016 |
| 22-11-81 | Enschede | Edwin Lenderink | 10.9 | 1981 |
| 27-10-02 | Enschede | Sebastiaan Steenberg | 11.0 | 2002 |
| 06-03-11 | Enschede | Tom Wouda | 11.0 | 2011 |
| 30-10-16 | Enschede | Bram Brummelhuis | 11.14 | 2016 |
| 17-01-76 | Enschede | Remon Lurvink | 11.1 | 1976 |
| 27-03-83 | Enschede | Marcel Mok | 11.1 | 1983 |
| 05-03-17 | Enschede | Martin van den Brink | 11.57 | 2017 |
| 26-10-03 | Enschede | Jurre Verwer | 11.7 | 2003 |
| 27-10-02 | Enschede | Koen Laarhuis | 12.1 | 2002 |
| 21-11-82 | Enschede | Bas Scholte in t Hof | 12.6 | 1982 |
| 21-11-82 | Enschede | Ivo Oosting | 13.2 | 1982 |

60 m Horden E.T.

| | | | | |
|----------|-----------|----------------------|-------|------|
| 29-01-06 | Groningen | Bart Bemthuis | 9.80 | 2006 |
| 27-12-16 | Apeldoorn | Rens Stegink | 10.75 | 2016 |
| 30-10-16 | Enschede | Bram Brummelhuis | 11.14 | 2016 |
| 05-03-17 | Enschede | Martin van den Brink | 11.57 | 2017 |

100 m

| | | | | |
|--|--|------------|------|------|
| | | Dave Braun | 12.2 | 1980 |
|--|--|------------|------|------|

200 m E.T.

| | | | | |
|----------|-----------|-----------------------------|-------|------|
| 18-12-05 | Dortmund | Dld Bart Bemthuis | 25.18 | 2005 |
| 28-01-07 | Groningen | Frank Wouda | 25.86 | 2007 |
| 18-12-05 | Dortmund | Dld Jasper Schutte | 25.90 | 2005 |
| 18-12-05 | Dortmund | Dld Kevin Simmelink | 26.19 | 2005 |
| 18-12-05 | Dortmund | Dld Tiemen Kleinsman | 26.50 | 2005 |
| 28-01-07 | Groningen | Nick de Waart | 28.79 | 2007 |

400 m E.T.

| | | | | |
|----------|-----------|--------------------|-------|------|
| 27-12-16 | Apeldoorn | Tom Klein Poelhuis | 58.98 | 2016 |
| 29-01-06 | Groningen | Kevin Simmelink | 60.32 | 2006 |
| 28-01-07 | Groningen | Nick de Waart | 64.20 | 2007 |

800 m

| | | | | | |
|----------|-----------|----------------------|-------------|---------|------|
| | | Martijn Heideman | J.C. | 2.12.5 | 1986 |
| 06-02-05 | Groningen | Jasper Schutte | J.C. | 2.15.70 | 2005 |
| 27-01-08 | Groningen | Boy Foks | J.C. | 2.21.94 | 2008 |
| 27-01-08 | Groningen | Nick de Waart | | 2.25.90 | 2008 |
| 21-01-84 | Zwolle | Marco Klein Poelhuis | J.C. | 2.32.4 | 1984 |
| 16-02-14 | Münster | Rens Stegink | J.D. | 2.42.64 | 2014 |

1000 m

| | | | | | |
|----------|-----------|--------------------|-------------|---------|------|
| 26-01-86 | Zwolle | Nils Grutterink | | 3.16.9 | 1986 |
| 21-01-84 | Zwolle | Bert ten Thije | J.D. | 3.27.0 | 1984 |
| 28-01-06 | Groningen | Wout Veldhuis | J.D. | 3.28.08 | 2006 |
| 26-01-08 | Groningen | Hugo Kiens | J.D. | 3.29.54 | 2008 |
| 28-01-06 | Groningen | Boy Foks | J.D. | 3.30.28 | 2006 |
| 28-01-06 | Groningen | Bram van Haeringen | J.D. | 3.31.70 | 2006 |
| 28-01-06 | Groningen | Peter Wouda | J.D. | 3.39.60 | 2006 |
| 28-01-06 | Groningen | Roy Leverink | J.D. | 3.40.55 | 2006 |

1500 m

| | | | | | |
|----------|--------|------------|--|--------|------|
| 03-02-79 | Zwolle | Rik Ottink | | 4.24.0 | 1979 |
|----------|--------|------------|--|--------|------|

Ver

| | | | | | |
|----------|-----------|-----------------------------|-------------|--------|------|
| 26-01-86 | Zwolle | Nils Grutterink | | 6.50 m | 1986 |
| | Dortmund | Dld Dave Braun | | 5.76 m | 1980 |
| 18-12-05 | Dortmund | Dld Bart Bemthuis | | 5.62 m | 2005 |
| 18-12-05 | Dortmund | Dld Jasper Schutte | | 5.54 m | 2005 |
| 06-03-05 | Dortmund | Dld Chris Doornweerd | | 5.44 m | 2005 |
| 30-11-14 | Münster | Dld Boris Bintanja | J.C. | 5.42 m | 2014 |
| 28-11-15 | Münster | Dld Rens Stegink | J.C. | 4.68 m | 2015 |
| 26-01-08 | Groningen | Tom Wouda | J.D. | 4.65 m | 2008 |
| 18-12-05 | Dortmund | Dld Tiemen Kleinsman | | 4.60 m | 2005 |
| 06-02-05 | Groningen | Tijmen Steenberg | J.C. | 4.43 m | 2005 |
| 21-01-17 | Apeldoorn | Jory Davids | J.D. | 4.33 m | 2017 |
| 18-12-05 | Dortmund | Dld Kevin Simmelink | | 4.18 m | 2005 |

Hoog

| | | | | | |
|----------|-------------|----------------------|-------------|--------|------|
| 19-02-17 | Haaksbergen | Jelle Golbach | J.C. | 1.80 m | 2017 |
| | | Nils Grutterink | | 1.75 m | 1985 |
| 27-10-85 | Enschede | Peter Antvelink | | 1.75 m | 1985 |
| | | Martijn Heideman | | 1.75 m | 1988 |
| 28-01-07 | Groningen | Frank Wouda | | 1.75 m | 2007 |
| 08-02-09 | Apeldoorn | Peter Wouda | | 1.72 m | 2009 |
| 15-02-14 | Haaksbergen | Boris Bintanja | J.C. | 1.70 m | 2014 |
| 27-10-02 | Enschede | Chris Kalter | | 1.60 m | 2002 |
| 11-03-12 | Enschede | Tom Wouda | | 1.60 m | 2012 |
| 19-02-17 | Haaksbergen | Jens Willems | | 1.60 m | 2017 |
| 17-01-76 | Enschede | Wim Bats | | 1.55 m | 1976 |
| | | Rik Ottink | | 1.55 m | 1979 |
| 27-12-87 | Haaksbergen | Ivo Oosting | | 1.55 m | 1987 |
| 06-03-88 | Haaksbergen | Hans van Heyningen | | 1.55 m | 1988 |
| 27-10-02 | Enschede | Sebastiaan Steenberg | | 1.55 m | 2002 |

Hoog vervolg

| | | | | | | |
|----------|-------------|------------|-------------------------|-------------|--------|------|
| 06-02-05 | Groningen | | Bart Bemthuis | J.C. | 1.55 m | 2005 |
| 11-12-05 | Haaksbergen | | Jasper Schutte | | 1.55 m | 2005 |
| 30-10-16 | Enschede | | Bram Brummelhuis | | 1.55 m | 2016 |
| 19-02-17 | Haaksbergen | | Tom Klein Poelhuis | | 1.55 m | 2017 |
| 21-11-82 | Enschede | | Edwin Lenderink | | 1.50 m | 1982 |
| 06-03-83 | Enschede | | Henk westendorp | J.D. | 1.50 m | 1983 |
| 11-02-89 | Haaksbergen | | Dimitri van Eekelen | J.C. | 1.50 m | 1989 |
| 11-02-89 | Haaksbergen | | Bert ten Thije Boomkamp | | 1.50 m | 1989 |
| 03.01.93 | Haaksbergen | | Carsten Krooshof | | 1.50 m | 1993 |
| 26-01-08 | Groningen | | Boy Foks | J.C. | 1.50 m | 2008 |
| | | | Roberto Spoor | J.C. | 1.47 m | 1982 |
| 28-11-15 | Münster | Did | Rens Stegink | J.C. | 1.46 m | 2015 |
| 20-01-80 | Enschede | | Ben van Sark | J.D. | 1.45 m | 1980 |
| 15-02-81 | Enschede | | Dave Braun | | 1.45 m | 1981 |
| 27-03-83 | Enschede | | Marcel Mok | | 1.45 m | 1983 |
| 27-12-87 | Haaksbergen | | Pim Slood | | 1.45 m | 1987 |
| 30-01-94 | Enschede | | Bart Dijkman | J.C. | 1.45 m | 1994 |
| 27-10-02 | Enschede | | Koen laarhuis | | 1.45 m | 2002 |
| 11-03-07 | Enschede | | Kevin Simmelink | | 1.45 m | 2007 |
| 07-02-16 | Haaksbergen | | Martin van den Brink | | 1.45 m | 2016 |

Hink Stap Springen

| | | | | | | |
|----------|---------|--|--------------|-------------|---------|------|
| 30-01-16 | Utrecht | | Rens Stegink | J.C. | 10.05 m | 2016 |
|----------|---------|--|--------------|-------------|---------|------|

Polshoog

| | | | | | | |
|----------|-----------|--|-----------------|-------------|--------|------|
| 02-02-86 | Enschede | | Nils Grutterink | | 3.60 m | 1986 |
| 02-02-86 | Enschede | | Marc Oosting | | 2.80 m | 1986 |
| 27-01-08 | Groningen | | Peter Wouda | J.C. | 2.50 m | 2008 |
| 02-02-86 | Enschede | | Ivo Oostng | J.C. | 2.40 m | 1986 |

Kogel 5 kg

| | | | | | | |
|----------|-------------|--|----------------------|--|---------|------|
| | | | Nils Grutterink | | 13.89 m | 1986 |
| 29-01-06 | Groningen | | Jasper Schutte | | 11.77 m | 2006 |
| 26-10-15 | Enschede | | Boris Bintanja | | 11.47 m | 2015 |
| 31-10-82 | Enschede | | Stefan Sogtoen | | 11.12 m | 1982 |
| 19-10-86 | Enschede | | Marc Oosting | | 11.00 m | 1986 |
| 11-12-05 | Haaksbergen | | Gino Prinsen | | 10.63 m | 2005 |
| 21-11-82 | Enschede | | Jeffrey Braun | | 10.55 m | 1982 |
| 11-12-05 | Haaksbergen | | Stefan Hummelink | | 10.32 m | 2005 |
| 19-02-17 | Haaksbergen | | Martin van den Brink | | 10.26 m | 2017 |
| 06-03-88 | Haaksbergen | | Ivo Oosting | | 10.13 m | 1988 |
| | | | Erwin van de Kuil | | 9.95 m | 1981 |
| 11-12-05 | Haaksbergen | | Bart Bemthuis | | 9.85 m | 2005 |
| 21-02-88 | Enschede | | Frits Hilderink | | 9.64 m | 1988 |

Kogel 5 kg vervolg

| | | | | |
|----------|-------------|------------------------------|--------|------|
| 06-03-88 | Haaksbergen | Hans van Heyningen | 9.60 m | 1988 |
| 15-02-81 | Enschede | Dave Braun | 9.54 m | 1981 |
| 15-02-14 | Haaksbergen | Cas van der Kuil | 9.39 m | 2014 |
| 23-12-90 | Haaksbergen | Dimitri van Eekelen | 9.20 m | 1990 |
| 19-02-17 | Haaksbergen | Tom Klein Poelhuis | 9.20 m | 2017 |
| 27-10-02 | Enschede | Chris Kalter | 9.19 m | 2002 |
| 14-02-82 | Enschede | Jeffrey Braun | 9.15 m | 1982 |
| 27-12-87 | Haaksbergen | Martijn Heideman | 9.15 m | 1987 |
| 27-12-87 | Haaksbergen | Pim Sloot | 8.75 m | 1987 |
| 27-10-02 | Enschede | Sebastiaan Steenberg | 8.73 m | 2002 |
| 19-02-17 | Haaksbergen | Jens Willems | 8.60 m | 2017 |
| 19-02-17 | Haaksbergen | Rens Stegink | 8.28 m | 2017 |
| 11-12-05 | Haaksbergen | Ronald ter Huurne | 8.27 m | 2005 |
| 11-02-90 | Enschede | Walter Horck | 8.11 m | 1990 |
| 19-02-17 | Haaksbergen | Bram Brummelhuis | 8.08 m | 2017 |
| 26-10-03 | Enschede | Jurre Verwer | 7.88 m | 2003 |
| 18-12-05 | Dortmund | Did Ronald ter Huurne | 7.84 m | 2005 |
| 11-02-89 | Haaksbergen | Bert ten Thije Boomkamp | 7.68 m | 1989 |
| 27-10-02 | Enschede | Niels te Brake | 7.62 m | 2002 |
| 01-03-15 | Haaksbergen | Thijs Brummelhuis | 7.61 m | 2015 |
| 27-10-02 | Enschede | Koen Iaarhuis | 7.54 m | 2002 |

7 Kamp

| | | | | |
|-------------|--------|-----------------|----------|------|
| 25-26-01-86 | Zwolle | Nils Grutterink | 4156 pnt | 1986 |
|-------------|--------|-----------------|----------|------|

| | |
|-----------------|----------------|
| 60 m | 7.4 |
| Ver | 6.50 m |
| Kogel | 12.59 m |
| Polshoog | 3.20 m |
| 60 mh | 8.7 |
| Hoog | 1.65 m |
| 1000 m | 3.16.9 |