

# DE BESTE ATLETIEKPRESTATIES SENIOREN 1988.

*Kant*



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KONINKLIJKE NEDERLANDSE ATLETIEK UNIE  
=====

DE BESTE NEDERLANDSE ATLETIEKPRESTATIES 1988  
45e jaargang

100 heren  
50 dames  
50 jongens  
50 meisjes  
veteranen

prijs: f 16.--  
per post: f 19.--

Uitgever en samensteller: J Koumans - postbus 19127  
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de navolgende adverteerders maakten mede de verschijning van dit boekje mogelijk - denk U ook aan hen !

|                                   |               |
|-----------------------------------|---------------|
| Nike Warming-Up Sportpromotions   | voorzijde     |
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 Voor geïnteresseerden is nog een beperkt aantal boekjes van vroegere jaren verkrijgbaar tegen gereduceerde prijs vraag ernaar !

## VOORWOORD VAN DE SAMENSTELLER

Hiermede hebben we het genoegen U ter bestudering aan te bieden

"DE BESTE NEDERLANDSE ATLETIEKPRESTATIES 1988"  
45e jaargang

De werkwijze bij het samenstellen is vrijwel niet gewijzigd. Bij elk nummer is boven de rubrieken vermeld het Nederlands-, Europees- en wereldrecord, alsmede de beste 10 aller tijden van ons land. Ook de gebruikelijke vergelijkingsstatistiek is wv aanwezig.

Op de sprintafstanden hebben we de handgeklokte tijden omgewerkt tot "electronische" met gebruikmaking van de bekende vastgestelde factoren: 0.24 sec voor 100-200 meter en 0.14 voor 400 m. en estafettes.

Bij handtijden hebben we zoveel mogelijk ook de bestbekende el. tijd vermeld en tijden op onderlinge wedstrijden (met officiële jury) hebben we vermeld met een x-teken achter de datum en ook daarbij dan zoveel mogelijk de bestbekende el. tijden.

Ook dit jaar heeft de windmeting ons problemen gegeven en ook nu hebben we in twijfelgevallen de atleet het voordeel van de twijfel gegeven.

Het aantal wedstrijden is ook jaar weer toegenomen en daarom verheugd het ons dat we ook dit jaar weer een beroep konden doen op medewerkersteam, bestaande uit:

Carla v Pruysen - damesprestaties  
Gijs Knoppert - heren(zonder sprint)+ veteranen  
Henri Haentjens Dekker - jeugd+ vooruitgang

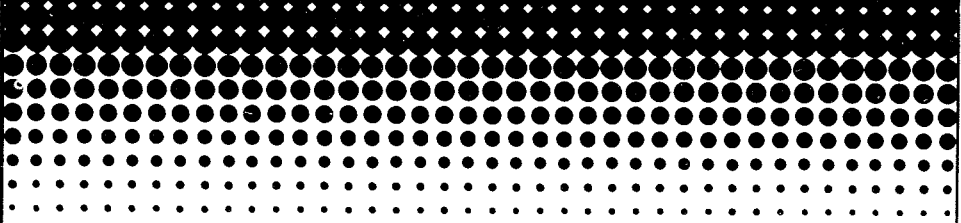
Onze dank gaat verder uit naar de dames van het Bondsbureau en de vele wedstrijdsecretarissen die ons behulpzaam waren met beantwoording van vragen. Hierdoor is het mogelijk om snel te verschijnen !

Wij hopen dat het boekje U veel genoegen zal verschaffen en we blijven ons zoals altijd ook weer aanbevelen houden voor eventuele op- en aanmerkingen, die U kwijt kunt aan het op de titelpagina vermelde adres.

We wensen de gebruikers een zeer succesvol 1989 !!

De samensteller, J Koumans

**anatec**



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DE NEDERLANDSE KAMPIOENSCHAPPEN 1988 in chronologische volgorde

16/17 Januari ZWOLLE Ned. indoorkampioenschappen meerkamp

Heren: 1 Robert de Wit-Unitas 5878 pnt zevenkamp  
7.15-6-93-14.90-2.05-8.10-5.00-2-51-50  
2 Felix vd Meer-PSV 5266 pnt  
7.47-6.98-13.07-2.02-8.81-3.90-2.41.05  
3 Marco Beukenkamp-GAC-H 5229 pnt  
7.09-6.85-10.99-1.99-8.47-4.00-2.48.87

Dames: 1 Tineke Hidding-Hera 4452 pnt vijfkamp  
8.36-6-21-13.45-1.72-2.17.85  
2 Esther Schouten-Holl.L 4014 pnt  
8.89-5.70-11-88-1.69-2.19.73  
3 Sabina Diepenveen-TION 3873 pnt  
8.78-5.86-12.60-1.69-2.40.55

Jongens A: Marcel Dost-TION. 5378 pnt Zevenkamp  
7.37-6.51-13.38-3.80-8.81-1.86-2.48.43  
2 Guido Bonsen-Hera 5304 pnt  
7.15-6.61-12.63-4.20-8.21-1.89-2.46.89  
3 Anthony Ott-AAC 5224 pnt  
7.16-6.53-12.34-4.30-8.41-1.83-2.43.89

Meisjes A: Marjolijn v Elk-Lycurgus 3921 pnt vijfkamp  
9.03-5.68-10.78-1.63-2.28.52  
2 Monique de Goede-F I T 3717 pnt  
9.21-5.69- 9.20-1.66-2.20.30  
3 Karin Huigen-Impala 3366 pnt  
9.76-5.21-9.56-1.69- 2.33.60

Jongens B: Ruben van Balen-PSV 4687 pnt zevenkamp  
7.61-5.91-15.34-1.78-9.18-3.90-2.53.99  
2 Guido Zuidgeest-Spark 4682 pnt  
7.51-6.18-11.33-1.75-8.50-3.80-2.49.30  
3 Patrick Hulleman-Athlos 4538 pnt  
7.59-6.21-14.00-1.81-8.90-3.40-3.03.25

Meisjes B: Simone Gaal-Hera 3659 pnt vijfkamp  
9.23-5.41-12.19-1.63-2.31.21  
2 Henrike Schut-Sperwers 3541 pnt  
9.39-5.14-10.66-1.72-2.32.61  
3 Silvie Ratten-Typhoon 3518 pnt  
9.77-5.55-10.03-1.69-2.31.55

13/14 Februari DEN HAAG Ned. indoorkamp. B -jeugd

60 meter jongens: 1 Yuri vd Burgt-AVN 7.07 s, 2 Erik vd Velde-ARGO'77  
7.23 s, 3 Enrico Helder-AVV 7.27 sec  
200 meter: 1. Enrico Helder-AVV 23.36 s, 2 Michel N'Guettia-Sparta  
23.39 s, 3 Arjan Rijnsburger-Holl L 23.96 sec  
400 meter: 1. Arjan Rijnsburger-Holl L 51.12 s, 2 Edwin Hofma-Hellas  
51.27 s, 3 Stefan Bèerepoot-Hollandia 51.63 sec  
800 meter: 1 Ted Smit-Nova 1.57.70, 2 Ron vd Linde-AAA 1.58.15 m  
3 Danny Nelen-Hollandia 1.58.54 min  
1500 meter: 1 Keesjan Bongaertz-V&L/TC 4.04.79 m, 2 Vincent Hoek-  
Avantri 4.04.79, 3 Arno Buitenweg-Ol'70 4.05.25 m  
3000 meter: 1 Hans vd Horst-Spartacus 9.11.82 m, 2 Leo Nobel-Spark  
9.14.81 m, 3 Merlijn Trouw-AVN 9.28.78 min

60 m hordenloop jongens B: 1 Marco de Haan-ARGO'77 8.19 s, 2 Rino Curie-P S V 8.34 s, 3 Enrico Helder-AVV 8.41 sec  
 3 KM snelwandelen (1 ronde teveel gelopen): 1 Marcel Stein-GVAV 15.55.9 m  
 2 Hub Dewitte-Unitas 16.31.3 m, 3 Mike Boessen-Unitas 17.16.4m  
 later gepubliceerde handtijden over de juiste afstand resp.  
 15.03.0 - 15.34.2 - 16.14.7 min  
 verspringen: 1 Wouter Hertzberger-AAV'36 6.57 m, 2 Gerton Kuis-PEC 6.53 m,  
 3 Eric van Zee-Typhoon 6.44 m  
 hinkstapsprong: 1 Wouter Bos-V&L/TC 13.51 m, 2 Gregory Lede-Marathon 13.48,  
 3 Wouter Hertzberger-AAV'36 13.10 m  
 hoogspringen: 1 Mark vd Rijt-GVAC 1.92 m, 2 Bart Kramer-Arena 1.89 m, 3  
 Ewin Paul-Holl L 1.89 m  
 polsstokhoogspringen: 1 Ruben v Balen-PSV 3.70 m, 2 Edwin Diele-PAC 3.50 m,  
 3 Marco Michielsen-Sprint 3.30 m  
 kogelstoten: 1 Ruben v Balen-PSV 15.36 m, 2 Roar Strooper-Oss'78 14.61 m,  
 3 Rob Vroegh-Typhoon 14.60 mtr

60 meter meisjes B: 1 Petra Huybrechtse-Nea Volh 7.67 s, 2 Monique Boogaards-Ciko'66 7.68 s, 3 Annique Goudemond-ATC'75 7.75 sec  
 200 meter: 1 Annique Goudemond-ATC'75 24.99 s, 2 Monique Boogaards-Ciko'66 25.61 s, 3 Karin Verploeg-Oss'78 25.89 sec  
 400 meter: 1 Esther Goossens-Clytoneus 57.72 s, 2 Avalien v Daalen-Hollandia 57.89 s, 3 Stella Jongmans-Sparta 57.91 sec  
 800 meter: 1 Marian Kortmann-AAV'36 2.09.97 m, 2 Stella Jongmans-Sparta 2.12.87 m, 3. Sigrid Schellenberg-Spark 2.18.14 m  
 1500 meter: 1.Sandra Hofmans-Venray 4.48.45 m, 2 Monique Eemsingh-Horror 4.49.28 m, 3 Nynke v Zorge-Unitas 4.52.07 min  
 60 m hordenloop: 1 Petra Huybrechtse-Nea Volh 8.45 s, 2 Jacq Klappe-NOP 9.17 s, 3 Saskia van Bezu-DEM 9.20 sec  
 verspringen 1 Anouska den Uyl-GAC-H 5.51 m, 2 Simone Gaal-Hera 5.50 m,  
 3 Anja Mulder-Nijkerk 5.48 mtr  
 hoogspringen: 1 Wendy Schaareman-AV'40 1.68 m, 2 Henrike Schut-Sperwers 1.68 m, 3 Saskia v Bezu-DEM 1.65 mtr  
 kogelstoten: 1 Linda Tukkers-TION 14.55 m, 2 Marian Volkers-PEC 13.48 m,  
 Simone Gaal-Hera 13.31 mtr

21/22 Februari DEN HAAG Ned. indoorkampioenschappen SENIOREN/A jeugd  
 Heren 60 meter: 1 Ahmed de Kom-AAC 6.79 s, 2 Jeroen Ooievaar-AAC 6.91 s,  
 3 Emiel Mellaard-AAC 6.94 s  
 200 meter: 1 Rob vd Klundert-Sprint 21.67 s, 2 Regilio vd Vloot-DEM 21.84 s, 3 Frenk Perri-V&L/TC 22.28 sec  
 400 meter: 1 Erik vd Veen-AVR 48.24 s, 2 Pel vd Kerkhoff-Hellas 48.53 s, 3 Oscar Terol-AAC 48.55 sec  
 800 meter: 1 Marco Leenders-AVN 1.52.82 m, 2 Ton Baltus-Lycurgus 1.52.87 m, 3 Sjaak van Zuylen-AVN 1.53.29 min  
 1500 meter 1 Rob Druppers-Hellas 3.54.19 m, 2 Corné Peeters-Spado 3.55.75 m, 3 Jan Jansen-Bataven 3.56.11 min  
 3000 meter: 1 Han Kulker-Bataven(digitaal tijden) 8.05.17 m, 2 Herman Hofstee-DOS-Dw 8.05.72 m, 3 Marc BorghansUnitas 8.06.23 m  
 60 m horden: 1 Robert de Wit-Unitas 8.05 s, 2 Jan Harland-V&L/TC 8.15 s,  
 3 Ysbrand Visser-V&L/TC 8.24 sec  
 verspringen: 1 Jeroen Ooievaar 7.52 m, 2 Alje Kuiper-Ilion 7.17 m, 3  
 Luuk Bijleveld-ARGO'77 7.12 m



- hinkstapsprong: 1 Paul Lucassen-Unitas 15.63 m, 2 Aafbrecht vd Veen-Haarlem 15.20 m, 3 Annjan vd Veen-Haarlem 14.95 m
- hoogspringen: 1 Erik Rollenberg-Haarlem 2.14 m, 2 Ruud Wielart-Haarlem 2.11 m, 3 Paul Broekhuizen-Lycurgus 2.08 m.
- polsstokhoogspringen: 1.Lino Pani-Unitas 4.80 m, 2 Robert de Wit-Unitas 4.80 m, 3 Marc Suvaal-AVR 4.40 m.
- kogelstoten: 1 Erik de Bruin-V&L/TC 20.30 m, 2 Marco Versterre-AAC 16.75 m, 3 Wim de Wolff-AAC 16.19 m
- 5 KM Snelwandelen: 1 Harold v Beek-RWV 21.50.9 m, 2 Ton van Andel-RWV 22.04.5 m, 3 Dirk Maassen vd Brink-Holl L 23.23.4 min
- Dames 60 meter: 1 Nelli Fiere-Cooman-AVR 7.19 s, 2 Els Scharn-Vader-AVR 7.22 s, 3 Claudia Elissen-Kimbria 7.41 sec
- 200 meter: 1 Els Scharn-Vader-AVR 23.82 s, 2 Yvonne v Dorp-Holl L 24.42 s, 3 Gretha Tromp-Hera 24.44 sec
- 400 meter: 1 Yvonne v Dorp-Holl L 54.94 s, 2 Gretha Tromp-Hera 55.00 s, 3 Tanja vd Wal-Tjepkema-Lycurgus 55.20 sec
- 800 meter: 1 Elly van Hulst-PAC 2.07.44 m, 2 Christien Toonstra-ADA 2.07.73 m, 3 Letitia Vriesde-AVR 2.09.40 min
- 1500 meter: 1 Elly van Hulst-PAC 4.19.61 m, 2 Christien Toonstra-ADA 4.21.45 m, 3 Marjan Freriks-Daventria 4.22.95 min
- 3000 meter: 1 Elly van Hulst-PAC 9.18.50 m, 2 Marjan Freriks-Daventria 9.24.25 m, 3 Marianne vd Linde-Haarlem 9.34.38 min
- 60 m hordenloop: 1. Marjan Olyslager-AVR 8.12 s, 2 Ine Langenhuizen-PSV 8.33 s, 3 Tineke Hidding-Hera 8.34 sec
- verspringen: 1 Edine v Heezik-ADA 6.38 m, 2 Mieke vd Kolk-DEM 6.23 m, 3 Tineke Hidding-Hera 6.23 mtr
- hoogspringen: 1 Marjon Wijnsma-Olympia E 1.85 m, 2 Monique vd Weide-Unitas 1.79 m, 3 Jolanda Bleeker-DEM 1.76 mtr
- kogelstoten: 1 Deborah Dunant-ADA 16.05 m, 2 Monique vd Weide-Unitas 13.82 m, 3 Jaenet van Noord-ADA 13.63 mtr.
- JONGENS A 60 meter: 1 Ydo van Oostende-Athletics 7.00 s, 2 Eddy vd Made-Sprint 7.08 s, 3 Maarten Adriaansz-Hellas 7.17 sec
- 200 meter: 1 Harold Jones-AAC 22.42 s, 2 Eddy vd Made-Sprint 22.84 s, 3 Marc Weemaes-Kimbria 22.88 sec
- 400 meter: 1 Dave Elderenbosch-AAC 49.24 s, 2 Harold Jones-AAC 49.42 s, 3 Danny Sinnige-SAV 50.61 sec.
- 800 meter: 1 Robert J Kokshoorn-Sparta 1.58.36 m, 2 Roelant Verbeek-V&L/TC 1.58.47 m, 3 Arno Bracco Gartner-AV'40 1.58.52 min
- 1500 meter: 1 Rens Eising-Zaanland 4.02.02 m, 2 Luis Paerson-NOP 4.04.03 m, 3 Peter van Dijk-HAC 4.04.85 min
- 3000 meter: 1 Ton Verbaandert-GVAC 8.42.32 m, 2 Rino Raaymakers-HAC 8.48.51 m, 3 Paul Clement-Horror 8.50.15 min
- 60 m hordenloop: 1 Anthony Ott-AAC 8.18 s, 2 Marcel Roosen-Holland H 8.27 s, 3 Marc vd Riet-Delta Sport 8.45 sec
- verspringen: 1 Ydo v Oostende-Athletics 7.15 m, 2 Martin v Veen-V&L/TC 7.14 m, 3 Walter Kruk-Haarlem 6.92 mtr
- hinkstapsprong: 1 Ydo v Oostende-Athletics 14.60 m, 2 Marc vd Worp-PEC 13.71 m, 3 Karel Belfor-V&L/TC 13.47 mtr
- hoogspringen: 1 Gustav Borreman-AAC 2.01 m, 2 Arno Willemsen-Hera 2.01 m, 3 Wendel Nooitmeer-Spark 2.01 mtr
- polshoogspringen: 1 Anthony Ott-AAC 4.40 m, 2 Richel Keyzers-Weert 4.30 m, 3 Edwin Wagena-Gemzen 4.10 mtr
- kogelstoten: 1 Stein Kuiper-PSV 16.08 m, 2 Ivan Beck-RKHAV 15.82 m, 3 Edward van Rossum-Aquilo 15.39 mtr

meisjes A 60 meter: 1 Annerose Scholsberg-AV'34 7.68 s, 2 Nelleke Koppe-  
laar-Trias 7.79 s, 3 Pearl Speaar-AVR 7.90 sec  
200 meter: 1 Annerose Scholsberg-AV'34 24.87 s, 2 Monique Steennis-  
Altis 24.94 s, 3 Annique Goudemond-ATC'75 25.19 sec  
400 meter: 1 Monique Steennis-Altis 56.46 s, 2 Ineke de Jong-  
Impala 57.95 s, 3 Ingrid Hogendoorn-Sparta 58.73 sec  
800 meter: 1 Yvonne vd Kolk-AVR 2.12.42 m, 2 Karin Wybenga-Sisu  
2.17.64 m, 3 Wendy Holstvoogd-Lycurgus 2.19.48 min  
1500 meter: 1 Yvonne vd Kolk-AVR 4.29.97 m, 2 Marian Kortmann-AAV'36  
4.32.89 m, 3 Annet Bezemer-HAC 4.33.86 min  
60 m hordenloop: 1 Petra Huybrechtse-Nea Volharding 8.50 s, 2 Marjolijn  
v Elk-Lycurgus 8.88 s, 3 Melany Johnson-Sparta 8.94 sec  
verspringen: 1 Paulien vd Roest-HAC 5.78 m, 2 Marjolijn v Elk-Lycurg  
5.69 m, 3 Monique de Goede-FIT 5.60 mtr  
hoogspringen: 1 Monique de Feyter-PSV 1.74 m, 2 Angelique Maasdijk-  
Phoenix 1,74 m, 3 Monique de Goede-FIT 1.71 mtr  
kogelstoten: 1 Christa Speyer-NOP 14.14 m, 2 Jacq Goormachtigh-PAC  
12.91 m, 3 Christie Mulie-Hellas 12.78 mtr

21 februari OLDENZAAL ned.kamp VETRANEN CROSS

heren : 1 Piet Vonck-RKHAV 46.18 min, 2 Ad vd Heyning-AVR'69 46.19 min.  
3 Henk Tiebosch-HAC 46.50 min  
dames: 1 Gerry Timmermans-Marvel 16.20 m, 2 Els Raap-Blauw Wit 16.24 m,  
3 Ginny Stutterheim-Sprint 16.29 min

28 februari LANDGRAAF ned kamp veldlopen SENIOREN/Jeugd

heren 12 KM: 1 Tonny Dirks-Keien 37.49, 2 Marti ten Kate-Fortis 37.54 m.  
3 Hans Koeleman-AAC 38.00 min  
clubkampioen 1 AAC, 2 Unitas  
dames 4900 m: 1 Christien Toonstra-ADA 18.30, 2 Marjan Freriks-Daventria  
18.31, 3 Carolien Harms-Sparta 18.54 min  
clubkampioen 1 Olympia'48, 2 ADA, 3 Sprint  
Jongens A 7300 m: 1 Rens Eising-Zaanland 24.39 m, 2 Ton Verbaandert-GVAC  
25.01, 3 Simon Vroemen-Ach EL 25.06 min  
clubkampioen 1 HAC, 2 GVAC, 3 Horror  
Meisjes A 3200 m: 1 Monique Timmermans-Oss'78 12.07 m, 2 Annet Bezemer-  
HAC 12.21 m, 3 Brenda Sleeuwenhoek-Avantri 12.24 min  
jongens B 4300 m: 1 Arno Buitenweg-Olympus'70 14.46 m, 2 Vincent Hoek-  
Avantri 14.51 m, 3 Evert Gielen-Ach Top 15.09 min  
meisjes B 2400 m: 1 Stella Jongmans-Sparta 9.39 m, 2 Marian Kortmann-  
AAV'36 9.40 m. 3 Nynke van Zorge-Unitas 9.44 min

12 maart Ned kamp VETERANEN op de weg ALPHEN a/d RIJN

heren 15 KM: 1 Piet Vonck-RKHAV 48.39 m, 2 Ad vd Heyning-AVR'69 49.05 m,  
3 Lou Polak-PAC 49.27 min  
dames 10 KM: 1 Gerry Timmermans-Marvel 35.30 m, 2 Joke de Zeeuw-PAC 37.07 m  
3 Marianne Knapen-DES 37.21 min

8 mei Ned. Kampioenschap MARATHON AMSTERDAM

heren: 1 Gerard Nijboer-Daventria 2.12.38 u, 2 Richard Vollenbroek-  
2.18.04 u, 3 Kim Reynierse-Dynamo'70 2.19.15 uur  
dames: 1 Jolanda Honninga-ADA 2.46.41 u, 2 Angela Veeger-ARGO'77  
2.51.53 u, 3 Grietje Hooisma-DOS K 2.54.43 uur

22/23 mei EINDHOVEN Ned. kampioenschap meerkamp

Heren: 1 Robert de Wit-Unitas 8447 pnt  
 11.07-6.98-15.88-2.04-48.80-14.32-46.20-5.00-63.94-4.20.98  
 2 Cor Troost-Spirit OB 7102 pnt  
 10.99-7.05-14.03-1.89-52.18-15.66-41.18-4.10-45.74-4.48.30  
 3 Anthony Ott-AAC 6983 pnt  
 11.27-7.11-11.08-1.65-49.93-15.00-33.14-4.40-56.78-4.41.51

Dames: 1 Marjon Wijnsma-Olympia E 6213 pnt  
 13.68-1.80-12.98-24.56-6.46-37.32-2.11.19  
 2 Tineke Hidding-Hera 6178 pnt  
 13.57-1.74-13.86-24.20-6.30-36.06-2.10.94  
 3 Anoeschka Daans-PA C 5480 pnt  
 14.76-1.62-12.44-24.95-5.61-38.92-2.15.40

24 mei Ned kampioenschap 10 KM baan AMERSFOORT

heren: 1. Tonny Dirks-Keien 28.51.0, 2 John vd Wansem-Phoenix 29.04.4  
 3 Guido Sasse-AVA'70 29.06.4 min

dames: 1 Carlien Harms-Sparta 35.20.9, 2 Anny v Stiphout-LGD 36.14.7  
 3 Gerry Timmermans-Marvel 36.17.2 min

jongens: 1 Simon Vroemen-Ach EL 32.47.1, 2 Ad de Bruin-AVR'69 32.52.1,  
 3 John Nagelhout-GAC-H 32.53.3 min

meisjes: 1 Annet Bezemer-HAC 37.08.1, 2 Katalyn Loonen-Zaanland 37.31.4  
 3 Esther Schilt-Spark 39.15.6 min

4 juni NK snelwandelen 50 KM op de weg GOIRLE

1 Jan Cortenbach-OLAT 3,58.23 u, 2 Ton van Andel-RWV 4.03.53 u,  
 3 Hans vd Knaap-RWV 4.32.20 uur

4/5 juni Ned Kamp juniorenB+meerkampA UDEN

jongens B 100 m 1 Erik v Zee-Typhoon 10.91 s, 2 Marc Weemaes-Kimbria 11.02,  
 3 Yuri vd Burgt-AVN 11.18 sec

200 meter: 1 Marc Weemaes-Kimbria 22.06 s, 2 Erik v Zee-Typhoon 22.21 s,  
 3 Yuri vd Burgt-AVN 22.67 sec

400 meter: 1 Stefan Beerepoot-Hollandia 50.03 s, 2 Arjan Rijnsburger-  
 Holland L 50.52 s, 3 Ralph Musters-AV'34 50.68 sec

800 meter: 1 Vincent Hoek-Avantri 1.52.13 m, 2 Eddy Kiemel-ATC'75 1.54.61  
 3 Ted Smit-Nova 1.55.03 min

1500 meter 1 Keesjan Bongaertz-V&L/TC 3.58.22 m, 2 Arno Buitenweg-01'70  
 4.00.45 m, 3 Danny Nelen-Hollandia 4.01.29 min

3000 meter 1 Keesjan Bongaertz-V&L/TC 8.50.79 m, 2 Patrick vd Rijt-Keien  
 8.53.06 m, 3 Martin Lauret-THOR 8.54.37 min

110,m horden: 1. Rino Curiel-PSV 14.26 s, 2 Marco de Haan-ARGO'77 14.47 s,  
 3 Eddo Laarhuis-DEM 14.73 s

300 m horden: 1. Marco de Haan-ARGO'77 38.99 s, 2 Ivan de Jong-Impala  
 39.52 s, 3 Marco Michielsens-Sprint 40.12 sec

2000 m hindernis: 1 Ron vd Linde-AAA 6.20.02 m, 2 Serge Lievens-THOR  
 6.25.20 m, 3 Bart de Kruijf-Ilion 6.27.28 min

verspringen: 1 Erik v Zee-Typhoon 7.03 m, 2 Dave Brouwer-Pynenburg 6.92 m,  
 3 Wouter Hertzberger-AAV'36 6.91 m

hinkstapsprong: 1 Wouter Bos-V&L/TC 13.74 m, 2 Wouter Hertzberger-AAV'36  
 13.35 m, 3 Eddo Laarhuis-DEM 12,73 mtr

hoogspringen: 1 Menno Ruppert-Tempo 2.00 m, 2 Bart Kramer-Arena 1.94 m,  
 3 Erwin Paul-Holland L 1.91 mtr

polsstokhoogspringen: 1 Ruben v Balen-PSV 4.10 m, 2 Guido Zuidgeest-Spark  
 3.80 m, 3 Peter Schäfer-SAV 3.80 mtr.

kogelstoten: 1 Mischa Ooteman-DEM 16.01 m, 2 Ruben v Balen-PSV 15.66 m,  
3 Roar Strooprt-Oss'78 15.21 mtr  
diskuswerpen: 1 Ruben v Balen-PSV 44.28 m, 2 Peter vd Kruk-AV'40 40.50 m,  
3 Marc Rijken-Pr Hendrik 40.48 mtr  
speerwerpen: 1 Roar Strooper-Oss'78 56.16 m, 2 Joggem v Veen-Sprint  
52.70 m, 3 Danny Mayer-V&L/TC 52.48 mtr  
kogelslingeren: 1 Mischa ter Horst-AV'34 65.16 m, 2 Marc Rijken-Pr Hendrik  
53.62 m, 3 Rysiu Bijl-Pr Hendrik 49.34 mtr

JONGENS A meerkamp: 1 Marcel Dost-TION 7149 pnt  
11.15-7.00-11.91-1.95-51.21-15.16-37.20-4.50-44.08-4.38.63  
2 Johan Troost-Spirit OB 6891 pnt  
11.59-6.88-13.11-1.86-52.46-15.76-38.88-4.20-47.40-4.38.61  
3 Stein Kuiper-PSV 6863 pnt  
11.79-6.62-16.67-1.98-54.89-16.31-52.72-3.40-49.20-5.09.80

meisjes B 100 m: 1. Monique Bogaards-Ciko'66 11.86 s, 2 Petra Huybrechtse-  
DEM 11.94 s, 3 Anniqne Goudemond-ATC'75 11.98 sec  
200 meter: 1 Anniqne Goudemond-ATC'75 24.25 s, 2 Monique Boogaards-Ciko'66  
24.48 s, 3 Karin Verploeg-Oss'78 25.14 sec  
400 meter: 1 Esther Goossens-Clytoneus 56.45 s, 2 Stella Jongmans-Sparta  
56.64 s, 3 Avelien v Daalen-Hollandia 56.89 sec  
800 meter: 1 Stella Jongmans-Sparta 2.06.47 m, 2 Marjan Kortmann-AAV'36  
2.08.86 m, 3 Susan Dammingh-Liemers 2.13.67 min  
1500 meter: 1 Sandra Hofmans-Venray 4.44.94 m, 2 Sabina Gols-Veendam  
4.45.31 m, 3 Monique Eemsingh-Horror 4.48.84 min  
100 m horden: 1 Petra Huyrechtse-DEM 13.66 s, 2 Marjolein v Zon-MPM 14.57 s  
3 Wanda de Jong-Hollandia 14.63 sec  
300 m horden: 1 Avelien v Daalen-Hollandia 42.88 s, 2 Esther Goossens-  
Clytoneus 43.50 s, 3 Fiona van Es-Start'78 43.90 sec  
verspringen: Sandra Swaans-THOR 5.78 m, 2 Barbera Snoeren-GVAC 5.71 m,  
3 Anja Mulder-Nijkerk 5.71 mtr  
hoogspringen: 1. Henrike Schut-Sperwers 1.71 m, 2 Bianca de Vries-NOP 1.65 m  
3 Rieneke Lamoree-AV'47 1.65 mtr  
kogelstoten: 1 Linda Tukkers-TION 14.00 m, 2 Selina de Vries-DEM 13.67 m,  
3 Marian Volkers-PEC 13.56 mtr  
diskuswerpen: 1 Linda Tukkers-TION 44.86 m, 2 Marian Volkers-PEC 42.20 m,  
3 Petra Feenstra-DEM 39.60 mtr  
speerwerpen: 1 Linda Tukkers-TION 45.14 m, 2 Janet Freriks-TION 41.42 m,  
3 Karin Geertsema-Lycurgus 39.80 mtr

MEISJES A meerkamp: 1 Marjolijn v Elk-Lycurgus 5404 pnt  
14.78-1.66-11.98-25.93-5.83-44.30-2.28.16  
2 Angelique Maasdijk-Phoenix 4915 pnt  
14.80-1.76-10.09-26.74-5.61-27.42-2.29.26  
3 Esther Piek-Caesar 4783 pnt  
15.63-1.57-10.33-25.40-5.25-34.82-2.27.47

25/26 Juni Ned. Kampioenschappen JUNIOREN Krommemie

jongens A: 100 meter 1 Ydo van Oostende-Athletics 11.24 s, 2 Miquel Janssen-  
AAC 11.27 s, 3 Jeroen Sunter-Holl L 11.39 sec  
200 meter: 1 Miquel Janssen-AAC 22.30 s, 2 Harold Jones-AAC 22.45 s,  
3 Jeroen Sunter-Holl L 22.53 sec  
400 meter: 1 Dave Elderenbosch-AAC 48.77 s, 2 Michel Geysels-RK HAV  
49.39 s, 3 Olaf Senden-Achilles Top 49.99 sec

- 800 meter: 1. Vincent Hoek-Avantri 1.51.91 m, 2 Roelant Verbeek-V&L/TC 1.53.00 m, 3 Jacob Wagenaar-Horror 1.53.80 min
- 1500 meter: 1 Rens Eising-Zaanland 3.50.87 m, 2 Ton Verbaander-GVAC 3.53.05, 3 Luis Paerson-NOP 3.57.72 min
- 3000 meter: 1 Frank Reith-TION 8.29.02 m, 2 Simon Vroemen-Achilles EL 8.32.75 m, 3 Clemens v Ostayen-Keien 8.36.49 min
- 5000 meter: 1 Frank Reith-TION 14.52.72 m, 2 Simon Vroemen-Achilles EL 14.53.61 m, 3 Ad de Bruyn-AVR'69 15.28.89 min
- 110 m hordenloop: 1 Marcel Roosen-Holl H 14.87 s, 2 Walter Kruk-Holl H 14.98 s, 3 Marcel Dost-TION 15.03 sec
- 400 m hordenloop: 1 Marcel Roosen-Holl H 54.34 s, 2 Dave Elderenbosch-AAC 54.97 s, 3 Sjaak Stuiver-Start'78 55.43 sec
- 3000 m hindernisloop: 1 Clemens v Ostayen-Keien 9.31.09 m, 2 Rino Raaymakers-HAC 9.36.99 m, 3 Bart Nelemans-Unitas 9.51.4 min
- 10 KM snelwandelen: 1 Edwin Holwerda-Zaanland 47.40.38 m, 2 Marcel Stein-GVAV 53.19.50 m, 3 Hub Dewitte-Unitas 54.56.41 min
- verspringen 1 Sergio Vijent-AVV 7.17 m, 2 Marcel Dost-TION 7.17 m, 3 Ydo van Oostende-Athletics 7.13 mtr
- hinkstapsprong: 1 Ydo van Oostende-Athletics 15.16 m, 2 Henk Langeveld-Holl H 13.86 m, 3 Eddy Hanssen-Keien 13.75 mtr
- hoogspringen: 1 Harry v Boven-THOR 2.01 m, 2 Jeroen Nieuwenhuis-Hanzesport 1.98 m, 3 Walter Kruk-Holl H 1.98 mtr
- polsstokhoogspringen: 1 Richel Keyzers-Weert 4.84 m, 2 Marcel Dost-TION 4.50 m, 3 Bart Steehouwer-Hera en Guido Bonsen-Hera beiden 4.20 mtr
- kogelstoten: 1 Ivan Beck-RK HAV 17.38 m, 2 Stein Kuiper-PSV 16.75 m, 3 Edward v Rossum-Aquilo 15.72 mtr
- discuswerpen: 1 Stein Kuiper-PSV 49.60 m, 2 Edward v Rossum-Aquilo 46.78 m, 3 Armin Willemsen-AAC 44.20 mtr
- speerwerpen: 1 Johan v Lieshout-HAC 64.06 m, 2 Edwin Wagena-Gemzen 61.66 m, 3 Edward v Rossum-Aquilo 58.04 mtr
- kogelslingeren 1 Luigi Bellu-Unitas 55.00 m, 2 Martin v Malsen-Sprint 54.56 mtr, 3 Erwin Kempkens-HAC 50.78 mtr
- MEISJES A 100 meter: 1 Monique Boogaards-Ciko'66 12.14 s, 2 Anniq Goudemond-ATC'75 12.14 s, 3 Annerose Scholsberg-AV'34 12.28 s
- 200 meter: 1 Anniq Goudemond-ATC'75 24.57 s, 2 Annerose Scholsberg-AV'34 24.94 s, 3 Monique Steennis-Altis 24.94 sec
- 400 meter: 1 Monique Steennis-Altis 55.57 s, 2 Ineke de Jong-Impala 57.09 s, 3 Claudia Honkoop-Ciko'66 59.73 sec
- 800 meter: 1 Yvonne vd Kolk-AVR 2.10.31 m, 2 Stella Jongmans-Sparta 2.11.03 m, 3 Marian Kortmann-AAV'36 2.11.48 min
- 1500 meter: 1 Yvonne vd Kolk-AVR 4.36.56 m, 2 Ingrid Albers-AV'34 4.37.65 m, 3 Monique Timmermans-Oss'78 4.39.35 min
- 3000 meter: 1 Annet Bezemer-HAC 10.03.19 m, 2 Annet v Veldhuizen-Spartaan 10.11.09 m, 3 Kristijna Loonen-Zaanland 10.16.88 min
- 100 m horden: 1 Petra Huybrechtse-DEM 14.08 s, 2 Melany Johnson-Sparta 14.67 s, 3 Marjolijn v Elk-Lycurgus 14.80 sec
- 400 m horden: 1 Monique v Wijk-Aquilo 62.24 s, 2 Annemarie Kokshoorn-Sparta 64.82 s, 3 Monique de Goede-FIT 66.74 sec
- verspringen: 1 Marjolijn v Elk-Lycurgus 5.77 m, 2 Pearl Speear-AVR 5.68 m, 3 Paulien vd Roest-HAC 5.66 mtr
- hoogspringen: 1 Monique de Feyter-PSV 1.74 m, 2 Nynke Vissers-Fortis 1.74 m, 3 Karin Huigen-Impala 1.68 mtr

kogelstoten: 1 Christa Speyer-NOP 14.43 m, 2 Christie Mullie-Hellas 13.67 m,  
3 Jacqueline Goormachtigh-PAC 13.59 mtr  
diskuswerpen: 1 Bianca Vet-Waterland 46.64 m, 2 Karin Nienhuis-AVN 44.96 m,  
3 Linda Tukkers-TION 46.92 mtr  
speerwerpen: 1 Christa Speyer-NOP 46.44 m, 2 Renate Beunder-Lycurgus 45.20m  
3 Linda Tukkers-TION 42.08 mtr

jongens B meerkamp: 1 Ruben v Balen-PSV 6151 pnt negenkamp  
11.92-6.36-15.71-4.00-15.90-46.70-1.75-47.22-4.38.56  
2 Guido Zuidgeest-Spark 5713 pnt  
11.93-6.06-12.19-3.90-15.39-36.32-1.84-40.70-4.31.63  
2 Patrick Hulleman-Athlos 5607 pnt  
12.06-6.29-13.11-3.60-15.55-36.98-1.87-46.94-5.07.30

meisjes B Meerkamp 1 Henrike Schut-Sperwers 4837 pnt zevenkamp  
15.18-1.69-11.26-26.61-5.31-27.72-2.26.22  
2 Simone Gaal-Hera 4748 pnt  
15.79-1.60-12.89-28.08-5.31-34.38-2.27.73  
3 Wendy Schaareman-AV'40 4711 pnt  
16.02-1.72- 9.21-27.75-5.61-31.54-2.25.26

### 2/3 Juli LISSE Ned kampioenschappen estafette

4 x100 m heren: 1 V&L/TC 40.92 s, 2 AAC 41.36 s, 3 V&L/TC II 42.08 sec  
4 x 200 m heren: 1 Lycurgus 1.25.40, 2 AAC 1.26.28, 3 DEM 1.26.33 min  
4 x 400 m heren: 1 Lycurgus 3.12.67 m, 2 AAC 3.13.38 m, 3 Hellas 3.18.01 min  
4 x 800 m heren: 1 A V N 7.25.94 m, 2 Bataven 7.30.55, 3 Lycurgus 7.30.98 m  
4 x 1500 meter: 1 V&L/TC 15.23.69 m, 2 Tartletos 15.36.52, 3 AAC 15.37.31 m

4 x 100 m dames: 1 DEM 46.89 s, 2 Metro 47.73 s, 3 ADA 48.33 sec  
4 x 200 m dames: 1 DEM 1.40.30 m, 2 Lycurgus 1.41.25, 3 Metro 1.42.00 min  
4 x 400 m dames: 1 Lycurgus 3.47.68 m, 2 ADA 3.57.69, 3 Tartletos 4.17.39 m  
4 x 800 m dames: 1 Hellas 9.03.80 m, 2 ADA 9.04.41, 3 Kimbria 9.27.12 min

4 x 100 m jongens: 1 AAC41.97 s, 2 Sparta 43.03 s, 3 V&L/TC 43.08 sec  
4 x 400 m jongens: 1 AAC 3.19.46 m, 2 V&L/TC 3.22.27, 3 HAC 3.22.84 min  
4 x 800 m jongens: 1 HAC 7.49.76 m, 2 PAC 7.49.93, 3 Nymegen 8.00.12 min

4 x 100 m meisjes: 1 HAC 48.38 s, 2 Hollandia 49.00 s, 3 Pr Hendrik 49.98 sec  
4 x 400 m meisjes: 1 Sparta 3.55.00 m, 2 Spark 3.59.18 m, 3 Lycurgus 4.11.30 m

### 16/17 Juli GRONINGEN Ned. baankampioenschappen Senioren

Heren 100 meter: 1 Ahmed de Kom-AAC 10.49 s, 2Regilio vd Vloot-DEM 10.78 s,  
3 Jeroen Ooievaar-AAC 10.79 sec

200 meter: 1 Ahmed de Kom-AAC 21.08 s, 2 Rob vd Klundert-Sprint 21.09 s,  
3 Junior de Lain-TION 21.51 sec

400 meter: 1 Arjan Visserman-AAC 46.45 s, 2 Rob vd Klundert-Sprint 46.63 s,  
3 Junior de Lain-TION 46.91 sec

800 meter: 1 Robin v Helden-V&L/TC 1.47.55, 2 Ton Baltus-Lycurgus 1.48.10,  
3 Marco Leenders-AVN 1.48.50 min

1500 meter: 1 Bob Dielis-Unitas 3.54.92 m, 2Marcel Versteeg-V&L/TC 3.56.02,  
3 Marc Borghans-Unitas 3.56.15 min

5000 meter: 1 Marti ten Kate-Fortis 13.44.09 m, 2 Mark v Rooy-AAC 13.56.39,  
3 John Vermeule-Dynamo'70 14.09.17 min

20 KM snelwandelen: 1 Jan Cortenbach-OLAT 1.33.52.08, 2 Ton van Andel-RWV  
1.36.30.75, 3 Hans vd Knaap-RWV 1.40.11.79 uur

- 110 m hordenloop: 1 Ysbrand Visser-V&L/TC 14.43 s, 2 Wigchert Thunissen-Holl H 14.49 s, 3 Marc Kok-Lycurgus 14.50 sec
- 400 m hordenloop: 1 Pel vd Kerkhoff-Hellas 51.34 s, 2 ErikNegenman-Holl H 52.09 s, 3 Remco Tournier-AVR 52.11 sec
- 3000 m hindernisloop: 1 Hans Koeleman-AAC 8.26.37 m, 2 Herman Hofstee-DOS-Dw 8.38.74, 3 Richard Kooyman-AVR 8.53.48 min
- verspringen: 1 Emil Mellaard-AAC 8.19 m, 2 Jeroen Ooievaar-AAC 7.73 m, 3 Bart v Haeringen-Delta Sport 7.46 mtr
- hinkstapspringen: 1 Paul Lucassen-Sprint 15.53 m, 2 Ydo v Oostende-Athletics 15.27 m, 3 Roy Sedoc-AAC 15.25 mtr
- hoogspringen: 1 Ruud Wielart-Haarlem 2.14 m, 2 Erik Rollenberg-Haarlem 2.11 m, 3 Henk J Gebben-ARGO'77 2.11 mtr
- polsstokhoogspringen: 1 Marc Kok-Lycurgus 4.80 m, Lino Pani-Unitas 4.60 m, 3 Maurice Penders-Unitas 4.60 mtr
- kogelstoten: 1 Erik de Bruin-V&L/TC 18.79 m, 2 Mario Egbers-Liemers 17.35 m, 3 André Snoek-Lycurgus 17.14 mtr
- diskuswerpen: 1 Erik de Bruin-V&L/TC 61.88 m, 2 Wim de Wolff-AAC 58.68 m, 3 Piet Meydam-V&L/TC 55.94 mtr
- speerwerpen: 1 Jeroen vd Meer-V&L/TC 74.66 m, 2 Keith Beard-AVR 67.46 m, 3 Johan v Lieshout-HAC 66.96 mtr
- kogelslingeren: 1 Peter v Noort-Spartaan 67.98 m, 2 Frank vd Dool-AV'34 61.28 m, 3 Chris Hoede-TION 58.64 mtr
- dames 100 meter: 1 Nelly Cooman-ATC'75 11.34 s, 2 Els Scharn-Vader-AVR 11.38 s, 3 Gretha Tromp-Hera 11.86 sec
- 200 meter: 1 Els Scharn-Vader-AVR 23.18 s, 2 Nelli Cooman-ATC'75 23.69 s, 3 Yvonne v Dorp-Holl L 23.88 sec
- 400 meter: 1 Yvonne v Dorp-Holl L 54.31 s, 2 Janneke Bosma-Impala 55.63 s, 3 Carmy Bronneberg-Unitas 56.27 sec
- 800 meter: 1 Elly v Hulst-PAC 2.03.77 m, 2 Letitia Vriesde-AVR 2.04.47 m, 3 Christien Toonstra-ADA 2.05.45 min
- 1500 meter: 1 Elly v Hulst-PAC 4.20.18 m, 2 Christien Toonstra-ADA 4.20.83 m, 3 Letitia Vriesde-AVR 4.23.43 min
- 3000 meter: 1 Elly v Hulst-PAC 9.07.92 m, 2 Rita Delnoye-Kimbria 9.10.77, 3 Wilma v Onna-Olympia'48 9.16.79 min
- 100 m hordenloop: 1 Gretha Tromp-Hera 13.33 s, 2 Marjan Olyslager-AVR 13.34 s, 3 Ine Langenhuizen-PSV 13.65 sec
- 400 m hordenloop: 1 Gretha Tromp-Hera 56.17 s, 2 Monique v Wijk-Aquilo 60.67 s, 3 Lysbeth Gijzen-Olympia'48 60.83 sec
- verspringen: 1 Mieke vd Kolk-DEM 6.44 m, 2 Tineke Hidding-Hera 6.34 m, 3 Anoeschka Daans-PAC 5.88 mtr
- hoogspringen: 1 Monique vd Weide-Unitas 1.79 m, 2 Angelique Maasdijk-Phoenix 1.76 m, 3 Jolanda Bleeker-DEM 1.73 mtr
- kogelstoten: 1 Deborah Dunant-ADA 16.28 m, 2 Bernadet Fransen-AVR 14.91 m, 3 Christa Speyer-NOP 14.23 mtr
- diskuswerpen: 1 Deborah Dunant-ADA 47.20 m, 2 Irma van Hees-PEC 46.08 m, 3 Bianca Vet-Waterland 45.66 mtr
- speerwerpen: 1 Gerda Vetter-Blokziel-ADA 55.82 m, 2 Toos Stoete-DEM 50.40 m, 3 Lida Berkhout-DEM 49.66 mtr.
- 23 juli EMMELOORD ned kampioenschap 25/15 KM op de weg
- heren 25 KM 1 Marti ten Kate-Fortis 1.16.16 u, 2 John Vermeule-Dynamo'70 1.19.00 u, 3 Jan v Rijthoven-AVR'69 1.21.45 uur
- dames 15 KM 1 Carla Beurskans-Festina 51.52 m, 2 Wilma v Onna-Olympia'48 53.42 min, 3 Jolanda Homminga-GAC-H 54.56 min
- jongens 15 KM 1 Gerard Klein-Lycurgus 53.16 m, 2 Simon Vroemen-Tartletos 54.34 m, 3 Paul Clement-Horror 55.43 min

29 oktober ETTEN LEUR Ned kampioenschap marathon Veteranen

heren: 1 Johan Kijne-ROVS 2.27.57 u, 2 Dick v Santen-PAC 2.28.19 u,  
3 Frits Boudewijn-V&L/TC 2.28.23 uur  
dames: 1 Marjan Knapen-DES 2.50.44 u, 2 Annegret Hoyer-Olympia Eh  
3.06.57 u, 3 Marijke Abramsen-ADA 3.08.05 uur



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## H E R E N

=====

100 meter: NR Ahmed de Kom 10.25 s Bratislava(CSR) 90688  
 ER Marian Woronin Pol 10.00 s Warschau(Pol) 90684  
 WR Ben Johnson USA 9.83 s Rome(It) 300887

de beste 10 aller tijden:

|        |                    |    |         |                 |        |
|--------|--------------------|----|---------|-----------------|--------|
| 10.25  | Ahmed de Kom       | 59 | A A C   | Bratislava(CSR) | 90688  |
| 10.32  | Sam Monsels        | 53 | V&L/TC  | Modesto(USA)    | 150582 |
| 10.44+ | Peter vd Heyden    | 62 | P S V   | Merksem(Be)     | 250782 |
| 10.45  | Eddy Monsels       | 48 | AV'40   | Mexico-City     | 131068 |
| 10.52  | Henk Brouwer       | 53 | Ciko'66 | Roosendaal      | 200679 |
| 10.54+ | Chris Berger       | 11 | AV'23   | Amsterdam       | 260854 |
| 10.57  | Emil Mellaard      | 66 | A A C   | Tel Aviv(Isr)   | 70588  |
| 10.54+ | Rob Heemskerck     | 40 | P S V   | Leiden          | 280865 |
| 10.58  | Chris Leeuwenburgh | 62 | Sparta  | Tempe(USA)      | 220386 |
| 10.59  | Regilio vd Vloot   | 65 | D E M   | Hoorn           | 180988 |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 10.54 | 11.04 | 11.14 | 11.24 |
| 1985 | 10.60 | 11.04 | 11.14 | 11.24 |
| 1986 | 10.49 | 10.98 | 11.14 | 11.24 |
| 1987 | 10.33 | 10.84 | 11.04 | 11.24 |
| 1988 | 10.25 | 10.84 | 11.04 | 11.22 |

|        |                      |        |             |                  |         |
|--------|----------------------|--------|-------------|------------------|---------|
| 10.25  | Ahmed de Kom         | 59     | A A C       | Bratislava(CSR)  | 9.6     |
| 10.57  | Emil Mellaard        | 66     | A A C       | Tel Aviv(Isr)    | 7.5     |
| 10.59  | Regilio vd Vloot     | 65     | D E M       | Hoorn            | 18.9    |
|        | 10.44 rw Gen Haag    | 27.8rw | 5.41        |                  |         |
| 10.66  | Rob vd Klundert      | 66     | Sprint      | Hechtel(Be)      | 30.7    |
|        | 10.60 rw Hechtel(Be) | 30.7rw | 2.37        |                  |         |
| 10.69  | Frenk Perri          | 66     | V & L/TC    | Hoorn            | 18.9    |
|        | 10.48rw den Haag     | 27.8rw | 5.41        |                  |         |
| 10.70  | Sam Monsels          | 53     | V & L/TC    | Duffel(Be)       | 6.8     |
|        | 10.68rw Hechtel(Be)  | 30.7rw | 2.53        |                  |         |
| 10.71  | Frans Maas           | 64     | Sprint      | Albuquerque(USA) | 8.4     |
| 10.73  | Arni Kruisland       | 62     | V & L/TC    | Hechtel(Be)      | 30.7    |
| 10.73  | Paul Franklin        | 61     | Metro       | Bosvoorde(Be)    | 10.7    |
|        | 10.68rw den Haag     | 27.8rw | 5.41        |                  |         |
| 10.74+ | Hans Veurink         | 64     | Sp Reeuwijk | Krommenie        | 1.5     |
| 10.74+ | Marc van Veen        | 69     | V&L/TC      | den Haag         | 24.9xRW |
|        | el 11.20 den Haag    | 11.9   |             |                  |         |
| 10.79  | Jeroen Ooievaar      | 62     | A A C       | Groningen        | 17.7    |
|        | 10.73rw den Haag     | 10.7rw | 5.4         |                  |         |
| 10.82  | Peter Adams          | 64     | Sprint      | Roosendaal       | 13.7    |
| 10.83  | Richard de Kleyn     | 63     | Tegelen     | Kerkrade         | 3.7     |
| 10.83  | Arthur Bieri         | 64     | Metro       | Hoorn            | 18.9    |
|        | 10.79rw Hoorn        | 18.9rw | 3.59        |                  |         |
| 10.84+ | Marc Weemaes         | 71     | Kimbria     | Uden             | 4.6     |
|        | el 10.97 Uden        | 4.6    |             |                  |         |
| 10.84+ | Harold Jones         | 69     | A A C       | Amsterdam        | 19.6    |
|        | el 11.14 Breda       | 12.6   |             |                  |         |
| 10.84+ | Miquel Janssen       | 70     | A A C       | Amsterdam        | 19.6    |
|        | el 11.26 Amsterdam   | 14.5   |             |                  |         |
| 10.84+ | Rudy Nok             | 61     | Metro       | Krommenie        | 14.8    |

10.62

10.39

|        |                              |            |                  |                |      |
|--------|------------------------------|------------|------------------|----------------|------|
| 10.84+ | Rob Moen                     | 65         | D E M            | Krommenie      | 1.5  |
|        | el 10.90 Amsterdam           | 14.5       |                  |                |      |
| 10.84+ | Leo vd Meide                 | 64         | P A C            | Kerkrade       | 14.6 |
| 10.87  | Arjen Visserman              | 65         | A A C            | Hoorn          | 18.9 |
|        | 10.82rw Hoorn                | 18.9rw2.48 |                  |                |      |
| 10.90  | Mark vd Krogt                | 60         | Ilion            | Uden           | 24.4 |
|        | 10.83rw Villeneuve d'Asq(Fr) | 27.6rw3.00 |                  |                |      |
| 10.91  | Erik van Zee                 | 71         | Typhoon          | Uden           | 4.6  |
| 10.93  | Maikel Boksteen              | 65         | V & L/TC         | Groningen      | 17.7 |
|        | 10.69rw den Haag             | 10.7rw5.4  |                  |                |      |
| 10.94  | Kay Schaafsma                | 60         | P S V            | Nijmegen       | 24.6 |
| 10.94+ | Steve Ringeling              | 61         | V & L/TC         | Breda          | 10.7 |
| 10.94+ | Alfons Frankevijlle          | 64         | Schelde Sport    | Zierikzee      | 29.5 |
| 10.94+ | Edwin v Ankeren              | 68         | Spirit L         | Arnhem         | 12.6 |
| 10.94+ | Henk Brouwer                 | 53         | Ciko'66          | Arnhem         | 12.6 |
| 10.94+ | Marc Adriaenssens(Be)        | 59         | V & L/TC         | Amsterdam      | 7.8  |
| 10.94+ | Martin Huizing               | 64         | A A C            | Utrecht        | 10.6 |
| 10.94+ | Michel de Mol                | 68         | Hellas           | Vught          | 13.8 |
|        | 10.97 el Hechtel(Be)         | 24.8       |                  |                |      |
|        | 10.64+rw Zwolle              | 18.9rw3.59 | 10.65rw den Haag | 27.8rw4.1      |      |
| 10.94+ | Johan vd Ploeg               | 63         | ARGO'77          | Oldenburg(BRD) | 6.7  |
| 10.94+ | Junior de Lain               | 62         | ARGO'77/TION     | Amsterdam      | 10.7 |
| 10.98  | Paul Dijkstra                | 62         | A A C            | Breda          | 12.6 |
| 10.99  | Cor Troost                   | 67         | Spirit OB        | Eindhoven      | 21.5 |
| 10.99  | Ydó van Oostende             | 70         | Athletics        | Kerkrade       | 3.7  |
| 11.03  | Pierre Monte                 | 64         | V & L/TC         | Hengelo        | 21.5 |
| 11.04+ | Maarten Adriaansz            | 69         | Hellas           | Lisse          | 19.6 |
| 11.04+ | Eddy vd Made                 | 69         | Sprint           | Breda          | 10.7 |
| 11.04  | Maarten Smitskamp            | 65         | Startbaan        | Amsterdam      | 14.5 |
| 11.04+ | Richard Jongenotter          | 67         | A V'47           | Breda          | 10.7 |
| 11.04+ | Stanley Vreugd               | 66         | Hellas           | Krommenie      | 1.5  |
| 11.04+ | Robert de Wit                | 62         | Unitas           | Eindhoven      | 26.6 |
|        | 11.05 Seoul(Kor)             | 3.10       |                  |                |      |
| 11.04+ | Maikel Breeveld              | 68         | Sprint           | Eindhoven      | 26.6 |
|        | 11.20el Roosendaal           | 13.7       |                  |                |      |
| 11.04+ | Mike Tevreden                | 65         | Sparta           | den Haag       | 8.6  |
| 11.04+ | Joost den Hertog             | 62         | Startbaan        | Vught          | 10.7 |
|        | 10.91rw den Haag             | 27.8rw2.67 |                  |                |      |
| 11.04+ | Erik vd Veen                 | 66         | A V R            | den Haag       | 8.6  |
|        | 11.14 el Hilversum           | 23.5       |                  |                |      |
| 11.04+ | Dick Jorissen                | 58         | A V R            | den Haag       | 8.6  |
|        | 10.83rw den Haag             | 10.7rw5.4  |                  |                |      |
| 11.04+ | Wendel Wijks                 | 63         | Ilion            | Amsterdam      | 10.7 |
|        | 11.18 el Groningen           | 17.7       |                  |                |      |
| 11.04+ | René Dhore                   | 65         | Tegelen          | Kerkrade       | 23.7 |
|        | 11.05 el Eindhoven           | 22.5       |                  |                |      |
| 11.04+ | Rob Lieberwirth              | 68         | A T O S          | Heerhugowaard  | 19.8 |
|        | 10.94+ rw Heerhugowaard      | 23.9       |                  |                |      |
| 11.04+ | Marcel Roorda                | 68         | T I O N          | Zwolle         | 8.10 |
| 11.05  | Philippe Roussay             | 63         | Hermes           | Amsterdam      | 14.5 |
| 11.07  | Nico Treep                   | 61         | Haarlem          | Amsterdam      | 14.5 |
| 11.09  | Gordon Reiziger              | 65         | A A C            | den Haag       | 27.8 |
| 11.09  | Rik Koulen                   | 63         | Metro            | Duffel(Be)     | 7.8  |

|                      |                         |        |               |                |           |
|----------------------|-------------------------|--------|---------------|----------------|-----------|
| 11.10                | Henk Venema             | 68     | Jahn II/AAC   | Groningen      | 17.7      |
| 11.10                | Lether                  |        | mil.          | Nijmegen       | 24.6      |
| 11.11                | Danny van Eyk           | 58     | Startbaan     | Amsterdam      | 14.5      |
| 11.11                | Mark Entius             | 66     | Hollandia     | Amsterdam      | 14.5      |
| 11.12                | Edward Konigferander    | 64     | ARGO'77       | den Haag       | 20.8      |
| 11.14                | Marco Beukenkamp        | 63     | G A C-H       | Eindhoven      | 21.5      |
|                      | 10.98 rw Kopenhagen(De) | 2.7    | rw3.5         |                |           |
| 11.14+               | Jeroen Sunter           | 70     | Holland L     | Leiden         | 20.7      |
|                      | el 11.23 Rotterdam      | 12.5   |               |                |           |
| 11.14+               | Tom Moers               | 63     | Ilion         | Amsterdam      | 7.8       |
|                      | 11.11rw Breda           | 12.6   | rw2.3         |                |           |
| 11.14+               | Erik Dokter             | 68     | Sperwers      | Groningen      | 24.4      |
| 11.14+               | Eelco Wapstra           | 67     | Impala/AAC    | Haren          | 15.4      |
| 11.14+               | Bart Hogendoorn         | 68     | Sparta        | den Haag       | 1.5       |
| 11.14+               | Martin Muylenburg       | 65     | Tartletos     | Amersfoort     | 29.5      |
| 11.14+               | Jeroen Knapen           | 65     | Holland H     | Nymegen        | 12.6      |
| 11.14+               | Raymond Sluyk           | 62     | Spirit L      | Amersfoort     | 29.5      |
| 11.14+               | Danny Krekel            | 63     | A V R         | Nymegen        | 24.6      |
| 11.14+               | Rob Koning              | 64     | ARGO'77       | Kerkrade       | 10.7      |
| 11.14+               | Oscar Terol             | 67     | A A C         | Amsterdam      | 24.6      |
| 11.14+               | Kees van Pelt           | 59     | Attila        | Krommenie      | 14.8      |
| 11.14+               | Dirk Evers              | 64     | A V N         | Nymegen        | 12.6      |
| 11.14+               | Erik Oostweghel         | 60     | A A C         | Amstelveen     | 11.9      |
| 11.14+               | Cees Beekmans           | 60     | Attila        | Vught          | 10.7      |
|                      | 10.95 rw Roosendaal     | 29.5   | rw3.3         | 11.18 el       | Uden 24.4 |
| 11.14+               | Mark Sedney             |        | A V'23        | Utrecht        | 21.8      |
|                      | 11.04+ rw Amstelveen    | 11.9   | rw2.37        |                |           |
| 11.14+               | Jeroen Bronwasser       | 59     | Pr Hendrik    | Vught          | 24.9      |
| 11.14+               | Ronald vd Weele         | 65     | ARGO'77       | Oldenburg(BRD) | 6.7       |
| 11.14+               | Erik Sinnige            | 63     | Wieringermeer | Heerhugowaard  | 19.8      |
| 11.15                | Ignario Coupain         | 61     | Metro         | Roosendaal     | 13.7      |
| 11.15                | Arnold Konigferander    | 69     | A V A'64      | Leiden         | 4.9       |
|                      | 11.04rw den Haag        | 27.8   | rw4.41        |                |           |
| 11.16                | Pel vd Kerkhof          | 68     | Hellas        | Amsterdam      | 14.5      |
| 11.17                | Jo Hanssen              | 65     | Achilles Top  | Kerkrade       | 3.7       |
| 11.18                | Yuri vd Burgt           | 71     | A V N         | Uden           | 4.6       |
| 11.19                | Fred van Klaveren       | 63     | Sparta        | Beverwijk      | 10.7      |
| 11.22                | Leo Rietveld            | 61     | Sprint        | Breda          | 12.6      |
|                      | 10.74+ rw Uden          | 16.8   | 10.74+rw      | Zwolle         | 22.6      |
| 11.23                | Klijn                   |        | militair      | Nijmegen       | 24.6      |
| 11.23                | Martin Huizing          | 64     | A A C         | Groningen      | 17.7      |
| met rugwind ook nog: |                         |        |               |                |           |
| 10.70                | Remy Siroen             | rw 3.3 | 68 Keien      | Roosendaal     | 29.5      |
| 10.84+               | Marcel Roorda           |        | 68 NOP/TION   | Zwolle         | 22.6      |
| 10.94+               | Armand Ellsworth        |        | 64 Lycurgus   | Krommenie      | 24.7      |
| 10.94+               | Erik de Vos             |        | 66 Weert      | Krommenie      | 24.7      |
| 10.94+               | Jan W vd Wal            |        | 57 Lycurgus   | Krommenie      | 24.7      |
| 10.94+               | Philippe Roussay        |        | 63 Hermes     | Utrecht        | 7.6       |
| 10.94+               | Ruud Wielaart           |        | 54 Haarlem    | Heerhugowaard  | 23.9      |
| 11.02                | Nico Bijlsma            | rw 2.7 | 68 Spark      | den Haag       | 27.8      |
| 11.04                | Edward Konigferander    |        | 64 ARGO'77    | den Haag       | 27.8      |
|                      |                         |        |               | 27.8           | rw4.4     |

|        |                   |        |    |          |            |            |
|--------|-------------------|--------|----|----------|------------|------------|
| 11.05  | Paul van Dorst    | rw3.3  | 67 | T H O R  | Roosendaal | 29.5       |
| 11.07  | Clemens Moe       | rw 2.3 |    | Metro    | Hoorn      | 18.9       |
| 11.07  | Erik Oostweghel   |        | 60 | A A C    | den Haag   | 27.8rw3.9  |
| 11.14  | Theo Dingemans    |        | 65 | A V'56   | Roosendaal | 29.5rw3.3  |
| 11.14+ | Jack Wasser       |        | 64 | Oss'78   | Veldhoven  | 17.4       |
| 11.14+ | Jacob Kweekel     |        | 60 | Spark    | Leiden     | 29.5       |
| 11.14+ | Cees v Gelderen   |        | 65 | Lycurgus | Krommenie  | 24.7       |
| 11.14+ | Allen Ellsworth   |        | 64 | Lycurgus | Krommenie  | 24.7       |
| 11.16  | Erik Roeske       | rw2.5  | 60 | Hellas   | Hoorn      | 18.9       |
| 11.18  | Erik IJspeerd     | rw2.6  |    | T I O N  | Breda      | 12.6       |
| 11.18  | Patrik Olislagers |        | 69 | Kimbria  | Roosendaal | 29.5rw 2.8 |
| 11.22  | Mark vd Berg      | rw2.3  | 67 | Sparta   | den Haag   | 27.8       |
| 11.23  | Leon Donners      | rw2.1  | 64 | Unitas   | den Haag   | 10.7       |

|                  |                  |         |             |        |
|------------------|------------------|---------|-------------|--------|
| <u>200 meter</u> | NR Ahmed de Kom  | 20.60 s | Keulen(BRD) | 160887 |
|                  | ER Pietro Mennea | 19.72 s | Mexico-City | 120979 |
|                  | WR idem          |         |             |        |

de beste 10 aller tijden:

|       |                    |    |            |             |        |
|-------|--------------------|----|------------|-------------|--------|
| 20.60 | Ahmed de Kom       | 59 | A A C      | Keulen(BRD) | 160887 |
| 20.94 | Sam Monsels        | 53 | Haarlem    | den Haag    | 220781 |
| 20.97 | Frans Maas         | 64 | Sprint     | Albuquerque | 180488 |
| 20.95 | Henk Brouwer       | 53 | Ciko'66    | Roosendaal  | 210679 |
| 20.98 | Raymond Heerenveen | 49 | P E C      | Mexico-City | 151075 |
| 20.8  | Rob Heemskerk      | 40 | P S V      | Groningen   | 180765 |
| 20.8  | Harry Schulting    | 56 | Pr Hendrik | den Haag    | 30879  |
| 21.05 | Diederik Everts    | 60 | V & L/TC   | Vught       | 230783 |
| 21.05 | Rob vd Klundert    | 66 | Sprint     | Luzern(Zwi) | 110688 |
| 21.08 | Junior de Lain     | 62 | ARGO'77    | Leiden      | 110787 |

20.97

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 21.28 | 22.18 | 22.54 | 23.04 |
| 1985 | 21.24 | 22.14 | 22.54 | 22.94 |
| 1986 | 21.11 | 22.12 | 22.44 | 22.83 |
| 1987 | 20.60 | 21.94 | 22.44 | 22.74 |
| 1988 | 20.77 | 21.84 | 22.24 | 22.64 |

|        |                    |            |              |                  |      |
|--------|--------------------|------------|--------------|------------------|------|
| 20.77  | Ahmed de Kom       | 59         | A A C        | Rehlingen(BRD)   | 22.5 |
| 20.97  | Frans Maas         | 64         | Sprint       | Albuquerque(USA) | 18.4 |
| 21.05  | Rob vd Klundert    | 66         | Sprint       | Luzern(Zwi)      | 11.6 |
| 21.39  | 20.86rw Hilversum  | 23.5       |              |                  |      |
| 21.39  | Emil Mellaard      | 66         | A A C        | den Haag         | 10.7 |
| 21.44  | Regilio vd Vloot   | 65         | D E M        | Hengelo          | 14.8 |
| 21.49  | 21.21rw den Haag   | 28.8rw4.59 |              |                  |      |
| 21.49  | Junior de Lain     | 62         | ARGO'77/TION | Amsterdam        | 29.5 |
| 21.54+ | 21.35rw Hilversum  | 23.5       |              |                  |      |
| 21.54+ | Robert Moen        | 65         | Lycurgus     | Amsterdam        | 7.8  |
| 21.56  | el 21.74 Groningen | 17.7       |              |                  |      |
| 21.56  | Peter Adams        | 64         | Sprint       | Groningen        | 17.7 |
| 21.65  | Sam Monsels        | 53         | V&L/TC       | Hechtel(Be)      | 30.7 |
| 21.73  | Erik vd Veen       | 66         | A V R        |                  |      |
| 21.73  | 21.65 rw Hilversum | 23.5rw3.0  |              |                  |      |

20.97

21.36

|        |                       |            |               |                 |      |
|--------|-----------------------|------------|---------------|-----------------|------|
| 21.76  | Remy Siroen           | 68         | Keien         | Rehlingen(BRD)  | 26.6 |
| 21.83  | Kay Schaafsma         | 60         | P S V         | Eindhoven       | 23.5 |
| 21.84+ | Miquel Janssen        | 70         | A A C         | Willemstad(Cur) | 16.7 |
| 21.84+ | Paul Franklin         | 61         | Metro         | den Haag        | 1.5  |
|        | el 21.99 Zierikzee    | 15.5       |               |                 |      |
|        | 21.68rw Hilversum     | 23.5rw3.95 |               |                 |      |
| 21.84+ | Michel de Mol         | 68         | Hellas        | Vught           | 13.8 |
|        | el 22.02 Hechtel      | 24.8       |               |                 |      |
| 21.84+ | Arnie Kruisland       | 62         | V & L/TC      | Hengelo         | 22.5 |
|        | 21.87 el den Haag     | 10.7       |               |                 |      |
|        | 21.79rw den Haag      | 28.8rw4.59 |               |                 |      |
| 21.94+ | Martin Huizing        | 64         | A A C         | Utrecht         | 10.6 |
|        | el 22.04 Amsterdam    | 14.5       |               |                 |      |
|        | 21.73rw Hilversum     | 23.5rw3.95 |               |                 |      |
| 21.94+ | Marc Adriaenssens(Be) | 59         | V & L/TC      | Amsterdam       | 7.8  |
| 21.94+ | Hans Veurink          | 64         | Sp Reeuwijk   | Utrecht         | 10.6 |
| 21.94+ | Cees van Pelt         | 59         | Attila        | Nymegen         | 1.6  |
| 22.00  | Dick Jorissen         | 58         | A V R         | den Haag        | 10.7 |
| 22.01  | Maikel Boksteen       | 65         | V & L/TC      | den Haag        | 28.8 |
|        | 21.94rw den Haag      | 28.8rw4.59 |               |                 |      |
| 22.02  | Robert de Wit         | 62         | Unitas        | Sotteville(Fr)  | 22.6 |
| 22.03  | Frenk Perri           | 66         | V & L/TC      | Breda           | 12.6 |
| 22.04+ | René Dhore            | 65         | Tegelen       | Kerkrade        | 23.7 |
|        | el 22.07 Hechtel(Be)  | 2.8        |               |                 |      |
| 22.04+ | Danny van Eyk         | 58         | Startbaan     | Krommenie       | 8.7  |
|        | el 22.20 Amsterdam    | 14.5       |               |                 |      |
| 22.04+ | Bart Hogendoorn       | 68         | Sparta        | den Haag        | 8.6  |
|        | el 22.06 Hengelo      | 22.5       |               |                 |      |
| 22.04+ | Leo vd Meide          | 64         | P A C         | Utrecht         | 10.8 |
| 22.06  | Marc Weemaes          | 71         | Kimbria       | Uden            | 4.6  |
| 22.07  | Cees v Gelderen       | 65         | Lycurgus      | den Haag        | 10.7 |
|        | 21.94+rw Krommenie    | 24.7       |               |                 |      |
| 22.12  | Pel vd Kerkhof        | 68         | Hellas        | Leiden          | 12.5 |
| 22.13  | Henk Brouwer          | 53         | Ciko'66       | Groningen       | 17.7 |
| 22.14  | Armand Ellsworth      | 64         | Lycurgus      | den Haag        | 10.7 |
|        | 21.94+ rw Krommenie   | 24.7       |               |                 |      |
| 22.14+ | Marc vd Krogt         | 60         | Ilion         | Amsterdam       | 10.7 |
|        | el 22.16 Breda        | 12.6       |               |                 |      |
| 22.14+ | Rudi Nok              | 61         | Metro         | Utrecht         | 10.6 |
| 22.14+ | Oscar Terol           | 67         | A A C         | Krommenie       | 8.7  |
| 22.14+ | Leo Rietveld          | 61         | Sprint        | Mymegen         | 26.8 |
| 22.14+ | Mike Teverden         | 65         | Sparta        | den Haag        | 8.6  |
| 22.14+ | Philippe Roussay      | 63         | Hermes        | Utrecht         | 24.5 |
|        | el 22.43 Arnhem       | 17.8       |               |                 |      |
| 22.15  | Richard de Kleyn      | 63         | Tegelen       | Eindhoven       | 23.5 |
| 22.16  | Alfons Frankevijlle   | 64         | Schelde Sport | Terneuzen       | 17.9 |
| 22.18  | Jeroen vd Meer        | 61         | D E M         | Amsterdam       | 14.5 |
| 22.18  | Humphrey Straal       | 61         | V & L/TC      | den Haag        | 28.8 |
| 22.21  | Erik van Zee          | 71         | Typhoon       | Uden            | 4.6  |
| 22.24+ | Eelco Wapstra         | 67         | Impala/AAC    | Drachten        | 14.5 |
| 22.24+ | Maikel Breeveld       | 68         | Sprint        | Helmond         | 21.6 |

|        |                       |      |              |            |      |
|--------|-----------------------|------|--------------|------------|------|
| 22.24+ | Ydo van Oostende      | 70   | Athletics    | Losser     | 8.6  |
| 22.29  | Paul Dijkstra         | 62   | A A C        | Breda      | 12.6 |
| 22.29  | Fred v Klaveren       | 63   | Sparta       | den Haag   | 28.8 |
|        | 22.24+ rw Hilversum   | 23.5 | rw3.00       |            |      |
| 22.30  | Wendel Wijks          | 63   | Ilion        | Breda      | 12.6 |
| 22.33  | Mark Volmers          | 68   | A A C        | Breda      | 12.6 |
| 22.33  | Arjan Achterkamp      | 62   | Unitas       | den Haag   | 10.7 |
| 22.34  | Marcel Roorda         | 68   | T I O N      | Gendringen | 28.8 |
| 22.34+ | Steven Schilders      | 69   | Wielingen    | Vlissingen | 17.9 |
| 22.34+ | Erik Dokter           | 68   | Sperwers     | Drachten   | 13.5 |
| 22.34+ | Wim Raats             | 68   | Spado        | Middelburg | 21.8 |
| 22.34+ | Erik Roeske           | 60   | Hellas       | Utrecht    | 30.8 |
| 22.34+ | Arthur Bieri          | 64   | Metro        | Rotterdam  | 7.9  |
| 22.44+ | Marcel Dost           | 69   | T I O N      | Gendringen | 28.8 |
| 22.44+ | Camiel Wels           | 70   | Pr Hendrik   | Vught      | 13.8 |
| 22.44+ | Dave Elderenbosch     | 69   | A A C        | Utrecht    | 10.6 |
| 22.44+ | Remco Tournier        | 64   | A V R        | Rotterdam  | 7.9  |
| 22.44+ | Richard vd Berg       | 64   | A V N        | Nymegen    | 6.5  |
| 22.44+ | Danny Krekel          | 63   | A V R        | Rotterdam  | 17.8 |
| 22.44+ | Henri Kleine Koerkamp | 65   | Spirit L     | Amsterdam  | 7.8  |
| 22.44+ | Tom Moers             | 63   | Ilion        | Amsterdam  | 7.8  |
| 22.45  | Harold Jones          | 69   | A A C        | Krommenie  | 26.6 |
| 22.46  | Pierre Monté          | 64   | V & L/TC     | Hengelo    | 22.5 |
| 22.51  | Wilmer Kortlever      | 71   | Holland L    | Uden       | 4.6  |
| 22.53  | Jeroen Sunter         | 70   | Holland L    | Krommenie  | 26.6 |
| 22.54+ | Luc Theunissen        | 68   | A V N        | Nymegen    | 6.5  |
| 22.54+ | Rob Koning            | 64   | ARGO'77      | Hengelo    | 22.5 |
| 22.54+ | Herman Jansen         | 68   | Hercules     | Dordrecht  | 8.6  |
| 22.54+ | Ignario Coupain       | 61   | Metro        | Dordrecht  | 8.6  |
|        | el 22.48 den Haag     | 28.8 |              |            |      |
| 22.54+ | René Rijkelijkhuisen  | 58   | Startbaan    | Utrecht    | 24.5 |
| 22.54+ | Jack Wasser           | 64   | Oss'78       | Vught      | 13.8 |
|        | 22.24+rw Vught        | 15.5 | rw2.2        |            |      |
| 22.54+ | Marco Beukenkamp      | 63   | G A C-H      | Hilversum  | 2.9  |
| 22.54+ | Guus Groskamp         | 61   | Haarlem      | Leiden     | 3.8  |
| 22.54+ | Tom Franke            | 59   | A V N        | Vught      | 13.8 |
|        | el 22.72 Arnhem       | 17.8 |              |            |      |
| 22.55  | Olaf Senden           | 69   | Achilles Top | Kerkrade   | 14.5 |
| 22.56  | Ruben Ekhorst         | 61   | V & L/TC     | Amsterdam  | 29.5 |
| 22.59  | Clemens Moe           | 69   | Metro        | den Haag   | 28.8 |
| 22.59  | Wouter de Vries       | 65   | A T O S      | den Haag   | 28.8 |
| 22.62  | Guido Bonsen          | 69   | Hera         | Krommenie  | 26.6 |
| 22.64+ | Hans Wolters          | 70   | A V N        | Vught      | 13.8 |
| 22.64+ | Michel Geysels        | 70   | RK H A V     | Rotterdam  | 17.8 |
|        | el 22.79 Zierikzee    | 15.5 |              |            |      |
| 22.64  | André Verwei          | 67   | A V'56       | Zierikzee  | 15.5 |
| 22.64+ | Cees Beekmans         | 60   | Attila       | Veldhoven  | 1.5  |
| 22.64+ | Jan Verhulst          | 66   | Algemene     | Nymegen    | 24.6 |
| 22.64+ | Mark vd Berg          | 67   | Sparta       | den Haag   | 8.6  |
| 22.64+ | Hein Macnack          | 67   | Haarlem      | Amsterdam  | 10.7 |
| 22.64+ | Nico Treep            | 61   | Haarlem      | Haarlem    | 20.6 |
|        | 22.73 el Amsterdam    | 14.5 |              |            |      |

|                      |                   |    |           |            |            |
|----------------------|-------------------|----|-----------|------------|------------|
| 22.65                | Ronald Schoo      | 64 | Attila    | Roosendaal | 13.7       |
| 22.66                | Theo Dingemans    | 65 | A V'56    | Nymegen    | 25.5       |
| 22.67                | Yuri vd Burgt     | 71 | A V N     | Uden       | 4.6        |
| 22.72                | Mark Nederhand    | 66 | Lycurgus  | Amsterdam  | 14.5       |
| 22.73                | Leon Donners      | 64 | Unitas    | den Haag   | 10.7       |
| met rugwind ook nog: |                   |    |           |            |            |
| 22.23rw              | Maarten Smitskamp | 65 | Startbaan | Hilversum  | 23.5rw3.00 |
| 22.24+               | Jerry Monsels     | 60 | V & L/TC  | Hilversum  | 23.5rw3.95 |
| 22.42                | Gerard vd Linden  | 65 | G A C-H   | Hilversum  | 23.5rw3.00 |
| 22.64+               | Jeroen Knapen     | 65 | Holland H | Krommenie  | 24.7rw     |
| 22.64+               | Gerard v Keimpema | 67 | Hollandia | Hoorn      | 25.5rw4.3  |
| 22.65                | Paul van Dorst    | 67 | T H O R   | Hilversum  | 23.5rw     |

# de Volkskrant

HET MEEST INFORMATIEVE OCHTENDBLAD VAN NEDERLAND.

## DE VOORUITGANG

De beste 10 atleten omgerekend in de punten van nieuwe tienkamp-telling geeft een goede indicatie van vooruit- of achteruitgang door de tijd heen. Hieronder volgt een overzicht daarvan, voor ons weer berekend door Henri Haantjens Dekker, onder vriendelijke dankzegging:

|                 |       |         |     |       |         |     |
|-----------------|-------|---------|-----|-------|---------|-----|
| 1984            | heren | 166.504 | pnt | dames | 100.905 | pnt |
| 1985            |       | 166.946 | -   |       | 100.767 | -   |
| 1986            |       | 168.568 | -   |       | 101.654 | -   |
| 1987            |       | 168.343 | -   |       | 101.950 | -   |
| 1988            |       | 168.837 | -   |       | 103.698 | -   |
| hoera - hoera ! |       |         |     |       |         |     |

|                         |    |                  |             |         |        |
|-------------------------|----|------------------|-------------|---------|--------|
| <u>400 m hardlopen:</u> | NR | Arjan Visserman  | 45.68 s     | Hengelo | 270686 |
|                         | ER | Thomas Schönlebe | DDR 44.33 s | Rome    | 30987  |
|                         | WR | Butch Reynolds   | USA 43.29 s | Zürich  | 170888 |

de beste 10 aller tijden:

|       |                    |    |            |                     |        |
|-------|--------------------|----|------------|---------------------|--------|
| 45.1  | Harry Schulting    | 56 | Pr Hendrik | Recklinghausen(BRD) | 50879  |
| 45.68 | Arjen Visserman    | 65 | A A C      | Hengelo             | 270686 |
| 45.80 | Koen Gijsbers      | 58 | Bataven    | Lille(Fr)           | 40781  |
| 46.19 | Marcel Klarenbeek  | 60 | S O Soest  | Kil(Zwe)            | 240681 |
| 46.33 | Raymond Heerenveen | 48 | P E C      | Pretoria(ZA)        | 230375 |
| 46.46 | Toine vd Goolberg  | 50 | Ciko'66    | Rome(It)            | 20974  |
| 46.50 | Henk Brouwer       | 53 | Ciko'66    | Keulen(BRD)         | 210882 |
| 46.62 | Erik vd Veen       | 66 | A V R      | Utrecht             | 210687 |
| 46.65 | Allan Ellsworth    | 64 | Startbaan  | Sittard             | 240684 |
| 46.63 | Rob vd Klundert    | 66 | Sprint     | Groningen           | 170788 |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 46.17 | 48.98 | 49.84 | 50.54 |
| 1985 | 46.40 | 48.64 | 49.74 | 50.44 |
| 1986 | 45.68 | 48.54 | 49.44 | 50.34 |
| 1987 | 46.52 | 48.74 | 49.51 | 50.28 |
| 1988 | 46.45 | 48.40 | 49.44 | 50.34 |

|        |                 |    |             |             |      |
|--------|-----------------|----|-------------|-------------|------|
| 46.45  | Arjen Visserman | 65 | A A C       | Groningen   | 17.7 |
| 46.63  | Rob vd Klundert | 66 | Sprint      | Groningen   | 17.7 |
| 46.84  | Erik vd Veen    | 66 | A V R       | Hechtel(Be) | 30.7 |
| 46.91  | Junior de Lain  | 62 | Argo77/TION | Groningen   | 17.7 |
| 47.44+ | Pel vd Kerkhof  | 68 | Hellas      | Amsterdam   | 30.4 |
| 47.52  | Henk J Harbers  | 66 | A V A'70    | Praag(CSR)  | 19.8 |
| 47.54  | Allan Ellsworth | 64 | Lycurgus    | Groningen   | 17.7 |
| 47.64  | Eelco Wapstra   | 67 | Impala/AAC  | Breda       | 12.6 |
| 47.83  | Oscar Terol     | 67 | A A C       | Amsterdam   | 14.5 |
| 47.84+ | Cees van Pelt   | 59 | Attila      | Weert       | 22.5 |
|        | 47.97 el Vught  |    |             |             | 15.5 |

|        |                       |    |           |             |      |
|--------|-----------------------|----|-----------|-------------|------|
| 47.94+ | Marco Leenders        | 64 | A V N     | Beverwijk   | 10.7 |
| 47.94  | Ton Baltus            | 65 | Lycurgus  | Hoorn       | 18.9 |
| 47.97  | Erik Roeske           | 60 | Hellas    | Hoorn       | 18.9 |
| 48.00  | Marc Adriaenssens(Be) | 59 | V&L/TC    | den Haag    | 10.7 |
| 48.02  | Armand Ellsworth      | 64 | Lycurgus  | Breda       | 12.6 |
| 48.02  | Cees v Gelderen       | 65 | Lycurgus  | Hechtel(Be) | 30.7 |
| 48.21  | Robert de Wit         | 62 | Unitas    | Seoul(Kor)  | 3.10 |
| 48.34+ | Corné Koopmans        | 66 | Ciko'66   | Zevenaar    | 14.5 |
| 48.40  | Remco Tournier        | 64 | A V R     | Hengelo     | 14.8 |
| 48.46  | Menno Swier           | 66 | V & L/TC  | Amsterdam   | 29.5 |
| 48.48  | Leon Donners          | 64 | Unitas    | Amsterdam   | 29.5 |
| 48.54+ | Regilio vd Vloot      | 65 | D E M     | Leiden      | 22.9 |
| 48.70  | Maikel Breeveld       | 69 | Sprint    | Breda       | 12.6 |
| 48.74  | Wim Cools             | 61 | Keien     | Uden        | 24.4 |
| 48.74  | Maikel Visser         | 68 | G A C-H   | Amsterdam   | 14.5 |
| 48.74+ | Laurens Vlaar         | 68 | Hollandia | Krommenie   | 24.7 |
| 48.76  | Dave Elderenbosch     | 69 | A A C     | Hechtel(Be) | 30.7 |



|        |                         |    |              |                |      |
|--------|-------------------------|----|--------------|----------------|------|
| 48.84+ | Henri Kleine Koerkamp   | 63 | Spirit L     | Amsterdam      | 29.7 |
| 48.84+ | Erik Negenman           | 67 | Holland H    | Utrecht        | 26.6 |
| 48.94+ | Olaf Senden             | 69 | Achilles Top | Helmond        | 19.6 |
| 48.94+ | Ronald Maatman          | 63 | A V N        | Nymegen        | 6.5  |
| 48.94+ | Kees Boot               | 59 | N O P        | Zevenaar       | 14.5 |
| 49.04+ | Karel van Gelder        | 65 | Olympia Eh   | Amsterdam      | 9.9  |
| 49.04+ | Huog Kusters            | 62 | Unitas       | Kerkrade       | 6.8  |
| 49.06  | Jaap v Treyen           | 64 | A V R        | Breda          | 12.6 |
| 49.09  | Bart Hogendoorn         | 68 | Sparta       | Beverwijk      | 10.7 |
| 49.14+ | Arjan Achterkamp        | 62 | Unitas       | Nymegen        | 6.5  |
| 49.17  | Marc Volmers            | 68 | A A C        | Amsterdam      | 14.5 |
| 49.20  | Martin Huizing          | 64 | A A C        | Breda          | 12.6 |
| 49.24+ | Robert Moen             | 65 | D E M        | Heerhugowaard  | 29.5 |
| 49.24+ | Titus Fierkens          | 67 | A V N        | Uden           | 16.8 |
| 49.24+ | Xander Duynisveld       | 68 | Pr Hendrik   | Amsterdam      | 10.7 |
| 49.24+ | Rudy Nok                | 61 | Metro        | Amsterdam      | 7.8  |
| 49.31  | Steven Sloof            | 65 | G V A V      | Hengelo        | 21.5 |
| 49.34+ | Michel Geysels          | 70 | RK H A V     | Rotterdam      | 19.6 |
| 49.34+ | André Verwei            | 67 | A V'56       | Rotterdam      | 11.5 |
| 49.34+ | 49.42 el Zierikzee 14.5 |    |              |                |      |
| 49.34+ | Ron Huibers             | 59 | Holland H    | Utrecht        | 26.6 |
| 49.34+ | Rob Koning              | 64 | ARGO'77      | Kerkrade       | 10.7 |
| 49.38  | Bart Takkenkamp         | 68 | Sprint       | Vught          | 15.5 |
| 49.44+ | Gijsbert Remmerzwaal    | 64 | Bataven      | Leiden         | 17.8 |
| 49.44+ | Hans te Wierike         | 66 | T I O N      | Amsterdam      | 10.7 |
| 49.47  | Roelant Verbeek         | 69 | V & L/TC     | Leiden         | 4.9  |
| 49.54  | Pierre Monte            | 64 | V & L/TC     | Breda          | 12.6 |
| 49.54+ | Sjaak van Zuylen        | 62 | A V N        | Uden           | 16.8 |
| 49.60  | Marco Beukenkamp        | 63 | G A C-H      | Kopenhagen(De) | 2.7  |
| 49.63  | Guus Groskamp           | 62 | Haarlem      | Amsterdam      | 29.5 |
| 49.64+ | Erik Dokter             | 68 | Sperwers     | Hengelo        | 29.6 |
| 49.64+ | Jos de Haan             | 60 | Hellas       | Amsterdam      | 10.7 |
| 49.64+ | Rachid Fadis            | 64 | Spark        | Leiden         | 22.9 |
| 49.72  | Jan Stenger             | 69 | A T O S      | Hoorn          | 18.9 |
| 49.74+ | Ignario Coupain         | 61 | Metro        | Utrecht        | 21.8 |
| 49.82  | Wim van Gelderen        | 63 | Lycurgus     | Hoorn          | 18.9 |
| 49.84+ | Guido Bonsen            | 69 | Hera         | Krommenie      | 8.5  |
| 49.84+ | Ron Postema             | 68 | Nea Volhard  | Breda          | 10.7 |
| 49.89  | Tom Moers               | 63 | Ilion        | Breda          | 12.6 |
| 49.90  | Ruud Kuypers            | 66 | A V'40       | Zierikzee      | 14.5 |
| 49.93  | Anthony Ott             | 69 | A A C        | Eindhoven      | 21.5 |
| 49.94+ | Vincent Hoek            | 71 | Avantri      | Rotterdam      | 19.6 |
| 49.94+ | Hanno vd Loo            | 68 | A V'47       | Amsterdam      | 24.6 |
| 49.94+ | Jeroen Prent            | 65 | Sp Reeuwijk  | Breda          | 10.7 |
| 49.98  | Miquel Janssen          | 70 | A A C        | den Haag       | 11.9 |
| 50.03  | Stefan Beerepoot        | 71 | Hollandia    | Uden           | 4.6  |
| 50.04  | Arjan Rijnsburger       | 72 | Holland L    | Zwolle         | 11.6 |
| 50.04+ | Jim vd Mee              | 63 | Noordkop     | Heerhugowaard  | 6.5  |
| 50.04+ | Helvin Felix            | 58 | A V N        | Nymegen        | 3.6  |
| 50.04+ | Henk Brouwer            | 53 | Ciko'66      | Arnhem         | 12.6 |
| 50.04+ | Erik Witpeerd           | 68 | Startbaan    | Amsterdam      | 1.7  |
| 50.04+ | Paul vd Brink           | 65 | Pynenburg    | Huizen         | 6.7  |

|        |                      |    |              |              |      |
|--------|----------------------|----|--------------|--------------|------|
| 50.04+ | Leo Rietveld         | 61 | Sprint       | Vught        | 13.9 |
| 50.07  | Marinus Rosbergen    | 66 | A V'40       | den Haag     | 27.8 |
| 50.14+ | Anne Nooitgedacht    | 65 | Horror       | Breda        | 10.7 |
| 50.14+ | Franklin van Uden    | 70 | H A C        | Helmond      | 19.6 |
| 50.14+ | Arno Bracco Gartner  | 70 | A V'40       | Rotterdam    | 12.5 |
| 50.21  | Bob de Graaf         | 56 | V & L/TC     | Breda        | 12.6 |
| 50.24+ | John Counotte        | 70 | Achilles Top | Kerkrade     | 10.7 |
| 50.24+ | Robert J Kokshoorn   | 69 | Sparta       | Rotterdam    | 19.6 |
| 50.24+ | Tom Franke           | 59 | A V N        | Nymegen      | 12.6 |
| 50.24+ | Mike Tevreden        | 65 | Sparta       | den Haag     | 3.6  |
| 50.24+ | Bert Flamma          | 65 | ARGO'77      | Kerkrade     | 10.7 |
| 50.25  | Hans van Eeden       | 65 | P S V        | Vught        | 15.5 |
| 50.29  | Jeroen Arentsman     | 69 | Waterland    | Amsterdam    | 19.6 |
| 50.33  | René Peeters         | 68 | Atledo       | Vught        | 15.5 |
| 50.33  | Peter van Lochem     | 68 | A V'40       | Zierikzee    | 14.5 |
| 50.34  | Marcel vd Walle      | 67 | Sparta       | Hengelo      | 21.5 |
| 50.34+ | Bert van Wijngaarden | 68 | Zaanland     | Amsterdam    | 15.4 |
| 50.34+ | Harold Jones         | 69 | A A C        | Amsterdam    | 10.7 |
| 50.34+ | Eddy vd Made         | 69 | Sprint       | Breda        | 10.7 |
| 50.34+ | Steve Ringeling      | 61 | V & L/TC     | Breda        | 10.7 |
| 50.34+ | Leo vd Meide         | 64 | P A C        | Kerkrade     | 10.7 |
| 50.34+ | Arno van Heyst       | 60 | A V N        | Valkenswaard | 3.9  |
| 50.34+ | Harold van Riessen   | 69 | P E C        | Zwolle       | 19.6 |

|                        |    |               |         |          |                 |
|------------------------|----|---------------|---------|----------|-----------------|
| <u>800 m hardlopen</u> | NR | Rob Druppers  | 1.43.56 | m Keulen | 250885          |
|                        | ER | Sebastian Coe | G B     | 1.41.73  | Florence 100681 |
|                        | WR | idem          |         |          |                 |

*Dicks (23)*  
*146.69*  
de beste 10 aller tijden:

|                  |                   |         |             |               |                            |
|------------------|-------------------|---------|-------------|---------------|----------------------------|
| 1.43.56          | Rob Druppers      | 62      | Hellas      | Keulen(BRD)   | 250885                     |
| 1.45.17          | Robin van Helden  | 65      | V & L/TC    | Hengelo       | 190787                     |
| 1.46.4           | Sjef Hengsens     | 48      | Achilles T  | Papendal      | 160671                     |
| 1.46.6           | Arno Körmeling    | 56      | Sisu        | Oslo(No)      | 70678                      |
| 1.46.8           | Koen Gijsbers     | 58      | Bataven     | Papendal      | 270979                     |
| 1.46.85          | Han Kulker        | 59      | Bataven     | Essen(BRD)    | 210685                     |
| 1.47.1           | Evert Hoving      | 53      | N O P       | Sittard       | 100777                     |
| 1.47.2           | Frank Nusse       | 53      | A A C       | Papendal      | 160775                     |
| 1.47.34          | Marco Leenders    | 64      | A V N       | Hechtel(Be)   | 300788                     |
| 1.47.5           | Bram Wassenaar    | 44      | A V'23      | Papendal      | 160671                     |
| <i>f 1.45.76</i> | <i>Ton Baltus</i> |         | <i>Lupe</i> | <i>Alenpe</i> | <i>14079 Balin 18/8/89</i> |
| <i>50</i>        |                   | 1       | 20          | 50            | 100                        |
|                  | 1984              | 1.44.60 | 1.51.7      | 1.53.2        | 1.55.3                     |
|                  | 1985              | 1.43.56 | 1.52.1      | 1.54.0        | 1.55.2                     |
|                  | 1986              | 1.45.29 | 1.51.3      | 1.53.0        | 1.54.8                     |
|                  | 1987              | 1.45.49 | 1.50.81     | 1.52.9        | 1.54.9                     |
|                  | 1988              | 1.44.98 | 1.51.47     | 1.53.5        | 1.54.8                     |

|         |                  |    |          |             |      |
|---------|------------------|----|----------|-------------|------|
| 1.44.98 | Rob Druppers     | 62 | Hellas   | Sevilla(Sp) | 1.6  |
| 1.45.17 | Robin van Helden | 65 | V & L/TC | Hengelo     | 14.8 |
| 1.47.25 | Han Kulker       | 59 | Bataven  | Essen(BRD)  | 2.9  |
| 1.47.34 | Marco Leenders   | 64 | A V N    | Hechtel(Be) | 30.7 |
| 1.47.67 | Ton Baltus       | 65 | Lycurgus | Essen(BRD)  | 2.9  |
| 1.48.3  | Hugo Kusters     | 62 | Unitas   | Nymegen     | 5.6  |
| 1.49.18 | Ton Luycks       | 64 | T H O R  | Hechtel(Be) | 30.7 |

|         |                    |    |            |               |      |
|---------|--------------------|----|------------|---------------|------|
| 1.49.3  | Luc Krotwaar       | 68 | P S V      | Kevelaer(BRD) | 15.6 |
| 1.49.48 | Sjaak van Zuylen   | 62 | A V N      | Hechtel(Be)   | 30.7 |
| 1.49.7  | Paul vd Brink      | 65 | Pynenburg  | Nymegen       | 6.5  |
| 1.50.04 | Titus Fierkens     | 67 | A V N      | Gendringen    | 28.8 |
| 1.50.41 | Marinus Rosbergen  | 66 | A V'40     | Hechtel(Be)   | 30.7 |
| 1.50.5  | Rachid Fadis       | 64 | Spark      | Vlissingen    | 17.9 |
| 1.50.80 | Henk Harbers       | 66 | A V A'70   | Essen(BRD)    | 2.9  |
| 1.50.89 | Frank Wiegman      | 64 | Tartletos  | Duffel(Be)    | 6.8  |
| 1.50.92 | Siem Boekel        | 61 | Lycurgus   | Groningen     | 17.7 |
| 1.51.2  | Erik Roeske        | 60 | Hellas     | Amsterdam     | 10.7 |
| 1.51.2  | Leon Haan          | 68 | A V'34-A   | Amstelveen    | 11.9 |
| 1.51.3  | Hans Bloemendaal   | 66 | Lycurgus   | Nymegen       | 3.6  |
| 1.51.47 | Vincent Hoek       | 71 | Avantri    | Rotterdam     | 12.5 |
| 1.51.5  | Roelant Verbeek    | 69 | V & L/TC   | Rotterdam     | 17.8 |
| 1.51.52 | Fred van Kaam      | 63 | D E M      | Beverwijk     | 10.7 |
| 1.51.63 | Rens Eising        | 69 | Zaanland   | Leiden        | 12.5 |
| 1.51.7  | André Hermsen      | 64 | Hellas     | Nymegen       | 3.6  |
| 1.51.7  | Stijn vd Krogt     | 66 | Ilion      | Amsterdam     | 10.7 |
| 1.51.75 | Arjen Visserman    | 65 | A A C      | den Haag      | 10.7 |
| 1.51.82 | Michael Visser     | 68 | G A C-H    | Beverwijk     | 10.7 |
| 1.51.9  | Herman Hofstee     | 63 | D O S-Dw   | Drachten      | 10.9 |
| 1.52.00 | Bob Dielis         | 65 | H A C      | den Haag      | 10.7 |
| 1.52.0  | René Zanderink     | 59 | P S V      | Hechtel(Be)   | 30.7 |
| 1.52.21 | Jaap van Treyen    | 64 | A V R      | Hengelo       | 14.8 |
| 1.52.3  | Dick van Driest    | 64 | A T O S    | Lisse         | 10.8 |
| 1.52.4  | Gert Tromp         | 62 | Gemzen     | Nymegen       | 3.6  |
| 1.52.43 | Marc Borghans      | 60 | Unitas     | den Haag      | 10.7 |
| 1.52.5  | Paul Hagendoren    | 67 | Unitas     | Sittard       | 10.9 |
| 1.52.7  | Rob Sluypers       | 68 | A V O N    | Sittard       | 10.9 |
| 1.52.9  | Ronald Maatman     | 63 | A V N      | Vught         | 28.6 |
| 1.53.0  | Erik vd Veen       | 66 | A V R      | Hechtel(Be)   | 30.7 |
| 1.53.03 | Marc van Rooy      | 60 | A A C      | Breda         | 12.6 |
| 1.53.1  | Jan Schenkman      | 64 | A V N      | Nymegen       | 3.6  |
| 1.53.1  | Stefan Beerepoot   | 71 | Hollandia  | Hoorn         | 19.6 |
| 1.53.2  | Cees Ruyter        | 56 | Pr Hendrik | Vught         | 28.6 |
| 1.53.2  | Jan van Heel       | 64 | P A C      | Nymegen       | 26.8 |
| 1.53.22 | Laurens Vlaar      | 68 | Hollandia  | Papendal      | 8.6  |
| 1.53.3  | Gerrit Doornewaard | 64 | Gemzen     | Hechtel(Be)   | 30.7 |
| 1.53.31 | Erik Kramer        | 66 | A A C      | Utrecht       | 5.8  |
| 1.53.4  | Gertjan Faas       | 65 | Spartaan   | Lisse         | 10.8 |
| 1.53.4  | Jan Jansen         | 65 | Bataven    | Leiden        | 3.8  |
| 1.53.5  | Erik Witpeerd      | 68 | Startbaan  | Santpoort     | 23.6 |
| 1.53.5  | Bert Bouma         | 59 | A T O S    | Leiden        | 3.8  |
| 1.53.6  | Ton Verbaandert    | 69 | G V A C    | Hechtel(Be)   | 1.6  |
| 1.53.7  | Ron Kalisvaart     | 60 | Sparta     | Nymegen       | 3.6  |
| 1.53.80 | Jacob Wagenaar     | 69 | Horror     | Krommenie     | 26.6 |
| 1.53.8  | Edwin Fey          | 63 | Lycurgus   | Krommenie     | 8.7  |
| 1.53.8  | Erik Hopman        | 60 | A A C      | Amsterdam     | 10.7 |
| 1.53.8  | Paul Jaspers       | 65 | Haarlem    | Leiden        | 3.8  |
| 1.53.8  | Frank Witpeerd     | 62 | Startbaan  | Amstelveen    | 11.9 |
| 1.53.88 | Henk Gommer        | 62 | Tartletos  | Utrecht       | 5.8  |

|         |                     |    |            |             |      |
|---------|---------------------|----|------------|-------------|------|
| 1.54.0  | Ferry ten Hove      | 64 | Spark      | Vlissingen  | 17.9 |
| 1.54.0  | Cees Haasnoot       | 63 | Bataven    | Amsterdam   | 24.6 |
| 1.54.0  | Jos Kapteyn         | 65 | Trias      | Krommenie   | 8.7  |
| 1.54.1  | Gert vd Weele       | 64 | A V'56     | Nymegen     | 6.5  |
| 1.54.1  | Bart Takkenkamp     | 68 | Sprint     | Helmond     | 31.5 |
| 1.54.2  | Marcel Versteeg     | 65 | V & L/TC   | Utrecht     | 23.5 |
| 1.54.2  | Arno van Heyst      | 60 | A V N      | Nymegen     | 26.8 |
| 1.54.2  | Wim Cools           | 61 | Keien      | Hechtel(Be) | 1.5  |
| 1.54.23 | Peter van Dijk      | 70 | H A C      | den Haag    | 11.9 |
| 1.54.3  | Ted Smit            | 72 | Nova       | Haarlem     | 28.5 |
| 1.54.3  | Kees vd Berge       | 67 | Lycurgus   | Krommenie   | 8.7  |
| 1.54.3  | Han Baauw           | 63 | Haarlem    | Amsterdam   | 10.7 |
| 1.54.3  | Cees van Pelt       | 59 | Attila     | Sittard     | 20.8 |
| 1.54.3  | Jeroen Linneman     | 64 | T I O N    | Utrecht     | 5.8  |
| 1.54.3  | Aloys Sesink        | 66 | G V A C    | Hechtel(Be) | 1.6  |
| 1.54.4  | Peter Gisberts      | 70 | Achilles T | Sittard     | 13.8 |
| 1.54.4  | Danny Hoedemakers   | 69 | Venray     | Helmond     | 31.5 |
| 1.54.4  | Arwin Zijlema       | 65 | Ciko'66    | Nijmegen    | 3.6  |
| 1.54.4  | Hans Kemper         | 64 | V & L/TC   | Utrecht     | 10.6 |
| 1.54.4  | Paul Hopman         | 63 | Trias      | Krommenie   | 8.7  |
| 1.54.4  | Hans van Eeden      | 65 | P S V      | Vught       | 28.6 |
| 1.54.4  | Wilfried v Meer     | 66 | Scorpio    | Vught       | 28.6 |
| 1.54.4  | John Duinmeyer      | 68 | D E M      | Amstelveen  | 11.9 |
| 1.54.44 | Keesjan Bongaertz   | 71 | V & L/TC   | den Haag    | 11.9 |
| 1.54.47 | Cock vd Hulst       | 60 | Hera       | Beverwijk   | 10.7 |
| 1.54.5  | Ronald Marcelina    | 46 | A A C      | Amstelveen  | 11.9 |
| 1.54.5  | Peter Meyer         | 64 | Lycurgus   | Utrecht     | 5.8  |
| 1.54.5  | Erik Punt           | 66 | P A C      | Vlissingen  | 29.6 |
| 1.54.58 | Robert J Kokshoorn  | 69 | Sparta     | Krommenie   | 26.6 |
| 1.54.6  | Peter vd Velden     | 68 | A V R      | Rotterdam   | 7.9  |
| 1.54.6  | Rud Kuypers         | 66 | A V'40     | Rotterdam   | 7.9  |
| 1.54.61 | Eddy Kiemel         | 71 | A T C'75   | Uden        | 5.6  |
| 1.54.7  | Hans vd Mortel      | 61 | L G D      | Vught       | 28.6 |
| 1.54.7  | Wim Scheffer        | 67 | Pallas'67  | Vught       | 28.6 |
| 1.54.7  | Ron Bijleveld       | 57 | P A C      | Amsterdam   | 30.8 |
| 1.54.7  | Michel Versteegen   | 68 | Bataven    | Leiden      | 9.9  |
| 1.54.71 | Jos Verbeek         | 62 | V & L/TC   | Breda       | 12.6 |
| 1.54.76 | Richard Zethof      | 67 | A V A'64   | Hengelo     | 22.5 |
| 1.54.80 | Marcel den Hartigh  | 65 | Ciko'66    | Arnhem      | 17.8 |
| 1.54.8  | Oscar Terol         | 67 | A A C      | den Haag    | 28.8 |
| 1.54.8  | Marco Peters        | 61 | Olympia Eh | Eindhoven   | 11.5 |
| 1.54.8  | Norbert Groenewegen | 59 | Sparta     | Nymegen     | 3.6  |
| 1.54.8  | Arno Bracco Gartner | 70 | A V'40     | Utrecht     | 10.6 |
| 1.54.8  | Erik Edelman        | 62 | A V R      | Leiden      | 3.8  |
| 1.54.8  | Ron Vlenterie       | 59 | Unitas     | Sittard     | 20.8 |

|                   |    |               |             |            |        |
|-------------------|----|---------------|-------------|------------|--------|
| <u>1000 meter</u> | NR | Rob Druppers  | 2.15.23     | m Utrecht  | 170885 |
|                   | ER | Sebastian Coe | G B 2.12.18 | m Oslo(No) | 110781 |
|                   | WR | idem          |             |            |        |

nog weing gegevens

|         |                     |    |              |             |      |
|---------|---------------------|----|--------------|-------------|------|
| 2.18.95 | Rob Druppers        | 62 | Hellas       | Madrid(Sp)  | 7.6  |
| 2.21.90 | Robin van Helden    | 65 | V & L/TC     | Nagano(Jap) | 15.9 |
| 2.23.30 | Han Kulker          | 59 | Bataven      | Nagano(Jap) | 15.9 |
| 2.23.8  | Sjaak van Zuylen    | 62 | A V N        | Helmond     | 23.8 |
| 2.24.2  | Frank Wiegman       | 64 | Tartletos    | Zwolle      | 22.6 |
| 2.24.4  | Hugo Kusters        | 62 | Unitas       | Helmond     | 23.8 |
| 2.24.9  | Marinus Rosbergen   | 66 | A V'40       | Lisse       | 30.8 |
| 2.25.2  | Marc van Rooy       | 60 | A A C        | Aalsmeer    | 29.4 |
| 2.25.7  | Frank Assmann       | 66 | Pr Hendrik   | Vught       | 13.8 |
| 2.26.1  | Dick van Driest     | 64 | A T O S      | Lisse       | 30.8 |
| 2.26.2  | Roelant Verbeek     | 69 | V & L/TC     | Leiden      | 20.7 |
| 2.26.2  | Jan Jansen          | 65 | Bataven      | Leiden      | 20.7 |
| 2.26.5  | Cees Ruyter         | 56 | Pr Hendrik   | Vught       | 13.8 |
| 2.26.6  | André Hermesen      | 64 | Hellas       | Amsterdam   | 21.7 |
| 2.26.8  | Richard Zethof      | 67 | A V A'64     | Aalsmeer    | 29.4 |
| 2.26.9  | Hans Post           | 60 | V & L/TC     | Leiden      | 20.7 |
| 2.27.4  | Henk Gommer         | 62 | Tartletos    | Zwolle      | 22.6 |
| 2.27.4  | Vincent Hoek        | 72 | Avantri      | Leiden      | 20.7 |
| 2.27.5  | Hans Koenekoop      | 65 | A A V'36     | Leiden      | 20.7 |
| 2.27.6  | Marco Eskes         | 62 | Waterland    | Amsterdam   | 21.7 |
| 2.27.8  | Norbert Groenewegen | 59 | Sparta       | Leiden      | 20.7 |
| 2.27.8  | Emile Vrijman       | 62 | Metro        | Lisse       | 30.8 |
| 2.27.9  | Edwin Fey           | 63 | Lycurgus     | Leiden      | 20.7 |
| 2.28.1  | Marcel den Hartigh  | 65 | Ciko'66      | Vught       | 13.8 |
| 2.28.2  | Edwin Aardenburg    | 62 | D E M        | Amsterdam   | 21.7 |
| 2.28.3  | Bert Bouma          | 59 | A T O S      | Lisse       | 30.8 |
| 2.28.4  | Jan van Heel        | 64 | P A C        | Lisse       | 30.8 |
| 2.28.4  | René Jacobs         | 69 | Jasper Sport | Hechtel(Be) | 30.6 |
| 2.28.45 | Ton Baltus          | 65 | Lycurgus     | Lisse       | 7.5  |
| 2.28.5  | Hans vd Mortel      | 61 | L G D        | Vught       | 13.8 |
| 2.28.5  | Hans van Voorden    | 62 | Bataven      | Lisse       | 30.8 |
| 2.28.7  | Kees vd Berge       | 67 | Lycurgus     | Leiden      | 20.7 |
| 2.28.7  | Jan Verloop         | 59 | Bataven      | Lisse       | 30.8 |
| 2.28.7  | Ronald Schut        | 66 | P S V        | Helmond     | 23.8 |
| 2.28.9  | Erik Punt           | 66 | P A C        | Vught       | 13.8 |
| 2.28.9  | Bob vd Rhee         | 62 | Metro        | Leiden      | 20.7 |
| 2.28.9  | Hans Wijnen         | 65 | Unitas       | Hechtel(Be) | 30.6 |
| 2.29.0  | John Duinmeyer      | 68 | D E M        | Leiden      | 20.7 |
| 2.29.1  | Wim Scheffer        | 67 | Pallas'67    | Utrecht     | 24.5 |
| 2.29.2  | Michael Visser      | 68 | G A C-H      | Hilversum   | 1.6  |
| 2.29.3  | Ron Vlenterie       | 59 | Unitas       | Helmond     | 23.8 |
| 2.29.1  | Olaf Buelens        | 70 | H A C        | Helmond     | 23.8 |
| 2.29.2  | Peter van Dijk      | 70 | H A C        | Helmond     | 23.8 |
| 2.29.5  | Jan Korevaar        | 61 | Sliedr Sport | Leiden      | 20.7 |
| 2.29.7  | Jan van Heteren     | 58 | Sliedr Sport | Utrecht     | 24.5 |
| 2.29.8  | Bert Tiems          | 59 | Hellas       | Utrecht     | 24.5 |
| 2.29.8  | Ben Hölscher        | 66 | A A C        | Amsterdam   | 21.7 |
| 2.30.2  | Edwin Veenstra      | 67 | T I O N      | Zwolle      | 22.6 |
| 2.30.3  | Ron Kalisvaart      | 60 | Sparta       | Leiden      | 20.7 |
| 2.30.4  | Cees Haasnoot       | 63 | Bataven      | Leiden      | 20.7 |
| 2.30.7  | Erik Kahls          | 67 | D E M        | Amsterdam   | 21.7 |
| 2.30.7  | Kees J Schuurman    | 63 | A T O S      | Lisse       | 30.8 |

|                   |    |              |     |           |           |        |
|-------------------|----|--------------|-----|-----------|-----------|--------|
| <u>1500 meter</u> | NR | Rob Druppers |     | 3.35.07 m | W Berlijn | 230885 |
|                   | ER | Steve Cramm  | G B | 3.29.67 - | Nice(Fr)  | 160785 |
|                   | WR | Said Aouita  | Mar | 3.28.46 - | W Berlijn | 230885 |

de 10 beste aller tijden:

|                    |                |         |        |                 |                |     |
|--------------------|----------------|---------|--------|-----------------|----------------|-----|
| 3.35.07            | Rob Druppers   | Hellas  | 62     | W Berlijn       | 230885         |     |
| 3.36.08            | Han Kulker     | Bataven | 49     | Rome(It)        | 40987          |     |
| 3.37.31            | Evert Hoving   | N O P   | 53     | Stockholm(Zwe)  | 50776          |     |
| 3.37.8             | Haico Scharn   | Ciko'66 | 45     | Aarhus(Den)     | 240673         |     |
| 3.38.27            | Joost Borm     | Phoenix | 56     | Brussel(Be)     | 40979          |     |
| 3.38.83            | Klaas Lok      | Phoenix | 55     | Goteborg(Zwe)   | 70879          |     |
| 3.39.02            | Marc Borghans  | Unitas  | 60     | Koblenz(BRD)    | 130887         |     |
| 3.39.1             | Bram Wassenaar | A V'23  | 44     | Aarhus(Den)     | 240673         |     |
| 3.40.10            | Wibo Lelyveld  | Bataven | 57     | Brussel(Be)     | 180878         |     |
| 3.37.80<br>3.40.18 | Bob Dielis     | H A C   | 65     | Hechtel(Be)     | 300788         |     |
| 3.36.16            | " "            | " "     | " "    | <i>Helsinki</i> | <i>13-8-89</i> |     |
|                    |                |         | 1      | 20              | 50             | 100 |
| 1984               | 3.39.3         | 3.48.8  | 3.53.8 | 3.57.0          |                |     |
| 1985               | 3.35.1         | 3.49.2  | 3.54.0 | 3.57.6          |                |     |
| 1986               | 3.36.6         | 3.48.6  | 3.53.6 | 3.57.4          |                |     |
| 1987               | 3.36.1         | 3.49.9  | 3.54.7 | 3.57.4          |                |     |
| 1988               | 3.36.99        | 3.48.3  | 3.54.2 | 3.57.2          |                |     |

|         |                   |    |           |                 |      |
|---------|-------------------|----|-----------|-----------------|------|
| 3.36.99 | Han Kulker        | 59 | Bataven   | Hengelo         | 14.8 |
| 3.39.31 | Rob Druppers      | 62 | Hellas    | Jerez(Sp)       | 28.6 |
| 3.40.18 | Bob Dielis        | 65 | H A C     | Hechtel(Be)     | 30.7 |
| 3.41.40 | Marc Borghans     | 60 | Unitas    | Hengelo         | 14.8 |
| 3.41.58 | Luc Krotwaar      | 68 | P S V     | Palermo         | 25.6 |
| 3.41.93 | Marcel Versteeg   | 65 | V & L/TC  | Hechtel(Be)     | 30.7 |
| 3.42.86 | Herman Hofstee    | 63 | D O S-Dw  | Hengelo         | 21.5 |
| 3.43.27 | Aart Bakker       | 61 | Tartletos | Hengelo         | 14.8 |
| 3.43.56 | Robin van Helden  | 65 | V & L/TC  | Leverkusen(BRD) | 28.6 |
| 3.45.15 | Frank Wiegman     | 64 | Tartletos | Hengelo         | 14.8 |
| 3.45.20 | Jan Jansen        | 65 | Bataven   | Hengelo         | 14.8 |
| 3.45.4  | Marco Leenders    | 64 | A V N     | Vught           | 7.6  |
| 3.45.50 | Marinus Rosbergen | 66 | A V'40    | Hengelo         | 14.8 |
| 3.46.37 | Henk Gommer       | 62 | Tartletos | Hengelo         | 14.8 |
| 3.46.6  | Marc van Rooy     | 60 | A A C     | Papendal        | 7.9  |
| 3.46.7  | Rens Eising       | 69 | Zaanland  | Neerpelt(Be)    | 18.7 |
| 3.46.76 | Paul Jaspers      | 65 | Haarlem   | Hechtel(Be)     | 30.7 |
| 3.47.0  | Hans Bloemendaal  | 66 | Lycurgus  | Papendal        | 24.6 |
| 3.47.49 | André Hermesen    | 64 | Hellas    | Hechtel(Be)     | 30.7 |
| 3.48.3  | Gert Tromp        | 62 | Gemzen    | Papendal        | 24.6 |
| 3.48.7  | Richard Kooyman   | 63 | A V R     | Rotterdam       | 15.6 |
| 3.48.8  | Ton Verbaandert   | 69 | G V A C   | Neerpelt(Be)    | 18.7 |
| 3.48.8  | Emile Vrijman     | 62 | Metro     | Papendal        | 7.9  |
| 3.49.12 | Jeroen Linneman   | 64 | T I O N   | Hechtel(Be)     | 30.7 |
| 3.49.8  | Hans van Voorden  | 62 | Bataven   | Papendal        | 7.9  |
| 3.49.9  | Ton Baltus        | 65 | Lycurgus  | Papendal        | 7.9  |
| 3.50.1  | Jos Verbeek       | 62 | V & L/TC  | Rotterdam       | 15.6 |
| 3.51.0  | Paul Hagendoren   | 66 | Unitas    | Helmond         | 21.6 |
| 3.51.2  | Ron Vlenterie     | 59 | Unitas    | Helmond         | 21.6 |
| 3.51.6  | Dick van Driest   | 64 | A T O S   | Leiden          | 30.6 |
| 3.51.6  | Martien vd Hoorn  | 55 | AAV'36    | Leiden          | 17.8 |

3.48.79 *Debus*

|         |                    |    |              |                |      |
|---------|--------------------|----|--------------|----------------|------|
| 3.51.82 | Fred van Kaam      | 63 | D E M        | Amsterdam      | 14.5 |
| 3.52.0  | Marc Jaspers       | 65 | Unitas       | Kerkrade       | 3.6  |
| 3.52.1  | Bert Bouma         | 59 | A T O S      | Papendal       | 7.9  |
| 3.52.2  | Tony Dirks         | 61 | Keien        | Roosendaal     | 29.5 |
| 3.52.5  | Paul Hopman        | 63 | Trias        | Papendal       | 7.9  |
| 3.52.55 | Gert vd Weele      | 64 | A V'56       | Arnhem         | 23.5 |
| 3.52.69 | Erik Hopman        | 60 | A A C        | Hengelo        | 14.8 |
| 3.52.7  | Patrick Aris       | 56 | V & L/TC     | Leiden         | 30.6 |
| 3.52.7  | René Godlieb       | 66 | A A C        | Papendal       | 7.9  |
| 3.52.9  | Erik Edelman       | 62 | A V R        | Leiden         | 17.8 |
| 3.53.0  | Kees van Klink     | 56 | Bataven      | Leiden         | 17.8 |
| 3.53.3  | Johan Kuijpers     | 65 | Unitas       | Helmond        | 21.6 |
| 3.53.3  | Keesjan Schuurman  | 63 | A T O S      | Beverwijk      | 26.8 |
| 3.53.4  | Erik Kahls         | 67 | D E M        | Leiden         | 17.8 |
| 3.53.5  | Edwin Aardenburg   | 62 | D E M        | Beverwijk      | 26.8 |
| 3.53.8  | Erik Punt          | 66 | P A C        | Nymegen        | 6.5  |
| 3.54.1  | Cees Haasnoot      | 63 | Bataven      | Leiden         | 17.8 |
| 3.54.2  | Erik Kramer        | 66 | A A C        | Amsterdam      | 7.8  |
| 3.54.2  | Ad Coolbergen      | 63 | Bataven      | Leiden         | 17.8 |
| 3.54.3  | Hans vd Mortel     | 61 | L G D        | Helmond        | 21.6 |
| 3.54.4  | Pieter vd Haas     | 58 | H A C        | Nymegen        | 6.5  |
| 3.54.4  | John vd Wansem     | 50 | Phoenix      | Breda          | 7.7  |
| 3.54.6  | Willem vd Worp     | 62 | ARGO'77      | Papendal       | 24.6 |
| 3.54.7  | Armand vd Smissen  | 68 | T H O R      | Roosendaal     | 29.5 |
| 3.54.8  | Marco Peters       | 61 | Olympia Eh   | Nymegen        | 6.5  |
| 3.54.8  | Jan Zethof         | 60 | A A C        | Amsterdam      | 29.5 |
| 3.54.8  | Jos Kapteyn        | 65 | Trias        | Leiden         | 17.8 |
| 3.54.9  | Ronald Schut       | 66 | P S V        | Roosendaal     | 29.5 |
| 3.54.9  | René Jacobs        | 69 | Jasper Sport | Bergen op Zoom | 13.9 |
| 3.55.0  | Hans Post          | 60 | V & L/TC     | Lisse          | 14.6 |
| 3.55.0  | Keesjan Bongaertz  | 71 | V & L/TC     | Amsterdam      | 1.10 |
| 3.55.1  | Jos Faber          | 66 | A V R        | Amsterdam      | 29.5 |
| 3.55.14 | Sjaak van Zuylen   | 62 | A V N        | Uden           | 24.4 |
| 3.55.2  | Leon Haan          | 68 | A V'34-A     | Papendal       | 24.6 |
| 3.55.2  | Gerrit Doornewaard | 64 | Gemzen       | Papendal       | 7.9  |
| 3.55.3  | Okke Jan Bosker    | 65 | G V A V      | Nymegen        | 6.5  |
| 3.55.6  | Jan van Heel       | 64 | P A C        | Leiden         | 17.8 |
| 3.55.6  | Edwin Fey          | 63 | Lycurgus     | Beverwijk      | 26.8 |
| 3.55.8  | Jos Sasse          | 57 | A V A'70     | Hengelo        | 3.7  |
| 3.55.85 | Richard Zethof     | 67 | A V A'64     | Amsterdam      | 14.5 |
| 3.55.9  | Kees vd Berge      | 67 | Lycurgus     | Papendal       | 7.9  |
| 3.56.0  | Guido Sasse        | 65 | A V A'70     | Hengelo        | 3.7  |
| 3.56.1  | Jan Laan           | 51 | N S L        | Lisse          | 14.6 |
| 3.56.1  | Jack van Bladel    | 65 | A V R'69     | Vught          | 7.6  |
| 3.56.17 | Edwin Veenstra     | 67 | T I O N      | Arnhem         | 23.5 |
| 3.56.2  | Ferry ten Hove     | 64 | Spark        | Utrecht        | 12.6 |
| 3.56.2  | Bert v Hamersveld  | 54 | A A C        | Amsterdam      | 1.10 |
| 3.56.3  | Ronald Klomp       | 62 | Sprint       | Bergen op Zoom | 13.9 |
| 3.56.4  | Roger Jaspers      | 63 | Unitas       | Hechtel(Be)    | 26.7 |
| 3.56.4  | Jos van Leeuwen    | 61 | V & L/TC     | Amsterdam      | 1.10 |

|         |                   |    |               |                |      |
|---------|-------------------|----|---------------|----------------|------|
| 3.56.4  | Ron Bijleveld     | 57 | P A C         | Helmond        | 28.8 |
| 3.56.5  | Wim Vessies       | 64 | D E M         | Heerhugowaard  | 29.5 |
| 3.56.5  | Willem Boon       | 61 | N S L         | Lisse          | 14.6 |
| 3.56.6  | Jan Schenkan      | 64 | A V N         | Nymegen        | 6.5  |
| 3.56.6  | Jan Korevaar      | 61 | Sliedr Sport  | Lisse          | 14.6 |
| 3.56.62 | Frank Assmann     | 66 | Pr Hendrik    | Uden           | 24.4 |
| 3.56.7  | Eyob Muller       | 67 | Spark         | Leiden         | 29.5 |
| 3.56.7  | Aloys Sesink      | 66 | G V A C       | Weert          | 29.5 |
| 3.56.7  | Michel Versteegen | 68 | Bataven       | Lisse          | 14.6 |
| 3.56.9  | Erik Casseling    | 66 | Marathon      | Bergen op Zoom | 13.9 |
| 3.57.03 | Ronald Mercelina  | 46 | A A C         | Hoorn          | 18.9 |
| 3.57.0  | Frank Reith       | 69 | T I O N       | Hengelo        | 3.7  |
| 3.57.0  | Arno van Heygt    | 60 | A V N         | Papendal       | 7.9  |
| 3.57.02 | Martijn Slaats    | 56 | Gen.Michaelis | Vught          | 15.5 |
| 3.57.1  | Simon Vroemen     | 69 | Achilles EL   | Vught          | 7.6  |
| 3.57.1  | Pieter Meyer      | 64 | Lycurgus      | Amsterdam      | 7.8  |
| 3.57.1  | John Duinmeyer    | 68 | D E M         | Amsterdam      | 1.10 |
| 3.57.1  | Bob van Rhee      | 62 | Metro         | Roosendaal     | 13.7 |
| 3.57.2  | Ron Kalisvaart    | 60 | Sparta        | den Haag       | 27.8 |
| 3.57.3  | Cock vd Hulst     | 60 | Hera          | Heerhugowaard  | 29.5 |
| 3.57.3  | Marco Eskes       | 62 | Waterland     | Hoorn          | 5.8  |
| 3.57.3  | Wilfried van Meer | 66 | Scorpio       | Hechten(Be)    | 26.7 |
| 3.57.3  | Robert Boer       | 65 | A V R         | Rotterdam      | 15.6 |

1 E Myl(1609 m)

|         |                   |           |              |              |      |
|---------|-------------------|-----------|--------------|--------------|------|
|         | NR Han Kulker     | 3.53.93 m | Hechtel(Be)  | 140885       |      |
|         | ER Steve Cramm    | 3.46.32 m | Oslo         | 270785       |      |
|         | WR idem           |           |              |              |      |
| 3.58.89 | Han Kulker        | 59        | Bataven      | Madrid(Sp)   | 7.6  |
| 4.09.50 | Jeroen Linneman   | 64        | T I O N      | Hamilton(NZ) | 20.2 |
| 4.13.5  | Dick van Driest   | 64        | A T O S      | Amsterdam    | 24.7 |
| 4.16.2  | Rien vd Wilt      | 49        | Clytoneus    | den Haag     | 31.8 |
| 4.16.5  | Martien vd Hoorn  | 55        | A A V'36     | Amsterdam    | 24.7 |
| 4.16.7  | Marcel de Groot   | 68        | Sparta       | den Haag     | 31.8 |
| 4.17.0  | Jan Korevaar      | 61        | Sliedr Sport | den Haag     | 31.8 |
| 4.17.3  | Peter v Marrewijk | 63        | Olympus'70   | den Haag     | 31.8 |
| 4.18.1  | Jan Jansen        | 65        | Bataven      | den Haag     | 3.6  |
| 4.18.2  | Edwin Aardenburg  | 62        | D E M        | Krommenie    | 3.6  |
| 4.18.3  | Marcel Versteeg   | 65        | V & L/TC     | Amstelveen   | 11.9 |
| 4.18.5  | Marc Borghans     | 60        | Unitas       | Amstelveen   | 11.9 |
| 4.18.5  | Marc van Rooy     | 60        | A A C        | Amstelveen   | 11.9 |
| 4.18.8  | Mark Eskes        | 62        | Waterland    | Krommenie    | 3.6  |
| 4.19.3  | Bert Bouma        | 59        | A T O S      | den Haag     | 31.8 |
| 4.19.6  | Ronald Schut      | 66        | P S V        | Valkenswaard | 3.9  |
| 4.19.8  | Eyob Muller       | 67        | Spark        | den Haag     | 3.6  |
| 4.19.9  | Nico Vessies      | 62        | D E M        | Amsterdam    | 24.7 |
| 4.19.9  | Henk Klop         | 62        | Fortuna V    | den Haag     | 3.6  |
| 4.20.1  | René Jacobs       | 69        | Jasper Sport | Veldhoven    | 18.9 |
| 4.20.2  | Marinus Rosbergen | 66        | A V'40       | Valkenswaard | 3.9  |
| 4.20.3  | Nico van Diepen   | 58        | Hera         | Amsterdam    | 24.7 |
| 4.20.3  | Jack van Bladel   | 65        | A V R'69     | Veldhoven    | 18.9 |
| 4.20.4  | Rienk Postuma     | 63        | Haarlem      | Krommenie    | 3.6  |
| 4.20.7  | Michel Versteegen | 68        | Bataven      | den Haag     | 3.6  |



|        |                       |    |               |                |      |
|--------|-----------------------|----|---------------|----------------|------|
| 4.21.1 | Jack van Avendonk     | 67 | A V R'69      | Valkenswaard   | 3.9  |
| 4.21.1 | Hans Post             | 60 | V & L/TC      | den Haag       | 3.6  |
| 4.21.2 | Dick van Zalinge      | 59 | Edam          | Krommenie      | 3.6  |
| 4.21.6 | Martijn Slaats        | 56 | Gen.Michaelis | Valkenswaard   | 3.9  |
| 4.21.8 | Ron Bijleveld         | 57 | P A C         | den Haag       | 3.6  |
| 4.21.8 | Cock vd Hulst         | 60 | Hera          | Amsterdam      | 24.7 |
| 4.21.8 | Olaf Buelens          | 70 | H A C         | Veldhoven      | 18.9 |
| 4.22.6 | Jos Mols              | 62 | Gen Michael   | Amsterdam      | 24.7 |
| 4.22.8 | Hans vd Vijver        | 60 | Bataven       | den Haag       | 3.6  |
| 4.22.8 | Jan van Heteren       | 58 | Sliedr Sport  | den Haag       | 3.6  |
| 4.23.0 | Jos Homoet            |    | Bataven       | den Haag       | 3.6  |
| 4.23.2 | André Hermsen         | 64 | Hellas        | Amstelveen     | 11.9 |
| 4.23.2 | Wim van Ooyen         |    | Venray        | Bergen op Zoom | 15.9 |
| 4.23.6 | Casper v Ravensbergen | 66 | Bataven       | den Haag       | 3.6  |
| 4.23.7 | René Godlieb          | 66 | A A C         | Amstelveen     | 11.9 |
| 4.25.7 | Piet Kuys             | 59 | Castricum     | Krommenie      | 3.6  |
| 4.26.0 | Ruud Mom              | 62 | Olympia Eh    | Eindhoven      | 9.6  |
| 4.26.1 | Louis Gerards         | 61 | Tegelen       | Eindhoven      | 9.6  |
| 4.26.2 | Trevor de Koekoek     | 62 | G A C-H       | Amsterdam      | 24.7 |
| 4.26.3 | Wim Schreurs          | 56 | Tegelen       | Eindhoven      | 9.6  |
| 4.26.4 | René Baas             | 65 | Startbaan     | Amsterdam      | 24.7 |
| 4.26.4 | Wicher Dalsum         | 65 | P E C         | Zwolle         | 19.7 |
| 4.26.5 | Ros Jansen            | 60 | Blauw Wit     | Amsterdam      | 24.7 |
| 4.26.7 | René Bouwmeester      | 61 | Zaanland      | Krommenie      | 3.6  |
| 4.26.8 | Bert Koster           | 60 | A V'47        | den Haag       | 3.6  |
| 4.26.8 | Willem vd Worp        | 62 | ARGO'77       | Zwolle         | 19.7 |

2000 meter hardlopen      nieuw nummer nog geenreçord

|         |                     |    |              |            |      |
|---------|---------------------|----|--------------|------------|------|
| 5.16.8  | Jeroen Linneman     | 64 | T I O N      | Duffel(Be) | 7.8  |
| 5.20.8  | André Hermsen       | 64 | Hellas       | Duffel(Be) | 7.8  |
| 5.23.83 | Emile Vrijman       | 62 | Metro        | Duffel(Be) | 7.8  |
| 5.23.9  | Marinus Rosbergen   | 66 | A V'40       | Rotterdam  | 7.9  |
| 5.23.9  | Martien vd Hoorn    | 55 | A A V'36     | Rotterdam  | 7.9  |
| 5.24.0  | Keesjan Schuurman   | 63 | A T O S      | Krommenie  | 5.8  |
| 5.24.3  | Siem Boekel         | 61 | Hera         | Krommenie  | 5.8  |
| 5.25.0  | Edwin Aardenburg    | 62 | D E M        | Krommenie  | 5.8  |
| 5.25.5  | Jos Faber           | 66 | A V R        | Nymegen    | 17.4 |
| 5.26.7  | Ron Kalisvaart      | 60 | Sparta       | Rotterdam  | 7.9  |
| 5.27.4  | Nico van Diepen     | 58 | Hera         | Krommenie  | 5.8  |
| 5.27.8  | Erwin Nederlof      | 62 | Sliedr Sport | Rotterdam  | 7.9  |
| 5.29.8  | Jan Korevaar        | 61 | Sliedr Sport | Rotterdam  | 7.9  |
| 5.30.0  | Jan Schenkman       | 64 | A V N        | Nymegen    | 17.4 |
| 5.30.1  | Wim Scheffer        | 67 | Pallas'67    | Nymegen    | 17.4 |
| 5.30.3  | Barend Versluis     | 58 | Avantri      | Rotterdam  | 7.9  |
| 5.30.4  | Huub Pragt          | 61 | V & L/TC     | Duffel(Be) | 7.8  |
| 5.30.9  | Marcel de Groot     | 68 | Sparta       | Rotterdam  | 7.9  |
| 5.31.1  | Ron Beekers         | 60 | Cifla        | Nymegen    | 17+4 |
| 5.31.4  | John Duinmeyer      | 68 | D E M        | Krommenie  | 5.8  |
| 5.31.4  | Jan van Heel        | 64 | P A C        | Rotterdam  | 7.9  |
| 5.32.0  | Clemens Vollenbergh | 63 | Keien        | Nymegen    | 17.4 |

|         |                    |    |             |            |      |
|---------|--------------------|----|-------------|------------|------|
| 5.32.7  | Henk Klop          | 62 | Fortuna V   | Roosendaal | 23.7 |
| 5.32.8  | Robert J Kokshoorn | 69 | Sparta      | Rotterdam  | 7.9  |
| 5.33.26 | Armand vd Smiessen | 68 | T H O R     | Roosendaal | 23.7 |
| 5.34.16 | Wilfried v Meer    | 66 | Scorpio     | Roosendaal | 23.7 |
| 5.34.5  | Nico Vessies       | 62 | D E M       | Krommenie  | 5.8  |
| 5.34.6  | Jos Mols           | 62 | Gen.Michael | Nymegen    | 17.4 |
| 5.34.6  | J van Rijn         | 60 | Lycurgus    | Krommenie  | 5.8  |
| 5.35.6  | Rudy Jullens       | 62 | Tartletos   | Nymegen    | 17.4 |
| 5.36.0  | Jan Lusthof        |    | Athlos      | Krommenie  | 5.8  |
| 5.36.7  | Mildo Smit         | 66 | Lycurgus    | Krommenie  | 5.8  |
| 5.36.98 | Bob vd Rhee        | 62 | Metro       | Roosendaal | 23.7 |
| 5.37.6  | Dave Warrens       | 62 | Blauw Wit   |            |      |

|                   |    |                 |       |                   |        |
|-------------------|----|-----------------|-------|-------------------|--------|
| <u>3000 meter</u> | NR | Jos Hermens     |       | 7.44.4 m Oslo(No) | 40774  |
|                   | ER | David Moorcroft | GB    | 7.32.79 Londen    | 170782 |
|                   | WR | Henri Rono      | Kenia | 7.32.1 m Oslo     | 270678 |

de beste 10 aller tijden:

|         |                  |         |    |               |        |
|---------|------------------|---------|----|---------------|--------|
| 7.44.4  | Jos Hermens      | K N A U | 50 | Oslo(No)      | 40774  |
| 7.47.2  | Gerard Tebroke   | Ciko'66 | 49 | Keulen(BRD)   | 220677 |
| 7.47.4  | Stijn Jaspers    | Haarlem | 61 | Brussel(Be)   | 240884 |
| 7.51.79 | Cor Lambregts    | Unitas  | 58 | Hengelo       | 60681  |
| 7.52.5  | Klaas Lok        | Phoenix | 59 | Brussel(Be)   | 250979 |
| 7.52.6  | Hans Koeleman    | A A C   | 58 | Westwood(USA) | 190685 |
| 7.52.8  | Haico Scharn     | Ciko'66 | 45 | Lingby(Den)   | 150873 |
| 7.52.8  | Rob de Brouwer   | Unitas  | 62 | Westwood(USA) | 190685 |
| 7.54.56 | Armando Houtveen | Altis   | 59 | Hengelo       | 270782 |
| 7.55.84 | Joost Borm       | Phoenix | 56 | Hengelo       | 270782 |

|      | 1       | 20     | 50     | 100    |  |
|------|---------|--------|--------|--------|--|
| 1984 | 7.47.4  | 8.20.4 | 8.28.5 | 8.37.2 |  |
| 1985 | 7.52.2  | 8.19.4 | 8.28.2 | 8.38.0 |  |
| 1986 | 7.57.5  | 8.14.5 | 8.28.6 | 8.39.5 |  |
| 1987 | 7.56.27 | 8.21.6 | 8.28.4 | 8.37.6 |  |
| 1988 | 7.59.04 | 8.22.7 | 8.27.4 | 8.37.7 |  |

|         |                 |    |           |                 |      |
|---------|-----------------|----|-----------|-----------------|------|
| 7.58.92 | Marc van Rooy   | 60 | A A C     | Dormagen(BRD)   | 4.9  |
| 7.59.04 | Marc Borghans   | 60 | Unitas    | Sevilla(Sp)     | 1.6  |
| 8.04.38 | Marcel Versteeg | 65 | V & L/TC  | Dormagen(BRD)   | 4.9  |
| 8.05.82 | Aart Bakker     | 61 | Tartletos | Arnhem          | 17.8 |
| 8.05.96 | Richard Kooyman | 63 | A V R     | Leverkusen(BRD) | 28.6 |
| 8.06.33 | Han Kulker      | 59 | Bataven   | Sevilla(Sp)     | 1.6  |
| 8.06.46 | Herman Hofstee  | 63 | D O S-Dw  | Rhede(BRD)      | 1.7  |
| 8.09.01 | Henk Gommer     | 62 | Tartletos | Arnhem          | 17.8 |
| 8.12.21 | Jeroen Linneman | 64 | T I O N   | Arnhem          | 17.8 |
| 8.13.8  | Tony Dirks      | 61 | Keien     | Kerkrade        | 6.8  |
| 8.14.20 | Rien vd Wilt    | 49 | Clytoneus | Papendal        | 8.6  |
| 8.14.67 | Erik Edelman    | 62 | A V R     | Papendal        | 8.6  |
| 8.14.70 | Guido Sasse     | 65 | A V A '70 | Rhede(BRD)      | 1.7  |
| 8.17.6  | André Hermesen  | 64 | Hellas    | Tessenderlo(Be) | 10.9 |
| 8.19.49 | Gert Tromp      | 62 | Gemzen    | Arnhem          | 17.8 |
| 8.20.0  | Marc Jaspers    | 65 | Unitas    | Sittard         | 21.5 |
| 8.20.20 | René Godlieb    | 66 | A A C     | Arnhem          | 17.8 |
| 8.20.4  | Roger Jaspers   | 63 | Unitas    | Sittard         | 13.8 |

|         |                     |    |              |               |      |
|---------|---------------------|----|--------------|---------------|------|
| 8.21.42 | Eyob Muller         | 67 | Spark        | Lisse         | 7.5  |
| 8.22.5  | Dick van Driest     | 64 | A T O S      | Amsterdam     | 29.7 |
| 8.22.7  | Martien vd Hoorn    | 55 | A A V '36    | Amsterdam     | 29.7 |
| 8.22.80 | Rob Druppers        | 62 | Hellas       | Lisse         | 7.5  |
| 8.23.3  | Emile Vrijman       | 62 | Metro        | Roosendaal    | 3.8  |
| 8.23.52 | Paul Jaspers        | 65 | Haarlem      | Gendringen    | 28.8 |
| 8.23.67 | Menno Groenendaal   | 60 | Liemers      | Papendal      | 8.6  |
| 8.24.0  | John vd Wansem      | 50 | Phoenix      | Breda         | 7.7  |
| 8.24.1  | Keesjan Schuurman   | 63 | A T O S      | Lisse         | 10.8 |
| 8.24.20 | Jan Zethof          | 60 | A A C        | Lisse         | 7.5  |
| 8.24.8  | Kim Reynierse       | 61 | Dynamo '70   | Middelburg    | 6.7  |
| 8.25.1  | Ronald Klomp        | 62 | Sprint       | Helmond       | 31.5 |
| 8.25.3  | Frank Assmann       | 66 | Pr Hendrik   | Helmond       | 31.5 |
| 8.25.67 | Jos Sasse           | 57 | A V A '70    | Papendal      | 8.6  |
| 8.25.7  | Erwin Groenendaal   | 68 | Haarlem      | Nymegen       | 3.6  |
| 8.25.9  | Paul Hopman         | 63 | Trias        | Amsterdam     | 9.9  |
| 8.26.2  | Robert Hassink      | 65 | Hellas       | Nymegen       | 3.6  |
| 8.26.2  | Jan Jansen          | 65 | Bataven      | Leiden        | 14.9 |
| 8.26.9  | Jan Laan            | 51 | N S L        | Lisse         | 10.8 |
| 8.27.0  | Cees Kraayeveld     | 55 | A V '34-A    | Utrecht       | 30.8 |
| 8.27.1  | Marinus Rosbergen   | 66 | A V '40      | Lisse         | 10.8 |
| 8.27.2  | Hans vd Mortel      | 61 | L G D        | Helmond       | 31.5 |
| 8.27.2  | Aarnoud Huisman     | 68 | Horror       | Papendal      | 8.6  |
| 8.27.26 | Paul Hagendoren     | 66 | Unitas       | Dormagen(BRD) | 4.9  |
| 8.27.4  | Frank Wiegman       | 64 | Tartletos    | Utrecht       | 21.8 |
| 8.27.7  | Edwin Aardenburg    | 62 | D E M        | Amsterdam     | 9.9  |
| 8.27.9  | Keith Miller        | 63 | A S R C      | Kerkrade      | 6.8  |
| 8.28.22 | Simon Vroemen       | 69 | Tarletos     | Arnhem        | 17.8 |
| 8.28.3  | Ton Rovers          | 53 | A V V        | Helmond       | 31.5 |
| 8.28.6  | Erik Punt           | 66 | P A C        | Helmond       | 31.5 |
| 8.29.0  | Ronald Schut        | 66 | P S V        | Helmond       | 31.5 |
| 8.29.02 | Frank Reith         | 69 | T T O N      | Krommenie     | 25.6 |
| 8.29.1  | Ad Coolbergen       | 63 | Bataven      | Lisse         | 10.8 |
| 8.29.2  | Robin van Helden    | 65 | V & L/TC     | Roosendaal    | 13.7 |
| 8.29.9  | Hans van Voorden    | 62 | Bataven      | Santpoort     | 20.5 |
| 8.30.2  | Jan Korevaar        | 61 | Sliedr Sport | Vught         | 13.9 |
| 8.30.5  | Bert Bouma          | 59 | A T O S      | Vught         | 13.9 |
| 8.30.7  | Hans Koenekoop      | 65 | AAV '36      | den Haag      | 8.6  |
| 8.30.7  | Jaroen Scheffer     | 63 | Haarlem      | Amsterdam     | 29.7 |
| 8.30.7  | Jos Koniuszek       | 52 | Sprint       | Roosendaal    | 3.8  |
| 8.30.8  | Peter Schouw        | 65 | V & L/TC     | den Haag      | 8.6  |
| 8.30.9  | Henk Klop           | 62 | Fortuna V    | Middelburg    | 6.7  |
| 8.30.9  | Koen Dudink         | 62 | S A V        | Amsterdam     | 6.5  |
| 8.31.0  | Rens Eising         | 69 | Zaanland     | Amsterdam     | 15.4 |
| 8.31.2  | John Verhiel        | 59 | Achilles T   | Kerkrade      | 6.8  |
| 8.31.6  | Hank Janssen        | 55 | Kronos       | Hengelo       | 29.6 |
| 8.31.6  | Jack van Bladel     | 65 | A V R '69    | Vught         | 13.9 |
| 8.32.0  | Fred Kooiman        | 66 | Sliedr Sport | Amsterdam     | 6.5  |
| 8.32.1  | Jaap v Duivenvoorde | 63 | Bataven      | Lisse         | 10.8 |

|         |                     |    |             |             |      |
|---------|---------------------|----|-------------|-------------|------|
| 8.32.4  | René Jacobs         | 69 | Jasp.Sport  | Hechtel(Be) | 13.9 |
| 8.32.5  | Theo Kuunders       | 60 | L G D       | Vught       | 13.9 |
| 8.32.69 | Jos Verbeek         | 62 | V & L/TC    | Hilversum   | 23.5 |
| 8.33.2  | Jos van Leeuwen     | 61 | V & L/TC    | Lisse       | 10.8 |
| 8.33.5  | Ton Verbaandert     | 69 | G V AC      | Hechtel(Be) | 13.9 |
| 8.33.54 | Erik Hopman         | 60 | A A C       | Lisse       | 7.5  |
| 8.33.6  | Bert v Hamersveld   | 54 | A A C       | Amsterdam   | 29.7 |
| 8.33.9  | Gavin Dalton        | 53 | A S R C     | Sittard     | 21.5 |
| 8.33.7  | Clemens Vollenbergh | 63 | Keien       | Vught       | 13.9 |
| 8.34.4  | Keesjan Bongaertz   | 71 | V & L/TC    | Amsterdam   | 19.5 |
| 8.34.4  | Cees v Dommele      | 49 | Haarlem     | Santpoort   | 20.5 |
| 8.34.5  | Wilfried van Meer   | 66 | Scorpio     | Breda       | 21.8 |
| 8.34.9  | Frans Verberne      | 56 | V & L/TC    | Amsterdam   | 19.5 |
| 8.35.0  | Michel Ziekman      | 66 | A V V       | Helmond     | 31.5 |
| 8.35.0  | Johan Smet          | 59 | A A C       | Amsterdam   | 21.7 |
| 8.35.45 | Frans Smit          | 58 | Liemers     | Arnhem      | 17.8 |
| 8.35.6  | Dave Warrens        | 62 | Blauw Wit   | Amsterdam   | 19.5 |
| 8.36.0  | Peter v Marrewijk   | 63 | Olympus '70 | den Haag    | 14.9 |
| 8.36.0  | Piet Kuys           | 59 | Castricum   | Amsterdam   | 9.9  |
| 8.36.2  | Ronald Groot        | 66 | A A C       | Amsterdam   | 9.9  |
| 8.36.4  | Rian vd Broeke      | 61 | Marathon    | Middelburg  | 6.7  |
| 8.36.49 | Clemens v Ostayen   | 69 | Keien       | Krommenie   | 25.6 |
| 8.36.6  | Leon vd Velden      | 57 | A V'56      | Roosendaal  | 3.8  |
| 8.36.7  | Gery van Huisstede  | 64 | G A C-H     | Amsterdam   | 21.7 |
| 8.36.9  | Willem Boon         | 61 | N S L       | Santpoort   | 20.5 |
| 8.37.0  | Toine van Leent     | 60 | Sprint      | Helmond     | 31.5 |
| 8.37.4  | Banjamin Romkes     | 65 | Zaanland    | Amsterdam   | 19.5 |
| 8.37.4  | Jan Verloop         | 59 | Bataven     | Amsterdam   | 21.7 |
| 8.37.56 | Paul Kraakman       | 63 | Edam        | Hilversum   | 23.5 |
| 8.37.7  | Bob vd Rhee         | 62 | Metro       | Amsterdam   | 29.7 |
| 8.37.7  | Ron Kalisvaart      | 60 | Sparta      | Lisse       | 10.8 |
| 8.37.7  | Henk Ravensbergen   | 56 | Bataven     | den Haag    | 8.6  |
| 8.37.7  | Trevor de Koekoek   | 62 | G A C-H     | Amsterdam   | 21.7 |
| 8.37.9  | Rene Bouwmeester    | 61 | Zaanland    | Santpoort   | 20.5 |

|                   |    |                 |     |            |        |        |
|-------------------|----|-----------------|-----|------------|--------|--------|
| <u>5000 meter</u> | NR | Gerard Tebroke  |     | 13.21.68 m | Zürich | 160678 |
|                   | ER | David Moorcroft | GB  | 13.00.41 m | Oslo   | 70782  |
|                   | WR | Said Aouita     | Mar | 13.00.40 m | Oslo   | 270785 |

de beste 10 aller tijden:

|                     |                 |    |         |               |                   |
|---------------------|-----------------|----|---------|---------------|-------------------|
| 13.21.68            | Gerard Tebroke  | 49 | Ciko'66 | Zürich(Zwi)   | 160878            |
| 13.21.9             | Jos Hermens     | 50 | K N A U | Nymegen       | 90778             |
| 13.24.46            | Stijn Jaspers   | 61 | Haarlem | Leuven(Be)    | 10684             |
| 13.32.94            | Cor Lambregts   | 58 | Unitas  | Koblentz(BRD) | 250880            |
| <del>13.33.62</del> | Martin ten Kate | 58 | Fortis  | Hengelo       | <del>140888</del> |
| 13.36.1             | Klaas Lok       | 55 | Phoenix | Brussel(Be)   | 220880            |
| 13.37.10            | Rob de Brouwer  | 62 | Unitas  | Londen(GB)    | 20885             |
| 13.37.11            | Tony Dirks      | 61 | Keien   | Hengelo       | 190787            |
| 13.40.8             | Jo Schout       | 54 | RK HAV  | Papendal      | 40675             |
| 13.40.97            | Hans Koeleman   | 57 | A A C   | den Haag      | 40780             |

13.33.41

13-8-89

|      | 1        | 20      | 50      | 100     |
|------|----------|---------|---------|---------|
| 1984 | 14.24.4  | 14.23.2 | 14.47.0 | 15.07.4 |
| 1985 | 13.34.6  | 14.31.6 | 14.46.6 | 15.04.6 |
| 1986 | 13.38.1  | 14.20.8 | 14.44.1 | 15.00.0 |
| 1987 | 13.37.1  | 14.30.3 | 14.51.5 | 15.04.2 |
| 1988 | 13.33.62 | 14.26.9 | 14.49.8 | 15.05.0 |

|          |                    |                     |    |              |              |      |
|----------|--------------------|---------------------|----|--------------|--------------|------|
|          | 13.33.62           | Martin ten Kate     | 58 | Fortis       | Hengelo      | 14.8 |
|          | 13.44.41           | Rob de Brouwer      | 62 | A V R'69     | Koblenz(BRD) | 1.6  |
| 13.50.9  | <del>13.50.9</del> | Tony Dirks          | 61 | Keien        | Hechtel(Be)  | 30.7 |
|          | 13.56.39           | Marc van Rooy       | 60 | A A C        | Groningen    | 16.7 |
|          | 13.58.9            | Aart Bakker         | 61 | Tartletos    | Hechtel(Be)  | 30.7 |
|          | 14.01.9            | Paul Jaspers        | 65 | Haarlem      | Walnut(USA)  | 23.4 |
| 14.02.65 | 14.02.65           | John Vermeule       | 61 | Dynamo'70    | Hengelo      | 14.8 |
|          | 14.11.0            | Marcel Versteeg     | 65 | V&L/TC       | Papendal     | 7.9  |
|          | 14.12.1            | Guido Sasse         | 65 | A V A'70     | Papendal     | 7.9  |
|          | 14.14.0            | Cees Kraayeveld     | 55 | A V'34-A     | Papendal     | 7.9  |
|          | 14.14.6            | Henk Gommer         | 62 | Tartletos    | Uden         | 20.9 |
| 14.16.15 | 14.16.15           | Roger Jaspers       | 63 | Unitas       | Hechtel(Be)  | 30.7 |
|          | 14.16.3            | Rien vd Wilt        | 49 | Clytoneus    | Papendal     | 7.9  |
|          | 14.16.9            | Richard Kooyman     | 63 | A V R        | Helmond      | 21.6 |
|          | 14.17.4            | Huib Pragt          | 61 | V & L/TC     | Hechtel(Be)  | 30.7 |
|          | 14.17.7            | Aart Stigter        | 56 | AAV'36       | Papendal     | 24.6 |
|          | 14.17.8            | John vd Wansem      | 50 | Phoenix      | Leiden       | 29.5 |
|          | 14.18.36           | Patrick Aris        | 56 | V & L/TC     | Breda        | 12.6 |
|          | 14.20.4            | Jeroen Linneman     | 64 | T I O N      | Oakland(NZ)  | 14.2 |
|          | 14.23.6            | Jan Jansen          | 65 | Bataven      | Leiden       | 22.9 |
|          | 14.26.9            | Henk Janssen        | 55 | Kronos       | Papendal     | 7.9  |
|          | 14.27.16           | Erik Edelman        | 62 | A V R        | Groningen    | 16.7 |
|          | 14.28.3            | Kees van Klink      | 56 | Bataven      | Leiden       | 9.9  |
|          | 14.29.2            | Emile Vrijman       | 62 | Metro        | Leiden       | 22.9 |
|          | 14.30.2            | Eyob Muller         | 67 | Spark        | Leiden       | 22.9 |
|          | 14.31.31           | Robert Hassink      | 65 | Hellas       | Breda        | 12.6 |
|          | 14.32.41           | Luc Krotwaar        | 68 | P S V        | Beverwijk    | 10.7 |
|          | 14.34.6            | Jan van Rijthoven   | 61 | A V R'69     | Helmond      | 21.6 |
|          | 14.36.8            | Frank Assmann       | 66 | Pr Hendrik   | Helmond      | 21.6 |
|          | 14.37.4            | Frans Smit          | 58 | Liemers      | Papendal     | 7.9  |
|          | 14.37.6            | Michel de Maat      | 61 | Fortuna V    | Leiden       | 22.9 |
|          | 14.38.1            | Ronald Klomp        | 62 | Sprint       | Helmond      | 21.6 |
|          | 14.39.0            | Peter Schouw        | 65 | V & L/TC     | den Haag     | 1.5  |
|          | 14.39.2            | Gert Tromp          | 62 | Gemzen       | Papendal     | 7.9  |
|          | 14.40.0            | Edwin Aardenburg    | 62 | D E M        | Leiden       | 22.9 |
|          | 14.40.8            | Johan ten Kate      | 64 | Sprinter     | Papendal     | 7.9  |
|          | 14.41.2            | Martien vd Hoorn    | 55 | A A V'36     | Beverwijk    | 26.8 |
|          | 14.42.3            | Pieter vd Haas      | 58 | H A C        | Roosendaal   | 29.5 |
|          | 14.43.6            | Koen Dudink         | 62 | S A V        | Amsterdam    | 24.6 |
|          | 14.44.3            | Marcel de Veen      | 56 | Achilles Top | Kerkrade     | 21.6 |
|          | 14.44.8            | Jan Zethof          | 60 | A A C        | Amsterdam    | 14.5 |
|          | 14.45.6            | René Godlieb        | 66 | A A C        | Mechelen(Be) | 23.7 |
|          | 14.45.8            | Richard Vollenbroek | 57 | M P M        | Hengelo      | 12.6 |
|          | 14.46.7            | Rian Arens          | 63 | ARGO'77      | Zwolle       | 19.7 |

|          |                     |    |             |                |      |
|----------|---------------------|----|-------------|----------------|------|
| 14.47.3  | Jan Laan            | 51 | N S L       | Lisse          | 30.8 |
| 14.47.6  | Jack v Bladel       | 65 | A V R'69    | Vught          | 28.6 |
| 14.47.90 | René Stam           | 61 | Sprint      | Breda          | 12.6 |
| 14.48.98 | Ronald Schut        | 66 | P S V       | Rehlingen(BRD) | 26.6 |
| 14.49.29 | Nico Vessies        | 62 | D E M       | Hoorn          | 18.9 |
| 14.49.8  | Kim Reynierse       | 61 | Dynamo'70   | Middelburg     | 20.8 |
| 14.49.88 | Jos Koniuszek       | 52 | Sprint      | Amsterdam      | 29.5 |
| 14.49.9  | Hans vd Mortel      | 61 | L G D       | Valkenswaard   | 21.4 |
| 14.50.9  | Jaap v Duivenvoorde | 63 | Bataven     | Utrecht        | 12.6 |
| 14.51.0  | Remco Peetoom       | 55 | A A C       | Amsterdam      | 1.7  |
| 14.51.40 | Frank Reith         | 61 | T I O N     | Amsterdam      | 29.5 |
| 14.51.4  | Ad Coolbergen       | 63 | Bataven     | Lisse          | 30.8 |
| 14.51.8  | Keesjan Schuurman   | 63 | A T O S     | Leiden         | 22.9 |
| 14.52.0  | Ton Rovers          | 53 | A V V       | Helmond        | 21.6 |
| 14.52.3  | Johan Smet          | 59 | A A C       | Amsterdam      | 1.7  |
| 14.52.8  | Hans van Voorden    | 62 | Bataven     | Leiden         | 22.9 |
| 14.53.0  | Leon vd Velden      | 57 | A V'56      | Vught          | 28.6 |
| 14.53.3  | Henk Klop           | 62 | Fortuna V   | Lisse          | 30.8 |
| 14.53.4  | Daven Warrens       | 62 | Blauw Wit   | Amsterdam      | 1.7  |
| 14.53.61 | Simon Vroemen       | 69 | Achilles EL | Krommenie      | 26.6 |
| 14.53.63 | Gerard Smit         | 57 | A A C       | Amsterdam      | 29.5 |
| 14.54.0  | Harry Driessen      | 56 | Achilles T  | Vught          | 28.6 |
| 14.54.3  | Elbert Voogt        | 56 | Veluwe      | Papendal       | 7.9  |
| 14.54.3  | Domien Brandsma     | 61 | Fortuna V   | Papendal       | 7.9  |
| 14.54.3  | Sjaak van Schie     | 58 | Bataven     | Leiden         | 9.9  |
| 14.55.3  | Arnoud Huisman      | 68 | Horror      | Amsterdam      | 24.6 |
| 14.55.3  | Eric Middelhuis     | 61 | A A C       | Amsterdam      | 1.7  |
| 14.55.3  | Jeroen Scheffer     | 63 | Haarlem     | Leiden         | 22.9 |
| 14.55.3  | Marco Gielen        | 70 | Tegelen     | Sittard        | 10.9 |
| 14.55.7  | Michel Ziekman      | 66 | A V V       | Neerpelt(Be)   | 14.9 |
| 14.55.8  | Jos van Leeuwen     | 61 | V&L/TC      | Leiden         | 22.9 |
| 14.56.1  | Benjamin Romkes     | 65 | Zaanland    | Aalsmeer       | 3.6  |
| 14.56.2  | Armand vd Smissen   | 68 | T H O R     | Helmond        | 21.6 |
| 14.56.3  | Marco Eskes         | 62 | Waterland   | Amsterdam      | 24.7 |
| 14.57.0  | Henk vd Boogaard    | 65 | A V V       | Helmond        | 21.6 |
| 14.57.2  | Gery van Huisstede  | 64 | G A C-H     | Santpoort      | 23.6 |
| 14.57.2  | Dick Bakker         | 51 | Hera        | Santpoort      | 23.6 |
| 14.58.2  | Peter v Marrewijk   | 63 | Olympus'70  | Utrecht        | 24.5 |
| 14.57.6  | Paul Chardon        | 54 | Sprint      | Veldhoven      | 1.5  |
| 14.58.4  | Jan Verloop         | 59 | Bataven     | den Haag       | 3.6  |
| 14.58.5  | Martin Janssen      | 57 | Hanzesport  | Papendal       | 7.9  |
| 14.58.7  | Cees v Dommele      | 49 | Haarlem     | Amsterdam      | 14.5 |
| 14.59.0  | Kees Langelaan      | 56 | A V'40      | Utrecht        | 12.6 |
| 14.59.4  | Frank v Wijngaarden | 59 | Rijnsoever  | den Haag       | 3.6  |
| 14.59.9  | Henk Ravensbergen   | 56 | Bataven     | Leiden         | 29.5 |
| 15.00.3  | Kees vd Heul        | 51 | Avantri     | Vught          | 28.6 |
| 15.01.3  | Dick ten Bruggecate | 52 | Trias       | Drachten       | 29.5 |
| 15.01.4  | Jan KleinDouwel     | 66 | P E C       | Zwolle         | 31.5 |
| 15.01.5  | Clemens Vollebergh  | 63 | Keien       | Vught          | 28.6 |
| 15.01.62 | Don Jassies         | 62 | A V R       | Amsterdam      | 29.5 |

|          |                   |    |           |           |      |
|----------|-------------------|----|-----------|-----------|------|
| 15.02.3  | Corné Haast       | 59 | Spado     | Vught     | 28.6 |
| 15.02.6  | Michel Franssen   | 53 | V & L/TC  | Sittard   | 20.8 |
| 15.02.8  | Piet Kuys         | 59 | Castricum | Amsterdam | 24.6 |
| 15.02.9  | Ton Klerkx(Be)    | 60 | Weert     | Weeert    | 29.5 |
| 15.03.27 | Bert v Vlaanderen | 64 | Hellas    | Breda     | 12.6 |
| 15.04.0  | Dick Tesselaar    | 57 | Hollandia | Drachten  | 29.5 |
| 15.04.0  | Lubert Mulders    | 60 | Athlos    | Papendal  | 7.9  |

10.000 meter (baan): NR Gerard Tebroke 27.36.62 m Praag(CSR)290878  
ER Fernando Mamede Port 27.13.81 - Stockholm 20784  
WR idem

de beste 10 aller tijden:

|                     |                 |    |           |                |        |
|---------------------|-----------------|----|-----------|----------------|--------|
| 27.36.62            | Gerard Tebroke  | 49 | Ciko'66   | Praag(CSR)     | 290878 |
| 27.41.3             | Jos Hermens     | 50 | K N A U   | Stockholm(Zwe) | 40777  |
| 27.50.30            | Martin ten Kate | 58 | Fortis    | Seoul(Kor)     | 260988 |
| 27.57.53            | Cor Lambregts   | 58 | Unitas    | Aken(BRD)      | 300586 |
| 28.24.7             | Klaas Lok       | 55 | Phoenix   | Sittard        | 270479 |
| 28.31.6             | Rob de Brouwer  | 62 | A V R'69  | Kessel-Lo(Be)  | 180686 |
| 28.44.1             | Ton Luttkhold   | 54 | A S V     | Roosendaal     | 50980  |
| <del>28.45.97</del> | Tony Dirks      | 61 | Keien     | Leiden         | 140586 |
| 28.47.4             | Theo Geutjes    | 51 | F I T     | Papendal       | 140975 |
| 28.49.2             | Gerard Nijboer  | 55 | Daventria | Roosendaal     | 50980  |

|      | 1        | 20      | 50      | 100     |
|------|----------|---------|---------|---------|
| 1984 | 28.09.5  | 30.42.0 | 31.43.0 | 32.32.0 |
| 1985 | 28.03.2  | 30.49.0 | 31.33.9 | 32.36.4 |
| 1986 | 27.57.6  | 30.25.7 | 31.39.5 | 32.46.0 |
| 1987 | 28.32.5  | 30.30.0 | 31.48.0 | 32.40.1 |
| 1988 | 27.50.30 | 30.50.0 | 31.49.3 | 32.50.0 |

|          |                   |    |              |               |      |
|----------|-------------------|----|--------------|---------------|------|
| 27.50.30 | Martin ten Kate   | 58 | Fortis       | Seoul(Kor)    | 26.9 |
| 28.51.0  | Tony Dirks        | 61 | Keien        | Amersfoort    | 24.5 |
| 29.04.4  | John vd Wansem    | 50 | Phoenix      | Amersfoort    | 24.5 |
| 29.06.4  | Guido Sasse       | 65 | A V A'70     | Amersfoort    | 24.5 |
| 29.11.2  | Aart Stigter      | 56 | A A V'36     | Amersfoort    | 24.5 |
| 29.12.7  | Aart Bakker       | 61 | Tartletos    | Amersfoort    | 24.5 |
| 29.32.2  | Jan Zethof        | 60 | A A C        | Amersfoort    | 24.5 |
| 29.43.1  | Marc van Rooy     | 60 | A A C        | Amersfoort    | 24.5 |
| 29.52.8  | Rien vd Wilt      | 49 | Clytoneus    | Amersfoort    | 24.5 |
| 29.57.8  | Kees Kraayeveld   | 55 | A V'34-A     | Amersfoort    | 24.5 |
| 29.58.7  | Kees van Klink    | 56 | Bataven      | Amersfoort    | 24.5 |
| 30.06.0  | Patrick Aris      | 56 | V & L/TC     | Amersfoort    | 24.5 |
| 30.16.9  | Robert Hassink    | 65 | Hellas       | Amersfoort    | 24.5 |
| 30.17.4  | René Godlieb      | 66 | A A C        | Amersfoort    | 24.5 |
| 30.29.0  | Paul Overbeek     | 60 | V & L/TC     | Amersfoort    | 24.5 |
| 30.30.3  | Roger Jaspers     | 63 | Unitas       | Helmond       | 23.8 |
| 30.43.5  | Keesjan Schuurman | 63 | A T O S      | Amersfoort    | 24.5 |
| 30.45.6  | Cees van Dommele  | 49 | Haarlem      | Heerhugowaard | 10.6 |
| 30.46.4  | Edwin Aardenburg  | 62 | D E M        | Amersfoort    | 24.5 |
| 30.50.0  | Fred Kooiman      | 66 | Sliedr Sport | Amersfoort    | 24.5 |
| 30.54.7  | Henk Janssen      | 55 | Kronos       | Amsterdam     | 1.10 |
| 31.01.3  | Nico van Lent     | 54 | Oss'78       | Amersfoort    | 24.5 |

|          |                     |    |              |                |        |
|----------|---------------------|----|--------------|----------------|--------|
| 31.09.1  | Richard Vollenbroek | 57 | M P M        | Amersfoort     | 28.9   |
| 31.15.5  | René Stam           | 61 | Sprint       | Helmond        | 23.8   |
| 31.16.0  | Michel Franssen     | 53 | V & L/TC     | Helmond        | 23.8   |
| 31.18.4  | Michel de Maat      | 61 | Fortuna      | Rotterdam      | 24.4   |
| 31.18.5  | Johan Smet          | 59 | A A C        | Amsterdam      | 1.10   |
| 31.20.8  | Johan ten Kate      | 64 | Sprinter     | Zwolle         | 7.7    |
| 31.22.1  | Frans Verberne      | 56 | V & L/TC     | Amersfoort     | 24.5   |
| 31.26.6  | Jan W Lether        | 60 | Sliedr Sport | Amersfoort     | 24.5   |
| 31.28.0  | Dave Warrens        | 62 | Blauw Wit    | Amsterdam      | 15.9x  |
| 31.29.4  | Ruud Onland         | 55 | L A A C      | Amersfoort     | 28.9   |
| 31.30.4  | Leon vd Velden      | 57 | A V '56      | Middelburg     | 21.8   |
| 31.30.7  | Simon Vroemen       | 69 | Tartletos    | Amersfoort     | 28.9   |
| 31.32.9  | Lou Maas            | 65 | Kimbria      | Helmond        | 23.8   |
| 31.33.6  | Rian vd Broeke      | 61 | Marathon     | Dordrecht      | 22.6   |
| 31.34.7  | Rob van Kooten      | 59 | Pallas'67    | Amersfoort     | 24.5   |
| 31.36.75 | Gerard Smit         | 57 | A A C        | Lissabon(Port) | 4.6    |
| 31.37.0  | Ger Lemmens         | 63 | Unitas       | Helmond        | 23.8   |
| 31.38.0  | Corné Haast         | 59 | Spado        |                |        |
| 31.44.4  | Gerard Hendriks     | 55 | P E C        | Amersfoort     | 24.5   |
| 31.47.0  | Hans van Weegen     | 54 | Triathlón    | Amersfoort     | 24.5   |
| 31.47.5  | Luuk Steenbergen    | 62 | Kronos       | Amsterdam      | 1.10   |
| 31.47.8  | Kees v Westerop     | 54 | Phoenix      | Helmond        | 23.8   |
| 31.48.2  | Reinoud van Gastel  | 60 | 't Haasje    | Helmond        | 23.8   |
| 31.48.8  | Emile Vrijman       | 62 | Metro        | Amsterdam      | 1.10   |
| 31.49.2  | Hank Weerts         | 60 | Keien        | Amersfoort     | 24.5   |
| 31.49.3  | Frank v Wijngaarden | 59 | Rijnsoever   | Rotterdam      | 24.4   |
| 31.49.8  | Peter Wielgaard     | 67 | Delta Sport  | Middelburg     | 21.8   |
| 31.50.2  | Benjamin Romkes     | 65 | Zaanland     | Utrecht        | 10.5   |
| 31.52.0  | Jan Jansen          | 65 | Bataven      | Leiden         | 7.10x  |
| 31.53.2  | Bert v Vlaanderen   | 64 | Hellas       | Utrecht        | 10.5   |
| 31.55.0  | Jaap v Duivenvoorde | 63 | Bataven      | Leiden         | 7.10x  |
| 31.55.7  | Hans Post           | 60 | V & L/TC     | Amersfoort     | 24.5   |
| 31.57.4  | Marco Eskes         | 62 | Waterland    | Amsterdam      | 1.10   |
| 32.00.7  | Wilfried van Meer   | 66 | Scorpio      | Amersfoort     | 24.5   |
| 32.01.5  | Wim v Stuyvenberg   | 56 | T E C        | Nymegen        | 3.6    |
| 32.02.0  | Sip Stal            | 54 | Phoenix      | Amersfoort     | 24.5   |
| 32.02.3  | Arnold Simons       | 59 | Scorpio      | Amersfoort     | 24.5   |
| 32.03.2  | Barend Versluis     | 58 | Avantri      | Amersfoort     | 3.5    |
| 32.03.6  | Conno du Fossé      | 52 | Haarlem      | Amersfoort     | 24.5   |
| 32.05.9  | Henk van Velzen     | 48 | Altis        | Amersfoort     | 24.5   |
| 32.06.6  | Marie Kamerman      | 58 | D A K        | Vught          | 3.5    |
| 32.09.1  | Jan Ooyen           | 47 | G A C-H      | Amersfoort     | 24.5   |
| 32.11.4  | Marcel de Groot     | 68 | Sparta       | den Haag       | 11.10x |
| 32.13.4  | Hans Klootwijk      | 58 | Lycurgus     | Utrecht        | 26.6   |
| 32.16.7  | Michel Ziekman      | 66 | A V V        |                |        |
| 32.17.1  | Mathijs v Deursen   | 55 | Tegelen      | Amersfoort     | 24.5   |
| 32.17.3  | Peter Bierens       | 62 | A V R'79     | Helmond        | 23.8   |
| 32.19.3  | John Nagelhout      | 69 | G A C-H      | Amsterdam      | 1.10   |
| 32.25.7  | Bert Hertog         | 57 | Marathon     | Middelburg     | 21.8   |
| 32.26.0  | Jan Verloop         | 59 | Bataven      | Leiden         | 7.10x  |



|         |                  |               |               |       |
|---------|------------------|---------------|---------------|-------|
| 32.27.2 | Henk Kurvers     | 61 Asterix    | Helmond       | 23.8  |
| 32.27.6 | Rini Hoogkamer   | 59 Hellas     | Amersfoort    | 24.5  |
| 32.27.8 | Remco de Bree    | 66 Hellas     | Utrecht       | 10.5  |
| 32.29.2 | Ton van Doorn    | 51 Haarlem    | Heerhugowaard | 10.6  |
| 32.29.3 | Elbert Voogt     | 56 Veluwe     | Amersfoort    | 28.9  |
| 32.31.4 | Hans vd Griendt  | 67 Schelde Sp | Mideelburg    | 21.8  |
| 32.33.0 | Sjaak van Schie  | 58 Bataven    | Leiden        | 7.10x |
| 32.33.8 | Frits Boudewijn  | 44 V & L/TC   | Rotterdam     | 24.4  |
| 32.35.0 | Wim Sterrenburg  | 55 Hercules   | Barendrecht   | 16.9  |
| 32.35.9 | Alfred Coerts    | 60 Phoenix    | Utrecht       | 10.5  |
| 32.38.0 | René Wessel      | 53 Blauw Wit  | Amsterdam     | 15.9x |
| 32.38.7 | Wim van Heeswijk | 42 D A K      | Vught         | 3.5   |
| 32.38.9 | Theo vd Boom     | 46 Unitas     | Kerkrade      | 3.9   |
| 32.41.0 | Bronnie Dodde    | 63 Aquilo     | Amersfoort    | 24.5  |
| 32.41.0 | John v Wieringen | 63 Bataven    | Leiden        | 7.10x |
| 32.41.1 | Lubert Mulders   | 60 Athlos     | Amersfoort    | 28.9  |
| 32.42.8 | Dirk Goldebel    | 56 Lycurgus   | Heerhugowaard | 10.6  |
| 32.43.2 | Erik Bosker      | 61 Phoenix    | Amersfoort    | 24.5  |
| 32.44.7 | Hans van Dijk    | 54 Altis      | Amersfoort    | 24.5  |
| 32.46.0 | Pieter Janssen   | 55 Tegelen    | Kerkrade      | 3.9   |
| 32.46.9 | Martin Edelman   | 64 A V R      | Barendrecht   | 16.9  |
| 32.47.0 | Ferry Zwerver    | 60 Blauw Wit  | Amsterdam     | 15.9x |
| 32.47.0 | Hans v Voorden   | 62 Bataven    | Leiden        | 7.10x |
| 32.47.7 | Jos Kapteyn      | 65 Trias      | Heilo         | 2.10  |
| 32.48.9 | Peter Gerardts   | 39 Tegelen    | Amersfoort    | 24.5  |
| 32.48.9 | Paul Kruihof     | 65 Energie    | Roosendaal    | 8.9   |
| 32.49.8 | Pieter Baljet    | 63 Daventria  | Zwolle        | 7.7   |
| 32.50.6 | Jan Hoven        | 57 A V O N    | Kerkrade      | 2.7   |

1 uur hardlopen NR, ER en WR Jos Hermens 20.994 m Papendal 10576

de beste 10 aller tijden:

|        |                  |           |                |        |
|--------|------------------|-----------|----------------|--------|
| 20.994 | Jos Hermens      | K N A U   | 50 Papendal    | 10576  |
| 20.550 | Gerard Tebroke   | Ciko'66   | 49 Groningen   | 230978 |
| 19.871 | Cor Lambregts    | Unitas    | 58 Roosendaal  | 150982 |
| 19.710 | Hugo van Duyssse | RK HAV    | 53 Roosendaal  | 230981 |
| 19.663 | Gerard Nijboer   | Daventria | 55 Brussel(Be) | 210980 |
| 19.650 | Barry Kneppers   | Noordkop  | 49 Leeuwarden  | 121075 |
| 19.601 | Geert Jansen     | A A C     | 42 Leiden      | 70473  |
| 19.531 | Klaas Lok        | Phoenix   | 55 Roosendaal  | 230981 |
| 19.552 | Cor Vriend       | P S V     | 49 Vught       | 40476  |
| 19.441 | Piet Vonck       | RK HAV    | 47 Vlissingen  | 220777 |
| 19.469 | John vd Wansem   | Sparta    | 50 den Haag    | 50484  |

(in een onderlinge wedstrijd met 1 tegenstander)

NB Leeuwarden, Weert en Vught zijn stratenperkoersen met aankomst op een atletiekbaan.

alle lopers binnen de 17.300 meter:

|        |                  |               |              |       |
|--------|------------------|---------------|--------------|-------|
| 18.884 | Rian Arens       | 63 ARGO'77    | Leeuwarden   | 23.10 |
| 18.581 | Chris Semplonius | 52 Lionitas   | Drachten     | 9.4   |
| 18.483 | Michel Ziekman   | 66 A V V      | Neerpelt(Be) | 7.9   |
| 18.311 | Frank Assmann    | 66 Pr Hendrik | Vught        | 17.4  |
| 18.256 | Jan Klein Douwel | 66 P E C      | Emmeloord    | 9.4   |

|        |                    |    |                |              |       |
|--------|--------------------|----|----------------|--------------|-------|
| 18.210 | Wim Zeegers        | 53 | Veluwe         | Dordrecht    | 23.5  |
| 18.150 | Wim Sterrenburg    | 55 | Hercules       | Dordrecht    | 23.5  |
| 18.128 | Gerard Huynen      | 53 | Noordkop       | Drachten     | 9.4   |
| 18.065 | Kees vd Biggelaar  | 57 | Gen. Michaelis | Vught        | 17.4  |
| 18.060 | Wessel Koopmans    | 62 | D O S-K        | Emmeoord     | 9.4   |
| 18.044 | Auke Postma        | 49 | A V'55         | Drachten     | 9.4   |
| 17.980 | Paul Overbeek      | 60 | GVAV/VLTC      | Drachten     | 9.4   |
| 17.941 | Paul Kruithof      | 65 | Energie        | Dordrecht    | 23.5  |
| 17.729 | Frans Sijstermans  | 62 | A V V          | Valkenswaard | 22.6  |
| 17.923 | Johan vd Veen      | 57 | Lionitas       | Leeuwarden   | 23.10 |
| 17.680 | Hilbrand Augustijn | 60 | P E C          | Emmeoord     | 9.4   |
| 17.631 | Bram Heikamp       | 53 | Vet Nederland  | Hilversum    | 10.6  |
| 17.594 | Ruud Jansen        | 63 | D E M          | Vught        | 17.4  |
| 17.574 | Frank Visser       | 69 | Horror         | Leeuwarden   | 23.10 |
| 17.572 | Anne Venema        | 57 | Lionitas       | Drachten     | 9.4   |
| 17.568 | Aarnoud Huisman    | 68 | Horror         | Drachten     | 9.4   |
| 17.554 | Peter Bressers     | 46 | Gen. Michael   | Vught        | 17.4  |
| 17.547 | Ger van Graas      | 55 | te Werve       | Dordrecht    | 23.5  |
| 17.547 | San Polderman      | 47 | Marathon       | Dordrecht    | 23.5  |
| 17.451 | Louis Melis        | 54 | H C A          | Hilversum    | 10.6  |
| 17.450 | Arie Goudriaan     | 56 | Sliedr Sport   | Dordrecht    | 23.5  |
| 17.400 | Jan Hoven          | 57 | A V O N        | Schaesberg   | 1.4   |
| 17.400 | Huub Donders       | 60 | Ach. Top       | Schaesberg   | 1.4   |
| 17.398 | Auke Postma        | 53 | Lionitas       | Drachten     | 9.4   |
| 17.391 | Jan Suykerbuyk     | 63 | Diomedon       | Dordecht     | 23.5  |
| 17.387 | Wim Hol            | 41 | Sliedr Sport   | Dordrecht    | 23.5  |
| 17.353 | Jan Goeree         | 67 | N O P          | Emmeoord     | 22.10 |
| 17.334 | Hein Pragt         | 52 | N O P          | Emmeoord     | 22.10 |
| 17.320 | Ron Dellebeke      | 58 | Marathon       | Dordrecht    | 23.5  |
| 17.312 | Rein Merkenhof     | 52 | Hermes         | Vught        | 17.4  |

25 KM weg (waarschijnlijk niet helemaal compleet) geen records

|         |                  |    |                |              |       |
|---------|------------------|----|----------------|--------------|-------|
| 1.14.48 | Martin ten Kate  | 58 | Fortis         | Haguenau(Fr) | 20.8  |
| 15.11   | Gerard Nijboer   | 55 | Daventria      | Haguenau(Fr) | 20.8  |
| 16.01   | John Vermeule    | 61 | Dynamo'70      | Haguenau(Fr) | 20.8  |
| 16.29   | Jan v Rijthoven  | 61 | A V R'69       | Haguenau(Fr) | 20.8  |
| 16.52   | Jos Sasse        | 57 | A V A'70       | Haguenau(Fr) | 20.8  |
| 17.06   | Adri Hartveld    | 59 | A A V'36       | Haguenau(Fr) | 20.8  |
| 20.22   | Jan Zethof       | 60 | A A C          | Middelburg   | 17.9  |
| 21.42   | Johan Smet       | 59 | A A C          | Lisse        | 15.10 |
| 22.45   | René Stam        | 61 | Sprint         | Zevenbergen  | 24.9  |
| 23.56   | Dick v Zalinge   | 59 | Edam           | Purmerend    | 13.3  |
| 1.23.58 | Ton Klerkx(Be)   | 60 | Weert          | Haythuyzen   | 4.9   |
| 1.23.59 | Kees de Haan     | 52 | Lycurgus       | Purmerend    | 13.3  |
| 1.24.13 | Eric Sier        | 63 | Edam           | Purmerend    | 13.3  |
| 1.24.13 | Peter Zwiers     | 55 | Haarlemmermeer | Purmerend    | 13.3  |
| 1.24.16 | Peter Hameeteman | 55 | Dynamo'70      | Middelburg   | 17.9  |
| 1.24.37 | Michel Ziekman   | 66 | A V V          | Zevenbergen  | 24.9  |
| 1.24.39 | Dick Driessen    | 61 | A V'23         | Purmerend    | 13.3  |
| 1.24.40 | Veron Lust       | 63 | Nea Volharding | Leusden      | 10.8  |
| 1.24.57 | Mari Kamerman    | 58 | D A K          | Zevenbergen  | 24.9  |
| 1.25.15 | Jan Kortekaas    | 63 | R R A          | Lisse        | 15.10 |

|         |                     |    |            |             |       |
|---------|---------------------|----|------------|-------------|-------|
| 1.25.18 | Ad vd Heyning       | 46 | A V R'69   | Eersel      | 23.5  |
| 25.24   | Charles Timmermans  | 57 | Voorne     | Zevenbergen | 24.9  |
| 25.25   | Ad de Rooy          | 51 | A V R'69   | Zevenbergen | 24.9  |
| 25.26   | Hans Wijgerse       | 60 | Waterweg   | Zevenbergen | 24.9  |
| 25.27   | Wim Veenman         | 49 | P A C      | Zevenbergen | 24.9  |
| 25.28   | Johan de Vlieger    | 58 | Marathon   | Middelburg  | 17.9  |
| 25.51   | Kees de Jongh       | 66 | Scorpio    | Zevenbergen | 24.9  |
| 25.56   | Harry Uit het Broek | 59 | L A A C    | Weerselo    | 28.5  |
| 26.00   | Jos Koniuszek       | 52 | Sprint     | Emmeloord   | 23.7  |
| 26.17   | Willem Westerhold   | 52 | Holland H  | Lisse       | 15.10 |
| 1.26.20 | Martin vd Ven       | 52 | Attila     | Eeersel     | 23.5  |
| 26.24   | Jos Verhiel         | 59 | Achilles T | Eersel      | 23.5  |
| 26.23   | Ton Rovers          | 55 | A V V      | Heythuyzen  | 4.9   |
| 26.35   | Toon de Rooy        | 54 | A V R'69   | Zevenbergen | 24.9  |
| 26.37   | Hans Pronk          | 49 | Zaanland   | Lisse       | 15.10 |
| 26.38   | Lubert Mulders      | 60 | Athlos     | Leusden     | 8.10  |
| 26.41   | Wim van Heeswijk    | 42 | D A K      | Zevenbergen | 24.9  |
| 26.48   | Hans Pleyster       | 61 | Haarlem    | Middelburg  | 17.9  |
| 26.54   | Corné Haast         | 59 | Spado      | Zevenbergen | 24.9  |
| 26.58   | Frits Boudewijn     | 44 | V & L/TC   | Leusden     | 8.10  |
| 1.27.00 | Jan Anthonissen     | 46 | P A C      | Middelburg  | 17.9  |
| 1.27.00 | Har Pollen          | 49 | Festina    | Heythuyzen  | 4.9   |

marathon geen records beste nederlander: G Nijboer 2.09.01 260480  
de beste 10 aller tijden:

|         |                     |    |            |           |        |
|---------|---------------------|----|------------|-----------|--------|
| 2.09.01 | Gerard Nijboer      | 55 | Daventria  | Amsterdam | 260480 |
| 2.11.02 | Cor Lambregts       | 58 | Unitas     | Rotterdam | 200485 |
| 2.11.41 | Cor Vriend          | 49 | P S V      | Maassluis | 70484  |
| 2.11.49 | Martin ten Kate     | 58 | Fortis     | Rotterdam | 170488 |
| 2.12.41 | Rudy Verriet        | 56 | A V N      | Maassluis | 70484  |
| 2.12.42 | John Vermeule       | 61 | Dynamo'70  | Rotterdam | 200485 |
| 2.13.15 | Jos Sasse           | 57 | A V A'70   | Frankfort | 301088 |
| 2.13.45 | Jacques Valentin    | 55 | Olympus'70 | Maassluis | 70484  |
| 2.14.05 | Roelof Veld         | 44 | Daventria  | Sneek     | 100678 |
| 2.14.08 | Richard Vollenbroek | 57 | M P M      | Berlijn   | 41087  |

|      | 1       | 20      | 50      | 100     |
|------|---------|---------|---------|---------|
| 1984 | 2.10.53 | 2.23.16 | 2.28.26 | 2.33.17 |
| 1985 | 2.11.02 | 2.22.06 | 2.27.55 | 2.32.39 |
| 1986 | 2.12.27 | 2.23.12 | 2.28.30 | 2.32.41 |
| 1987 | 2.13.35 | 2.23.53 | 2.30.19 | 2.34.33 |
| 1988 | 2.11.49 | 2.23.36 | 2.29.07 | 2.33.44 |

|         |                     |    |           |               |       |
|---------|---------------------|----|-----------|---------------|-------|
| 2.11.49 | Martin ten Kate     | 58 | Fortis    | Rotterdam     | 17.4  |
| 2.12.38 | Gerard Nijboer      | 55 | Daventria | Amsterdam     | 8.5   |
| 2.12.42 | John Vermeule       | 61 | Dynamo'70 | Rotterdam     | 17.4  |
| 2.13.15 | Jos Sasse           | 57 | A V A'70  | Frankort(BRD) | 30.10 |
| 2.13.59 | Cor Lambregts       | 58 | Unitas    | Parijs(Fr)    | 15.5  |
| 2.16.49 | Aart Stigter        | 56 | A A V'36  | Eindhoven     | 16.10 |
| 2.17.23 | Richard Vollenbroek | 57 | M P M     | Berlijn(BRD)  | 9.10  |
| 2.17.26 | Jan v Rijthoven     | 61 | A V R'69  | Eindhoven     | 16.10 |
| 2.19.03 | Jos Koniuszek       | 52 | Sprint    | Maassluis     | 9.4   |
| 2.19.15 | Kim Reynierse       | 61 | Dynamo'70 | Amsterdam     | 8.5   |

|         |                   |    |              |              |       |
|---------|-------------------|----|--------------|--------------|-------|
| 2.19.17 | Erik Edelman      | 62 | A V R        | Rotterdam    | 17.4  |
| 2.19.17 | Michel de Maat    | 61 | Fortuna V    | Amersfoort   | 10.9  |
| 2.19.26 | René Stam         | 61 | Sprint       | Eindhoven    | 16.10 |
| 2.21.15 | Cees Kraayeveld   | 55 | Sliedr Sport | Maassluis    | 9.4   |
| 2.21.56 | Marti de Vugt     | 51 | A V R'69     | Maassluis    | 9.4   |
| 2.22.33 | Jan Zethof        | 60 | A A C        | Zwolle       | 1.10  |
| 2.22.34 | Ruud Onland       | 55 | L A A C      | Berlijn(BRD) | 9.10  |
| 2.22.36 | Jan de Lange      | 51 | Start'78     | Maassluis    | 9.4   |
| 2.23.07 | Kees de Haan      | 52 | Lycurgus     | Maassluis    | 9.4   |
| 2.23.36 | Peter Zwiers      | 55 | Haarl.meer   | Maassluis    | 9.4   |
| 2.24.17 | Gerard Smit       | 57 | A A C        | Amsterdam    | 8.5   |
| 2.24.23 | Eric Sier         | 63 | Edam         | Maassluis    | 9.4   |
| 2.24.27 | Dick v Zalinge    | 59 | Edam         | Maassluis    | 9.4   |
| 2.25.18 | Maarten Wakelkamp | 54 | V & L/TC     | Maassluis    | 9.4   |
| 2.25.27 | George v Gorcom   | 51 | A V N        | Eindhoven    | 16.10 |
| 2.25.30 | Frans Smit        | 58 | Liemers      | Eindhoven    | 16.10 |
| 2.25.31 | Sjaak Valentin    | 55 | Olympus'70   | Boston(USA)  | 18.4  |
| 2.25.48 | Cees Berkhout     | 50 | Pr Hendrik   | Rotterdam    | 17.4  |
| 2.26.00 | Willem de Weerdt  | 58 | P E C        | Utrecht      | 24.4  |
| 2.26.12 | Wim Liefers       | 54 | A V'34       | Zwolle       | 1.10  |
| 2.26.35 | Derek Cornell(GB) | 63 | A S R C      | Rotterdam    | 17.4  |
| 2.26.42 | Don Jassies       | 62 | A V R        | Rotterdam    | 17.4  |
| 2.26.46 | André Kolders     | 55 | Sliedr Sport | Rotterdam    | 17.4  |
| 2.26.56 | Paul Stam         | 56 | Ciko'66      | Maassluis    | 9.4   |
| 2.26.59 | Willem Westerhold | 52 | Holland H    | Zwolle       | 1.10  |
| 2.27.03 | Jan Hazeleger     |    | ---(HRR)     | Etten Leur   | 29.10 |
| 2.27.24 | Hans Heppener     | 53 | A A C        | Eindhoven    | 16.10 |
| 2.27.29 | Jan Veltman       | 45 | A V'34       | Eindhoven    | 16.10 |
| 2.27.29 | Wil Sparreboom    | 47 | P A C        | Rotterdam    | 17.4  |
| 2.27.32 | Harry Uithetbroek | 59 | L A A C      | Eindhoven    | 16.10 |
| 2.27.57 | Johan Kijne       | 47 | R O V S      | Etten Leur   | 29.10 |
| 2.28.07 | Wim van Gemert    | 51 | Øss'78       | Amsterdam    | 8.5   |
| 2.28.19 | Dick van Santen   | 45 | P A C        | Etten Leur   | 29.10 |
| 2.28.21 | Jan Smets         |    | A V R'69     | Eindhoven    | 16.10 |
| 2.28.23 | Frits Boudewijn   | 44 | V & L/TC     | Etten Leur   | 29.10 |
| 2.28.39 | Martin Jansen     | 56 | Hanzesport   | Amsterdam    | 8.5   |
| 2.28.47 | Wim van Heeswijk  | 42 | D A K        | Etten Leur   | 29.10 |
| 2.28.51 | Bruno Joppen      | 52 | G V A V      | Apeldoorn    | 6.2   |
| 2.28.54 | Wim Veenman       | 49 | P A C        | Berlijn(BRD) | 9.10  |
| 2.29.07 | Johan de Vlieger  | 58 | Marathon     | Amsterdam    | 8.5   |
| 2.29.12 | Wim Sterrenburg   | 63 | Hercules     | Etten Leur   | 29.10 |
| 2.29.15 | Jaap Rijlaarsdam  | 55 | Altis        | Amersfoort   | 10.9  |
| 2.29.18 | Dave Warrens      | 62 | Blauw Wit    | Rotterdam    | 17.4  |
| 2.29.21 | Hans Oosterwijk   | 56 | Ilion        | Eindhoven    | 16.10 |
| 2.29.21 | Peter Kuipers     | 54 | Koplopers    | Maassluis    | 9.4   |
| 2.29.21 | Wim Ockhuysen     | 50 | G A C-H      | Etten Leur   | 29.10 |
| 2.29.23 | John vd Wansem    | 50 | Phoenix      | Etten Leur   | 29.10 |
| 2.29.28 | Jan Ooyen         | 47 | G A C-H      | Etten Leur   | 29.10 |
| 2.29.31 | Henk Bronswijk    | 43 | Olympus'70   | Etten Leur   | 29.10 |

|         |                       |    |               |              |       |
|---------|-----------------------|----|---------------|--------------|-------|
| 2.29.41 | Bert Kamphorst        | 60 | Phoenix       | Etten Leur   | 29.10 |
| 2.30.11 | Michel vd Luitgaarden | 54 | Pr Hendrik    | Etten Leur   | 29.10 |
| 2.30.29 | Cor Vriend            | 49 | P S V         | Amsterdam    | 8.5   |
| 2.30.32 | Ad de Rooy            | 51 | A V R'69      | Etten Leur   | 29.10 |
| 2.30.37 | Marius de Snayer      | 42 | Fortuna V     | Rotterdam    | 17.4  |
| 2.30.55 | Harry Driessen        | 56 | Achilles Top  | Maassluis    | 9.4   |
| 2.30.56 | Ferry Zwerver         | 60 | Blauw Wit     | Rotterdam    | 17.4  |
| 2.31.03 | Remco Peetoom         | 55 | A A C         | Eindhoven    | 16.10 |
| 2.31.06 | Ger Ettes             | 58 | A A C         | Eindhoven    | 16.10 |
| 2.31.09 | Wim Kop Jansen        | 57 | P E C         | Rotterdam    | 17.4  |
| 2.31.27 | Wim Hoek              | 53 | H R R         | Apeldoorn    | 6.2   |
| 2.31.42 | Paul Barnhoorn        | 59 | N S L         | Maassluis    | 9.4   |
| 2.31.42 | Wim Akkermans         | 57 | A V R'69      | Rotterdam    | 17.4  |
| 2.31.46 | Dik Bruinsma          | 53 | A A C         | Rotterdam    | 17.4  |
| 2.31.48 | Peter vd Aart         | 57 | A V'34-M      | Rotterdam    | 17.4  |
| 2.31.48 | John Verhiel          | 59 | Achilles Top  | Essen(BRD)   | 22.10 |
| 2.31.49 | Henk v Velzen         | 48 | Altis         | Etten Leur   | 29.10 |
| 2.31.53 | Ton v't Veer          | 57 | Sprint        | Etten Leur   | 29.10 |
| 2.32.18 | Arie Sterrenburg      | 46 | Papendrecht   | Rotterdam    | 17.10 |
| 2.32.20 | Jef Budzijn           | 43 | Unitas        | Etten Leur   | 29.10 |
| 2.32.21 | Eric Theunissen       | 63 | Olympus'70    | Maassluis    | 9.4   |
| 2.32.29 | Charles Timmermans    | 57 | Voorne        | Amersfoort   | 16.10 |
| 2.32.31 | Ger v Veen            | 52 | Bataven       | Maassluis    | 9.4   |
| 2.32.34 | Joop Mensen           | 51 | P A C         | Rotterdam    | 17.4  |
| 2.32.35 | Wies van Houten       | 48 | Altis         | Amersfoort   | 10.9  |
| 2.32.38 | Peter Fieret          | 48 | Olympus'70    | Maassluis    | 9.4   |
| 2.32.41 | Reinoud v Gastel      | 60 | 't Haasje     | Utrecht      | 24.4  |
| 2.33.00 | Bram Heikamp          | 53 | Vet Nederland | Rotterdam    | 17.4  |
| 2.33.00 | Jef Palant            | 53 | Unitas        | Rotterdam    | 17.4  |
| 2.33.06 | Henk Kleinrensink     | 44 | Pallas'67     | Rotterdam    | 17.4  |
| 2.33.14 | Henk van Beek         | 53 | A V'34        | Utrecht      | 24.4  |
| 2.33.15 | Thom Küsters          | 43 | Cifla         | Rotterdam    | 17.4  |
| 2.33.26 | Bram Vingerling       | 57 | Vitesse       | Utrecht      | 24.4  |
| 2.33.26 | D Mayer               |    | A V A'81      | Amersfoort   | 16.10 |
| 2.33.27 | Wim Hol               | 41 | Sliedr Sport  | Maassluis    | 9.4   |
| 2.33.31 | Anton Treffers        | 47 | S A V         | Utrecht      | 24.4  |
| 2.33.33 | Jan v Ammers          | 45 | Zaanland      | Etten Leur   | 29.10 |
| 2.33.44 | Johan Baart           | 46 | Hollandia     | Amsterdam    | 8.5   |
| 2.33.58 | Ad vd Heyning         | 46 | A V R'69      | Hilvarenbeek | 18.9  |
| 2.33.58 | Ton vd Eerden         |    | A V'34-M      | Eindhoven    | 16.10 |

Op het moment van het afsluiten van deze lijsten hadden we nog niet de uitslagen van alle buitenlandse marathons beschikbaar, waardoor de kans niet is uitgesloten dat er een looper met een buitenlandse prestatie niet in deze lijst voorkomt, waarvoor bij voorbaat onze excuses.

|                         |    |                      |         |           |        |
|-------------------------|----|----------------------|---------|-----------|--------|
| <u>110 m hordenloop</u> | NR | Ysbrand Visser       | 13.96 s | den Haag  | 40988  |
|                         | ER | Stephane Caristan Fr | 13.20 s | Stuttgart | 300886 |
|                         | WR | Renaldo Nehemiah USA | 12.93 s | Zürich    | 190881 |

de beste 10 aller tijden:

|       |                  |           |    |               |        |
|-------|------------------|-----------|----|---------------|--------|
| 13.96 | Ysbrand Visser   | V&L/TC    | 61 | den Haag      | 40988  |
| 14.02 | Hans v Enkhuyzen | A A C     | 46 | München(BRD)  | 160872 |
| 14.05 | Robert de Wit    | Unitas    | 62 | Breda         | 120688 |
| 14.21 | Ruud v Maurik    | A A V'36  | 64 | Athene(Gri)   | 270687 |
| 14.27 | Mark Kok         | Lycurgus  | 65 | den Haag      | 280888 |
| 14.34 | Emiel Mellaard   | A A C     | 68 | Vught         | 170587 |
| 14.40 | Jan Harland      | V&L/TC    | 59 | Zevenaar      | 180680 |
| 14.41 | Paul Wijnbergen  | A A C     | 60 | Rhede(BRD)    | 290783 |
| 14.2  | Evert Kamerbeek  | P S V     | 34 | Innsbrück(Oo) | 270763 |
| 14.2  | Frank Nusse      | A A C     | 53 | den Haag      | 70975  |
| 14.2  | Bert Knollema    | ARGO'77   | 60 | Groningen     | 270480 |
| 14.2  | James Sharpe     | Olympia E | 62 | Amstelveen    | 110988 |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 14.39 | 15.24 | 15.74 | 16.24 |
| 1985 | 14.44 | 15.24 | 15.64 | 16.14 |
| 1986 | 14.42 | 15.17 | 15.74 | 16.14 |
| 1987 | 14.21 | 15.04 | 15.64 | 16.24 |
| 1988 | 13.96 | 15.04 | 15.54 | 15.94 |

|        |                       |            |            |             |      |
|--------|-----------------------|------------|------------|-------------|------|
| 13.96  | Ysbrand Visser        | 61         | V & L/TC   | den Haag    | 4.9  |
| 14.05  | Robert de Wit         | 62         | Unitas     | Breda       | 12.6 |
|        | 14.01 den Haag        | 10.7rw3.12 |            |             |      |
| 14.27  | Mark Kok              | 65         | Lycurgus   | den Haag    | 28.8 |
| 14.44+ | James Sharpe          | 62         | Olympia Eh | Amstelveen  | 11.9 |
| 14.45  | Remco Tournier        | 64         | A V R      | Hechtel(Be) | 30.7 |
| 14.49  | Wigchert Thunissen    | 63         | Holland H  | Groningen   | 17.7 |
| 14.64+ | Freddy Burgoss        | 59         | Startbaan  | Amstelveen  | 11.9 |
| 14.72  | Jan Harland           | 59         | V & L/TC   | den Haag    | 28.8 |
|        | 14.46 den Haag        | 10.7rw3.12 |            |             |      |
| 14.74  | Marco Beukenkamp      | 63         | G A C-H    | Zwolle      | 29.5 |
| 14.74+ | Ruud v Maurik         | 64         | A A V'36   | Hilversum   | 18.9 |
|        | el: 14.80 Hilversum   | 23.5       |            |             |      |
| 14.74+ | Jeroen vd Meer        | 61         | D E M      | Amstelveen  | 11.9 |
|        | el 14.83 Groningen    | 17.7       |            |             |      |
| 14.84+ | Erik Negenman         | 67         | Holland H  | Nymegen     | 12.6 |
|        | el 15.01 Mechelen(Be) | 23.7       |            |             |      |
| 14.85  | Gertjan Palm          | 65         | Holland L  | den Haag    | 28.8 |
| 14.87  | Frank Versteeg        | 60         | Haarlem    | den Haag    | 28.8 |
| 14.88  | Robert de Bruin       | 63         | A V'40     | Groningen   | 17.7 |
| 14.94+ | Mark op't Veld        | 65         | Tegelen    | Weert       | 29.5 |
| 14.99  | Anthony Ott           | 68         | A A C      | Breda       | 12.6 |
| 15.01  | Pel vd Kerkhof        | 68         | Hellas     | Leiden      | 12.5 |
| 15.04+ | Marcel Roosen         | 69         | Holland H  | Amstelveen  | 11.9 |
| 15.04+ | Marcel Dost           | 69         | T I O N    | Amsterdam   | 10.7 |
|        | el 15.14 Breda        | 12.6       |            |             |      |
| 15.04+ | Peter de Bruin        | 66         | Hellas     | Amsterdam   | 10.7 |
| 15.04+ | Danny Krekel          | 63         | A V R      | Rotterdam   | 17.8 |
| 15.14  | Wam Bax               | 64         | T I O N    | Breda       | 12.6 |

|        |                         |    |               |                |       |
|--------|-------------------------|----|---------------|----------------|-------|
| 15.14+ | Wim Roosen              | 56 | Holland H     | Haarlem        | 2.10x |
| 15.14+ | Arno Mul                | 68 | Holland H     | Hilversum      | 1.5   |
| 15.14+ | Theo Dingemans          | 65 | A V'56        | Eindhoven      | 9.6   |
|        | el 15.22 Leiden 12.5    |    |               |                |       |
| 15.24+ | Raymond Pouw            | 67 | G A C-H       | Nymegen        | 12.6  |
| 15.24+ | Rob Kamps               | 62 | A A C         | Eindhoven      | 9.6   |
|        | el 15.27 Amsterdam 14.5 |    |               |                |       |
| 15.24+ | Ben Vroom               | 62 | ARGO'77       | Kerkrade       | 10.7  |
| 15.33  | Henk Kort               | 55 | A A C         | den Haag       | 7.10  |
| 15.34+ | André Verwei            | 67 | A V'56        | Roosendaal     | 29.5  |
| 15.34+ | Rob de Weger            | 59 | Sparta        | Beverwijk      | 10.7  |
| 15.34+ | John van Loon           | 61 | Spartaan      | Vught          | 10.7  |
| 15.38  | Peter Holthuyzen        | 61 | Unitas        | Rehlingen(BRD) | 26.6  |
| 15.44+ | Winfred Peters          | 63 | P E C         | Zwolle         | 8.10x |
| 15.44+ | Erik de Vos             | 66 | Weert         | Weert          | 2.10x |
| 15.44+ | Xander Duynisveld       | 68 | Pr Hendrik    | Valkenswaard   | 3.9   |
| 15.44+ | Jan H van Kuyeren       | 70 | Hera          | Beverwijk      | 10.7  |
| 15.54+ | Fons vd Leur            | 68 | A T C'75      | Groningen      | 24.4  |
| 15.54+ | Martin Huizing          | 64 | A A C         | Amsterda       | 29.5  |
| 15.54+ | Wilco Nederkoorn        | 68 | Keien         | Roosendaal     | 29.5  |
| 15.54+ | Vincent Verschoor       | 67 | Athlos        | Nymegen        | 12.6  |
| 15.54+ | Benno Gennis(BRD)       | 56 | A V N         | Nymegen        | 12.6  |
| 15.54+ | Jo Hanssen              | 65 | Achilles T    | Kerkrade       | 12.6  |
| 15.54+ | Gurbe Wiarda            | 66 | Impala        | Veldhoven      | 10.7  |
| 15.54+ | Walter Botman           | 60 | Holland L     | Leiden         | 30.6  |
| 15.54+ | Rob van Wees            | 63 | Hera          | Beverwijk      | 10.7  |
| 15.54+ | Hein van Heek           | 66 | Spartaan      | Amsterdam      | 29.7  |
| 15.59  | Pieter Pas              | 66 | Sprint        | Roosendaal     | 1.6   |
| 15.64+ | Koert Veldmaat          | 63 | Holland L     | Heerhugowaard  | 29.5  |
| 15.64+ | Erik Dokter             | 68 | Sperwers      | Drachten       | 29.5  |
| 15.64+ | Jeroen Prent            | 65 | Sportcl Reeuw | Breda          | 10.7  |
| 15.64+ | Jeroen Moser            | 64 | Impala        | Veldhoven      | 10.7  |
| 15.64+ | Marcel Roorda           | 68 | T I O N       | Zwolle         | 8.10  |
| 15.64+ | Gerard Postema          | 63 | Pr Hendrik    | Amsterdam      | 10.7  |
| 15.66  | Cor Troost              | 67 | Spirit OB     | Eindhoven      | 21.5  |
| 15.69  | Peter Spiering          | 65 | Metro         | den Haag       | 28.8  |
| 15.74+ | Richard vd Meyden       | 69 | P S V         | Roosendaal     | 29.5  |
| 15.74+ | Hans v Enkhuyzen        | 46 | Haarlem       | Amsterdam      | 29.5  |
| 15.74+ | Ron Postema             | 68 | Nea Volhard   | Breda          | 10.7  |
| 15.74+ | Martin Wiggers          | 64 | A A C         | Amsterdam      | 10.7  |
| 15.74+ | Hanno vd Loo            | 68 | A V'47        | Utrecht        | 5.8   |
| 15.74+ | Simon Zoetebier         | 64 | D O S-K       | Zevenaar       | 3.7   |
| 15.74+ | Jan van Doorn           | 67 | D E S         | Valkenswaard   | 3.9   |
| 15.75  | Peter Negenman          | 67 | Holland H     | Lisse          | 7.5   |
| 15.78  | Fred Schippers          | 66 | Energie       | den Haag       | 28.8  |
| 15.79  | Yvo vd Heuvel           | 67 | Sprint        | Kopenhagen(De) | 3.7   |
| 15.84+ | Leo v Scheppingen       | 62 | Blauw Wit     | Hoorn          | 1.5   |
| 15.84+ | Frank van Ooyen         | 67 | P S V         | Roosendaal     | 29.5  |
| 15.84+ | Peter Hesseling         | 64 | Spark         | Lisse          | 22.5  |
| 15.84+ | Rob van Cann            | 65 | Swift         | Weert          | 29.5  |
| 15.84+ | Ben Klappe              | 63 | D O S-K       | Nymegen        | 12.6  |
| 15.84+ | Erik Streekstra         | 62 | Spirit-L      | Arnhem         | 12.6  |

|        |                       |    |            |               |       |
|--------|-----------------------|----|------------|---------------|-------|
| 15.84+ | Edwin Veer            | 66 | Avantri    | Schoonhoven   | 2.10x |
|        | 15.94+ Utrecht 26.6   |    |            |               |       |
| 15.84+ | Ger Heinsius          | 48 | S A V      | Veldhoven     | 10.7  |
| 15.84+ | Oscar Soethout        | 62 | Haarlem    | Amsterdam     | 10.7  |
| 15.84+ | Erik Opgelder         | 66 | Spartaan   | Lisse         | 19.9  |
| 15.84+ | Erik Beart            | 65 | Pr Hendrik | Vught         | 24.9x |
| 15.84+ | Wouter Groeneweg      | 68 | T I O N    | Zevenaar      | 3.7   |
| 15.85  | Hams vd Pal           | 57 | Lycurgus   | Breda         | 12.6  |
| 15.87  | Luuk Theunissen       | 68 | A V N      | Zwolle        | 29.5  |
| 15.94+ | Harry Lenis           | 65 | Horror     | Drachten      | 29.5  |
| 15.94+ | Cor Jongens           | 59 | A T O S    | Heerhugowaard | 29.5  |
| 15.94+ | Minne de Vries        | 62 | te Werve   | Santpoort     | 25.5  |
| 15.94+ | Hans Nijbroek         | 59 | ARGO'77    | Kerkrade      | 10.7  |
| 15.94+ | Marco de Hart         | 69 | Phoenix    | Kerkrade      | 10.7  |
| 15.94+ | Richard Ekkelboom     | 68 | Fortis     | Almelo        | 29.6  |
| 15.94+ | Arno van't Hoog       | 70 | V&L/TC     | Breda         | 10.7  |
| 15.94+ | Tom Lankhorst         | 64 | T I O N    | Leiden        | 3.7   |
| 15.94+ | Ron Huibers           | 60 | Holland H  | Utrecht       | 26.6  |
| 15.94+ | Jeroen Bronwasser     | 60 | Pr Hendrik | Vught         | 28.9  |
|        | met rugwind:          |    |            |               |       |
| 15.92  | Cor Diemers (rw 2.22) | 54 | A V R      | den Haag      | 10.7  |

|                         |                    |     |         |          |        |
|-------------------------|--------------------|-----|---------|----------|--------|
| <u>400 m hordenloop</u> | NR Harry Schulting |     | 48.44 s | Mexico-C | 120979 |
|                         | ER Harald Schmidt  | BRD | 47.48 s | Athene   | 80982  |
|                         | WR Edwin Moses     | USA | 47.02 s | Koblentz | 310883 |

de beste 10 aller tijden:

|       |                  |            |    |              |        |
|-------|------------------|------------|----|--------------|--------|
| 48.44 | Harry Schulting  | Pr Hendrik | 56 | Mexico-City  | 120979 |
| 49.40 | Hugo Pont        | Sisu       | 59 | Mexico-City  | 110979 |
| 49.48 | Frank Nusse      | A A C      | 53 | Zürich(Zwi)  | 200875 |
| 50.91 | Pel vd Kerkhof   | Hellas     | 68 | Mechelen(Be) | 230788 |
| 50.8  | Jan Struyk       | A V R      | 50 | Bernhausen   | 310875 |
| 51.16 | Marco Beukenkamp | G A C-H    | 63 | Breda        | 80686  |
| 51.2  | Wim Braaksma     | A A C      | 46 | Athene(Gri)  | 280672 |
| 51.57 | Jan W Boogman    | Hellas     | 52 | El Paso(USA) | 60578  |
| 51.69 | Remco Tournier   | A V R      | 64 | Hechtel(Be)  | 300788 |
| 51.41 | Arno Theuns      | P S V      | 59 | Amsterdam    | 120786 |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 50.26 | 54.74 | 56.65 | 58.74 |
| 1985 | 51.73 | 54.54 | 56.44 | 58.64 |
| 1986 | 51.16 | 54.54 | 56.29 | 58.64 |
| 1987 | 51.26 | 54.73 | 56.62 | 58.40 |
| 1988 | 50.91 | 54.51 | 56.31 | 58.24 |

|       |                       |    |            |                     |      |
|-------|-----------------------|----|------------|---------------------|------|
| 50.91 | Pel vd Kerkhof        | 68 | Hellas     | Mechelen(Be)        | 23.7 |
| 51.69 | Remco Tournier        | 64 | A V R      | Hechtel(Be)         | 30.7 |
| 52.09 | Erik Negenman         | 67 | Holland H  | Groningen           | 17.7 |
| 52.65 | Marco Beukenkamp      | 63 | G A C-H    | Zwolle              | 29.5 |
| 52.72 | Xander Duynisveid     | 68 | Pr Hendrik | Vught               | 15.5 |
| 52.77 | Ysbrand Visser        | 61 | V&L/TC     | den Haag            | 10.7 |
| 53.14 | Martin Huizing        | 64 | A A C      | Mogliano Veneto(It) | 4.6  |
| 53.23 | Mike Tvredden         | 65 | Sparta     | Hoorn               | 18.9 |
| 53.39 | Henri Kleine Koerkamp | 65 | Spirit L   | Groningen           | 17.7 |



|        |                     |    |               |               |      |
|--------|---------------------|----|---------------|---------------|------|
| 53.64+ | Dave Elderenbosch   | 69 | A A C         | Amsterdam     | 21.7 |
| 53.84+ | Hans Moinat         | 55 | A A C         | Amsterdam     | 29.5 |
| 53.88  | Frank Versteeg      | 60 | Haarlem       | Hengelo       | 22.5 |
| 53.94+ | Rob Kamps           | 62 | A A C         | Amsterdam     | 29.5 |
| 54.23  | Jeroen Prent        | 65 | Sportcl Reeuw | Hengelo       | 22.5 |
| 54.34  | Marcel Roosen       | 69 | Holland H     | Krommenie     | 26.6 |
| 54.24+ | Ton Velthuis        | 61 | T I O N       | Zwolle        | 24.4 |
| 54.24  | Stijn vd Krogt      | 66 | Ilion         | Amsterdam     | 10.7 |
| 54.51  | Benno Gennis(BRD)   | 56 | A V N         | Beverwijk     | 10.7 |
| 54.64+ | Rob Veer            | 57 | Hellas        | Amsterdam     | 14.5 |
| 54.84+ | Danny van Eyk       | 58 | Startbaan     | Vught         | 10.7 |
| 54.89  | Hanno vd Loo        | 68 | A V'47        | Groningen     | 17.7 |
| 54.94+ | Rob van Wees        | 63 | Hera          | Heerhugowaard | 29.5 |
| 55.04+ | Koos Wubs           | 62 | ARGO'77       | Drachten      | 13.5 |
| 55.04+ | Marcel Dost         | 69 | T I O N       | Amsterdam     | 29.5 |
| 55.04+ | Percy Marte         | 56 | A A C         | Amsterdam     | 14.5 |
| 55.04+ | Gerbe Wiarda        | 66 | Impala        | Groningen     | 22.6 |
| 55.14+ | Corné Koopmans      | 66 | Ciko'66       | Amersfoort    | 29.5 |
| 55.16  | Frank van Dorp      | 65 | Attila        | Brussel(Be)   | 17.9 |
| 55.25  | Karel van Gelder    | 65 | Olympia Eh    | Groningen     | 17.7 |
| 55.34+ | Hans Kemper         | 64 | V&L/TC        | Amsterdam     | 6.5  |
| 55.36  | Marcel Korff        | 63 | G A C-H       | Hilversum     | 23.5 |
| 55.44+ | Huib Huikeshoven    | 60 | A T O S       | Vught         | 10.7 |
| 55.44+ | Fred Burgoss        | 59 | Startbaan     | Vught         | 10.7 |
| 55.43  | Sjaak Stuiver       | 69 | Start'78      | Krommenie     | 26.6 |
| 55.49  | Arno Theuns         | 59 | P S V         | Vught         | 15.5 |
| 55.74+ | Wam Bax             | 64 | T I O N       | Amsterdam     | 10.7 |
| 55.74+ | Jon Wellerdieck     | 53 | Hellas        | Amsterdam     | 10.7 |
| 55.82  | Bart v Rookhuizen   | 64 | D E M         | Beverwijk     | 10.7 |
| 55.83  | Raymond Mahler      | 69 | G A C-H       | Beverwijk     | 10.7 |
| 55.84+ | Rachid Fadis        | 64 | Spark         | Utrecht       | 12.6 |
| 55.97  | Peter Legerstee     | 61 | A V R         | Breda         | 12.6 |
| 56.04+ | Arjan de Haan       | 63 | Holland L     | Vught         | 10.7 |
| 56.04+ | Gerard Postema      | 63 | Pr Hendrik    | Vught         | 13.8 |
| 56.14+ | Richard vd Meyden   | 69 | P S V         | Uden          | 12.6 |
| 56.14+ | Paul Rood           | 69 | Trias         | Hoorn         | 12.6 |
| 56.23  | Luc Teunissen       | 68 | A V N         | Zwolle        | 29.5 |
| 56.31  | Domien Leenarts     | 64 | Sprint        | Vught         | 15.5 |
| 56.44+ | Cees van Pelt       | 59 | Attila        | Krommenie     | 14.8 |
| 56.53  | Kees Houtepen       | 70 | A V'56        | Roosendaal    | 29.5 |
| 56.54+ | Peter Gijsman       | 59 | Unitas        | Veldhoven     | 1.5  |
| 56.54+ | Leo van Scheppingen | 62 | Blauw Wit     | Amsterdam     | 15.5 |
| 56.54+ | Edwin de Ruyter     | 63 | A A C         | Amsterdam     | 10.7 |
| 56.58  | Win van de Heuvel   | 63 | P S V         | Vught         | 15.5 |
| 56.69  | Menno Swier         | 66 | V & L/TC      | Breda         | 12.6 |
| 56.74  | Gilles de Rooy      | 60 | Keien         | Amsterdam     | 23.5 |
| 56.76  | Ronald Maatman      | 63 | A V N         | Beverwijk     | 10.7 |
| 56.79  | Jurgen Hartman      | 66 | Hellas        | Breda         | 12.6 |
| 56.84+ | Peter Niekus        | 59 | N O P         | Arnhem        | 12.6 |
| 56.84+ | Jacob Swart         | 61 | P A C         | Amsterdam     | 7.8  |

|        |                     |      |            |               |      |
|--------|---------------------|------|------------|---------------|------|
| 57.04+ | Dick v Regteren     | 67   | Sperwers   | Drachten      | 29.5 |
| 57.04+ | Peter Hesseling     | 64   | Spark      | Hilversum     | 18.9 |
| 57.07  | Jeroen Arendsman    | 69   | Waterland  | Amsterdam     | 14.5 |
| 57.14+ | Frank Beentjes      | 67   | D E M      | Amsterdam     | 14.5 |
| 57.16  | Marco Michielsens   | 71   | Sprint     | Roosendaal    | 8.9  |
| 57.18  | Richard Coté        | 69   | Lycurgus   | Breda         | 12.6 |
| 57.25  | Wim van Esch        | 64   | Pr Hendrik | Breda         | 12.6 |
| 57.26  | Ad Keller           | 60   | Parthenon  | Zierikzee     | 15.5 |
| 57.24+ | Ron Postema         | 68   | Nea Volh   | Amsterdam     | 24.7 |
| 57.34  | Jan H v Kuyeren     | 70   | Hera       | Amsterdam     | 14.5 |
| 57.38  | Karel Belfor        | 69   | V & L/TC   | Krommenie     | 26.6 |
| 57.44+ | Manfred Mooyer      | 68   | Edam       | Amsterdam     | 14.5 |
| 57.44+ | Hans Jonkers        | 61   | Sprint     | Amsterdam     | 29.5 |
| 57.49  | Nik Suurs           | 66   | P S V      | Vught         | 15.5 |
| 57.64+ | Olaf Buelens        | 70   | H A C      | Helmond       | 18.8 |
|        | 57.71 el Roosendaal | 29.5 |            |               |      |
| 57.74+ | Charles den Uyl     | 60   | A A V'36   | Amsterdam     | 7.8  |
| 57.74+ | Marco de Hart       | 69   | Phoenix    | Hilversum     | 18.9 |
| 57.74+ | René Peeters        | 67   | Atledo     | Veldhoven     | 1.5  |
| 57.74+ | Geert Kierkels      | 56   | Attila     | Vught         | 13.8 |
| 57.64+ | Luc Bakker          | 61   | Phoenix    | Kerkrade      | 10.7 |
| 57.64+ | Mark Smit           | 67   | S A V      | Hoorn         | 12.6 |
| 57.64+ | Carel vd Werf       | 63   | F I T      | Amsterdam     | 21.7 |
| 57.74+ | Jos Herben          | 63   | Kimbria    | Kerkrade      | 3.7  |
| 57.79  | Erik Stigter        | 56   | A V'56     | Roosendaal    | 29.5 |
| 57.79  | Robert v Engelen    | 65   | Sprint     | Breda         | 12.6 |
| 57.84+ | Rob van Zanten      | 56   | Fortuna V  | Leiden        | 29.5 |
| 57.80  | Coen vd Tas         | 70   | Oss'78     | Rotterdam     | 12.5 |
| 57.94+ | Niels Borsboom      | 65   | Lycurgus   | Amsterdam     | 29.5 |
| 57.94+ | Rob de Weger        | 59   | Sparta     | Heerhugowaard | 29.5 |
| 57.94+ | Ruud de Lange       | 62   | A V O N    | Weert         | 29.5 |
| 57.98  | Kees Versloot       | 64   | Liemers    | Arnhem        | 23.5 |
| 58.04+ | Ramon Mannie        | 66   | T H O R    | Vught         | 10.7 |
| 58.04+ | Hans v Engelen      | 65   | Parcival   | Helmond       | 28.8 |
| 58.04+ | Erik Opgelder       | 66   | Spartaan   | Vught         | 10.7 |
| 58.14+ | René Eyra           | 67   | Spark      | Leiden        | 29.5 |
| 58.16  | Marco Reek          | 69   | Caesar     | Hechtel(Be)   | 13.9 |
| 58.16  | Rik Hoevens         | 60   | Tartletos  | Arnhem        | 23.5 |
| 58.17  | Marco Bulsing       | 70   | Hollandia  | Hoorn         | 14.8 |
| 58.20  | Cees ten Broeke     | 66   | A A V'36   | Zwolle        | 29.5 |
| 58.22  | Bas Brown           | 66   | V & L/TC   | Zwolle        | 14.5 |
| 58.24+ | René van Eck        | 68   | A V'47     | Amsterdam     | 6.5  |
| 58.24+ | Ronald Derksema     | 68   | ARGO'77    | Drachten      | 13.5 |
| 58.24+ | Maarten van Essen   | 58   | Altis      | Amersfoort    | 29.5 |
| 58.24+ | Ger Heinsius        | 48   | S A V      | Veldhoven     | 10.7 |

47 *Zeta Koeck (Ken)*

*WR: 3.05.35 Helsinki 3/7/89*

|                             |    |                             |                    |   |                    |        |
|-----------------------------|----|-----------------------------|--------------------|---|--------------------|--------|
| <u>3000 m hindernisloop</u> | NR | Hans Koeleman               | 8.18.02            | m | Budapest           | 40885  |
|                             | ER | Joseph Mamoud Fr            | 8.07.62            | m | Brussel            | 240884 |
|                             | WR | <del>Henri Romo Kenia</del> | <del>8.05.74</del> | m | <del>Seattle</del> | 130578 |

de beste 10 aller tijden:

|                        |                     |    |           |               |        |
|------------------------|---------------------|----|-----------|---------------|--------|
| 8.18.02                | Hans Koeleman       | 57 | A A C     | Budapest(Hon) | 40885  |
| 8.29.95                | Herman Hofstee      | 63 | D O S-Dw  | St Denis(Fr)  | 70688  |
| 8.34.74                | Martin ten Kate     | 58 | Fortis    | Hengelo       | 270686 |
| 8.43.2                 | Egbert Nijstad      | 42 | D O S-Dw  | Drachten      | 230671 |
| 8.45.0                 | Willy Willems       | 44 | Kimbria   | Brescia(It)   | 210768 |
| 8.46.9                 | Pieter Vos          | 51 | G V A V   | Oslo(No)      | 70678  |
| 8.48.0                 | Evert v Ravensberg  | 53 | Haarlem   | Roosendaal    | 280879 |
| 8.48.5                 | Roelof Veld         | 44 | Daventria | Kerkrade      | 280773 |
| 8.50.03                | Richard Kooyman     | 63 | A V R     | Koblentz(BRD) | 10688  |
| <i>8.46.70</i> 8.50.29 | Dirkjan Hoogstraten | 61 | V & L/TC  | Vught         | 30886  |

|      | 1       | 20      | 50     | 100     |
|------|---------|---------|--------|---------|
| 1984 | 8.23.73 | 9.20.4  | 9.44.4 | 10.19.8 |
| 1985 | 8.18.02 | 9.21.28 | 9.45.0 | 10.19.4 |
| 1986 | 8.22.34 | 9.21.91 | 9.45.8 | 10.18.5 |
| 1987 | 8.20.60 | 9.22.2  | 9.44.8 | 10.11.7 |
| 1988 | 8.20.56 | 9.22.32 | 9.40.6 | 10.11.0 |

|                        |                             |    |              |               |      |
|------------------------|-----------------------------|----|--------------|---------------|------|
| <i>8.23.76</i> 8.20.56 | Hans Koeleman               | 57 | A A C        | Hengelo       | 14.8 |
| 8.29.95                | Herman Hofstee              | 63 | D O S-Dw     | St Denis(Fr)  | 7.6  |
| 8.50.03                | Richard Kooyman             | 63 | A V R        | Koblentz(BRD) | 1.6  |
| 8.56.52                | Aart Bakker                 | 61 | Tartletos    | Groningen     | 16.7 |
| 8.57.34                | Nico Vessies                | 62 | D E M        | Groningen     | 16.7 |
| 8.58.70                | Martien vd Hoorn            | 53 | A A V'36     | Groningen     | 16.7 |
| 9.00.04                | Paul Hagendoren             | 66 | Unitas       | Breda         | 12.6 |
| <i>9.54.09</i> 9.02.44 | René Godlieb <i>87 73.0</i> | 66 | A A C        | Groningen     | 16.7 |
| 9.03.3                 | Kees van Klink              | 56 | Bataven      | Leiden        | 3.8  |
| 9.04.89                | Jan Zethof                  | 60 | A A C        | Breda         | 12.6 |
| 9.05.8                 | Ronald Schut                | 66 | P S V        | Valkenswaard  | 8.9  |
| 9.06.2                 | Jan Korevaar                | 61 | Sliedr Sport | Huizen        | 25.6 |
| 9.06.39                | Erik Punt                   | 66 | P A C        | Hengelo       | 22.5 |
| 9.08.00                | Peter Schouw                | 65 | V&L/TC       | Amsterdam     | 29.5 |
| 9.12.04                | Okke J Bosker               | 65 | G V A V      | Groningen     | 16.7 |
| 9.16.0                 | Lucien Baert                | 58 | H A C        | Valkenswaard  | 8.9  |
| 9.18.4                 | Sjors Draaisma              | 62 | Ilion        | Amsterdam     | 10.7 |
| 9.20.1                 | Evert Groen                 | 62 | P S V        | Valkenswaard  | 3.9  |
| 9.16.9                 | Evert v Ravensberg          | 53 | Haarlem      | Amsterdam     | 10.7 |
| 9.22.32                | Ronald Klomp                | 62 | Sprint       | Amsterdam     | 29.5 |
| 9.22.93                | Roger Klingensteyn          | 64 | Unitas       | Leiden        | 12.5 |
| 9.23.0                 | Luuk Steenberg              | 62 | Kronos       | Valkenswaard  | 3.9  |
| 9.23.31                | Clemens v Ostayen           | 69 | Keien        | Andenne(Be)   | 6.8  |
| 9.23.5                 | Ad Verbrugge                | 50 | H A C        | Valkenswaard  | 8.9  |
| 9.24.3                 | Marinus Dijkman             | 61 | F I T        | Hilversum     | 24.6 |
| 9.26.17                | Rens Eising                 | 69 | Zaanland     | Leiden        | 4.9  |
| 9.26.27                | Frans Verberne              | 56 | V&L/TC       | Breda         | 12.6 |
| 9.27.0                 | Ronald Loos                 | 61 | Sparta       | Leiden        | 3.8  |
| 9.27.1                 | Robert Boer                 | 65 | A V R        | den Haag      | 24.6 |
| 9.27.4                 | Hank Weerts                 | 60 | Keien        | Valkenswaard  | 8.9  |

|          |                     |     |               |              |      |
|----------|---------------------|-----|---------------|--------------|------|
| 9.29.9   | Michael Visser      | 68  | G A C-H       | Hilversum    | 24.6 |
| 9.30.65  | Frank Assmann       | 66  | Prins Hendrik | Breda        | 12.6 |
| 9.32.4   | Paul Bekers         | 59  | G V A C       | Valkenswaard | 8.9  |
| 9.33.14  | Han Wolsing         | 65  | Sprint        | Breda        | 12.6 |
| 9.33.75  | Rino Raaymakers     | 69  | H A C         | Krommenie    | 26.6 |
| 9.34.5   | Trevor de Koekoek   | 62  | G A C-H       | Zwolle       | 29.5 |
| 9.35.7   | Corné Haast         | 59  | Spado         | Valkenswaard | 8.9  |
| 9.35.90  | Rob Brouwer         | 59  | A A C         | Amsterdam    | 29.5 |
| 9.35.9   | Gerard van Lent     | 56  | A A C         | Amsterdam    | 10.7 |
| 9.36.1   | Danny Streefkerk    | 59  | Hellas        | Amsterdam    | 10.7 |
| 9.36.1   | Ad Coolbergen       | 63  | Bataven       | Leiden       | 3.8  |
| 9.36.31  | Ruben Krouwel       | 66  | Hellas        | Amsterdam    | 29.5 |
| 9.36.6   | Johnny Sanderink    | 57  | T I O N       | Amsterdam    | 10.7 |
| 9.37.74  | Ben Hölscher        | 66  | A A C         | Breda        | 12.6 |
| 9.38.18  | Hans Koenekoop      | 65  | A A V'35      | Leiden       | 12.5 |
| 9.38.68  | Steeff Kijne        | 49  | A V R         | Breda        | 12.6 |
| 9.40.35  | Louis Dam           | 62  | Lycurgus      | Amsterdam    | 29.5 |
| 9.40.6   | Ronald Derksema     | 68  | ARGO'77       | Groningen    | 8.6  |
| 9.43.60  | Marcel Verzijlberg  | 62  | Haarlem       | Breda        | 12.6 |
| 9.43.9   | John Heemskerk      | 67  | V &L/TC       | Amsterdam    | 6.5  |
| 9.44.40  | Jeroen Deen         | 68  | S A V         | Amsterdam    | 14.5 |
| 9.44.8   | Eric Teunissen      | 66  | Sparta        | Krommenie    | 24.7 |
| 9.45.0   | Wybo Lelieveld      | 57  | Bataven       | Leiden       | 3.8  |
| 9.45.2   | Wim Sterrenburg     | 55  | Hercules      | Vught        | 13.8 |
| 9.46.38  | Henk Cysouw         | 59  | Sprint        | Breda        | 12.6 |
| 9.46.7   | Bronnie Dodde       | 63  | Aquilo        | Amsterdam    | 12.8 |
| 9.47.8   | Henk Gierveld       | 60  | Phoenix       | Leiden       | 3.8  |
| 9.48.5   | Berthold Berger     | 68  | Start'78      | Groningen    | 8.6  |
| 8.49.24  | Ronald Groot        | 66  | A A C         | Amsterdam    | 14.5 |
| 9.50.2   | Rien de Wilde       | 60  | A V'56        | Vught        | 10.7 |
| 9.50.2   | Henk Dekker         | 58  | A T O S       | Valkenswaard | 3.9  |
| 9.50.5   | Luis Paerson        | 69  | N O P         | Zevenaar     | 3.7  |
| 9.51.3   | Pieter Vos          | 51  | Impala        | Groningen    | 8.6  |
| 9.51.47  | Bart Nelemans       | 70  | Unitas        | Krommenie    | 26.6 |
| 9.51.6   | Dick Westerduin     | 61  | G V A V       | Groningen    | 8.6  |
| 9.53.31  | Kees vd Velde       | 56  | Hellas        | Breda        | 12.6 |
| 9.53.5   | Jack van Avendonck  | 67  | A V R'69      | Vught        | 13.8 |
| 9.54.1   | Henk v Ravensbergen | 56  | Bataven       | Vught        | 13.8 |
| 9.54.65  | Henk Gallé          | 65  | Attila        | Uden         | 24.4 |
| 9.55.6   | Eric Gasseling      | 66  | Marathon      | Middelburg   | 31.8 |
| 9.55.8   | Jan Guiljam         | 58  | A V'56        | Middelburg   | 31.8 |
| 9.58.4   | Ton Kluytmans       | 62  | Attila        | Uden         | 12.6 |
| 9.59.5   | Pieter Wielaard     | 67  | Delta Sport   | Zierikzee    | 25.9 |
| 9.59.7   | H Woudenberg        | mil |               | Nymegen      | 14.6 |
| 10.00.3  | Frank van Ede       | 59  | Altis         | Huizen       | 25.6 |
| 10.00.5  | Duck Bekema         | 61  | Startbaan     | Vught        | 10.7 |
| 10.00.78 | Ton Visser          | 64  | Hera          | Beverwijk    | 10.7 |
| 10.01.0  | Hans Mens           | 54  | H A C         | Veldhoven    | 1.5  |
| 10.02.3  | Paul Bierens        | 62  | AVR'69        | Roosendaal   | 28.8 |
| 10.04.5  | Leon Classen        | 60  | Ilion         | Amsterdam    | 10.7 |

|          |                       |    |           |              |      |
|----------|-----------------------|----|-----------|--------------|------|
| 10.04.6  | Wim van Ooyen         | 64 | Venray    | Vught        | 13.8 |
| 10.04.63 | Henri van Limpt       | 58 | A V N     | Uden         | 24.4 |
| 10.06.65 | Ton Sjerps            | 58 | S A V     | Amsterdam    | 14.5 |
| 10.06.68 | Siem Boekel           | 61 | Lycurgus  | Amsterdam    | 29.5 |
| 10.07.3  | Peter Paul Feyen      | 69 | Weert     | Veldhoven    | 1.5  |
| 10.08.3  | Tim Brouwer de Koning | 61 | Holland L | Vught        | 10.7 |
| 10.08.6  | Paul Kalter           | 69 | D O S-K   | Zevenaar     | 3.7  |
| 10.08.91 | Mark Freriksen        | 69 | M P M     | Leiden       | 4.9  |
| 10.09.26 | Paul Clement          | 69 | Horror    | Leiden       | 4.9  |
| 10.09.67 | Bas Spliet            | 69 | Horror    | Leiden       | 4.9  |
| 10.10.24 | MarienHeynen          | 66 | T H O R   | Uden         | 24.4 |
| 10.10.3  | Harry Dijk            | 55 | T I O N   | Amsterdam    | 10.7 |
| 10.10.4  | Bert Tielen           | 53 | Gr Ster   | Veldhoven    | 1.5  |
| 10.10.4  | Ad de Bruyn           | 70 | AVR'69    | Vught        | 13.8 |
| 10.10.76 | Frans Bekhuis         | 63 | 't Haasje | Hengelo      | 22.5 |
| 10.11.0  | Olaf Buelens          | 70 | H A C     | Veldhoven    | 1.5  |
| 10.11.2  | Rien de Haan          | 61 | Spark     | Amsterdam    | 6.5  |
| 10.11.6  | Bert Koster           | 60 | A V'47    | Leiden       | 3.8  |
| 10.11.7  | Aad Vlaar             | 59 | Hera      | Valkenswaard | 3.9  |
| 10.12.44 | Rudy Wempe            | 70 | A A C     | Krommenie    | 26.6 |

|                    |    |                |            |             |        |
|--------------------|----|----------------|------------|-------------|--------|
| <u>verspringen</u> | NR | Emil Mellaard  | 8.19 m     | Groningen   | 170788 |
|                    | ER | Robert Emmiyan | S U 8.86 m | Tsakadzor   | 220587 |
|                    | WR | Bob Beamon     | USA 8.90 m | Mexico-City | 181068 |

de 10 beste aller tijden:

|      |                        |    |            |                |        |
|------|------------------------|----|------------|----------------|--------|
| 8.19 | Emil Mellaard          | 66 | A A C      | Groningen      | 170788 |
| 8.03 | Frans Maas             | 64 | Sprint     | El Paso(USA)   | 170488 |
| 7.98 | Henk Visser            | 32 | A A C      | Bukarest(Roe)  | 170956 |
| 7.81 | Roy Sedoc              | 54 | A A C      | den Haag       | 220876 |
| 7.73 | Jeroen Ooievaar        | 62 | A A C      | Groningen      | 170788 |
| 7.71 | Jeroen Bronwasser      | 60 | Pr Hendrik | Amsterdam      | 70882  |
| 7.69 | Ed Pireau              | 55 | A A C      | den Haag       | 220876 |
| 7.63 | Peter v Leeuwen        | 58 | T H O R    | Willebroek(Be) | 120683 |
| 7.62 | Herbert Disselhof(BRD) | 40 | P S V      | Fürth(BRD)     | 70665  |
| 7.57 | Jacob Kwekel           | 60 | Spark      | Leiden         | 190984 |

7.51 *see box*

|      | 1    | 20   | 50   | 100  |
|------|------|------|------|------|
| 1984 | 7.84 | 7.09 | 6.85 | 6.59 |
| 1985 | 7.97 | 7.10 | 6.83 | 6.65 |
| 1986 | 7.98 | 7.10 | 6.90 | 6.65 |
| 1987 | 8.02 | 7.10 | 6.89 | 6.65 |
| 1988 | 8.19 | 7.14 | 6.86 | 6.60 |

|      |                      |      |             |              |      |
|------|----------------------|------|-------------|--------------|------|
| 8.19 | Emil Mellaard        | 66   | A A C       | Groningen    | 17.7 |
| 8.21 | rw Tel Aviv)Israel)  | 8.5  |             |              |      |
| 7.3  | 8.03 Frans Maas      | 64   | Sprint      | El Paos(USA) | 17.4 |
|      | 8.27 rw El Paso(USA) | 23.4 | rw3.12      |              |      |
| 7.73 | Jeroen Ooievaar      | 62   | A A C       | Groningen    | 17.7 |
|      | 7.79rw den Haag      | 10.7 |             |              |      |
| 7.56 | Hein Macnack         | 67   | Haarlem     | Amsterdam    | 29.5 |
| 7.46 | Bart v Haeringen     | 65   | Delta Sport | Groningen    | 17.7 |
| 7.39 | Marcel Roorda        | 67   | T I O N     | Zwolle       | 8.10 |
| 7.37 | Roy Sedoc            | 54   | A A C       | Groningen    | 17.7 |

|      |                       |                  |             |                |       |
|------|-----------------------|------------------|-------------|----------------|-------|
| 7.32 | Alje Kuiper           | 60               | Ilion       | Uden           | 24.4  |
|      | 7.37rw Hilversum 23.5 | rw2.6            |             |                |       |
| 7.24 | Maarten Kuiper        | 66               | Pr Hendrik  | Vught          | 17.4  |
| 7.24 | Lino Pani             | 61               | Unitas      | Vught          | 15.5  |
| 7.22 | Rob vd Klundert       | 66               | Pr Hendrik  | Veldhoven      | 1.5   |
| 7.22 | Marc vd Worp          | 70               | P E C       | Roosendaal     | 28.8  |
| 7.21 | Ydo van Oostende      | 70               | Athletics   | Zevenaar       | 15.5  |
| 7.20 | Jan W vd Wal          | 57               | Lycurgus    | Groningen      | 17.7  |
| 7.19 | Marcel Dost           | 69               | T I O N     | Helmond        | 25.9  |
| 7.18 | Rob Lieberwirth       | 68               | A T O S     | Amsterdam      | 29.7  |
| 7.17 | Serge Vyent           | 70               | A V V       | Krommenie      | 25.6  |
| 7.17 | Paul Lucassen         | 63               | Sprint      | Groningen      | 17.7  |
|      | 7.35rw Hilversum 23.5 | rw4.11           |             |                |       |
| 7.16 | Edwin Veer            | 66               | Avantri     | Utrecht        | 21.6  |
| 7.14 | Erik van Zee          | 71               | Typhoon     | den Haag       | 27.8  |
| 7.14 | Maarten Smitskamp     | 65               | Startbaan   | Vught          | 10.7  |
| 7.14 | Robert de Wit         | 62               | Unitas      | Sotteville(Fr) | 22.6  |
| 7.14 | Paul van Dorst        | 67               | T H O R     | Roosendaal     | 29.5  |
| 7.12 | Jeroen Bronwasser     | 60               | Pr Hendrik  | Valkenswaard   | 3.9   |
| 7.11 | Anthony Ott           | 69               | A A C       | Eindhoven      | 21.5  |
| 7.11 | Jacob Kwekel          | 60               | Spark       | Lisse          | 7.5   |
|      | 7.55rw Hilversum 23.5 | rw6.75           |             |                |       |
| 7.11 | Roel van Laere        | 65               | Schelde Sp  | Dordrecht      | 12.6  |
|      | 7.23rw Zierikzee 15.5 | rw               |             |                |       |
| 7.10 | Mark Nederhand        | 66               | Lycurgus    | Amsterdam      | 14.5  |
| 7.09 | Walter Kruk           | 70               | Holland H   | den Haag       | 27.8  |
| 7.07 | Martijn Roordink      | 67               | Ilion       | Uden           | 24.4  |
| 7.06 | Robbert Weyers        | 66               | Liemers     | Zevenaar       | 14.5  |
| 7.05 | Erik Spierenburg      | 62               | Fortis      | Zevenaar       | 14.5  |
| 7.05 | Cor Troost            | 67               | Spirit OB   | Eindhoven      | 21.5  |
| 7.05 | Danny Krekel          | 63               | A V R       | Rotterdam      | 15.6  |
| 7.05 | Erik de Vos           | 66               | Weert       | Groningen      | 17.7  |
| 7.04 | Koos Wubs             | 62               | ARGO'77     | Kerkrade       | 10.7  |
| 7.03 | Simon Zoetebier       | 64               | D O S-K     | Zevenaar       | 14.5  |
| 7.02 | Per John              | 66               | Nea Volhard | Santpoort      | 25.5  |
| 7.01 | André Verwei          | 67               | A V'56      | Zierikzee      | 15.5  |
| 6.99 | Felix vd Meer         | 64               | P S V       | Roosendaal     | 29.5  |
| 6.99 | Luuk Bijleveld        | 64               | ARGO'77     | Groningen      | 24.4  |
| 6.97 | Martien vd Veen       | 69               | V & L/TC    | den Haag       | 11.9  |
| 6.97 | Rob Schluter          | 64               | Haarlem     | Amsterdam      | 10.7  |
| 6.97 | Perry Vriesekoop      | 66               | Spartaan    | Vught          | 10.7  |
|      | 6.98rw Lisse 7.5      | rw2.1            |             |                |       |
| 6.96 | Erik Sacharias        | 69               | T H O R     | Valkenswaard   | 3.9   |
| 6.95 | Dave Brouwer          | 71               | Pynenburg   | Amsterdam      | 18.5  |
| 6.95 | Erik Beart            | 65               | Pr Hendrik  | Vught          | 24.9x |
|      | 6.89                  | Vught 17.4       |             |                |       |
| 6.93 | Hanno vd Loo          | 68               | A V'47      | Kopenhagen(De) | 2.7   |
| 6.92 | Wouter de Vries       | 65               | A T O S     | Heerhugowaard  | 19.8  |
| 6.87 | Rik Wijnants          | 61               | Sparta      | den Haag       | 1.10x |
|      | 7.10                  | rw den Haag 27.8 | rw          |                |       |
| 6.87 | Terry Lobato          | 66               | Vitesse     | Utrecht        | 23.5  |
| 6.86 | Darrel Hanenburg      | 70               | A V R       | Breda          | 12.6  |
|      | 6.92                  | rw den Haag 10.7 |             |                |       |
| 6.86 | Winfred Peters        | 63               | P E C       | Zevenaar       | 2.7   |

|      |                       |          |              |                |       |
|------|-----------------------|----------|--------------|----------------|-------|
| 6.85 | Hank J Gebben         | 65       | ARGO'77      | Hoorn          | 12.6  |
| 6.85 | Rigo Stegink          | 70       | M P M        | Zevenaar       | 15.5  |
| 6.83 | Jeff van Dijk         | 66       | Sparta       | Leiden         | 12.6  |
| 6.82 | Jack de Wilde         | 68       | Sprint       | Breda          | 10.7  |
| 6.82 | René Bloemers         | 65       | A V A'81     | Hilversum      | 10.7  |
| 6.82 | Jan Harland           | 59       | V&L/TC       | Breda          | 12.6  |
| 6.81 | Onno vd Bosch         | 55       | A V N        | Zevenaar       | 14.5  |
| 6.79 | Andries Quirijns      | 62       | A V V        | Veldhoven      | 4.9   |
| 6.78 | Peter vd Berg         | 65       | P S V        | Beverwijk      | 10.7  |
| 6.78 | Roger vd Wetering     | 69       | Keien        | Roosendaal     | 29.5  |
| 6.76 | Frank Eerland         | 69       | Sp Reeuwijk  | Krommenie      | 1.5   |
|      | 6.81rw Rotterdam      | 8.5      |              |                |       |
| 6.76 | Arjan Warmerdam       | 68       | Haarlem      | Haarlem        | 1.5   |
| 6.75 | Erik de Vries         | 60       | A A C        | Amsterdam      | 10.7  |
| 6.74 | Wam Bakx              | 64       | T I O N      | Zevenaar       | 14.5  |
| 6.74 | Marco Beukenkamp      | 63       | G A C-H      | Hilversum      | 18.9  |
|      | 6.80 Kopenhagen       | 2.7rw3.1 |              |                |       |
| 6.73 | Gerton Kuis           | 71       | P E C        | Uden           | 5.6   |
|      | 6.81rw Rotterdam      | 12.5rw   |              |                |       |
| 6.72 | Jeroen Duyn           | 67       | Lycurgus     | Breda          | 12.6  |
| 6.71 | René van Loon         | 61       | Spado        | Vught          | 15.5  |
| 6.71 | Han de Milde          | 61       | Startbaan    | Nymegen        | 12.6  |
| 6.70 | Wouter Hertzberger    | 71       | AAV'36       | Zwolle         | 31.5  |
|      | 6.71rw Uden           | 5.6rw2.2 |              |                |       |
| 6.70 | Wouter Bos            | 72       | V&L/TC       | den Haag       | 27.8  |
| 6.70 | Frank vd Ruit         | 66       | P A C        | Kerkrade       | 10.7  |
| 6.68 | Wim Zwolsman          | 69       | G V A C      | Veldhoven      | 18.9  |
| 6.67 | Raymond Mahler        | 69       | G A C-H      | Hilversum      | 2.9   |
| 6.66 | Wilco Nederkoorn      | 68       | Keien        | Vught          | 15.5  |
| 6.65 | John van Loon         | 61       | Spartaan     | Amsterdam      | 30.4  |
| 6.65 | Robin Roelink         | 68       | Fortis       | Amersfoort     | 29.5  |
| 6.65 | Willem Roosen         | 56       | Holland H    | Haarlem        | 1.10x |
| 6.65 | Hans Jansen           | 68       | Hercules     | Veldhoven      | 4.9   |
| 6.64 | Gregory Lede          | 72       | Marathon     | Zierikzee      | 15.5  |
| 6.64 | Guido Bonsen          | 69       | Hera         | Heerhugowaard  | 15.4  |
| 6.64 | Eddy vd Made          | 69       | Sprint       | Helmond        | 31.5  |
| 6.63 | Richard Zeevat        | 69       | Ciko'66      | Nymegen        | 24.6  |
| 6.63 | Danny Obsteter        | 63       | Attila       | Roosendaal     | 29.5  |
| 6.62 | Peter Verkade         | 71       | A V'47       | Boskoop        | 1.10x |
| 6.62 | Stein Kuiper          | 69       | P S V        | Uden           | 4.6   |
| 6.62 | Jo Hanssen            | 65       | Achilles Top | Uden           | 24.4  |
| 6.62 | Peter Zuidhof         | 62       | T H O R      | Vught          | 10.7  |
| 6.61 | Johan Troost          | 69       | Spirit OB    | Krommenie      | 25.6  |
|      | 6.88rw Uden           | 4.6      |              |                |       |
| 6.61 | Mark Nieuwenboom      | 69       | Pr Hendrik   | Kerkrade       | 14.5  |
| 6.61 | Stefan Metaal         | 71       | A A C        | den Haag       | 11.9  |
| 6.61 | John Westerweel       | 61       | G A C-H      | Zwolle         | 29.5  |
|      | met rugwind ook nog:  |          |              |                |       |
| 6.86 | Marco Meulink         | 65       | V&L/TC       | den Haag       | 10.7  |
| 6.75 | Ydo vd Heuvel (rw2.7) | 67       | Sprint       | Kopenhagen(De) | 2.7   |
| 6.69 | Hans Drechsler        | 63       | V&L/TC       | Zierikzee      | 15.5  |
| 6.63 | Coen Persijn          | 64       | T I O N      | Hilversum      | 30.4  |

|                       |    |                 |         |              |              |        |
|-----------------------|----|-----------------|---------|--------------|--------------|--------|
| <u>hinkstapsprong</u> | NR | Peter v Leeuwen | 16.15 m | Dublin(Ierl) | 210883       |        |
| driesprong            | ER | Khristo Markov  | 17.92 m | Rome(It)     | 310887       |        |
|                       | WR | Willy Banks     | USA     | 17.97 m      | Indianapolis | 160685 |

beste 10 aller tijden:

|       |                   |    |         |               |        |
|-------|-------------------|----|---------|---------------|--------|
| 16.15 | Peter van Leeuwen | 58 | T H O R | Dublin(Ierl)  | 210883 |
| 16.12 | Frans Maas        | 64 | Sprint  | Leiden        | 110787 |
| 16.11 | Aafbrecht vd Veen | 61 | Haarlem | Vught         | 30886  |
| 16.01 | Roy Sedoc         | 54 | A A C   | Aarhus(Den)   | 230674 |
| 15.97 | Annejan vd Veen   | 60 | Haarlem | Amsterdam     | 20984  |
| 15.84 | Paul Lucassen     | 63 | Unitas  | Vught         | 190585 |
| 15.64 | Henk Evers        | 39 | A V'55  | Innsbrück(Oo) | 270763 |
| 15.59 | Ben Vroom         | 62 | Jahn II | Groningen     | 60584  |
| 15.48 | Wim Peters        | 03 | P E C   | Londen(GB)    | 50727  |
| 15.30 | Athur Lynch       | 67 | A A C   | den Haag      | 100788 |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 16.09 | 14.19 | 13.36 | 12.80 |
| 1985 | 15.92 | 14.13 | 13.33 | 12.60 |
| 1986 | 16.11 | 14.19 | 13.25 | 12.90 |
| 1987 | 16.12 | 14.07 | 13.19 | 12.72 |
| 1988 | 15.94 | 14.10 | 13.44 | 12.90 |

|       |                   |        |            |            |      |
|-------|-------------------|--------|------------|------------|------|
| 15.94 | Frans Maas        | 64     | Sprint     | Provo(USA) | 7.5  |
| 15.53 | Paul Lucassen     | 63     | Sprint     | Groningen  | 16.7 |
| 15.30 | Arthur Lynch      | 67     | A A C      | den Haag   | 10.7 |
| 15.27 | Ydo van Oostende  | 70     | Athletics  | Groningen  | 16.7 |
| 15.25 | Roy Sedoc         | 54     | A A C      | Groningen  | 16.7 |
| 15.01 | Erik Spierenburg  | 62     | Fortis     | Zwolle     | 24.4 |
| 14.92 | Jan W vd Wal      | 57     | Lycurgus   | Krommenie  | 14.8 |
| 14.71 | Aafbrecht vd Veen | 61     | Haarlem    | Amsterdam  | 29.5 |
| 14.63 | Annejan vd Veen   | 60     | Haarlem    | Amsterdam  | 29.5 |
| 14.52 | Erik Beart        | 65     | Pr Hendrik | Amsterdam  | 29.5 |
| 14.48 | Peter v Leeuwen   | 58     | T H O R    | Vught      | 10.7 |
| 14.48 | Maarten Smitskamp | 65     | Startbaan  | Vught      | 10.7 |
| 14.33 | Perry Vriesekoop  | 66     | Spartaan   | Vught      | 10.7 |
| 14.29 | Hein Macnack      | 67     | Haarlem    | Breda      | 12.6 |
| 14.26 | Rob Lieberwirth   | 68     | A T O S    | Leiden     | 12.6 |
| 14.18 | Eddy Hanssen      | 69     | Keien      | Uden       | 12.6 |
| 14.15 | Hans Drechsler    | 63     | V & L/TC   | Groningen  | 16.7 |
| 14.14 | Rik Wijnants      | 61     | Sparta     | Zierikzee  | 15.5 |
| 14.11 | Coen Persijn      | 64     | T I O N    | Zwolle     | 19.7 |
| 14.10 | Gregory Lede      | 72     | Marathon   | Zierikzee  | 15.5 |
|       | 14.13 Zierikzee   | 15.5rw |            |            |      |
| 14.00 | Alje Kuiper       | 60     | Ilion      | Breda      | 12.6 |
| 13.99 | Erik de Vries     | 60     | A A C      | Breda      | 12.6 |
| 13.94 | Martin Wiggers    | 64     | A A C      | Amsterdam  | 10.7 |
| 13.94 | Ed IJzerman       | 54     | A V R      | Breda      | 12.6 |
| 13.91 | Danny Kregel      | 63     | A V R      | Amsterdam  | 7.8  |
|       | tussenvoegen:     |        |            |            |      |
| 14.71 | Mark Nederhand    | 66     | Lycurgus   | Krommenie  | 14.8 |



|       |                       |      |             |              |      |
|-------|-----------------------|------|-------------|--------------|------|
| 13.87 | Erwin Suvaal          | 63   | A V R       | Zierikzee    | 15.5 |
| 13.87 | Orlando Tjin Asjoe    | 67   | Haarlem/PSV | Eindhoven    | 9.6  |
| 13.85 | Lino Pani             | 61   | Unitas      | Amsterdam    | 29.5 |
| 13.85 | Jeroen Duyn           | 67   | Lycurgus    | den Haag     | 10.7 |
| 13.83 | Henri Brill           | 63   | T I O N     | Zevenaar     | 6.5  |
| 13.82 | Herman Jansen         | 68   | Hercules    | Zierikzee    | 15.5 |
| 13.77 | Stefan Duyn           | 70   | D E M       | Nymegen      | 24.6 |
| 13.76 | René van Loon         | 61   | Spado       | Zevenbergen  | 3.7  |
| 13.76 | Alex vd Nol           | 69   | Gouda       | Rotterdam    | 12.5 |
| 13.75 | Marc vd Worp          | 70   | P E C       | Zevenaar     | 15.5 |
| 13.74 | Wouter Bos            | 72   | V&L/TC      | Uden         | 4.6  |
| 13.73 | Jan P Kleine Poelhuis | 67   | Haaksbergen | Zevenaar     | 6.5  |
| 13.72 | Paul Goudfrooi        | 64   | A A C       | Amsterdam    | 14.5 |
| 13.72 | Remco Vos             | 69   | Trias       | Rotterdam    | 12.5 |
| 13.68 | Rob Schluter          | 64   | Haarlem     | Amsterdam    | 10.7 |
| 13.67 | Richard Zeevat        | 69   | Ciko'66     | Arnhem       | 23.5 |
| 13.60 | Fons Heyne            | 67   | D E M       | Beverwijk    | 10.7 |
| 13.58 | Arjan Warmerdam       | 68   | Haarlem     | Hengelo      | 22.5 |
| 13.57 | Geert Kierkels        | 56   | Attila      | Uden         | 12.6 |
| 13.53 | Henk Langeveld        | 69   | Holland H   | Uden         | 24.4 |
| 13.86 | rw Krommenie          | 26.6 | rw          |              |      |
| 13.52 | Peter van Breet       | 68   | A V N       | Uden         | 19.8 |
| 13.50 | Kuyper                | mil  |             | Nymegen      | 24.6 |
| 13.46 | Rob Uitzen            | 60   | Holland L   | Leiden       | 12.6 |
| 13.44 | Karel Belfor          | 69   | V&L/TC      | Krommenie    | 26.6 |
| 13.47 | den Haag              | 25.9 | rw          |              |      |
| 13.44 | Onno vd Bosch         | 55   | A V N       | Nymegen      | 12.6 |
| 13.37 | Ruud Wielart          | 54   | Haarlem     | Breda        | 12.6 |
| 13.35 | Remco Steen           | 64   | Haarlem     | Amsterdam    | 10.7 |
| 13.33 | Per John              | 66   | Nea Volhard | Amsterdam    | 24.7 |
| 13.32 | Gert Zweedijk         | 65   | A V'56      | Roosendaal   | 29.5 |
| 13.32 | René Bloemers         | 65   | A V A'81    | Amsterdam    | 24.7 |
| 13.30 | Wouter Hertzberger    | 71   | AAV'36      | Uden         | 4.6  |
| 13.30 | Gustav Borreman       | 69   | A A C       | den Haag     | 11.9 |
| 13.29 | Marcel Roosen         | 69   | Holland H   | Amsterdam    | 19.6 |
| 13.29 | Mark Nieuwenboom      | 69   | Pr Hendrik  | Speyer (BRD) | 22.5 |
| 13.28 | Miquel Schoonhoven    | 70   | Gouden      | Utrecht      | 23.5 |
| 13.24 | Dave Elderenbosch     | 69   | A A C       | Amsterdam    | 19.6 |
| 13.24 | Gerard Giezen         | 65   | A V R       | Amsterdam    | 29.5 |
| 13.23 | Rigo Stegink          | 70   | M P M       | Hengelo      | 8.5  |
| 13.23 | Thierry Kroes         | 59   | Sprint      | den Haag     | 10.7 |
| 13.22 | Erik Steylen          | 65   | Hellas      | Amsterdam    | 14.5 |
| 13.20 | Rino Spin             | 63   | P E C       | Zevenaar     | 6.5  |
| 13.18 | Gerard Faay           | 70   | Avantri     | Krommenie    | 26.6 |
| 13.17 | Rik van Tol           | 69   | Spartaan    | Lisse        | 19.6 |
| 13.17 | Robert Roorda         | 65   | N O P       | Zwolle       | 24.4 |
| 13.16 | Pel vd Kerkhof        | 68   | Hellas      | Amsterdam    | 10.7 |
| 13.15 | André Hendriks        | 69   | Athletics   | Zevenaar     | 15.5 |
| 13.14 | Reinier vd Boom       | 69   | Athletics   | Hilversum    | 18.9 |
| 13.13 | Terry Lobato          | 66   | Vitesse     | Utrecht      | 23.5 |
| 13.11 | Richard Coté          | 69   | Lycurgus    | Hoorn        | 19.6 |
| 13.11 | Frank van Dorp        | 65   | Attila      | Utrecht      | 23.5 |

|       |                           |    |           |               |       |
|-------|---------------------------|----|-----------|---------------|-------|
| 13.11 | Pierre Monte              | 64 | V & L/TC  | Hengelo       | 22.5  |
| 13.11 | Gerard vd Zwart           | 68 | V & L/TC  | den Haag      | 24.6  |
| 13.10 | Hans Verschuur            | 59 | Holland L | Heerhugowaard | 29.5  |
| 13.08 | Henk Doorten              | 70 | Spirit L  | Krommenie     | 26.6  |
|       | 13.30 Krommenie 26.6rw2.4 |    |           |               |       |
| 13.07 | Rogier van Bockhove       | 70 | A A V'36  | Amsterdam     | 19.6  |
| 13.06 | Erik de Rooy              | 69 | T H O R   | Uden          | 24.4  |
| 13.04 | Frank van Ooyen           | 67 | P S V     | Roosendaal    | 29.5  |
| 13.04 | Jeroen vd Meer            | 61 | D E M     | Beverwijk     | 1.10x |
| 13.03 | Richard Ekkelboom         | 68 | Fortis    | Almelo        | 29.6  |
| 13.03 | Twan van Bekhoven         | 70 | Komeet    | Leiden        | 4.9   |
| 13.01 | Erik van Zee              | 71 | Typhoon   | Vught         | 13.9  |
| 12.98 | Ron Schijfs               | 60 | D J A     | Zundert       | 26.6  |
| 12.97 | Richard Garvey            | 62 | G A C-H   | Nymegen       | 12.6  |
| 12.97 | Jan Gröneveld             | 67 | T I O N   | Zevenaar      | 6.5   |
| 12.97 | Arno Knijn                | 68 | Energie   | Hengelo       | 22.5  |
| 12.96 | Eric vd Houwen            | 67 | Sparta    | den Haag      | 1.5   |
| 12.96 | Hans van Tol              | 61 | Spartaan  | Uden          | 24.4  |
| 12.95 | Hans Pompen               | 68 | A V N     | Valkenswaard  | 3.9   |
| 12.95 | Edwin Rinsma              | 69 | Impala    | Drachten      | 13.5  |
| 12.93 | Onno Heerlien             | 64 | Argo'77   | Zwolle        | 17.9  |
| 12.92 | Jan Plat                  | 66 | A S V     | Almelo        | 29.6  |
| 12.91 | Johan Vet                 | 69 | Waterland | Hilversum     | 18.9  |
| 12.90 | Koen Eising               | 70 | Hera      | Heerhugowaard | 29.5  |
| 12.88 | Eugen vd Boom             | 68 | Sprint    | Breda         | 12.6  |

|                     |    |                  |        |           |        |
|---------------------|----|------------------|--------|-----------|--------|
| <u>hoogspringen</u> | NR | Ruud Wielart     | 2.28 m | Leiden    | 10979  |
|                     | ER | Patric Sjöberg   | 2.42 m | Stockholm | 300687 |
|                     | WR | Javier Sotomayor | 2.43 m | Salamanca | 80988  |

de beste 10 aller tijden:

|      |                     |          |    |             |        |
|------|---------------------|----------|----|-------------|--------|
| 2.28 | Ruud Wielart        | Haarlem  | 54 | Leiden      | 10979  |
| 2.20 | Erik Rollenberg     | Haarlem  | 58 | Nymegen     | 290782 |
| 2.17 | Raymond de Vries    | Sparta   | 53 | den Haag    | 140578 |
| 2.15 | Kees Verspaget      | H A C    | 58 | Amsterdam   | 200682 |
| 2.15 | René van Loon       | Spado    | 61 | Haarlem     | 190585 |
| 2.14 | Henk J Gebben       | ARGO'77  | 65 | Amsterdam   | 130786 |
| 2.13 | Aldo Uydert         | A A C    | 60 | Amsterdam   | 160782 |
| 2.13 | Erik de Vos         | Weert    | 66 | Sittard     | 20886  |
| 2.13 | Ronald Naaktgeboren | A V R    | 65 | Hechtel(Be) | 300788 |
| 2.12 | Marco Schmidt       | V & L/TC | 62 | Sittard     | 240684 |

|      | 1    | 20   | 50   | 100  |
|------|------|------|------|------|
| 1984 | 2.12 | 2.05 | 1.95 | 1.92 |
| 1985 | 2.15 | 2.01 | 1.96 | 1.91 |
| 1986 | 2.20 | 2.05 | 1.95 | 1.94 |
| 1987 | 2.20 | 2.05 | 1.98 | 1.93 |
| 1988 | 2.16 | 2.04 | 1.99 | 1.94 |

|      |                     |    |         |             |      |
|------|---------------------|----|---------|-------------|------|
| 2.16 | Erik Rollenberg     | 58 | Haarlem | Utrecht     | 2.9  |
| 2.14 | Ruud Wielart        | 54 | Haarlem | Groningen   | 17.7 |
| 2.13 | Ronald Naaktgeboren | 65 | A V R   | Hechtel(Be) | 30.7 |
| 2.11 | Henk J Gebben       | 65 | ARGO'77 | Groningen   | 17.7 |

|      |                     |    |               |             |       |
|------|---------------------|----|---------------|-------------|-------|
| 2.10 | Paul Broekhuizen    | 66 | Lycurgus      | Amsterdam   | 14.5  |
| 2.10 | René van Loon       | 61 | Spado         | den Haag    | 1.5   |
| 2.10 | Marco Schmidt       | 62 | V & L/TC      | Breda       | 12.6  |
| 2.07 | Remco Steen         | 66 | Haarlem       | Utrecht     | 21.8  |
| 2.06 | Rik Wijnants 2.10   | 61 | Sparta        | Lisse       | 8.5   |
| 2.06 | Frank van Dorp      | 65 | Attila        | Brussel(Be) | 17.9  |
| 2.05 | Marcel Roorda       | 68 | NOP/TION      | Zwolle      | 24.4  |
| 2.05 | Willem Vermeulen    | 67 | Typhoon       | Zierikzee   | 14.5  |
| 2.05 | Donald Waterreus    | 63 | A V R         | Zevenaar    | 14.5  |
| 2.05 | Simon Bleeker       | 65 | D E M         | Huizen      | 29.5  |
| 2.05 | Maarten Vrolijkx    |    | Parcival      | Eindhoven   | 26.6  |
| 2.05 | Marc Hüsen          | 65 | Ilion         | Amsterdam   | 10.7  |
| 2.05 | Erik de Vos         | 66 | Weert         | Amsterdam   | 7.8   |
| 2.05 | Hans Coolen         | 63 | V & L/TC      | den Haag    | 28.8  |
| 2.04 | Robert de Wit       | 62 | Unitas        | Eindhoven   | 21.5  |
| 2.03 | Maarten Kuiper      | 66 | Pr Hendrik    | Veldhoven   | 1.5   |
| 2.03 | Peter de Bruin      | 66 | Hellas        | Hilversum   | 23.5  |
| 2.03 | Richard Garvey      | 62 | G A C-H       | Hilversum   | 23.5  |
| 2.02 | Menno Ruppert       | 73 | Tempo         | Uden        | 4.6   |
| 2.02 | Peter Antvelink     | 69 | Haaksbergen   | Zevenaar    | 14.5  |
| 2.02 | Vincent Verschoor   | 67 | Athlos        | Zevenaar    | 2.7   |
| 2.01 | Steven v Broekhoven | 66 | Spado         | Vught       | 15.5  |
| 2.01 | Piet Span           | 64 | Sprint        | Vught       | 15.5  |
| 2.01 | Marco Beukenkamp    | 63 | G A C-H       | Eindhoven   | 21.5  |
| 2.01 | Walter Kruk         | 70 | Holland H     | Uden        | 4.6   |
| 2.01 | Harry van Boven     | 69 | T H O R       | Speyer(BRD) | 22.5  |
| 2.01 | Ydo van Oostende    | 70 | Athletics     | Hengelo     | 25.9  |
| 2.01 | Kees van Pelt       | 59 | Attila        | Nymegen     | 1.6   |
| 2.00 | Frits Willemsen     | 66 | A A C         | Amsterdam   | 15.4  |
| 2.00 | Eddy Hanssen        | 69 | Keien         | Uden        | 4.5   |
| 2.00 | Gustav Borremans    | 69 | A A C         | Amsterdam   | 14.5  |
| 2.00 | Arno Tavenier       | 62 | A V R         | Zierikzee   | 14.5  |
| 2.00 | Guido Bos           | 67 | A A C         | Hilversum   | 23.5  |
| 2.00 | Tom Lankhorst       | 64 | T I O N       | Amsterdam   | 29.5  |
| 2.00 | Leo Schuur          |    | P E C         | Nymegen     | 12.6  |
| 2.00 | Ruud Dijkstra       | 67 | Hera          | Leiden      | 12.6  |
| 2.00 | John Nieuwmeyer     | 61 | A A V'36      | Nymegen     | 12.6  |
| 2.00 | Ward Welsing        | 70 | Keien         | Veldhoven   | 19.6  |
| 2.00 | Jack Boerekamp      | 59 | Jasper Sport  | Eindhoven   | 26.6  |
| 2.00 | Erik Dokter         | 68 | Sperwers      | Veldhoven   | 10.7  |
| 2.00 | Jeroen Groenemans   | 69 | P S V         | Beverwijk   | 10.7  |
| 2.00 | Hans Pompen         | 63 | A V N         | Beverwijk   | 10.7  |
| 2.00 | Orlando Tjin Asjoe  | 67 | P S V         | Beverwijk   | 10.7  |
| 2.00 | Huber Agterberg     | 68 | Hellas        | Amsterdam   | 10.7  |
| 2.00 | Kees Weemhoff       | 67 | Hercules      | Hilversum   | 10.7  |
| 2.00 | Jeroen Nieuwenhuis  | 70 | Hanzesport    | Zwolle      | 19.7  |
| 2.00 | Mark vd Rijt        | 71 | G V A C       | Veldhoven   | 28.8  |
| 2.00 | Roel van Laere      | 65 | Schelde Sport | Terneuzen   | 1.10x |
| 2.00 | Han de Milde        | 61 | Startbaan     | Nymegen     | 12.6  |
| 1.99 | Winfred Peters      | 63 | P E C         | Zwolle      | 8.10x |

30/4/89 *van der*

|      |                      |    |               |             |       |
|------|----------------------|----|---------------|-------------|-------|
| 1.98 | Paul van Dorst       | 67 | T H O R       | Roosendaal  | 2.10x |
| 1.98 | Stein Kuiper         | 69 | P S V         | Uden        | 5.6   |
| 1.96 | Yvo vd Heuvel        | 67 | Sprint        | Hilversum   | 30.4  |
| 1.96 | Edwin Veer           | 66 | Avantri       | Utrecht     | 26.6  |
| 1.96 | Peter Hendrikk       | 69 | Kimbria       | Kerkrade    | 14.5  |
| 1.95 | Minne Poelsma        | 67 | ARGO'77       | Groningen   | 24.4  |
| 1.95 | Arno Mul             | 68 | Holland H     | Uden        | 24.4  |
| 1.95 | Ronald Koehorst      | 66 | V & L/TC      | den Haag    | 1.5   |
| 1.95 | Niels Borsboom       | 65 | Lycurgus      | Krommenie   | 2.5   |
| 1.95 | Arno Willemsen       | 70 | Hera          | Krommenie   | 8.5   |
| 1.95 | André van Biene      | 70 | Spark         | Rotterdam   | 8.5   |
| 1.95 | Erik Immel           | 71 | Impala        | Groningen   | 8.5   |
| 1.95 | Richard Zeevat       | 69 | Ciko'66       | Zevenaar    | 15.5  |
| 1.95 | Marcel Dost          | 69 | T I O N       | Uden        | 4.6   |
| 1.95 | Jaenot van Doorn     | 69 | Altis         | Lisse       | 19.6  |
| 1.95 | Misja Steen          | 70 | Haarlem       | Amsterdam   | 24.7  |
| 1.95 | Erik Witpeerd        | 68 | Startbaan     | Vught       | 10.7  |
| 1.95 | Rik Koster           | 66 | A V'40        | Leiden      | 29.5  |
| 1.95 | Jeroen Bronwasser    | 60 | Pr Hendrik    | Vught       | 7.6   |
| 1.95 | Terry Lobato         | 66 | Vitesse       | Utrecht     | 23.5  |
| 1.95 | Gerard Faay          | 70 | Avantri       | Utrecht     | 12.6  |
| 1.95 | Miquel Schoonhoven   | 70 | Gouda         | Utrecht     | 12.6  |
| 1.95 | Vincent van Stijn    | 65 | Spartaan      | Leiden      | 12.6  |
| 1.95 | Peter Holthuyzen     | 61 | Unitas        | Breda       | 12.6  |
| 1.95 | Willem Dijkstra      | 59 | Impala        | Drachten    | 14.5  |
| 1.95 | Dick van Regteren    | 67 | Sperwers      | Drachten    | 14.5  |
| 1.95 | Erik Geelen          | 70 | Weert         | Eindhoven   | 26.6  |
| 1.95 | Elco Kranenburg      | 67 | A V'47        | Breda       | 10.7  |
| 1.95 | René van Eck         | 68 | A V'47        | Lisse       | 14.6  |
| 1.95 | Erik Thiele          | 68 | Groene Ster   | Amsterdam   | 24.7  |
| 1.95 | Felix vd Meer        | 64 | P S V         | Eindhoven   | 22.5  |
| 1.95 | Peter Hesseling      | 64 | Spark         | Lisse       | 22.5  |
| 1.95 | Jeroen Hage          | 68 | Typhoon       | Zevenbergen | 23.5  |
| 1.95 | Erik Steylen         | 65 | Hellas        | Amsterdam   | 29.5  |
| 1.95 | Peter Negenman       | 67 | Holland H     | Zwolle      | 29.5  |
| 1.95 | Hans van Drunen      | 62 | Diomedon      | Dordrecht   | 12.6  |
| 1.95 | Erik Hillemans       | 64 | Achilles EL   | Dordrecht   | 12.6  |
| 1.95 | Erwin Suvaal         | 63 | A V R         | den Haag    | 28.8  |
| 1.95 | Harry vd Velde       |    | Bataven       | Leiden      | 9.9   |
| 1.95 | Dick Monsma          | 62 | Ciko'66       | Gendringen  | 28.8  |
| 1.95 | Luc van Laere        | 60 | Schelde Sport | Terneuzen   | 17.9  |
| 1.95 | Martin vd Bersselaar | 64 | P S V         | Eindhoven   | 2.10x |
| 1.94 | Bart Kramer          | 72 | Arena         | Uden        | 4.6   |

polstokhoogspringen NR Chris Leeuwenburgh 5.50 m Hechtel(Be) 140886  
ER Sergej Bubka S U 6.06 m Nice 100788  
WR idem

de beste 10 aller tijden:

op de volgende pagina

de beste 10 aller tijden:

|      |                    |          |    |                |        |
|------|--------------------|----------|----|----------------|--------|
| 5.50 | Chris Leeuwenburgh | V & L/TC | 62 | Hechtel(Be)    | 140886 |
| 5.25 | Marc Maas(Be)      | Unitas   | 59 | Sittard        | 190786 |
| 5.10 | Robert de Wit      | Unitas   | 62 | Arles(Fr)      | 50787  |
| 5.10 | Mark Kok           | Lycurgus | 65 | den Haag       | 270888 |
| 5.05 | Eltjo Schutter     | A V N    | 53 | Nymegen        | 90787  |
| 5.02 | Ed vd Kaay         | A A C    | 60 | Conway(USA)    | 240486 |
| 5.00 | Gijsbert de Ruiter | V & L/TC | 62 | Willebroek(Be) | 120683 |
| 5.00 | Jan Harland        | V & L/TC | 59 | Lage(BRD)      | 310584 |
| 4.95 | Guido vd Sluijs    | A A C    | 63 | Amsterdam      | 180885 |
| 4.91 | John van Oers      | T H O R  | 59 | Roosendaal     | 90786  |

see R. Keyers

|  |      |      |      |      |      |
|--|------|------|------|------|------|
|  |      | 1    | 20   | 50   | 100  |
|  | 1984 | 5.31 | 4.50 | 4.00 | 3.70 |
|  | 1985 | 5.38 | 4.50 | 4.11 | 3.70 |
|  | 1986 | 5.50 | 4:50 | 4.20 | 3.80 |
|  | 1987 | 5.10 | 4.50 | 4.10 | 3.80 |
|  | 1988 | 5.10 | 4.40 | 4.10 | 3.80 |

Diederik van Breda

Dier

|      |                      |    |              |                |       |
|------|----------------------|----|--------------|----------------|-------|
| 5.10 | Mark Kok             | 65 | Lycurgus     | den Haag       | 27.8  |
| 5.00 | Robert de Wit        | 62 | Unitas       | Leiden         | 12.5  |
| 4.84 | Richel Keyers        | 69 | Weert        | Krommenie      | 25.6  |
| 4.80 | Maurice Penders      | 63 | Unitas       | Amsterdam      | 25.6  |
| 4.80 | Lino Pani            | 61 | Unitas       | Rehlingen(BRD) | 26.6  |
| 4.80 | John van Oers        | 59 | T H O R      | Weert          | 28.8  |
| 4.72 | Marco Meulink        | 65 | V & L/TC     |                |       |
| 4.70 | Marcel Dost          | 69 | T I O N      | Hengelo        | 9.9   |
| 4.70 | Gerard vd Zwart      | 68 | V & L/TC     | den Haag       | 25.9x |
| 4.60 | Hans Jansen          | 58 | Pr Hendrik   | Vught          | 15.5  |
| 4.60 | Ed vd Kaay           | 60 | A A C        | Breda          | 12.6  |
| 4.60 | Gijsbert de Ruiter   | 62 | V & L/TC     | Breda          | 12.6  |
| 4.50 | Martin vd Bersselaar | 64 | P S V        | Veldhoven      | 1.5   |
| 4.50 | Dick Opdien          | 59 | T H O R      | Veldhoven      | 1.5   |
| 4.50 | Arno Tavenier        | 62 | A V R        | Breda          | 12.6  |
| 4.50 | Theo Schermer        | 60 | Trias        | Amsterdam      | 12.8  |
| 4.50 | Hans Pompen          | 68 | A V N        | Valkenswaard   | 3.9   |
| 4.40 | Anthony Ott          | 70 | A A C        | Eindhoven      | 21.5  |
| 4.40 | Mark Rekers          | 60 | Lycurgus     | Breda          | 12.6  |
| 4.40 | Arno van Vugt        | 63 | Haarlem      | Breda          | 12.6  |
| 4.40 | Mark Suvaal          | 65 | A V R        | Breda          | 12.6  |
| 4.40 | Mark vd Berg         | 67 | Sparta       | Leiden         | 12.6  |
| 4.40 | Bart Steehouwer      | 70 | Hera         | Amsterdam      | 1.7   |
| 4.40 | Arno Mul             | 69 | Holland H    | Amsterdam      | 29.7  |
| 4.30 | Eus Leutholff        | 64 | V & L/TC     | Amsterdam      | 29.5  |
| 4.30 | Guido Bonsen         | 69 | Hera         | Heerhugowaard  | 29.5  |
| 4.30 | Paul Crützen         | 63 | Achilles Top | Kerkrade       | 3.6   |
| 4.30 | Hubrecht Pieterse    | 66 | A V'40       | Santpoort      | 23.6  |
| 4.30 | Edwin Wagena         | 69 | Gemzen       | Zevenaar       | 3.7   |
| 4.30 | Wim Langeland        | 55 | Avantri      | Breda          | 10.7  |

|      |                     |    |              |                |       |
|------|---------------------|----|--------------|----------------|-------|
| 4.30 | Peter Godschalk     | 57 | T H O R      | Roosendaal     | 13.7  |
| 4.30 | Frans vd Ham        | 54 | Avantri      | Schoonhoven    | 2,10x |
| 4.30 | Pim Göbel           | 52 | Haarlem      | Hoorn          | 18.9  |
| 4.30 | Jan Harland         | 59 | V & L/TC     | den Haag       | 25.9x |
| 4.30 | Ruben van Balen     | 71 | P S V        | den Haag       | 11.9  |
| 4.20 | Robert Bierings     | 64 | Attila       | Hengelo        | 22.5  |
| 4.20 | René Niessen        | 65 | Weert        | Weert          | 29.5  |
| 4.20 | Jeroen Bronwasser   | 60 | Pr Hendrik   | Vught          | 13.8  |
| 4.20 | Mark de Rooter      | 69 | V & L/TC     | Rotterdam      | 8.5   |
| 4.20 | Johan Troost        | 69 | Spirit OB    | Uden           | 5.6   |
| 4.20 | Walter Kruk         | 70 | Holland H    | Haarlem        | 1.10x |
|      | 4.10 Krommenie 26.6 |    |              |                |       |
| 4.10 | Niek de Groot       | 62 | Unitas       | Vught          | 15.5  |
| 4.10 | Cor Troost          | 67 | Spirit OB    | Eindhoven      | 22.5  |
| 4.10 | Peter v Rijnsoever  | 64 | F I T        | Arnhem         | 23.5  |
| 4.10 | Frank vd Ruit       | 66 | P A C        | Utrecht        | 12.6  |
| 4.10 | Hein van Heek       | 66 | Spartaan     | Leiden         | 12.6  |
| 4.10 | Marco Beukenkamp    | 63 | G A C-H      | Kopenhagen(De) | 3.7   |
| 4.10 | Hanno vd Loo        | 68 | A V'47       | Kopenhagen(De) | 3.7   |
| 4.10 | Donald Hoogendorp   | 67 | T I O N      | Amsterdam      | 10.7  |
| 4.10 | Ydo vd Heuvel       | 67 | Sprint       | den Haag       | 10.7  |
| 4.10 | Ramon Mannie        | 66 | T H O R      | Roosendaal     | 13.7  |
| 4.10 | Marc van Vliet      | 52 | Holland L    | Amsterdam      | 7.8   |
| 4.05 | Maurice van Heusden | 70 | A A C        | Amsterdam      | 14.5  |
| 4.00 | Ron Huybers         | 59 | Holland H    | Uden           | 24.4  |
| 4.00 | Bob Janssen         | 57 | Sprint       | Veldhoven      | 1.5   |
| 4.00 | Corné de Wit        | 67 | Keien        | Vught          | 15.5  |
| 4.00 | Coen Persijn        | 64 | T I O N      | Hengelo        | 22.5  |
| 4.00 | Sjors Postema       | 67 | Pr Hendrik   | Sittard        | 29.5  |
| 4.00 | Remco Geursen       | 70 | Holland H    | Zwolle         | 29.5  |
| 4.00 | Erik Thiele         | 68 | Groene Ster  | Zierikzee      | 29.5  |
| 4.00 | Pascal Schade       | 66 | Spirit L     | Amersfoort     | 29.5  |
| 4.00 | Jeroen vd Nadort    | 64 | Parthenon    | Dordrecht      | 12.6  |
| 4.00 | Arjan de Haan       | 63 | Holland L    | Leiden         | 12.6  |
| 4.00 | Tom de Koning       | 63 | Spartaan     | Leiden         | 12.6  |
| 4.00 | Raymond Pouw        | 67 | G A C-H      | Nymegen        | 12.6  |
| 4.00 | Matthijs Seylhouwer | 66 | Holland H    | Nymegen        | 12.6  |
| 4.00 | Gert Zweedijk       | 65 | A V'56       | Eindhoven      | 26.6  |
| 4.00 | Winfred Peters      | 63 | P E C        | Zevenaar       | 3.7   |
| 4.00 | Wouter Groeneweg    | 68 | T I O N      | Zevenaar       | 3.7   |
| 4.00 | Ronald Derksema     | 68 | ARGO'77      | Kerkrade       | 10.7  |
| 4.00 | Dave Andrews        | 59 | Achilles Top | Kerkrade       | 10.7  |
| 4.00 | Richard Coté        | 69 | Lycurgus     | Amsterdam      | 21.7  |
| 4.00 | Tim Treytel         | 68 | Pr Hendrik   | Vught          | 13.8  |
| 4.00 | Gerard Faay         | 70 | Avantri      | Krommenie      | 26.6  |
| 4.00 | Marcel Roosen       | 70 | Holland H    | Haarlem        | 1.10x |
| 4.00 | Stef Jonker         | 69 | Lycrgus      | den Haag       | 11.9  |
| 4.00 | Marco Reek          | 69 | Caesar       | Eindhoven      | 21.5  |
| 3.90 | Guido Zuidgeest     | 71 | Spark        | Hilversum      | 30.4  |
| 3.90 | Mark v Zijtveld     | 64 | Sperwers     | Drachten       | 14.5  |
| 3.90 | Geert Boerekamp     | 62 | Jasper Sport | Breda          | 19.5  |

|      |                  |    |               |              |      |
|------|------------------|----|---------------|--------------|------|
| 3.90 | Niel Hoogewerf   | 65 | Holland H     | Eindhoven    | 22.5 |
| 3.90 | Marcel Lipsch    | 69 | Achilles Top  | Weert        | 29.5 |
| 3.90 | Koen vd Ham      | 51 | Hellas        | Breda        | 12.6 |
| 3.90 | Dick Slootbeek   | 58 | G A C-H       | Nymegen      | 12.6 |
| 3.90 | Peter Schäfer    | 71 | S A V         | Utrecht      | 25.6 |
| 3.90 | Patrick Hulleman | 71 | Athlos        | Zwolle       | 7.7  |
| 3.90 | Dennis Gunther   | 72 | A A C         | Amsterdam    | 21.7 |
| 3.90 | Ad van Esch      | 60 | Pr Hendrik    | Vught        | 13.8 |
| 3.90 | Eric Beart       | 65 | Pr Hendrik    | Valkenswaard | 3.9  |
| 3.90 | Onno v Heyningen | 70 | Holland L     | Krommenie    | 26.6 |
| 3.90 | Ruud van der Heu | 65 | Holland H     | Amsterdam    | 14.5 |
| 3.90 | Sanne Verdam     | 67 | Holland H     | Amsterdam    | 29.7 |
| 3.80 | Erik Negenman    | 67 | Holland H     | Hilversum    | 1.5  |
| 3.80 | Philip Holweg    | 64 | A V'40        | Hilversum    | 1.5  |
| 3.80 | Jaap Klaverboer  | 62 | A V'55        | Drachten     | 14.5 |
| 3.80 | Felix vd Meer    | 64 | P S V         | Vught        | 15.5 |
| 3.80 | Robert v Zanten  | 67 | T I O N       | Amsterdam    | 29.5 |
| 3.80 | Thijs van Wouden | 64 | H A C         | Roosendaal   | 29.5 |
| 3.80 | Sjoerd de Jong   | 68 | Impala        | Drachten     | 29.5 |
| 3.80 | Dirk Monsma      | 62 | Ciko'66       | Amersfoort   | 29.5 |
| 3.80 | Paul Mul         | 66 | Trias         | Hoorn        | 12.6 |
| 3.80 | Arjen Dunant     | 52 | Hellas        | Breda        | 12.6 |
| 3.80 | Hugo Hendriks    | 67 | Gen.Michaelis | Kerkrade     | 12.6 |
| 3.80 | René Linssen     | 64 | A V O N       | Kerkrade     | 12.6 |
| 3.80 | Wout Visser      | 65 | S A V         | Santpoort    | 23.6 |
| 3.80 | Edwin Veer       | 66 | Avantri       | Schoonhoven  | 3.7  |
| 3.80 | Tom Lankhorst    | 64 | T I O N       | Zevenaar     | 3.7  |
| 3.80 | Siebe v Genesen  | 59 | A V N         | Beverwijk    | 10.7 |
| 3.80 | Michel Verhoeven | 67 | Hellas        | Amsterdam    | 10.7 |
| 3.80 | Frank Karels     | 64 | Sprint        | Eindhoven    | 27.8 |
| 3.80 | Walter Botman    | 60 | Holland L     | den Haag     | 27.8 |
| 3.80 | Mark vd Krogt    | 60 | Ilion         | Veldhoven    | 4.9  |
| 3.80 | Hans Diks        | 63 | Hermes        | Hoorn        | 18.9 |
| 3.80 | Erik de Vos      | 66 | Weert         | Hoorn        | 2.10 |
| 3.80 | Edwin Diele      | 72 | P A C         | Lisse        | 28.5 |
| 3.80 | René de Groot    | 71 | A A C         | Amsterdam    | 28.5 |
| 3.80 | André v Boxmeer  | 69 | Gouda         | Lisse        | 19.6 |
| 3.80 | Cees Diele       | 69 | P A C         | Rotterdam    | 19.6 |
| 3.80 | Peter vd Pol     | 62 | Holland L     | Leiden       | 9.9  |

kogelstoten 7½ kg NR Erik de Bruin 20.95 m Leiden 140586  
 ER Ulf Timmermann DDR 23.06 m Chania 220588  
 WR idem

de beste 10 aller tijden:

|       |                 |             |                |        |
|-------|-----------------|-------------|----------------|--------|
| 20.95 | Erik de Bruin   | 63 V & L/TC | Leiden         | 140586 |
| 17.48 | Mario Egbers    | 66 Liemers  | Roermond       | 91088  |
| 17.46 | Sjaak Ruhl      | 51 Metro    | Gogh(BRD)      | 190476 |
| 17.32 | Wim de Wolff    | 58 A A C    | Beverwijk      | 240587 |
| 17.29 | Marco Versterre | 60 A A C    | Hilversum      | 80687  |
| 17.16 | Rob Bakker      | 66 Jahn II  | Leiden         | 120787 |
| 17.14 | André Snoek     | 66 Lycurgus | Groningen      | 170788 |
| 17.09 | Piet vd Kruk    | 41 A V'40   | Kopenhagen(De) | 240667 |
| 16.86 | Ron Schenk      | 61 Lycurgus | Amsterdam      | 130786 |
| 16.73 | Cees van Wees   | 36 A A C    | Brussel(Be)    | 50965  |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 20.20 | 14.36 | 13.33 | 12.55 |
| 1985 | 20.24 | 14.13 | 13.35 | 12.52 |
| 1986 | 20.95 | 14.51 | 13.37 | 12.65 |
| 1987 | 20.55 | 14.85 | 13.36 | 12.59 |
| 1988 | 20.16 | 14.63 | 13.56 | 12.66 |

15.89  
 20.30

|       |                        |                 |               |           |      |
|-------|------------------------|-----------------|---------------|-----------|------|
| 20.16 | Erik de Bruin          | 63 V & L/TC     | Leiden        | 12.5      |      |
| 17.48 | Mario Egbers           | 66 Liemers      | Roermond      | 9.10      |      |
| 17.14 | André Snoek            | 66 Lycurgus     | Groningen     | 17.7      |      |
| 16.92 | Wim de Wolff           | 58 A A C        | Hoorn         | 5.8       |      |
| 16.62 | Robert de Wit          | 62 Unitas       | Eindhoven     | 27.8      |      |
| 16.13 | Jeroen vd Meer         | 59 V & L/TC     | Utrecht       | 18.9      |      |
| 15.86 | Rob Bakker             | 66 Jahn II      | Zevenaar      | 16.4      |      |
| 15.84 | Alain Vetterli (Zwi)   | 62 A A C        | Krommenie     | 1.5       |      |
| 15.80 | Joop vd Laar           | 56 Hera         | Beverwijk     | 26.8      |      |
| 15.78 | Ron Schenk             | 61 Lycurgus     | Groningen     | 17.7      |      |
| 15.69 | Marco Versterre        | 60 A A C        | Breda         | 12.6      |      |
| 15.58 | Piet Meydam            | 57 V & L/TC     | den Haag      | 10.7      |      |
| 15.33 | Sjaak Ruhl             | 51 Sprint       | Vught         | 15.5      |      |
| 15.22 | Ivan Beck              | 69 RK H A V     | Middelburg    | 20.8      |      |
| 15.13 | Wim Coenen             | 66 Swift        | Kerkrade      | 12.6      |      |
| 15.10 | Bert de Jonge          | 57 A V'56       | Middelburg    | 20.8      |      |
| 15.02 | Norbert Dreifürst(BRD) | 55 P E C        | Zwolle        | 22.6      |      |
| 14.96 | Ko Scheurer jr         | 62 A A C        | Amsterdam     | 10.7      |      |
| 14.86 | Stijn Kuiper           | 69 P S V        | Eindhoven     | 27.4      |      |
| 14.63 | Peter Holthuysen       | 61 Unitas       | Rheidt(BRD)   | 28.5      |      |
| 14.77 | 14.63                  | Ben Vet         | 68 Waterland  | Santpoort | 29.5 |
| 14.61 | Paul Barendrecht       | 68 Hellas       | Kalmthout(Be) | 1.5       |      |
| 14.61 | Rob Hermans            | 53 Achilles Top | Weert         | 29.5      |      |
| 14.60 | Iwan Groothuyse        | 67 A A C        | Leiden        | 12.5      |      |
| 14.58 | Gerlof Holkema         | 62 Horror       | Beverwijk     | 29.7      |      |
| 14.50 | Edward van Rossum      | 69 Aquilo       | Andenne(Be)   | 6.8       |      |
| 14.30 | Cor Troost             | 67 Spirit OB    | Lisse         | 7.5       |      |
| 14.25 | Jan Langeveld          | 57 A A C        | Amsterdam     | 10.7      |      |
| 14.17 | Keath Beard(GB)        | 61 A V R        | Krommenie     | 1.5       |      |
| 14.14 | Rudy Veenstra          | 60 Horror       | Drachten      | 14.5      |      |



|       |                       |    |               |               |      |
|-------|-----------------------|----|---------------|---------------|------|
| 14.10 | Frank vd Dool         | 66 | A V'34-A      | Sittard       | 29.5 |
| 14.09 | Robert J v Bruggen    | 63 | G A C-H       | Nymegen       | 12.6 |
| 14.07 | Jacques Janssen       | 46 | Tegelen       | Nymegen       | 11.9 |
| 14.06 | Ron Magielse          | 63 | Clytoneus     | Utrecht       | 1.7  |
| 14.03 | Peter Blommerda       | 58 | Spado         | Terneuzen     | 17.9 |
| 14.02 | Paul Boere            | 64 | A A V'36      | Nymegen       | 12.6 |
| 13.96 | Orlando Tjin Asjoe    | 67 | P S V         | Hengelo       | 22.5 |
| 13.89 | John Spronk           | 53 | Achilles Top  | Uden          | 24.4 |
| 13.89 | Henk Kamerbeek        | 67 | P S V         | Eindhoven     | 27.8 |
| 13.87 | Nico Kriatkov         | 50 | Holland L     | Leiden        | 12.6 |
| 13.84 | Jim vd Mee            | 63 | Noordkop      | Haarlem       | 12.6 |
| 13.80 | Patrick Vetterli(Zwi) | 61 | A A C         | Beverwijk     | 26.8 |
| 13.77 | Wim Roosen            | 56 | Holland H     | Krommenie     | 5.8  |
| 13.73 | Mels Hoogendoorn      | 65 | Ilion         | Uden          | 24.4 |
| 13.72 | Marty Regtop          | 49 | T I O N       | Amsterdam     | 10.7 |
| 13.65 | Bas Sardjoe           | 66 | A A C         | Amsterdam     | 14.5 |
| 13.64 | Perry Brummens        | 68 | Swift         | Breda         | 10.7 |
| 13.57 | Cees Aerts            | 58 | Sparta        | Beverwijk     | 10.7 |
| 13.56 | Less Brown            | 55 | Haarlem       | Santpoort     | 23.6 |
| 13.54 | Winston Hofmeester    | 69 | V & L/TC      | Lisse         | 7.5  |
| 13.51 | Rob Schreur           | 61 | G V A C       | Veldhoven     | 18.9 |
| 13.48 | Peter Berkhof         | 65 | Parthenon     | Dordrecht     | 24.4 |
| 13.48 | Piet Klaassen         | 46 | Prins Hendrik | Amsterdam     | 10.7 |
| 13.40 | Niel Hoogewerf        | 65 | Holland H     | Santpoort     | 23.6 |
| 13.40 | William Zomer         | 63 | Hellas        | Amsterdam     | 10.7 |
| 13.39 | Rob Pieters           | 63 | Unitas        | Sittard       | 16.4 |
| 13.38 | Casper Evers          | 63 | Sprint        | Best          | 29.6 |
| 13.24 | Michel Duhem          | 65 | Hercules      | Gorinchem     | 23.5 |
| 13.23 | Peter Catsman         | 62 | A V'56        | Roosendaal    | 29.5 |
| 13.23 | Glenn Gentle          | 52 | A V O N       | Sittard       | 16.4 |
| 13.21 | Piet Veenstra         | 62 | Horror        | Hoorn         | 12.6 |
| 13.21 | Pieter Pas            | 66 | Sprint        | Breda         | 23.5 |
| 13.18 | Peter Neuteboom       | 59 | Sprint        | Breda         | 12.6 |
| 13.17 | Henny van Wijk        | 49 | Phoenix       | Huizen        | 6.7  |
| 13.16 | Nico van Noort        | 55 | Spartaan      | Leiden        | 12.6 |
| 13.15 | Jurgen Roordink       | 66 | Ilion         | Hengelo       | 22.5 |
| 13.15 | Gerard Bijl           | 64 | Spark         | Utrecht       | 12.6 |
| 13.14 | Maarten Kuiper        | 66 | Pr Hendrik    | Amsterdam     | 29.5 |
| 13.09 | Felix vd Meer         | 64 | P S V         | Eindhoven     | 21.5 |
| 13.08 | Sylvain Ephimenco(Fr) | 56 | Parthenon     | Gouda         | 30.8 |
| 13.08 | Gerard vd Zwart       | 68 | V & L/TC      | den Haag      | 24.9 |
| 13.06 | Albert vd Mee         | 60 | Sprint        | Breda         | 21.8 |
| 13.05 | Frank Fokkens         | 68 | Startbaan     | Vught         | 10.7 |
| 13.03 | Ruud Wielart          | 54 | Haarlem       | Haarlem       | 13.7 |
| 12.99 | Bernard te Doeschot   | 69 | Fortis        | Veldhoven     | 10.7 |
| 12.98 | Hans de Caluwe        | 67 | Phoenix       | Kerkrade      | 10.7 |
| 12.97 | Hans Schouten         | 49 | Hollandia     | Hoorn         | 25.5 |
| 12.96 | Wim de Graaff         | 45 | A V N         | Nymegen       | 12.6 |
| 12.93 | Ron vd Linden         | 57 | A T O S       | Heerhugowaard | 29.5 |
| 12.92 | Frank Schouten        | 67 | A V'40        | Valkenswaard  | 3.9  |

|       |                    |    |             |               |       |
|-------|--------------------|----|-------------|---------------|-------|
| 12.87 | Roel Friesen       | 65 | Unitas      | Sittard       | 16.4  |
| 12.84 | Eugen Lommen       | 67 | Keien       | Uden          | 24.4  |
| 12.84 | Marco Goverde      | 68 | Hera        | Amsterdam     | 30.8  |
| 12.80 | Harry van Kuyk     | 46 | Attila      | Roosendaal    | 29.5  |
| 12.77 | Edwin Wagena       | 69 | Gemzen      | Zwolle        | 29.5  |
| 12.76 | Cor Diemers        | 54 | A V R       | Breda         | 12.6  |
| 12.75 | Jan Versluys       | 47 | Typhoon     | Gorinchem     | 23.5  |
| 12.73 | Yvo vd Heuvel      | 67 | Sprint      | Hilversum     | 30.4  |
| 12.73 | Wigchert Thunissen | 63 | Holland H   | Haarlem       | 1.10x |
| 12.71 | Hans Leenheer      | 66 | Hercules    | Gorinchem     | 23.5  |
| 12.71 | Rimme Rienstra     | 63 | Hellas      | Leiden        | 29.5  |
| 12.71 | Noël Stolk         | 62 | Sprint      | Breda         | 23.4  |
| 12.70 | Peter Godschalk    | 57 | T H O R     | Vught         | 10.7  |
| 12.70 | Frank vd Ruit      | 66 | P A C       | Rotterdam     | 2.10  |
| 12.69 | Cor Jongens        | 59 | A T O S     | Heerhugowaard | 29.5  |
| 12.69 | Anton Gelderblom   | 53 | Typhoon     | Gorinchem     | 9.6   |
| 12.67 | Milco Braak        | 61 | Nea Volhard | Santpoort     | 29.5  |
| 12.66 | Ron vd Steenhoven  | 64 | P A C       | Rotterdam     | 2.10  |
| 12.64 | Marcel Bunck       | 63 | A A C       | Utrecht       | 18.9  |
| 12.62 | Tinus Katoen       | 49 | Sperwers    | Veldhoven     | 10.7  |
| 12.62 | Kees Lagendijk     | 71 | P A C       | Gouda         | 30.8  |

diskuswerpen NR Erik de Bruin ~~66.78 m~~ *Surdalope* 30886 *7/5*  
ER Jurgen Schuft DDR ~~74.08 m~~ *Vucht* Neubrandenburg 60686  
WR idem

1989  
67-52

de beste 10 aller tijden:

|       |                     |    |              |               |        |
|-------|---------------------|----|--------------|---------------|--------|
| 66.78 | Erik de Bruin       | 63 | V & L/TC     | Vught         | 30886  |
| 61.48 | Wim de Wolff        | 58 | A A C        | St Nicolaasga | 210587 |
| 58.76 | Marco Versterre     | 60 | A A C        | Rotterdam     | 130987 |
| 58.05 | Cees Koch           | 36 | Pro Patria   | Rotterdam     | 200562 |
| 57.48 | Piet Meydam         | 57 | Hercules     | Dordrecht     | 210387 |
| 55.40 | Harry Zitzen        | 44 | Achilles Top | Cwmbran(GB)   | 210773 |
| 53.12 | Sjaak Ruhl          | 51 | A V R        | Dublin(ierl)  | 190879 |
| 53.10 | Rob Hermans         | 53 | Achilles Top | Nymegen       | 30978  |
| 52.50 | Jan Diender         | 53 | D O S-K      | Eibergen      | 90678  |
| 51.96 | Slobodan Jordačević | 58 | A V R        | Rotterdam     | 100785 |
| 51.96 | Mario Egbers        | 66 | Liemers      | Zwolle        | 240488 |

|      | 1     | 20    | 50    | 100   |
|------|-------|-------|-------|-------|
| 1984 | 63.66 | 46.36 | 41.14 | 38.40 |
| 1985 | 66.38 | 46.56 | 41.34 | 39.20 |
| 1986 | 66.78 | 46.00 | 41.96 | 38.38 |
| 1987 | 65.84 | 45.90 | 42.16 | 39.32 |
| 1988 | 66.08 | 46.28 | 42.56 | 39.62 |

|       |                        |    |              |           |      |
|-------|------------------------|----|--------------|-----------|------|
| 66.08 | Erik de Bruin          | 63 | V & L/TC     | Hilversum | 22.5 |
| 59.42 | Wim de Wolff           | 58 | A A C        | Hoorn     | 5.8  |
| 56.62 | Marco Versterre        | 60 | A A C        | Breda     | 12.6 |
| 55.94 | Piet Meydam            | 57 | V & L/TC     | Groningen | 16.7 |
| 51.96 | Mario Egbers           | 66 | Liemers      | Zwolle    | 24.4 |
| 50.06 | Ben Vet                | 68 | Waterland    | Utrecht   | 18.9 |
| 49.74 | Harry Zitzen           | 44 | Achilles Top | Vught     | 15.5 |
| 49.52 | Henk Kamerbeek         | 67 | P S V        | Eindhoven | 15.9 |
| 48.86 | Norbert Dreifürst(BRD) | 55 | P E C        | Zwolle    | 22.6 |
| 48.78 | Frank vd Dool          | 66 | A V'34-A     | Sittard   | 29.5 |

18 20

|       |                     |                     |             |              |             |      |
|-------|---------------------|---------------------|-------------|--------------|-------------|------|
| 48.26 | Stein Kuiper        | 69                  | P S V       | Vught        | 15.5        |      |
| 47.74 | Less Brown          | 55                  | Haarlem     | Haarlem      | 31.7        |      |
| 47.66 | Marty Regtop        | 49                  | T I O N     | Nymegen      | 25.5        |      |
| 47.50 | Rudy Veenstra       | 60                  | Horror      | Sneek        | 6.7         |      |
| 47.34 | Sylvain Ephimenco   | 56                  | Parthenon   | Steenbergen  | 23.8        |      |
| 46.64 | Wim Coenen          | 66                  | Swift       | Breda        | 10.7        |      |
| 46.62 | Sjaak Rühl          | 51                  | Sprint      | Zevenbergen  | 3.7         |      |
| 46.60 | Ron Schenk          | 61                  | Lycurgus    | Hoorn        | 29.6        |      |
| 46.50 | Nico van Noort      | 55                  | Spartaan    | Vught        | 10.7        |      |
| 46.28 | Wighcert Thunnissen | 63                  | Holland H   | Nymegen      | 12.6        |      |
| 46.20 | Robert de Wit       | 62                  | Unitas      | Eindhoven    | 22.5        |      |
| 45.56 | Peter Berkhof       | 65                  | Parthenon   | Dodrecht     | 24.4        |      |
| 45.52 | Jeroen vd Meer      | 59                  | V & L/TC    | Utrecht      | 18.9        |      |
| 44.98 | Piet Klaassen       | 46                  | Pr Hendrik  | Amsterdam    | 10.7        |      |
| 44.62 | Jan Diender         | 53                  | D O S-K     | Zwolle       | 29+5        |      |
| 44.60 | Iwan Groothuyse     | 67                  | A A C       | Amsterdam    | 24.6        |      |
| 44.50 | Ruud Waayer         | 61                  | Suomi       | Santpoort    | 29.5        |      |
| 44.38 | Bert de Jonge       | 57                  | A V'56      | Middelburg   | 20.8        |      |
| 44.36 | Edward v Rossum     | 69                  | Aquilo      | Groningen    | 24.4        |      |
| 44.34 | Cor Troost          | 67                  | Spirit OB   | Zierikzee    | 16.4        |      |
| 44.32 | Jacques Janssen     | 46                  | Tegelen     | Nymegen      | 11.9        |      |
| 44.16 | Johan v Lieshout    | 69                  | H A C       | Uden         | 12.6        |      |
| 43.86 | Ko Scheurer jr      | 62                  | A A C       | Amsterdam    | 10.7        |      |
| 43.86 | Ruud Wielart        | 54                  | Haarlem     | Amsterdam    | 9.9         |      |
| 43.76 | Paul Barendregt     | 68                  | Hellas      | Papendal     | 8.6         |      |
| ====  | 43.66               | Rob Hermans         | 53          | Achilles Top | Kerkrade    | 10.7 |
|       | 43.64               | Henk Demmink        | 66          | V & L/TC     | Amsterdam   | 29.5 |
|       | 43.46               | Rino Spin           | 63          | P E C        | Zevenaar    | 14.5 |
|       | 43.42               | Sjoerd Evenhuis     | 67          | Lionitas     | Groningen   | 22.6 |
|       | 43.40               | Ivan Beck           | 69          | RK H A V     | Andenne(Be) | 6.8  |
| 43.38 | Mels Hoogendoorn    | 65                  | Ilion       | Breda        | 12.6        |      |
| 43.24 | Milco Braak         | 61                  | Nea Volhard | Breda        | 10.7        |      |
| 43.14 | Wim de Graaff       | 45                  | A V N       | Zevenaar     | 14.5        |      |
| 43.12 | Gerlof Holkema      | 62                  | Horror      | Sneek        | 1.6         |      |
| 43.10 | Edo Piek            | 66                  | Weert       | Vught        | 15.5        |      |
| 42.78 | Casper Evers        | 63                  | Sprint      | Roosendaal   | 1.6         |      |
| 42.60 | Nico Kriatkov       | 50                  | Holland L   | Leiden       | 12.6        |      |
| 42.56 | Marco Goverde       | 68                  | Hera        | Amsterdam    | 24.6        |      |
| ====  | 42.50               | Bob Janssen         | 57          | Sprint       | Roosendaal  | 1.7  |
|       | 42.16               | Peter Holthuysen    | 61          | Unitas       | Roermond    | 6.5  |
| 42.14 | Paul Boere          | 64                  | AAV'36      | Breda        | 19.5        |      |
| 42.12 | Robert J Rosenberg  | 62                  | Liemers     | Zevenaar     | 14.5        |      |
| 42.12 | Jan Langeveld       | 57                  | A A C       | Amsterdam    | 10.7        |      |
| 42.04 | Gurbe Wiarda        | 68                  | Impala      | Veldhoven    | 10.7        |      |
| 41.98 | Frank Schouten      | 67                  | A V'40      | Hoorn        | 18.9        |      |
| 41.96 | Niek Mosselman      | 61                  | Sprint      | Breda        | 19.5        |      |
| 41.86 | Cor Diemers         | 54                  | A V R       | Breda        | 12.6        |      |
| 41.84 | Niel Hoogewerf      | 65                  | Holland H   | Nymegen      | 12+6        |      |
| 41.80 | Jim vd Mee          | 63                  | Noordkop    | Hoorn        | 29.6        |      |
|       | tussenvoegen:       |                     |             |              |             |      |
| ====  | 43.66               | Rob de Jong         | 51          | A V R        | Vught       | 3.5  |
|       | 42.44               | Alain Vetterli(Zwi) | 62          | A A C        | Krommenie   | 1.5  |

|       |                    |    |              |             |       |
|-------|--------------------|----|--------------|-------------|-------|
| 41.70 | Jan Beunder        | 45 | Lycurgus     | den Haag    | 10.7  |
| 41.68 | Jan Dekker         | 49 | D E M        | Kr ommenie  | 24.7  |
| 41.56 | Winston Hofmeester | 69 | V & L/TC     | Lisse       | 7.5   |
| 41.64 | Gerard vd Zwart    | 68 | V & L/TC     | den Haag    | 14.9  |
| 41.50 | Theo Goossens      | 58 | H A C        | Helmond     | 31.5  |
| 41.44 | Maarten Kuiper     | 66 | Pr Hendrik   | Eindhoven   | 27.4  |
| 41.42 | Noël Stolk         | 62 | Sprint       | Breda       | 10.7  |
| 41.24 | Gaby vd Broek      | 68 | Achilles EL  | Dordrecht   | 12.6  |
| 41.06 | Chris Hoede        | 65 | T I O N      | Amsterdam   | 10.7  |
| 41.04 | Perry Brummens     | 68 | Swift        | Roermond    | 17.6  |
| 41.04 | Ed Martens         | 67 | Hollandia    | Hoorn       | 29.6  |
| 40.80 | Kees van Eck       | 66 | A V'47       | Boskoop     | 25.5  |
| 40.78 | Henny van Wijk     | 49 | Phoenix      | Utrecht     | 23.5  |
| 40.76 | John Spronk        | 53 | Achilles Top | Kerkrade    | 7.5   |
| 40.76 | Huub Nollé         | 60 | Caesar       | Weert       | 28.8  |
| 40.74 | Michel Leinders    | 62 | Unitas       | Breda       | 12.6  |
| 40.68 | Pieter Pas         | 66 | Sprint       | Veldhoven   | 24.5  |
| 40.60 | Yvo vd Heuvel      | 67 | Sprint       | Eindhoven   | 27.8  |
| 40.52 | Bram van Peenen    | 66 | Marathon     | Middelburg  | 20.8  |
| 40.42 | Mark Heyneman      | 64 | A A C        | Amsterdam   | 29.5  |
| 40.24 | Sidney Snijder     | 66 | A A C        | Amsterdam   | 24.6  |
| 40.20 | Jos Muller         | 67 | Wieringen    | Krommenie   | 24.7  |
| 40.16 | Albert Lammers     | 55 | Parthenon    | Dordrecht   | 20.3  |
| 40.04 | Kees Betlem        | 46 | Hellas       | Breda       | 12.6  |
| 39.98 | André Snoek        | 66 | Lycurgus     | den Haag    | 10.7  |
| 39.92 | John van Oers      | 59 | T H O R      | Vught       | 10.7  |
| 39.90 | Raymond Pouw       | 67 | G A C-H      | Zwolle      | 29.5  |
| 39.84 | William Zomer      | 63 | Hellas       | Roermond    | 9.10  |
| 39.74 | Arno Knijn         | 68 | Energie      | Barendrecht | 10.9  |
| 39.82 | Frank Fokkens      | 68 | Startbaan    | Zwolle      | 29.5  |
| 39.80 | Hans Schouten      | 49 | Hollandia    | Nymegen     | 21.8  |
| 39.70 | Robert J v Bruggen | 63 | G A C-H      | Zwolle      | 29.5  |
| 39.66 | Hans Leenheer      | 66 | Hercules     | Dordrecht   | 24.4  |
| 39.62 | Willem Vermeulen   | 67 | Typhoon      | Schoonhoven | 2.7   |
| 39.50 | Cees Aaerts        | 58 | Sparta       | Nymegen     | 24.6  |
| 39.48 | John Stegman       | 61 | A V R        | Utrecht     | 18.9  |
| 39.42 | Roel Friesen       | 65 | Unitas       | Kerkrade    | 7.5   |
| 39.38 | Kees Torensma      | 57 | Ciko'66      | Arnhem      | 12.6  |
| 39.34 | Simon Bleeker      | 65 | D E M        | Krommenie   | 14.8  |
| 39.34 | Jurgen Roordink    | 66 | Ilion        | Roermond    | 29.10 |
| 41.28 | Felix vd Meer      | 64 | P S V        | Beverwijk   | 10.7  |

speerwerpen NR Jeroen vd Meer 78.92 m Vught 70688  
 ER Ian Zelezny CSR 87.66 m Nitra 310587  
 WR idem

voor de beste 10 met de nieuwespeer nog onvoldoende gegevens

|       |                    |    |              |               |      |
|-------|--------------------|----|--------------|---------------|------|
| 78.92 | Jeroen vd Meer     | 59 | V & L/TC     | Vught         | 7.6  |
| 75.20 | Johan van Lieshout | 69 | H A C        | Helmond       | 2.10 |
| 73.36 | Keith Beard(GB)    | 61 | A V R        | Utrecht       | 21.8 |
| 72.54 | Marcel Bunck       | 63 | A A C        | Leiden        | 12.5 |
| 68.00 | Curtis Schäfer     |    | Bataven      | Leiden        | 30.6 |
| 66.22 | Rob Buntsma        | 63 | Lycurgus     | Groningen     | 17.7 |
| 65.52 | Enno Tjepkema      | 65 | A A C        | Phoenix(USA)  | 27.3 |
| 65.38 | Mark Heyneman      | 64 | A A C        | Amsterdam     | 29.5 |
| 64.96 | Geert ten Berge    | 61 | Sperwers     | Groningen     | 24.4 |
| 64.60 | Dirk Kooreman      | 52 | Zaanland     | Santpoort     | 29.5 |
| 64.44 | Frank Zweedijk     | 66 | A V'56       | Roosendaal    | 29.5 |
| 63.94 | Robert de Wit      | 62 | Unitas       | Eindhoven     | 22.5 |
| 63.74 | Jurgen Roordink    | 66 | Ilion        | Zierikzee     | 14.5 |
| 63.58 | Gerlof Holkema     | 62 | Horror       | Sneek         | 1.6  |
| 63.40 | Bert Smit          | 62 | Hellas       | Breda         | 12.5 |
| 62.94 | Peter Catsman      | 62 | A V'56       | Uden          | 12.6 |
| 62.56 | Wim Roosen         | 56 | Holland H    | Hilversum     | 18.9 |
| 62.18 | Rob ter Horst      | 61 | A A C        | Amsterdam     | 24.7 |
| 61.66 | Edwin Wagena       | 69 | Gemzen       | Zwolle        | 24.4 |
| 60.24 | Onno Heerlien      | 64 | ARGO'77      | Zwolle        | 19.7 |
| 59.82 | Felix vd Meer      | 64 | P S V        | Veldhoven     | 1.5  |
| 59.80 | Leonard Smit       | 67 | A V R        | Breda         | 12.6 |
| 59.76 | Edward v Rossum    | 69 | Aquilo       | sneek         | 1.6  |
| 59.74 | Sjoerd Evenhuis    | 67 | Lionitas     | Sneek         | 4.4  |
| 59.22 | Eugen Lommen       | 67 | Keien        | Uden          | 24.4 |
| 59.12 | Anthony Ott        | 69 | A A C        | Krefeld(BRD)  | 24.9 |
| 58.94 | Christ van Veluw   | 59 | D A K        | Vught         | 7.6  |
| 58.26 | Yvo vd Heuvel      | 67 | Sprint       | Breda         | 23.4 |
| 57.30 | Michel vd Klip     | 57 | Sparta       | Heerhugowaard | 29.5 |
| 57.22 | John van Rooy      | 69 | G V A C      | Veldhoven     | 17.8 |
| 57.12 | Chris vd Does      | 67 | A V'40       | Leiden        | 29.5 |
| 57.08 | Marco Goverde      | 68 | Hera         | Krommenie     | 24.7 |
| 56.98 | Luuk Kampman       | 67 | T I O N      | Amsterdam     | 10.7 |
| 56.76 | Ruud Kerssens      | 65 | Zaanland     | Santpoort     | 20.5 |
| 56.74 | Rob van Bokhoven   | 59 | H A C        | Uden          | 12.6 |
| 56.60 | Mario Egbers       | 66 | Liemers      | Utrecht       | 18.9 |
| 56.50 | Bas Sardjoe        | 66 | A A C        | Breda         | 12.6 |
| 56.46 | Roar Strooper      | 71 | Oss '78      | Veldhoven     | 19.5 |
| 56.26 | Remco vd Goen      | 69 | G A C-H      | Krommenie     | 25.6 |
| 56.06 | Martijn Roordink   | 67 | Ilion        | Breda         | 12.6 |
| 55.64 | Erik vd Pouw       | 68 | Nea Volhard  | Santpoort     | 29.5 |
| 55.50 | Pieter Pas         | 66 | Sprint       | Utrecht       | 26.6 |
| 55.40 | André Snoek        | 66 | Lycurgus     | Amsterdam     | 30.8 |
| 55.28 | Walter Michiels    | 68 | Olympus '70  | den Haag      | 24.4 |
| 55.16 | Marcel Giesen      | 58 | Athletico'73 | Gendringen    | 28.8 |
| 55.12 | Kees van Eck       | 66 | A V'47       | Boskoop       | 25.5 |
| 55.10 | Harry Stoffer      | 62 | P E C        | Heerde        | 9.6  |

|       |                     |    |             |                |       |
|-------|---------------------|----|-------------|----------------|-------|
| 55.06 | Joop Schwalbach     | 61 | G A C-H     | Nijmegen       | 12.6  |
| 55.02 | Glenn Gentle        | 52 | A V O N     | Weert          | 29.5  |
| 54.88 | Erik Beaart         | 65 | Pr Hendrik  | Rehlingen(BRD) | 24.6  |
| 54.74 | Ben van Sark        | 60 | Haaksbergen | Eibergen       | 7.9   |
| 54.64 | Bob Bogaard         | 70 | Unitas      | Helmond        | 19.6  |
| 54.64 | Sylvain Ephimenco   | 56 | Parthenon   | Steenbergen    | 23.8  |
| 54.56 | Rino Spin           | 63 | P E C       | Vught          | 13.8  |
| 54.24 | Rob van Wees        | 63 | Hera        | Hoorn          | 18.9  |
| 54.22 | Frank van Oort      | 69 | Hellas      | Breda          | 12.6  |
| 54.22 | Herman Naber        | 70 | Sperwers    | Veldhoven      | 10.7  |
| 54.18 | André Groot         | 66 | AVA'64      | Nijmegen       | 24.6  |
| 54.14 | Hein van Heek       | 66 | Spartaan    | Vught          | 10.7  |
| 54.08 | Robert J Roosenberg | 62 | Liemers     | Hengelo        | 22.5  |
| 54.08 | Hanno vd Loo        | 68 | A V'47      | Boskoop        | 25.5  |
| 54.04 | Wim de Wolff        | 58 | A A C       | St Nicolaasga  | 19.5  |
| 53.92 | Sander de Lange     | 64 | N O P       | Hengelo        | 22.5  |
| 53.78 | Rob Schreur         | 61 | G V A C     | Veldhoven      | 10.7  |
| 53.74 | Armin Willemsen     | 70 | A A C       | Haarlem        | 8.5   |
| 53.66 | Edwin Sluiter       | 63 | Ciko'66     | Zevenaar       | 15.5  |
| 53.62 | Obe vd Klei         | 60 | S A V       | Hoorn          | 12.6  |
| 53.52 | Gerard vd Zwart     | 68 | V & L/TC    | Utrécht        | 21.8  |
| 53.46 | Niel Hoogewerf      | 65 | Holland H   | Amsterdam      | 14.5  |
| 53.32 | Theo Maat           | 48 | Fortuna V   | Nymegen        | 11.9  |
| 53.26 | Iwan Groothuyse     | 67 | A A C       | Utrecht        | 18.9  |
| 53.14 | Peter Veenstra      | 62 | Horror      | Hoorn          | 12.6  |
| 53.14 | Peter Antvelink     | 68 | Haaksbergen | Hengelo        | 25.9  |
| 53.04 | Bart Legierse       | 69 | H A C       | Eindhoven      | 26.6  |
| 52.92 | Bart v Egeraat      | 63 | Sprint      | Amsterdam      | 29.5  |
| 52.92 | Hendrik J Hof       | 70 | Start'78    | Lelystad       | 8.5   |
| 52.84 | Robin Bekhuis       | 69 | Sisu        | Haarlem        | 11.9  |
| 52.82 | Ceës Machielse      | 60 | A V R       | Roosendaal     | 29.5  |
| 52.74 | Emil Schoonderwoerd | 69 | A T O S     | Amsterdam      | 14.5  |
| 52.64 | Michel Duhen        | 65 | Hercules    | Zierikzee      | 14.5  |
| 52.62 | Edo Piek            | 66 | Weert       | Kerkrade       | 10.7  |
| 52.60 | Paul de Vries       | 62 | V & L/TC    | Breda          | 12.6  |
| 52.46 | Corné de Wit        | 67 | Keien       | Vught          | 15.5  |
| 52.06 | René Zorge          | 65 | AAV'36      | Zwolle         | 29.5  |
| 52.06 | Jos de Jager        | 68 | A V N       | Nymegen        | 12.6  |
| 51.98 | Ronald Wapperom     | 69 | Parthenon   | Dordrecht      | 12.6  |
| 51.86 | Peter Blommerde     | 58 | Spado       | Kerkrade       | 12.6  |
| 51.86 | Bram van Peenen     | 66 | Marathon    | Vlissingen     | 2.10x |
| 51.78 | Michel Leinders     | 62 | Unitas      | Zevenbergen    | 27.8  |
| 51.76 | Robert Wagena       |    | Genzen      | Nymegen        | 15.7  |
| 51.74 | Paul Lansink        | 66 | M P M       | Hengelo        | 22.5  |
| 51.72 | Cor Troost          | 67 | Spirit OB   | Lisse          | 10.5  |
| 51.64 | Huub Nollé          | 60 | Caesar      | Weert          | 28.8  |
| 51.64 | Sjaak Stuiver       | 69 | Start'78    | Drachten       | 13.5  |
| 51.58 | Paul Broekhuizen    | 66 | Lycurgus    | den Haag       | 10.7  |
| 51.56 | Jelmer vd Meer      | 68 | Sparta      | Leiden         | 30.6  |
| 51.42 | Erik Thiele         | 68 | Groene Ster | Steenbergen    | 15.6  |
| 51.38 | Johan Verleysdonk   | 66 | H A C       | Helmond        | 24.4  |
| 51.30 | Ed Leerlooyer       | 67 | Lycurgus    | Amsterdam      | 29.5  |
| 51.30 | Marco Bronswijk     | 66 | Olympus'70  | Leiden         | 12.6  |

|                       |    |               |      |                   |        |
|-----------------------|----|---------------|------|-------------------|--------|
| <u>kogelslingeren</u> | NR | Peter v Noort |      | 67.98 m Groningen | 170788 |
|                       | ER | Juri Sedykh   | USSR | 86.74 m Stuttgart | 300886 |
|                       | WR | idem          |      |                   |        |

de beste 10 aller tijden:

|       |                   |    |          |             |        |
|-------|-------------------|----|----------|-------------|--------|
| 67.98 | Peter v Noort     | 58 | Spartaan | Groningen   | 170788 |
| 62.22 | Frank vd Dool     | 67 | A V'34-A | Lisse       | 70588  |
| 60.24 | Erik de Bruin     | 63 | V & L/TC | Utrecht     | 200987 |
| 59.34 | Jan Romani        | 32 | V & L/TC | Brussel(Be) | 290864 |
| 59.16 | Chris Hoede       | 65 | T I O N  | Amsterdam   | 100788 |
| 57.26 | Wil v Uythoven    | 49 | T H O R  | Roosendaal  | 260585 |
| 57.24 | Carel ter Horst   | 47 | A V'34   | Breda       | 140876 |
| 55.76 | Ronald Vetter     | 55 | A A C    | Amsterdam   | 140588 |
| 55.54 | Willy Leenders    | 59 | H A C    | Sittard     | 100880 |
| 55.51 | Hans Houtzager Sr | 10 | V & L    | den Haag    | 150739 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 62.58 | 41.82 | 28.12 |
| 1985 | 62.90 | 44.74 | 33.30 |
| 1986 | 65.32 | 43.34 | 34.14 |
| 1987 | 65.92 | 46.08 | 34.96 |
| 1988 | 67.98 | 45.46 | 34.16 |

89  
6506

|       |                    |    |              |                |      |
|-------|--------------------|----|--------------|----------------|------|
| 67.98 | Peter van Noort    | 58 | Spartaan     | Groningen      | 17.7 |
| 62.22 | Frank vd Dool      | 67 | A V'34-A     | Lisse          | 7.5  |
| 59.16 | Chris Hoede        | 65 | T I O N      | Amsterdam      | 10.7 |
| 55.76 | Ronald Vetter      | 55 | A A C        | Amsterdam      | 14.5 |
| 53.36 | Schelto Scheltens  | 66 | Jahn II      | Groningen      | 17.7 |
| 52.88 | Martin v Malsen    | 69 | Sprint       | den Haag       | 10.7 |
| 52.72 | Rinus Schreuder    | 41 | Hellas       | Amsterdam      | 10.7 |
| 52.54 | John Nutbey        | 67 | A V'34-A     | Groningen      | 17.7 |
| 52.46 | John Stegman       | 61 | A V R        | Breda          | 17.6 |
| 52.34 | André v Commenee   | 61 | A A C        | Lisse          | 1.5  |
| 52.10 | Sidney Snijder     | 66 | A A C        | Lisse          | 7.5  |
| 51.86 | Henk Demmink       | 66 | V&L/TC       | Amsterdam      | 29.5 |
| 49.02 | Piet Meydam        | 57 | V&L/TC       | Lisse          | 4.6  |
| 48.70 | Bas Sardjoe        | 66 | A A C        | Amsterdam      | 14.5 |
| 48.48 | Luigi Bellu        | 70 | Unitas       | den Haag       | 10.7 |
| 47.04 | Gerry Koerts       | 68 | Hollandia    | Hoorn          | 18.9 |
| 46.36 | Perry Brummens     | 68 | Swift        | Roermond       | 27.5 |
| 45.98 | Frank Karels       | 64 | Sprint       | Vught          | 28.6 |
| 45.74 | Michel Leinders    | 62 | Unitas       | Kerkrade       | 3.7  |
| 45.46 | Kees Torensma      | 57 | Ciko'66      | Apeldoorn      | 20.8 |
| 44.18 | Yvo Klooster       | 60 | A A C        | Amsterdam      | 14.5 |
| 43.92 | Theo Goossens      | 58 | H A C        | Vught          | 15.5 |
| 43.72 | Francois Frerejean | 50 | Sprint       | Rotterdam      | 17.8 |
| 43.56 | Wim Coenen         | 66 | Swift        | Roermond       | 27.5 |
| 42.76 | Wim Schoemaker     | 43 | AAV'36       | Willebroek(Be) | 12.5 |
| 42.50 | Rob Seyts          | 68 | A V A'81     | Amsterdam      | 24.7 |
| 42.20 | William Zomer      | 63 | Hellas       | Apeldoorn      | 24.9 |
| 41.96 | John Spronk        | 53 | Achilles Top | Kerkrade       | 3.7  |
| 41.70 | Edwin Kempkens     | 69 | H A C        | Andenne(Be)    | 6.8  |
| 42.14 | Frits van Buuren   | 46 | A V'23       | Amsterdam      | 14.5 |

|       |                  |    |               |             |      |
|-------|------------------|----|---------------|-------------|------|
| 41.44 | Peter Godschalk  | 57 | T H O R       | Veldhoven   | 1.5  |
| 41.30 | Ricardo Coesel   | 61 | Lycurgus      | Amsterdam   | 29.5 |
| 41.24 | Marc Suvaal      | 65 | A V R         | den Haag    | 10.7 |
| 41.16 | Ruud Postma      | 48 | Pr Hendrik    | Vught       | 28.6 |
| 40.80 | Peter Berkhof    | 65 | Parthenon     | Steenbergen | 23.8 |
| 40.54 | Gosse vd Velde   | 46 | Haarlem       | Amsterdam   | 10.7 |
| 39.78 | Carel ter Horst  | 47 | A V'34-A      | Zevenaar    | 14.5 |
| 39.64 | Erwin Suvaal     | 63 | A V R         | Rotterdam   | 17.8 |
| 39.38 | Mark Klooster    | 63 | A A C         | Hengelo     | 22.5 |
| 38.22 | Thom Bogaard     | 68 | Unitas        | Sittard     | 26.3 |
| 37.78 | Pascal Bruggeman | 66 | Lycurgus      | den Haag    | 10.7 |
| 37.76 | Bert de Jonge    | 57 | A V'56        | Roermond    | 9.10 |
| 37.20 | Benno Konink     | 68 | Sisu          | Apeldoorn   | 10.9 |
| 37.02 | Gerlof Holkema   | 62 | Horror        | Drachten    | 13.5 |
| 35.50 | Ron de Rooter    | 62 | V&L/TC        | Amsterdam   | 24.7 |
| 35.24 | André v Oeveren  | 58 | S A V         | Utrecht     | 15.7 |
| 35.14 | Jan Pronk        | 38 | Trias         | Hoorn       | 18.9 |
| 34.16 | Roel Friesen     | 65 | Unitas        | Sittard     | 16.4 |
| 32.36 | Maurice Penders  | 63 | Unitas        | Sittard     | 16.4 |
| 32.20 | Bob Janssen      | 57 | Sprint        | Breda       | 10.9 |
| 31.86 | Cees vd Harst    | 57 | Sparta        | Apeldoorn   | 21.5 |
| 31.60 | Joop Lodewijk    | 46 | Delta Sport   | Steenbergen | 3.9  |
| 31.64 | Joop Tervoort    | 64 | Jahn II       | Stadskanaal | 2.7  |
| 31.00 | Joop de Bruyne   |    | Zeeland Sport | Steenbergen | 3.9  |
| 30.76 | Richard Hemmen   | 64 | T I O N       | Hengelo     | 22.5 |
| 30.58 | Glenn Gentle     | 52 | A V O N       | Sittard     | 16.4 |
| 30.34 | Less Brown       | 55 | Haarlem       | Amsterdam   | 9.9  |

|                 |    |                |     |          |             |        |
|-----------------|----|----------------|-----|----------|-------------|--------|
| <u>tienkamp</u> | NR | Robert de Wit  |     | 8447 pnt | Eindhoven   | 220588 |
|                 | ER | Daley Thompson | G B | 8847 pnt | Los Angeles | 90884  |
|                 | WR | idem           |     |          |             |        |

de beste 10 aller tijden in de nieuwe telling:

|       |                      |    |           |                |  |
|-------|----------------------|----|-----------|----------------|--|
| 8447e | Robert de Wit        | 62 | Unitas    | Eindhoven      | 220588   |
| 7863e | Enno Tjepkema        | 65 | A A C     | Kobe(Jap)      | 40985  |
| 7604e | Guido vd Sluijs      | 63 | A A C     | Amsterdam      | 120683   |
| 7550e | Eltjo Schutter       | 53 | A V N     | Papendal       | 90576  |
| 7500e | Eef Kamerbeek        | 34 | P S V     | Belgrado(Y-S1) | 140962   |
| 7417e | Edward de Noorlander | 45 | A V R     | Helsinki(Fi)   | 120871   |
| 7343e | Wim Roosen           | 56 | Holland H | Cwmbran(GB)    | 280578   |
| 7334e | Niek Mosselman       | 61 | Sprint    | Kopenhagen(De) | 80985  |
| 7328e | Hans Smeman          | 43 | A V R     | Papendal       | 300772   |
| 7312  | Cor Troost           | 67 | Spirit OB | Arles(Fr)      | 50787  |
| 8447e | Robert de Wit        | 62 | Unitas    | Eindhoven      | 22.5   |
|       |                      |    |           |                | 11.07-6.98-15.88-2.04-48.80-14.32-46.20-5.00-63.94-4.20.98 |
| 7149e | Marcel Dost          | 69 | T I O N   | Uden           | 5.6  |
|       |                      |    |           |                | 11.15-7.00-11.91-1.95-51.21-15.16-37.20-4.50-44.08-4.38.68 |
| 7102e | Cor Troost           | 67 | Spirit OB | Eindhoven      | 22.5   |
|       |                      |    |           |                | 10.99-7.05-14.03-1.89-52.18-15.66-41.18-4.10-45.74-4.48.30 |
| 6995e | Marco Beukenkamp     | 63 | G A C-H   | Kopenhagen(De) | 3.7  |
|       |                      |    |           |                | 10.98-6.80-10.77-1.95-49.60-14.89-33.34-4.10-41.30-4.30.65 |
| 6983e | Anthony Ott          | 69 | A A C     | Eindhoven      | 22.5   |
|       |                      |    |           |                | 11.27-7.11-11.08-1.65-49.93-15.00-33.14-4.40-56.78-4.41.51 |



|     |       |  |    |               |                |       |
|-----|-------|--|----|---------------|----------------|-------|
| 706 | 6944e | Hanno vd Loo   | 68 | A V'47        | Kopenhagen(De) | 3.7   |
|     |       | 11.62-6.93-11.82-1.89-50.97-15.91-34.20-4.10-53.10-4.24.97 |    |               |                |       |
|     | 6899e | Yvo vd Heuvel  | 67 | Sprint        | Kopenhagen(De) | 3.7   |
|     | 6770  | Edwin Veer   | 66 | Avantri       | Utrecht        | 26.6  |
|     | 6744  | Erik Negenman  | 69 | Holland H     | Utrecht        | 26.6  |
|     | 6703  | Gerard vd Zwart  | 68 | V & L/TC      | den Haag       | 25.9  |
|     | 6690e | Felix vd Meer  | 64 | P S V         | Eindhoven      | 22.5  |
|     | 6605  | Marcel Roorda  | 68 | N O P/TION    | Zwolle         | 8.10  |
|     | 6558  | Peter Hesseling  | 64 | Spark         | Lisse          | 22.5  |
|     | 6544  | Jeroen Bronwasser  | 60 | Pr Hendrik    | Vught          | 24.8x |
|     | 6519  | Vincent Verschoor  | 67 | Athlos        | Zevenaar       | 3.7   |
|     | 6505  | Winfred Peters   | 63 | P E C         | Zevenaar       | 3.7   |
|     | 6496  | Wim Roosen   | 56 | Holland H     | Eindhoven      | 22.5  |
|     |       | 6884 Haarlem 1.10x   |    |               |                |       |
| === | 6470  | Eric de Vos  | 66 | Weert         | Hoorn          | 2.10  |
|     | 6374  | Hans Pompen  | 68 | A V N         | Zevenaar       | 3.7   |
|     | 6369  | Wouter Groeneweg   | 68 | T I O N       | Zevenaar       | 3.7   |
|     | 6307  | Pieter Pas   | 66 | Sprint        | Utrecht        | 26.6  |
|     | 6283  | Walter Kruk  | 70 | Holland H     | Helmond        | 25.9  |
|     | 6247  | Wilco Fauth  | 64 | Altis         | Hilversum      | 1.5   |
|     | 6247  | Erik Beart   | 65 | Pr Hendrik    | Vught          | 6.8   |
|     | 6231  | Marc op't Veld   | 65 | Tegelen       | Weert          | 23.5  |
|     | 6180  | Marco Zwijnenburg  | 67 | Avantri       | Hilversum      | 1.5   |
|     | 6129e | Corné Jacobs   | 66 | Waalwijk      | Eindhoven      | 22.5  |
|     | 6123  | Martin vd Bersselaar                                       | 64 | P S V         | Eindhoven      | 25.9x |
|     | 6122  | Erik Thiele  | 68 | Groene Ster   | Zevenbergen    | 28.8  |
|     | 6119  | Marcel Roosen  | 70 | Holland H     | Helmond        | 25.9  |
|     | 6047  | Arno Mul   | 68 | Holland H     | Hilversum      | 1.5   |
|     | 6028  | Johan Troost   | 69 | Spirit OB     | Helmond        | 25.9  |
|     | 6023  | Peter Negenman   | 69 | Holland H     | Haarlem        | 2.10x |
|     | 5986  | Sanne Verdam   | 67 | Holland H     | Haarlem        | 2.10x |
|     | 5980  | Rino Spin  | 63 | P E C         | Zevenaar       | 3.7   |
|     | 5977  | Simon Zoetebier  | 64 | D O S-K       | Zevenaar       | 3.7   |
|     | 5970  | Walter Botman  | 60 | Holland L     | Utrecht        | 26.6  |
|     | 5946  | Rik Wijnants   | 61 | Sparta        | den Haag       | 2.10x |
|     | 5914  | René Niessen   | 65 | Weert         | Zevenaar       | 3.7   |
|     | 5857  | Mark Boeder  | 64 | Tartletos     | Zevenaar       | 3.7   |
|     | 5847  | Thom Lankhorst   | 64 | T I O N       | Zevenaar       | 3.7   |
|     | 5817  | Roel v Laere   | 65 | Schelde Sport | Vlissingen     | 28.8  |
|     | 5810  | Wam Bakx   | 64 | T I O N       | Zevenaar       | 3.7   |
|     | 5804  | Jeroen Prent   | 65 | Sp Reeuwijk   | Utrecht        | 26.6  |
|     | 5803  | Michel Leinders  | 62 | Unitas        | Zevenbergen    | 28.8  |
|     |       | tussenvoegen:  |    |               |                |       |
| === | 6479  | Niel Hoogwerf  | 65 | Holland H     | Hilversum      | 1.5   |

|                            |               |                                       |                     |                             |                    |
|----------------------------|---------------|---------------------------------------|---------------------|-----------------------------|--------------------|
| <u>4 x 100 m estafette</u> | NR            | nat ploeg                             | 39.70 s             | Brussel(Be)                 | 190688             |
|                            |               | club A A C                            | 40.03 s             | Magliano Veneto(It)         | 40688              |
|                            | ER            | nat ploeg S U                         | 38.02 s             | Rome                        | 60987              |
|                            | WR            | U S A                                 | 37.83 s             | Los Angeles                 | 110884             |
| 39.70                      | nat team      | (Mvd Krogt-vdKlunder-Mellaard-de Kom) | Brussel             | 19.6                        |                    |
| 40.03                      | A A C         | (Dykstra-Ooievaar-Mellaard-de Kom)    | Magliano Veneto(It) | 4.6                         |                    |
| 40.92                      | V & L/TC      | Lisse                                 | 2.7                 | 43.94+ A A C                | JB Beverwijk 18.6  |
| 41.48                      | nat jeugdteam | Lisse                                 | 2.7                 | 43.94+ T H O R              | JA Vlissingen 19.6 |
| 41.61                      | Sprint        | den Haag                              | 10.7                | 44.04+ P E C                | JA Zwolle 19.6     |
| 41.78                      | Ilion         | Lisse                                 | 2.7                 | 44.04+ Unitas               | Breda 12.6         |
| 41.93                      | D E M         | Beverwijk                             | 10.7                | 44.04+ Phoenix              | Leiden 29.5        |
| 41.97                      | A A C         | JA Lisse                              | 2.7                 | 44.04+ Fortis               | Arnhem 12.6        |
| 42.04+                     | Startbaan     | Nymegen                               | 12.6                | 44.04+ Pynenburg            | Amersfoort 29.5    |
| 42.08                      | V & L/TC II   | Lisse                                 | 2.7                 | 44.14+ A V R II             | Uden 12.6          |
| 42.36                      | Metro         | Lisse                                 | 2.7                 | 44.14+ Sperwers             | Drachten 29.5      |
|                            |               |                                       |                     | 44.23 Hellas                | Amsterdam 29.5     |
| 42.44+                     | Nymegen       | Nymegen                               | 12.6                |                             |                    |
| 42.54+                     | Attila        | Roosendaal                            | 29.5                |                             |                    |
| 42.62                      | Sparta        | Beverwijk                             | 10.7                | 44.24+ A V'56               | Uden 12.6          |
| 42.54+                     | Haarlem       | Amsterdam                             | 10.7                | 44.24+ Kimbria              | Uden 12.6          |
| 42.80                      | A A C II      | Amsterdam                             | 29.5                | 44.24+ Hermes               | Leiden 29.5        |
| 42.94+                     | Spark         | Leiden                                | 29.5                | 44.24+ Asterix              | Kerkrade 12.6      |
| 42.96                      | Holland H     | Hilversum                             | 10.7                | 44.24+ N O P                | Arnhem 12.6        |
| 43.04+                     | T I O N       | Amsterdam                             | 10.7                | 44.24+ A V R III            | Breda 10.7         |
| 43.14+                     | Pr Hendrik    | Breda                                 | 12.6                | 44.28 Olympus'70            | Lisse 2.7          |
| 43.14+                     | Spirit L      | Arnhem                                | 12.6                | 44.34+ Weert                | Veldhoven 1.5      |
|                            |               |                                       |                     | 44.34+ Metro II             | Uden 12.6          |
| 43.18                      | Lycurgus      | den Haag                              | 10.7                | 44.34+ Sp Reeuwijk          | Heerhugow 29.5     |
| 43.24+                     | A V R         | Breda                                 | 12.6                |                             |                    |
| 43.24+                     | ARGO'77       | Kerkrade                              | 10.7                | 44.34+ A V V                | Weert 29.5         |
| 43.24+                     | Schelde Sport | Hilversum                             | 10.7                | 44.34+ Delta Sport          | Zierikzee 29.5     |
| 43.24+                     | Achilles Top  | Kerkrade                              | 10.7                | 44.39 te Werve              | Lisse 2.7          |
| 43.24+                     | Holland L     | Vught                                 | 10.7                | 44.42 A V R III             | Beverwijk 10.7     |
| 43.24+                     | Nymegen       | JA Nymegen                            | 19.6                | 44.42 Hera                  | Beverwijk 10.7     |
| 43.44                      | A V'40        | Lisse                                 | 2.7                 | 44.44+ Trias                | Drachten 29.5      |
| 43.44+                     | Olympia Eh    | Kerkrade                              | 10.7                | 44.44+ Avantri              | Leiden 29.5        |
| 43.48                      | P S V         | Beverwijk                             | 10.7                | 44.54+ T I O N              | JA Hengelo 8.5     |
|                            |               |                                       |                     | 44.44+ Sparta II            | Leiden 12.6        |
| 43.54+                     | P A C         | Leiden                                | 29.5                | 44.54+ Spirit OB            | Lisse 10.5         |
| 43.54+                     | Tegelen       | Kerkrade                              | 12.6                | 44.54+ Tartletos            | Arnhem 12.6        |
| 43.54+                     | Ciko'66       | Amersfoort                            | 29.5                |                             |                    |
| 43.60                      | Achilles Top  | JA Kerkrade                           | 14.5                | 44.54+ P E C                | Nymegen 12.6       |
| 43.64+                     | Pr Hendrik    | JA Veldhoven                          | 1.5                 | 44.54+ S A V                | Hoorn 12.6         |
| 43.74+                     | V & L/TC III  | Heerhugow.                            | 29.5                | 44.54+ Spartaan             | Heerhugow 29.5     |
| 43.74+                     | Hollandia     | Drachten                              | 29.5                | 44.54+ A T O S              | Heerhugow 29.5     |
| 43.77                      | P S V         | JA den Haag                           | 11.9                | 44.54+ Sprint II            | Zierikzee 29.5     |
| 43.84+                     | G A C-H       | Zwolle                                | 29.5                |                             |                    |
| 43.84+                     | Holland L     | JA Amersfoort                         | 8.5                 | tussenvoegen:               |                    |
|                            |               |                                       |                     | === 43.03 Sparta JA Lisse   | 2.7                |
|                            |               |                                       |                     | === 43.08 V & L/TC JA Lisse | 2.7                |
| 43.84+                     | Hera          | JA Krommenie                          | 8.5                 |                             |                    |
| 43.88                      | Kimbria       | JA Kerkrade                           | 14.5                |                             |                    |
| 43.93                      | Keien         | Roosendaal                            | 29.5                |                             |                    |
| 43.94+                     | H A C         | Uden                                  | 12.6                |                             |                    |
| 43.94+                     | Atledo        | Hilversum                             | 10.7                |                             |                    |
| 43+94+                     | A A C III     | Amsterdam                             | 10.7                |                             |                    |

4 x 200 m estafette: NR nat team 1.25.3 m Sittard 260870  
 club Haarlem 1.25.29 m Zwolle 230582  
 ER Italie 2.21.10 Cagliari 300983  
 WR Univers Z Cal 1.20.26 Tempe 270578

|         |             |       |     |          |            |              |      |
|---------|-------------|-------|-----|----------|------------|--------------|------|
| 1.25.40 | Lycurgus    | Lisse | 3.7 | 1.29.71  | Metro      | Lisse        | 3.7  |
| 1.26.28 | A A C       | Lisse | 3.7 | 1.30.94+ | G A C-H    | Hilversum    | 1.6  |
| 1.26.33 | D E M       | Lisse | 3.7 | 1.31.94+ | Hermes     | Hilversum    | 1.6  |
| 1.26.46 | V & L/TC    | Lisse | 3.7 | 1.32.14+ | Olympia Eh | Eindhoven    | 11.5 |
| 1.27.37 | Sprint      | Lisse | 3.7 | 1.32.48  | Ilion      | Lisse        | 3.7  |
| 1.28.13 | V & L/TC II | Lisse | 3.7 | 1.33.24+ | G A C-H    | JA Hilversum | 1.6  |
| 1.28.99 | Startbaan   | Lisse | 3.7 | 1.33.21  | te Werve   | Lisse        | 3.7  |

4 x 400 m estafette: NR nat ploeg 3.03.18 m Mexico-City 130979  
 club A A C 3.08.97 m den Haag 100788  
 ER Gr Brittannie 2.58.86 m Rome 60987  
 WR U S A 2.56.16 m Mexico-City 201068  
 U S A 2.56.16 m Seoul 11088

|          |              |            |      |          |              |           |      |
|----------|--------------|------------|------|----------|--------------|-----------|------|
| 3.08.97  | A A C        | den Haag   | 10.7 | 3.24.07  | ARGO'77      | Lisse     | 3.7  |
| 3.09.31  | Lycurgus     | den Haag   | 10.7 | 3.24.42  | Sprint       | Breda     | 12.6 |
| 3.09.52  | nat ploeg    | Brussel    | 18.6 | 3.24.74+ | Achilles Top | Kerkrade  | 27.8 |
| 3.11.90  | V & L/TC     | den Haag   | 10.7 | 3.25.94+ | Startbaan    | Nymegen   | 12.6 |
| 3.14.49  | Nymegen      | Beverwijk  | 10.7 | 3.26.37  | Bataven      | Leiden    | 12.5 |
| 3.15.45  | A V R        | den Haag   | 10.7 | 3.26.84+ | Pr Hendrik   | Beldhoven | 1.5  |
| 3.16.51  | D E M        | Beverwijk  | 10.7 | 3.26.94+ | Keien        | Uden      | 12.6 |
| 3.16.64  | Hellas       | Breda      | 12.6 | 3.27.22  | Hollandia JA | Lisse     | 3.7  |
| 3.17.32  | Unitas       | den Haag   | 10.7 | 3.28.74+ | T H O R      | Uden      | 12.6 |
| 3.18.22  | Holland H    | Beverwijk  | 10.7 | 3.29.04+ | Hera         | Heerhugow | 29.5 |
| 3.18.47  | A A C II     | Breda      | 12.6 | 3.29.09  | Holland L    | Leiden    | 12.5 |
| 3.18.50  | Ilion        | Breda      | 12.6 | 3.30.62  | RK H A V JA  | Lisse     | 3.7  |
| 3.18.75  | nat jongens  | Andenne(B) | 6.6  | 3.30.73  | Olympia Eh   | Helmond   | 25.9 |
| 3.19.46  | A A C        | JA Lisse   | 3.7  | 3.32.24+ | Spartaan     | Vught     | 10.7 |
| 3.20.81  | Sparta       | Leiden     | 12.5 | 3.32.35  | ATC'75       | JA Lisse  | 3.7  |
| 3.21.94+ | P S V        | Uden       | 12.6 | 3.32.54+ | A T O S      | Vught     | 10.7 |
| 3.22.27  | V & L/TC     | JA Lisse   | 3.7  | 3.32.67  | Olympus'70JA | Lisse     | 3.7  |
| 3.22.44+ | H A C        | Veldhoven  | 1.5  | 3.32.74+ | P E C        | Nymegen   | 12.6 |
| 3.22.54+ | T I O N      | Amsterdam  | 10.7 |          |              |           |      |
| 3.22.84+ | H A C        | JA Lisse   | 3.7  |          |              |           |      |
| 3.22.84+ | Haarlem      | Amsterdam  | 10.7 |          |              |           |      |
| 3.22.94+ | G A C-H      | Zwolle     | 29.5 |          |              |           |      |
| 3.23.14+ | A V'56       | Uden       | 12.6 |          |              |           |      |
| 3.23.24+ | Attila       | Veldhoven  | 1.5  |          |              |           |      |
| 2.23.87  | Holland L JA | Lisse      | 3.7  |          |              |           |      |

4 x 800 m estafette: NR club Nymegen 7.25.94 m Lisse 30788  
 ER Gr Brittannie 7.03.89 m Londen 300882  
 WR idem

|         |          |       |     |         |           |       |     |
|---------|----------|-------|-----|---------|-----------|-------|-----|
| 7.25.94 | Nymegen  | Lisse | 3.7 | 7.42.88 | Sparta    | Lisse | 3.7 |
| 7.30.55 | Bataven  | Lisse | 3.7 | 7.45.01 | N S L     | Lisse | 3.7 |
| 7.30.98 | Lycurgus | Lisse | 3.7 | 7.46.59 | V&L/TC    | Lisse | 3.7 |
| 7.33.66 | P S V    | Lisse | 3.7 | 7.49.76 | H A C-JA  | Lisse | 2.7 |
| 7.38.95 | A A C    | Lisse | 3.7 | 7.49.93 | P A C-JA  | Lisse | 2.7 |
| 7.40.07 | A V'40   | Lisse | 3.7 | 7.52.00 | Bataven 2 | Lisse | 2.7 |

vervolg  
z.o.z

## vervolg 4 x 800 m estafette:

|         |           |       |     |         |             |       |      |
|---------|-----------|-------|-----|---------|-------------|-------|------|
| 7.54.04 | T H O R   | Lisse | 3.7 | 7.58.0  | Holland L   | Lisse | 10.5 |
| 7.54.80 | Ciko'66   | Lisse | 3.7 | 8.00.12 | NymegenJA   | Lisse | 2.7  |
| 7.55.72 | Attila    | Lisse | 3.7 | 8.03.42 | Lycurgus JA | Lisse | 2.7  |
| 7.57.41 | A T O S   | Lisse | 3.7 | 8.05.1  | A V'47      | Lisse | 10.5 |
| 7.57.75 | Castricum | Lisse | 3.7 | 8.05.12 | Spartaan    | Lisse | 3.7  |

|                              |         |              |          |   |        |        |
|------------------------------|---------|--------------|----------|---|--------|--------|
| <u>4 x 1500 m estafette:</u> | NR club | V & L/TC     | 15.23.69 | m | Lisse  | 30788  |
|                              | ER      | BR Duitsland | 14.38.8  | m | Keulen | 170877 |
|                              | WR      | idem         |          |   |        |        |

|          |           |          |              |
|----------|-----------|----------|--------------|
| 15.23.69 | V & L/TC  | 16.00.55 | N S L        |
| 15.36.52 | Tartletos | 16.01.19 | Sparta       |
| 15.37.31 | A A C     | 16.09.70 | Bataven II   |
| 15.39.21 | D E M     | 16.21.73 | V&L/TC II    |
| 15.57.98 | Bataven   | 16.34.83 | Tartletos II |

= = = = =

|                           |                       |         |         |         |                 |
|---------------------------|-----------------------|---------|---------|---------|-----------------|
| <u>20 KM snelwandelen</u> | NR Frank v Ravensberg | 1.29.37 | m       | Sittard | 240684          |
| baan                      | ER Axel Noack         | DDR     | 1.19.12 | m       | KM-stadt 210687 |
|                           | WR Ernesto Canto      | Mex     | 1.18.40 | m       | Fana 50584      |

## de beste 10 aller tijden:

|         |                       |    |           |             |        |
|---------|-----------------------|----|-----------|-------------|--------|
| 1.29.36 | Frank v Ravensberg    | 60 | Haarlem   | Sittard     | 240686 |
| 1.31.53 | Jan Cortenbach        | 59 | O L A T   | Rotterdam   | 300788 |
| 1.33.36 | Ton van Andel         | 58 | R W V     | Leiden      | 120787 |
| 1.35.12 | Harold van Beek       | 62 | R W V     | Rotterdam   | 70686  |
| 1.37.23 | Hans vd Knaap         | 59 | R W V     | Rotterdam   | 70686  |
| 1.37.30 | Dirk Maassen vd Brink | 48 | Holland L | Sittard     | 240684 |
| 1.38.02 | Tjabel Ras            | 35 | P A C     | Brussel(Be) | 220973 |
| 1.38.24 | Jan Cornelis          | 56 | Tartletos | Amsterdam   | 130786 |
| 1.38.39 | Piet op't Broek       | 47 | Unitas    | Sittard     | 10286  |
| 1.41.00 | Nico Schrotten        | 34 | Holland L | Groningen   | 60878  |
| -----   |                       |    |           |             |        |
| 1.36.31 | Ton van Andel         | 58 | R W V     | Groningen   | 17.7   |
| 1.31.53 | Jan Cortenbach        | 59 | O L A T   | Rotterdam   | 30.7   |
| 1.40.12 | Hans vd Knaap         | 59 | R W V     | Groningen   | 17.7   |
| 1.42.22 | Jos Schippers         | 66 | Energie   | Groningen   | 17.7   |
| 1.42.42 | Hans v Wakeren        | 49 | Unitas    | Weert       | 15.6   |
| 1.47.32 | Theo Koenis           | 51 | L A T     | Groningen   | 17.7   |
| 1.49.19 | Fred Röhner           | 50 | Unitas    | Weert       | 19.5   |
| 1.50.32 | Henk Plasman          | 57 | O L A T   | Weert       | 19.5   |
| 1.51.55 | Roel den Harder       | 63 | L A T     | Groningen   | 17.7   |
| 1.54.59 | Pedro Huntjens        | 67 | Unitas    | Groningen   | 17.7   |
| 1.59.32 | Ad van Oyen           | 64 | Weert     | Weert       | 19.5   |
| 1.59.33 | Hans Drijvers         | 55 | Attila    | Weert       | 15.6   |

## 20 KM snelwandelen weg

|         |                       |    |           |                 |      |
|---------|-----------------------|----|-----------|-----------------|------|
| 1.31.29 | Harold van Beek       | 62 | R W V     | Goirle          | 10.4 |
| 1.31.41 | Ton van Andel         | 58 | R W V     | Goirle          | 10.4 |
| 1.33.55 | Jan Cortenbach        | 59 | O L A T   | Düsseldorf(BRD) | 12.5 |
| 1.36.35 | Jos Schippers         | 66 | Energie   | Esch(Lux)       | 12.6 |
| 1.37.50 | Hans vd Knaap         | 59 | R W V     | Goirle          | 10.4 |
| 1.41.26 | Dirk Maassen vd Brink | 48 | Holland L | St Oedenrode    | 12.3 |
| 1.42.15 | Theo Koenis           | 51 | L A T     | Goirle          | 10.4 |
| 1.42.43 | Tjabel Ras            | 35 | P A C     | Goirle          | 10.4 |
| 1.43.48 | Pedro Huntjens        | 67 | Unitas    | St Oedenrode    | 12.3 |
| 1.45.14 | Klaas Bakker          |    | O L A T   | St Oedenrode    | 12.3 |
| 1.44.42 | Hans v Wakeren        | 49 | Unitas    | Düsseldorf(BRD) | 12.5 |
| 1.47.30 | Ad Leermakers         | 51 | Attila    | Goirle          | 10.4 |
| 1.50.08 | Hein Zethof           |    | A V A'64  | St Oedenrode    | 12.3 |
| 1.50.12 | Roel den Harder       | 63 | L A T     | Beek(Gld)       | 17.1 |
| 1.51.48 | Gerold Vluggen        | 53 | Kimbria   | Goirle          | 10.4 |
| 1.51.52 | Eugene de Vreede      | 53 | Unitas    | Düsseldorf(BRD) | 12.5 |
| 1.52.01 | Edwin Holwerda        | 69 | Zaanland  | St Oedenrode    | 12.5 |
| 1.53.18 | Hans Drijvers         | 55 | Attila    | Goirle          | 10.4 |
| 1.54.02 | Jan W Dijkgraaf       | 53 | L A T     | Düsseldorf(BRD) | 12.5 |
| 1.53.33 | Reinoud v Gastel      | 60 | 't Haasje | Düsseldorf(BRD) | 12.5 |
| 1.53.52 | Hub Coenen            | 35 | Unitas    | Kerpen (BRD)    | 12.5 |
| 1.54.29 | Fred Röhner           | 50 | Unitas    | Düsseldorf(BRD) | 12.5 |
| 1.54.53 | Wim vd Wittenboer     | 45 | O L A T   | Düsseldorf(BRD) | 12.5 |
| 1.56.12 | Hans Kruiink          |    | R W V     | Goirle          | 10.4 |
| 1.57.12 | Ger Reneerkens        | 58 | Unitas    | Kerpen(BRD)     | 12.5 |

30 KM snelwandelen NR Jan Cortenbach 2.23.08 Rotterdam 300788  
ER Maurizio Damilano Ita 2.06.07 Damoto 50585  
WR idem

|         |                 |    |         |             |      |
|---------|-----------------|----|---------|-------------|------|
| 2.23.08 | Jan Cortenbach  | 59 | O L A T | Rotterdam   | 30.7 |
| 2.27.54 | Ton van Andel   | 58 | R W V   | Rotterdam   | 30.7 |
| 2.38.16 | Harold van Beek | 62 | R W V   | Schoonhoven | 24.4 |
| 2.39.44 | Hans vd Knaap   | 59 | R W V   | Rotterdam   | 30.7 |
| 2.39.54 | Theo Koenis     | 51 | L A T   | Rotterdam   | 30.7 |
| 2.40.44 | Hans v Wakeren  | 49 | Unitas  | Schoonhoven | 24.4 |
| 2.54.38 | Fred Röhner     | 50 | Unitas  | Schoonhoven | 24.4 |
| 2.57.33 | Roel den Harder | 63 | L A T   | Rotterdam   | 30.7 |
| 3.03.44 | Hans Kruiink    |    | R W V   | Schoonhoven | 24.4 |

2 uur snelwandelen NR Jan Cortenbach 25484 m Rotterdam 300788  
ER Maurizio Damilano Ita 28565 m Milaan 50585  
WR idem

|          |                 |    |         |           |      |
|----------|-----------------|----|---------|-----------|------|
| 25.484.o | Jan Cortenbach  | 59 | O L A T | Rotterdam | 30.7 |
| 24.600   | Ton van Andel   | 58 | R W V   | Rotterdam | 30.7 |
| 23.538   | Harold van Beek | 62 | R W V   | idem      |      |
| 23.112   | Hans vd Knaap   | 59 | R W V   | idem      |      |
| 23.081   | Theo Koenis     | 51 | L A T   | idem      |      |
| 22.412   | Hans v Wakeren  | 49 | Unitas  | idem      |      |
| 22.340   | Jos Schippers   | 66 | Energie | idem      |      |
| 20.964   | Roel den Harder | 63 | L A T   | idem      |      |
| 20.048   | Fred Röhner     | 50 | Unitas  | idem      |      |

50 KM snelwandelen alles op de weg  
 NR Jan Cortenbach 4.00.19 u Rome 50987  
 ER alleen op de baan  
 WR idem

|         |                  |    |         |              |      |
|---------|------------------|----|---------|--------------|------|
| 3.58.23 | Jan Cortenbach   | 59 | O L A T | Goirle       | 5.6  |
| 4.03.53 | Ton van Andel    | 58 | R W V   | Goirle       | 5.6  |
| 4.32.20 | Hans vd Knaap    | 59 | R W V   | Goirle       | 5.6  |
| 4.44.17 | Theo Koenis      | 51 | L A T   | St Oedenrode | 12.3 |
| 4.44.18 | Jan de Jonge     | 46 | L A T   | St Oedenrode | 12.3 |
| 4.51.13 | Ad Leermakers    | 51 | Attila  | Goirle       | 5.6  |
| 4.57.32 | Gerold Vluggen   | 53 | Kimbria | Goirle       | 5.6  |
| 5.04.01 | Eugene de Vreede | 53 | Unitas  | St Oedenrode | 12.3 |
| 5.08.52 | Gerrit de Jong   | 42 | Avantri | St Oedenrode | 12.3 |
| 5.11.42 | Jan W Dijkgraaf  | 53 | L A T   | St Oedenrode | 12.3 |
| 5.12.44 | Roel den Harder  | 63 | L A T   | Goirle       | 5.6  |
| 5.17.06 | Hans v Wakeren   | 49 | Unitas  | Beek(Gld)    | 9.7  |
| 5.17.29 | Hans Drijvers    | 55 | Attila  | Goirle       | 5.6  |
| 5.18.03 | Rein Pistorius   | 62 | O L A T | St Oedenrode | 12.3 |
| 5.20.17 | Mari Boere       | 54 | Attila  | Goirle       | 5.6  |
| 5.20.52 | Henk Plasman     | 57 | O L A T | St Oedenrode | 12.3 |
| 5.28.26 | Philip Krul      | 47 | R W V   | St Oedenrode | 12.3 |
| 5.28.32 | Fred Röhner      | 50 | Unitas  | Goirle       | 5.6  |
| 5.33.08 | Ad van Oyen      | 64 | Weert   | St Oedenrode | 12.3 |
| 5.35.18 | Arie den Hartog  |    | L A T   | Beek(Gld)    | 9.7  |

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## D A M E S

=====

100 m hardlopen NR Nelli Fiere-Cooman 11.08 s Stuttgart 270886  
 ER Marlies Göhr DDR 10.81 s O Berlyn 60883  
 WR Florence Griffith 10.49 s Indianapolis170788

de beste 10 aller tijden:

|       |                            |    |           |                |        |
|-------|----------------------------|----|-----------|----------------|--------|
| 11.08 | Nelli Fier-Cooman          | 66 | A V R     | Stuttgart(BRD) | 270886 |
| 11.17 | Els Scharn-Vader           | 59 | A V R     | Barcelona(Sp)  | 150686 |
| 11.1  | Wilma van Gool-vd Berg     | 47 | Keien     | Potsdam(DDR)   | 150672 |
| 11.49 | Tilly Verhoef-Jacobs       | 56 | Sparta    | Innsbrück(Oo)  | 190579 |
| 11.59 | Truus Hennipman-Cruiming   | 43 | Bataven   | Mexico-City    | 141068 |
| 11.64 | Martha Grossenbacher-Derby | 59 | Sparta    | Bazel(Zwi)     | 270786 |
| 11.4  | Edina van Heezik           | 61 | A D A     | Utrecht        | 70782  |
| 11.4  | Claudia Elissen            | 68 | Kimbria   | Nymegen        | 140986 |
| 11.69 | Yvonne van Dorp            | 66 | Holland L | Hengelo        | 140888 |
| 11.74 | Petra Huybrechtse          | 72 | D E M     | Willich(BRD)   | 180988 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 11.28 | 12.24 | 12.65 |
| 1985 | 11.40 | 12.38 | 12.64 |
| 1986 | 11.08 | 12.34 | 12.63 |
| 1987 | 11.14 | 12.12 | 12.56 |
| 1988 | 11.08 | 12.24 | 12.54 |

11.23

11.29

|        |                     |            |              |                |      |
|--------|---------------------|------------|--------------|----------------|------|
| 11.08  | Nelli Fiere-Cooman  | 66         | A T C'75     | Seoul(Kor)     | 24.9 |
| 11.32  | Els Scharn-Vader    | 59         | A V R        | Hengelo        | 14.8 |
| 11.19  | den Haag            | 10.7rw2.73 |              |                |      |
| 11.69  | Yvonne van Dorp     | 66         | Holland L    | Hengelo        | 14.8 |
| 11.60  | Roosendaal          | 23.7rw4.3  |              |                |      |
| 11.74+ | Petra Huybrechtse   | 72         | D E M        | Willich(BRD)   | 18.9 |
| 11.89  | el den Haag         | 11.9       |              |                |      |
| 11.81  | Gretha Tromp        | 64         | Hera         | Groningen      | 17.7 |
| 11.47  | Roosendaal          | 23.7rw4.3  |              |                |      |
| 11.82  | Claudia Elissen     | 68         | Kimbria      | Hengelo        | 14.8 |
| 11.84+ | Moniek Boogaards    | 71         | Ciko'66      | Dülmen(BRD)    | 2.10 |
| 11.90  | el Sudbury(Can)     | 25.7       |              |                |      |
| 11.91  | Mieke vd Kolk       | 68         | D E M        | Groningen      | 17.7 |
| 11.94+ | Edine van Heezik    | 61         | ADA/Lycurgus | Drachten       | 12.6 |
| 11.99  | Annerose Scholsberg | 69         | A V'34       | Hengelo        | 14.8 |
| 12.04+ | Nelleke Koppelaar   | 69         | Trias        | Amsterdam      | 14.5 |
| 12.07  | Diana Thompson      | 62         | Metro        | Bosvoorde(Be)  | 10.7 |
| 11.84  | Roosendaal          | 29.5rw3.8  |              |                |      |
| 12.11  | Yvette Bonapart     | 67         | Sparta       | Willebroek(Be) | 7.6  |
| 11.85  | den Haag            | 27.8rw3.7  |              |                |      |
| 12.12  | Tineke Hidding      | 59         | Hera         | Hengelo        | 14.8 |
| 11.69  | Roosendaal          | 23.7rw4.3  |              |                |      |
| 12.14+ | Anniek Goudemond    | 71         | A T C'75     | Krommenie      | 25.6 |
| 11.98  | Uden                | 5.6rw2.5   |              |                |      |
| 12.14+ | Marjolein Peters    | 69         | Hellas       | Lisse          | 19.6 |
| 12.14+ | Merian Knijn        | 66         | Sparta       | Boston(USA)    | 12.6 |
| 12.21  | Monique vd Weide    | 63         | Unitas       | Münch Gladbach | 27.8 |
| 12.24+ | Monique Steennis    | 69         | Altis        | Nymegen        | 12.6 |
| 12.24+ | Angelique Smit      | 67         | A D A        | Amsterdam      | 14.5 |

12.13

11.07

11.73

12.01



|        |  |    |            |             |      |
|--------|--|----|------------|-------------|------|
| 12.24+ | Ina Langen huizen<br>12.25 el Vught 15.5                       | 68 | P S V      | Veldhoven   | 1.5  |
| 12.24+ | Tanja vd Wal-Tjepkema  | 63 | Lycurgus   | Amsterdam   | 14.5 |
| 12.24+ | Karin Verploeg<br>12.26 el Hengelo 14.8                        | 71 | Oss'78     | Veldhoven   | 19.6 |
| 12.29  | Marjan Olyslager<br>11.88 den Haag 10.7rw2.73                  | 62 | A V R      | Leiden      | 12.5 |
| 12.34+ | Anoeschka Daans<br>12.15 Roosendaal 23.7rw4.3                  | 65 | P A C      | Dordrecht   | 8.6  |
| 12.34+ | Janneke Bosma  | 63 | Impala     | Drachten    | 14.5 |
| 12.34+ | Marjon Wijsma  | 65 | Olympia Eh |             |      |
| 12.34+ | Anja Mulder  | 71 | Nijkerk    | Dülmen(BRD) | 2.10 |
| 12.39  | Irene Jetten<br>12.06 Uden 4.6rw                               | 72 | Keien      | Uden        | 4.6  |
| 12.44+ | Pearl Spear<br>12.34 Hoorn 18.9rw<br>12.49 el Hechtel(Be) 30.7 | 70 | A V R      | Rotterdam   | 19.6 |
| 12.44+ | Ineke de Jong  | 70 | Impala     | Groningen   | 24.8 |
| 12.44+ | Paulien vd Roest<br>12.56 el Speyer(BRD) 22.5                  | 70 | H A C      | Helmond     | 28.8 |
| 12.44+ | Nanet Karenbeld<br>12.52 el Groningen 17.7                     | 69 | A T C'75   | Haarlem     | 11.9 |
| 12.44+ | Sandra Otten<br>12.43 den Haag 10.7rw 2.73                     | 66 | Lycurgus   | Krommenie   | 1.5  |
| 12.44+ | Desiree de Leeuw   | 59 | A V R      | Drachten    | 12.6 |
| 12.44+ | Ellen Neelen   | 60 | Sagitta    | Amsterdam   | 14.5 |
| 12.44+ | Delia Appelman-Valkenberg<br>12.31 den Haag 10.7rw2.73         | 58 | D E M      | Amsterdam   | 19.5 |
| 12.44+ | Carmy Bronneberg   | 62 | Unitas     | Vught       | 10.7 |
| 12.44+ | Joyce Kerssens   | 66 | Lycurgus   | Krommenie   | 14.8 |
| 12.44+ | Selma Voerman  | 66 | A D A      | Amsterdam   | 24.6 |
| 12.54+ | Avelien van Daalen<br>12.47 Hilversum 23.5rw                   | 71 | Hollandia  | Beverwijk   | 18.6 |
| 12.54+ | Manon Geerlings  | 72 | Spartaan   | Lisse       | 14.6 |
| 12.54+ | Marjolijn van Elk  | 69 | Lycurgus   | Amsterdam   | 14.5 |
| 12.54+ | Linda van Gaalen   | 69 | Sparta     | Rotterdam   | 19.6 |
| 12.54+ | Mieke Stark  | 61 | Pr Hendrik | Vught       | 28.6 |
| 12.54+ | Karen de Milde<br>12.56 el Beverwijk 10.7                      | 64 | Startbaan  | Beverwijk   | 10.7 |
| 12.54+ | Esther Jasper Focks  | 68 | Altis      | Nymegen     | 12.6 |
| 12.54+ | Laura Keegstra   | 68 | Trias      | Vught       | 10.7 |
| 12.54+ | Marijke van Zon<br>12.38 den Haag 10.7rw2.73                   | 68 | D E M      | Drachten    | 12.6 |
| 12.54+ | Ellen van Langen   | 66 | Fortis     | Amsterdam   | 26.6 |
| 12.54+ | Janet Dijkstra   | 65 | ARGO'77    | Amsterdam   | 7.8  |
| 12.54+ | Lia Seuntjens  | 55 | G V A C    | Eindhoven   | 26.6 |
|        | met rugwind:   |    |            |             |      |
| 12.09  | Michelle Martinot  | 69 | A V R      | den Haag    | 27.8 |
| 12.14  | Laura Hof  | 71 | Suomi      | Santpoort   | 9.7  |
| 12.52  | Anouska den Uyl  | 71 | G A C-H    | Hilversum   | 23.5 |
| 12.54  | Mandy Conijn   | 72 | Hollandia  | Santpoort   | 9.7  |
| 12.54  | Astrid Dijkhuizen  | 62 | A V'40     | Leiden      | 29.5 |

|                        |                          |         |                |        |
|------------------------|--------------------------|---------|----------------|--------|
| <u>200 m hardlopen</u> | NR Els Scharn-Vader      | 22.81 s | Pescara(It)    | 20881  |
|                        | ER Marita Koch DDR       | 21.71 s | Potsdam(DDR)   | 210784 |
|                        | Heike Drechsler DDR      | 21.71 s | Stuttgart(BRD) | 280886 |
|                        | WR Florence Griffith USA | 21.34 s | Seoul(Kor)     | 290988 |

de beste 10 aller tijden:

|       |                            |            |    |               |        |
|-------|----------------------------|------------|----|---------------|--------|
| 22.81 | Els Schern-Vader           | Zeel.Sport | 59 | Pescara(It)   | 20881  |
| 23.22 | Wilma v Gool-vd Berg       | Keien      | 47 | München(BRD)  | 40972  |
| 23.42 | Truus Hennipman-Cruiming   | Bataven    | 43 | Mexico-City   | 171068 |
| 23.44 | Nelli Fiere-Cooman         | A V R      | 66 | Schwechat(Oo) | 40686  |
| 23.50 | Martha Grossenbacher-Derby | Sparta     | 59 | Amsterdam     | 120786 |
| 23.3  | Trudy Wunderink-Ruth       | G A C-H    | 50 | Erfurt(DDR)   | 130671 |
| 23.3  | Tilly Verhoef-Jacobs       | Sparta     | 59 | Roosendaal    | 20780  |
| 23.3  | Corry Bakker               | Sagitta    | 44 | Mexico-City   | 51068  |
| 23.4  | Gretha Tromp               | Hera       | 64 | Utrecht       | 80985  |
| 23.5  | Mieke v Wissen-Sterk       | Atmodes    | 46 | Bazel(Zwi)    | 80773  |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 22.90 | 25.34 | 26.01 |
| 1985 | 23.34 | 25.25 | 25.98 |
| 1986 | 22.86 | 25.34 | 25.94 |
| 1987 | 23.73 | 24.8  | 25.6  |
| 1988 | 22.94 | 25.02 | 25.7  |

|        |                       |            |            |                |         |
|--------|-----------------------|------------|------------|----------------|---------|
| 22.94  | Els Scharn-Vader      | 59         | A V R      | Venetie(Ita)   | 5.6     |
| 23.69  | Nelli Fiere-Cooman    | 66         | A T C'75   | Groningen      | 16.7    |
| 23.80  | Yvonne van Dorp       | 66         | Holland L  | Nagona(Jap)    | 15.9    |
| 23.90  | Gretha Tromp          | 64         | Hera       | Boon(BRD)      | 2.7     |
|        | 23.4 Krommenie        | 24.7rw     |            |                |         |
| 24.04+ | Merian Knijn          | 66         | Sparta     | Boston(USA)    | 12.6    |
| 24.08  | Diana Thompson        | 62         | Metro      | Hechtel(Be)    | 30.7    |
| 24.20  | Tineke Hidding        | 59         | Hera       | Eindhoven      | 21.5    |
| 24.25  | Annieke Goudemond     | 71         | A T C'75   | Uden           | 4.6     |
| 24.33  | Annerose Scholsberg   | 69         | A V'34     | Groningen      | 17.7    |
| 24.34+ | Tanja vd Wal-Tjepkema | 63         | Lycurgus   | Krommenie      | 1.5     |
| 24.34+ | Michelle Martinot     | 69         | A V R      | Drachten       | 12.6    |
| 24.40  | Marjon Wijnsma        | 65         | Olympia Eh | Talence(Fr)    | 16.7    |
| 24.48  | Moniek Boogaards      | 71         | Ciko'66    | Uden           | 4.6     |
| 24.54+ | Mieke vd Kolk         | 68         | D E M      | Amsterdam      | 1.8     |
| 24.71  | Anoeschka Daans       | 65         | P A C      | Kopenhagen(De) | 3.7     |
| 24.74+ | Monique Steennis      | 69         | Altis      | Amsterdam      | 14.5    |
|        | 24.80 el Amsterdam    | 14.5       |            |                |         |
| 24.84+ | Petra Huybrechtse     | 72         | D E M      | Beverwijk      | 2.10x   |
| 24.94  | Yvette Bonapart(Sur)  | 67         | Sparta     | den Haag       | 10.7rw? |
|        | 24.80 den Haag        | 28.8rw2.23 |            |                |         |
| 24.98  | Karin Verploeg        | 71         | Oss'78     | Speyer(BRD)    | 22.5    |
| 25.00  | Desiree de Leeuw      | 59         | A V R      | den Haag       | 10.7rw? |
| 25.05  | Pearl Speear          | 70         | A V R      | Hilversum      | 23.5    |
| 25.24+ | Ellen van Langen      | 66         | Fortis     | Amsterdam      | 21.7    |
| 25.28  | Nanet Karenbeld       | 69         | A T C'75   | Hilversum      | 23.5    |
| 25.34+ | Ineke de Jong         | 70         | Impala     | Groningen      | 24.4    |
| 25.34+ | Anneke Schutte        | 66         | Gemzen     | Zevenaar       | 18.9    |
| 25.40  | Esther Piek           | 69         | Caesar     | Uden           | 5.6     |

|        |                            |    |            |                 |         |
|--------|----------------------------|----|------------|-----------------|---------|
| 25.44  | Joyce KérsSENS             | 66 | Lycurgus   | den Haag        | 10.7rw? |
| 25.44+ | Marjolijn van Elk          | 69 | Lycurgus   | Amsterdam       | 14.5    |
| 25.44+ | Marjolein Peeters          | 69 | Hellas     | Drachten        | 12.6    |
|        | 25.60 el Krommenie 26.6    |    |            |                 |         |
| 25.44+ | Marjke van Zon             | 68 | D E M      | Drachten        | 12.6    |
| 25.44+ | Edine van Heezik           | 61 | Lycurgus   | Amsterdam       | 7.8     |
|        | 2524+ Krommenie 24.7rw     |    |            |                 |         |
| 25.44+ | Marion vd Broek            | 68 | Pynenburg  | Hechtel(Be)     | 30.7    |
|        | 25.58 el Groningen 16.7    |    |            |                 |         |
| 25.54+ | Janette Dijkstra           | 65 | ARGO'77    | Amsterdam       | 7.8     |
| 25.54+ | Janneke Bosma              | 63 | Impala     | Groningen       | 8.6     |
| 25.57  | Monique vd Meyden          | 71 | T H O R    | Uden            | 4.6     |
| 25.58  | Monique vd Weide           | 63 | Unitas     | Helmond         | 24.9    |
| 25.61  | Paulien vd Roest           | 70 | H A C      | Leiden          | 4.9     |
|        | 25.54+ Veldhoven 17.4rw    |    |            |                 |         |
| 25.62  | Mariette Versluis          | 67 | Hera       | Kopenhagen(Den) | 3.7     |
| 25.64+ | Evelien van Hees           | 57 | Hellas     | Amsterdam       | 30.4    |
| 25.64+ | Lijsbeth Gijzen            | 65 | Olympia'48 | Hengelo         | 22.5    |
|        | 25.63 den Haag 28.8rw2.23  |    |            |                 |         |
| 25.70  | Delia Appelman-Valkenberg  | 58 | D E M      | Gendringen      | 28.8    |
| 25.71  | Avelien van Daalen         | 71 | Hollandia  | Gendringen      | 28.8    |
|        | 25.14+ Santpoort 9.7rw     |    |            |                 |         |
| 25.74+ | Laura Verrijk              | 63 | A D A      | Haarlem         | 29.6    |
|        | 25.91 el Amsterdam 14.5    |    |            |                 |         |
| 25.74+ | Selma Voerman              |    | A D A      | Drachten        | 12.6    |
|        | 25.35 Hilversum 23.5rw4.96 |    |            |                 |         |
| 25.74+ | Paula de Vries             |    | D E M      | Haarlem         | 29.6    |
| 25.74+ | Catleen Speear             | 65 | A D A      | Amsterdam       | 14.5    |
| 25.84+ | Joyce vd Putten            | 71 | P S V      | Veldhoven       | 4.9     |
| 25.84+ | Eboica van Eyk             | 70 | Taxandria  | Vught           | 3.5     |
| 25.84+ | Ellen Silverentand         | 70 | Bataven    | Leiden          | 20.7    |
| 25.84+ | Astrid van Nooy            | 59 | Lycurgus   | Drachten        | 12.6    |
| 25.84+ | Nadine Vissers             |    | Holland H  | Haarlem         | 2.10x   |
|        | met rugwind:               |    |            |                 |         |
| 25.64+ | Laura Hof                  | 71 | Suomi      | Santpoort       | 9.7     |
| 25.84+ | Claudia Perlee             | 72 | A D A      | Santpoort       | 9.7     |
| 25.74  | Carola Diederik            | 68 | Spark      | den Haag        | 28.8    |

gegevens 400 m op de volgende pagina

|                  |    |                  |         |               |        |
|------------------|----|------------------|---------|---------------|--------|
| <u>400 meter</u> | NR | Els Scharn-Vader | 51,92 s | Hengelo       | 270686 |
|                  | ER | Marita Koch      | 47.60 s | Canberra(Aus) | 61085  |
|                  | WR | idem             |         |               |        |

de beste 10 aller tijden:

|       |                         |    |            |                 |        |
|-------|-------------------------|----|------------|-----------------|--------|
| 51.52 | Els Scharn-Vader        | 59 | A V R      | Hengelo         | 270686 |
| 52.38 | Tilly Verhoef-Jacobs    | 56 | Sparta     | Winterthur(Zwi) | 140680 |
| 52.45 | Trudy Wunderink-Ruth    | 50 | G A C-H    | München(BRD)    | 30972  |
| 52.68 | Myrna vd Hoeven-Jansen  | 48 | Olympia'48 | Mexico-City     | 151068 |
| 52.84 | Yvonne van Dorp         | 66 | Holland L  | Seoul(Kor)      | 230988 |
| 52.93 | Marjo v Agt-Ruijters    | 58 | P S V      | Hengelo         | 270686 |
| 53.07 | Gretha Tromp            | 64 | Hera       | Essen(BRD)      | 220985 |
| 53.2  | Tilly vd Made-vd Zwaard | 38 | Sagitta    | Mexico-City     | 41068  |
| 53.2  | Lia Louer-Hinten        | 42 | K & K      | Londen(GB)      | 240868 |
| 53.2  | Merian Knijn            | 66 | Energie    | Mariboe(USA)    | 120586 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 53.49 | 57.19 | 58.9  |
| 1985 | 53.07 | 57.69 | 59.04 |
| 1986 | 51.92 | 57.0  | 58.5  |
| 1987 | 53.48 | 57.1  | 58.8  |
| 1988 | 52.84 | 56.24 | 58.4  |

15.89

|        |                                |    |            |                 |      |
|--------|--------------------------------|----|------------|-----------------|------|
| 52.84  | Yvonne van Dorp                | 66 | Holland L  | Seoul(Kor)      | 23.9 |
| 53.56  | Merian Knijn                   | 66 | Sparta     | Boston(USA)     | 23.5 |
| 53.87  | Desiree de Leeuw               | 59 | A V R      | Leverkusen(BRD) | 28.6 |
| 54.13  | Gretha Tromp                   | 64 | Hera       | Rhede(BRD)      | 1.7  |
| 54.18  | Els Scharn-Vader               | 59 | A V R      | Brussel(BE9)    | 18.6 |
| 54.44+ | Monique Steennis               | 69 | Altis      | Nymegen         | 12.6 |
|        | 54.87 el Pamplona(Sp) 2.7      |    |            |                 |      |
| 54.94+ | Janneke Bosma                  | 63 | Impala     | Drachten        | 12.6 |
| 55.08  | Letitia Vriesde <i>See see</i> | 64 | A V R      | den Haag        | 10.7 |
| 55.24+ | Kathy Harris(VS)               | 64 | Lycurgus   | Amsterdam       | 14.5 |
| 55.30  | Michelle Martinot              | 69 | A V R      | Hilversum       | 23.5 |
| 55.48  | Tanja vd Wal-Tjepkema          | 63 | Lycurgus   | Leiden          | 12.5 |
| 55.54+ | Evelien van Hees               | 57 | Hellas     | Amsterdam       | 30.4 |
| 55.62  | Ellen van Langen               | 66 | Fortis     | Zwolle          | 29.5 |
| 55.94+ | Reina Roona                    | 64 | ARGO'77    | Hilversum       | 10.7 |
| 55.98  | Marjon Wijnsma                 | 65 | Olympia E  | Leiden          | 12.5 |
| 56.04+ | Anneke Schutte                 | 66 | Gemzen     | Amsterdam       | 7.8  |
| 56.06  | Ester Goossens                 | 72 | Clytoneus  | Andenne(Be)     | 6.6  |
| 56.14+ | Ingrid Stoot                   | 64 | Hellas     | Drachten        | 12.6 |
| 56.24  | Yvonne vd Kolk                 | 69 | A V R      | den Haag        | 10.7 |
| 56.24+ | Anoeschka Daans                | 65 | P A C      | Rotterdam       | 15.6 |
| 56.27  | Carmy Bronneberg               | 62 | Unitas     | Groningen       | 17.7 |
| 56.34+ | Ineke de Jong                  | 70 | Impala     | Drachten        | 12.6 |
|        | 56.35 el Utrecht 29.5          |    |            |                 |      |
| 56.48  | Monique vd Krogt               | 64 | Sperwers   | Groningen       | 17.7 |
| 56.64  | Stella Jongmans                | 71 | Sparta     | Uden            | 5.6  |
| 56.73  | Diana Thompson                 | 62 | Metro      | Roosendaal      | 29.5 |
| 56.84+ | Lijsbeth Gijsen                | 65 | Olympia'48 | Drachten        | 12.6 |
| 56.85  | Avalien van Daalen             | 71 | Hollandia  | Uden            | 5.6  |
| 56.94+ | Annerose Scholsberg            | 69 | A V'34     | Hengelo         | 12.6 |
| 57.04+ | Joyce Kerssens                 | 66 | Lycurgus   | Amsterdam       | 9.9  |
| 57.24+ | Marian Kortmann                | 71 | AAV'36     | Lisse           | 28.5 |

57.89

|        |                      |    |            |            |      |
|--------|----------------------|----|------------|------------|------|
| 57.44+ | Monique van Wijk     | 69 | Aquilo     | Breda      | 10.7 |
| 57.44+ | Petra van Limpt      | 54 | Pr Hendrik | Sittard    | 29.5 |
| 57.44+ | Janette Dijkstra     | 65 | ARGO'77    | Amsterdam  | 7.8  |
| 57.46  | Marion vd Broek      | 68 | Pynenburg  | Roosendaal | 23.7 |
| 57.54+ | Monique Timmermans   | 70 | Oss'78     | Veldhoven  | 19.6 |
| 57.64+ | Anniek Goudemond     | 71 | A T C'75   | Haarlem    | 11.9 |
| 57.64+ | Daisy Hombergen      | 63 | Hellas     | Drachten   | 12.6 |
| 57.64+ | Catleen Speear       | 65 | A D A      | Drachten   | 12.6 |
| 57.74+ | Elsbet Greven        | 65 | A D A      | Amsterdam  | 14.5 |
| 57.84+ | Marieke Piek         | 63 | Holland H  | Vught      | 10.7 |
| 57.94+ | Pearl Speear         | 70 | A V R      | Amsterdam  | 30.8 |
| 58.04+ | Karin de Milde       | 64 | Startbaan  | Hengelo    | 12.6 |
| 58.14+ | Karen Wijbenga       | 69 | Sisu       | Zevenaar   | 19.6 |
| 58.14+ | Christien Toonstra   | 66 | A D A      | Drachten   | 12.6 |
| 58.28  | Marja Neelen         | 64 | Lycurgus   | Krommenie  | 1.5  |
| 58.31  | Laura Bosman         | 67 | Sparta     | Roosendaal | 23.7 |
| 58.39  | Tilly Verhoef-Jacobs | 56 | Sparta     | den Haag   | 10.7 |
| 58.44+ | Gerda Benders        | 61 | Olympia'48 | den Haag   | 3.6  |
| 58.45  | Corinne vd Geest     | 72 | Spirit L   | Rotterdam  | 12.5 |
| 58.54+ | Anja Mulder          | 71 | Nykerk     | Huizen     | 6.7  |
| 58.54+ | Saskia Zandee        | 71 | P A C      | Rotterdam  | 19.6 |
| 58.54+ | Claudia Honkoop      | 70 | Ciko'66    | Papendal   | 8.6  |

800 meter NR Elly van Hulst 1.59.62 m Pescara(It)20881  
 ER Jarmila Kratochvilova CSR 1.53.28 m München 260883  
 WR idem

de beste 10 aller tijden:

|         |                      |    |            |                |        |
|---------|----------------------|----|------------|----------------|--------|
| 1.59.62 | Elly van Hulst       | 59 | Olympia'48 | Pescara(It)    | 20881  |
| 2.01.6  | Olga Commandeur      | 58 | Suomi      | Aalst(Be)      | 70975  |
| 2.01.83 | Letitia Vriesde(Sur) | 64 | A V R      | Seoul(Kor)     | 240988 |
| 2.01.86 | Kathy Harris(VS)     | 64 | Lycurgus   | Indianapolis   | 160788 |
| 2.02.2  | Ilja Keizer-Laman    | 44 | Spartaan   | Osnabrück(BRD) | 300668 |
| 2.02.63 | Maria Gommers        | 39 | Unitas     | Mexico-City    | 191068 |
| 2.02.8  | Gerda Kraan          | 33 | Bataven    | Belgrado(Y-S)  | 160962 |
| 2.03.16 | Jacky Winkelman      | 63 | H A C      | Sittard        | 200983 |
| 2.03.76 | Saskia Brouwer       | 60 | Ciko'66    | Brussel(Be)    | 280881 |
| 2.03.63 | Ina Blaauw-Scholte   | 47 | A V G'26   | Zürich(Zwi)    | 200875 |

|                |                        |         |         |        |                        |
|----------------|------------------------|---------|---------|--------|------------------------|
| <i>2.01.92</i> | <i>Kellen v Langen</i> | 1       | 20      | 50     | <i>Bacoli aug 1989</i> |
| <i>2.00.02</i> |                        |         |         |        | <i>Stress 10/10/89</i> |
| <i>1.59.82</i> | 1984                   | 2.00.92 | 2.11.86 | 2.16.5 | <i>Stress 30/10/89</i> |
|                | 1985                   | 2.02.52 | 2.13.2  | 2.17.5 |                        |
|                | 1986                   | 2.02.68 | 2.13.1  | 2.16.4 |                        |
|                | 1987                   | 2.02.78 | 2.12.7  | 2.15.7 |                        |
|                | 1988                   | 2.01.83 | 2.10.6  | 2.15.5 |                        |

|                |         |                               |    |          |                   |      |
|----------------|---------|-------------------------------|----|----------|-------------------|------|
| <i>15.04</i>   | 2.01.83 | Letitia Vriesde(Sur)          | 64 | A V R    | Seoul(Kor)        | 24.9 |
|                | 2.01.86 | Kathy Harris(VS)              | 64 | Lycurgus | Indianapolis(USA) | 16.7 |
| <i>2.12</i>    | 2.02.58 | Elly van Hulst                | 59 | P A C    | Schwechat(Oo)     | 15.6 |
|                | 2.04.30 | Yvonne vd Kolk <i>2.05.15</i> | 69 | A V R    | Koblentz(BRD)     | 1.6  |
|                | 2.04.34 | Desiree de Leeuw              | 59 | A V R    | Venetie(It)       | 5.6  |
| <i>15.01</i>   | 2.05.20 | Christien Toonstra            | 66 | A D A    | Hechtel(Be)       | 30.7 |
| <i>2.08.0</i>  | 2.06.21 | Anneke Schutte <i>2.02.67</i> | 66 | Gemzen   | Groningen         | 17.7 |
| <i>2.04.0</i>  | 2.06.30 | Ellen van Langen              | 66 | Fortis   | Groningen         | 17.7 |
| <i>2.01.92</i> |         |                               |    |          |                   |      |

|         |                     |    |            |                 |      |
|---------|---------------------|----|------------|-----------------|------|
| 2.07.7  | Petra van Limpt     | 54 | Pr Hendrik | Vught           | 28.6 |
| 2.07.9  | Marian Kortman      | 71 | AAV'36     | Pamplona(Sp)    | 2.7  |
| 2.08.1  | Stella Jongmans     | 71 | Sparta     | Rotterdam       | 11.6 |
| 2.08.67 | Jacky Winkelman     | 63 | Achilles T | Kerkrade        | 3.7  |
| 2.09.10 | Esbet Greven        | 65 | A D A      | Groningen       | 16.7 |
| 2.09.47 | Laura Bosman        | 67 | Sparta     | Groningen       | 16.7 |
| 2.10.06 | Anoeschka Daans     | 65 | P A C      | Kopenhagen(Den) | 3.7  |
| 2.10.2  | Margreet Verbeek    | 61 | Olympia'48 | Drachten        | 12.6 |
| 2.10.34 | Liesbet Thurlings   | 64 | Tegelen    | Vught           | 15.5 |
| 2.10.4  | Lilian Veerman      | 63 | Edam       | Breda           | 10.7 |
| 2.10.5  | Ingrid Stoot        | 64 | Hellas     | Amsterdam       | 24.6 |
| 2.10.6  | Daisy Hombergen     | 63 | Hellas     | Amsterdam       | 14.5 |
| 2.10.73 | Marjon Wijsma       | 65 | Olympia E  | Talence(Fr)     | 17.7 |
| 2.10.79 | Karen Glerum        | 70 | Dynamo'70  | Hechtel(Be)     | 30.7 |
| 2.10.8  | Rita Delnoye        | 66 | Kimbria    | Kerkrade        | 6.8  |
| 2.10.94 | Tineke Hidding      | 59 | Hera       | Eindhoven       | 22.5 |
| 2.11.62 | Monique Timmermans  | 70 | Oss'78     | Vught           | 15.5 |
| 2.12.5  | Marjan Freriks      | 61 | Deventria  | Amersfoort      | 29.5 |
| 2.12.56 | Karen Wijbenga      | 69 | Sisu       | Krommenie       | 26.6 |
| 2.12.6  | Gretha Jansen       | 65 | Impala     | Drachten        | 13.5 |
| 2.13.4  | Janneke Bosma       | 63 | Impala     | Groningen       | 22.6 |
| 2.13.6  | Joke Spikman        | 65 | Start'78   | Drachten        | 13.5 |
| 2.13.6  | Annelie Bruin       | 69 | Zaanland   | Beverwijk       | 27.5 |
| 2.13.67 | Susan Dammingh      | 73 | Liemers    | Uden            | 5.6  |
| 2.13.8  | Karin Boelens       | 58 | A V N      | Zwolle          | 29.5 |
| 2.13.89 | Reina Roona         | 64 | ARGO'77    | Groningen       | 16.7 |
| 2.13.9  | Annet Bezemer       | 69 | H A C      | Uden            | 30.8 |
| 2.14.2  | Greta Koens         | 67 | Ciko'66    | Vught           | 28.6 |
| 2.14.3  | Joke Kleyweg        | 62 | Sparta     | Leiden          | 3.8  |
| 2.14.5  | Ingrid Albers       | 69 | A V'34     | Sittard         | 29.5 |
| 2.14.6  | Doreth Theunissen   | 66 | G A C-G    | Vught           | 28.6 |
| 2.14.83 | Esther Schouten     | 63 | Holland L  | Eindhoven       | 22.5 |
| 2.14.9  | Loes Delleman       | 66 | A V N      | Zwolle          | 29.5 |
| 2.14.9  | Mariken Jaspers     |    | A V R      | Drachten        | 12.6 |
| 2.15.1  | Wilma van Onna      | 65 | Olympia'48 | Amsterdam       | 10.7 |
| 2.15.2  | Cora Klinge         | 63 | P A C      | Drachten        | 12.6 |
| 2.15.3  | Carlien Harms       | 68 | Sparta     | Leiden          | 3.8  |
| 2.15.4  | Inge Middelveld     | 58 | A D A      | Amsterdam       | 9.9  |
| 2.15.4  | Yvonne Schreuder    | 62 | Sprint     | Drachten        | 12.6 |
| 2.15.47 | Christien ten Bosch | 74 | Gemzen     | Papendal        | 8.6  |
| 2.15.5  | Sandra van Essen    | 65 | Altis      | Nymegen         | 12.6 |
| 2.15.6  | Saskia Brouwer      | 60 | Ciko'66    | Nymegen         | 26.8 |

1000 meter (nieuw nummer)

|         |                      |    |           |         |      |
|---------|----------------------|----|-----------|---------|------|
| 2.38.16 | Elly van Hulst       | 59 | P A C     | Hengelo | 14.8 |
| 2.38.91 | Yvonne van der Kolk  | 69 | A V R     | Hengelo | 14.8 |
| 2.41.87 | Christien Toonstra   | 66 | A D A     | Hengelo | 14.8 |
| 2.42.95 | Letitia Vriesde(Sur) | 64 | A V R     | Hengelo | 14.8 |
| 2.49.9  | Laura Bosman         | 67 | Sparta    | Leiden  | 20.7 |
| 2.50.6  | Marian Freriks       | 61 | Daventria | Zwolle  | 19.7 |
| 2.51.3  | Stella Jongmans      | 71 | Sparta    | Lisse   | 30.8 |

|                  |                                 |    |            |                 |      |
|------------------|---------------------------------|----|------------|-----------------|------|
| 2.53.2           | Christien ten Bosch             | 73 | Gemzen     | Hengelo         | 4.6  |
| 2.54.9           | Marian Hoefkens                 | 59 | Kimbria    | Hechtel(Be)     | 10.8 |
| 2.55.5           | Monique Timmermans              | 70 | Oss'78     | Helmond         | 23.8 |
| 2.55.8           | Carla Hoekstra                  | 62 | V A V      | Nymegen         | 17.4 |
| 2.55.9           | Doreth Theunissen               | 66 | G A C-G    | Helmond         | 27.8 |
| 2.55.9           | Susan Dammings                  | 73 | Liemers    | Beverwijk       | 25.6 |
| 2.56.0           | Sandra Hofmans                  | 71 | Venray     | Helmond         | 23.8 |
| 2.56.3           | Gretha Koens                    | 67 | Ciko'66    | Helmond         | 27.8 |
| 2.57.9           | Sandra van Essen                | 65 | Altis      | Hilversum       | 1.6  |
| 2.59.9           | Marga Wiegman                   | 57 | A V'55     | Zwolle          | 19.7 |
| 3.00.0           | Anja Burgmans                   |    | Keien      | Nymegen         | 17.4 |
| 3.00.0           | Anneamrie Weeda                 | 58 | Hellas     | Leiden          | 20.7 |
| 3.00.3           | Hanneke vd Velde                | 66 | Kimbria    | Hechtel(Be)     | 26.5 |
| 3.00.5           | Geeske Jansen                   | 59 | Athlos     | Hilversum       | 1.6  |
| 3.01.0           | Gabry Heyster                   | 74 | Fortuna V  | den Haag        | 21.5 |
| 3.01.1           | Brenda Sleenwenhoek             | 70 | Avantri    | Leiden          | 20.7 |
| 3.01.2           | Irene Wentzel                   | 45 | A D A      | Aalsmeer        | 19.8 |
| 3.01.4           | Winnifred Ubels                 | 74 | Olympia'48 | den Haag        | 21.5 |
| 3.01.9           | Rika Schilder                   | 66 | Zuidwal    | Hilversum       | 1.6  |
| 3.02.2           | Adrienne Brieffies              | 63 | Hellas     | Leiden          | 20.7 |
| 3.02.6           | Lia Verbeek                     | 54 | Attila     | Nymegen         | 17.4 |
| 3.03.0           | Annet Veldhuizen                | 69 | Spartaan   | Lisse           | 30.8 |
| 3.03.1           | Karin Boelens                   | 58 | A V N      | Nymegen         | 17.4 |
| 3.03.1           | Aida Boogmans                   | 59 | Pr Hendrik | Vught           | 17.4 |
| 3.03.7           | Elise Kampers                   | 59 | Phoenix    | Utrecht         | 7.6  |
| === 3.04.0       | Myrthe Broers                   | 73 | Lycurgus   | Haarlem         | 4.6  |
| 3.04.1           | Danute Ruinemens                | 73 | Start'78   | Groningen       | 9.7  |
| 3.04.8           | Karin Witte                     | 61 | A D A      | Aalsmeer        | 19.8 |
| 3.05.1           | Herma Goddijn                   | 61 | Bataven    | Leiden          | 20.7 |
| 3.05.4           | Jessica Hulst                   | 73 | A V R      | Rotterdam       | 21.5 |
| 3.05.4           | Daniele v Cadzand               | 74 | Marathon   | Vlissingen      | 29.6 |
| 3.05.8           | Natalie Hollestelle             | 73 | A V'40     | den Haag        | 21.5 |
| 3.07.5           | Marianne Knapen                 | 47 | D E S      | Hechtel(Be)     | 10.8 |
| 3.07.7           | Jolanda Dorlas                  | 60 | Bataven    | Lisse           | 30.8 |
| 3.07.7           | Leny vd Poel                    | 56 | Spartaan   | Lisse           | 30.8 |
| 3.07.7           | Monique Eemsingh                | 72 | Horror     | Zwolle          | 19.7 |
| 3.07.9           | Carolien Rijkelijhuizen         | 61 | Bataven    | Lisse           | 30.8 |
| 3.08.0           | Suze Groen in't Woud            | 55 | Bataven    | Lisse           | 30.8 |
| ===tussenvoegen: |                                 |    |            |                 |      |
| 3.03.8           | Wilma Musson                    | 65 | Unitas     | Sittard         | 12.5 |
| <u>1 E M</u>     | (nieuw nummer - weinig gelopen) |    |            |                 |      |
| 4.34.02          | Christien Toonstra              | 66 | A D A      | Bratislava(CSR) | 9.6  |
| 5.17.6           | Lucienne Groenendijk            | 69 | Zaanland   | Krommenie       | 3.6  |
| 5.17.6           | Laura Bosman                    | 67 | Sparta     | den Haag        | 31.8 |
| 5.18.1           | Brenda Sleenwenhoek             | 70 | Avantri    | Krommenie       | 3.6  |
| 5.18.8           | Joke Spikman                    | 65 | Start'78   | Groningen       | 30.4 |
| 5.25.7           | Herma Goddijn                   | 61 | Bataven    | den Haag        | 3.6  |
| 5.25.9           | Marianne Knapen                 | 47 | D E S      | Hechtel(Be)     | 12.6 |

1500 meter NR Elly van Hulst 4.03.63 m Rome (It) 50987  
 ER Tatjana Kazankina S U 3.52.47 m Zürich 130880  
 WR idem

de beste 10 aller tijden:

|         |                         |             |    |                  |        |
|---------|-------------------------|-------------|----|------------------|--------|
| 4.03.63 | Elly van Hulst          | P A C       | 59 | Rome (It)        | 180882 |
| 4.05.13 | Ilja Keizer-Laman       | Vitesse     | 44 | München (BRD)    | 90972  |
| 4.08.81 | Berny Boxem-Lenferink   | Marathon'50 | 48 | München (BRD)    | 70972  |
| 4.11.9  | Maria Commers           | Unitas      | 39 | Athene (Gri)     | 200969 |
| 4.13.98 | Yvonne vd Kolk          | A V R       | 69 | Leverkusen (BRD) | 280688 |
| 4.14.0  | Joke v Gerven-vd Stelt  | Spartaan    | 49 | Kerkrade         | 60872  |
| 4.14.62 | Saskia Brouwer          | Ciko'66     | 60 | Pescara (It)     | 20881  |
| 4.15.6  | Anneke de Lange-Stalman | Sparta      | 46 | Papendal         | 110873 |
| 4.16.0  | Tineke Klufft           | T H O R     | 56 | Brussel (Be)     | 180878 |
| 4.16.23 | Christien Toonstra      | A D A       | 66 | Hilversum        | 230588 |

|      |          |           |           |
|------|----------|-----------|-----------|
|      | <u>1</u> | <u>20</u> | <u>50</u> |
| 1984 | 4.05.44  | 4.37.5    | 4.47.6    |
| 1985 | 4.08.45  | 4.39.5    | 4.49.2    |
| 1986 | 4.04.32  | 4.36.8    | 4.48.8    |
| 1987 | 4.03.63  | 4.34.06   | 4.47.7    |
| 1988 | 4.04.88  | 4.34.5    | 4.46.8    |

40498

|         |                       |    |            |                  |      |
|---------|-----------------------|----|------------|------------------|------|
| 4.04.88 | Elly van Hulst        | 59 | P A C      | Nice (Fr)        | 10.7 |
| 4.13.98 | Yvonne vd Kolk        | 69 | A V R      | Leverkusen (BRD) | 28.6 |
| 4.16.23 | Christien Toonstra    | 66 | A D A      | Hilversum        | 23.5 |
| 4.16.29 | Letitia Vriesde (Sur) | 64 | A V R      | Hechtel (Be)     | 30.7 |
| 4.16.92 | Rita Delnoye          | 66 | Kimbria    | Leverkusen (BRD) | 28.6 |
| 4.23.68 | Petra van Limpt       | 54 | Pr Hendrik | Groningen        | 16.7 |
| 4.24.6  | Wilma van Onna        | 65 | Olympia'48 | Papendal         | 24.6 |
| 4.26.4  | Gretha Jansen         | 65 | Impala     | Papendal         | 24.6 |
| 4.26.57 | Marjan Freriks        | 61 | Daventria  | Leiden           | 12.5 |
| 4.26.7  | Liesbet Thurlings     | 64 | Tegelen    | Vught            | 7.6  |
| 4.27.34 | Joke Kleyweg          | 62 | Sparta     | Groningen        | 16.7 |
| 4.27.7  | Lilian Veerman        | 63 | Edam       | Lisse            | 14.6 |
| 4.28.7  | Daisy Hombergen       | 63 | Hellas     | Hechtel (Be)     | 30.7 |
| 4.30.3  | Monique Timmermans    | 70 | Oss'78     | Vught            | 7.6  |
| 4.31.30 | Annet Bezemer         | 69 | H A C      | Groningen        | 16.7 |
| 4.32.67 | Geeske Jansen         | 59 | Athlos     | Hilversum        | 23.5 |
| 4.33.5  | Ingrid Albers         | 69 | A V'34     | Nymegen          | 6.5  |
| 4.34.1  | Marian Stolk          | 59 | Sprint     | Vught            | 7.6  |
| 4.34.1  | Carlien Harms         | 68 | Sparta     | Leiden           | 30.6 |
| 4.34.5  | Greta Koens           | 67 | Ciko'66    | Vught            | 13.8 |
| 4.35.4  | Carla Hoekstra        | 62 | V A V      | Nymegen          | 6.5  |
| 4.36.22 | Marjan Kortmann       | 71 | AAV'36     | Arnhem           | 23.5 |
| 4.36.6  | Christien ten Bosch   | 73 | Gemzen     | Nymegen          | 15.7 |
| 4.37.9  | Karen Boelens         | 58 | A V N      | Nymegen          | 6.5  |
| 4.38.4  | Annelie Bruin         | 69 | Zaanland   | Amsterdam        | 14.5 |
| 4.38.6  | Judy Broer            | 59 | A D A      | Amsterdam        | 30.4 |
| 4.39.28 | Inge Middelveld       | 58 | A D A      | Groningen        | 16.7 |
| 4.40.3  | Anny van Stiphout     | 52 | L G D      | Vught            | 7.6  |
| 4.40.95 | Aida Boogmans         | 59 | Pr Hendrik | Vught            | 15.5 |
| 4.41.0  | Irene Wentzel         | 45 | A D A      | Amsterdam        | 30.8 |

4.19.25



|         |                      |    |            |             |      |
|---------|----------------------|----|------------|-------------|------|
| 4.41.4  | Laura Bosman         | 67 | Sparta     | den Haag    | 8.6  |
| 4.41.80 | Lia Verbeek          | 54 | Attila     | Vught       | 15.5 |
| 4.41.91 | Sabina Gols          | 71 | Veendam    | Zwolle      | 11.6 |
| 4.42.4  | Janine vd Bolt       | 63 | Achilles T | Hechtel(Be) | 15.6 |
| 4.42.6  | Coralene Velzen      |    | A D A      | Amsterdam   | 7.8  |
| 4.42.71 | Sandra Hofmans       | 71 | Venray     | Zwolle      | 11.6 |
| 4.43.0  | Rika Schilder        | 66 | Zuidwal    | Amsterdam   | 7.8  |
| 4.43.16 | Brenda Sleenwenhoek  | 70 | Avantri    | Leiden      | 4.9  |
| 4.43.2  | Marriet van Buuren   | 71 | V A V      | Nymegen     | 15.7 |
| 4.44.8  | Loes Delleman        | 66 | A V N      | Nymegen     | 6.5  |
| 4.45.2  | Doreth Theunissen    | 66 | G A C-G    | Papendal    | 7.9  |
| 4.45.6  | Lucienne Groenendijk | 69 | Zaanland   | Amsterdam   | 15.5 |
| 4.45.68 | Krystalyn Loonen     | 70 | Zaanland   | Krommenie   | 25.6 |
| 4.45.8  | Jolanda v Heusden    | 69 | Lycurgus   | Lisse       | 14.6 |
| 4.45.8  | Saskia Brouwer       | 60 | Ciko'66    | Nymegen     | 15.7 |
| 4.45.9  | Annet v Veldhuizen   | 69 | Spartaan   | Lisse       | 14.6 |
| 4.46.74 | Nynke van Zorge      | 71 | Unitas     | Speyer(BRD) | 22.5 |
| 4.46.74 | Ingrid vd Voort      | 71 | Sparta     | Rennes(Fr)  | 24.9 |
| 4.46.7  | Jacky Winkelman      | 62 | Achilles T | Kerkrade    | 7.5  |
| 4.46.8  | Annemarieke Weeda    | 58 | Hellas     | Papendal    | 24.6 |

|                   |    |                   |               |             |        |
|-------------------|----|-------------------|---------------|-------------|--------|
| <u>3000 meter</u> | NR | Elly van Hulst    | 8.33.97 m     | Zürich(Zwi) | 180888 |
|                   | ER | Tatjana Kazankina | S U 8.22.62 m | Leningrad   | 260884 |
|                   | WR | idem              |               |             |        |

*89* de beste 10 aller tijden:

|              |                    |                        |                      |    |                 |        |
|--------------|--------------------|------------------------|----------------------|----|-----------------|--------|
| <i>89</i>    | 8.33.97            | Elly van Hulst         | <i>8.40.05</i> P A C | 59 | Zürich(Zwi)     | 180888 |
| <i>89</i>    | 9.04.32            | Saskia Brouwer         | Ciko'66              | 60 | Brussel(Be)     | 260883 |
| <i>89</i>    | 9.05.15            | Christien Toonstra     | A D A                | 66 | Koblentz(BRD)   | 250888 |
|              | 9.05.6             | Joke v Gerven-vd Stelt | Spartaan             | 49 | Sittard         | 80777  |
|              | 9.05.6             | Tineke Klufft          | T H O R              | 56 | Sittard         | 120878 |
|              | 9.08.07            | Rita Delnoye           | Kimbria              | 66 | Walnut(USA)     | 240488 |
|              | 9.08.32            | Carla Beurskens        | Festina              | 52 | Pescara(It)     | 20881  |
|              | 9.12.2             | Maike Persoons         | A D A                | 63 | den Haag        | 40981  |
| <i>06.61</i> | <del>9.13.50</del> | Marjan Freriks         | Daventria            | 61 | Koblentz(BRD)   | 10688  |
|              | 9.14.8             | Maryke Moser-vd Graaf  | G A C-H              | 46 | Kopenhagen(Den) | 150874 |

*0.53.06 Budapest 8/8/89*

|      | <u>1</u> | <u>20</u> | <u>50</u> |
|------|----------|-----------|-----------|
| 1984 | 9.11.13  | 10.06.8   | 10.32.0   |
| 1985 | 8.58.28  | 10.02.0   | 10.31.6   |
| 1986 | 8.48.25  | 10.01.6   | 10.33.3   |
| 1987 | 8.42.57  | 10.05.0   | 10.23.9   |
| 1988 | 8.33.97  | 9.53.5    | 10.25.4   |

|              |                    |               |            |               |           |      |
|--------------|--------------------|---------------|------------|---------------|-----------|------|
| 8.33.97      | Elly van Hulst     | 59            | P A C      | Zürich(Zwi)   | 18.8      |      |
| 9.05.15      | Christien Toonstra | 66            | A D A      | Koblentz(BRD) | 25.8      |      |
| 9.08.07      | Rita Delnoye       | 66            | Kimbria    | Walnut(USA)   | 24.4      |      |
| 9.13.50      | Marjan Freriks     | 61            | Daventria  | Koblentz(BRD) | 1.6       |      |
| 9.15.19      | Wilma van Onna     | 65            | Olympia'48 | Koblentz(BRD) | 1.6       |      |
| <i>09.67</i> | 9.26.9             | Carlien Harms | 68         | Sparta        | Amsterdam | 19.5 |
| 9.33.09      | Joke Kleyweg       | 62            | Sparta     | Groning       | 17.7      |      |
| 9.36.12      | Gretha Jansen      | 65            | Impala     | Koblentz(BRD) | 1.6       |      |
| 9.36.4       | Petra van Limpt    | 54            | Pr Hendrik | Vught         | 13.9      |      |
| 9.36.5       | Ineke Vis          | 58            | Olympia'48 | Amsterdam     | 10.7      |      |

|                  |                         |    |              |              |      |
|------------------|-------------------------|----|--------------|--------------|------|
| 9.36.58          | Lilian Veerman          | 63 | Edam         | Groningen    | 17.7 |
| 9.36.7           | Margreet Verbeek        | 61 | Olympia'48   | den Haag     | 24.6 |
| 9.43.6           | Jolanda Homminga        | 59 | A D A        | Haarlem      | 29.6 |
| 9.43.9           | Marianne vd Linde       | 62 | Haarlem      | Amsterdam    | 9.9  |
| 9.44.7           | Letitia Vriesde         | 64 | A V R        | den Haag     | 24.6 |
| 9.47.88          | Geeske Jansen           | 59 | Athlos       | Groningen    | 17.7 |
| 9.50.6           | Barbera Kamp            | 61 | P A C        | Drachten     | 12.6 |
| 9.51.47          | Annet Bezemer           | 69 | H A C        | Pamplona(Sp) | 2.7  |
| 9.51.5           | Janine vd Bolt          | 63 | Achilles Top | Sittard      | 29.5 |
| 9.53.1           | Anny van Stiphout       | 52 | L G D        | Uden         | 16.8 |
| 9.53.5           | Marianne Stolk          | 59 | Sprint       | Drachten     | 12.6 |
| 9.56.1           | Carla Hoekstra          | 62 | V A V        | Amersfoort   | 15.6 |
| 9.56.2           | Isabel Heusinkveld      | 67 | Ciko'66      | Hengelo      | 25.9 |
| 9.56.8           | Coralene Velzen         |    | A D A        | Amsterdam    | 12.8 |
| 10.01.92         | Lia Verbeek             | 54 | Attila       | Uden         | 24.4 |
| ===10.02.04      | Joke de Zeeuw           | 49 | P A C        | Utrecht      | 29.5 |
| ===10.03.08      | Stella Jongmans         | 71 | Sparta       | Rennes(Fr)   | 24.9 |
| 10.04.0          | Daisy Hombergen         | 63 | Hellas       | Amersfoort   | 15.6 |
| 10.04.9          | Desiree Heynen          | 66 | Kimbria      | Vught        | 15.5 |
| 10.05.8          | Anne van Schuppen       | 60 | H R R        | Lisse        | 10.8 |
| 10.06.1          | Brenda Sleeuwendoek     | 70 | Avantri      | Vught        | 13.9 |
| 10.06.7          | Inge Middelveld         | 58 | A D A        | Haarlem      | 29.6 |
| 10.10.1          | Ingrid Albers           | 69 | A V'34       | Hengelo      | 25.9 |
| 10.11.09         | Annet v Veldhuizen      | 69 | Spartaan     | Krommenie    | 26.6 |
| 10.12.7          | Mieke van Strien        | 58 | A V N        | Vught        | 13.9 |
| 10.11.7          | Judy Broer              | 59 | A D A        | Drachten     | 12.6 |
| 10.13.6          | Heather McDuff          | 58 | Ol Eh/PSV    | Amsterdam    | 10.7 |
| 10.13.7          | Gretha Koens            | 67 | Ciko'66      | Zevenaar     | 15.5 |
| 10.14.8          | Monique Timmermans      | 70 | Oss'78       | Vught        | 13.9 |
| 10.15.1          | Krystalyn Loonen        | 70 | Zaanland     | Amsterdam    | 19.5 |
| 10.15.5          | Rika Schilder           | 66 | Zuidwal      | Utrecht      | 10.6 |
| 10.17.4          | Marja vd Werf           | 58 | Olympia'48   | Lisse        | 10.5 |
| 10.19.5          | Els Raap                | 47 | Sagitta      | Nymegen      | 21.8 |
| 10.22.2          | Jopie Daane             | 51 | Marathon     | Neerpelt(Be) | 20.5 |
| 10.22.3          | Marian Knapen           | 47 | D E S        | Neerpelt(Be) | 20.5 |
| 10.22.8          | Ann Rindt               | 58 | P S V        | Neerpelt(Be) | 20.5 |
| 10.24.1          | Henny Pot               | 54 | Pynenburg    | Amsterdam    | 19.5 |
| 10.24.8          | Hella Vullings          | 66 | Venray       | Nymegen      | 3.6  |
| 10.25.1          | Marga Weerman           | 62 | P A C        | Leiden       | 22.9 |
| 10.25.2          | Toos Kester             | 54 | Attila       | Uden         | 12.6 |
| 10.25.4          | Marion vd Veerdonk      | 58 | Pr Hendrik   | Hengelo      | 12.6 |
| ===tussenvoegen: | 10.02.53 Carla Hoekstra | 62 | V A V        | ??           |      |

5000 meter NR Elly van Hulst 15.42.5 m Veldhoven 290986  
ER Ingrid Kristiansen Noo 14.37.33 m Stockholm 50886  
WR idem

dit nummer is uit het wedstrijdprogramma gelicht  
en vervangen door de 10 KM.

|          |                    |    |              |             |      |
|----------|--------------------|----|--------------|-------------|------|
| 15.44.25 | Rita Delnoye       | 66 | Kimbria      | Hechtel(Be) | 30.7 |
| 16.00.4  | Marian Freriks     | 61 | Daventria    | Hechtel(Be) | 30.7 |
| 16.09.6  | Wilma van Onna     | 65 | Olympia'48   | Hechtel(Be) | 30.7 |
| 16.34.83 | Ineke Vis          | 58 | Olympia'48   | Keulen(BRD) | 3.9  |
| 16.37.2  | Joke Kleyweg       | 62 | Sparta       | Hechtel(Be) | 30.7 |
| 16.48.94 | Carlien Harms      | 68 | Sparta       | Hengelo     | 14.8 |
| 16.53.8  | Petra van Limpt    | 54 | Pr Hendrik   | Nymegen     | 6.5  |
| 17.03.3  | Anny van Stiphout  | 52 | L G D        | Vught       | 28.6 |
| 17.08.1  | Heather McDuff     | 58 | P S V        | Vught       | 28.6 |
| 17.12.7  | Desiree Heynen     | 66 | Kimbria      | Vught       | 28.6 |
| 17.22.2  | Hellen Vullings    | 66 | Venray       | Vught       | 28.6 |
| 17.39.6  | Ann Rindt          | 58 | P S V        | Vught       | 28.6 |
| 17.44.7  | Marian Knapen      | 47 | D E S        | Vught       | 28.6 |
| 17.47.0  | Henny Pot          | 54 | Pynenburg    | Hilversum   | 1.6  |
| 17.48.6  | Els Raap           | 47 | Sagitta      | Soest       | 13.8 |
| 17.55.0  | Jopie Daane        | 51 | Marathon     | Middelburg  | 8.6  |
| 18.01.3  | Jacky Winkelman    | 63 | Achilles Top | Kerkrade    | 27.8 |
| 18.02.0  | Marion vd Veerdonk | 58 | Pr Hendrik   | Vught       | 28.6 |
| 18.07.5  | Lammy Bergsma      | 55 | Friesland    | Papendal    | 24.6 |
| 18.08.6  | Mies Kuipers       | 58 | Sprint       | Vught       | 28.6 |
| 18.16.5  | Mieke van Strien   | 58 | A V N        | Vught       | 28.6 |
| 18.19.7  | Mieke Hombergen    | 57 | D A K        | Vught       | 28.6 |
| 18.25.5  | Han Vos            | 44 | Achilles Top | Kerkrade    | 27.8 |
| 18.31.5  | José de Groot      | 56 | Papendrecht  | Dordrecht   | 22.6 |

10 KM baan NR Carla Beurskens 32.28.28 m Oslo 170785  
 ER Ingrid Kristiansen Noo 30.13.74 m Oslo 50786  
 WR idem

|          |                    |    |            |             |      |
|----------|--------------------|----|------------|-------------|------|
| 32.48.15 | Elly van Hulst     | 59 | P A C      | Tokio(Jap)  | 8.10 |
| 33.23.4  | Marjan Freriks     | 61 | Daventria  | Kerkrade    | 3.9  |
| 34.47.5  | Petra van Limpt    | 54 | Pr Hendrik | Vught       | 22.9 |
| 35.20.9  | Carlien Harms      | 68 | Sparta     | Amersfoort  | 24.5 |
| 35.47.0  | Desiree Heynen     | 66 | Kimbria    | Sittard     | 18.6 |
| 36.10.6  | Anny v Stiphout    | 52 | L G D      | Helmond     | 17.6 |
| 36.13.4  | Annet Bezemer      | 69 | H A C      | Helmond     | 17.6 |
| 36.17.2  | Gerry Timmermans   | 52 | Marvel     | Amersfoort  | 24.5 |
| 36.27.52 | Marianne vd Linde  | 62 | Haarlem    | Brussel(Be) | 18.6 |
| 36.50.7  | Carla Hoekstra     | 62 | V A V      | Amersfoort  | 24.5 |
| 36.59.0  | Ann Rindt          | 58 | P S V      |             |      |
| 37.05.4  | Marianne Knapen    | 47 | D E S      | Amersfoort  | 24.5 |
| 37.24.0  | Henny Pot          | 54 | Pynenburg  | Amersfoort  | 24.5 |
| 37.31.4  | Krystalyn Loonen   | 70 | Zaanland   | Amersfoort  | 24.5 |
| 37.43.5  | Lammy Bergsma      | 55 | Friesland  | Amsterdam   | 1.10 |
| 38.10.6  | Isabel Heusinkveld | 67 | Ciko'66    | Amersfoort  | 24.5 |
| 38.29.1  | Jolanda Simons     | 59 | Keien      | Amersfoort  | 24.5 |
| 38.42.9  | Erica vd Bilt      |    | Altis      | Amersfoort  | 28.9 |
| 38.50.41 | Jopie Daane        | 51 | Marathon   | Verona(It)  | 28.6 |

maratonloop na de hordenummers

100 m hordenloop NR Marjan Olyslager <sup>12.77</sup> ~~12.85~~ s Brussel(Be) 190888  
 ER Yordanka Donkova Bulg 12.21 s Stara Zagora 210888  
 WR idem

de beste 10 aller tijden:

<sup>12.77</sup> ~~12.85~~ Marjan Olyslager 62 Sprint Brussel(Be) 190888  
 13.31 Gretha Tromp 64 Hera Groningen 170788  
 13.38 Ine Langenhuizen 68 P S V Groningen 170788  
 13.44 Tineke Hidding 59 Hera Roosendaal 230788  
 13.44+ Mieke v. Wissen-Sterk 46 Atmodes Papendal 160573  
 13.54+ Miep van Beek 49 A D A Papendal 290772  
 13.64+ Marjon Wijnsma 65 Olympia E Weert 290588  
 13.82 Marijke v Zon 68 D E M Cottbus(DDR) 230885  
 13.90 Sylvia Barlag 54 A D A Dôle(Fr) 170679  
 13.94+ Peggy v Dinther 66 Sprint Roosendaal 120685

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 13.20 | 14.85 | 15.62 |
| 1985 | 13.01 | 14.64 | 15.47 |
| 1986 | 13.07 | 14.84 | 15.46 |
| 1987 | 13.19 | 14.56 | 15.14 |
| 1988 | 12.83 | 14.80 | 15.24 |

HT 14.7

<sup>12.92</sup> 12.83 Marjan Olyslager 62 A V R Brussel(Be) 19.8  
 13.31 Gretha Tromp 64 Hera Groningen 17.7  
 13.38 Ine Langenhuizen 68 P S V Groningen 17.7  
 13.44 Tineke Hidding 59 Hera Roosendaal 23.7  
 13.64+ Marjon Wijnsma 65 Olympia Eh Weert 29.5  
 13.65 el Talence(Fr) 16.7  
 13.95 Petra Huybrechtse 72 D E M Pamplona(Sp) 12.7  
 14.12 Anoeschka Daans 65 P A C Groningen 17.7  
 14.23 Catleen Speear 65 A D A Groningen 17.7  
 14.29 Esther Schouten 63 Holland L Eindhoven 21.5  
 14.23 Kopenhagen 2.7rw2.3  
 14.31 Jacqueline Selker 61 T I O N Beverwijk 10.7  
 14.28 Arnhem 23.5rw2.49  
 14.34+ Marianne dela Houssaye 67 F I T Hilversum 30.4  
 14.36 Groningen 17.7  
 14.45 Mariette Versluis 67 Hera Groningen 17.7  
 14.56 Marjolijn v Elk 69 Lycurgus Sudbury(Can) 26.7  
 14.37 Hilversum 23.5rw2.49  
 14.56 Nancy Veeger-Been 63 Startbaan Beverwijk 10.7  
 14.54+ Nelleke Koppelaar 69 Trias Sittard 29.5  
 14.54+ Ellen Silverentand 70 Bataven Leiden 30.6  
 14.50 Monique vd Weide 63 Unitas Helmond 25.9  
 14.60 Ellen Neelen 60 Sagitta Amsterdam 14.5  
 14.52 Hilversum 23.5rw2.49  
 14.64+ Avelien van Daalen 71 Hollandia Hoorn 19.6  
 14.50 den Haag 11.9rw2.24  
 14.74+ Jolanda Ley 67 Spirit L Nymegen 12.6  
 14.79 el Groningen 17.7  
 14.79 Nanet Karenbeld 69 A T C'75 Uden 5.6  
 14.80 Angélique Maasdijk 70 Phoenix Uden 5.6  
 14.84+ Melanie Johnson 69 Sparta Krommenie 25.6  
 14.39 Utrecht 23.5rw

|        |                       |    |              |             |      |
|--------|-----------------------|----|--------------|-------------|------|
| 14.84+ | Marjolein van Zon     | 71 | M P M        | Dülmen(BRD) | 2.10 |
| 14.84+ | Marijke van Zon       | 68 | D E M        | Beverwijk   | 29.5 |
| 14.84+ | Ester Jasper Focks    | 68 | Altis        | Nymegen     | 12.6 |
| 14.84+ | Carola Diederik       | 68 | Spark        | Hengelo     | 12.6 |
| 14.90  | Renilda van Boven     | 69 | Metro        | Krommenie   | 25.6 |
| 14.92  | Emilie vd Langenberg  | 68 | Pr Hendrik   | Vught       | 15.5 |
| 14.94+ | Rieneke Lamoree       | 71 | A V'47       | Haarlem     | 8.5  |
| 14.94+ | Evelien vanHees       | 57 | Hellas       | Drachten    | 12.6 |
| 15.04+ | Monique van Wijk      | 69 | Aquilo       | Drachten    | 19.6 |
| 15.04+ | Wanda de Jong         | 71 | Hollandia    | Krommenie   | 8.5  |
| 15.14+ | Michelle Martinot     | 69 | A V R        | Drachten    | 12.6 |
| 15.14+ | Annemiek Stavenuiter  | 54 | A D A        | Drachten    | 12.6 |
|        | 14.84 den Haag 10.7rw |    |              |             |      |
| 15.14+ | Desiree Twaalfhoven   | 67 | P A C        | Drachten    | 12.6 |
|        | 15.08 den Haag 10.7rw |    |              |             |      |
| 15.14+ | Elly Fiere            | 58 | A V R        | Drachten    | 12.6 |
| 15.14+ | Annelies Stigter      | 62 | A V R        | Rotterdam   | 11.9 |
| 15.19  | Karin Verploeg        | 70 | Oss'78       | Speyer(BRD) | 22.5 |
| 15.20  | Karin Huigen          | 69 | Impala       | Uden        | 5.6  |
| 15.21  | Vivian Verdonshot     | 70 | Weert        | Uden        | 5.6  |
| 15.24+ | Gerda Benders         | 61 | Olympia'48   | den Haag    | 24.4 |
| 15.24+ | Carolien Martens      | 68 | P S V        | Eindhoven   | 9.6  |
| 15.27  | Annemarie Kokshoorn   | 70 | Sparta       | Krommenie   | 25.6 |
|        | 15.10 den Haag 10.7rw |    |              |             |      |
| 15.24+ | Ingrid van Lingen     | 64 | Olympia'48   | den Haag    | 24.9 |
| 15.29  | Andra Laarhuis        | 69 | D E M        | den Haag    | 28.8 |
| 15.34+ | Irma vd Schoot        | 72 | Sprint       | Vlissingen  | 19.6 |
| 15.34+ | Marian Kortmann       | 71 | AAV'36       | Amsterdam   | 19.6 |
| 15.34+ | Ingrid Geerings       | 69 | Keien        | Weert       | 29.5 |
| 15.34+ | Olga Overmeer         | 69 | Trias        | Vught       | 10.7 |
| 15.34+ | Jenny Vermond-vd Berg | 58 | Sprint       | Eindhoven   | 28.8 |
| 15.34+ | Janny Handels         | 67 | Achilles Top | Vught       | 10.7 |
| 15.34+ | Muriel vd Hoogen      | 68 | Pr Hendrik   | Vught       | 10.7 |
| 15.34+ | Mieke van Beelen      | 60 | Bataven      | Veldhoven   | 10.7 |
| 15.34+ | Marjan Langezaal      | 54 | Bataven      | Aalsmeer    | 3.6  |
| 15.34+ | Carola vd Wel(rw 2.5) | 67 | Castricum    | Kerkrade    | 10.7 |

400 m hordenlopen NR Gretha Tromp 55.59 s Hechtel(Be)300788  
ER Marina Stepanowa S U 52.94 s Taschkent 170986  
WR idem

verdere gegevens op de volgende pagina

de beste 10 aller tijden:

|        |                        |    |            |               |        |
|--------|------------------------|----|------------|---------------|--------|
| 55.59  | Gretha Tromp           | 64 | Hera       | Hechtel(Be)   | 300788 |
| 57.32  | Merian Knijn           | 66 | Sparta     | Fairfax(USA)  | 140588 |
| 56.51  | Olga Commandeur        | 58 | A D A      | Hengelo       | 60784  |
| 58.48  | Wilma Hillen-Schippers | 51 | T I O N    | Sittard       | 120878 |
| 58.48  | Michelle Martinot      | 69 | A V R      | Rotterdam     | 120588 |
| 58.62  | Ingrid Stoot           | 64 | Sprint     | Sittard       | 230684 |
| 58.64+ | Tineke Hidding         | 59 | Hera       | Heerhugowaard | 290985 |
| 58.94+ | Elke Spierenburg       | 63 | Fortis     | Dublin(Ierl)  | 140782 |
| 59.08  | Truus van Amstel       | 56 | Olympia'48 | Nymegen       | 120879 |
| 59.34+ | Desiree de Leeuw       | 59 | A D A      | Heerhugowaard | 290985 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 56.51 | 64.9  | 68.74 |
| 1985 | 58.64 | 66.08 | 68.84 |
| 1986 | 60.06 | 64.94 | 67.87 |
| 1987 | 58.41 | 64.74 | 68.00 |
| 1988 | 55.59 | 64.64 | 69.74 |

|        |                        |    |            |              |      |
|--------|------------------------|----|------------|--------------|------|
| 55.59  | Gretha Tromp           | 64 | Hera       | Hechtel(Be)  | 30.7 |
| 57.32  | Merian Knijn           | 66 | Sparta     | Fairfax(USA) | 14.5 |
| 58.48  | Michelle Martinot      | 69 | A V R      | Rotterdam    | 12.5 |
| 60.24+ | Gerda Benders          | 61 | Olympia'48 | Amsterdam    | 6.5  |
| 60.67  | Monique van Wijk       | 69 | Aquilo     | Groningen    | 16.7 |
| 60.83  | Lijsbet Gijsen         | 65 | Olympia'48 | Groningen    | 16.7 |
| 61.12  | Yvonne vd Kolk         | 69 | A V R      | Hilversum    | 23.5 |
| 61.25  | Evelien van Hees       | 57 | Hellas     | Utrecht      | 29.5 |
| 61.46  | Janette Dijkstra       | 65 | ARGO'77    | Groningen    | 16.7 |
| 61.53  | Monique vd Krogt       | 64 | Sperwers   | Groningen    | 16.7 |
| 62.33  | Esther Goossens        | 72 | Clytoneus  | Leiden       | 4.9  |
| 63.05  | Avelien van Daalen     | 71 | Hollandia  | Leiden       | 4.9  |
| 63.24+ | Marian Kortmann        | 71 | AAV'36     | Amsterdam    | 24.7 |
| 64.01  | Monique de Goede       | 70 | F I T      | Rotterdam    | 12.5 |
| 64.02  | Annemarie Kokshoorn    | 70 | Sparta     | Drachten     | 12.6 |
| 64.34+ | Marjolijn van Elk      | 69 | Lycurgus   | Krommenie    | 14.8 |
| 64.64  | Laura Bosman           | 67 | Sparta     | Hoorn        | 18.9 |
| 64.64+ | Ingrid Smit            | 68 | A V'34     | Veenendaal   | 3.7  |
| 64.64+ | Elly Fiere             | 58 | A V R      | Drachten     | 12.6 |
| 64.67  | Dorien van Rosmalen    | 62 | Pr Hendrik | Vught        | 15.5 |
| 64.74  | Marjan Neelen          | 64 | Lycurgus   | Hengelo      | 22.5 |
| 65.04+ | Marianne dela Houssaye | 67 | F I T      | Amsterdam    | 24.7 |
| 65.04+ | Tessa Lenting          | 65 | Spartaan   | Amsterdam    | 24.7 |
| 65.10  | Astra Klont            | 67 | Sparta     | Utrecht      | 29.5 |
| 65.14  | Carola Diederik        | 68 | Spark      | den Haag     | 27.8 |
| 65.34+ | Carina Molenaar        | 67 | Trias      | Vught        | 10.7 |
| 65.34+ | Pascal van Uitert      | 69 | Athlos     | Zevenaar     | 3.7  |
| 66.14  | Agnes Elling           | 69 | Sperwers   | Leiden       | 4.9  |
| 66.16  | Carolien v Adrichem    | 68 | D E M      | den Haag     | 10.7 |
| 66.24+ | Wilma Musson           | 65 | Unitas     | Sittard      | 29.5 |
| 67.08  | Renalda van Boven      | 69 | Metro      | Rotterdam    | 8.5  |
| 67.09  | Annemiek Stavenuiter   | 54 | A D A      | Utrecht      | 29.5 |
| 66.55  | Agnes Rinsma           | 65 | Impala     | Drachten     | 12.6 |
| 67.14  | Astrid Dijkstra        | 67 | ARGO'77    | Heerenveen   | 22.5 |

|        |                     |    |               |            |      |
|--------|---------------------|----|---------------|------------|------|
| 67.24+ | Carina Greven       | 65 | A D A         | Amsterdam  | 10.7 |
| 67.24+ | Christien Toonstra  | 66 | A D A         | Amsterdam  | 6.5  |
| 67.37  | Inge Weyers         | 69 | G V A C       | Kerkrade   | 14.5 |
| 67.39  | Annemarie Walda     | 69 | P A C         | Krommenie  | 26.6 |
| 67.94+ | Tilly Ubaghs        | 59 | F I T         | Amsterdam  | 21.7 |
| 68.04+ | Carola Leygraaf     | 67 | Sprint        | Veldhoven  | 1.5  |
| 68.14+ | Sandra Penders      | 67 | AAV'36        | Sittard    | 29.5 |
| 68.34+ | Antoinette vd Bergh | 70 | Pr Hendrik    | Hengelo    | 12.6 |
| 68.64+ | Liza Snoek          |    | Holland H     | Hengelo    | 12.6 |
| 68.99  | Sandra van Arnhem   | 70 | Hellas        | Drachten   | 12.6 |
| 69.10  | Susan Verdonschot   | 70 | Weert         | Kerkrade   | 14.5 |
| 69.14+ | Nanet Hameka        | 68 | Ciko'66       | Zevenaar   | 3.7  |
| 69.19  | Angelique Maasdijk  | 70 | Phoenix       | Amsterdam  | 14.5 |
| 69.34+ | Mia Dudink          | 46 | Sagitta       | Vught      | 10.7 |
| 69.34+ | Astrid Polak        | 66 | P A C         | Hengelo    | 21.5 |
| 69.73  | Ellen Lambrichts    | 67 | Achilles Top  | Uden       | 24.4 |
| 69.74  | Anniek Vermeeren    | 69 | Gen.Michaelis | Roosendaal | 8.9  |
| 69.89  | Judith van Winkel   | 69 | Sprint        | Kerkrade   | 14.5 |

|                 |                                  |         |             |                |       |
|-----------------|----------------------------------|---------|-------------|----------------|-------|
| <u>marathon</u> | beste prestatie: Carla Beurskens | 2.26.34 | Tokio(Jap)  | 151187         |       |
| 2.28.58         | Carla Beurskens                  | 52      | Festina     | Nagoya(Jap)    | 6.3   |
| 2.34.25         | Heather McDuff(GB)               | 58      | P S V       | Eindhoven      | 16.10 |
| 2.40.13         | Jolanda Homminga                 | 59      | A D A       | Benidorm(Sp)   | 26.11 |
| 2.41.48         | Ina Valentin                     | 57      | H R R       | Hamburg(BRD)   | 24.4  |
| 2.42.23         | Anne van Schuppen                | 60      | H R R       | Berlijn(BRD)   | 9.10  |
| 2.43.23         | Wilma Rusman                     | 58      | Unitas      | Frankfort(BRD) | 30.10 |
| 2.46.42         | Gerry Timmermans                 | 52      | Marvel      | Huy(Be)        | 30.4  |
| 2.49.18         | Ann Rindt                        | 58      | P S V       | Maassluis      | 9.4   |
| 2.50.44         | Marian Knapen                    | 47      | D E S       | Etten Leur     | 11.11 |
| 2.51.53         | Jenny Veeger                     | 59      | ARGO'77     | Amsterdam      | 8.5   |
| 2.53.17         | Liesbet Freriksen                | 57      | Goor        | Etten Leur     | 11.11 |
| 2.53.44         | Mieke Hombergen                  | 57      | D A K       | Eindhoven      | 16.10 |
| 2.54.02         | Joke Kleyweg                     | 62      | Sparta      | Essen(BRD)     | 22.10 |
| 2.54.43         | Grietje Hooisma                  | 51      | D O S-K     | Amsterdam      | 8.5   |
| 2.55.30         | Eef van Wissen                   | 47      | Hollandia   | Amsterdam      | 8.5   |
| 2.56.19         | Ciska van Velzen                 | 50      | Ilion       | Apeldoorn      | 6.2   |
| 2.58.12         | Niesje Groenwold                 | 62      | A D A       | Amsterdam      | 8.5   |
| 3.00.25         | Akke Kuipers                     | 53      | Lionitas    | Utrecht        | 24.4  |
| 3.02.01         | Bea Weyers                       | 55      | Ilion       | Etten Leur     | 11.11 |
| 3.02.54         | Francien Roefs                   | 59      | G A C-G     | Eindhoven      | 16.10 |
| 3.03.31         | Corry Midde                      | 48      | H R R       | Eindhoven      | 16.10 |
| 3.05.23         | Marjan vd Veerdonk               | 58      | Pr Hendrik  | Rotterdam      | 17.4  |
| 3.05.40         | Janny Vissers                    | 48      | N S L       | Rotterdam      | 17.4  |
| 3.05.51         | Nicole Engels                    |         | LOGO        | Eindhoven      | 16.10 |
| 3.06.17         | Els Bloemen                      | 40      | H R R       | Rotterdam      | 17.4  |
| 3.06.31         | Henny Velthuis                   | 50      | Sperwers    | Maassluis      | 9.4   |
| 3.06.57         | Annegret Hoyer                   | 48      | Olympia Eh  | Etten Leur     | 11.11 |
| 3.07.12         | Maryke Abramsen-Dirks            | 38      | A D A       | Schoorl        | 20.3  |
| 3.08.21         | Henny Pot                        | 54      | Pynenburg   | Essen(BRD)     | 22.10 |
| 3.11.29         | Lummy Bergsma                    | 55      | Friesland   | Eindhoven      | 16.10 |
| 3.11.31         | Marion van Boven                 | 58      | Nea Volhard | Maassluis      | 9.4   |

|         |                   |    |             |              |       |
|---------|-------------------|----|-------------|--------------|-------|
| 3.13.23 | Letteke Broekman  | 49 | Antilope    | Maassluis    | 9.4   |
| 3.14.30 | Ingrid Storms     | 48 | Triathlon   | Etten Leur   | 11.11 |
| 3.14.42 | Elly Kooistra     |    | R R A       | Maassluis    | 9.4   |
| 3.16.47 | Marjan Meywaard   | 53 | G A C-H     | Amsterdam    | 8.5   |
| 3.16.49 | Maana Lukkien     | 44 | A T O S     | Apeldoorn    | 6.2   |
| 3.17.06 | Georgette Brugman | 50 | H R R       | Essen(BRD)   | 22.10 |
| 3.16.56 | Corry Maas        | 60 | P A C       | Rotterdam    | 17.4  |
| 3.19.31 | Dini vd Pas       | 49 | Fortuna V   | Apeldoorn    | 6.2   |
| 3.21.36 | W Wannemakers     | 57 | LOGO        | Eindhoven    | 16.10 |
| 3.22.25 | Ina Slagter       | 62 | A V R       | Rotterdam    | 17.4  |
| 3.22.34 | Trudy van Winsen  | 42 | L A A C     | Hamburg(BRD) | 24.4  |
| 3.22.52 | J Kroon           |    | --          | Rotterdam    | 17.4  |
| 3.24.07 | A W Zooij         |    | Delta Sport | Apeldoorn    | 6.2   |
| 3.24.29 | L vd Hoek         |    | --          | Rotterdam    | 17.4  |
| 3.24.20 | Wilma de Graaff   |    | Olympia H   | Amsterdam    | 8.5   |
| 3.24.35 | M Jellema         | 52 | Friesland   | Etten Leur   | 11.11 |
| 3.25.02 | Joke Denkers      | 52 | Waterweg    | Maassluis    | 9.4   |
| 3.25.07 | E Kempen          | 51 | H R R       | Amsterdam    | 9.5   |
| 3.25.39 | Tini Ockhuysen    | 54 | G A C-H     | Etten Leur   | 11.11 |
| 3.25.40 | Jo vd Waals       | 45 | Veluwe      | Apeldoorn    | 6.2   |

verspringen NR Tineke Hidding 6.61 m Roosendaal 230788  
ER Galina TsjistjakovaSU 7.54 m Leningrad 120688  
WR idem

de beste 10 aller tijden:

|      |                      |    |           |             |        |
|------|----------------------|----|-----------|-------------|--------|
| 6.61 | Tineke Hidding       | 59 | Hera      | Roosendaal  | 230788 |
| 6.57 | Edine van Heezik     | 61 | A D A     | O Berlyn    | 280580 |
| 6.57 | Marjon Wijnsma       | 65 | Olympia   | E Hengelo   | 140888 |
| 6.53 | Ciska Janssen-Jansen | 44 | Sagitta   | Papendal    | 240684 |
| 6.44 | Mieke vd Kolk        | 68 | D E M     | Groningen   | 170788 |
| 6.38 | Corry Bakker         | 45 | Hellas    | Papendal    | 20670  |
| 6.34 | Sylvia Barlag        | 54 | A D A     | Sittard     | 180678 |
| 6.31 | Joke Bijleveld       | 40 | Celebes   | Weimar(DDR) | 220561 |
| 6.29 | Marjan Olyslager     | 62 | Sch Sport | Vught       | 240783 |
| 6.25 | Fanny Blankers-Koen  | 18 | Sagitta   | Leiden      | 160943 |

|      | 1    | 20   | 50   |
|------|------|------|------|
| 1984 | 6.47 | 5.65 | 5.35 |
| 1985 | 6.38 | 5.65 | 5.36 |
| 1986 | 6.43 | 5.66 | 5.45 |
| 1987 | 6.56 | 5.62 | 5.43 |
| 1988 | 6.61 | 5.68 | 5.45 |

|      |                  |      |            |              |      |
|------|------------------|------|------------|--------------|------|
| 6.61 | Tineke Hidding   | 59   | Hera       | Roosendaal   | 23.7 |
| 6.64 | Roosendaal       | 23.7 | rw2.2      |              |      |
| 6.57 | Marjon Wijnsma   | 65   | Olympia Eh | Hengelo      | 14.8 |
| 6.54 | Edine van Heezik | 61   | Lycurgus   | Berlijn(BRD) | 29.5 |
| 6.44 | Mieke vd Kolk    | 68   | D E M      | Groningen    | 17.7 |
| 6.06 | Anja Mulder      | 71   | Nykerk     | Zwolle       | 11.6 |
| 5.96 | Anoeschka Daans  | 65   | P A C      | Roosendaal   | 23.7 |
| 6.05 | Roosendaal       | 23.7 | rw3.6      |              |      |
| 5.88 | Paulien vd Roest | 70   | H A C      | Roosendaal   | 29.5 |



|      |                           |    |             |               |       |
|------|---------------------------|----|-------------|---------------|-------|
| 5.87 | Wanda Hoogeveen           | 72 | S A V       | Hoorn         | 19.6  |
| 5.85 | Tanja vd Wal-Tjepkema     | 68 | Lycurgus    | Groningen     | 17.7  |
|      | 6.07 den Haag 10.7rw2.4   |    |             |               |       |
| 5.84 | Pearl Speear              | 70 | A V R       | Leiden        | 4.9   |
| 5.83 | Marjolijn van Elk         | 69 | Lycurgus    | Uden          | 5.6   |
| 5.81 | Jolanda Ley               | 67 | Spirit L    | Hengelo       | 22.5  |
| 5.80 | Claudia Mura              | 73 | D E M       | Heerhugowaard | 6.6   |
| 5.78 | Sandra Swaans             | 71 | T H O R     | Uden          | 5.6   |
| 5.75 | Wendy Schaareman          | 71 | A V'40      | Zwolle        | 11.6  |
| 5.72 | Angelique Smit            | 67 | A D A       | Amsterdam     | 14.5  |
| 5.71 | Ingrid van Lingen         | 64 | Olympia'48  | Amsterdam     | 10.7  |
| 5.71 | Barbera Snoeren           | 72 | G V A C     | Uden          | 5.6   |
| 5.70 | Delia Appelman            | 58 | D E M       | Beverwijk     | 1.10x |
|      | 5.64 Gendringen 28.8      |    |             |               |       |
| 5.70 | Mariette Versluis         | 67 | Hera        | Heerhugowaard | 1.10x |
|      | 5.59 Amsterdam 14.5       |    |             |               |       |
| 5.69 | Cindy Bolleboom           | 71 | Ilion       | Uden          | 5.6   |
| 5.68 | Esther Schouten           | 63 | Holland L   | Eindhoven     | 22.5  |
| 5.68 | Monique de Goede          | 70 | F I T       | Breda         | 10.7  |
|      | 5.74 Rotterdam 12.5rw4.8  |    |             |               |       |
| 5.66 | Marjan Goedhart           | 62 | AAV'36      | Veldhoven     | 4.9   |
| 5.65 | Debby Ekkelboom           | 73 | Fortis      | Zevenaar      | 15.5  |
| 5.64 | Silvie Ratten             | 71 | Typhoon     | Uden          | 5.6   |
| 5.61 | Angelique Maasdijk        | 70 | Phoenix     | Uden          | 5.6   |
| 5.59 | Deborah den Boer          | 75 | A D A       | Lisse         | 17.9  |
| 5.59 | Astrid vd Nooy            | 59 | Lycurgus    | Drachten      | 12.6  |
| 5.58 | Michele van Hal           | 72 | A V N       | Zevenaar      | 19.6  |
| 5.57 | Ester Goossens            | 72 | Clytoneus   | den Haag      | 28.8  |
|      | 5.61 Rotterdam 12.5rw     |    |             |               |       |
| 5.57 | Ilse Donkers              | 71 | D E S       | Veldhoven     | 19.6  |
| 5.57 | Ellen Neelen              | 60 | Sagitta     | Amsterdam     | 14.5  |
|      | 5.75 Hilversum 23.5rw4.83 |    |             |               |       |
| 5.57 | Carola Diederik           | 68 | Spark       | Zierikzee     | 14.5  |
| 5.55 | Susan Ooms                | 73 | Hermes      | Weert         | 23.5  |
| 5.55 | Marianne dela Houssaye    | 67 | F I T       | Hilversum     | 1.5   |
| 5.54 | Jacqueline Poelman        | 73 | ARGO'77     | Haren         | 25.6  |
| 5.54 | Malou ter Laak            | 61 | T I O N     | Zevenaar      | 15.5  |
| 5.53 | Simone Gaal               | 71 | Hera        | Heerhugowaard | 15.4  |
|      | 5.62 Krommenie 14.5rw     |    |             |               |       |
| 5.50 | Annemiek Schaaf           | 69 | Vitesse     | Amsterdam     | 14.5  |
| 5.50 | Carola vd Wel             | 67 | Castricum   | Heilo         | 12.5  |
| 5.50 | Cuny de Nie               | 61 | Olympia'48  | Amsterdam     | 10.7  |
| 5.49 | Marit Philipsen           | 71 | T I O N     | Zevenaar      | 15.5  |
| 5.48 | Anouska den Uyl           | 72 | G A C-H     | Amersfoort    | 8.5   |
| 5.48 | Ester Piek                | 69 | Caesar      | Beek          | 1.5   |
| 5.48 | Per John                  | 70 | Nea Volhard | Krommenie     | 8.5   |
| 5.48 | Saskia Andringa           | 63 | P A C       | Rotterdam     | 2.10x |
| 5.47 | Susan van Acker           | 71 | RK H A V    | Bergen/Zoom   | 11.6  |
| 5.47 | Astrid Polak              | 66 | P A C       | den Haag      | 27.8  |
|      | 5.61 den Haag 10.7rw3.8   |    |             |               |       |
|      | met rugwind:              |    |             |               |       |
| 5.59 | Marijke Bottse (rw4.6)    | 68 | Hellas      | Hilversum     | 23.5  |

|              |    |                         |        |         |        |
|--------------|----|-------------------------|--------|---------|--------|
| hoogspringen | NR | Mieke van Doorn)        | 1.88 m | Utrecht | 170875 |
|              |    | Mirjam van Laar         |        | Sittard | 310777 |
|              | ER | Stefka Kostadinova Bulg | 2.09 m | Rome    | 300887 |
|              | WR | idem                    |        |         |        |

de beste 10 aller tijden:

|     |      |                   |              |    |                 |        |
|-----|------|-------------------|--------------|----|-----------------|--------|
|     | 1.88 | Mieke van Doorn   | Spartaan     | 54 | Utrecht         | 170875 |
|     | 1.88 | Mirjam van Laar   | Achilles Top | 56 | Sittard         | 310777 |
|     | 1.87 | Ria van Steenpaal | Sperwers     | 54 | Dresden(DDR)    | 200576 |
|     | 1.87 | Sylvia Barlag     | A D A        | 54 | Winterthur(Zwi) | 150680 |
| 107 | 1.86 | Marjon Wijnsma    | Olympia Eh   | 65 | Seoul(Kor)      | 230988 |
|     | 1.85 | Ella Wijnants     | Sparta       | 65 | Schwegat(Oo)    | 280883 |
|     | 1.84 | Annemieke Bouma   | Atmodes      | 56 | Papendal        | 280774 |
|     | 1.83 | Jolanda Bleeker   | D E M        | 67 | Lisse           | 290484 |
| 104 | 1.83 | Monique vd Weide  | Unitas       | 63 | Innsbrück(Oo)   | 20688  |
|     | 1.82 | Wanda vd Molen    | A D A        | 54 | Papendal        | 150576 |
|     | 1.82 | Etwaria Sardjoe   | Sagitta      | 64 | Nancy(Fr)       | 30880  |

|      | 1    | 20   | 50   |
|------|------|------|------|
| 1984 | 1.84 | 1.70 | 1.65 |
| 1985 | 1.82 | 1.70 | 1.65 |
| 1986 | 1.80 | 1.70 | 1.65 |
| 1987 | 1.83 | 1.71 | 1.65 |
| 1988 | 1.86 | 1.70 | 1.65 |

|     |      |                         |    |            |                |      |
|-----|------|-------------------------|----|------------|----------------|------|
|     | 1.86 | Marjon Wijnsma          | 65 | Olympia Eh | Seoul(KoR)     | 23.9 |
|     | 1.83 | Monique vd Weide        | 63 | Unitas     | Innsbrück(Oos) | 2.6  |
| 104 | 1.80 | Angelique Maasdijk      | 70 | Phoenix    | Hilversum      | 10.7 |
|     | 1.80 | Mariette Buys-Overwater | 61 | A V A'64   | Hilversum      | 10.7 |
|     | 1.78 | Monique de Feyter       | 69 | P S V      | Veldhoven      | 1.5  |
|     | 1.75 | Annelies Heynen         | 65 | T H O R    | Veldhoven      | 1.5  |
|     | 1.75 | Jolanda Bleeker         | 67 | D E M      | Utrecht        | 29.5 |
|     | 1.75 | Mariette Versluis       | 67 | Hera       | Amsterdam      | 14.5 |
|     | 1.75 | Conny van Zutphen       | 70 | Keien      | Vught          | 8.5  |
|     | 1.75 | Wendy Schaareman        | 71 | A V'40     | Rotterdam      | 19.6 |
|     | 1.74 | Nijnke Vissers          | 69 | Fortis     | Krommenie      | 26.6 |
|     | 1.74 | Tineke Hidding          | 59 | Hera       | Eindhoven      | 21.5 |
|     | 1.72 | Karen Huigen            | 69 | Impala     | Uden           | 5.6  |
|     | 1.71 | Henrike Schut           | 72 | Sperwers   | Uden           | 5.6  |
|     | 1.71 | Esther Schouten         | 63 | Holland L  | Eindhoven      | 21.5 |
|     | 1.70 | Saskia Oversluizen      | 73 | A V R      | Rotterdam      | 21.5 |
|     | 1.70 | Anouk van Diessen       | 73 | A V'34     | Amsterdam      | 28.8 |
|     | 1.70 | Bianca de Vries         | 71 | N O P      | Lelystad       | 8.5  |
|     | 1.70 | Angelique Schermer      | 70 | Castricum  | Hoorn          | 19.6 |
|     | 1.70 | Marjolijn van Elk       | 69 | Lycurgus   | Amsterdam      | 14.5 |
|     | 1.70 | Ellen Neelen            | 60 | Sagitta    | Amsterdam      | 14.5 |
|     | 1.70 | Gerda Uil               | 67 | Aquilo     | Drachten       | 14.5 |
| 178 | 1.70 | Anoeschka Daans         | 65 | P A C      | Eindhoven      | 26.6 |
|     | 1.70 | Jenny Vermond           | 58 | Sprint     | Drachten       | 12.6 |
|     | 1.70 | Els Meerkerk            | 67 | Olympia'48 | Amsterdam      | 10.7 |
|     | 1.70 | Marianne dela Houssaye  | 67 | F I T      | Breda          | 10.7 |
|     | 1.68 | Lonneke Fleerakkers     | 71 | D E S      | Beek           | 1.5  |
|     | 1.68 | Vivian Verdonschot      | 70 | Weert      | Kerkrade       | 14.5 |
|     | 1.68 | Deborah den Boer        | 75 | A D A      | Hoorn          | 15.5 |

|      |  |    |             |           |      |
|------|--|----|-------------|-----------|------|
| 1.66 | Silvie Ratten                            | 71 | Typhoon     | Kronmenie | 25.6 |
| 1.66 | Rieneke Lamoree                          | 71 | A V'47      | Hilversum | 30.4 |
| 1.66 | Monique de Goede                         | 70 | F I T       | Hilversum | 30.4 |
| 1.65 | Daphne Koene                             | 73 | Sprint      | Eindhoven | 7.5  |
| 1.65 | Simone Brantenaar                        | 73 | A V A'81    | Aalsmeer  | 11.6 |
| 1.65 | Inge van Leeuwen                         | 72 | D E M       | Beverwijk | 18.6 |
| 1.65 | Lisette Pannekoek                        | 72 | Hollandia   | Kronmenie | 8.5  |
| 1.65 | Annet Rinsma                             | 71 | N O P       | Zwolle    | 19.6 |
| 1.65 | Judith Piek                              | 71 | Caesar      | Helmond   | 19.6 |
| 1.65 | Marjolein van Zon                        | 71 | M P M       | Zevenaar  | 19.6 |
| 1.65 | Susan Verdonschot                        | 70 | Weert       | Kerkrade  | 14.5 |
| 1.65 | Renilde van Boven                        | 69 | Metro       | Rotterdam | 8.5  |
| 1.65 | Jacqueline van Renesse<br>van Duivenbode | 69 | Sparta      | Rotterdam | 24.4 |
| 1.65 | Ingrid Bleyenberg                        | 69 | Olympia Eh  | Kerkrade  | 14.5 |
| 1.65 | Bianca Gelauf                            | 69 | Ilion       | Leiden    | 12.6 |
| 1.65 | Paulien Groen                            | 61 | Olympia'48  | Kerkrade  | 14.5 |
| 1.65 | Jacqueline de Jong                       | 56 | Lycurgus    | Kronmenie | 1.5  |
| 1.65 | Michelle Blommesteijn                    | 66 | A V R       | Rotterdam | 24.4 |
| 1.65 | Moniek van't Westeinde                   | 65 | D O S-K     | Zwolle    | 29.5 |
| 1.65 | Evelien van Hees                         | 57 | Hellas      | Utrecht   | 29.5 |
| 1.65 | Margriet Nijhof                          | 67 | Fivelstreek | Drachten  | 29.5 |
| 1.65 | Jolanda van Walsum                       | 66 | Fortuna V   | Utrecht   | 12.6 |
| 1.65 | Ilse Canjels                             | 63 | Sprint      | Amsterdam | 10.7 |
| 1.65 | Freya Muller                             | 66 | Trias       | Sittard   | 29.5 |
| 1.65 | Inge ten Vaarwerk                        | 65 | T I O N     | Hengelo   | 22.5 |
| 1.65 | Desiree Twaalfhoven                      | 67 | P A C       | Drachten  | 12.6 |
| 1.65 | Wilma de Jong                            | 63 | A V R       | Drachten  | 12.6 |
| 1.65 | Ellen Tromp                              | 69 | A D A       | den Haag  | 10.7 |
| 1.65 | Emilie vd Langenberg                     | 68 | Pr Hendrik  | Hengelo   | 12.6 |

kogelstoten 4 kg NR Ria Stalman 18.02 m San José(USA)90684  
ER Nataja Lissowskaja S U 22.53 m Sotchi 270584  
WR idem

de beste 10 aller tijden:

|                        |                   |           |    |               |        |
|------------------------|-------------------|-----------|----|---------------|--------|
| 18.02                  | Ria Stalman       | Sparta    | 51 | San José(USA) | 90684  |
| 17.87                  | Els van Noorduyt  | Sagitta   | 46 | Uden          | 110771 |
| 16.88 <del>16.77</del> | Deborah Dunant    | A D A     | 66 | Edam          | 20687  |
| 15.91                  | Jennifer Smit     | Sparta    | 58 | Provo(USA)    | 50682  |
| 15.37                  | Loes Boling       | Sagitta   | 41 | Amsterdam     | 290865 |
| 15.22                  | Corry van Wijk    | D E M     | 41 | Zaandam       | 280664 |
| 15.16                  | Pietula Zomer     | Hellas    | 67 | Utrecht       | 200987 |
| 15.15                  | Ela Schalk        | Sliedr Sp | 54 | den Haag      | 40575  |
| 15.06                  | Mieke Rangelrooy  | Haag'68   | 48 | Uden          | 130669 |
| 15.06                  | Jacq Coormachtigh | P A C     | 70 | Pamplona(Sp)  | 20788  |

16.30  
Erasmus  
16.21 Jan '90

|                | 1     | 20                      | 50             |            |                  |      |
|----------------|-------|-------------------------|----------------|------------|------------------|------|
|                | 1984  | 18.02                   | 12.43          | 11.31      |                  |      |
|                | 1985  | 16.24                   | 12.31          | 11.36      |                  |      |
|                | 1986  | 16.29                   | 12.41          | 11.55      |                  |      |
|                | 1987  | 16.77                   | 12.39          | 11.55      |                  |      |
|                | 1988  | 16.60                   | 12.70          | 11.70      |                  |      |
| 16.45<br>18.66 | 16.60 | Deborah Dunant          | 66             | A D A      | Brussel(Be)      | 19.6 |
|                | 15.06 | Jacqueline Goormachtigh | 70             | P A C      | Terneuzen        | 17.9 |
|                | 14.91 | Bernadet Fransen        | 65             | A V R      | Groningen        | 16.7 |
|                | 14.73 | Monique vd Weide        | 63             | Unitas     | Innsbrück(Oo)    | 2.6  |
|                | 14.63 | Christa Speyer          | 69             | N O P      | Pamplona(Sp)     | 2.7  |
|                | 14.15 | Janet van Noord         | 62             | Lycurgus   | Utrecht          | 18.9 |
|                | 14.05 | Christie Mulie          | 69             | Hellas     | Lisse            | 19.6 |
|                | 13.96 | Tineke Hidding          | 59             | Hera       | Groningen        | 16.7 |
|                | 13.68 | Tine Schenkels          | 55             | Sagitta    | Vught            | 10.7 |
|                | 13.55 | Marjon Wijnsma          | 65             | Olympia Eh | Eindhoven        | 27.4 |
|                | 13.53 | Ingrid vd Heuvel        | 62             | Ach Top    | Nymegen          | 24.6 |
|                | 13.44 | Mirjam vd Bremen        | 66             | A V R      | Groningen        | 16.7 |
|                | 13.04 | Kirsti Mekking          | 69             | Olympia'48 | den Haag         | 28.8 |
|                | 13.01 | Anoeschka Daans         | 65             | P A C      | Helmond          | 25.9 |
|                | 12.92 | Irma van Hees           | 66             | P E C      | Zevenaar         | 15.5 |
|                | 12.97 | Jolanda Bleeker         | 67             | D E M      | Beverwijk        | 26.8 |
|                | 12.80 | Kitty vd Velde          | 68             | Impala     | Amsterdam        | 10.7 |
|                | 12.73 | Kathy Hoogewerf         | 66             | Holland H  | Amsterdam        | 14.5 |
|                | 12.70 | Barbera van Noord       | 69             | Lycurgus   | Lisse            | 7.5  |
|                | 12.62 | Annemiek Huizer         | 71             | Hercules   | Dordrecht        | 4.6  |
|                | 12.61 | Linda Tukkers           | 71             | T I O N    | Krommenie        | 25.6 |
|                | 12.60 | Mariet Thomas           | 51             | D E M      | Beverwijk        | 5.6  |
|                | 12.56 | Linda van Rooyen        | 63             | Hollandia  | Edam             | 18.5 |
|                | 12.50 | Jeanne van Venrooy      | 48             | Sprint     | Breda            | 23.4 |
|                | 12.46 | Renate Beunder          | 70             | Lycurgus   | Rotterdam        | 12.5 |
|                | 12.40 | Seline de Vries         | 71             | D E M      | den Haag         | 11.9 |
|                | 12.39 | Freya Muller            | 66             | Trias      | Beverwijk        | 1.7  |
|                | 12.34 | Evelien Groen           | 69             | AAV'36     | Beverwijk        | 10.7 |
|                | 12.31 | Janice vd Griend        | 67             | Lycurgus   | Hengelo          | 22.5 |
|                | 12.26 | Carla van Oerle         | 66             | Holland H  | Sittard          | 29.5 |
| ===            | 12.13 | Jopie Baart-vVlaanderen | 55             | Edam       | Drachten         | 10.7 |
|                | 12.11 | Marian Volkens          | 71             | P E C      | Zwolle           | 7.7  |
|                | 12.09 | Simone Gaal             | 71             | Hera       | Helmond          | 25.9 |
|                | 12.05 | Laura Fransen           | 65             | A V R      | den Haag         | 10.7 |
|                | 12.04 | Gemma van Rosmalen      | 67             | A V N      | Nymegen          | 14.6 |
|                | 12.02 | Bianca Vet              | 70             | Waterland  | Zevenaar         | 16.4 |
|                | 12.02 | Mabel Vermeulen         | 71             | Sprint     | Breda            | 19.5 |
|                | 12.00 | Delia Appelman          | 58             | D E M      | Beverwijk        | 26.8 |
|                | 11.99 | Monique van Ling        | 71             | G A C-H    | Utrecht          | 10.6 |
|                | 11.98 | Marjolijn van Elk       | 69             | Lycurgus   | Uden             | 5.6  |
|                | 11.96 | Janette Lems            | 66             | Energie    | Dordrecht        | 12.6 |
|                | 11.89 | Mariet Voskamp          | 61             | Hanzesport | Zevenaar         | 15.5 |
|                | 11.88 | Yvonne Swaans           | 65             | T H O R    | Roosendaal       | 8.9  |
|                | 11.86 | Bianca Citteur          | 65             | Hellas     | Amsterdam        | 10.7 |
|                | 11.86 | Jolanda v Roosmalen     | 65             | Start'78   | Nymegen          | 24.6 |
|                | ===   | tussenvoegen: 12.16     | Kitty vd Velde | 68         | Impala Groningen | 24.4 |

|       |                    |    |           |           |      |
|-------|--------------------|----|-----------|-----------|------|
| 11.85 | Ingrid Vermeeren   | 66 | Oss '78   | Nymegen   | 25.5 |
| 11.75 | Rijkel Roos        | 67 | Hollandia | Hoorn     | 18.9 |
| 11.74 | Evelien Zwanenburg | 70 | Parthenon | Dirdrecht | 12.6 |
| 11.73 | Monica Kindervater | 68 | Hollandia | Hoorn     | 18.9 |
| 11.70 | Marion Jespers     | 68 | Sprint    | Breda     | 10.7 |

|                     |    |                 |         |                |        |
|---------------------|----|-----------------|---------|----------------|--------|
| <u>diskuswerpen</u> | NR | Ria Stalman     | 71.22 m | Walnut(USA)    | 150784 |
|                     | ER | Gabrile Reinsch | 76.80 m | Neubrandenburg | 90688  |
|                     | WR |                 |         |                |        |

de beste 10 aller tijden:

|       |                        |              |    |             |        |
|-------|------------------------|--------------|----|-------------|--------|
| 71.22 | Ria Stalman            | Sparta       | 52 | Walnut(USA) | 150784 |
| 59.36 | Bea Wiarda             | Horror       | 59 | Sneek       | 100784 |
| 56.18 | Deborah Dunant         | A D A        | 66 | Vught       | 30886  |
| 54.04 | Anneke de Bruin-v Dijk | Sliedr Sport | 41 | Amsterdam   | 250868 |
| 54.24 | Betty Bogers           | Sparta       | 55 | Austin(USA) | 40481  |
| 51.76 | Isaline Hage           | Olympia'48   | 56 | Haarlem     | 200682 |
| 50.92 | Irma van Hees          | P E C        | 66 | Hilversum   | 230588 |
| 50.74 | Bernadette Fransen     | A V R        | 65 | Utrecht     | 180988 |
| 49.98 | Ingrid Suylen          | Achilles Top | 53 | Kerkrade    | 240878 |
| 49.28 | Carolien Ackermans     | Sprint       | 59 | Vught       | 150588 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 71.22 | 49.59 | 36.62 |
| 1985 | 56.46 | 41.36 | 36.56 |
| 1986 | 57.20 | 40.76 | 37.04 |
| 1987 | 55.40 | 41.56 | 37.52 |
| 1988 | 52.94 | 42.10 | 36.64 |

|              |       |                         |    |              |             |      |
|--------------|-------|-------------------------|----|--------------|-------------|------|
| <i>09</i>    | 52.94 | Deborah Dunant          | 66 | A D A        | Utrecht     | 29.5 |
| <i>54.54</i> | 50.92 | Irma van Hees           | 66 | P E C        | Hilversum   | 23.5 |
| <i>52.44</i> | 50.74 | Bernadette Fransen      | 65 | A V R        | Utrecht     | 18.9 |
|              | 49.28 | Carolien Ackermans      | 59 | Sprint       | Vught       | 15.5 |
|              | 48.74 | Janet van Noord         | 62 | Lycurgus     | Lisse       | 10.8 |
| <i>50.74</i> | 48.22 | Jacqueline Goormachtigh | 70 | P A C        | Utrecht     | 21.8 |
|              | 47.36 | Karin Nienhuis          | 69 | A V N        | Zevenaar    | 15.5 |
|              | 47.18 | Linda Tukkers           | 71 | T I O N      | Zevenaar    | 15.5 |
|              | 46.64 | Bianca Vet              | 70 | Waterland    | Krommenie   | 25.6 |
|              | 46.08 | Ingrid vd Heuvel        | 62 | Achilles Top | Vught       | 10.7 |
|              | 43.58 | Kirsti Mekking          | 69 | Olympia'48   | Leiden      | 4.9  |
|              | 43.44 | Petra Feenstra          | 71 | D E M        | Amsterdam   | 30.8 |
|              | 43.38 | Marian Volkers          | 71 | P E C        | Zwolle      | 19.6 |
|              | 43.36 | Renate Beunder          | 70 | Lycurgus     | Utrecht     | 29.5 |
|              | 43.34 | Esther de Wolff         | 69 | Impala       | Drachten    | 13.5 |
|              | 43.12 | Hanny Ebbekink          | 58 | T I O N      | Hilversum   | 23.5 |
|              | 42.88 | Marion Jespers          | 68 | Sprint       | Vught       | 7.6  |
|              | 42.82 | Lida Berkhout           | 52 | D E M        | Lisse       | 7.5  |
|              | 42.38 | Tine Schenkels          | 55 | Sagitta      | Vught       | 10.7 |
|              | 42.10 | Jopie Baart             | 55 | Edam         | Breda       | 10.7 |
|              | 41.70 | Laura Fransen           | 65 | A V R        | Utrecht     | 29.5 |
|              | 41.48 | Janette Lems            | 66 | Energie      | Barendrecht | 10.9 |
|              | 41.20 | Paulien Groen           | 61 | Olympia'48   | den Haag    | 24.4 |
|              | 41.14 | Kathy Hoogewerf         | 66 | Holland H    | Haarlem     | 31.7 |
|              | 41.04 | Christie Speyer         | 69 | N O P        | Utrecht     | 18.9 |

|       |                      |    |            |           |       |
|-------|----------------------|----|------------|-----------|-------|
| 40.18 | Carla van Oerle      | 66 | Holland H  | Vught     | 10.7  |
| 40.10 | Margo Voncken        | 67 | Caesar     | Vught     | 15.5  |
| 39.74 | Renate Wester        | 67 | Lycurgus   | den Haag  | 10.7  |
| 39.46 | Jolanda Tromp        | 67 | D E M      | Drachten  | 12.6  |
| 39.44 | Barbera van Noord    | 69 | Lycurgus   | Lisse     | 10.8  |
| 39.30 | Tjitske Lambeck      | 68 | Parcival   | Vught     | 15.5  |
| 39.18 | Diana van Meerendonk | 67 | Sparta     | Drachten  | 12.6  |
| 39.16 | Linda van Rooyen     | 63 | Hollandia  | Hoorn     | 1.5   |
| 38.64 | Famke Kooistra       | 70 | G V A C    | Kerkrade  | 12.6  |
| 38.62 | Evelien Groen        | 69 | AAV'36     | Krommenie | 25.6  |
| 37.84 | Jolanda Zijl         | 46 | Trias      | Nymegen   | 10.9  |
| 37.78 | Carla Hertog         | 63 | AAV'36     | den Haag  | 8.6   |
| 37.68 | Monique Kuenen       | 71 | Pr Hendrik | Vught     | 8.5   |
| 27.42 | Els van Dun          | 56 | Attila     | Eindhoven | 15.9  |
| 37.10 | Anoeschka Daans      | 65 | P A C      | Rotterdam | 8.5   |
| 37.08 | Loes Tuunder         | 59 | P A C      | Utrecht   | 29.5  |
| 37.08 | Carolien Bouman      | 66 | Hellas     | Utrecht   | 5.8   |
| 36.98 | Annemieke Kroes      | 66 | ARGO'77    | Groningen | 2.10x |
| 36.92 | Mirjam vd Bremen     | 66 | A V R      | Zierikzee | 15.5  |
| 36.68 | Jeanne v Venrooy     | 48 | Sprint     | Beverwijk | 5.6   |
| 36.64 | Inge Barends         | 74 | Hercules   | Sittard   | 3.9   |
| 36.64 | Annie v Anholt       | 47 | Attila     | Veldhoven | 18.9  |
| 36.52 | Toos te Rele         | 62 | Spirit L   | Nymegen   | 12.6  |
| 36.44 | Muriel Kornips       | 65 | A V O N    | Weert     | 29.5  |
| 36.36 | Olga Commandeur      | 58 | A D A      | Drachten  | 12.6  |

|                    |    |                   |                    |            |         |       |
|--------------------|----|-------------------|--------------------|------------|---------|-------|
| <u>speerwerpen</u> | NR | Ingrid Lammertsma | <del>61.14</del> m | Amstelveen | 110988  |       |
|                    | ER | Petra Felke       | DDR                | 80.00 m    | Potsdam | 90988 |
|                    | WR | idem              |                    |            |         |       |

de beste 10 aller tijden:

|       |                       |           |    |              |        |
|-------|-----------------------|-----------|----|--------------|--------|
| 61.14 | Ingrid Lammertsma     | Lycurgus  | 67 | Amstelveen   | 110988 |
| 58.22 | Gerda Vetter-Blokziel | A D A     | 61 | Krommenie    | 310886 |
| 57.90 | Elly van Beusekom     | Castricum | 51 | Beverwijk    | 80675  |
| 57.12 | Lida Berkhout         | D E M     | 52 | Beverwijk    | 80675  |
| 57.12 | Bernadette Franssen   | A V R     | 65 | Leiden       | 80586  |
| 51.36 | Nicole Heuwekemeyer   | A D A     | 69 | Leiden       | 80587  |
| 51.20 | Sandra vd Sommen      | Unitas    | 68 | Haarlem      | 290685 |
| 50.76 | Toos Stoete           | Holland H | 67 | Hasselt(Be)  | 100885 |
| 49.72 | Marjon ten Have       | Fortis    | 67 | Eindhoven    | 250586 |
| 49.58 | Greet Versterre       | Atmodes   | 37 | Dresden(DDR) | 160767 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 51.64 | 41.72 | 37.32 |
| 1985 | 56.32 | 42.52 | 37.76 |
| 1986 | 58.86 | 42.66 | 37.46 |
| 1987 | 58.14 | 41.68 | 37.44 |
| 1988 | 61.14 | 41.40 | 37.50 |

|       |                       |    |          |            |      |
|-------|-----------------------|----|----------|------------|------|
| 61.14 | Ingrid Lammertsma     | 67 | Lycurgus | Amstelveen | 11.9 |
| 55.82 | Gerda Vetter-Blokziel | 61 | A D A    | Groningen  | 16.7 |
| 52.06 | Bernadette Franssen   | 65 | A V R    | Utrecht    | 18.9 |
| 51.10 | Lida Berkhout-Kuys    | 52 | D E M    | Verona(It) | 1.7  |
| 50.40 | Toos Stoete           | 67 | D E M    | Groningen  | 16.7 |

89  
5046

52.52

|       |                     |      |            |                  |       |
|-------|---------------------|------|------------|------------------|-------|
| 48.72 | Renate Beunder      | 70   | Lycurgus   | Krommenie        | 8.5   |
| 47.80 | Janet van Noord     | 62   | Lycurgus   | Hilversum        | 23.5  |
| 47.32 | Christa Speyer      | 69   | N O P      | Utrecht          | 18.9  |
| 47.22 | Marjo Bus           | 63   | Unitas     | Gendringrn       | 28.8  |
| 46.84 | Nicole Heuwekemeyer | 69   | A D A      | Haarlem          | 11.9  |
| 45.14 | Linda Tukkers       | 71   | T I O N    | Uden             | 5.6   |
| 44.56 | Mariet Voskamp      | 61   | Hanzesport | Zwolle           | 24.4  |
| 44.30 | Marjolijn van Elk   | 69   | Lycurgus   | Uden             | 5.6   |
| 43.66 | Ditha vd Hidde      | 71   | A V R      | Rotterdam        | 24.4  |
| 42.96 | Petra Donkersloot   | 73   | Trias      | Krommenie        | 11.6  |
| 42.30 | Marjon ten Have     | 67   | Fortis     | Nymegen          | 12.6  |
| 41.94 | Janet Frederiks     | 71   | T I O N    | Dülmen(BRD)      | 2.10  |
| 41.84 | Freya Muller        | 66   | Trias      | Sittard          | 29.5  |
| 41.72 | Ineke Meeusen       | 74   | Olympia Eh | Eindhoven        | 7.5   |
| 41.40 | Tanja Tienpond      | 65   | Dynamo'70  | Middelburg       | 20.8  |
| 41.20 | Nancy van Iersel    | 69   | G V A C    | Hilversum        | 10.7  |
| 41.08 | Krista Mekking      | 69   | Olympia'48 | Andenne(Be)      | 6.8   |
| 41.08 | Simone Gaal         | 71   | Hera       | Heerhugowaard    | 2.10x |
|       | 38.56 Willich(BRD)  | 18.9 |            |                  |       |
| 40.62 | Esther Schouten     | 63   | Holland L  | Kopenhagen(De)   | 3.7   |
| 40.52 | Irma van Hees       | 66   | P E C      | Vught            | 13.8  |
| 40.04 | Judith Piek         | 71   | Caesar     | Helmond          | 19.6  |
| 39.86 | Marielle Ruczynski  | 71   | Start'78   | Althmonion(Kret) | 5.11  |
| 39.80 | Karin Geertsema     | 72   | Lycurgus   | Uden             | 5.6   |
| 39.68 | Janine Holshuysen   | 70   | D E S      | Krommenie        | 25.6  |
| 39.64 | Monica Kindervater  | 68   | Hollandia  | Hoorn            | 5.8   |
| 39.56 | Astrid Oostermeyer  | 68   | Spartaan   | Uden             | 24.4  |
| 39.56 | Evelien Wissink     | 63   | Fortis     | Zevenaar         | 15.5  |
| 39.50 | Cilia Zwinderman    | 70   | T G A V    | Drachten         | 18.9  |
| 39.48 | Monique Timmerman   | 65   | Iphitos    | Hengelo          | 3.7   |
| 39.36 | Desiree Twaalfhoven | 67   | P A C      | Utrecht          | 23.5  |
| 39.08 | Henny v Broekhoven  | 61   | Pr Hendrik | Vught            | 7.6   |
| 38.92 | Anoeschka Daans     | 65   | P A C      | Eindhoven        | 22.5  |
| 38.90 | Ingrid Geerings     | 69   | Keien      | Speyer(BRD)      | 22.5  |
| 38.72 | Famke Kooistra      | 70   | G V A C    | Vught            | 15.5  |
| 38.70 | Mirjam van Dijk     | 69   | A V'40     | Krommenie        | 25.6  |
| 38.42 | Bianca Citteur      | 65   | Hellas     | Hengelo          | 22.5  |
| 38.32 | Saskia Andringa     | 63   | P A C      | Drachten         | 12.6  |
| 38.20 | Janice vd Griend    | 67   | Lycurgus   | Hengelo          | 22.5  |
| 38.16 | Katja Masselink     | 67   | Fortis     | Zevenaar         | 15.5  |
| 38.10 | Rian Jonkers        | 61   | Parcival   | Vught            | 7.6   |
| 38.08 | Christa Mulie       | 69   | Hellas     | Drachten         | 12.6  |
| 37.98 | Delia Appelman      | 59   | D E M      | Beverwijk        | 29.7  |
| 37.86 | Marjon Wijsma       | 65   | Olympia Eh | Seoul(Kor)       | 24.9  |
| 37.78 | Lijsbeth Gijsen     | 65   | Olympia'48 | den Haag         | 28.8  |
| 37.62 | Sandra van Essen    | 65   | Altis      | Veldhoven        | 10.7  |
| 37.50 | Bertine Ockeloen    | 74   | Energie    | Rotterdam        | 28.9  |

zevenkamp NR Marjon Wijsma 6213 pnt Eindhoven 220588  
 ER Sabine Möbius DDR 6946 pnt Potsdam(DDR) 60584  
 WR Jacky Joyner USA 7291 - Seoul(Kor) 240988

nog geen beste 10 aller tijden

|             |                             |       |            |                |         |
|-------------|-----------------------------|-------|------------|----------------|---------|
| 6213e       | Marjon Wijsma               | 65    | Olympia Eh | Eindhoven      | 22.5    |
|             | 13.68 1.80                  | 12.98 | 24,56      | 6.46 37.32     | 2.11.19 |
| 6176e       | Tineke Hidding              | 59    | Hera       | Eindhoven      | 22.5    |
|             | 13.57 1.74                  | 13.86 | 24.20      | 6.30 36.06     | 2.10.94 |
| 5581e       | Anoeschka Daans             | 65    | P A C      | Kopenhagen(De) | 3.7     |
|             | 14.27 1.63                  | 12.97 | 24.71      | 5.75 37.74     | 2.19.41 |
| 5457e       | Esther Schouten             | 63    | Holland L  | Kopenhagen(De) | 3.7     |
|             | 14.23 1.66                  | 11.19 | 26.03      | 5.68 40.62     | 2.16.65 |
| 5404e       | Marjolijn v Elk             | 69    | Lycurgus   | Uden           | 5.6     |
|             | 14.78 1.66                  | 11.98 | 25.93      | 5.83 44.30     | 2.28.16 |
| <i>5165</i> | 5251e Mariette Versluis     | 67    | Hera       | Kopenhagen(De) | 3.7     |
|             | 5189 Monique vd Weide       | 63    | Unitas     | Helmond        | 25.9    |
|             | 4915e Angelique Maasdijk    | 70    | Phoenix    | Uden           | 5.6     |
|             | 4783e Esther Piek           | 69    | Caesar     | Uden           | 5.6     |
| <i>5120</i> | 4781 Marianne dela Houssaye | 67    | F I T      | Utrecht        | 26.6    |
|             | 4744e Karen Huigen          | 69    | Impala     | Uden           | 5.6     |
|             | 4742e Nanet Karenbeld       | 69    | A T C'75   | Uden           | 5.6     |
|             | 4711e Simone Gaal           | 71    | Hera       | Uden           | 5.6     |
|             | 4681e Vivian Verdonshot     | 70    | Weert      | Uden           | 5.6     |
| <i>4070</i> | 4653 Monique de Goede       | 70    | F I T      | Hilversum      | 1.5     |
|             | 4620 Evelien Wissink        | 63    | Fortis     | Zevenaar       | 3.7     |
|             | 4369 Susan Verdonshot       | 70    | Weert      | Weert          | 23.5    |
|             | 4321 Ella Wijnants          | 65    | Sparta     | den Haag       | 2.10x   |
|             | 4290e Renilde van Boven     | 69    | Metro      | Uden           | 5.6     |
|             | 4267 Laura Bosman           | 65    | Sparta     | den Haag       | 2.10x   |
|             | 4234 Emilie vd Langenberg   | 68    | Pr Hendrik | Vught          | 24.9    |
|             | 4200 Astrid Dijkhuizen      | 62    | A V'40     | Utrecht        | 26.6    |
|             | 4128e Hetty Verhoef         | 70    | Holland H  | Uden           | 5.6     |
|             | 4061 Maya Philipsen         | 69    | Unitas     | Weert          | 23.5    |
|             | 4006 Carolien Martens       | 68    | P S V      | Weert          | 23.5    |

e = elektronische tijdwaarneming

snelwandelen

5 KM NR Marica Onos-Zethof 23.52.6 m Sittard 220583  
 ER Oksana Schastnaya S U 21.30.92 m Birmingham 70887  
 WR Kerry Saxby Aus 20.45.32 m Sidney 40487

de beste 10 aller tijden:

|         |                        |    |           |           |        |
|---------|------------------------|----|-----------|-----------|--------|
| 23.52.6 | Marica Onos-Zethof     | 56 | AVA'64    | Sittard   | 220583 |
| 26.30.6 | Christien Vijver-Heyen | 48 | Spartacus | Zaandam   | 30683  |
| 27.40.6 | Christien Keessen-Z    | 63 | AVA'64    | Rotterdam | 200388 |
| 28.26.3 | Jelly vd Velde         | 69 | Spartacus | Rotterdam | 70686  |
| 29.12.0 | Zoka Lahaye            | 63 | Unitas    | Sittard   | 260388 |
| 30.24.3 | Karin van Vliet        | 67 | R W V     | Rotterdam | 70686  |
| 30.42.6 | Bianca Maas            | 63 | R W V     | Rotterdam | 120378 |
| 31.12.1 | Manon Kemna            | 67 | P A C     | Leiden    | 140980 |
| 31.21.0 | Ria Hoogerhoud-vdVlugt | 49 | R W V     | Rotterdam | 201177 |
| 31.34.3 | Jacq Busman            | 66 | Unitas    | Sittard   | 50687  |



|         |                                      |           |           |      |
|---------|--------------------------------------|-----------|-----------|------|
| 27.40.6 | Christien Keessen-Zethof             | 63 AVA'64 | Rotterdam | 20.3 |
|         | op de weg: 26.23.0 St Oedenrode 12.3 |           |           |      |
| 29.12.0 | Zoka Lahaye                          | 63 Unitas | Weert     | 20.4 |
| 32.48.0 | Jacqeline Busman                     | 66 Unitas | Zaandam   | 29.4 |

|                             |             |         |               |        |
|-----------------------------|-------------|---------|---------------|--------|
| <u>4 x 100 m estafette:</u> | NR nat team | 43.44 s | Mexico        | 191068 |
|                             | NR club AVR | 45.15 s | Lissabon      | 50688  |
|                             | ER D D R    | 41.37 s | Canberra(Aus) | 61085  |
|                             | WR idem     |         |               |        |

|       |  |               |         |                  |              |      |
|-------|--|---------------|---------|------------------|--------------|------|
| 43.53 | natioanle ploeg(Cooman-Tromp-Olyslager-Scharn) |               | Hengelo | 14.8             |              |      |
| 45.15 | AVR  | Lissabon      | 5.6     | 49.5 Trias       | MA Krommenie | 8.5  |
| 45.42 | nat meisjesteam                                | Pamplona      | 2.7     | 49.77 Caesar     | MB Kerkrade  | 14.5 |
| 46.89 | D E M  | Lisse         | 2.7     | 49.74 Bataven    | Lisse        | 2.7  |
| 47.0  | Lycurgus                                       | Drachten      | 12.6    | 49.79 H A C      | Hengelo      | 18.4 |
| 47.73 | Metro  | Lisse         | 2.7     | 49.7 Holland L   | Hengelo      | 12.6 |
| 48.02 | Sparta   | den Haag      | 10.7    | 49.86 Sparta II  | Utrecht      | 29.5 |
| 48.33 | A D A  | Lisse         | 2.7     | 49.95 Pr Hendrik | MB Kerkrade  | 14.5 |
| 48.38 | H A C  | MA Lisse      | 2.7     | 49.9 A V R       | MA Rotterdam | 8.5  |
| 48.3  | Hera   | Veldhoven     | 10.7    | 49.9 ARGO'77     | Hilversum    | 10.7 |
| 48.5  | Unitas   | Sittard       | 29.5    | 49.9 Sprint      | Amsterdam    | 10.7 |
| 48.5  | Olympia'48                                     | Amsterdam     | 10.7    | 50.05 Hollandia  | Hengelo      | 14.8 |
| 48.68 | P A C  | den Haag      | 10.7    | 50.20 Impala     | MA Groningen | 8.5  |
| 48.80 | A T C'75                                       | Groningen     | 8.5     | 50.1 F I T       | Breda        | 10.7 |
| 48.7  | Trias  | Vught         | 10.7    | 50.26 Sprint     | MA Kerkrade  | 14.5 |
| 49.00 | Hollandia                                      | MB Lisse      | 2.7     | 50.2 Oss'78      | Vught        | 8.5  |
| 48.9  | Impala   | Amsterdam     | 10.7    | 50.2 M P M       | Zevenaar     | 19.6 |
| 49.0  | Pr Hendrik                                     | Veldhoven     | 1.5     | 50.2 G A C-H     | Hilversum    | 10.7 |
| 49.0  | P S V  | Veldhoven     | 1.5     | 50.3 G V A C     | Hilversum    | 10.7 |
| 49.29 | Sagitta  | Lisse         | 2.7     | 50.3 A V R       | MB Lisse     | 28.5 |
| 49.32 | Sparta   | MA Rennes(Fr) | 24.9    | 50.4 A V'34      | Sittard      | 29.5 |
| 49.2  | Hellas   | Amsterdam     | 10.7    | 50.5 Fortis      | Nymegen      | 12.6 |
| 49.36 | D E M  | MA den Haag   | 11.9    | 50.5 T I O N     | Sittard      | 29.5 |
| 49.3  | Olympia Eh                                     | Hilversum     | 10.7    | 50.5 Phoenix     | Leiden       | 23.5 |
| 49.4  | T H O R  | MA Vlissingen | 19.6    | 50.66 Spartaan   | Lisse        | 2.7  |
| 49.4  | Pr Hendrik                                     | MA Vught      | 8.5     | 50.69 A V R II   | Utrecht      | 29.5 |
| 49.4  | Holland H                                      | Vught         | 10.7    |                  |              |      |

4 x 200 m estafette (weinig verwerkt- geen record)

|         |           |       |     |        |         |           |      |
|---------|-----------|-------|-----|--------|---------|-----------|------|
| 1.40.30 | D E M     | Lisse | 3.7 | 1.47.6 | G A C-H | Hilversum | 1.6  |
| 1.41.25 | Lycurgus  | Lisse | 3.7 | 1.51.3 | Altis   | Hilversum | 1.6  |
| 1.42.00 | Metro     | Lisse | 3.7 | 1.53.8 | Gouda   | Lisse     | 10.5 |
| 1.42.79 | Startbaan | Lisse | 3.7 | 1.57.5 | AAV'36  | Krommenie | 14.8 |
| 1.43.45 | Sparta    | Lisse | 3.7 |        |         |           |      |

4 x 400 m estafette NR nat ploeg 3.41.47 m Santander(Sp) 20881  
 ploeg ADA ~~3.49.3~~ den Haag 50979  
 ER SovjetUnie 3.15.8 m Seoul(Kor) 11088  
 WR idem

(geen jeugd ertussen)

3.33.72 nat ploeg (Tromp-vSteennis-de Leeuw-v Dorp) Brussel 18.6

|         |          |            |     |         |            |            |      |
|---------|----------|------------|-----|---------|------------|------------|------|
| 3.47.15 | A V R    | Lissabon   | 5.6 | 4.09.64 | H A C      | Helmond    | 25.9 |
| 3.47.68 | Lycurgus | Lisse      | 3.7 | 4.13.6  | G A C-H    | Amersfoort | 3.5  |
| 3.57.60 | A D A    | Lisse      | 3.7 | 4.17.39 | Tartletos  | Lisse      | 3.7  |
| 4.04.4  | Altis    | Amersfoort | 3.5 | 4.32.7  | G A C-H II | Amersfoort | 3.5  |
|         |          |            |     | 4.36.4  | Hermes     | Amersfoort | 3.5  |

4 x 800 meter estafette (geen records)

|         |         |       |     |         |           |             |      |
|---------|---------|-------|-----|---------|-----------|-------------|------|
| 9.03.80 | Hellas  | Lisse | 3.7 | 9.46.23 | Dynamo'70 | Lisse       | 3.7  |
| 9.04.41 | A D A   | Lisse | 3.7 | 9.46.49 | Spartaan  | Lisse       | 3.7  |
| 9.27.12 | Kimbria | Lisse | 3.7 | 9.55.81 | Ilion     | Lisse       | 3.7  |
| 9.44.70 | Bataven | Lisse | 3.7 | 10.01.5 | Avantri   | Schoonhoven | 2.10 |

# Runners

MAANDBLAD VOOR DE LOOPSPORT

## J O N G E N S

=====

100 m hardlopen NR limiet 10.65 s  
 ER Francesco Pavoni It 10.25 s Athene(Gri) 70982  
 WR Stanley Floyd USA 10.07 s Austin 240580

de beste 10 aller tijden:

|       |                       |    |            |               |         |
|-------|-----------------------|----|------------|---------------|---------|
| 10.4  | Sammy Monsels         | 53 | A A C      | Brussel(Be)   | 150672  |
| 10.5  | Chris Berger          | 11 | A V'23     | Hilversum     | 170830  |
| 10.5  | Martinus Osendarp     | 16 | Trekvogels | Amsterdam     | 300635  |
| 10.5  | Frans Luitjes         | 44 | Trekvogels | Innsbrück(Oo) | 270763  |
| 10.5  | Hugo Fernandes Mendes | 51 | Ciko'66    | Maastricht    | 220770  |
| 10.5  | Mario Westbroek       | 61 | Haarlem    | Merxsem(Be)   | 260878  |
| 10.5  | Mark van Veen         | 69 | V&L/TC     | den Haag      | 240988x |
| 10.79 | Peter Hodzelmans      | 66 | Caesar     | Sittard       | 30683   |
| 10.6  | 9 lopers              |    |            |               |         |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 10.94 | 11.34 | 11.52 |
| 1985 | 10.87 | 11.37 | 11.54 |
| 1986 | 10.94 | 11.24 | 11.44 |
| 1987 | 10.84 | 11.19 | 11.43 |
| 1988 | 10.74 | 11.24 | 11.42 |

|        |                       |           |            |           |         |
|--------|-----------------------|-----------|------------|-----------|---------|
| 10.74+ | Marc van Veen         | 69        | V&L/TC     | den Haag  | 24.9xrw |
|        | beste el. tijd: 11.20 | den Haag  | 11.9       |           |         |
| 10.84+ | Marc Weemaes          | 71        | Kimbria    | Uden      | 4.6     |
|        | beste el tijd: 10.97  | Uden      | 4.6        |           |         |
| 10.84+ | Harold Jones          | 69        | A A C      | Amsterdam | 19.6    |
|        | beste el tijd: 11.14  | Breda     | 12.6       |           |         |
| 10.84+ | Miquel Janssen        | 70        | A A C      | Amsterdam | 19.6    |
|        | beste el tijd: 11.26  | Amsterdam | 14.5       |           |         |
| 10.91  | Erik van Zee          | 71        | Typhoon    | Uden      | 4.6     |
| 10.99  | Ydo van Oostende      | 70        | Athletics  | Kerkrade  | 3.7     |
| 11.04+ | Marten Adriaansz      | 69        | Hellas     | Lisse     | 19.6    |
| 11.04+ | Eddy vd Made          | 69        | Sprint     | Breda     | 10.7    |
|        | 11.21 Roosendaal      | 13.7      |            |           |         |
| 11.15  | Marcel Dost           | 69        | TION       | Uden      | 4.6     |
| 11.15  | Arnold Konigferander  | 69        | AVA'64     | Leiden    | 4.9     |
|        | 11.04 den Haag        | 27.8rw    | 4.41       |           |         |
| 11.18  | Yuri vd Burgt         | 71        | A V N      | Uden      | 4.6     |
| 11.14+ | Jeroen Sunter         | 70        | Holland L  | Leiden    | 20.7    |
|        | 11.23 Rotterdam       | 12.5      |            |           |         |
| 11.24  | Wilmar Kortlever      | 71        | Holland L  | Uden      | 4.6     |
| 11.24+ | Guido Bonsen          | 69        | Hera       | Hoorn     | 19.6    |
| 11.24+ | Marco de Haan         | 71        | ARGO'77    | Groningen | 8.5     |
| 11.24+ | Sergio Vyent          | 70        | A V V      | Weert     | 29.5    |
|        | 11.38 Kerkrade        | 25.6      |            |           |         |
| 11.24+ | Camiel Wels           | 70        | Pr Hendrik | Vught     | 13.8    |
| 11.24+ | Dave Brouwer          | 71        | Pynenburg  | Lisse     | 19.6    |
| 11.24+ | Matthys de Jong       | 71        | Energie    | den Haag  | 1.5     |
|        | 11.14+ Rotterdam      | 10.4rw    |            |           |         |

|        |                      |         |              |             |       |
|--------|----------------------|---------|--------------|-------------|-------|
| 11.24+ | Erwin v Klaveren     | 69      | Sparta       | den Haag    | 2.10x |
|        | 11.19 den Haag       | 27.8    | rw4.41       |             |       |
| 11.27  | Steven Schilder      | 69      | Wielingen    | den Haag    | 27.8  |
| 11.27  | Anthony Ott          | 69      | A A C        | Eindhoven   | 21.5  |
| 11.34  | Erik vd Velde        | 71      | ARGO'77      | Uden        | 4.6   |
| 11.34  | Mark Tijmstra        | 71      | Statina      | Uden        | 4.6   |
| 11.34  | Richard Zeevat       | 69      | Ciko'66      | Leiden      | 4.9   |
| 11.34+ | Arno v't Hoog        | 70      | V&L/TC       | Rotterdam   | 19.6  |
| 11.34+ | Raymond Mahler       | 69      | G A C-H      | Lisse       | 19.6  |
| 11.34+ | Richard Roeters      | 69      | A A C'61     | Groningen   | 8.5   |
| 11.34+ | Hans Wolters         | 70      | A V N        | Zevenaar    | 15.5  |
| 11.34+ | Dave Elderenbosch    | 69      | A A C        | Krommenie   | 8.7   |
| 11.36  | Walter Kruk          | 70      | Holland H    | Uden        | 4.6   |
|        | 11.21 Helmond        | 25.9    | rw           |             |       |
| 11.36  | Sander Smit          | 69      | Pr Hendrik   | Kerkrade    | 14.5  |
| 11.37  | Yvo Haring           | 71      | Hollandia    | Uden        | 4.6   |
|        | 11.34+ Santpoort     | 9.7     | rw           |             |       |
| 11.37  | Olaf Senden          | 69      | Achilles Top | Kerkrade    | 3.7   |
| 11.35  | Jeroen Bos           | 70      | V&L/TC       | den Haag    | 11.9  |
|        | 11.14+ den Haag      | 24.9    | xrw          | 11.34 Hoorn | 18.9  |
|        |                      |         |              | 18.9        | 2.26  |
| 11.40  | Marcel Scheidt       | 70      | Phoenix      | Amsterdam   | 14.5  |
| 11.42  | Jan Stenger          | 69      | A T O S      | Hoorn       | 18.9  |
|        | 11.29 Hoorn          | 18.9    | rw2.26       |             |       |
| 11.42  | Rino Curiel          | 72      | P S V        | den Haag    | 11.9  |
| 11.42  | Fabian Heynen        | 71      | Wychen       | Uden        | 4.6   |
| 11.44+ | Arjan Otten          | 69      | P S V        | Eindhoven   | 2.10x |
| 11.44+ | Johan Vet            | 69      | Waterland    | Amsterdam   | 19.6  |
| 11.44+ | Vincent Mooyer       | 71      | Edam         | Uden        | 4.6   |
|        | Patrick Snoek        | 71      | A A C        | Uden        | 4.6   |
| 11.44+ | 11.14+ Santpoort     | 9.7     | rw           |             |       |
| 11.44+ | Gregory Lede         | 72      | Maraton      | Vlissingen  | 2.10x |
| 11.44+ | Ruben van Balen      | 71      | P S V        | Eindhoven   | 25.9x |
| 11.44+ | Edwin Hofma          | 71      | Hellas       | Lisse       | 19.6  |
| 11.44+ | Marc Nieuwenboom     | 69      | Pr Hendrik   | Vught       | 24.9x |
| 11.44+ | Marc vd Worp         | 70      | P E C        | Zwolle      | 31.5  |
| 11.44+ | Wim van Dijk         | 69      | Sprint       | Vlissingen  | 19.6  |
| 11.44+ | Ruud Hulscher        | 70      | Fortis       | Hengelo     | 25.9  |
| 11.44+ | André Jager          | 70      | Start'78     | Zwolle      | 19.6  |
| 11.44+ | René Kaptein         | 70      | N O P        | Drachten    | 10.9  |
| 11.44+ | Franklin van Uden    | 70      | H A C        | Helmond     | 24.4  |
|        | met rugwind ook nog: |         |              |             |       |
| 11.07  | Clemens Moe          | rw 2.26 | Metro        | Hoorn       | 18.9  |
| 11.18  | Patrick Olislagers   | 69      | Kimbria      | Roosendaal  | 29.5  |
| 11.24+ | Stefan Metaal        | 71      | A A C        | Santpoort   | 9.7   |
| 11.24+ | Remco de Jong        | 69      | Kronos       | Zwolle      | 22.6  |
| 11.28  | Michel Geysels       | rw 4.41 | RK HAV       | den Haag    | 27.8  |
| 11.34+ | Guido Zuidgeest      | 71      | Spark        | Rotterdam   | 10.4  |
| 11.34+ | Erik Franken         | 69      | V & L/TC     | den Haag    | 24.9  |
| 11.34+ | Karel Belfor         | 69      | V & L/TC     | den Haag    | 24.9  |
| 11.44+ | Roelant Verbeek      | 69      | V & L/TC     | den Haag    | 24.9  |
| 11.44+ | Ernst van Gerven     | 69      | A V V        | Veldhoven   | 17.4  |

200 m hardlopen NR limiet 21.35 s  
 ER Jürgen Evers DDR 20.37 s Schwechat(Oo) 280883  
 WR Lorenzo Daniel USA 20.07 s Starkville 100585

de beste 10 aller tijden:

|       |                   |    |            |             |        |
|-------|-------------------|----|------------|-------------|--------|
| 21.1  | Chris Berger      | 11 | AV'23      | Amsterdam   | 150630 |
| 21.1  | Martinus Osendarp | 16 | Trekvogels | Malmö(Zwe)  | 150935 |
| 21.1  | Sammy Monsels     | 53 | A A C      | Brussel(Be) | 250672 |
| 21.1  | Mario Westbroek   | 61 | Haarlem    | Sittard     | 190880 |
| 21.49 | Marcel Klarenbeek | 60 | S O Soest  | Mexico-City | 100979 |
| 21.3  | Frans Luitjes     | 44 | Trekvogels | Essen(BRD)  | 150963 |
| 21.62 | Arjen Visserman   | 65 | Impala     | Utrecht     | 260884 |
| 21.70 | Ben Callemeyn     | 58 | Kimbria    | den Haag    | 250677 |
| 21.72 | Pel vd Kerkhof    | 68 | Hellas     | Beverwijk   | 290686 |
| 21.5  | Frits Boss        | 43 | A V G'26   | Amsterdam   | 120862 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 21.62 | 22.90 | 23.44 |
| 1985 | 21.8  | 23.11 | 23.44 |
| 1986 | 21.72 | 22.79 | 23.24 |
| 1987 | 21.91 | 22.64 | 23.35 |
| 1988 | 21.84 | 22.80 | 23.24 |

|        |                      |            |              |                  |      |
|--------|----------------------|------------|--------------|------------------|------|
| 21.84+ | Miquel Janssen       | 70         | A A C        | Willemsstad(Cur) | 16.7 |
| 22.06  | Marc Weemaes         | 71         | Kimbria      | Uden             | 4.6  |
| 22.21  | Erik van Zee         | 71         | Typhoon      | Uden             | 4.6  |
| 22.24+ | Ydo van Oostende     | 70         | Athletics    | Losser           | 8.6  |
| 22.34+ | Steven Schilders     | 69         | Wielingen    | Vlissingen       | 17.9 |
| 22.44  | Marcel Dost          | 69         | T I O N      | Gendringen       | 28.8 |
| 22.44+ | Camiel Wels          | 70         | Pr Hendrik   | Vught            | 13.8 |
| 22.44+ | Dave Elderenbosch    | 69         | A A C        | Utrecht          | 10.6 |
| 22.45  | Harold Jones         | 69         | A A C        | Krommenie        | 26.6 |
| 22.51  | Wilmar Kortlever     | 71         | Holland L    | Uden             | 4.6  |
| 22.53  | Jeroen Sunter        | 70         | Holland L    | Krommenie        | 26.6 |
| 22.55  | Olaf Senden          | 69         | Achilles Top | Kerkrade         | 14.5 |
| 22.59  | Clemens Moe          |            | Metro        | den Haag         | 28.8 |
| 22.62  | Guido Bansen         | 69         | Hera         | Krommenie        | 26.6 |
| 22.64+ | Hans Wolters         | 70         | A V N        | Vught            | 13.8 |
| 22.64+ | Michel Geysels       | 70         | RK H A V     | Rotterdam        | 17.8 |
|        | 22.79 el Zierikzee   | 15.5       |              |                  |      |
| 22.67  | Yuri vd Burgt        | 71         | A V N        | Uden             | 4.6  |
| 22.74+ | Richard Coté         | 69         | Lycurgus     | Krommenie        | 8.7  |
| 22.74+ | Erwin v Klaveren     | 69         | Sparta       | den Haag         | 1.5  |
|        | 22.46 den Haag       | 28.8rw2.19 |              |                  |      |
| 22.80  | Edward Konigferander | 69         | AVA'64       | Krommenie        | 26.6 |
|        | 22.73 den Haag       | 28.8rw2.19 |              |                  |      |
| 22.82  | Sander Smit          | 69         | Pr Hendrik   | Kerkrade         | 14.5 |
| 22.84+ | Walter Kruk          | 70         | Holland H    | Hilversum        | 18.9 |
| 22.88  | Jan Stenger          | 69         | A T O S      | Amsterdam        | 14.5 |
| 22.91  | Eddy vd Made         | 69         | Sprint       | Krommenie        | 26.6 |
| 22.94+ | Onno van Alphen      | 71         | Olympia Eh   | Vught            | 13.8 |
| 22.94+ | Richard Zeevat       | 69         | Ciko'66      | Zevenaar         | 15.5 |
| 22.98  | Mark Tijmstra        | 71         | Statina      | Roosendaal       | 28.8 |

|              |                    |    |            |             |      |
|--------------|--------------------|----|------------|-------------|------|
| 23.01        | Pascal Olislagers  | 69 | Kimbria    | Kerkrade    | 15.5 |
| 23.03        | Doynell Rijkaard   | 69 | A A C      | Amsterdam   | 14.5 |
| 23.04+       | Menno Suur         | 72 | T H O R    | Zevenbergen | 15.6 |
| 23.04+       | Claudio. Baldussi  | 70 | A V R      | Dordrecht   | 24.4 |
| 23.06        | Maarten Adriaansz  | 69 | Hellas     | Amsterdam   | 29.5 |
| 23.10        | Sergio Vyent       | 70 | A V V      | Kerkrade    | 14.5 |
| 23.14+       | Marco de Hart      | 69 | Phoenix    | Utrecht     | 10.6 |
| 23.14+       | Franklin van Uden  | 70 | H A C      | Helmond     | 24.4 |
| 23.14+       | Raymond Mahler     | 69 | G A C-H    | Beverwijk   | 1.7  |
| 23.14+       | Wim van Dijk       | 69 | Sprint     | Vught       | 13.8 |
| 23.14+       | Matthijs de Jong   | 71 | Energie    | den Haag    | 1.5  |
| 23.14+       | Stefan Praet       | 71 | RK H A V   | Rotterdam   | 17.8 |
| 23.14+       | Mark Nieuwenboom   | 69 | Pr Hendrik | Vught       | 13.8 |
| 23.14        | Edwin Hofma        | 71 | Hellas     | Uden        | 4.6  |
| 23.14+       | Gees Houtepen      | 70 | A V'56     | Vlissingen  | 29.6 |
| 23.20        | Peter Uil          | 69 | A V N      | Nymegen     | 25.5 |
| 23.24+       | Jerrel Boschmann   | 72 | Attila     | Veldhoven   | 1.5  |
| 23.24+       | Jeroen Bos         | 70 | V&L/TC     | den Haag    | 1.5  |
| 23.24+       | Richard Roeters    | 69 | A A C'61   | Drachten    | 13.5 |
| 23.24+       | Erik vd Velde      | 71 | ARGO'77    | Drachten    | 10.9 |
| 23.24+       | Harald van Riessen | 69 | P E C      | Zwolle      | 31.5 |
| 23.24+       | Patrick Michiels   | 70 | Kimbria    | Kerkrade    | 23.7 |
| 23.24+       | Wim Bronkhorst     | 70 | Sparta     | den Haag    | 8.6  |
| met rugwind: |                    |    |            |             |      |
| 22.84+       | Don Baptista       | 71 | Hollandia  | Santpoort   | 9.7  |

|                        |    |                   |     |         |                |        |
|------------------------|----|-------------------|-----|---------|----------------|--------|
| <u>400 m hardlopen</u> | NR | Marcel Klarenbeek |     | 46.68 s | Mexico-City    | 90979  |
|                        | ER | Thomas Schönlebe  | DDR | 45.01   | O Berlijn      | 150784 |
|                        | WR | Steve Lewis       | USA | 44.11   | s Indianapolis | 180788 |

de beste 10 aller tijden:

|       |                   |            |    |             |        |
|-------|-------------------|------------|----|-------------|--------|
| 46.68 | Marcel Klarenbeek | S O Soest  | 60 | Mexico-City | 90979  |
| 46.96 | Arjen Visserman   | Impala     | 65 | Amsterdam   | 40884  |
| 47.14 | Mario Westbroek   | Haarlem    | 61 | den Haag    | 40780  |
| 47.50 | Koen Gijsbers     | Bataven    | 58 | Oslo(No)    | 60777  |
| 47.4  | Allan Ellsworth   | Haarlem    | 64 | Haarlem     | 91083  |
| 47.65 | Pel vd Kerkhof    | Hellas     | 68 | Amsterdam   | 60987  |
| 47.81 | Erik vd Veen      | A V R      | 66 | Amsterdam   | 230685 |
| 47.7  | Hugo Pont         | Sisu       | 59 | Haarlem     | 30678  |
| 47.9  | Jan van Uden      | Schaesberg | 42 | Aken(BRD)   | 160660 |
| 47.9  | Louis Franssen    | Keien      |    | Hengelo     | 200970 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 46.96 | 50.54 | 51.68 |
| 1985 | 47.81 | 50.34 | 51.64 |
| 1986 | 48.46 | 50.42 | 51.70 |
| 1987 | 47.65 | 50.14 | 51.50 |
| 1988 | 48.76 | 50.29 | 51.54 |

|        |                           |    |              |             |       |
|--------|---------------------------|----|--------------|-------------|-------|
| 48.76  | Dave Elderenbosch         | 69 | A A C        | Hechtel(Be) | 30.7  |
| 48.94+ | Olaf Senden               | 69 | Achilles Top | Helmond     | 19.6  |
| 49.34+ | Michel Geysels            | 70 | RK HAV       | Rotterdam   | 19.6  |
| 49.47  | Roelant Verbeek           | 69 | V&L/TC       | Leiden      | 4.9   |
| 49.72  | Jan Stenger               | 69 | A T O S      | Amsterdam   | 14.5  |
| 49.84+ | Guido Bonsen              | 69 | Hera         | Krommenie   | 8.5   |
| 49.93  | Anthony Ott               | 69 | A A C        | Eindhoven   | 21.5  |
| 49.94+ | Vincent Hoek              | 71 | Avantri      | Rotterdam   | 19.6  |
| 49.98  | Miquel Janssen            | 70 | A A C        | den Haag    | 11.9  |
| 50.03  | Stefan Beerepoot          | 71 | Hollandia    | Uden        | 4.6   |
| 50.04  | Arjan Rynsburger          | 72 | Holland L    | Zwolle      | 11.6  |
| 50.14  | Arno Bracco Gartner       | 70 | A V'40       | Rotterdam   | 12.5  |
| 50.14+ | Franklin van Uden         | 70 | H A C        | Helmond     | 19.6  |
| 50.24+ | John Counotte             | 70 | Achilles Top | Kerkrade    | 10.7  |
| 50.24+ | Robert J Kokshoorn        | 69 | Sparta       | Rotterdam   | 19.6  |
| 50.34+ | Harold Jones              | 69 | A A C        | Amsterdam   | 10.7  |
| 50.34+ | Eddy vd Made              | 69 | Sprint       | Breda       | 10.7  |
| 50.29  | Jeroen Arentsman          | 69 | Waterland    | Amsterdam   | 19.6  |
| 50.34+ | Harald v Riessen          | 69 | P E C        | Zwolle      | 19.6  |
| 50.44+ | Walter Kruk               | 70 | Holland H    | Haarlem     | 10.9x |
|        | 51.04 el Helmond 25.9     |    |              |             |       |
| 50.44+ | Hans Wolters              | 70 | A V N        | Amsterdam   | 29.7  |
| 50.54+ | Eddy Kiemel               | 71 | A T G'75     | Drachten    | 19.6  |
| 50.64+ | Sjaak Stuiver             | 69 | Start'78     | Drachten    | 14.4  |
| 50.64+ | Jeroen Sunter             | 70 | Holland L    | Lisse       | 19.6  |
| 50.68  | Ralph Musters             | 71 | A V'34       | Uden        | 4.6   |
| 50.74+ | Jacob Wagenaar            | 69 | Horror       | Drachten    | 14.4  |
| 50.74+ | Danny Sinnige             | 70 | S A V        | Hoorn       | 19.6  |
|        | 50.80 el Hoorn 18.9       |    |              |             |       |
| 50.74+ | Fred Jaarsma              | 69 | A V'34       | Zwolle      | 24.4  |
| 50.84+ | Yvo Haring                | 71 | Hollandia    | Santpoort   | 9.7   |
| 50.84+ | Cees Houtepen             | 70 | A V'56       | Middelburg  | 20.8  |
| 50.93  | Marcel Dost               | 69 | T I O N      | Helmond     | 4.9   |
| 50.94+ | Edwin Hofma               | 71 | Hellas       | Uden        | 4.6   |
| 50.97  | Kees Hillenius            | 71 | AVA'64       | Uden        | 4.6   |
| 51.04+ | Raymond Mahler            | 69 | G A C-H      | Huizen      | 6.7   |
| 51.04+ | Pascal Olislagers         | 69 | Kimbria      | Sittard     | 8.5   |
| 51.21  | Karel Belfor              | 69 | V & L/TC     | den Haag    | 11.9  |
| 51.24+ | Danny Hoedemakers         | 69 | Venray       | Sittard     | 8.5   |
| 51.28  | Sander Smit               | 69 | Pr Hendrik   | Amsterdam   | 29.5  |
| 51.34+ | Menno Suur                | 72 | T H O R      | Vlissingen  | 19.6  |
| 51.30  | Richard v Sintmaartensdyk | 69 | Altis        | Amsterdam   | 14.5  |
| 51.41  | Erik Molenberg            | 70 | Athlos       | Zwolle      | 29.5  |
| 51.43  | Alex Vermast              | 70 | T H O R      | den Haag    | 11.9  |
| 51.44+ | Marcel Roosen             | 69 | Holland H    | Hilversum   | 30.5  |
| 51.44+ | Rens Eising               | 69 | Zaanland     | Krommenie   | 3.6   |
| 51.49  | Alex Scholte              | 71 | G A C-H      | Roosendaal  | 28.8  |
| 51.54+ | Onno v Alphen             | 71 | Olympia Eh   | Haarlem     | 11.9  |
| 51.54+ | Ewald v Sintmaartensdyk   | 71 | A V'34       | Zevenaar    | 15.5  |
| 51.54+ | Richard Coté              | 69 | Lycurgus     | Hoorn       | 19.6  |
| 51.54+ | Doynell Rijkaard          | 69 | A A C        | Amsterdam   | 19.6  |
| 51.54+ | Camiel Wels               | 69 | Pr Hendrik   | Veldhoven   | 19.6  |
| 51.54+ | Robert Wels               | 69 | Pr Hendrik   | Veldhoven   | 19.6  |
| 51.60  | Barwout Verhoeven         | 69 | A V N        | Nymegen     | 25.5  |

|                        |    |               |     |         |              |        |
|------------------------|----|---------------|-----|---------|--------------|--------|
| <u>800 m hardlopen</u> | NR | Rob Druppers  |     | 1.46.88 | m Hengelo    | 260981 |
|                        | ER | Andreas Busse | DDR | 1.45.45 | m Dresden    | 70877  |
|                        | WR | Joaquim Cruz  | Brz | 1.44.3  | m Terrehaute | 100666 |

de beste 10 aller tijden:

|         |                 |    |            |              |        |
|---------|-----------------|----|------------|--------------|--------|
| 1.46.88 | Rob Druppers    | 62 | Hellas     | Hengelo      | 260981 |
| 1.48.36 | Arjen Visserman | 65 | A A C      | Hengelo      | 270782 |
| 1.49.1  | Koen Gijsbers   | 58 | Bataven    | Roosendaal   | 40977  |
| 1.49.3  | Arno Körmeling  | 56 | Sisu       | Papendal     | 160775 |
| 1.49.4  | Ray van Asten   | 42 | A A C      | Modesto(USA) | 270561 |
| 1.49.5  | Arie Ruiter     | 58 | N O P      | Papendal     | 300577 |
| 1.50.5  | Robin v Helden  | 65 | V&L/TC     | Amsterdam    | 10786  |
| 1.50:67 | Rens Eising     | 69 | Zaanland   | Vught        | 280687 |
| 1.50.7  | Jan van Uden    | 42 | Schaesberg | Eindhoven    | 190759 |
| 1.50.75 | Coen Stoker     | 68 | A V'34     | Vught        | 280687 |

|      | 1       | 20     | 50     |
|------|---------|--------|--------|
| 1984 | 1.48.5  | 1.56.2 | 1.58.6 |
| 1985 | 1.51.6  | 1.55.4 | 1.58.5 |
| 1986 | 1.50.93 | 1.55.4 | 1.58.8 |
| 1987 | 1.50.67 | 1.55.7 | 1.58.7 |
| 1988 | 1.51.50 | 1.55.9 | 1.58.7 |

|         |                         |    |              |               |      |
|---------|-------------------------|----|--------------|---------------|------|
| 1.51.47 | Vincent Hoek            | 71 | Avantri      | Rotterdam     | 12.5 |
| 1.51.5  | Roelant Verbeek         | 69 | V&L/TC       | Rotterdam     | 1.9  |
| 1.51.63 | Rens Eising             | 69 | Zaanland     | Leiden        | 12.5 |
| 1.53.1  | Stefan Beerepoot        | 71 | Hollandia    | Hoorn         | 19.6 |
| 1.53.6  | Ton Verbaandert         | 69 | G V A C      | Hechtel(Be)   | 2.6  |
| 1.53.80 | Jacob Wagenaar          | 69 | Horror       | Krommenie     | 26.6 |
| 1.54.23 | Peter van Dijk          | 70 | H A C        | den Haag      | 11.9 |
| 1.54.3  | Ted Smit                | 72 | Nova         | Haarlem       | 28.5 |
| 1.54.4  | Peter Gisberts          | 70 | Achilles Top | Sittard       | 13.8 |
| 1.54.44 | Keesjan Bongaertz       | 71 | V&L/TC       | den Haag      | 11.9 |
| 1.54.58 | Robert J Kokshoorn      | 69 | Sparta       | Krommenie     | 26.6 |
| 1.54.61 | Ed Kiemel               | 71 | ATC'75       | Uden          | 5.6  |
| 1.54.8  | Arno Bracco Gartner     | 70 | A V'40       | Utrecht       | 10.6 |
| 1.55.0  | Toon van Gool           | 69 | Swift        | Sittard       | 10.9 |
| 1.55.1  | Marco Koers             | 71 | A V N        | Nymegen       | 16.8 |
| 1.54.4  | Danny Hoedemakers       | 69 | Venray       | Helmond       | 31.5 |
| 1.55.5  | Michel Geysels          | 70 | RK HAV       | Vlissingen    | 17.9 |
| 1.55.5  | Olaf Buelens            | 70 | H A C        | Uden          | 30.6 |
| 1.55.9  | Seppo Hensgens          | 70 | Swift        | Sittard       | 21.5 |
| 1.55.9  | Simon Vroemen           | 69 | Achilles EL  | Middelburg    | 8.5  |
| 1.56.0  | Luis Paerson            | 69 | N O P        | Zwolle        | 19.6 |
| 1.56.1  | Geurt Rozendaal         | 69 | G A C-H      | Hilversum     | 24.6 |
| 1.56.2  | Ewald v Sintmaartensdyk | 71 | A V'34       | Zwolle        | 19.6 |
| 1.56.7  | Ger Zwartendijk         | 69 | P A C        | Zierikzee     | 15.5 |
| 1.57.0  | Fred Jaarsma            | 69 | A V'34       | Zevenaar      | 15.5 |
| 1.57.3  | Johan van Dooren        | 69 | H A C        | Valkenswaard  | 3.9  |
| 1.57.3  | Danny Nelen             | 71 | Hollandia    | Santpoort     | 23.6 |
| 1.57.39 | John Sebregts           | 70 | T H O R      | den Haag      | 11.9 |
| 1.57.4  | Erik Molenberg          | 70 | Athlos       | Zevenaar      | 15.5 |
| 1.57.4  | Barwoud Verhoeven       | 69 | A V N        | Kevelaer(BRD) | 18.6 |



|         |                       |    |              |            |      |
|---------|-----------------------|----|--------------|------------|------|
| 1.57.46 | Arno Buitenweg        | 71 | Olympus'70   | Rotterdam  | 12.5 |
| 1.57.5  | Bovo Janss            | 69 | Keien        | Uden       | 16.8 |
| 1.57.7  | Dave Elderenbosch     | 69 | A A C        | Amsterdam  | 19.6 |
| 1.57.8  | Patrick vd Rijdt      | 71 | Keien        | Uden       | 16.8 |
| 1.57.9  | Jeffrey Himpers       | 70 | Lycurgus     | Utrecht    | 10.6 |
| 1.58.0  | Gunnar Brenninckmeyer | 72 | Horror       | Drachten   | 10.6 |
| 1.58.1  | Vincent Telgen        | 72 | Cialfo       | Zwolle     | 19.6 |
| 1.58.2  | Arjan Rijsburger      | 72 | Holland L    | Lisse      | 19.6 |
| 1.58.2  | René Jacobs           | 69 | Jasper Sport | Veldhoven  | 17.4 |
| 1.58.2  | Frank Reith           | 69 | T I O N      | Zevenaar   | 19.6 |
| 1.58.3  | Eelco de Voogt        | 69 | Ilion        | den Haag   | 28.8 |
| 1.58.3  | Revelino Rijk         | 70 | Marathon     | Vlissingen | 19.6 |
| 1.58.56 | Robin Punt            | 69 | P A C        | Papendal   | 8.6  |
| 1.58.6  | Ralph Musters         | 71 | A V'34       | Zevenaar   | 15.5 |
| 1.58.6  | Richard v Eekelen     | 70 | Groene Ster  | Roosendaal | 1.6  |
| 1.58.6  | Johan Sloot           | 69 | Start'78     | Haarlem    | 11.9 |
| 1.58.6  | Olaf Senden           | 69 | Achilles Top | Sittard    | 20.8 |
| 1.58.7  | Sander vd Vlugt       | 70 | Lycurgus     | Utrecht    | 10.6 |
| 1.58.8  | Jan Blok              | 71 | D E M        | Krommenie  | 1.5  |
| 1.58.8  | Ron vd Linde          | 71 | A A A        | den Haag   | 28.5 |

1000 meter (nieuw nummer)

|         |                    |    |               |             |      |
|---------|--------------------|----|---------------|-------------|------|
| 2.26.2  | Roelant Verbeek    | 69 | V & L/TC      | Leiden      | 20.7 |
| 2.27.4  | Vincent Hoek       | 71 | Avantri       | Leiden      | 20.7 |
| 2.28.4  | René Jacobs        | 69 | Jasper Sport  | Hechtel(Be) | 30.6 |
| 2.29.1  | Olaf Buelens       | 70 | H A C         | Helmond     | 23.8 |
| 2.29.2  | Peter van Dijk     | 70 | H A C         | Helmond     | 23.8 |
| 2.31.9  | Ted Smit           | 72 | Nova          | Amsterdam   | 21.7 |
| 2.32.0  | Keesjan Bongaertz  | 71 | V & L/TC      | Amsterdam   | 15.4 |
| 2.32.3  | Robert J Kokshoorn | 69 | Sparta        | Lisse       | 30.8 |
| 2.34.0  | Stefan Beerepoot   | 71 | Hollandia     | Aalsmeer    | 27.4 |
| 2.34.4  | Ger Zwartendijk    | 69 | P A C         | Leiden      | 20.7 |
| 2.34.6  | Jan Blok           | 71 | D E M         | Amsterdam   | 21.7 |
| 2.34.9  | Arno Buitenweg     | 71 | Olympus'70    | Beverwijk   | 29.7 |
| 2.35.7  | Johan van Dooren   | 69 | H A C         | Helmond     | 23.8 |
| 2.36.2  | John Sebregts      | 70 | T H O R       | Vught       | 13.8 |
| 2.36.3  | Erik Molenberg     | 70 | Athlos        | Hilversum   | 1.6  |
| 2.36.7  | Robin Punt         | 69 | P A C         | Vught       | 13.8 |
| 2.36.78 | Richard Bock       | 71 | P S V         | Hechtel(Be) | 30.7 |
| 2.37.8  | Peter Leistra      |    | Holland H     | Amsterdam   | 21.7 |
| 2.38.6  | Geurt Rozendaal    | 69 | G A C-H       | Hilversum   | 1.6  |
| 2.38.8  | Bart Nelemans      | 70 | Unitas        | Helmond     | 23.8 |
| 2.39.7  | Rodney Dirksz      | 70 | Gouda         | Leiden      | 20.7 |
| 2.40.2  | Johan vd Heyden    | 71 | A V V         | Helmond     | 23.8 |
| 2.40.2  | Bart Raymakers     | 72 | A V V         | Helmond     | 23.8 |
| 2.40.4  | Henri Vermeer      | 71 | Gen.Michaelis | Helmond     | 23.8 |
| 2.40.6  | Arjan Rijsburger   | 72 | Holland L     | Leiden      | 20.7 |
| 2.40.8  | Stan Rijken        | 73 | Pr Hendrik    | Helmond     | 23.8 |
| 2.41.0  | Mark Goossens      | 71 | Spado         | Leiden      | 20.7 |

|                   |                           |           |              |        |
|-------------------|---------------------------|-----------|--------------|--------|
| <u>1500 meter</u> | NR Paul Jaspers           | 3.43.8 m  | Neerpelt(Be) | 10884  |
|                   | ER Graham Williamson GB   | 3.36.6 m  | Oslo         | 170779 |
|                   | WR Kipkoech Cheroiyot Ken | 3.34.92 m | München      | 260783 |

de beste 10 aller tijden:

|         |                 |          |    |                |        |
|---------|-----------------|----------|----|----------------|--------|
| 3.43.8  | Paul Jaspers    | Haarlem  | 65 | Neerpelt(Be)   | 10884  |
| 3.44.7  | Wibo Lelyveld   | Bataven  | 47 | Roosendaal     | 50976  |
| 3.45.52 | Luc Krotwaar    | P S V    | 68 | Vught          | 160687 |
| 3.45.55 | Eyob Muller     | Spark    | 67 | Papendal       | 190586 |
| 3.46.35 | John Slood      | Start'78 | 69 | Rhede(BRD)     | 40787  |
| 3.46.70 | Marcel Versteeg | V&L/TC   | 65 | Hengelo        | 60784  |
| 3.46.7  | Rens Eising     | Zaanland | 69 | Neerpelt(Be)   | 80788  |
| 3.47.2  | Marc Borghans   | Caesar   | 60 | Nymegen        | 120879 |
| 3.47.62 | Johan Kuijpers  | Festina  | 65 | Ingelheim(BRD) | 60983  |
| 3.47.72 | Corné Peters    | Spado    | 66 | Haarlem        | 300685 |

|      | 1       | 20     | 50     |
|------|---------|--------|--------|
| 1984 | 3.43.8  | 4.01.1 | 4.09.3 |
| 1985 | 3.47.8  | 4.04.9 | 4.11.0 |
| 1986 | 3.45.55 | 4.00.4 | 4.08.5 |
| 1987 | 3.45.52 | 4.03.7 | 4.11.1 |
| 1988 | 3.46.7  | 4.03.8 | 4.11.0 |

|         |                       |    |                |                |       |
|---------|-----------------------|----|----------------|----------------|-------|
| 3.46.7  | Rens Eising           | 69 | Zaanland       | Neerpelt(Be)   | 8.7   |
| 3.48.8  | TonVerbaandert        | 69 | G V A C        | Neerpelt(Be)   | 8.7   |
| 3.54.9  | René Jacobs           | 69 | Jasper Sport   | Bergen op Zoom | 10.9  |
| 3.55.0  | Keesjan Bongaertz     | 71 | V & L/TC       | Amsterdam      | 1.10  |
| 3.56.4  | Peter van Dijk        | 70 | H A C          | Uden           | 20.9  |
| 3.57.0  | Frank Reith           | 69 | T I O N        | Hengelo        | 3.7   |
| 3.57.1  | Simon Vroemen         | 69 | Achilles:Tartl | Vught          | 7.6   |
| 3.57.72 | Luis Paerson          | 69 | N O P          | Krommenie      | 26.6  |
| 3.58.5  | Olaf Buelens          | 70 | H A C          | Uden           | 20.9  |
| 3.58.6  | Seppo Hensgens        | 70 | Swift          | Kerkrade       | 3.6   |
| 3.58.8  | Vincent Telgen        | 72 | Cialfo         | Papendal       | 7.9   |
| 3.59.3  | Vincent Hoek          | 71 | Avantri        | Rotterdam      | 15.6  |
| 3.59.4  | Clemens van Ostayen   | 69 | Keien          | Veldhoven      | 24.5  |
| 4.00.2  | Marco Koers           | 72 | A V N          | Papendal       | 7.9   |
| 4.00.45 | Arno Buitenweg        | 71 | Olympus'70     | Uden           | 4.6   |
| 4.01.29 | Danny Nelen           | 71 | Hollandia      | Uden           | 4.6   |
| 4.02.26 | Gunnar Brenninckmeyer | 72 | Horror         | Uden           | 4.6   |
| 4.02.3  | Marco Gielen          | 70 | Tegelen        | Helmond        | 28.8  |
| 4.03.3  | Roelant Verbeek       | 69 | V & L/TC       | den Haag       | 6.8   |
| 4.03.4  | Theo Verdooren        | 70 | Papendrecht    | den Haag       | 1.5   |
| 4.03.8  | Jeroen Bakker         | 69 | P A C          | Veldhoven      | 24.5  |
| 4.05.10 | Joost Vollaard        | 72 | A V N          | Uden           | 4.6   |
| 4.06.04 | Robert Brouwer        | 71 | Aquilo         | Uden           | 4.6   |
| 4.06.5  | Ad de Bruyn           | 70 | A V R'69       | Koblentz(BRD)  | 1.6   |
| 4.06.5  | Robin Punt            | 69 | P A C          | Zierikzee      | 14.5  |
| 4.06.6  | Leon Dorssers         | 69 | Venray         | Vught          | 7.6   |
| 4.06.8  | Richard Bock          | 71 | P S V          | Eindhoven      | 24.9x |
| 4.06.87 | Arthur van Dijk       | 71 | Olympus'70     | Uden           | 4.6   |
| 4.07.2  | John Nagelhout        | 69 | G A C-H        | Beverwijk      | 26.8  |
| 4.07.29 | Alex vd Maas          | 71 | Spado          | Uden           | 4.6   |

|         |                    |    |            |           |      |
|---------|--------------------|----|------------|-----------|------|
| 4.07.4  | Robert J Kokshoorn | 69 | Sparta     | Amsterdam | 1.10 |
| 4.07.9  | Hans Gärtner       | 72 | A V N      | Uden      | 20.9 |
| 4.07.99 | Jeffrey Himpers    | 70 | Lycurgus   | Krommenie | 26.6 |
| 4.08.3  | Bart Nelemans      | 70 | Unitas     | Sittard   | 20.8 |
| 4.08.53 | Paul Kalter        | 69 | D O S-K    | Hoorn     | 18.9 |
| 4.08.6  | Merlijn Trouw      | 71 | A V N      | Papendal  | 7.9  |
| 4.08.9  | Martin Lauret      | 71 | T H O R    | Vught     | 13.8 |
| 4.09.06 | Dennis v Tongeren  | 71 | A V A'81   | Uden      | 4.6  |
| 4.09.2  | Patrick vd Rijdt   | 71 | Keien      | Uden      | 13.8 |
| 4.09.45 | Pedro Leistra      |    | Holland H  | Krommenie | 26.6 |
| 4.09.8  | Vincent Stolp      | 71 | Lycurgus   | Beverwijk | 12.8 |
| 4.10.2  | Bas Spliet         | 69 | Horror     | Beverwijk | 10.7 |
| 4.10.3  | Robert Wels        | 69 | Pr Hendrik | Vught     | 7.6  |
| 4.10.4  | John Sebregts      | 70 | T H O R    | Uden      | 12.6 |
| 4.10.4  | Paul Clement       | 69 | Horror     | Hoorn     | 12.6 |
| 4.10.4  | Ron vd Linde       | 71 | A A A      | Dordrecht | 8.6  |
| 4.10.4  | Jack vd Broek      | 69 | G V A C    | Uden      | 23.5 |
| 4.10.6  | Robert Smits       | 70 | Kimbria    | Kerkrade  | 23.7 |
| 4.10.6  | Kees Houtepen      | 70 | A V'56     | Zierikzee | 15.5 |
| 4.10.6  | Barwoud Verhoeven  | 69 | A V N      | Zevenaar  | 15.5 |
| 4.10.7  | Eelco de Voogt     | 69 | Ilion      | den Haag  | 27.8 |

1 E M (nieuw nummer)

|        |                    |    |              |                |      |
|--------|--------------------|----|--------------|----------------|------|
| 4.20.1 | René Jacobs        | 69 | Jasper Sport | Veldhoven      | 18.9 |
| 4.21.8 | Olaf Buelens       | 70 | H A C        | Veldhoven      | 18.9 |
| 4.28.4 | Robert J Kokshoorn | 69 | Sparta       | den Haag       | 31.8 |
| 4.30.8 | Paul Kalter        | 69 | D O S-K      | Zwolle         | 19.7 |
| 4.35.7 | Mark Huyben        | 70 | G V A V      | Zwolle         | 19.7 |
| 4.37.7 | Bert Wezenberg     | 69 | D O S-K      | Zwolle         | 19.7 |
| 4.39.1 | Patrick v't Hoff   | 71 | Sparta       | den Haag       | 31.8 |
| 4.39.6 | Alex vd Maas       | 71 | Spado        | Bergen op Zoom | 15.9 |
| 4.39.8 | Marco Simonse      | 69 | A V'56       | Bergen op Zoom | 15.9 |
| 4.40.1 | Martin Zandvliet   | 73 | Sparta       | den Haag       | 31.8 |

2000 meter (nieuw nummer)

|         |                    |    |               |              |      |
|---------|--------------------|----|---------------|--------------|------|
| 5.32.8  | Robert J Kokshoorn | 69 | Sparta        | Rotterdam    | 7.9  |
| 5.47.6  | Patrick vd Rijdt   | 71 | Keien         | Nymegen      | 17.4 |
| 5.48.3  | Theo Verdooren     | 69 | Papendrecht   | Rotterdam    | 7.9  |
| 5.49.3  | Niels Koole        | 71 | Dynamo'70     | Rotterdam    | 7.9  |
| 5.51.3  | Michel Barth       | 70 | Sliedre Sport | Rotterdam    | 7.9  |
| 5.51.8  | Jeroen van Erp     | 70 | Wycken        | Nymegen      | 17.4 |
| 5.58.3  | Johan vd Heyden    | 71 | A V V         | Valkenswaard | 21.4 |
| 6.00.1  | Edwin Heuvelman    | 69 | Metro         | Rotterdam    | 7.9  |
| 6.02.0  | Pascal Bakker      | 71 | Energie       | Rotterdam    | 7.9  |
| 6.04.0  | Marco Mensink      | 71 | Cialfo        | Zevenaar     | 16.4 |
| 6.05.2  | Rachid Elabouchi   | 69 | A V R         | Rotterdam    | 7.9  |
| 6.05.9  | Stefan Nieuwenhuis | 71 | A V V         | Valkenswaard | 21.4 |
| 6.06.4  | Gerben Ypelaar     | 72 | Attila        | Nymegen      | 17.4 |
| 6.09.78 | John Sebregts      | 70 | T H O R       | Roosendaal   | 23.7 |
| 6.10.1  | Maikel Doreleyers  | 70 | Attila        | Nymegen      | 17.4 |
| 6.10.2  | Marcel Kijkuit     | 62 | Sliedre Sport | Rotterdam    | 7.9  |

|                   |    |              |                |             |        |
|-------------------|----|--------------|----------------|-------------|--------|
| <u>3000 meter</u> | NR | Paul Jaspers | 7.57.62 m      | Hechtel(Be) | 120884 |
|                   | ER | Ari Paunonen | Finl 7.43.20 m | Keulen(BRD) | 220677 |
|                   | WR | idem         |                |             |        |

de beste 10 aller tijden:

|         |                  |    |                       |                 |        |
|---------|------------------|----|-----------------------|-----------------|--------|
| 7.57.62 | Paul Jaspers     | 65 | Haarlem               | Hechtel(Be)     | 120884 |
| 8.04.9  | Marcel Versteeg  | 65 | <del>V&amp;L/TC</del> | den Haag        | 150684 |
| 8.05.2  | Johan Kuijpers   | 65 | Festina               | Nymegen         | 20883  |
| 8.09.9  | Marc Borghans    | 60 | Caesar                | Bydgoszcz(Pol)  | 190879 |
| 8.13.3  | Armando Houtveen | 59 | Altis                 | Roosendaal      | 20978  |
| 8.13.97 | Eyob Muller      | 67 | Spark                 | Hechtel(Be)     | 170886 |
| 8.14.0  | Jos Hermens      | 50 | U N C                 | Kleef(BRD)      | 290569 |
| 8.15.2  | Klaas Lok        | 55 | Phoenix               | Brussel(Be)     | 110974 |
| 8.16.3  | Luc Krotwaar     | 68 | P S V                 | Tessenderlo(Be) | 220887 |
| 8.16.5  | Stijn Jaspers    | 61 | Haarlem               | Brussel(Be)     | 270880 |

|      | 1       | 20     | 50     |
|------|---------|--------|--------|
| 1984 | 7.57.6  | 8.49.0 | 9.07.0 |
| 1985 | 8.21.2  | 8.52.0 | 9.08.4 |
| 1986 | 8.13.9  | 8.50.1 | 9.08.2 |
| 1987 | 8.16.3  | 8.53.4 | 9.13.0 |
| 1988 | 8.28.22 | 8.51.9 | 9.12.3 |

|         |                      |    |              |             |      |
|---------|----------------------|----|--------------|-------------|------|
| 8.28.22 | Simon Vroemen        | 69 | Tartletos    | Arnhem      | 17.8 |
| 8.29.02 | Frank Reith          | 69 | T I O N      | Krommenie   | 25.6 |
| 8.31.0  | Rens Eising          | 69 | Zaanland     | Amsterdam   | 15.4 |
| 8.32.4  | René Jacobs          | 69 | Jasper Sport | Hechtel(Be) | 13.9 |
| 8.33.5  | Ton Verbaandert      | 69 | G V A C      | Hechtel(Be) | 13.9 |
| 8.34.4  | Keesjan Bongaertz    | 71 | V&L/TC       | Amsterdam   | 19.5 |
| 8.36.49 | Clemens v Ostayen    | 69 | Keien        | Krommenie   | 25.6 |
| 8.37.99 | Marco Gielen         | 70 | Tegelen      | Krommenie   | 25.6 |
| 8.45.6  | Vincent Telgen       | 70 | Cialfo       | Vught       | 13.9 |
| 8.44.7  | Robert Smits         | 70 | Kimbria      | Kerkrade    | 6.8  |
| 8.46.2  | Bart Nelemans        | 70 | Unitas       | Kerkrade    | 6.8  |
| 8.47.6  | Rino Raaymakers      | 69 | H A C        | Helmond     | 19.6 |
| 8.48.2  | Arno Buitenweg       | 71 | Olympus '70  | Amsterdam   | 12.8 |
| 8.49.7  | Theo Verdooren       | 69 | Papendrecht  | Dordrecht   | 22.6 |
| 8.50.2  | Vincent Hoek         | 71 | Avantri      | Rotterdam   | 8.5  |
| 8.51.4  | John Nagelhout       | 70 | G A C-H      | Lisse       | 19.6 |
| 8.51.8  | Erik Bakker          | 69 | Spartaan     | Lisse       | 19.6 |
| 8.51.91 | Gerard Kleyn         | 70 | Lycurgus     | den Haag    | 11.9 |
| 8.52.1  | Danny Nelen          | 71 | Hollandia    | Hoorn       | 19.6 |
| 8.53.06 | Patrick vd Rijdt     | 71 | Keien        | Uden        | 4.6  |
| 8.54.37 | Martin Laurent       | 71 | T H O R      | Uden        | 4.6  |
| 8.54.5  | Casper Vroemen       | 70 | Achilles EL  | Nymegen     | 2.9  |
| 8.54.6  | Richard Bock         | 71 | P S V        | Lommel(Be)  | 6.8  |
| 8.55.5  | Peter Paul Feyen     | 69 | Weert        | Helmond     | 19.6 |
| 8.56.99 | Evert Gielen         | 71 | Achilles Top | Uden        | 4.6  |
| 8.57.4  | Merlijn Trouw        | 71 | A V N        | Dülmen(BRD) | 2.10 |
| 8.57.56 | Joost Vollaard       | 71 | A V N        | Uden        | 24.4 |
| 8.58.28 | Gunnar Brenninkmeyer | 72 | Horror       | Leiden      | 4.9  |
| 8.58.40 | Vincent Stolp        | 71 | Lycurgus     | Krommenie   | 25.6 |
| 8.59.6  | Paul Kalter          | 69 | D O S-K      | Zwolle      | 19.6 |
| 8.59.7  | Robert J Kokshoorn   | 69 | Sparta       | den Haag    | 14.9 |

|         |                     |    |               |              |      |
|---------|---------------------|----|---------------|--------------|------|
| 9.00.57 | Said Kamauch        | 69 | Bataven       | Krommenie    | 25.6 |
| 9.00.9  | Roger Keulen        | 72 | Unitas        | Sittard      | 21.5 |
| 9.04.11 | Jeroen van Erp      | 70 | Wyden         | Krommenie    | 25.6 |
| 9.04.9  | Michel Barth        | 70 | Sliedr Sport  | Utrecht      | 30.8 |
| 9.05.8  | Olaf Buelens        | 70 | H A C         | Sittard      | 8.5  |
| 9.07.19 | Johan vd Heyden     | 71 | A V V         | Uden         | 4.6  |
| 9.07.8  | Richard van Eekelen | 70 | Grone Ster    | Vlissingen   | 19.6 |
| 9.07.9  | Peter van Gils      | 69 | Sprint        | Veldhoven    | 1.5  |
| 9.08.2  | Alex vd Maas        | 71 | Spado         | Middelburg   | 6.7  |
| 9.08.2  | Michael Nuyen       |    | A A C         | Amsterdam    | 12.8 |
| 9.09.33 | Paul Clement        | 69 | Horror        | Krommenie    | 25.6 |
| 9.09.5  | Niels Koole         | 71 | Dynamo'70     | Middelburg   | 8.5  |
| 9.10.18 | Leon Dorssers       | 69 | Attila        | Amsterdam    | 24.4 |
| 9.11.3  | Seppo Hensgens      | 70 | Swift         | Sittard      | 8.5  |
| 9.12.0  | Henri Vermeer       | 71 | Gen.Michaelis | Valkenswaard | 3.9  |
| 9.12.3  | Bob Duinmeyer       | 72 | D E M         | Hoorn        | 19.6 |
| 9.12.4  | Jeroen Bakker       | 69 | P A C         | Rotterdam    | 8.5  |
| 9.12.5  | Didier Dankerlui    | 69 | V&L/TC        | Rotterdam    | 8.5  |
| 9.12.8  | Brian Coan          | 71 | Sparta        | Rotterdam    | 8.5  |
| 9.13.9  | Dennis Heyink       | 71 | Haarlem       | Haarlem      | 11.9 |

|                   |                      |       |          |           |        |
|-------------------|----------------------|-------|----------|-----------|--------|
| <u>5000 meter</u> | NR Luc Krotwaar      |       | 14.12.2  | m Breda   | 240587 |
|                   | ER Stephan Binns     | G B   | 13.27.04 | m Londen  | 140879 |
|                   | WR Charles Cheruiyot | Kenia | 13.25.33 | m München | 260783 |

de beste 10 aller tijden:

|          |                  |    |          |           |        |
|----------|------------------|----|----------|-----------|--------|
| 14.12.2  | Luc Krotwaar     | 68 | P S V    | Breda     | 240587 |
| 14.19.3  | Marc Borghans    | 60 | Caesar   | Papendal  | 40679  |
| 14.21.6  | Bob Dielis       | 65 | H A C    | Amsterdam | 30684  |
| 14.31.0  | Jan Zethof       | 60 | AVA'64   | Papendal  | 40679  |
| 14.34.38 | Paul Jaspers     | 65 | Haarlem  | Amsterdam | 20984  |
| 14.39.7  | René Bouwmeester | 61 | Zaanland | Nymegen   | 40779  |
| 14.39.9  | Guido Sasse      | 65 | A V A'70 | Nymegen   | 140984 |
| 14.42.8  | Tony Dirks       | 61 | Keien    | Nymegen   | 240680 |
| 14.43.9  | Erik Punt        | 66 | A V R    | Leiden    | 260985 |
| 14.44.8  | Robert Hassink   | 65 | Hellas   | Amsterdam | 300684 |

|      | 1       | 20       | 30      |
|------|---------|----------|---------|
| 1984 | 14.21.6 | 15.54.23 | 16.46.3 |
| 1985 | 14.43.9 | 16.07.0  |         |
| 1986 | 14.41.0 | 16.21.6  |         |
| 1987 | 14.12.2 | 16.27.0  |         |
| 1988 | 14.51.4 | 16.14.2  | 16.57.6 |

|                    |                 |    |             |           |      |
|--------------------|-----------------|----|-------------|-----------|------|
| 14.51.40           | Frank Reith     | 69 | T I O N     | Amsterdam | 29.5 |
| 14.53.61           | Simon Vroemen   | 69 | Achilles EL | Krommenie | 25.6 |
| <del>14.55.3</del> | Marco Gielen    | 70 | Tegelen     | Sittard   | 10.9 |
| 15.15.8            | Ton Verbaandert | 69 | G V A C     | Veldhoven | 18.9 |
| 15.16.31           | Gerard Kleyn    | 70 | Lycurgus    | Hoorn     | 18.9 |
| 15.19.5            | Bart Nelemans   | 70 | Unitas      | Sittard   | 10.9 |
| 15.21.2            | John Nagelhout  | 70 | G A C-H     | Hilversum | 18.9 |
| 15.24.8            | Theo Verdooren  | 69 | Papendrecht | Dordrecht | 8.6  |
| 15.28.89           | Ad de Bruyn     | 70 | AVR'69      | Krommenie | 25.6 |
| 15.30.4            | Erik Bakker     | 70 | Spartaan    | Leiden    | 22.9 |
| 15.30.9            | Casper Vroemen  | 70 | Achilles EL | Uden      | 20.9 |

|          |                  |    |              |            |      |
|----------|------------------|----|--------------|------------|------|
| 15.33.09 | Paul Clement     | 69 | Horror       | Kronmenie  | 25.6 |
| 15.34.0  | Robert Smits     | 70 | Kimbria      | Sittard    | 20.8 |
| 15.36.1  | Peter Paul Feyen | 69 | Weert        | Weert      | 5.10 |
| 16.04.2  | Marco Simonse    | 70 | A V'56       | Middelburg | 20.8 |
| 16.04.5  | Rodney Dirksz    | 70 | Gouda        | Gouda      | 17.5 |
| 16.04.6  | Michel Barth     | 69 | Sliedr Sport | Leiden     | 22.9 |
| 16.05.1  | Michel Hodemius  | 69 | S T B        | Kerkrade   | 27.8 |
| 16.06.5  | Mark van Maaren  | 70 | Fivelstreek  | Drachten   | 13.5 |
| 16.13.3  | Harald Scholing  | 69 | A A C'61     | Drachten   | 13.5 |
| 16.14.2  | Paul Kalter      | 69 | D O S-K      | Kampen     | 14.6 |
| 16.18.3  | Wilbert Touw     | 69 | Achilles EL  | Etten Leur | 9.8  |
| 16.19.8  | Taeke Kerkhoffs  | 69 | Invictus     | Drachten   | 13.5 |
| 16.21.3  | Theo Meindertsma | 70 | Lionitas     | Drachten   | 13.5 |
| 16.24.2  | Michel Meyler    | 70 | A A C        | Amsterdam  | 14.5 |

10 KM baan (weinig verwerkt - nog geen records)

|                      |                    |    |             |             |       |
|----------------------|--------------------|----|-------------|-------------|-------|
| 31.30.7              | Simon Vroemen      | 69 | Tartletos   | Amersfoort  | 28.9  |
| 32.19.3              | John Nagelhout     | 70 | G A C-H     | Amsterdam   | 1.10  |
| 32.52.1              | Ad de Bruyn        | 70 | A V R'69    | Amersfoort  | 24.5  |
| 32.54.1              | Erik Bakker        | 70 | Spartaan    | Amersfoort  | 24.5  |
| 33.09.1              | Frank Reith        | 69 | T I O N     | Amersfoort  | 24.5  |
| 33.20.9              | Michel Hodemius    | 69 | S T B       | Kerkrade    | 3.9   |
| 33.45.7              | Marcel Huyzendveld | 70 | Triathlon   | Amersfoort  | 24.5  |
| 33.55.1              | Theo Verdooren     | 70 | Papendrecht | Barendrecht | 6.7   |
| <i>onver</i> 34.22.1 | Robert J Kokshoorn | 69 | Sparta      | den Haag    | 11.10 |
| 34.31.6              | Didier Dankerlui   | 69 | V&L/TC      | Amersfoort  | 24.5  |

|                                  |                     |     |         |           |        |
|----------------------------------|---------------------|-----|---------|-----------|--------|
| <u>110 m hordenloop</u> (1.00 m) | NR Guido vd Sluis   |     | 14.11 s | Veldhoven | 200581 |
|                                  | ER Colin Jackson    | Gbr | 13.44 s | Athene    | 90786  |
|                                  | WR Renaldo Nehemiah | USA | 13.23 s | Zürich    | 160878 |

de beste 10 aller tijden:

|       |                 |    |           |           |        |
|-------|-----------------|----|-----------|-----------|--------|
| 14.11 | Guido vd Sluijs | 63 | A A C     | Veldhoven | 200582 |
| 14.20 | Pel vd Kerkhof  | 68 | Haarlem   | Haarlem   | 280587 |
| 14.23 | Enno Tjepkema   | 65 | A A C     | Rotterdam | 310584 |
| 14.28 | Emil Mellaard   | 66 | A A C     | Amsterdam | 300684 |
| 14.35 | Arjan Otten     | 69 | P S V     | Vught     | 270687 |
| 14.39 | Gertjan Palm    | 65 | Holland L | Amsterdam | 300684 |
| 14.42 | Robert de Wit   | 62 | P S V     | Nymegen   | 200681 |
| 14.2  | Bert Knollema   | 60 | A A C'61  | Groningen | 71079  |
| 14.51 | Rob Sok         | 64 | Spirit L  | Groningen | 210583 |
| 14.3  | Frank Nusse     | 53 | A A C     | Breda     | 180771 |
| 14.3  | Jan Harland     | 59 | Sparta    | den Haag  | 270578 |
| 14.3  | Marcel Roosen   | 69 | Holland H | Haarlem   | 80588  |
| 14.3  | Anthony Ott     | 69 | A A C     | Haarlem   | 80588  |

|        |                                 | 1     | 20         | 50           |       |    |
|--------|---------------------------------|-------|------------|--------------|-------|----|
| 1984   |                                 | 14.23 | 15.65      | 16.30        |       |    |
| 1985   |                                 | 14.64 | 15.64      | 16.34        |       |    |
| 1986   |                                 | 14.24 | 15.64      | 16.34        |       |    |
| 1987   |                                 | 14.20 | 15.33      | 16.24        |       |    |
| 1988   |                                 | 14.54 | 15.34      | 16.14        |       |    |
| 14.54+ | Marcel Roosen                   | 69    | Holland H  | Haarlem      | 8.5   |    |
|        | (beste el 14.88 Leiden 4.9)     |       |            |              |       |    |
| 14.54+ | Anthony Ott                     | 69    | A A C      | Haarlem      | 8.5   |    |
|        | (beste el 15.01 Rotterdam 12.5) |       |            |              |       |    |
| 14.69  | Marcel Dost                     | 69    | T I O N    | Krommenie    | 25.6  |    |
| 14.79  | Arno v't Hoog                   | 70    | V & L/TC   | den Haag     | 11.9  |    |
| 14.98  | Walter Kruk                     | 70    | Holland H  | Krommenie    | 25.6  |    |
| 14.99  | Guido Bonsen                    | 69    | Hera       | Amsterdam    | 14.5  |    |
| 15.03  | Marco Bulsing                   | 70    | Hollandia  | Uden         | 5.6   |    |
| 15.04+ | Raymond Mahler                  | 69    | G A C-H    | Krommenie    | 1.5   |    |
| 15.04+ | Ydo van Oostende                | 70    | Athletics  | Hilversum    | 18.9  |    |
| 15.14+ | Richard vd Meyden               | 69    | P S V      | Veldhoven    | 19.6  |    |
| 15.14+ | Jan H van Kuyeren               | 70    | Hera       | Hoorn        | 19.6  |    |
| 15.14+ | Marco de Haan                   | 71    | ARGO'77    | Drachten     | 19.6  |    |
| 15.29  | Anco Buning                     | 69    | Spirit L   | Krommenie    | 25.6  |    |
| 15.34  | Eddo Laarhuis                   | 71    | D E M      | Krommenie    | 25.6  |    |
| 15.24+ | Marco de Hart                   | 69    | Phoenix    | Amersfoort   | 4.9   |    |
| 15.40  | Jeroen Nieuwenhuis              | 70    | Hanzesport | Krommenie    | 25.6  |    |
| 15.45  | Marcel Smit                     | 69    | Lycurgus   | den Haag     | 11.9  |    |
| 15.34+ | Remco Vos                       | 69    | Trias      | Krommenie    | 8.5   |    |
| 15.34+ | Ivan de Jong                    | 71    | Impala     | Groningen    | 8.5   |    |
| 15.54+ | Mark Ooteman                    | 71    | D E M      | Krommenie    | 8.5   |    |
| 15.54+ | Richard Zeevat                  | 69    | Ciko'66    | Zevenaar     | 3.7   |    |
| 15.54+ | Idde Lammers                    | 69    | Sparta     | den Haag     | 2.10x |    |
| 15.56  | Mike Visser                     | 70    | Altis      | Hilversum    | 25.6  |    |
| 15.61  | Sjaak Stuiver                   | 69    | Start'78   | Drachten     | 14.5  |    |
| 15.64+ | Arjan Otten                     | 69    | P S V      | Eindhoven    | 25.9x |    |
| 15.65  | Gregory Cronie                  | 71    | A A C      | den Haag     | 11.9  |    |
| 15.70  | Bart Steehouwer                 | 70    | Hera       | Krommenie    | 25.6  |    |
| 15.70  | Mark Nieuwenboom                | 69    | Pr Hendrik | Speyer (BRD) | 22.5  |    |
| 15.72  | Richard Coté                    | 69    | Lycurgus   | Amsterdam    | 14.5  |    |
| 15.76  | Johan Troost                    | 69    | Spirit OB  | Uden         | 5.6   |    |
| 15.84+ | Joggem Veen                     | 71    | Sprint     |              |       |    |
| 15.84+ | David Rutten                    | 70    | AAV'36     | Amsterdam    | 19.6  |    |
| 15.84+ | Sicco de Haan                   | 71    | Impala     | Groningen    | 8.5   |    |
| 15.84+ | Miquel Schoonhoven              | 70    | Gouda      | Lisse        | 19.6  |    |
| 15.94+ | Remco Geursen                   | 70    | Holland H  | Hilversum    | 1.5   |    |
| 15.94+ | Remco Mallens                   | 70    | Sprint     | Middelburg   | 8.5   |    |
| 15.94+ | Walter Samplonius               | 71    | T H O R    | Middelburg   | 8.5   |    |
| 15.94+ | Harold v Riessen                | 69    | P E C      | Zwolle       | 19.6  |    |
| 15.94+ | Sacha van Hilst                 | 70    | G A C-H    | Hilversum    | 18.9  |    |
| 15.98  | Henk Langeveld                  | 69    | Holland H  | Uden         | 5.6   |    |
|        |                                 | 1)    | in Lisse   | 19.6         | 15.0  | ht |
| 15.94+ | Marco Reek                      | 69    | Caesar     | Zevenbergen  | 27.8  |    |

|        |                     |     |             |            |       |
|--------|---------------------|-----|-------------|------------|-------|
| 16.04+ | Erwin Kempkens      | 69  | H A C       | Eindhoven  | 26.6  |
| 16.04+ | Martijn Laar        |     | A T C '75   | Drachten   | 14.5  |
| 16.14+ | Gregory Lede        | 72  | Marathon    | Middelburg | 8.5   |
| 16.14+ | Guido Zuidgeest     | 71  | Spark       | Rotterdam  | 8.5   |
|        | 15.94+ rw Rotterdam | 8.5 |             |            |       |
| 16.14+ | Clarens van Hout    | 69  | Olympus '70 | Rotterdam  | 19.6  |
| 16.14+ | Wendel Nooitmeer    | 69  | Spark       | Rotterdam  | 19.6  |
| 16.14+ | Patrick Kuppens     | 72  | Sprint      | Vught      | 7.6   |
| 16.24+ | Edwin Wagena        |     | Gemzen      | Zevenaar   | 3.7   |
| 16.24+ | Wouter Hertzberger  |     | AAV '36     | Leiden     | 23.4  |
| 16.24+ | Paul Rood           |     | Trias       | Hoorn      | 19.6  |
|        | met rugwind:        |     |             |            |       |
| 16.04  | Karel Belfor        | 69  | V&L/TC      | den Haag   | 25.9x |

|                         |    |                 |     |         |             |        |
|-------------------------|----|-----------------|-----|---------|-------------|--------|
| <u>400 m hordenloop</u> | NR | Harry Schulting |     | 51.90 s | Brussel     | 230875 |
|                         | ER | Wladimir Budko  | S U | 48.74 s | Moskou      | 180884 |
|                         | WR | Danny Harris    | USA | 48.02 s | Los Angeles | 170684 |

de beste 10 aller tijden:

|       |                   |            |    |               |        |
|-------|-------------------|------------|----|---------------|--------|
| 51.90 | Harry Schulting   | Pr Hendrik | 56 | Brussel(Be)   | 230875 |
| 51.97 | Pel vd Kerkhof    | Hellas     | 68 | Leiden        | 80586  |
| 52.17 | Hugo Pont         | Sisu       | 59 | Groningen     | 60878  |
| 52.41 | Menno Swier       | Holland L  | 66 | Leiden        | 160585 |
| 52.2  | Frank Nusse       | A A C      | 53 | Kerkrade      | 60872  |
| 53.01 | Erik Negenman     | Holland H  | 67 | Beverwijk     | 280686 |
| 53.29 | Mike Tevreden     | Sparta     | 65 | den Haag      | 180884 |
| 53.56 | Marco Beukenkamp  | Trias      | 63 | Hochdorf(Zwi) | 120982 |
| 53.62 | Peter Spiering    | Metro      | 65 | Keulen(BRD)   | 100684 |
| 53.5  | Dave Elderenbosch | A A C      | 69 | Amsterdam     | 210788 |

|      |       |       |          |    |
|------|-------|-------|----------|----|
|      |       | 1     | 20       | 50 |
| 1984 | 53.21 | 58.07 | 63.4     |    |
| 1985 | 52.41 | 58.64 | 63.04    |    |
| 1986 | 51.97 | 59.6  | 62.3(40) |    |
| 1987 | 51.98 | 58.3  | 62.4     |    |
| 1988 | 53.5  | 58.4  | 62.7(40) |    |

|        |                     |      |           |            |      |
|--------|---------------------|------|-----------|------------|------|
| 53.64+ | Dave Elderenbosch   | 69   | A A C     | Amsterdam  | 21.7 |
| 54.34  | Marcel Roosen       | 69   | Holland H | Krommenie  | 26.6 |
| 55:04+ | Marcel Dost         | 69   | T I O N   | Amsterdam  | 29.5 |
| 55.43  | Sjaak Stuiver       | 69   | Start '78 | Krommenie  | 26.6 |
| 55.83  | Raymond Mahler      | 69   | G A C-H   | Beverwijk  | 10.7 |
| 56.14+ | Richard vd Meyden   | 69   | P S V     | Uden       | 12.6 |
| 56.14+ | Paul Rood           | 69   | Trias     | Hoorn      | 12.6 |
|        | 56.27 el Hoorn      | 18.9 |           |            |      |
| 56.53  | Kees Houtepen       | 70   | A V '56   | Roosendaal | 29.5 |
| 57.07  | Jeroen Arendsman    | 69   | Waterland | Amsterdam  | 14.5 |
| 57.16  | Marco Michielsens   | 71   | Sprint    | Roosendaal | 8.9  |
| 57.18  | Richard Coté        | 69   | Lycurgus  | Breda      | 12.6 |
| 57.34  | Jan H van Kuyeren   | 70   | Hera      | Amsterdam  | 14.5 |
| 57.38  | Karel Belfor        | 69   | V & L/TC  | Krommenie  | 26.6 |
| 57.64+ | Olaf Buelens        | 70   | H A C     | Helmond    | 18.8 |
|        | 57.71 el Roosendaal | 29.5 |           |            |      |
| 57.74+ | Marco de Hart       | 69   | Phoenix   | Hilversum  | 18.9 |
| 57.80  | Coen vd Tas         | 70   | Oss '78   | Rotterdam  | 12.5 |



|        |                 |    |             |             |       |
|--------|-----------------|----|-------------|-------------|-------|
| 58.16  | Marco Reek      | 69 | Caesar      | Hechtel(Be) | 13.9  |
| 58.17  | Marco Bulsing   | 70 | Hollandia   | Hoorn       | 14.8  |
| 58.39  | Erik de Haan    | 71 | Clytoneus   | Leiden      | 4.9   |
| 58.39  | Bart Hamelynck  | 69 | Keien       | Krommenie   | 26.6  |
| 58.54+ | Peter vd Mark   | 69 | A T C'75    | Drachten    | 13.5  |
| 58.99  | Daniel v Vliet  | 70 | Hollandia   | Hoorn       | 18.9  |
| 59.63  | Peter Stienen   | 70 | Heythuyzen  | Kerkrade    | 14.5  |
| 59.64+ | Edwin Rinsma    | 69 | Impala      | Drachten    | 13.5  |
| 59.94+ | Menno Suur      | 72 | T H O R     | Veldhoven   | 1.7   |
| 60.04+ | Eelco Bruinsma  | 69 | Athletics   | Hilversum   | 18.9  |
| 60.14+ | Frank Eeerland  | 69 | Sp Reeuwijk | Hilversum   | 18.9  |
| 60.24+ | Sacha v Hilst   | 70 | G A C-H     | Hilversum   | 18.9  |
| 60.44+ | Twan v Bokhoven | 70 | Komeet      | Helmond     | 28.8  |
| 60.62  | Wilco de Vos    | 70 | N O P       | Leiden      | 4.9   |
| 60.64  | Dick Braas      | 70 | Hollandia   | Hoorn       | 18.9  |
| 61.44+ | Erik vd Berg    | 70 | Pr Hendrik  | Vught       | 1.10x |
| 61.37  | Niels Peters    | 70 | Keien       | Kerkrade    | 14.5  |
| 61.74+ | Alex vd Nol     | 69 | Gouda       | Amsterdam   | 7.8   |
| 61.84+ | Remco Geursen   | 70 | Holland H   | Hilversum   | 18.9  |
| 61.98  | Ron Hendriksen  | 72 | Liemers     | Leiden      | 4.9   |
| 62.14+ | Rudy Wempe      | 70 | A A C       | Amsterdam   | 24.7  |
| 62.74+ | Camiel Wels     | 70 | Pr Hendrik  | Veldhoven   | 1.7   |
| 62.84+ | Erik Molenberg  | 70 | Athlos      | Zevenaar    | 2.7   |

3000 m hindernisloop nieuw nummer ipv 2000 m

|          |                     |    |            |             |      |
|----------|---------------------|----|------------|-------------|------|
| 9.23.31  | Clemens van Ostayen | 69 | Keien      | Andenne(Be) | 6.8  |
| 9.26.17  | Rens Eising         | 69 | Zaanland   | Leiden      | 4.9  |
| 9.33.75  | Rino Raaymakers     | 69 | H A C      | Krommenie   | 26.6 |
| 9.50.5   | Luis Paerson        | 69 | N O P      | Zevenaar    | 3.7  |
| 9.51.47  | Bart Nelemans       | 70 | Unitas     | Krommenie   | 26.6 |
| 10.07.3  | Peter Paul Feyen    | 69 | Weert      | Veldhoven   | 1.5  |
| 10.08.6  | Paul Kalter         | 69 | D O S-K    | Zevenaar    | 3.7  |
| 10.08.91 | Mark Freriksen      | 69 | M P M      | Leiden      | 4.9  |
| 10.09.67 | Bas Spliet          | 69 | Horror     | Leiden      | 4.9  |
| 10.09.26 | Paul Clement        | 69 | Horror     | Leiden      | 4.9  |
| 10.10.4  | Ad de Bruyn         | 70 | A V R'69   | Vught       | 13.8 |
| 10.11.0  | Olaf Buelens        | 70 | H A C      | Veldhoven   | 1.5  |
| 10.12.44 | Rudy Wempe          | 70 | A A C      | Krommenie   | 26.6 |
| 10.18.4  | Robert Smits        | 70 | Kimbria    | Roosendaal  | 28.8 |
| 10.19.39 | Ron vd Linde        | 71 | A A A      | Leiden      | 4.9  |
| 10.16.42 | Henri Eekels        | 70 | Pr Hendrik | Amsterdam   | 29.5 |
| 10.32.4  | Serge Lievens       | 71 | T H O R    | Veldhoven   | 1.5  |
| 10.38.0  | Marcel Laros        | 71 | Sprint     | Veldhoven   | 1.5  |

|                    |    |                 |     |        |           |        |
|--------------------|----|-----------------|-----|--------|-----------|--------|
| <u>verspringen</u> | NR | Emil Melaard    |     | 7.97 m | Zwolle    | 70785  |
|                    | ER | Wladimir Ochkan | S U | 8.24 m | Leningrad | 210687 |
|                    | WR | Randy Williams  | USA | 8.34 m | München   | 80972  |

de beste 10 aller tijden:

|      |                  |    |             |             |        |
|------|------------------|----|-------------|-------------|--------|
| 7.97 | Emil Mellaard    | 66 | A A C       | Zwolle      | 70785  |
| 7.63 | Frans Maas       | 64 | Unitas      | Vught       | 240783 |
| 7.56 | Leo de Winter    | 44 | A A C       | Enschede    | 130763 |
| 7.48 | Henk Visser      | 32 | A A C       | Rijswijk    | 90951  |
| 7.45 | Roy Sedoc        | 54 | A A C       | Amsterdam   | 240673 |
| 7.42 | Anne de Jong     | 46 | Diomedon    | Roosendaal  | 200665 |
| 7.33 | Hein Macnack     | 67 | Haarlem     | Utrecht     | 10985  |
| 7.30 | Cor Troost       | 67 | Spirit OB   | Rotterdam   | 130985 |
| 7.25 | Martien v Veen   | 69 | Olympus '70 | Zoetermeer  | 111087 |
| 7.23 | Huub Pappers     | 46 | Kimbria     | Brussel(Be) | 50965  |
| 7.23 | Peter v Leeuwen  | 58 | T H O R     | Roosendaal  | 30777  |
| 7.23 | Ronald v Breugel | 66 | P S V       | Veldhoven   | 120585 |

|      | 1    | 20   | 50   |
|------|------|------|------|
| 1984 | 7.84 | 6.68 | 6.43 |
| 1985 | 7.97 | 6.60 | 6.40 |
| 1986 | 7.25 | 6.67 | 6.40 |
| 1987 | 7.25 | 6.63 | 6.45 |
| 1988 | 7.22 | 6.66 | 6.45 |

|      |                    |    |             |                |          |
|------|--------------------|----|-------------|----------------|----------|
| 7.22 | Marc vd Worp       | 70 | P E C       | Roosendaal     | 28.8     |
| 7.21 | Ydo van Oostende   | 70 | Athletics   | Zevenaar       | 15.5     |
| 7.19 | Marcel Dost        | 69 | T I O N     | Helmond        | 25.9     |
| 7.17 | Serge Vyent        | 70 | A V V       | Krommenie      | 25.6     |
| 7.14 | Erik van Zee       | 71 | Typhoon     | den Haag       | 27.8     |
| 7.11 | Anthony Ott        | 69 | A A C       | Eindhoven      | 21.5     |
| 7.09 | Walter Kruk        | 70 | Holland H   | den Haag       | 27.8     |
| 6.97 | Martien van Veen   | 69 | V&L/TC      | den Haag       | 11.9     |
| 6.96 | Erik Sacharias     | 69 | T H O R     | Valkenswaard   | 3.9      |
| 6.95 | Dave Brouwer       | 71 | Pynenburg   | Amsterdam      | 18.5     |
| 6.86 | Darrel Hanenburg   | 70 | A V R       | Breda          | 12.6     |
|      | 6.92rw den Haag    |    |             |                | 10.7     |
| 6.85 | Rigo Stegink       | 70 | M P M       | Zevenaar       | 15.5     |
| 6.76 | Frank Eerland      | 69 | Sp Reeuwijk | Krommenie      | 1.5      |
|      | 6.81rw Rotterdam   |    |             |                | 8.5      |
| 6.73 | Gerton Kuis        | 71 | P E C       | Uden           | 5.6      |
|      | 6.81rw Rotterdam   |    |             |                | 12.5     |
| 6.70 | Wouter Hertzberger | 71 | AAV'36      | Zwolle         | 31.5     |
|      | 6.71rw Uden        |    |             |                | 5.6rw2.2 |
|      |                    |    |             | 6.78 Zierikzee | 15.5rw   |
| 6.70 | Wouter Bos         | 72 | V&L/TC      | den Haag       | 27.8     |
| 6.68 | Wim Zwolsman       | 69 | G V A C     | Veldhoven      | 18.9     |
| 6.67 | Raymond Mahler     | 69 | G A C-H     | Hilversum      | 2.9      |
| 6.64 | Gregory Lede       | 72 | Marathon    | Zierikzee      | 15.5     |
| 6.62 | Peter Verkade      | 71 | A V '47     | Boskoop        | 1.10x    |
|      | 6.53 Lisse         |    |             |                | 21.5     |
| 6.64 | Guido Bonsen       | 69 | Hera        | Heerhugowaard  | 15.4     |
| 6.64 | Eddy vd Made       | 69 | Sprint      | Helmond        | 31.5     |
| 6.63 | Richard Zeevat     | 69 | Ciko'66     | Nymegen        | 24.6     |

|      |                             |      |              |               |       |
|------|-----------------------------|------|--------------|---------------|-------|
| 6.62 | Stein Kuiper                | 69   | P S V        | Uden          | 4.6   |
| 6.61 | Stefan Metaal               | 71   | A A C        | den Haag      | 11.9  |
| 6.61 | Johan Troost                | 69   | Spirit OB    | Krommenie     | 25.6  |
|      | 6.88rw Uden 4.6             |      |              |               |       |
| 6.61 | Mark Nieuwenboom            | 69   | Pr Hendrik   | Kerkrade      | 14.5  |
| 6.60 | Quinten Izeboud             | 69   | Gouda        | Amersfoort    | 8.5   |
| 6.60 | Edwin Wagena                | 69   | Gemzen       | Zevenaar      | 3.7   |
| 6.60 | Erik de Rooy                | 69   | T H O R      | Roosendaal    | 2.10x |
|      | 6.55rw Roosendaal 28.8rw2.2 | 6.53 | den Haag     | 11.9          |       |
| 6.60 | Harold v Riessen            | 69   | P E C        | Zwolle        | 8.10x |
|      | 6.44 Zwolle 31.5            |      |              |               |       |
| 6.59 | Richel Keysers              | 69   | Weert        | Uden          | 4.6   |
| 6.59 | Ruben van Balen             | 71   | P S V        | Eindhoven     | 25.9x |
|      | 6.36 Krommenie 25.6         |      |              |               |       |
| 6.58 | Jeroen Groenemans           | 69   | P S V        | den Haag      | 11.9  |
| 6.57 | Roger vd Wetering           | 69   | Keien        | Uden          | 12.6  |
| 6.57 | Tom Alkim                   | 71   | Venray       | Veldhoven     | 28.8  |
| 6.56 | Olaf Senden                 | 69   | Achilles Top | Helmond       | 19.6  |
| 6.54 | Johan Vet                   | 69   | Waterland    | Amsterdam     | 19.6  |
| 6.55 | Maarten Ophof               | 70   | G V A C      | Veldhoven     | 10.7  |
| 6.53 | Sergej Boons                | 71   | AAV'36       | Veldhoven     | 4.9   |
| 6.52 | Marc vd Riet                | 69   | Delta Sport  | Vlissingen    | 19.6  |
| 6.49 | Peter Uil                   | 69   | A V N        | Uden          | 24.4  |
| 6.49 | Ronny Broeders              | 70   | Atledo       | Veldhoven     | 19.6  |
| 6.47 | Karel Belfor                | 69   | V&L/TC       | den Haag      | 28.8  |
| 6.46 | Richard Coté                | 69   | Lycurgus     | den Haag      | 11.9  |
| 6.45 | Stefan Molenaar             | 73   | Spartaan     | Gorinchem     | 25.6  |
| 6.45 | Guido Hulshoff              | 69   | Spirit L     | Zwolle        | 19.6  |
| 6.44 | Bart Steehouwer             | 70   | Hera         | Heerhugowaard | 29.5  |
|      | 6.55 Uden 4.6rw2.4          |      |              |               |       |
| 6.44 | Eddy Hanssen                | 69   | Keien        | Vught         | 9.5   |
|      | met rugwind:                |      |              |               |       |
| 6.55 | Roelant Verbeek             | 69   | V&L/TC       | den Haag      | 24.9  |
| 6.52 | Ernst v Gerven              | 69   | A V V        | Veldhoven     | 17.4  |
|      | tussenvoegen:               |      |              |               |       |
| 6.50 | Marko Reek                  | 69   | Caesar       | Zevenbergen   | 27.8  |

hinkstapsprong NR Roy Sedoc 15.50 m Amsterdam 90973  
ER Volker May DDR 17.50 m Erfurt 230685  
WR idem

de beste 10 aller tijden:

|       |                 |    |          |              |        |
|-------|-----------------|----|----------|--------------|--------|
| 15.50 | Roy Sedoc       | 54 | A A C    | Amsterdam    | 90973  |
| 15.27 | Ydo v Oostende  | 70 | Athetics | Groningen    | 170788 |
| 15.24 | Frans Maas      | 64 | Unitas   | Koblenz(BRD) | 160783 |
| 15.02 | Hein Macnack    | 67 | Haarlem  | Utrecht      | 260884 |
| 14.85 | Arthur Lynch    | 67 | A A C    | Londen(GB)   | 41086  |
| 14.83 | Peter Zuidhof   | 62 | T H O R  | Blois(Fr)    | 280881 |
| 14.65 | Dirkjan Roedoe  | 68 | AV'47    | Spykenisse   | 240586 |
| 14.64 | Peter v Leeuwen | 58 | T H O R  | den Haag     | 220577 |
| 14.59 | Coen Persijn    | 64 | Fortis   | Groningen    | 30783  |
| 14.50 | Ben Vroom       | 62 | Jahn II  | Groningen    | 200680 |

|       | 1                         | 20    | 50          |               |      |
|-------|---------------------------|-------|-------------|---------------|------|
| 1984  | 15.02                     | 13.11 | 12.50       |               |      |
| 1985  | 14.34                     | 13.29 | 12.50       |               |      |
| 1986  | 14.85                     | 13.05 | 12.48       |               |      |
| 1987  | 14.57                     | 13.11 | 12.60       |               |      |
| 1988  | 15.27                     | 13.15 | 12.35       |               |      |
| 15.27 | Ydo van Oostende          | 70    | Athletics   | Groningen     | 17.7 |
| 14.18 | Eddy Hanssen              | 69    | Keien       | Uden          | 12.6 |
| 14.10 | Gregory Lede              | 72    | Marathon    | Zierikzee     | 15.5 |
|       | 14.13 Zierikzee 15.5rw    |       |             |               |      |
| 13.77 | Stephan Duyn              | 70    | D E M       | Nymegen       | 24.6 |
| 13.76 | Alex vd Nol               | 69    | Gouda       | Rotterdam     | 12.5 |
| 13.75 | Marc vd Worp              | 70    | P E C       | Zevenaar      | 15.5 |
| 13.74 | Wouter Bos                | 72    | V & L/TC    | Uden          | 4.6  |
| 13.72 | Remco Vos                 | 69    | Trias       | Rotterdam     | 12.5 |
| 13.67 | Richard Zeevat            | 69    | Ciko'66     | Arnhem        | 23.5 |
| 13.53 | Henk Langeveld            | 69    | Holland H   | Uden          | 24.4 |
|       | 12.86 Krommenie 26.6rw    |       |             |               |      |
| 13.44 | Karel Belfor              | 69    | V & L/TC    | Krommenie     | 26.6 |
|       | 13.47 den Haag 25.9rw     |       |             |               |      |
| 13.30 | Wouter Hertzberger        | 71    | AAV'36      | Uden          | 4.6  |
|       | 13.35 Uden 4.6rw2.4       |       |             |               |      |
| 13.30 | Gustav Borreman           | 69    | A A C       | den Haag      | 11.9 |
| 13.29 | Marcel Roosen             | 69    | Holland H   | Amsterdam     | 19.6 |
| 13.29 | Mark Nieuwenboom          | 69    | Pr Hendrik  | Speyer(BRD)   | 22.5 |
| 13.28 | Miquel Schoonhoven        | 70    | Gouda       | Utrecht       | 23.5 |
| 13.24 | Dave Elderenbosch         | 69    | A A C       | Amsterdam     | 19.6 |
| 13.23 | Rigo Stegink              | 70    | M P M       | Hengelo       | 8.5  |
| 13.18 | Gerard Faay               | 70    | Avantri     | Krommenie     | 26.6 |
| 13.17 | Rik van Tol               | 69    | Spartaan    | Lisse         | 19.6 |
| 13.15 | André Hendriks            | 69    | Athletics   | Zevenaar      | 15.5 |
| 13.14 | Reinier vd Boom           | 69    | Athletics   | Hilversum     | 18.9 |
| 13.11 | Richard Coté              | 69    | Lycurgus    | Hoorn         | 19.6 |
| 13.08 | Henk Doorten              | 70    | Spirit L    | Krommenie     | 26.6 |
|       | 13.30 Krommenie 26.6rw2.4 |       |             |               |      |
| 13.07 | Rogier van Bockhoven      | 70    | AAV'36      | Amsterdam     | 19.6 |
| 13.06 | Erik van Rooy             | 69    | T H O R     | Uden          | 24.4 |
| 13.03 | Twan v Bekhoven           | 70    | Komeet      | Leiden        | 4.9  |
| 13.01 | Erik van Zee              | 71    | Typhoon     | Vught         | 13.9 |
| 12.95 | Edwin Rinsma              | 69    | Impala      | Drachten      | 13.5 |
| 12.91 | Johan Vet                 | 69    | Waterland   | Hilversum     | 18.9 |
| 12.90 | Koen Eising               | 70    | Hera        | Heerhugowaard | 29.5 |
| 12.83 | Ernst v Gerwen            | 69    | A V V       | Krommenie     | 26.6 |
| 12.78 | Stefan Beerepoot          | 71    | Hollandia   | Haarlem       | 28.5 |
| 12.73 | Tycho v Hofwegen          | 71    | P S V       | den Haag      | 11.9 |
| 12.73 | Eddo Laarhuis             | 71    | D E M       | Uden          | 4.6  |
|       | 12.80 Krommenie 14.5rw    |       |             |               |      |
| 12.67 | Paul Samuels              | 70    | Lycurgus    | den Haag      | 11.9 |
| 12.63 | Henk Langstraat           | 72    | Climax      | Zevenaar      | 15.5 |
| 12.62 | Glo Steward               | 71    | A V A'81    | Amsterdam     | 30.8 |
| 12.58 | Frank Eerland             | 69    | Sp Reeuwijk | Hilversum     | 18.9 |
| 12.57 | Herman ten Cate           | 69    | Startbaan   | Amsterdam     | 19.6 |
| 12.53 | Mike Visser               | 70    | Altis       | Amersfoort    | 8.5  |

|       |                          |    |           |            |      |
|-------|--------------------------|----|-----------|------------|------|
| 12.53 | Gerben Zantingh          | 70 | Sperwers  | Drachten   | 13.5 |
| 12.51 | Ewald v Sintmaartensdijk | 71 | AV'34     | Zwolle     | 19.6 |
| 12.48 | Jan P v Hekezen          | 72 | Hollandia | den Haag   | 11.9 |
| 12.47 | Michel Gomez             | 70 | Zuidwal   | Hilversum  | 1.6  |
| 12.47 | Quinten Izeboudt         | 69 | Gouda     | Rotterdam  | 12.5 |
| 12.46 | Frank de Jong            | 70 | Start'78  | Zwolle     | 24.4 |
| 12.45 | Maurice van Dienst       | 71 | Edam      | Amsterdam  | 28.5 |
| 12.44 | Ruud v Graven            | 69 | Spartaan  | Amersfoort | 8.5  |
| 12.43 | Arnoud Smit              | 71 | Clytoneus | Lisse      | 28.5 |
| 12.36 | Jeanot van Dooren        | 69 | Altis     | Lisse      | 19.6 |

|                     |    |                  |      |        |           |        |
|---------------------|----|------------------|------|--------|-----------|--------|
| <u>hoogspringen</u> | NR | Ruud Wielart     |      | 2.13 m | Brussel   | 300673 |
|                     | ER | Dieter Mogenburg | DDR  | 2.35 - | Rehlingen | 260480 |
|                     | WR | Xavier Sotomajor | Cuba | 2.36 - | Havanna   | 230286 |

de beste 10 aller tijden:

|      |                   |    |            |             |        |
|------|-------------------|----|------------|-------------|--------|
| 2.13 | Ruud Wielart      | 53 | Haarlem    | Brussel(Be) | 300673 |
| 2.12 | René van Loon     | 60 | Spado      | Bergen/Zoom | 220979 |
| 2.12 | Henk J Gebben     | 65 | Sperwers   | Dörpen(BRD) | 80784  |
| 2.11 | Kees Verspaget    | 58 | H A C      | Vught       | 300576 |
| 2.11 | Joep Elenbaas     | 60 | Sparta     | Haarlem     | 200579 |
| 2.11 | Peter Zuidhoff    | 62 | T H O R    | Blois(Fr)   | 290881 |
| 2.10 | Ron Naaktgeboren  | 65 | Parthenon  | Amsterdam   | 10784  |
| 2.08 | Erik Rollenberg   | 58 | Lycurgus   | Krommenie   | 140677 |
| 2.08 | John Blank        | 62 | Pr Hendrik | Nymegen     | 200481 |
| 2.08 | Vincent Verschoor | 67 | Athlos     | Groningen   | 250586 |
| 2.08 | Wendel Nooitmeer  | 69 | Spark      | Vught       | 280687 |

|      |      |          |           |           |
|------|------|----------|-----------|-----------|
|      |      | <u>1</u> | <u>20</u> | <u>50</u> |
| 1984 | 2.12 | 1.95     | 1.90      |           |
| 1985 | 2.06 | 1.95     | 1.90      |           |
| 1986 | 2.08 | 1.95     | 1.90      |           |
| 1987 | 2.08 | 1.95     | 1.90      |           |
| 1988 | 2.02 | 1.95     | 1.90      |           |

|      |                    |    |            |             |      |
|------|--------------------|----|------------|-------------|------|
| 2.02 | Menno Ruppert      | 73 | Tempo      | Haarlem     | 6.8  |
| 2.01 | Walter Kruk        | 70 | Holland H  | Uden        | 4.6  |
| 2.01 | Harry van Boven    | 69 | T H O R    | Speyer(BRD) | 22.5 |
| 2.01 | Ydo van Oostende   | 70 | Athletics  | Hengelo     | 25.9 |
| 2.00 | Eddy Hanssen       | 69 | Keien      | Uden        | 4.6  |
| 2.00 | Ward Welsing       | 70 | Keien      | Veldhoven   | 19.6 |
| 2.00 | Gustav Borreman    | 69 | A A C      | Amsterdam   | 14.5 |
| 2.00 | Jeroen Nieuwenhuis | 70 | Hanzesport | Zwolle      | 19.7 |
| 2.00 | Jeroen Groenemans  | 69 | P S V      | Beverwijk   | 10.7 |
| 2.00 | Mark vd Rijt       | 71 | G V A C    | Veldhoven   | 28.8 |
| 1.98 | Stein Kuiper       | 69 | P S V      | Uden        | 4.6  |
| 1.96 | Peter Hendrikk     | 69 | Kimbria    | Kerkrade    | 14.5 |
| 1.95 | Arno Willemsen     | 70 | Hera       | Krommenie   | 8.5  |
| 1.95 | André van Biene    | 70 | Spark      | Rotterdam   | 8.5  |
| 1.95 | Marcel Dost        | 69 | T I O N    | Uden        | 4.6  |
| 1.95 | Erik,Immel         | 71 | Impala     | Groningen   | 8.5  |
| 1.95 | Richard Zeevat     | 69 | Ciko'66    | Zevenaar    | 15.5 |
| 1.95 | Jeanot van Dooren  | 69 | Altis      | Lisse       | 19.6 |
| 1.95 | Misja Steen        | 70 | Haarlem    | Amsterdam   | 24.7 |
| 1.95 | Erik Geelen        | 70 | Weert      | Eindhoven   | 26.6 |

|      |                    |    |            |             |        |
|------|--------------------|----|------------|-------------|--------|
| 1.94 | Bart Kramer        | 72 | Arena      | Uden        | 4.6    |
| 1.93 | Ewin Paul          | 71 | Holland L  | Rotterdam   | 12.5   |
| 1.93 | Tom Alkim          | 71 | Venray     | Eugene(USA) | 29.7   |
| 1.92 | Reinier vd Boom    | 69 | Athletics  | Zevenaar    | 15.5   |
| 1.92 | Henk Langeveld     | 69 | Holland H  | Uden        | 4.6    |
| 1.91 | Alwin Crooymans    | 71 | Venray     | Eugene(USA) | 29.7   |
| 1.91 | Jacco Boekhouder   | 71 | V&L/TC     | den Haag    | 27.8   |
| 1.91 | Oscar Kerssens     | 69 | Zaanland   | Zaandam     | 10.7   |
| 1.90 | Jeroen Alessie     | 73 | G V A C    | Veldhoven   | 1.10x  |
| 1.90 | Gregory Lede       | 72 | Marathon   | Zierikzee   | 14.5   |
| 1.90 | Patrick Hulleman   | 71 | Athlos     | Lelystad    | 8.5    |
| 1.90 | Bert Albers        | 72 | Ciko'66    | Zwolle      | 22.6   |
| 1.90 | Steven van Steen   | 71 | Sprint     | Breda       | 15.10x |
| 1.90 | René vd Sluys      | 71 | Impala     | Drachten    | 8.10x  |
| 1.90 | Sergej Boons       | 71 | AAV'36     | Veldhoven   | 4.9    |
| 1.90 | Edmar Hagen        | 70 | G A C-H    | Hilversum   | 1.6    |
| 1.90 | Clarens van Hout   | 69 | Olympus'70 | Rotterdam   | 8.5    |
| 1.90 | John Willems       | 69 | T H O R    | Middelburg  | 8.5    |
| 1.90 | Frank van Oort     | 70 | Hellas     | Amsterdam   | 14.5   |
| 1.90 | Miquel Schoonhoven | 70 | Gouda      | Lisse       | 19.6   |
| 1.90 | Ronny Enzer        | 70 | A A C      | Amsterdam   | 19.6   |
| 1.90 | Erik Sacharias     | 69 | T H O R    | Veldhoven   | 18.9   |
| 1.90 | Remco Vos          | 69 | Trias      | Heilo       | 1.10x  |
| 1.90 | Wim Ermens         | 69 | H A C      |             |        |
| 1.90 | Marco Semmens      | 69 | Fortis     | Zwolle      | 19.7   |

polsstokhoogspringen: NR Richel Keyzers 4.84 m Krommenie 260688  
ER Radion Gataulin S U 5.85 m Donjetsk 80984  
WR idem

de beste 10 aller tijden:

|      |                    |    |         |                |        |
|------|--------------------|----|---------|----------------|--------|
| 4.84 | Richel Keyzers     | 69 | Weert   | Krommenie      | 260688 |
| 4.83 | Marco Meulink      | 65 | V&L/TC  | Amsterdam      | 190784 |
| 4.81 | Maurice Penders    | 63 | Unitas  | Sittard        | 300782 |
| 4.80 | Chris Leeuwenburgh | 62 | Sparta  | Haarlem        | 280681 |
| 4.80 | Perry de Paauw     | 64 | V&L/TC  | Vught          | 240783 |
| 4.75 | Gijsbert de Ruiter | 62 | V&L/TC  | Leiden         | 220581 |
| 4.70 | Arno Tavenier      | 62 | A V R   | Recklinghausen | 150781 |
| 4.70 | Mark vd Berg       | 67 | Sparta  | Rotterdam      | 80686  |
| 4.70 | Gerard vd Zwart    | 68 | V&L/TC  | Zoetermeer     | 111087 |
| 4.70 | Marcel Dost        | 69 | T I O N | Hengelo        | 90988  |

|      | 1    | 20   | 50   |
|------|------|------|------|
| 1984 | 4.83 | 3.80 | 3.40 |
| 1985 | 4.50 | 3.80 | 3.45 |
| 1986 | 4.70 | 3.82 | 3.50 |
| 1987 | 4.70 | 3.85 | 3.50 |
| 1988 | 4.84 | 3.90 | 3.50 |

|      |                 |    |         |           |      |
|------|-----------------|----|---------|-----------|------|
| 4.84 | Richel Keyzers  | 69 | Weert   | Krommenie | 26.6 |
| 4.70 | Marcel Dost     | 69 | T I O N | Hengelo   | 9.9  |
| 4.40 | Anthony Ott     | 70 | A A C   | Eindhoven | 21.5 |
| 4.40 | Bart Steehouwer | 69 | Hera    | Amsterdam | 1.7  |
| 4.30 | Guido Bonsen    | 69 | Hera    | Hilversum | 29.5 |
| 4.30 | Ruben van Balen | 71 | P S V   | den Haag  | 11.9 |

|      |                     |    |              |              |       |
|------|---------------------|----|--------------|--------------|-------|
| 4.30 | Edwin Wagena        | 69 | Gemzen       | Zevenaar     | 3.7   |
| 4.20 | Mark de Ruyter      | 69 | V & L/TC     | Rotterdam    | 8.5   |
| 4.20 | Johan Troost        | 69 | Spirit OB    | Uden         | 5.6   |
| 4.20 | Walter Kruk         | 70 | Holland H    | Haarlem      | 1.10x |
|      | 4.10 Krommenie 26.6 |    |              |              |       |
| 4.05 | Maurice van Heusden | 70 | A A C        | Amsterdam    | 14.5  |
| 4.00 | Gerard Faay         | 70 | Avantri      | Krommenie    | 26.6  |
| 4.00 | Remco Geursen       | 70 | Holland H    | Zwolle       | 29.5  |
| 4.00 | Richard Coté        | 69 | Lycurgus     | Hoorn        | 18.9  |
| 4.00 | Marcel Roosen       | 70 | Holland H    | Haarlem      | 1.10x |
|      | 3.70 Helmond 25.9   |    |              |              |       |
| 4.00 | Stef Jonker         | 69 | Lycurgus     | den Haag     | 11.9  |
| 4.00 | Marco Reek          | 69 | Caesar       | Eindhoven    | 21.5  |
| 3.90 | Guido Zuidgeest     | 71 | Spark        | Hilversum    | 30.4  |
| 3.90 | Patrick Hulleman    | 71 | Athlos       | Zwolle       | 7.7   |
| 3.90 | Dennis Gunther      | 72 | A A C        | Amsterdam    | 21.7  |
| 3.90 | Peter Schäfer       | 71 | S A V        | Utrecht      | 26.6  |
| 3.90 | Onno v Heyningen    | 70 | Holland L    | Krommenie    | 26.6  |
| 3.90 | Marcel Lipsch       | 69 | Achilles Top | Kerkrade     | 14.5  |
| 3.80 | Edwin Diele         | 72 | P A C        | Lisse        | 28.5  |
| 3.80 | René de Groot       | 71 | A A C        | Amsterdam    | 28.5  |
| 3.80 | André van Boxmeer   | 69 | Gouda        | Lisse        | 19.6  |
| 3.80 | Cees Diele          | 69 | P A C        | Rotterdam    | 19.6  |
| 3.70 | Naci Cebem          | 71 | T I O N      | Uden         | 4.6   |
| 3.70 | Michiel Schuyt      | 71 | Ilion        | Veldhoven    | 4.9   |
| 3.70 | Marco Bulsing       | 70 | Hollandia    | Hoorn        | 2.10x |
| 3.70 | Dick Braas          | 70 | Hollandia    | Grootebroek  | 22.5  |
| 3.70 | Roald Hetteling     | 69 | S A V        | Utrecht      | 25.6  |
| 3.60 | Erwin Pouw          | 70 | G A C-H      | Amersfoort   | 8.5   |
| 3.60 | Maarten Roos        | 70 | Altis        | Amersfoort   | 8.5   |
| 3.60 | Peter de Jong       | 70 | ARGO'77      | Drachten     | 19.6  |
| 3.60 | Rudi Kort           | 70 | Ilion        | Amsterdam    | 6.5   |
| 3.60 | Rob Zwijnenburg     | 69 | Avantri      | Krommenie    | 26.6  |
| 3.60 | Menno Buitendijk    | 69 | Ilion        | Amsterdam    | 10.7  |
| 3.60 | Paul Luyten         | 71 | Sprint       | Uden         | 4.6   |
| 3.60 | Marco Michielsen    | 71 | Sprint       | Eindhoven    | 27.8  |
| 3.60 | Sander de Casparis  | 72 | A A C        | Amsterdam    | 29.7  |
| 3.50 | Danny Reys          | 72 | P A C        | Uden         | 4.6   |
| 3.50 | Bob Dongelmans      | 71 | AAV'36       | Lisse        | 28.5  |
| 3.50 | Gregory Cronie      | 71 | A A C        | Uden         | 4.6   |
| 3.50 | Marco van Lier      | 71 | Zuidwal      | Amsterdam    | 28.5  |
| 3.50 | Wouter Hertzberger  | 71 | AAV'36       | Barendrecht  | 17.9  |
| 3.50 | Joggem Veen         | 71 | Sprint       | Valkenswaard | 3.9   |
| 3.50 | Coen Haest          | 72 | Spado        | Vlissingen   | 27.8  |
| 3.50 | Mark Nieuwenboom    | 69 | Pr Hendrik   | Vught        | 8.5   |
| 3.50 | Henk Langeveld      | 69 | Holland H    | Uden         | 5.6   |
| 3.50 | Remco Mallens       | 70 | Sprint       | Zevenbergen  | 28.8  |

kogelstoten 6 kg NR Erik de Bruin 1934 m Haarlem 290582  
ER en WR uitsluitend met 7½ kg kogel

de beste 10 aller tijden:

|       |                 |    |                |           |        |
|-------|-----------------|----|----------------|-----------|--------|
| 19.34 | Erik de Bruin   | 63 | Typhoon        | Haarlem   | 290582 |
| 17.38 | Ivan Beck       | 69 | RK HAV         | Krommenie | 260688 |
| 17.18 | Mario Egbers    | 66 | Liemers        | Zevenaar  | 130485 |
| 17.11 | Rob Bakker      | 65 | Jahn II        | Rotterdam | 110584 |
| 16.81 | Paul Barendregt | 68 | Hellas         | Utrecht   | 200987 |
| 16.75 | Stein Kuiper    | 69 | P S V          | Krommenie | 260688 |
| 16.49 | Edward v Rossum | 69 | Aquilo         | Zwolle    | 190788 |
| 16.30 | Rob Hermans     | 53 | Achilles Top   | Kerkrade  | 160772 |
| 16.21 | Frank Bakermans | 48 | AC Eindhoven   | Uden      | 40567  |
| 16.19 | Carlo Wijnants  | 56 | Mountain Stars | Deventer  | 150675 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 17.11 | 13.53 | 12.50 |
| 1985 | 17.18 | 13.73 | 12.61 |
| 1986 | 15.96 | 13.58 | 12.76 |
| 1987 | 16.81 | 13.80 | 12.80 |
| 1988 | 17.38 | 13.36 | 12.46 |

|       |                      |    |             |               |       |
|-------|----------------------|----|-------------|---------------|-------|
| 17.38 | Ivan Beck            | 69 | RK HAV      | Krommenie     | 26.6  |
| 16.75 | Stein Kuiper         | 69 | P S V       | Krommenie     | 26.6  |
| 16.49 | Edward van Rossum    | 69 | Aquilo      | Zwolle        | 19.7  |
| 15.48 | Winston Hofmeester   | 69 | V&L/TC      | Rotterdam     | 19.6  |
| 15.17 | Johan van Lieshout   | 69 | H A C       | Utrecht       | 18.9  |
| 14.68 | Edwin Wagena         | 69 | Gemzen      | Aalsmeer      | 29.4  |
| 14.12 | Ronald Wapperom      | 69 | Parthenon   | Rotterdam     | 12.5  |
| 14.10 | Marc de Ruiters      | 69 | V&L/TC      | den Haag      | 27.8  |
| 14.10 | Kees Lagendijk       | 71 | P A C       | Rotterdam     | 19.6  |
| 14.06 | Robbert vd Vegt      | 71 | Delta Sport | Leiden        | 20.7  |
| 14.68 | Bernard te Doeschot  | 69 | Fortis      | Leiden        | 4.9   |
| 13.95 | Klaas J Scheffer     | 69 | Horror      | Lelystad      | 8.5   |
| 13.92 | Rob Koopman          | 69 | Spado       | Zevenbergen   | 3.7   |
| 13.86 | Ruben v Balen        | 71 | P S V       | Valkenswaard  | 3.9   |
| 13.82 | Mischa Ooteman       | 70 | D E M       | Beverwijk     | 29.7  |
| 13.80 | Jeroen Peters        | 69 | A A C'61    | Drachten      | 18.9  |
| 13.70 | Patrick Oude Nijhuis | 70 | Sparta      | Delft         | 22.6  |
| 13.49 | Erwin Kempkens       | 69 | H A C       | Helmond       | 19.6  |
| 13.42 | Patrick de Wit       | 70 | Startbaan   | Utrecht       | 23.5  |
| 13.37 | Marcel Dost          | 69 | T I O N     | Losser        | 8.6   |
| 13.36 | Ben Breeuwer         | 69 | Lycurgus    | Utrecht       | 1.7   |
| 13.34 | Richel Keysers       | 69 | Weert       | Sittard       | 8.5   |
| 13.26 | Roland Boon          | 70 | P S V       | Roermond      | 29.10 |
| 13.15 | Ramon vd Heyden      | 70 | Hera        | Heerhugowaard | 6.5   |
| 13.13 | Armin Willemsen      | 70 | A A C       | Utrecht       | 18.9  |
| 13.11 | Johan Troost         | 69 | Spirit OB   | Uden          | 4.6   |
| 13.04 | Hans Gort            |    | Gelre       | Zevenaar      | 15.5  |
| 13.03 | Bas van Putten       | 69 | H A C       | Helmond       | 21.6  |
| 13.02 | Johan Langstraat     | 72 | Climax      | Zevenaar      | 15.5  |
| 12.99 | John van Rooy        | 69 | G V A C     | Veldhoven     | 18.9  |
| 12.96 | Lesly Brak           | 69 | Lycurgus    | Krommenie     | 8.5   |
| 12.93 | André van Boxmeer    | 69 | Gouda       | Hilversum     | 30.4  |



|       |                    |    |                |               |       |
|-------|--------------------|----|----------------|---------------|-------|
| 12.92 | Jeroen Westermeyer | 69 | G A C-H        | Hilversum     | 2.10x |
| 12.87 | Frank van Oort     | 70 | Hellas         | Utrecht       | 18.9  |
| 12.83 | Sjaak Stuijver     | 69 | Start'78       | Groningen     | 24.6  |
| 12.78 | Ton vd Kraak       | 69 | Hellas         | Amersfoort    | 8.5   |
| 12.78 | Mario Alblas       | 71 | Gouda          | Leiden        | 20.7  |
| 12.76 | Mark Jansen        | 69 | Keien          | Veldhoven     | 19.6  |
| 12.73 | Elliott Thijssen   | 71 | Hellas         | Lisse         | 19.6  |
| 12.66 | Arjo de Vries      | 71 | V&L/TC         | den Haag      | 24.4  |
| 12.64 | Hendrik J Hof      | 70 | Start'78       | Steenwijk     | 25.9  |
| 12.63 | Martin Breebaart   |    | Wieringerwaard | Krommenie     | 24.7  |
| 12.62 | Jeep Jonker        | 70 | A V'55         | St Nicolaasga | 19.5  |
| 12.62 | Guus Vrencken      | 71 | Kimbria        | Valkenswaard  | 3.9   |
| 12.58 | Erik Sacharias     | 69 | T H O R        | Roosendaal    | 3.8   |
| 12.57 | Dick Koopmans      | 70 | A V'34         | Zwolle        | 19.6  |
| 12.56 | Remco Mallens      | 70 | Sprint         | Breda         | 24.9x |
| 12.56 | Rysiu Bijl         | 71 | Pr Hendrik     | Veldhoven     | 1.5   |
| 12.47 | Patrick Snoek      | 71 | A A C          | den Haag      | 11.9  |
| 12.46 | Luigi Bellu        | 70 | Unitas         | Kerkrade      | 27.8  |
| 12.46 | Robin Bekhuis      | 69 | Sisu           | Hengelo       | 3.9   |

diskuswerpen 1½ kg NR Erik de Bruin 59.86 m Nijmegen 210681  
ER en WR alleen met 2 kg diskus

de 10 beste aller tijden:

|       |                  |            |    |            |        |
|-------|------------------|------------|----|------------|--------|
| 59.86 | Erik de Bruin    | Typhoon    | 63 | Nymegen    | 210681 |
| 53.46 | Henk Demmink     | V&L/TC     | 65 | Amsterdam  | 60784  |
| 53.16 | Frank vd Dool    | A V'34     | 67 | Hengelo    | 70986  |
| 52.94 | Mario Egbers     | Liemers    | 66 | Haarlem    | 290685 |
| 52.94 | Stein Kuiper     | P S V      | 69 | Veldhoven  | 130688 |
| 52.52 | Ben Vet          | Waterland  | 68 | Utrecht    | 310886 |
| 51.76 | Harjan van Berlo | H A C      | 63 | Helmond    | 90781x |
| 51.02 | Theo Goossens    | H A C      | 58 | Roosendaal | 21077  |
| 50.74 | Rob Hermans      | Achilles T | 53 | Roosendaal | 60871  |
| 50.48 | Johan v Lieshout | H A C      | 69 | Weert      | 100587 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 53.46 | 40.06 | 36.08 |
| 1985 | 52.94 | 39.50 | 36.94 |
| 1986 | 53.16 | 41.74 | 37.54 |
| 1987 | 52.00 | 40.28 | 37.54 |
| 1988 | 52.94 | 40.36 | 36.94 |

|       |                      |     |         |             |       |
|-------|----------------------|-----|---------|-------------|-------|
| 52.94 | Stein Kuiper         | 69  | P S V   | Veldhoven   | 13:6  |
| 50.20 | Johan van Lieshout   | 69  | H A C   | Utrecht     | 18.9  |
| 48.66 | Edward van Rossum    | 69  | Aquilo  | Drachten    | 14.5  |
| 48.62 | Ivan Beck            | 69  | RK HAV  | Utrecht     | 18.9  |
| 45.94 | Patrick Oude Nijhuis | 70  | Sparta  | Barendrecht | 10.9  |
| 45.68 | Winston Hofmeester   | 69  | V&L/TC  | den Haag    | 15.9x |
|       | 45.26 Rotterdam      | 8.5 |         |             |       |
| 44.20 | Armin Willemsen      | 70  | A A C   | Krommenie   | 26.6  |
| 43.38 | Edwin Wagena         | 69  | Gemzen  | Utrecht     | 23.5  |
| 43.14 | Erik Sacharias       | 69  | T H O R | Roosendaal  | 3.8   |
| 43.12 | Jeep Jonker          | 70  | A V'55  | Drachten    | 14.4  |

|       |                     |    |                |               |       |
|-------|---------------------|----|----------------|---------------|-------|
| 42.98 | Alex vd Nol         | 69 | Gouda          | Lisse         | 19.6  |
| 41.36 | Ruben v Balen       | 71 | P S V          | Veldhoven     | 19.6  |
| 41.34 | Erwin Kempkens      | 69 | H A C          | Helmond       | 31.5  |
| 41.30 | Pieter vd Kruk      | 72 | A V'40         | Rotterdam     | 19.6  |
| 41.00 | Marcel Dost         | 69 | T I O N        | Enschede      | 13.7  |
| 40.80 | Klaas J Scheffer    | 69 | Horror         | St Nicolaasga | 19.5  |
| 40.72 | Roger Knubben       | 70 | Achilles Top   | Kerkrade      | 14.5  |
| 40.50 | John van Rooy       | 69 | G V A C        | Veldhoven     | 18.9  |
| 40.36 | Alex Kommeren       | 70 | Spark          | Oud Beyerland | 15.6  |
| 40.34 | Bernard te Doeschot | 69 | Fortis         | Hengelo       | 3.9   |
| 40.26 | Rob Zwijnenburg     | 69 | Avantri        | Schoonhoven   | 8.6   |
| 39.86 | Johan Iemhof        | 70 | Liemers        | Zevenaar      | 19.6  |
| 39.80 | Johan Troost        | 69 | Spirit OB      | Rotterdam     | 19.6  |
| 39.76 | Mark Jansen         | 69 | Keien          | Vught         | 8.5   |
| 39.32 | Bob Bogaard         | 70 | Unitas         | Kerkrade      | 14.5  |
| 39.22 | André Boxmeer       | 69 | Gouda          | Hilversum     | 1.5   |
| 39.20 | Sjaak Stuiver       | 69 | Start'78       | Heerenveen    | 11.5  |
| 39.08 | Martijn Kirsten     | 69 | A V'40         | Delft         | 22.6  |
| 38.94 | Luigi Bellu         | 69 | Unitas         | Utrecht       | 18.9  |
| 38.86 | Martien Breebaart   |    | Wieringermeer  | Krommenie     | 24.7  |
| 38.56 | Marcel Roosen       | 70 | Holland H      | Haarlem       | 1.10x |
| 38.52 | Ronald Wapperom +)  | 69 | Parthenon      | Zierikzee     | 4.5   |
| 37.96 | Guido Bonsen        | 69 | Hera           | Krommenie     | 8.5   |
| 37.86 | Hendrik J Hof       | 70 | Start'78       | Krommenie     | 26.6  |
| 37.68 | Rob Vroegh          | 71 | Typhoon        | Lisse         | 19.6  |
| 37.60 | Arjan Jacobs        | 70 | Nea Volharding | Amsterdam     | 14.5  |
| 37.58 | Nico Guldemond      | 69 | V&L/TC         | Rotterdam     | 19.6  |
| 37.42 | Marc de Ruiter      | 69 | V&L/TC         | Zierikzee     | 14.5  |
| 37.42 | Frank van Oort      | 70 | Hellas         | Utrecht       | 23.5  |
| 37.36 | David Zuidgeest     | 69 | Spark          | Rotterdam     | 8.5   |
| 37.30 | Erwin Pouw          | 70 | G A C-H        | Amersfoort    | 3.5   |
| 37.28 | Marc Rijken         | 71 | Pr Hendrik     | Veldhoven     | 13.6  |
| 37.24 | Bart Langenveld     | 71 | Unitas         | Helmond       | 19.6  |
| 37.06 | Patrick de Wit      | 70 | Startbaan      | Utrecht       | 18.9  |
| 37.02 | Robert vd Vegt      | 71 | Delta Sport    | Middelburg    | 8.5   |
| 36.98 | Rob Koopmans        | 69 | Spado          | Eindhoven     | 26.6  |
| 36.94 | Freddy Bouma        | 69 | Impala         | Drachten      | 19.6  |
| 36.94 | Bart Steehouwer     | 70 | Hera           | Hoorn         | 19.6  |
| 36.92 | Martin v Malsen     | 69 | Sprint         | Uden          | 8.5   |
| 36.78 | Evert Jansen        | 71 | Nykerk         | Amersfoort    | 3.5   |

+) verbeterd tot 39.56 Barendrecht 10.9

speerwerpen 800 gram NR Johan v Lieshout 72.66 m Leiden 40988  
 ER Wladimir Ovchinnikow S U 802.6 m Seoul 240988  
 WR idem

de beste 10 aller tijden nog moeilijk te geven (volgendjaar!)

|       |                      |      |             |                  |       |
|-------|----------------------|------|-------------|------------------|-------|
| 75.20 | Johan v Lieshout     | 69   | H A C       | Helmond          | 2.10  |
| 61.66 | Edwin Wagena         | 69   | Gemzen      | Zwolle           | 24.4  |
| 59.76 | Edward v Rossum      | 69   | Aquilo      | Sneek            | 1.6   |
| 59.12 | Anthony Ott          | 69   | A A C       | Krefeld(BRD)     | 24.9  |
| 57.22 | John van Rooy        | 69   | G V A C     | Veldhoven        | 17.8  |
| 56.46 | Roar Strooper        | 71   | Oss'78      | Veldhoven        | 19.5  |
| 56.26 | Remco vd Goen        | 69   | G A C-H     | Krommenie        | 25.6  |
| 54.64 | Bob Boogaard         | 70   | Unitas      | Helmond          | 19.6  |
| 54.22 | Frank van Oort       | 69   | Hellas      | Breda            | 12.6  |
| 54.22 | Herman Naber         | 70   | Sperwers    | Veldhoven        | 10.7  |
| 53.74 | Armin Willemsen      | 70   | A A C       | Haarlem          | 8.5   |
| 53.04 | Bart Legierse        | 69   | H A C       | Eindhoven        | 26.6  |
| 52.92 | Hendrik J Hof        | 70   | Start'78    | Lelystad         | 8.5   |
| 52.84 | Robin Bekhuis        | 69   | Sisu        | Haarlem          | 11.9  |
| 52.74 | Emil Schoonderwoerd  | 69   | A T O S     | Amsterdam        | 14.5  |
| 51.98 | Ronald Wapperom      | 69   | Parthenon   | Dordrecht        | 12.6  |
| 51.64 | Sjaak Stuiver        | 69   | Start'78    | Heerenveen       | 11.5  |
| 51.22 | Mars de Ruiter       | 69   | V & L/TC    | den Haag         | 28.8  |
| 50.94 | Edwin vd Kruk        | 70   | A V'40      | Breda            | 21.8  |
| 50.82 | Oscar Frederiks      | 69   | Nea Volhard | Edam             | 28.6  |
| 50.72 | Ivo van Duursen      | 70   | P S V       | Veldhoven        | 1.5   |
| 50.62 | Ivo Spanjersberg     | 70   | Haarlem     | Haarlem          | 8.5   |
| 50.58 | André v Boxméer      | 69   | Gouda       | Gouda            | 25.9x |
| 48.34 | Leiden               | 20.7 |             |                  |       |
| 50.50 | Paul Slangen         | 71   | Caesar      | Sittard          | 8.5   |
| 50.50 | Marco Reek           | 70   | Caesar      | Uden             | 6.5   |
| 50.28 | Ramon Ruczynski      | 69   | Start'78    | Althymnon(Kreta) | 5.11  |
| 50.24 | Ruben van Balen      | 71   | P S V       | Roermond         | 29.10 |
| 50.22 | Danny Mayer          | 72   | V & L/TC    | den Haag         | 11.9  |
| 50.18 | Arjo de Vries        | 71   | V & L/TC    | den Haag         | 11.9  |
| 49.98 | Marcel Dost          | 69   | T I O N     | Zwolle           | 19.7  |
| 49.80 | Richel Keyzers       | 69   | Weert       | Kerkrade         | 10.7  |
| 49.74 | Bert Verboort        | 70   | Caesar      | Kerkrade         | 14.5  |
| 49.70 | Harold Jones         | 69   | A A C       | den Haag         | 11.9  |
| 49.64 | Erik Beentjes        | 69   | D E M       | Beverwijk        | 2.10x |
| 48.38 | Hoorn                | 19.6 |             |                  |       |
| 49.36 | Peter Uil            | 69   | A V N       | Zevenaar         | 19.6  |
| 49.40 | Jolle Bouw           | 70   | Lycurgus    | den Haag         | 11.9  |
| 49.36 | Patrick Oude Nijhuis | 70   | Sparta      | Utrecht          | 18.9  |
| 49.24 | Brian Lesterhuis     | 72   | P S V       | den Haag         | 11.9  |
| 49.24 | Ronny Broeders       | 70   | Atledo      | Valkenswaard     | 3.9   |
| 49.22 | Stein Kuiper         | 69   | P S V       | Uden             | 5.6   |
| 49.14 | Erik de Haan         | 71   | T H O R     | den Haag         | 11.9  |
| 49.10 | Ramon vd Heyden      | 70   | Hera        | Hoorn            | 19.6  |
| 48.96 | Tom Alkim            | 71   | Venray      | Haarlem          | 11.9  |
| 48.76 | Olaf Leynse          | 71   | Swift       | Helmond          | 19.6  |

|       |                    |    |           |           |      |
|-------|--------------------|----|-----------|-----------|------|
| 48.74 | Arjan Otten        | 69 | P S V     | Eindhoven | 2.6  |
| 48.56 | Bob Dongelmans     | 71 | AAV'36    | Haarlem   | 8.5  |
| 48.50 | Patrick de Wit     | 70 | Startbaan | Amsterdam | 30.8 |
| 48.44 | Jeep Jonker        | 70 | A V'55    | Lelystad  | 8.5  |
| 48.34 | Alex vd Nol        | 69 | Gouda     | Utrecht   | 23.5 |
| 48.30 | Maurice van Beekom | 72 | Energie   | Rotterdam | 19.6 |

kogelslingeren 6½ kg: NR Frank vd Dool 66.46 m Roermond 261086  
ER en WR alleen met seniorenmateriaal

alle 10 beste aller tijden:

|       |                 |           |    |           |        |
|-------|-----------------|-----------|----|-----------|--------|
| 66.46 | Frank vd Dool   | AV'34     | 67 | Roermond  | 250986 |
| 58.50 | Martin v Malsen | Sprint    | 69 | Rotterdam | 120588 |
| 56.78 | Misha ter Horst | AV'34     | 71 | Breda     | 300887 |
| 56.76 | Chris Hoede     | T I O N   | 65 | Hengelo   | 250983 |
| 56.54 | John Nutbey     | AV'34     | 67 | Apeldoorn | 70686  |
| 56.06 | Erik de Bruin   | Typhoon   | 63 | Vught     | 250682 |
| 55.96 | Luigi Bellu     | Unitas    | 70 | Kerkrade  | 140588 |
| 55.78 | Gerry Koerts    | Hollandia | 68 | Breda     | 300887 |
| 54.10 | Marco Wilbrink  | Sprint    | 69 | Vught     | 270687 |
| 53.36 | Frank Eilander  | AV'34     | 57 | Apeldoorn | 250976 |

|      |       |       |    |
|------|-------|-------|----|
|      |       | 1     | 20 |
| 1984 | 58.90 | 25.00 |    |
| 1985 | 61.36 | 28.18 |    |
| 1986 | 66.46 | 30.44 |    |
| 1987 | 56.78 | 32.36 |    |
| 1988 | 58.50 | 26.94 |    |

|       |                    |    |               |             |      |
|-------|--------------------|----|---------------|-------------|------|
| 58.50 | Martin van Malsen  | 69 | Sprint        | Rotterdam   | 12.5 |
| 55.96 | Luigi Bellu        | 70 | Unitas        | Kerkrade    | 14.5 |
| 54.40 | Mischa ter Horst   | 71 | A V'34        | Leiden      | 4.9  |
| 50.78 | Erwin Kempkens     | 69 | H A C         | Krommenie   | 26.6 |
| 45.92 | Patrick Jongenelen | 69 | Sprint        | Kerkrade    | 14.5 |
| 44.76 | Mark Rijken        | 71 | Prins Hendrik | Krommenie   | 26.6 |
| 44.40 | Danny Stotijn      | 70 | A V R         | Vught       | 3.5  |
| 42.10 | Rysiu Bijl         | 71 | Pr Hendrik    | Vught       | 3.5  |
| 41.44 | Ivan Beck          | 69 | RK H A V      | Rotterdam   | 17.8 |
| 40.92 | Stein Kuiper       | 69 | P S V         | Roermond    | 9.10 |
| 39.60 | Meindert Simonides | 71 | A A C         | Amsterdam   | 9.8  |
| 36.48 | André Hendriks     | 69 | Athletics     | Zevenaar    | 14.5 |
| 35.80 | Koen Baars         | 70 | Sprint        | Steenbergen | 9.4  |
| 34.76 | Marco Bouman       | 72 | A V'34        | Leiden      | 4.9  |
| 33.36 | Rob Vroegh         | 71 | Typhoon       | Leiden      | 4.9  |
| 29.64 | Rodney Schwarz     | 71 | Hellas        | Leiden      | 4.9  |
| 28.46 | Marcel Roosen      | 70 | Holland H     | Amsterdam   | 24.7 |
| 27.26 | Patrick de Wit     | 69 | Startbaan     | Amsterdam   | 24.7 |
| 27.00 | Gerben Zantingh    | 70 | Sperwers      | Leiden      | 4.9  |
| 26.94 | Joep Teeuwisse     |    | Sperwers      | Leiden      | 4.9  |

tienkamp NR Robert de Wit 7775 pnt (nieuwe telling-oude speer)  
ER en WR met seniorenmateriaal Veldhoven 50781

met seniorenmateriaal:

|                   |    |         |           |  |
|-------------------|----|---------|-----------|--|
| 7149e Marcel Dost | 69 | T I O N | Uden      | 5,6  |
|                   |    |         |           | 11.15-7.00-11,91-1.95-51.21-15.16-37.20-4.50-44.08-4.38.68 |
| 6983e Anthony Ott | 69 | A A C   | Eindhoven | 22.5   |
|                   |    |         |           | 11.27-7.11-11.08-1.65-49.93-15.00-33.14-4.40-56.78-4.41.51 |

met juniorenmateriaal:

|                         |    |            |               |  |
|-------------------------|----|------------|---------------|--|
| 6891e Johan Troost      | 69 | Spirit OB  | Uden          | 5.6  |
|                         |    |            |               | 11.59-6.88-13.11-1,86-52.46-15.76-38.88-4.20-47.40-4.38.61 |
| 6863e Stein Kuiper      | 69 | P S V      | Uden          | 5,6  |
|                         |    |            |               | 11.79-6.62-16.67-1.98-54.87-16.31-52.72-3.40-49.22-5.09.80 |
| 6646e Walter Kruk       | 70 | Holland H  | Uden          | 5.6  |
| 6663 Edwin Wagena       | 69 | Gemzen     | Zevenaar      | 3.7  |
| 6625 Marcel Roosen      | 70 | Holland H  | Haarlem       | 1.10x  |
|                         |    |            |               | 6306 Uden 5.6  |
| 6248e Richel Keyzers    | 69 | Weert      | Uden          | 5.6  |
| 6077e Marco Reek        | 70 | Caesar     | Uden          | 5.6  |
| 5930 Marco Bulsing      | 70 | Hollandia  | Hoorndijk     | 2.10x  |
| 5929 Remco Geursen      | 70 | Holland H  | Hilversum     | 1.5  |
| 5884 Bart Steehouwer    | 70 | Hera       | Heerhugowaard | 2.10x  |
| 5861 Remco Mallens      | 70 | Sprint     | Breda         | 15.10x   |
| 5869 Arjan Otten        | 69 | P S V      | Eindhoven     | 25.9x  |
| 5843 Paul Rood          | 69 | Trias      | Heilo         | 2.10x  |
| 5821 Gerard Faay        | 70 | Avantri    | Schoonhoven   | 2.7  |
| 5817 Erwin Pouw         | 70 | G A C-H    | Hilversum     | 1.5  |
| 5793e Henk Langeveld    | 69 | Holland H  | Uden          | 5.6  |
| 5772 Alex vd Nol        | 70 | Gouda      | Utrecht       | 26.6   |
| 5754 Mark Nieuwenboom   | 69 | Pr Hendrik | Vught         | 6.8  |
| 5714 André van Boxmeer  | 69 | Gouda      | Hilversum     | 1.5  |
| 5707 Erik Sacharias     | 69 | T H O R    | Zevenbergen   | 28.8   |
| 5697 Harold van Riessen | 69 | P E C      | Zwolle        | 8.10x  |
| 5580 Bob Bogaard        | 70 | Unitas     | Zevenbergen   | 28.8   |
| 5562 Miquel Schoonhoven | 70 | Gouda      | Hilversum     | 1.5  |
| 5546 Remco Vos          | 69 | Trias      | Heilo         | 2.10x  |
| 5493 Eddy vd Made       | 69 | Sprint     | Breda         | 15.10x   |
| 5485 Wilco de Vos       | 70 | N O P      | Zevenaar      | 3.7  |
| 5470 Idde Lammers       | 69 | Sparta     | den Haag      | 2.10x  |
| 5451 Kees Houtepen      | 70 | A V'56     | Vlissingen    | 28.8   |
| 5427e Edwin Rinsma      | 69 | Impala     | Uden          | 5.6  |
| 5425 Sacha van Hilst    | 70 | G A C-H    | Hilversum     | 2.10x  |
| 5425 Richard vd Meyden  | 69 | P S V      | Eindhoven     | 25.9x  |
| 5417 Alex Kommeren      | 69 | Spark      | Lisse         | 22.5   |
| 5413e Dick Braas        | 70 | Hollandia  | Uden          | 5.6  |
| 5402 Martijn Eising     | 69 | Hera       | Heerhugowaard | 2.10x  |

|                            |              |          |               |        |
|----------------------------|--------------|----------|---------------|--------|
| <u>4 x 100 m estafette</u> | NR nat ploeg | 41.09 s  | Hochdorf(Zwi) | 120982 |
|                            | club AAC     | 41.97 s  | Rotterdam     | 200987 |
|                            | Sparta liep  | 41.5(ht) | Haarlem       | 230979 |
|                            | ER D D R     | 39.25 s  | Schwechat(Oo) | 280883 |
|                            | WR U S A     | 39.00 s  | Col.Springs   | 180783 |

41.48 nationaal team (Sunter-Janssen-Jones-v Oostende) Lisse 2.7

|           |              |                |      |        |           |              |      |
|-----------|--------------|----------------|------|--------|-----------|--------------|------|
| 41.97     | A A C        | Lisse          | 2.7  | 45.04+ | Impala    | Groningen    | 8.5  |
| 43.03     | Sparta       | Lisse          | 2.7  | 45.04+ | Trias     | Krommenie    | 8.5  |
| 43.08     | V & L/TC     | Lisse          | 2.7  | 45.04+ | A V V     | Sittard      | 8.5  |
| 43.24+    | Nymegen      | Zevenaar       | 19.6 | 45.04+ | Spado     | Vlissingen   | 19.6 |
| 43.60     | Achilles Top | Kerkrade       | 14.5 | 45.04+ | Spirit L  | Zwolle       | 19.6 |
| 43.64+    | Pr Hendrik   | Veldhoven      | 1.5  | 45.09  | RK HAV    | Lisse        | 2.7  |
| 43.77     | P S V        | den Haag       | 11.9 | 45.24+ | G A C-H   | Lisse        | 19.6 |
| 43.84+    | Holland L    | Amersfoort     | 8.5  | 45.24+ | A V A'64  | Haarlem      | 11.9 |
| 43.84+    | Hera         | Krommenie      | 8.5  | 45.24+ | Start'78  | Haarlem      | 11.9 |
| 43.88     | Kimbria      | Kerkrade       | 14.5 | 45.23  | H A C     | den Haag     | 11.9 |
| 43.94+    | A A C        | JB Beverwijk   | 18.6 | 45.34+ | A A C II  | Haarlem      | 8.5  |
| 43.94+    | T H O R      | Vlissingen     | 19.6 | 45.44+ | D E M     | Krommenie    | 8.5  |
| 44.04+    | P E C        | Zwolle         | 19.6 | 45.44+ | AAV'36    | JB Beverwijk | 24.9 |
| 44.54+    | T I O N      | Hengelo        | 8.5  | 45.54+ | D E M     | JB Beverwyk  | 18.6 |
| 44.64+    | Hollandia    | JB Lisse       | 2.7  | 45.54+ | Keien     | Veldhoven    | 19.6 |
| 44.64+    | Holland H    | Haarlem        | 8.5  | 45.54+ | Avantri   | Rotterdam    | 19.6 |
| 44.64+    | Sprint       | Veldhoven      | 1.5  | 45.54+ | P A C     | Rotterdam    | 19.6 |
| 44.64+    | Gouda        | Amersfoort     | 8.5  | 45.54+ | Startbaan | Amsterdam    | 19.6 |
| 44.74+    | P S V        | JB Eindhoven   | 27.4 | 45.54+ | Lycurgus  | Krommenie    | 8.5  |
| 44.74+    | Phoenix      | Lisse          | 19.6 | 45.64+ | A T O S   | Haarlem      | 8.5  |
| 44.84+    | ARGO'77      | JB Groningen   | 8.5  | 45.64+ | Spark     | Rotterdam    | 19.6 |
| 44.84+    | S A V        | Krommenie      | 8.5  | 45.64+ | AAV'36    | Amsterdam    | 19.6 |
| 44.84+    | Hellas       | Lisse          | 19.6 | 45.64+ | A V R     | Rotterdam    | 19.6 |
| 44.84+    | Athletics    | Haarlem        | 11.9 | 45.64+ | Fortis    | Zevenaar     | 19.6 |
| 45.04+    | Holland L    | JB Barendrecht | 17.9 | 45.64+ | Edam      | Krommenie    | 8.5  |
| === 45.10 | A T C'75     | Lisse          | 2.7  | 45.64+ | A V'34    | Lelystad     | 8.5  |
|           |              |                |      | 45.64+ | Marathon  | Vlissingen   | 19.6 |

4 x 200 m estafette

geen officieel nummer - geen records - slechts eenmaal gelopen

|        |         |        |                     |
|--------|---------|--------|---------------------|
| 1.33.1 | G A C-H | 1.40.0 | G A C-H II          |
| 1.34.3 | Phoenix |        | alles Hilversum 1.6 |

4 x 400 m estafette

|         |              |             |           |          |            |           |     |
|---------|--------------|-------------|-----------|----------|------------|-----------|-----|
|         | NR nat ploeg | 3.12.12 m   | Bern(Zwi) | 70779    |            |           |     |
|         | club AAC     | 3.16.99 m   | Luik(Be)  | 290984   |            |           |     |
|         | ER D D R     | 3.04.58     | Utrecht   | 230881   |            |           |     |
|         | WR U S A     | 3.01.90 m   | Athene    | 200786   |            |           |     |
| 3.18.75 | nat team     | Andenne(Be) | 6.6       | 3.33.34+ | T H O R    | Veldhoven | 1.5 |
| 3.19.46 | A A C        | Lisse       | 3.7       | 3.33.93  | D E M      | Lisse     | 3.7 |
| 3.22.27 | V&L/TC       | Lisse       | 3.7       | 3.35.71  | Hera       | Lisse     | 3.7 |
| 3.22.84 | H A C        | Lisse       | 3.7       | 3.36.24+ | Pr Hendrik | Veldhov   | 1.5 |
| 3.23.87 | Holland L    | Lisse       | 3.7       | 3.36.94+ | Sprint     | Veldhoven | 1.5 |
| 3.27.22 | Hollandia    | Lisse       | 3.7       | 3.37.24+ | Gemzen     | Hengelo   | 3.9 |
| 3.30.62 | RK H A V     | Lisse       | 3.7       | 3.37.44  | Phoenix    | Lisse     | 3.7 |
| 3.32.35 | ATC'75       | Lisse       | 3.7       | 3.39.24+ | P S V      | Veldhoven | 1.5 |
| 3.32.67 | Olympus'70   | Lisse       | 3.7       |          |            |           |     |

4 x 800 m estafette NR clubs Hellas 7.41.75 m Vught 120981

|         |            |       |     |         |              |       |     |
|---------|------------|-------|-----|---------|--------------|-------|-----|
| 7.49.76 | H A C      | Lisse | 2.7 | 8.10.70 | Achilles Top | Lisse | 2.7 |
| 7.49.93 | P A C      | Lisse | 2.7 | 8.17.29 | RK H A V     | Lisse | 2.7 |
| 8.00.12 | AV Nymegen | Lisse | 2.7 | 8.19.40 | Olympus '70  | Lisse | 2.7 |
| 8.03.42 | Lycurgus   | Lisse | 2.7 | 8.20.25 | Trias        | Lisse | 2.7 |
| 8.09.96 | Bataven    | Lisse | 2.7 | 8.28.00 | A A C        | Lisse | 2.7 |

5 KM snelwandelen baan NR 23.05.0 Frank v Ravensberg Haarlem Zaandam 30879

|         |                   |    |          |              |      |
|---------|-------------------|----|----------|--------------|------|
| 27.09.1 | Mike Boessen      | 72 | Unitas   | Rotterdam    | 30.7 |
| 28.20.8 | Baldwin Stuvcl    | 71 | Zaanland | Rotterdam    | 20.3 |
| 33.57.2 | Eric van Wakeren  | 73 | Unitas   | Weert        | 19.5 |
|         | op de weg:        |    |          |              |      |
| 23.27.7 | Edwin Holwerda    | 70 | Zaanland | Zaandam      | 29.4 |
| 24.42.0 | Marcel Stein      | 71 | G V A V  | St Oedenrode | 12.3 |
| 25.47.0 | Huub Dewitte      | 71 | Unitas   | St Oedenrode | 12.3 |
| 26.22.0 | Mike Boessen      | 72 | Unitas   | Sitaard      | 24.9 |
| 28.19.0 | Henri Timmermans  | 70 | OLAT     | Rotterdam    | 7.2  |
| 30.40.9 | Marco Luttkhuyzen | 71 | Zaanland | Zaandam      | 3.6  |

10 KM snelwandelen baan NR Frank v Ravensberg Haarlem 46.35.9 Zaandam 30879

|          |                   |    |          |           |      |
|----------|-------------------|----|----------|-----------|------|
| 47.40.38 | Edwin Holwerda    | 70 | Zaanland | Krommenie | 26.6 |
| 53.19.50 | Marcel Stein      | 71 | G V A V  | Krommenie | 26.6 |
| 54.56.41 | Huub Dewitte      | 71 | Unitas   | Krommenie | 26.6 |
| 56.10.9  | Mike Boessen      | 72 | Unitas   | Rotterdam | 30.7 |
| 57.48.81 | Baldwin Stuvcl    | 71 | Zaanland | Krommenie | 26.6 |
| 60.09.90 | Marco Luttkhuyzen | 71 | Zaanland | Krommenie | 26.6 |

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# TRIATHLON

GESCHIEDENIS

TRAINING, TECHNIEK

TAKTIEK



BART DE RUYTER

TRIATHLON - alles over deze sport  
verkrijgbaar bij de boekhandel of  
rechtstreeks bij de uitgever ELMAR BV  
Rijswijk ZH



## M E I S J E S

=====

|                            |                         |     |         |           |        |
|----------------------------|-------------------------|-----|---------|-----------|--------|
| <u>100 meter hardlopen</u> | NR Nelli Cooman         |     | 11.54 s | Dublin    | 90782  |
|                            | ER Marlies Oelsner      | DDR | 11.17   | K M stadt | 290576 |
|                            | WR Chandra Cheesborough | USA | 11.13   | Eugene    | 210676 |

de beste 10 aller tijden:

|       |                     |    |            |              |        |
|-------|---------------------|----|------------|--------------|--------|
| 11.54 | Nelli Cooman        | 64 | A V R      | Dublin(Ierl) | 90782  |
| 11.4  | Claudia Elissen     | 68 | Kimbria    | Nymegen      | 140986 |
| 11.5  | Petra Huybrechtse   | 72 | D E M      | Willich(BRD) | 180988 |
| 11.82 | Marjan Olyslager    | 62 | Schelde Sp | Nymegen      | 110879 |
| 11.90 | Merian Knijn        | 66 | Energie    | Amsterdam    | 10784  |
| 11.6  | Monique Boogaards   | 71 | Ciko'66    | Dulmen(BRD)  | 21088  |
| 11.7  | Joke Bijleveld      | 40 | Celebes    | den Haag     | 120658 |
| 11.7  | Tilly Jacobs        | 58 | Parthenon  | Dordrecht    | 190574 |
| 11.98 | Annerose Scholsberg | 69 | A V'34     | Vught        | 280687 |
| 11.99 | Gretha Tromp        | 64 | Hera       | Blois(Fr)    | 280881 |
| 11.99 | Anniek Goudemond    | 71 | ATC'75     | Hoorn        | 140687 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 11.90 | 12.74 | 13.01 |
| 1985 | 12.04 | 12.74 | 12.94 |
| 1986 | 11.64 | 12.64 | 12.92 |
| 1987 | 11.98 | 12.64 | 12.84 |
| 1988 | 11.74 | 12.64 | 12.84 |

|        |                       |        |           |              |       |
|--------|-----------------------|--------|-----------|--------------|-------|
| 11.74+ | Petra Huybrechtse     | 72     | D E M     | Willich(BRD) | 18.9  |
|        | 11.89 el den Haag     | 11.9   |           |              |       |
| 11.84+ | Monique Boogaards     | 71     | Ciko'66   | Dülmen(BRD)  | 2.10  |
|        | 11.90 el Sudbury(Can) | 25.7   |           |              |       |
| 11.99  | Annerose Scholsberg   | 69     | A V'34    | Hengelo      | 14.8  |
| 12.04+ | Nelleke Koppelaar     | 69     | Trias     | Amsterdam    | 14.5  |
|        | 12.22 el Groningen    | 17.7   |           |              |       |
| 12.14  | Anniek Coudemond      | 71     | ATC'75    | Krommenie    | 25.6  |
|        | 11.98 Uden            | 5.6rw  | 2.5       |              |       |
| 12.24+ | Karin Verploeg        | 71     | Oss'78    | Veldhoven    | 19.6  |
|        | 12.26 el Hengelo      | 14.8   |           |              |       |
|        | 12.21 Uden            | 5.6rw  | 2.5       |              |       |
| 12.14+ | Marjolein Peters      | 69     | Hellas    | Lisse        | 19.6  |
| 12.24+ | Monique Steennis      | 69     | Altis     | Nymegen      | 12.6  |
|        | 12.37 el Zwolle       | 29.5   |           |              |       |
| 12.34+ | Anja Mulder           | 71     | Nykerk    | Dülmen(BRD)  | 2.10  |
| 12.39  | Irene Jetten          | 72     | Keien     | Uden         | 4.6   |
|        | 12.06 Uden            | 4.6rw  |           |              |       |
| 12.44+ | Pearl Speear          | 70     | A V R     | Rotterdam    | 19.6  |
|        | 12.49 el Hechtel(B)   | 30.7   |           |              |       |
|        | 12.34 Hoorn           | 18.9rw |           |              |       |
| 12.44+ | Ineke de Jong         | 70     | Impala    | Groningen    | 8.5   |
| 12.44+ | Paulien vd Roest      | 70     | H A C     | Helmond      | 28.8  |
|        | 12.56 el Speyer(BRD)  | 22.5   |           |              |       |
| 12.44+ | Nanet Karenbeld       | 69     | ATC'75    | Haarlem      | 11.9  |
|        | 12.52 el Groningen    | 17.7   |           |              |       |
|        | 12.37 Hilv            | 23.5rw | 2.75      |              |       |
| 12.54+ | Avelien v Daalen      | 71     | Hollandia | Beverwijk    | 18.6  |
|        | 12.47 Hilv            | 23.5rw | 12.24+    | Santpoort    | 9.7rw |

|        |                           |           |            |                |      |
|--------|---------------------------|-----------|------------|----------------|------|
| 12.54+ | Manon Geerlings           | 72        | Spartaan   | Lisse          | 14.6 |
| 12.54+ | Marjolijn v Elk           | 69        | Lycurgus   | Amsterdam      | 14.5 |
| 12.54+ | Linda v Gaalen            | 69        | Sparta     | Rotterdam      | 19.6 |
| 12.60  | Iboica van Eyl            | 70        | Taxandria  | Kerkrade       | 14.5 |
| 12.64  | Ellen Silvertand          | 70        | Bataven    | den Haag       | 27.8 |
| 12.64+ | Natasja Buter             | 71        | Impala     | Groningen      | 8.5  |
| 12.64+ | Sandy Pot                 | 71        | AC Ommen   | Amsterdam      | 7.8  |
| 12.64+ | Jacqueline Eykenboom      | 71        | Caesar     | Helmond        | 19.6 |
| 12.64+ | Annemieke Schaaf          | 69        | Vitesse    | Amsterdam      | 14.5 |
| 12.64+ | Esther Piek               | 69        | Caesar     | Weert          | 29.5 |
| 12.64+ | Fiona van Es              | 71        | Start'78   | Zwolle         | 19.7 |
| 12.69  | Susan Ooms                | 73        | Hermes     | Hoorn          | 18.9 |
| 12.71  | Monique vd Meyden         | 71        | T H O R    | Roosendaal     | 13.7 |
|        | 12.66 Uden 4.6rw          |           |            |                |      |
| 12.73  | Georgette Konigferander   | 71        | Sparta     | Rennes(Fr)     | 24.9 |
| 12.74+ | Netty Knijpstra           | 71        | A V'55     | Groningen      | 24.4 |
|        | 12.59 Amsterdam 5.6rw2.5  |           |            |                |      |
| 12.74+ | Laura Hof                 | 71        | Suomi      | Hoorn          | 19.6 |
|        | 12.24+ Santpoort 9.7rw    |           |            |                |      |
| 12.74+ | Natasja Tebbe             | 71        | M P M      | Losser         | 8.6  |
| 12.74+ | Maike Smit                | 71        | Pr Hendrik | Veldhoven      | 19.6 |
|        | 12.76 el Kerkrade 14.5    |           |            |                |      |
| 12.74+ | Debby Ekkelboom           | 73        | Fortis     | Dülmen(BRD)    | 2.10 |
| 12.74+ | Deborah den Boer          | 75        | A D A      | Hechtel(Be)    | 30.7 |
| 12.74+ | Karin Weyers              | 72        | Olympia'48 | den Haag       | 8.6  |
| 12.74+ | Mandy Conijn              | 72        | Hollandia  | Hoorn          | 18.6 |
|        | 12.54+ Santpoort 9.7rw    |           |            |                |      |
| 12.74+ | Antoinette vd Bergh       | 70        | Pr Hendrik | Vught          | 28.6 |
| 12.83  | Ineke Sijbers             | 71        | H A C      | Kerkrade       | 14.5 |
| 12.84+ | Bianca v Leeuwen          | 71        | A V R      | den Haag       | 1.5  |
| 12.84+ | Marjolein van Zon         | 71        | M P M      | Losser         | 8.6  |
| 12.84+ | Jitske Schuurman          | 73        | A V'55     | Zwolle         | 22.6 |
| 12.84+ | Joyce vd Putten           | 71        | P S V      | Veldhoven      | 19.6 |
| 12.84+ | Linda Aal                 | 69        | Athletics  | Zevenaar       | 15.5 |
| 12.84+ | Claudia Perlee            | 72        | A D A      | Veldhoven      | 19.6 |
| 12.84+ | Polyanne Breur            | 70        | Ilion      | Veldhoven      | 10.7 |
| 12.84+ | Maryanne Pijnenburg       | 68        | Hermes     | Breda          | 10.7 |
| 12.84+ | Cecile Smeets             | 70        | Komeet     | Veldhoven      | 24.5 |
| 12.84+ | Angelique Maasdijk        | 70        | Phoenix    | Hengelo        | 3.9  |
| 12.87  | Ilse Donkers              | 71        | D E S      | Kerkrade       | 14.5 |
|        | met rugwind:              |           |            |                |      |
| 12.09  | Michele Martinot          | rw3.7 69  | A V R      | den Haag       | 27.8 |
|        | 12.23 den Haag 27,8rw4.17 |           |            |                |      |
| 12.52  | Anouska den Uyl           | rw3.10 71 | G A C-H    | Hilversum      | 23.5 |
| 12.72  | Sandra Swaans             | rw2.6 71  | T H O R    | Roosendaal     | 28.8 |
| 12.74+ | Susan van Acker           | 71        | RK H A V   | den Haag       | 28.5 |
| 12.74+ | Brenda Stoete             | 71        | Haarlem    | Santpoort      | 9.7  |
| 12.84+ | Lisette Pannekoek         | 72        | Hollandia  | Santpoort      | 9.7  |
| 12.84+ | Petra Kreike              | 71        | A D A      | Santpoort      | 9.7  |
| 12.84+ | Andra Laarhuis            | 69        | D E M      | Krommenie      | 24.7 |
| 12.84+ | Henriette vd Bergh        | 70        | Pr Hendrik | sHertogenbosch | 23.5 |

12.59

|                        |                     |         |         |        |
|------------------------|---------------------|---------|---------|--------|
| <u>200 m hardlopen</u> | NR Merian Knijn     | 23.95 s | Sittard | 240684 |
|                        | ER Natalya Botchina | S U     | 22.19   | Moskou |
|                        | WR idem             |         |         | 300780 |

de beste 10 aller tijden:

|       |                   |    |               |               |        |
|-------|-------------------|----|---------------|---------------|--------|
| 23.95 | Merian Knijn      | 66 | Energie       | Sittard       | 240684 |
| 23.96 | Els Vader         | 59 | Zeel.Sport    | Donetzk(SU)   | 200877 |
| 23.99 | Lilian Gillissen  | 60 | Dynamo'70     | Sittard       | 100777 |
| 24.08 | Pearl Speear      | 70 | A V R         | Hechtel(Be)   | 300788 |
| 23.9  | Cora Hofman       | 52 | Schelde Sport | Papendal      | 110970 |
| 24.15 | Monique Steennis  | 69 | Altis         | Vught         | 280687 |
| 24.27 | Marjan Olyslager  | 62 | Schelde Sport | Bydgoszcz(Po) | 180879 |
| 24.31 | Yvonne v Dorp     | 66 | Holland L     | Sittard       | 230684 |
| 24.1  | Michelle Martinot | 69 | A V R         | Drachten      | 120688 |
| 24.2  | Akke Brijker      | 53 | Spartacus     | Parijs(Fr)    | 130970 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 23.95 | 26.24 | 26.85 |
| 1985 | 24.83 | 26.04 | 26.74 |
| 1986 | 24.84 | 25.99 | 26.64 |
| 1987 | 24.15 | 26.08 | 26.59 |
| 1988 | 24.08 | 26.01 | 26.64 |

|        |                     |        |           |             |       |
|--------|---------------------|--------|-----------|-------------|-------|
| 24.25  | Anniek Goudemond    | 71     | A T C'75  | Uden        | 4.6   |
| 24.34+ | Michelle Martinot   | 69     | A V R     | Drachten    | 12.6  |
| 24.33  | Annerose Scholsberg | 69     | A V'34    | Groningen   | 17.7  |
| 24.48  | Moniek Boogaards    | 71     | Ciko'66   | Uden        | 4.6   |
| 24.74+ | Monique Steennis    | 69     | Altis     | Amsterdam   | 14.5  |
|        | 24.80 el Amsterdam  | 14.5   |           |             |       |
| 24.84+ | Petra Huybrechtse   | 72     | D E M     | Beverwijk   | 2.10x |
| 24.98  | Karin Verploeg      | 71     | Oss'78    | Speyer(BRD) | 22.5  |
| 25.05  | Pearl Speear        | 70     | A V R     | Hilversum   | 23.5  |
| 25.28  | Nanet Karenbeld     | 69     | A T C'75  | Hilversum   | 23.5  |
| 25.34+ | Ineke de Jong       | 70     | Impala    | Groningen   | 24.4  |
| 25.40  | Esther Piek         | 69     | Caesar    | Uden        | 5.6   |
| 25.44+ | Marjolijn v Elk     | 69     | Lycurgus  | Amsterdam   | 14.5  |
| 25.44+ | Marjolein Peeters   | 69     | Hellas    | Drachten    | 12.6  |
|        | 25.60 el Krommenie  | 26.6   |           |             |       |
| 25.57  | Monique vd Meyden   | 71     | T H O R   | Uden        | 4.6   |
| 25.61  | Paulien vd Roest    | 70     | H A C     | Leiden      | 4.9   |
|        | 25.54+ Veldhoven    | 17.4rw |           |             |       |
| 25.71  | Avelien vn Daalen   | 71     | Hollandia | Gendringen  | 28.8  |
|        | 25.14+ Santpoort    | 9.7rw  |           |             |       |
| 25.84+ | Joyce vd Putten     | 71     | P S V     | Veldhoven   | 4.9   |
| 25.84+ | Eboica van Eyk      | 70     | Taxandria | Vught       | 3.5   |
| 26.01  | Ineke Sijbers       | 71     | H A C     | Uden        | 4.6   |
| 26.04+ | Netty Knijpstra     | 71     | A V'55    | Drachten    | 13.5  |
| 25.84+ | Ellen Silverentand  | 70     | Bataven   | Leiden      | 20.7  |
| 26.08  | Piona van Es        | 72     | Start'78  | Uden        | 4.6   |
| 26.10  | Claudia Honcoop     | 70     | Ciko'66   | Arnhem      | 17.8  |
| 26.14+ | Natasja Buter       | 71     | Impala    | Drachten    | 13.5  |
| 26.14+ | Marjan Kortmann     | 71     | AAV'36    | Amsterdam   | 24.7  |
| 26.14+ | Sandy Pot           | 71     | AC ommen  | Hengelo     | 3.9   |

|        |                         |    |           |            |        |
|--------|-------------------------|----|-----------|------------|--------|
| 26.34+ | Laura Hof               | 71 | Suomi     | Krommenie  | 13.7   |
|        | 25.64+ Santpoort 9+7rw  |    |           |            |        |
| 26.34+ | Esther Goossens         | 72 | Clytoneus | Amsterdam  | 21.7   |
| 26.41  | Anouska den Uyl         | 71 | G A C-H   | Hilversum  | 23.5   |
| 26.44+ | Marjolein van Zon       | 71 | M P M     | Losser     | 8.6    |
| 26.44+ | Cecile Smeets           | 70 | Komeet    | Etten Leur | 26.4   |
| 26.44+ | Ingrid Hogendoorn       | 70 | Sparta    | den Haag   | 2.10x  |
|        | 26.56 el Terneuzen 17.9 |    |           |            |        |
| 26.44+ | Pollyanne Breur         | 70 | Ilion     | Leiden     | 3.8    |
| 26.54+ | Bianca v Leeuwen        | 71 | A V R     | den Haag   | 1.5    |
| 26.54+ | Saskia Zandee           | 71 | P A C     | Lisse      | 21.5   |
| 26.54+ | Brenda Stoete           | 71 | Haarlem   | Haarlem    | 29.6   |
| 26.58  | Karin Huigen            | 69 | Impala    | Uden       | 5.6    |
| 26.61  | Henrike Schut           | 72 | Sperwers  | Krommenie  | 25.6   |
| 26.62  | Renate Saalmink         | 71 | Ciko'66   | Arnhem     | 17.8   |
| 26.64  | Susan van Acker         | 71 | RK H A V  | Uden       | 4.6    |
| 26.64+ | Rieneke Lamoree         | 71 | A V'47    | Hilversum  | 30.4   |
| 26.64+ | Mandy Conijn            | 72 | Hollandia | Hoorn      | 25.5   |
| 26.64+ | Natasja Tebbe           | 71 | M P M     | Losser     | 8.6    |
| 26.64+ | Anja Mulder             | 71 | Nykerk    | Amersfoort | 15.6   |
| 26.64+ | Andrea v Velzen         | 71 | Spartaan  | Leiden     | 20.7   |
| 26.64+ | Martine Saalbrink       | 71 | Sprint    | Breda      | 15.10x |
| 26.64+ | Liesbet Bauwens         | 69 | Fortuna V | Leiden     | 20.7   |
| 26.64+ | Annemieke Schaaf        | 69 | Vitesse   | Amsterdam  | 7.8    |
|        | met rugwind:            |    |           |            |        |
| 25.84+ | Claudia Perlee          | 72 | A D A     | Santpoort  | 9.7    |
| 26.34  | Irene Jetten            | 72 | Keien     | Roosendaal | 28.8   |
| 26.34+ | Susan Dammingh          | 73 | Liemers   | Krommenie  | 24.7   |
| 26.64+ | Majella Laman           | 72 | Castricum | Santpoort  | 9.7    |

400 m hardlopen NR limiet 53.45 s  
 ER Christine Brehmer DDR 49.77 s Dresden 90574  
 WR idem

de beste 10 aller tijden:

|        |                   |    |            |             |        |
|--------|-------------------|----|------------|-------------|--------|
| 53.44+ | Olga Commandeur   | 58 | Suomi      | Papendal    | 200775 |
| 53.6   | Ingrid Stoot      | 64 | A V R      | den Haag    | 80781  |
| 54.19  | Monique Steennis  | 69 | Altis      | Vught       | 270687 |
| 54.66  | Elly van Hulst    | 59 | Lionita    | den Haag    | 260677 |
| 54.87  | Yvonne van Dorp   | 66 | Holland L  | Amsterdam   | 10784  |
| 55.0   | Michelle Martinot | 69 | A V R      | Rotterdam   | 100587 |
| 55.21  | Merian Knijn      | 66 | Energie    | Keulen(BRD) | 90684  |
| 55.33  | Liliane Mandema   | 59 | Olympia'48 | Roosendaal  | 30777  |
| 55.4   | Tanja Tjepkema    | 63 | Startbaan  | Nymegen     | 190781 |
| 55.73  | Sandra Dorlas     | 64 | Bataven    | Roosendaal  | 50780  |

|      | 1     | 20   | 50   |
|------|-------|------|------|
| 1984 | 54.87 | 59.6 | 61.0 |
| 1985 | 55.74 | 59.1 | 61.1 |
| 1986 | 56.21 | 59.1 | 60.6 |
| 1987 | 54.19 | 59.1 | 60.6 |
| 1988 | 54.44 | 58.5 | 60.3 |

5522

Jodie

|        |                           |    |            |             |      |
|--------|---------------------------|----|------------|-------------|------|
| 54.44+ | Monique Steennis          | 69 | Altis      | Nymegen     | 12.6 |
|        | 54.87 el Pamplona(Sp) 2.7 |    |            |             |      |
| 55.30  | Michelle Martinot         | 69 | A V R      | Hilversum   | 23.5 |
| 56.06  | Esther Goossens           | 72 | Clytoneus  | Andenne(Be) | 6.8  |
| 56.24  | Yvonne vd Kolk            | 69 | A V R      | den Haag    | 10.7 |
| 56.34+ | Ineke de Jong             | 70 | Impala     | Drachten    | 12.6 |
|        | 56.35 el Utrecht 29.5     |    |            |             |      |
| 56.64  | Stella Jongmans           | 71 | Sparta     | Uden        | 5.6  |
| 56.85  | Avelien v Daalen          | 71 | Hollandia  | Uden        | 5.6  |
| 56.94+ | Annerose Scholsberg       | 69 | A V'34     | Hengelo     | 12.6 |
| 57.24+ | Marjan Kortmann           | 71 | A A V'36   | Lisse       | 28.5 |
| 57.44+ | Monique van Wijk          | 69 | Aquilo     | Breda       | 10.7 |
| 57.54+ | Monique Timmermans        | 70 | Oss'78     | Veldhoven   | 19.6 |
| 57.64+ | Anniek Goudemond          | 71 | A T C'75   | Haarlem     | 11.9 |
| 57.94+ | Pearl Speear              | 70 | A V R      | Amsterdam   | 30.8 |
| 58.14+ | Karen Wijbenga            | 69 | Sisu       | Zevenaar    | 19.6 |
| 58.45  | Corinne vd Geest          | 72 | Spirit L   | Rotterdam   | 12.5 |
| 58.54+ | Anja Mulder               | 71 | Nykerk     | Huizen      | 6.7  |
| 58.54+ | Saskia Zandee             | 71 | P A C      | Rotterdam   | 19.6 |
| 58.54+ | Claudia Honkoop           | 70 | Ciko'66    | Papendal    | 8.6  |
| 58.64+ | Monique vd Meyden         | 71 | T H O R    | Vlissingen  | 19.6 |
| 58.64+ | Susan Dammigh             | 73 | Liemers    | Krommenie   | 24.7 |
| 58.93  | Ingrid Hogendoorn         | 70 | Sparta     | Rennes(Fr)  | 24.9 |
| 58.94+ | Gina van Dijk             | 72 | G A C-H    | Vlissingen  | 19.6 |
| 58.94+ | Marjolijn v Elk           | 69 | Lycurgus   | Amsterdam   | 9.9  |
| 59.04+ | Ineke Sijbers             | 71 | H A C      | Veldhoven   | 18.9 |
| 59.04+ | Cecile Smeets             | 70 | Komeet     | Nymegen     | 3.6  |
| 59.11  | Angie Kelders             | 71 | G V A C    | den Haag    | 28.5 |
| 59.24+ | Rens van Roosmalen        | 69 | Keien      | Vught       | 8.5  |
| 59.24+ | Nanet Karenbeld           | 69 | A T C'75   | Groningen   | 8.5  |
| 59.34+ | Laura Hof                 | 71 | Suomi      | Santpoort   | 9.7  |
| 59.34+ | Annemiek Huls             | 71 | G V A C    | Vught       | 7.6  |
| 59.34+ | Paulien vd Roest          | 70 | H A C      | Vught       | 13.9 |
| 59.44  | Aranka Wiechman           | 72 | Spark      | Zierikzee   | 14.5 |
| 59.44+ | Ellen Silverentand        | 70 | Bataven    | Leiden      | 12.6 |
| 59.54+ | Henrike Schut             | 72 | Sperwers   | Groningen   | 8.5  |
| 59.54+ | Ingrid Albers             | 69 | A V'34     | Papendal    | 8.6  |
| 59.82  | Nathalie Peeters          | 71 | Hera       | Krommenie   | 25.6 |
| 59.84+ | Marian Hendriks           | 71 | Olympia E  | Veldhoven   | 4.9  |
| 59.84+ | José van Griensven        | 70 | H A C      | Veldhoven   | 18.9 |
| 59.90  | Gerry Zijlstra            | 70 | N O P      | Krommenie   | 25.6 |
| 59.91  | Majella Laman             | 72 | Castricum  | Hoorn       | 18.9 |
| 59.94+ | Astrid van Haren          | 69 | Spirit L   | Zwolle      | 19.6 |
| 60.04+ | Mieke Piest               | 71 | D E M      | Hoorn       | 19.6 |
| 60.04+ | Brigit van Dreumel        | 71 | Wycken     | Zevenaar    | 19.6 |
| 60.14  | Bianca vd Meer            | 71 | Spark      | Zierikzee   | 14.5 |
| 60.14+ | Leonie Donkers            | 71 | H A C      | Helmond     | 19.6 |
| 60.14+ | Karin Glerum              | 70 | Dynamo'70  | Middelburg  | 6.7  |
| 60.24+ | Annemarie Kokshoorn       | 70 | Sparta     | Rotterdam   | 19.6 |
| 60.44+ | Karin Weyers              | 72 | Olympia'48 | den Haag    | 28.5 |
| 60.44+ | Fiona van Es              | 72 | Start'78   | Drachten    | 18.9 |
| 60.44+ | Joyce vd Putten           | 71 | P S V      | Veldhoven   | 19.6 |
| 60.44+ | Olga Overmeer             | 69 | Trias      | Amsterdam   | 24.6 |

800 m hardlopen NR Olga.Commandeur 2.01.6 m Aalst(Be) 70975  
 ER Christine Wachtel DDR 1.59.40 m Los Angelos260683  
 WR idem

de 10 besten aller tijden:

|         |                   |    |            |              |        |
|---------|-------------------|----|------------|--------------|--------|
| 2.01.6  | Olga Commandeur   | 58 | Suomi      | Aalst(Be)    | 70975  |
| 2.03.9  | Elly van Hulst    | 59 | Lionitas   | Donetsk(SU)  | 290877 |
| 2.04.30 | Yvonne vd Kolk    | 69 | A V R      | Koblenz(BRD) | 10688  |
| 2.04.71 | Krista Aukema     | 67 | Spartacus  | Budapest(Ho) | 100884 |
| 2.05.02 | Monique Jansen    | 60 | Olympia'48 | Sittard      | 90777  |
| 2.05.4  | Ingrid Stoot      | 64 | Sprint     | Vught        | 250682 |
| 2.06.49 | Jacky Winkelman   | 63 | H A C      | Utrecht      | 90881  |
| 2.06.5  | Fieke Kamps       | 58 | Sagitta    | Drachten     | 30875  |
| 2.07.6  | Karin de Nijs     | 59 | RK H A V   | Roosendaal   | 40977  |
| 2.07.8  | Carla Grimbergen  | 53 | Spartaan   | Papendal     | 90671  |
| 2.07.8  | Margriet de Graaf | 54 | G A C-H    | Papendal     | 90671  |

|      | 1       | 20      | 50     |
|------|---------|---------|--------|
| 1984 | 2.06.32 | 2.18.82 | 2.23.3 |
| 1985 | 2.04.71 | 2.19.5  | 2.23.0 |
| 1986 | 2.06.33 | 2.17.6  | 2.22.8 |
| 1987 | 2.05.74 | 2.17.8  | 2.22.3 |
| 1988 | 2.04.30 | 2.14.5  | 2.21.6 |

|         |                     |    |            |              |      |
|---------|---------------------|----|------------|--------------|------|
| 2.04.30 | Yvonne vd Kolk      | 69 | A V R      | Koblenz(BRD) | 1.6  |
| 2.07.9  | Marian Kortmann     | 71 | AAV'36     | Pamplona(Sp) | 2.7  |
| 2.08.1  | Stella Jongmans     | 71 | Sparta     | Rotterdam    | 11.6 |
| 2.10.79 | Karen Glerum        | 70 | Dynamo'70  | Hechtel(Be)  | 30.7 |
| 2.11.62 | Monique Timmermans  | 70 | Oss'78     | Vught        | 15.5 |
| 2.12.56 | Karen Wijbenga      | 69 | Sisu       | Krommenie    | 26.6 |
| 2.13.6  | Annelie Bruin       | 69 | Zaanland   | Beverwijk    | 27.5 |
| 2.13.67 | Susan Dammingh      | 73 | Liemers    | Uden         | 5.6  |
| 2.13.9  | Annet Bezemer       | 69 | H A C      | Uden         | 30.8 |
| 2.14.5  | Ingrid Albers       | 69 | A V'34     | Sittard      | 29.5 |
| 2.15.47 | Christien ten Bosch | 74 | Gemzen     | Papendal     | 8.6  |
| 2.15.71 | Annemiek Huls       | 71 | G V A C    | Uden         | 5.6  |
| 2.16.27 | Marriet v an Buuren | 71 | V A V      | Uden         | 5.6  |
| 2.17.1  | Angelique Borsch    | 71 | A T O S    | Amsterdam    | 9.9  |
| 2.17.3  | Sandra Hofmans      | 71 | Venray     | Helmond      | 31.5 |
| 2.17.39 | Gunilla Boomsma     | 71 | Holland H  | Uden         | 5.6  |
| 2.17.4  | Bianca van Dijk     | 69 | G A C-H    | Lisse        | 19.6 |
| 2.17.3  | Angelique v Oostrom | 70 | Pynenburg  | Amsterdam    | 29.7 |
| 2.17.5  | Saskia de Boer      | 71 | Hollandia  | Amsterdam    | 19.5 |
| 2.17.6  | Ingrid vd Voort     | 71 | Sparta     | Rotterdam    | 19.6 |
| 2.18.1  | Iris Wullems        | 75 | A V N      | Nymegen      | 2.9  |
| 2.18.2  | Ester Goossens      | 72 | Clytoneus  | den Haag     | 28.8 |
| 2.18.2  | Jolanda v Heusden   | 69 | Lycurgus   | Drachten     | 12.6 |
| 2.18.2  | Annamarie Walda     | 69 | P A C      | Amsterdam    | 29.7 |
| 2.18.7  | Saskia Zandee       | 71 | P A C      | Rotterdam    | 8.5  |
| 2.18.8  | Annemarieke de Boer | 71 | D E M      | Krommenie    | 8.5  |
| 2.18.9  | Marian Hendriks     | 71 | Olympia Eh | Vught        | 28.6 |
| 2.19.0  | Sabina Gols         | 71 | Veendam    | Groningen    | 8.5  |
| 2.19.1  | Wendy Holstvoogd    | 70 | Lycurgus   | Amsterdam    | 14.5 |
| 2.19.2  | Susan Wiertsema     | 71 | H A C      | Valkenswaard | 3.9  |

*Training w D*

|         |                      |    |           |              |      |
|---------|----------------------|----|-----------|--------------|------|
| 2.19.3  | Dewi Ruiter          | 70 | Noordkop  | Hoorn        | 19.6 |
| 2.19.5  | Sigrid Schellenberg  | 71 | Spark     | Leiden       | 11.6 |
| 2.19.6  | Monique de Goede     | 70 | F I T     | Hilversum    | 1.5  |
| 2.19.61 | Rens v Roosmalen     | 69 | Keien     | Krommenie    | 26.6 |
| 2.19.7  | Ellen Herlaar        | 69 | D E M     | Krommenie    | 8.5  |
| 2.19.9  | Gabrie Heyster       | 74 | Fortuna V | Utrecht      | 10.6 |
| 2.20.0  | Annet v Veldhuizen   | 69 | Spartaan  | Lisse        | 19.6 |
| 2.20.2  | Majella Laman        | 72 | Castricum | Hoorn        | 19.6 |
| 2.20.6  | Carry Maathuis       | 71 | T I O N   | Zevenaar     | 15.5 |
| 2.20.6  | Brenda Sleuwenhoek   | 70 | Avantri   | Rotterdam    | 7.9  |
| 2.20.7  | Monique Eemsingh     | 72 | Horror    | Zwolle       | 19.6 |
| 2.20.8  | Miranda Rijpers      | 70 | T H O R   | Vlissingen   | 19.6 |
| 2.20.9  | Kristel Logghe       | 69 | Marathon  | Vlissingen   | 19.6 |
| 2.21.0  | Tanja Hermans        | 72 | P S V     | Veldhoven    | 19.6 |
| 2.21.2  | Corinne vd Geest     | 72 | Spirit L  | Amsterdam    | 24.6 |
| 2.21.2  | Krystalyn Loonen     | 70 | Zaanland  | Utrecht      | 15.7 |
| 2.21.4  | Lucienne Groenendijk | 69 | Zaanland  | Beverwijk    | 27.5 |
| 2.21.5  | Fiona Kaper          | 72 | Attila    | Valkenswaard | 3.9  |
| 2.21.6  | Margo van Balen      | 71 | T H O R   | Vlissingen   | 19.6 |
| 2.21.6  | Avelien van Daalen   | 71 | Hollandia | Hoorn        | 18.9 |

1000 meter (nieuw nummer)

|         |                     |    |            |            |      |
|---------|---------------------|----|------------|------------|------|
| 2.38.91 | Yvonne vd Kolk      | 69 | A V R      | Hengelo    | 14.8 |
| 2.51.3  | Stella Jongmans     | 71 | Sparta     | Lisse      | 30.8 |
| 2.53.2  | Christien ten Bosch | 73 | Gemzen     | Hengelo    | 4.6  |
| 2.55.5  | Monique Timmermans  | 70 | Oss'78     | Helmond    | 23.8 |
| 2.55.9  | Susan Damingh       | 73 | Liemers    | Beverwijk  | 25.6 |
| 2.56.0  | Sandra Hofmans      | 71 | Venray     | Helmond    | 23.8 |
| 3.01.0  | Gabry Heyster       | 74 | Fortuna V  | den Haag   | 21.5 |
| 3.01.1  | Brenda Sleuwenhoek  | 70 | Avantri    | Leiden     | 20.7 |
| 3.01.4  | Winnifred Ubels     | 74 | Olympia'48 | den Haag   | 21.5 |
| 3.03.0  | Annet v Veldhuizen  | 69 | Spartaan   | Lisse      | 30.8 |
| 3.04.0  | Myrthe Broers       | 73 | Lycurgus   | Haarlem    | 4.6  |
| 3.04.1  | Danuta Ruinémans    | 73 | Start'78   | Groningen  | 9.7  |
| 3.05.4  | Daniele v Cadzand   | 74 | Marathon   | Vlissingen | 29.6 |
| 3.05.4  | Jessica Hulst       | 73 | A V R      | Rotterdam  | 21.5 |
| 3.05.8  | Natalie Hollestelle | 73 | A V'40     | den Haag   | 21.5 |

## 1 E M (onofficieel)

|        |                      |    |          |           |     |
|--------|----------------------|----|----------|-----------|-----|
| 5.17.6 | Lucienne Groenendijk | 69 | Zaanland | Krommenie | 3.6 |
| 5.18.1 | Brenda Sleuwenhoek   | 70 | Avantri  | Krommenie | 3.6 |

## 5 K M (onofficieel)

|         |                  |    |          |              |      |
|---------|------------------|----|----------|--------------|------|
| 17.43.0 | Krystalyn Loonen | 70 | Zaanland | Aalsmeer     | 3.6  |
| 17.57.3 | Annet Bezemer    | 69 | H A C    | Valkenswaard | 21.4 |

|                         |    |                |             |   |                |        |
|-------------------------|----|----------------|-------------|---|----------------|--------|
| <u>1500 m hardlopen</u> | NR | Yvonne vd Kolk | 4.13.98     | m | Leverkusen(WD) | 280688 |
|                         | ER | Zola Budd      | G B 4.04.39 |   | Cwmbran        | 280584 |
|                         | WR | Zola Budd      | Z A 4.01.81 |   | P Elisabeth    | 210384 |

de beste 10 aller tijden:

|         |                  |    |             |                 |        |
|---------|------------------|----|-------------|-----------------|--------|
| 4.13.98 | Yvonne vd Kolk   | 69 | A V R       | Leverkusen(BRD) | 280688 |
| 4.17.5  | Annie Moedt      | 61 | Woldstreek  | Roosendaal      | 200679 |
| 4.21.1  | Karin de Nijs    | 59 | R K HAV     | Brussel(Be)     | 270777 |
| 4.21.5  | Carla Grimbergen | 53 | Spartaan    | Papendal        | 160671 |
| 4.22.8  | Maaïke Persoons  | 63 | A D A       | Kessel-Lo(Be)   | 40680  |
| 4.22.54 | Krista Aukema    | 67 | Spartacus   | Zug(Zwi)        | 160584 |
| 4.26.81 | Jacky Winkelman  | 63 | H A C       | Leiden          | 280581 |
| 4.26.93 | Carlien Harms    | 68 | Sparta      | Lommel(Be)      | 60786  |
| 4.29.7  | Margreet Verbeek | 61 | Olympus '70 | Nymegen         | 120879 |
| 4.29.86 | Petula Ruys      | 67 | Metro       | Amsterdam       | 10784  |

|      | 1       | 20     | 50         |
|------|---------|--------|------------|
| 1984 | 4.25.1  | 4.54.3 | 5.10.0     |
| 1985 | 4.22.6  | 4.56.0 | 5.07.4(40) |
| 1986 | 4.24.26 | 4.54.0 | 5.07.8(40) |
| 1987 | 4.23.28 | 4.55.0 | 5.09.0(40) |
| 1988 | 4.13.98 | 4.49.8 | 5.13.0     |

|         |                      |    |             |                 |      |
|---------|----------------------|----|-------------|-----------------|------|
| 4.13.98 | Yvonne vd Kolk       | 69 | A V R       | Leverkusen(BRD) | 28.6 |
| 4.30.3  | Monique Timmermans   | 70 | Oss '78     | Vught           | 7.6  |
| 4.31.30 | Annet Bezemer        | 69 | H A C       | Groningen       | 16.7 |
| 4.33.5  | Ingrid Albers        | 69 | A V '34     | Nymegen         | 6.5  |
| 4.36.22 | Marjan Kortmann      | 71 | AAV '36     | Arnhem          | 23.5 |
| 4.36.6  | Christien ten Bosch  | 73 | Gemzen      | Nymegen         | 15.7 |
| 4.38.4  | Annelie Bruin        | 69 | Zaanland    | Amsterdam       | 14.5 |
| 4.41.91 | Sabina Gols          | 71 | Veendam     | Zwolle          | 11.6 |
| 4.42.71 | Sandra Hofmans       | 71 | Venray      | Zwolle          | 11.6 |
| 4.43.16 | Brenda Sleeuwenhoek  | 70 | Avantri     | Leiden          | 4.9  |
| 4.43.2  | Marriet van Buuren   | 71 | V A V       | Nymegen         | 15.7 |
| 4.45.6  | Lucienne Groenendijk | 69 | Zaanland    | Amsterdam       | 15.5 |
| 4.45.68 | Krystalyn Loonen     | 70 | Zaanland    | Krommenie       | 25.6 |
| 4.45.8  | Jolanda v Heusden    | 69 | Lycurgus    | Lisse           | 14.6 |
| 4.45.9  | Annet v Veldhuizen   | 69 | Spartaan    | Lisse           | 14.6 |
| 4.46.74 | Nynke v Zorge        | 71 | Unitas      | Speyer(BRD)     | 22.5 |
| 4.46.74 | Ingrid vd Voort      | 71 | Sparta      | Rennes(Fr)      | 24.9 |
| 4.48.7  | Karin Glerum         | 70 | Dynamo '70  | Roosendaal      | 13.7 |
| 4.48.84 | Monique Eemsingh     | 72 | Horror      | Uden            | 5.6  |
| 4.49.75 | Kristel Logghe       | 69 | Marathon    | Krommenie       | 25.6 |
| 4.49.87 | Tanja Hermans        | 72 | P S V       | Kerkrade        | 14.5 |
| 4.50.1  | Iris Wullems         | 75 | A V N       | Uden            | 16.8 |
| 4.50.8  | Fiona Kaper          | 72 | Attila      | Willich(BRD)    | 18.9 |
| 4.51.3  | Gabry Heyster        | 74 | Fortuna V   | Beverwijk       | 27.5 |
| 4.53.04 | Ingrid Markus        | 72 | Veendam     | Uden            | 5.6  |
| 4.55.65 | Josette Schoemakers  | 71 | Pr Hendrik  | Uden            | 5.6  |
| 4.56.8  | Winnifred Ubels      | 74 | Olympia '48 | den Haag        | 8.6  |
| 4.57.1  | Susan Wiertsema      | 71 | H A C       | Helmond         | 28.8 |
| 4.58.06 | Angelique Borsch     | 71 | A T O S     | Leiden          | 4.9  |
| 4.58.44 | Lise Zijderlaan      | 69 | Avantri     | Leiden          | 4.9  |



|         |                   |    |             |               |      |
|---------|-------------------|----|-------------|---------------|------|
| 4.59.70 | Esther van Hooff  | 71 | A V R '69   | Uden          | 5.6  |
| 5.00.2  | Annemiek Huls     | 71 | G V A C     | Veldhoven     | 1.5  |
| 5.00.30 | Bianca van Dijk   | 69 | G A C-H     | Leiden        | 4.9  |
| 5.03.0  | Sylvia Kruyer     | 74 | Nova        | Heerhugowaard | 19.8 |
| 5.04.2  | Floor Vernooy     | 73 | Ciko'66     | Dülmen(BRD)   | 2.10 |
| 5.04.29 | Tirza Ellerbroek  | 72 | T I O N     | Uden          | 5.6  |
| 5.04.7  | Minoes Geraets    | 73 | Waterland   | Hoorn         | 5.8  |
| 5.05.1  | Sjoerdje Lenting  | 72 | Fivelstreek | Groningen     | 24.4 |
| 5.05.7  | Jessica Hulst     | 73 | A V R       | Vught         | 13.8 |
| 5.05.8  | Miranda Rijpers   | 70 | T H O R     | Veldhoven     | 1.5  |
| 5.06.7  | Dewi Ruiter       | 70 | Noordkop    | Heerhugowaard | 15.4 |
| 5.06.7  | Ellen Herlaar     | 69 | D E M       | Beverwijk     | 27.5 |
| 5.09.0  | Sharona Stuvell   | 73 | Zaanland    | Krommenie     | 5.8  |
| 5.09.4  | Margo van Balen   | 71 | T H O R     | Roosendaal    | 13.7 |
| 5.09.9  | Wendy Holstv oogd | 70 | Lycurgus    | Krommenie     | 5.8  |
| 5.10.30 | Wilma van Rijn    | 71 | Sprint      | Kerkrade      | 14.5 |
| 5.10.4  | Marja de Rooy     | 72 | T H O R     | Veldhoven     | 18.9 |
| 5.10.6  | Mireille van Dam  | 69 | Atverni     | Utrecht       | 1.7  |
| 5.11.39 | Ida Werkman       | 72 | Impala      | Uden          | 5.6  |
| 5.11.70 | Lilian Jansen     | 71 | Oss'78      | Kerkrade      | 14.5 |

|                         |    |                 |        |         |          |              |        |
|-------------------------|----|-----------------|--------|---------|----------|--------------|--------|
| <u>3000 m hardlopen</u> | NR | Maaïke Persoons | 9.12.2 | m       | den Haag | 40981        |        |
|                         | ER | Zola Budd       | G B    | 8.40.22 | m        | Londen       | 60684  |
|                         | WR | Zola Budd       | Z A    | 8.37.5  |          | Stellenbosch | 290384 |

de beste 10 aller tijden:

|         |                  |    |                   |              |        |
|---------|------------------|----|-------------------|--------------|--------|
| 9.12.2  | Maike Persoons   | 63 | AAV'36            | den Haag     | 40981  |
| 9.27.83 | Krista Aukema    | 67 | Spartacus         | Hengelo      | 310885 |
| 9.42.67 | Desiree Heynen   | 66 | Unitas            | Sittard      | 230684 |
| 9.49.04 | Carlien Harms    | 68 | A V '40 <i>hp</i> | Beverwijk    | 280686 |
| 9.51.47 | Annet Bezemer    | 69 | H A C             | Pamplona(Sp) | 20788  |
| 9.56.4  | Jacky Winkelman  | 63 | Keien             | Uden         | 51080  |
| 9.58.1  | Baukje Hiemstra  | 65 | Lionitas          | Groningen    | 190683 |
| 9.59.9  | Simone Guikema   | 70 | Start'78          | Drachten     | 200987 |
| 10.02.1 | Marleen Niesten  | 63 | D E M             | Nymegen      | 190683 |
| 10.03.0 | Marjan van Schie | 59 | Bataven           | Vught        | 280677 |

nog onvoldoende gegevens voor uitvoerige statistiek

|          |                      |    |              |               |      |
|----------|----------------------|----|--------------|---------------|------|
| 9.51.47  | Annet Bezemer        | 69 | H A C        | Pamplona(Sp)  | 2.7  |
| 10.03.08 | Stella Jongmans      | 71 | Sparta       | Rennes(Fr)    | 24.9 |
| 10.06.1  | Brenda Sleeuwenhoek  | 70 | Avantri      | Vught         | 13.9 |
| 10.10.1  | Ingrid Albers        | 69 | A V '34      | Hengelo       | 25.9 |
| 10.11.9  | Annet V Veldhuyzen   | 69 | Spartaan     | Krommenie     | 26.6 |
| 10.14.8  | Monique Timmermans   | 70 | Oss'78       | Vught         | 13.9 |
| 10.15.1  | Krystalyn Loonen     | 70 | Zaanland     | Amsterdam     | 19.5 |
| 10.29.3  | Esther Schild        | 69 | Spark/Voorne | Leiden        | 22.9 |
| 10.32.6  | Lucienne Groenendijk | 69 | Zaanland     | Heerhugowaard | 10.6 |
| 10.45.9  | Bianca van Dijk      | 69 | G A C-H      | Utrecht       | 10.6 |
| 10.50.47 | Jolanda v Heusden    | 69 | Lycurgus     | Krommenie     | 26.6 |
| 11.04.0  | Kristel Logghe       | 69 | Marathon     | Roosendaal    | 1.6  |
| 11.17.6  | Josette Schoemakers  | 71 | Pr Hendrik   | Vught         | 13.9 |
| 11.24.36 | Elise Zijderlaan     | 69 | Avantri      | Zierikzee     | 15.5 |
| 11.32.7  | Tanja Hermans        | 71 | P S V        | Hechtel       | 10.7 |
| 11.47.5  | Ellen Herlaar        | 69 | D E M        | Beverwijk     | 26.8 |
| 11.37.7  | Nicolle Haans        | 70 | Attila       | Uden          | 16.8 |

## 10 KM hardlopen (baan) nieuw nummer

|         |                  |    |          |            |      |
|---------|------------------|----|----------|------------|------|
| 36.13.4 | Annet Bezemer    | 69 | H A C    | Helmond    | 17.6 |
| 37.31.4 | Krystalyn Loonen | 70 | Zaanland | Amersfoort | 24,5 |
| 39.15.6 | Esther Schilt    | 69 | Spark    | Amersfoort | 24,5 |

|                          |                   |      |     |         |              |        |
|--------------------------|-------------------|------|-----|---------|--------------|--------|
| <u>100 m hordenlopen</u> | NR Maryke van Zon |      |     | 13.82 s | Cottbus(DDR) | 230885 |
|                          | ER Monique Ewanje | Epee | Fr  | 13.10 s | Cottbus(DDR) | 230885 |
|                          | WR Aliuska Lopez  |      | Cub | 12.84 s | Zagreb       | 160787 |

## beste aller tijden:

|       |                   |    |               |               |        |
|-------|-------------------|----|---------------|---------------|--------|
| 13.82 | Maryke van Zon    | 68 | D E M         | Cottbus(DDR)  | 230885 |
| 13.95 | Marjon Wijnsma    | 65 | Lionitas      | Schweigat(Oo) | 270883 |
| 13.95 | Petra Huybrechtse | 72 | D E M         | Pamplona(Sp)  | 20788  |
| 14.00 | Marjan Olyslager  | 62 | Schelde Sport | Bern(Zwi)     | 70779  |
| 14.01 | Ine Langenhuijzen | 68 | P S V         | Amsterdam     | 130786 |
| 14.02 | Peggy v Dinther   | 66 | Sprint        | Amsterdam     | 300684 |
| 14.13 | Bianca Citteur    | 65 | P E C         | Schweigat(Oo) | 270883 |
| 14.19 | Rixt Meines       | 62 | Trias         | Nancy(Fr)     | 30880  |
| 14.22 | Ella Wijnants     | 65 | Sparta        | Leiden        | 260683 |
| 14.24 | Marjo Wijnbergen  | 63 | A D A         | Haarlem       | 30580  |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 14.02 | 15.74 | 16.94 |
| 1985 | 13.82 | 15.54 | 16.44 |
| 1986 | 14.01 | 15.65 | 16.54 |
| 1987 | 14.05 | 15.48 | 16.34 |
| 1988 | 13.95 | 15.1  | 16.15 |

|        |                     |        |           |              |        |
|--------|---------------------|--------|-----------|--------------|--------|
| 13.95  | Petra Huybrechtse   | 72     | D E M     | Pamplona(Sp) | 2.7    |
| 14.54+ | Nelleke Koppelaar   | 69     | Trias     | Sittard      | 29.5   |
| 14.54+ | Melanie Johnson     | 70     | Sparta    | Drachten     | 12.6   |
|        | 14.67 el Krommenie  | 25.6   |           |              |        |
| 14.54+ | Ellen Silverentand  | 70     | Bataven   | Leiden       | 30.6   |
|        | 14.94 el Krommenie  | 25.6   |           |              |        |
| 14.56  | Marjolijn v Elk     | 69     | Lycurgus  | Sudbury(Can) | 26.7   |
|        | 14.37 Hilversum     | 23.5rw | 2.49      |              |        |
| 14.64+ | Avelien v Daalen    | 71     | Hollandia | Hoorn        | 19.6   |
|        | 14.79 el Leiden     | 4.9    | 14.50     | den Haag     | 11.9rw |
|        |                     |        |           | 2.24         |        |
| 14.79  | Nanet Karenbeld     | 69     | A T C'75  | Uden         | 5.6    |
| 14.80  | Angelique Maasdijk  | 70     | Phoenix   | Uden         | 5.6    |
| 14.84+ | Marjolijn v Zon     | 71     | M P M     | Dülmen(BRD)  | 2.10   |
| 14.90  | Renilda van Boven   |        | Metro     | Krommenie    | 25.6   |
| 14.94+ | Rieneke Lamoree     | 71     | A V'47    | Haarlem      | 8.5    |
| 15.04+ | Monique van Wijk    | 69     | Aquilo    | Drachten     | 19.6   |
| 15.04+ | Wanda de Jong       | 71     | Hollandia | Krommenie    | 8.5    |
| 15.14+ | Michelle Martinot   | 69     | A V R     | Drachten     | 12.6   |
| 15.19  | Karin Verploeg      | 70     | Oss'78    | Speyer(BRD)  | 22.5   |
| 15.20  | Karen Huigen        | 69     | Impala    | Uden         | 5.6    |
| 15.21  | Vivian Verdonshot   | 70     | Weert     | Uden         | 5.6    |
| 15.27  | Annemarie Kokshoorn | 70     | Sparta    | Krommenie    | 25.6   |
|        | 15.10 den Haag      | 10.7rw |           |              |        |
| 15.29  | Andra Laarhuis      | 69     | D E M     | den Haag     | 28.8   |
| 15.34+ | Irma vd Schoot      | 72     | Sprint    | Vlissingen   | 19.6   |

|        |                   |    |              |             |      |
|--------|-------------------|----|--------------|-------------|------|
| 15.34+ | Marian Kortmann   | 71 | AAV'36       | Amsterdam   | 19.6 |
| 15.34+ | Olga Overmeer     | 69 | Trias        | Hoorn       | 19.6 |
| 15.34+ | Ingrid Geerings   | 69 | Keien        | Weert       | 29.5 |
| 15.44+ | Irene Jetten      | 72 | Keien        | Veldhoven   | 19.6 |
| 15.44+ | Henriëke Ooninckx | 69 | Holland H    | Haarlem     | 8.5  |
| 15.50  | Simone Gaal       | 71 | Hera         | Uden        | 5.6  |
| 15.54+ | Anniek Vermeeren  | 69 | Gen.Michalis | Vught       | 7.6  |
| 15.54+ | Andrea van Velzen | 71 | Spartaan     | Lisse       | 19.6 |
| 15.54+ | Maike Smit        | 71 | Pr Hendrik   | Veldhoven   | 12.6 |
| 15.54+ | Nijnke Vissers    | 69 | Fortis       | Nymegen     | 12.6 |
| 15.57  | Monique de Goede  | 70 | F I T        | Amsterdam   | 14.5 |
| 15.57  | Sandra Swaans     | 71 | T H O R      | den Haag    | 11.9 |
| 15.60  | Hetty Verhoef     | 70 | Holland H    | Uden        | 5.6  |
| 15.63  | Ester Piek        | 69 | Caesar       | Uden        | 5.6  |
| 15.64+ | Susan Verdonshot  | 70 | Weert        | Weert       | 23.5 |
| 15.67  | Sandra van Arnhem | 70 | Hellas       | Amsterdam   | 14.5 |
| 15.74+ | Irene vd Meyden   | 71 | P S V        | Veldhoven   | 19.6 |
| 15.74+ | Pascal van Uitert | 69 | Athlos       | Zwolle      | 19.6 |
| 15.84+ | Leonie Wijn       | 72 | Holland H    | Haarlem     | 8.5  |
| 15.84+ | Edith Smeets      | 69 | Unitas       | Weert       | 23.5 |
| 15.84+ | Patty John        | 70 | Nea Volhard  | Amsterdam   | 29.7 |
| 15.88  | Christie Mulie    | 69 | Hellas       | Amsterdam   | 14.5 |
| 15.94+ | Barbera Snoeren   | 72 | G V A C      | Veldhoven   | 1.5  |
| 15.94+ | Esther Dokter     | 70 | Sperwers     | Groningen   | 24.4 |
| 16.04+ | Sylvia Swinkels   | 70 | H A C        | Veldhoven   | 1.5  |
| 16.09  | Sasja Tolsma      | 70 | Holland H    | Uden        | 5.6  |
| 16.10  | Esther Goossens   | 72 | Clytoneus    | Zierikzee   | 15.5 |
| 16.14+ | Saskia Zandee     | 71 | P A C        | Rotterdam   | 19.6 |
| 16.14+ | Yvette Schoenaker | 72 | AC Ommen     | Dülmen(BRD) | 2.10 |
| 16.15  | Ellen Tromp       | 69 | A D A        | Krommenie   | 25.6 |

|                         |    |                        |             |           |        |
|-------------------------|----|------------------------|-------------|-----------|--------|
| <u>400 m hordenloop</u> | NR | Michelle Martinot      | 58.48 s     | Rotterdam | 120588 |
|                         | ER | Radostina DimitrovaBul | 55.53 s     | Potsdam   | 210784 |
|                         | WR | Lesly Maxie            | USA 55.20 s | San José  | 90684  |

de beste 10 aller tijden:

|        |                   |    |           |               |        |
|--------|-------------------|----|-----------|---------------|--------|
| 58.48  | Michelle Martinot | 69 | A V R     | Rotterdam     | 120588 |
| 60.1   | Yvonne vd Kolk    | 69 | A D A     | Beverwijk     | 240587 |
| 60.67  | Monique van Wijk  | 69 | Aquilo    | Groningen     | 160788 |
| 61.02  | Marjon Wijnsma    | 65 | Lionitas  | Leiden        | 240683 |
| 61.52  | Esther Schouten   | 63 | A D A     | Nymegen       | 110879 |
| 61.56  | Astra Klont       | 67 | Sparta    | Kevelaer(BRD) | 270585 |
| 61.70  | Lijsbet Gijzen    | 65 | Spado     | Roosendaal    | 160883 |
| 62.18  | Janet Dijkstra    | 65 | G V A V   | Leiden        | 240683 |
| 62.14+ | Esra Pieterrella  | 68 | A V R     | Mexico(Mex)   | 10786  |
| 62.33  | Esther Goossens   | 72 | Clytoneus | Leiden        | 40988  |

|      | 1     | 20    | 30    |
|------|-------|-------|-------|
| 1984 | 63.76 | 70.54 | 71.24 |
| 1985 | 61.56 | 68.89 | 72.14 |
| 1986 | 61.31 | 68.44 | 72.04 |
| 1987 | 58.95 | 70.17 | 72.54 |
| 1988 | 58.48 | 69.9  | 74.9  |

|        |                        |    |            |            |      |
|--------|------------------------|----|------------|------------|------|
| 58.48  | Michelle Martinot      | 69 | A V R      | Rotterdam  | 12.5 |
| 60.67  | Monique van Wijk       | 69 | Aquilo     | Groningen  | 16.7 |
| 61.12  | Yvonne vd Kolk         | 69 | A V R      | Hilversum  | 23.5 |
| 62.33  | Esther Goossens        | 72 | Clytneus   | Leiden     | 4.9  |
| 63.05  | Avelien v Daalen       | 71 | Hollandia  | Leiden     | 4.9  |
| 63.24+ | Marian Kortmann        | 71 | AAV'36     | Amsterdam  | 24+7 |
| 64.01  | Monique de Goede       | 70 | F I T      | Rotterdam  | 12.5 |
| 64.02  | Annemarie Kokshoorn    | 70 | Sparta     | Drachten   | 12.6 |
| 64.34+ | Marjolijn v Elk        | 69 | Lycurgus   | Krommenie  | 14.8 |
| 65.34+ | Pascal van Uitert      | 69 | Athlos     | Zevenaar   | 3.7  |
| 66.14  | Agnes Elling           | 69 | Sperwers   | Leiden     | 4.9  |
| 67.08  | Renilda vn Boven       | 69 | Metro      | Rotterdam  | 8.5  |
| 67.37  | Inge Weyers            | 69 | G V A C    | Kerkrade   | 14.5 |
| 67.39  | Annemarijke Walda      | 69 | P A C      | Krommenie  | 26.6 |
| 68.34+ | Antoinette vd Bergh    | 70 | Pr Hendrik | Hengelo    | 12.6 |
| 68.99  | Sandra van Arnhem      | 70 | Hellas     | Drachten   | 12.6 |
| 69.10  | Susan Verdonshot       | 70 | Weert      | Kerkrade   | 14.5 |
| 69.19  | Angeliqne Maasdijk     | 70 | Phoenix    | Amsterdam  | 14.5 |
| 69.74  | Anniek Vermeeren       | 69 | Gen.Mich   | Roosendaal | 8.9  |
| 69.89  | Judith van Winkel      | 69 | Sprint     | Kerkrade   | 14.5 |
| 70.04  | Hetty Verhoef          | 70 | Holland H  | Vught      | 10.7 |
| 72.01  | Jacq van Renesse v D   | 69 | Sparta     | Zierikzee  | 14.5 |
| 72.94+ | Monique de Feyter      | 69 | P S V      | Veldhoven  | 1.5  |
| 73.24+ | Polyanne Breur         | 70 | Ilion      | Krommenie  | 14.8 |
| 73.24+ | Riena vd Stouwe        | 69 | AAV'36     | Amsterdam  | 24.7 |
| 73.47  | Carolien Willems       | 69 | Pr Hendrik | Kerkrade   | 14.5 |
| 73.64+ | Judith van Gastel      | 72 | T H O R    | Veldhoven  | 1.5  |
| 74.04+ | Kitty Ekkelboom        | 69 | Fortis     | Zevenaar   | 3.7  |
| 74.44+ | Irma Rodrigues Pereira | 69 | G A C-H    | Hilversum  | 18.9 |
| 75.04+ | Monique Kuenen         | 71 | Pr Hendrik | Veldhoven  | 1.5  |

|                    |    |               |        |        |                |
|--------------------|----|---------------|--------|--------|----------------|
| <u>verspringen</u> | NR | Mieke vd Kolk | 6.43 m | Vught  | 30886          |
|                    | ER | Heike Daute   | DDR    | 6.98 m | Potsdam 180882 |
|                    | WR | idem          |        |        |                |

de beste 10 aller tijden:

|      |                  |    |               |             |        |
|------|------------------|----|---------------|-------------|--------|
| 6.43 | Mieke vd Kolk    | 68 | D E M         | Vught       | 30886  |
| 6.39 | Edine van Heezik | 61 | A D A         | Leiden      | 10979  |
| 6.34 | Corry Bakker     | 45 | Sagitta       | den Haag    | 210763 |
| 6.19 | Marjan Goedhart  | 62 | AAV'36        | Groningen   | 170679 |
| 6.17 | Marjan Olyslager | 62 | Schelde Sport | Groningen   | 170679 |
| 6.09 | Marjon Wijnsma   | 65 | Lionitas      | Vught       | 240783 |
| 6.08 | Marina Frederikx | 60 | Achilles Top  | Haarlem     | 250678 |
| 6.08 | Edith Radder     | 63 | A V'47        | Hechtel(Be) | 220979 |
| 6.06 | Anja Mulder      | 71 | Nijkerk       | Zwolle      | 110688 |
| 5.97 | Delia Valkenberg | 59 | D E M         | Roosendaal  | 30777  |
| 5.97 | Yvonne van Dorp  | 66 | Holland L     | Utrecht     | 260884 |

|      | 1    | 20   | 50   |
|------|------|------|------|
| 1984 | 5.97 | 5.36 | 5.16 |
| 1985 | 6.26 | 5.42 | 5.24 |
| 1986 | 6.43 | 5.44 | 5.26 |
| 1987 | 5.93 | 5.44 | 5.25 |
| 1988 | 6.06 | 5.55 | 5.30 |

|      |                                    |                |                |      |
|------|------------------------------------|----------------|----------------|------|
| 6.06 | Anja Mulder                        | 71 Nijkerk     | Zwolle         | 11.6 |
| 5.88 | Paulien vd Roest                   | 70 H A C       | Roosendaal     | 29.5 |
| 5.87 | Wanda Hooegeveen                   | 72 S A V       | Hoorn          | 19.6 |
| 5.84 | Pearl Speear                       | 70 A V R       | Leiden         | 4.9  |
| 5.83 | Marjolijn v Elk                    | 69 Lycurgus    | Uden           | 5.6  |
| 5.80 | Claudia Mura                       | 73 D E M       | Heerhugowaard  | 6.6  |
| 5.78 | Sandra Swaans                      | 71 T H O R     | Uden           | 5.6  |
| 5.75 | Wendy Schaareman                   | 71 A V'40      | Zwolle         | 11.6 |
| 5.71 | Barbera Snoeren                    | 72 G V A C     | Uden           | 5.6  |
| 5.69 | Cindy Bolleboom                    | 71 Ilion       | Uden           | 5.6  |
| 5.68 | Monique de Goede                   | 70 F I T       | Breda          | 10.7 |
|      | 5.74 Rotterdam 12.5rw4.8           |                |                |      |
| 5.65 | Debby Ekkelboom                    | 73 Fortis      | Hengelo        | 14.8 |
| 5.64 | Sylvie Ratten                      | 71 Typhoon     | Uden           | 5.6  |
| 5.61 | Angélique Maasdijk                 | 70 Phoenix     | Uden           | 5.6  |
| 5.59 | Deborah den Boer                   | 75 A D A       | Lisse          | 17.9 |
| 5.58 | Michele van Hal                    | 72 A V N       | Zevenaar       | 19.6 |
| 5.57 | Ester Goossens                     | 72 Clytoneus   | den Haag       | 28.8 |
|      | 5.61 Rotterdam 12.5rw              |                |                |      |
| 5.57 | Ilse Donkers                       | 71 D E S       | Veldhoven      | 19.6 |
| 5.55 | Susan Ooms                         | 73 Hermes      | Weert          | 23.5 |
| 5.54 | Jacqueline Poelman                 | 73 ARG0'77     | Haren          | 25.6 |
| 5.53 | Simone Gaal                        | 71 Hera        | Heerhugowaard  | 15.4 |
|      | 5.62 Krommenie 14.5rw              |                |                |      |
| 5.50 | Annemieke Schaaf                   | 69 Vitesse     | Amsterdam      | 14.5 |
| 5.49 | Marit Philipsen                    | 71 T I O N     | Zevenaar       | 15.5 |
| 5.48 | Anouska den Uyl                    | 72 G A C-H     | Amersfoort     | 8.5  |
| 5.48 | Ester Piek                         | 69 Caesar      | Beek           | 1.5  |
| 5.48 | Per John                           | 70 Nea Volhard | Krommenie      | 8.5  |
| 5.47 | Susan van Acker                    | 71 RK H A V    | Bergen op Zoom | 11.6 |
| 5.42 | Marjolein van Zon                  | 71 M P M       | Zevenaar       | 15.5 |
| 5.42 | Fiona van Es                       | 71 Start'78    | Drachten       | 18.9 |
| 5.42 | Angélique Schermer                 | 70 Castricum   | Krommenie      | 8.5  |
| 5.39 | Rhoda Hage                         | 73 G A C-H     | Huizen         | 6.7  |
|      | 5.50 Santpoort 9.7rw               |                |                |      |
| 5.38 | Andra Laarhuis                     | 69 D E M       | den Haag       | 11.9 |
| 5.37 | Linda Aal                          | 69 Athletics   | Zevenaar       | 15.5 |
| ===  | 5.36 Karin Groenen                 | 73 A V V       | Weert          | 23.5 |
| 5.36 | Suzy Braun                         | 71 Sprint      | Middelburg     | 8.5  |
| 5.36 | Laura Föbler                       | 69 Parthenon   | Rotterdam      | 19.6 |
| 5.35 | Anita Roele                        | 73 A D A       | Utrecht        | 16.4 |
| 5.34 | Margret Veltman                    | 74 A V'34      | Lisse          | 17.9 |
| 5.33 | Karin vd Mei                       | 73 D E M       | Santpoort      | 10.9 |
| 5.33 | Bertine Ockeloen                   | 74 Festina     | Weert          | 23.5 |
| 5.33 | Rieneke Lamoree                    | 71A V'34       | Zierikzee      | 15.5 |
|      | 5.53 Hilversum 30.4rw              |                |                |      |
| 5.32 | Natasja Tebbe                      | 71 M P M       | Zevenaar       | 19.6 |
| 5.32 | Nanet Karenbeld                    | 69 A T C'75    | Groningen      | 8.5  |
| 5.32 | Mirjam de Vos                      | 70 Schelde Sp  | Terneuzen      | 10.9 |
| 5.31 | Netty Knijpstra                    | 71 A V'55      | Drachten       | 6.5  |
| 5.31 | Henrike Schut                      | 72 Sperwers    | Krommenie      | 26.6 |
| 5.31 | Angélique Boyer                    | 69 Fivelstreek | Groningen      | 8.5  |
| 5.30 | Marjolein Peters                   | 69 Hellas      | Lisse          | 19.6 |
| 5.30 | Kitty Ekkelboom                    | 69 Fortis      | Zevenaar       | 15.5 |
| ===  | tussenvoegen: 5.37 Christel Kingma | 69 AAC'61      | Hoorn          | 12.6 |

|      |                                  |    |          |           |      |
|------|----------------------------------|----|----------|-----------|------|
| 5.30 | Bianca Hoeben                    | 73 | Festina  | Weert     | 23.5 |
| 5.30 | Harriet Schreurs<br>met rugwind: | 73 | Zevenaar | Zevenaar  | 5.5  |
| 5.40 | Jacq v Renesse van D             | 69 | Sparta   | Rotterdam | 12.5 |

|                     |    |               |        |               |               |
|---------------------|----|---------------|--------|---------------|---------------|
| <u>hoogspringen</u> | NR | Ella Wijnants | 1.85 m | Schweigat(Oo) | 280883        |
|                     | ER | Olga Turschak | S U    | 1.96 m        | Donetsk 70984 |
|                     | WR | idem          |        |               |               |

de beste 10 aller tijden:

|      |                    |    |           |               |        |
|------|--------------------|----|-----------|---------------|--------|
| 1.85 | Ella Wijnants      | 65 | Sparta    | Schweigat(Oo) | 280883 |
| 1.84 | Annemieke Bouma    | 56 | Atmodes   | Papendal      | 290774 |
| 1.84 | Marjon Wijnsma     | 65 | Lionitas  | Schweigat(Oo) | 270883 |
| 1.83 | Jolanda Bleeker    | 67 | D E M     | Lisse         | 280484 |
| 1.82 | Lia Ahlers         | 54 | Sperwers  | Papendal      | 200772 |
| 1.82 | Etwaria Sardjoe    | 64 | Sagitta   | Nancy(Fr)     | 30880  |
| 1.81 | Anneke Magendans   | 60 | Ciko'66   | Oslo(No)      | 60678  |
| 1.80 | Angelique Maasdijk | 70 | Phoenix   | Hilversum     | 100788 |
| 1.79 | Mirjam van Laar    | 56 | A V O N   | Duisburg(BRD) | 250873 |
| 1.79 | Astrid Uffelie     | 59 | Zaanland  | Amsterdam     | 240875 |
| 1.79 | Paulien Groen      | 61 | S O Soest | Groningen     | 170679 |

|      | 1    | 20   | 50   |
|------|------|------|------|
| 1984 | 1.83 | 1.65 | 1.60 |
| 1985 | 1.82 | 1.66 | 1.60 |
| 1986 | 1.75 | 1.67 | 1.60 |
| 1987 | 1.75 | 1.65 | 1.60 |
| 1988 | 1.80 | 1.64 | 1.60 |

|      |                     |    |           |           |      |
|------|---------------------|----|-----------|-----------|------|
| 1.80 | Angelique Maasdijk  | 70 | Phoenix   | Hilversum | 10.7 |
| 1.78 | Monique de Feyter   | 69 | P S V     | Veldhoven | 1.5  |
| 1.75 | Wendy Schaareman    | 71 | A V'40    | Rotterdam | 19.6 |
| 1.75 | Conny van Zutphen   | 70 | Keien     | Vught     | 8.5  |
| 1.74 | Nynke Vissers       | 69 | Fortis    | Krommenie | 26.6 |
| 1.72 | Karen Huigen        | 69 | Impala    | Uden      | 5.6  |
| 1.71 | Henrike Schut       | 72 | Sperwers  | Uden      | 4.6  |
| 1.70 | Saskia Oversluizen  | 73 | A V R     | Rotterdam | 21.5 |
| 1.70 | Anouk van Diessen   | 73 | A V'34    | Amsterdam | 28.8 |
| 1.70 | Bianca de Vries     | 71 | N O P     | Lelystad  | 8.5  |
| 1.70 | Angelique Schermer  | 70 | Castricum | Hoorn     | 19.6 |
| 1.70 | Marjolijn van Elk   | 69 | Lycurgus  | Amsterdam | 14.5 |
| 1.68 | Lonneke Fleerakkers | 71 | D E S     | Beek      | 1.5  |
| 1.68 | Vivian Verdonschot  | 70 | Weert     | Kerkrade  | 14.5 |
| 1.66 | Silvie Ratten       | 71 | Typhoon   | Krommenie | 25.6 |
| 1.66 | Rieneke Lamoree     | 71 | A V'47    | Hilversum | 30.4 |
| 1.66 | Monique de Goede    | 70 | F I T     | Hilversum | 30.4 |
| 1.68 | Deborah den Boer    | 75 | A D A     | Hoorn     | 15.5 |
| 1.65 | Daphne Koene        | 73 | Sprint    | Eindhoven | 7.5  |
| 1.65 | Simone Brantenaar   | 73 | AVA'81    | Aalsmeer  | 11.6 |
| 1.65 | Inge van Leeuwen    | 72 | D E M     | Beverwijk | 18.6 |
| 1.65 | Lisette Pannekoek   | 72 | Hollandia | Krommenie | 8.5  |
| 1.65 | Annet Rinsma        | 71 | N O P     | Zwolle    | 19.6 |
| 1.65 | Judith Piek         | 71 | Caesar    | Helmond   | 19.6 |
| 1.65 | Marjolein van Zon   | 71 | M P M     | Zevenaar  | 19.6 |

|      |                               |    |            |               |       |
|------|-------------------------------|----|------------|---------------|-------|
| 1.65 | Susan Verdonschot             | 70 | Weert      | Kerkrade      | 14.5  |
| 1.65 | Renilde van Boven             | 69 | Metro      | Rotterdam     | 8+5   |
| 1.65 | Jacq v Renesse van Duivenbode |    |            |               |       |
|      |                               | 69 | Sparta     | Rotterdam     | 24.4  |
| 1.65 | Ingrid Bleyenbergh            | 69 | Olympia E  | Kerkrade      | 14.5  |
| 1.65 | Marjolein van Zon             | 71 | M P M      | Zevenaar      | 19.6  |
| 1.65 | Bianca Gelauf                 | 69 | Ilion      | Leiden        | 12.6  |
| 1.64 | Nathalie Peeters              | 71 | Hera       | Heerhugowaard | 2.10x |
|      | 1.60 Santpoort 9.7            |    |            |               |       |
| 1.63 | Masja Nierop Groot            | 71 | Trias      | Krommenie     | 25.6  |
| 1.63 | Ingrid Geerings               | 69 | Keien      | Uden          | 30.8  |
| 1.61 | Wanda de Jong                 | 71 | Hollandia  | Hoorn         | 2.10x |
| 1.60 | Wendy van Brakel              | 75 | T I O N    | Zwolle        | 11.6  |
| 1.60 | Wendy Oostdam                 | 75 | Ilion      | Woerden       | 16.6  |
| 1.60 | Fenny Kievit                  | 75 | T H O R    | Lisse         | 17.9  |
| 1.60 | Kim Martens                   | 73 | H A C      | Valkenswaard  | 16.4  |
| 1.60 | Simone vd Pol                 | 73 | Climax     | Zutfen        | 7.5   |
| 1.60 | Christa Immel                 | 74 | Impala     | Drachten      | 30.4  |
| 1.60 | Jos van Erkel                 | 73 | G A C-H    | Aalsmeer      | 11.6  |
| 1.60 | Bianca Hazewindus             | 73 | Lycurgus   | Krommenie     | 11.6  |
| 1.60 | Anita Mulder                  | 73 | AAV'36     | Lisse         | 11.6  |
| 1.60 | Rosan Aalbers                 | 73 | A V N      | Hengelo       | 4.6   |
| 1.60 | Lonneke v Duivenbode          | 74 | Haarl.meer | Amsterdam     | 28.5  |
| 1.60 | Monique Kloks                 | 73 | A V N      | Amsterdam     | 28.8  |
| 1.60 | Susan Ooms                    | 73 | Hermes     | Hilversum     | 10.9  |
| 1.60 | Bianca Hoeben                 | 73 | Festina    | Uden          | 10,9  |
| 1.60 | Ana van Amersfoort *          | 74 | S A V      | Hoorn         | 7.5   |
| 1.60 | Ester Dokter                  | 70 | Sperwers   | Groningen     | 24.4  |
| 1.60 | Sylvia Meeuwse                | 71 | A V'40     | Rotterdam     | 8.5   |
| 1.60 | Anniek Coudemond              | 71 | A T C'75   | Groningen     | 8.5   |
| 1.60 | Simone Gaal                   | 71 | Hollandia  | Hilversum     | 30.4  |
| 1.60 | Ester Goossens                | 72 | Clytoneus  | Zierikzee     | 14.5  |
| 1.60 | Petra Sijpesteijn             | 71 | C A C-H    | Huizen        | 14.5  |
| 1.60 | Rebecca Herkemey              | 71 | Spark      | den Haag      | 28.5  |
| 1.60 | Miranda Noordenbos            | 71 | A V R      | Lisse         | 28.5  |
| 1.60 | Monique Cath                  | 72 | Hollandia  | Hoorn         | 25.5  |
| 1.60 | Lonneke Versluis              | 71 | A V'56     | Beverwijk     | 11.6  |
| 1.60 | Annemarie Derksema            | 70 | ARGO'77    | Hoorn         | 12.6  |
| 1.60 | Saskia van Bezu               | 71 | D E M      | Krommenie     | 25.6  |
| 1.60 | Wanda Hoogeveen               | 72 | S A V      | Utrecht       | 26.6  |
| 1.60 | Mireille Stokdijk             | 72 | AAV'36     | Amsterdam     | 19.6  |
| 1.60 | Janet Frederiks               | 72 | T I O N    | Zevenaar      | 19.6  |
| 1.60 | Katrien Berns                 |    | Holland H  | Haarlem       | 2.10x |
| 1.60 | Nicole v Bergen               | 70 | T H O R    | Middelburg    | 8.5   |
| 1.60 | Margrietha Lemke              | 69 | Horror     | Lelystad      | 8.5   |
| 1.60 | Christa Mulie                 | 69 | Hellas     | Amsterdam     | 14.5  |
| 1.60 | Olwen Heukels                 |    | Kimbria    | Kerkrade      | 14.5  |
| 1.60 | Ingrid Albers                 | 69 | A V'34     | Zwolle        | 19.6  |
| 1.60 | Sandra van Arnhem             | 70 | Hellas     | Amsterdam     | 14.5  |
| 1.60 | Karen Wijbenga                | 69 | Sisu       | Zevenaar      | 19.6  |
| 1.60 | Ellen Tromp                   | 69 | A D A      | Haarlem       | 11.9  |

\* 1.65 Grootebroek 8.10+

|                         |    |                |             |         |        |
|-------------------------|----|----------------|-------------|---------|--------|
| <u>kogelstoten 4 kg</u> | NR | Deborah Dunant | 15.87 m     | Sittard | 290684 |
|                         | ER | Ilke Wyludda   | DDR 20.11 m | Leipzig | 290787 |
|                         | WR | idem           |             |         |        |

1989  
15.80  
de beste 10 aller tijden:

|       |                         |            |                   |        |
|-------|-------------------------|------------|-------------------|--------|
| 15.87 | Deborah Dunant          | 66 ADA     | Sittard           | 290684 |
| 15.06 | Jacqueline Goormachtigh | 70 PAC     | Leiden            | 40988  |
| 15.02 | Elna Schalk             | 54 P A C   | Breda             | 160772 |
| 14.63 | Christa Speyer          | 69 N O P   | Pamplona(Sp)      | 20788  |
| 14.57 | Pietula Zomer           | 67 Hellas  | Utrecht           | 10985  |
| 14.46 | Els v Noorduynd         | 46 Sagitta | Apeldoorn         | 260764 |
| 14.25 | Mireille Stadwijk       | 64 Atmodes | Nancy(Fr)         | 30880  |
| 14.16 | Jennifer Smit           | 58 Hellas  | Königswinter(BRD) | 60676  |
| 14.08 | Chrita Mulie            | 69 P S V   | Vught             | 270687 |
| 13.88 | Corry van Wijk          | 41 D E M   | Dortmund(BRD)     | 50759  |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 15.87 | 11.22 | 10.08 |
| 1985 | 14.57 | 11.08 | 10.10 |
| 1986 | 13.46 | 10.90 | 9.97  |
| 1987 | 14.08 | 10.91 | 9.96  |
| 1988 | 15.06 | 10.88 | 10.25 |

|       |                    |               |              |      |
|-------|--------------------|---------------|--------------|------|
| 15.06 | Jacq Goormachtigh  | 70 P A C      | Leiden       | 4.9  |
| 14.63 | Christa Speyer     | 69 N O P      | Pamplona(Sp) | 2.7  |
| 14.05 | Christie Mulie     | 69 Hellas     | Lisse        | 19.6 |
| 13.04 | Kirsti Mekking     | 69 Olympia'48 | den Haag     | 28.8 |
| 12.70 | Barbera van Noord  | 69 Lycurgus   | Lisse        | 7.5  |
| 12.62 | Annemiek Huizer    | 71 Hercules   | Dordrecht    | 4.6  |
| 12.61 | Linda Tukkers      | 71 T I O N    | Dülmen(BRD)  | 2.10 |
| 12.46 | Renate Beunder     | 70 Lycurgus   | Rotterdam    | 12.5 |
| 12.40 | Selina de Vries    | 71 D E M      | den Haag     | 11.9 |
| 12.34 | Evelien Groen      | 69 AAV'36     | Beverwijk    | 10.7 |
| 12.11 | Marian Volkers     | 71 P E C      | Zwolle       | 7.7  |
| 12.09 | Simone Gaal        | 71 Hera       | Helmond      | 25.9 |
| 12.02 | Bianca Vet         | 70 Waterland  | Zevenaar     | 16.4 |
| 12.02 | Mabel Vermeulen    | 71 Sprint     | Breda        | 19.5 |
| 11.99 | Monique van Ling   | 71 G A C-H    | Utrecht      | 10.6 |
| 11.98 | Marjolijn van Elk  | 69 Lycurgus   | Uden         | 5.6  |
| 11.74 | Evelien Zwanenburg | 70 Parthenon  | Dordrecht    | 12.6 |
| 11.67 | Ymke Koster        | 70 Sparta     | Rennes(Fr)   | 24.9 |
| 11.61 | Mirjam van Dijk    | 69 A V'40     | Krommenie    | 25.6 |
| 11.52 | Esther de Wolff    | 69 Impala     | Drachten     | 13.5 |
| 11.48 | Petra Feenstra     | 71 D E M      | Santpoort    | 23.6 |
| 11.48 | Karin Nienhuis     | 69 A V N      | Hengelo      | 8.5  |
| 11.38 | Judith Schuurmans  | 69 T H O R    | Vught        | 7.6  |
| 11.25 | Maike Hoekstra     | 71 ARG0'77    | Groningen    | 22.6 |
| 11.17 | Astrid Braat       | 69 T H O R    | Kerkrade     | 10.7 |
| 11.05 | Barbera Dirven     | 71 Hermes     | Amersfoort   | 3.5  |
| 11.00 | Soizic Maartense   | 71 P A C      | Rotterdam    | 17.8 |
| 10.99 | Marjo van Loenen   | 71 G A C-H    | Amersfoort   | 3.5  |
| 10.97 | Sandy vd Klundert  | 71 Hercules   | Rotterdam    | 7.9  |
| 10.96 | Thera Naber        | 72 Sperwers   | Groningen    | 8.5  |
| 10.89 | Nancy van Iersel   | 69 G V A C    | Veldhoven    | 17.4 |
| 10.88 | Ingrid Geerings    | 69 Keien      | Uden         | 11.4 |



|       |                      |    |           |             |       |
|-------|----------------------|----|-----------|-------------|-------|
| 10.86 | Gabriele Hilbers     | 72 | P E C     | Zwolle      | 19.6  |
| 10.79 | Moniek Reys          | 72 | Oss'78    | Vught       | 7.6   |
| 10.76 | Annet Rinsma         | 71 | N O P     | Dülmen(BRD) | 2.10  |
| 10.75 | Margritha Lemke      | 69 | Horror    | Drachten    | 13.5  |
| 10.75 | Eugenie van Heusden  | 70 | Edam      | Haarlem     | 11.9  |
| 10.58 | Tessa Molenaar       | 71 | Spartaan  | Leiden      | 30.6  |
| 10.43 | Karin Negenman       | 70 | Holland H | Amsterdam   | 19.6  |
| 10.43 | Angela Weyers        | 70 | G V A C   | Veldhoven   | 19.6  |
| 10.40 | Debby Allan          | 71 | P S V     | Veldhoven   | 1.5   |
| 10.39 | Karen Huigen         | 69 | Impala    | Drachten    | 13.5  |
| 10.39 | Ellen Driessen       | 70 | Spark     | Rotterdam   | 19.6  |
| 10.38 | Miranda Haeken       | 70 | Kimbria   | Haarlem     | 11.9  |
| 10.34 | Martine Huizer       | 71 | A A A     | Dordrecht   | 4.6   |
| 10.33 | Ella de Vries        | 72 | Hollandia | Hoorn       | 5.6   |
| 10.33 | Ester Piek           | 69 | Caesar    | Uden        | 5.6   |
| 10.33 | Susan Tzekos         | 70 | Venray    | Venray      | 18.9x |
| 10.28 | Angelique Johnson    | 71 | Sparta    | Rotterdam   | 8.5   |
| 10.25 | Jolanda Dictus       | 69 | D J A     | Veldhoven   | 17.4  |
| 10.25 | Mireille Reygersberg | 71 | ARGO'77   | Groningen   | 22.6  |

*53.36 Joe - Soomery*  
*25/6/89 A. dan*

|                     |    |              |         |          |        |
|---------------------|----|--------------|---------|----------|--------|
| <u>diskuswerpen</u> | NR | Bea Wiarda   | 53.34 m | Papendal | 90676  |
|                     | ER | Ilke Wyludda | 74.40 m | Berlijn  | 130988 |
|                     | WR | idem         |         |          |        |

de beste 10 aller tijden:

|       |                   |    |           |            |        |
|-------|-------------------|----|-----------|------------|--------|
| 53.34 | Bea Wiarda        | 59 | Horror    | Papendal   | 90676  |
| 52.86 | Deborah Dunant    | 66 | A D A     | Hoorn      | 80784  |
| 48.22 | Jacq Goormachtigh | 70 | P A C     | Rotterdam  | 11088  |
| 47.42 | Irma van Hees     | 66 | P E C     | Zwolle     | 190584 |
| 47.36 | Karin Nienhuis    | 69 | A V N     | Zevenaar   | 150588 |
| 47.18 | Linda Tukkers     | 71 | T I O N   | Zevenaar   | 150588 |
| 46.86 | Marjan Moritz     | 60 | Blauw Wit | Roosendaal | 170978 |
| 46.64 | Bianca Vet        | 70 | Waterland | Krommenie  | 250688 |
| 44.96 | Nicole Nieuwkerk  | 63 | Sparta    | Nymegen    | 200681 |
| 44.67 | Loes Boling       | 41 | Sagitta   | Rotterdam  | 120759 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 52.86 | 35.22 | 31.88 |
| 1985 | 44.26 | 35.20 | 30.76 |
| 1986 | 44.88 | 34.40 | 30.80 |
| 1987 | 46.02 | 34.72 | 30.48 |
| 1988 | 48.22 | 35.26 | 31.50 |

|       |                    |    |            |           |       |
|-------|--------------------|----|------------|-----------|-------|
| 48.22 | Jacq Goormachtigh  | 70 | P A C      | Rotterdam | 1.10x |
|       | 47.70 Utrecht 21.8 |    |            |           |       |
| 47.36 | Karin Nienhuis     | 69 | A V N      | Zevenaar  | 15.5  |
| 47.18 | Linda Tukkers      | 71 | T I O N    | Zevenaar  | 15.5  |
| 46.64 | Bianca Vet         | 70 | Waterland  | Krommenie | 25.6  |
| 43.58 | Kirsti Mekking     | 69 | Olympia'48 | Leiden    | 4.9   |
| 43.44 | Petra Feenstra     | 71 | D E M      | Krommenie | 1.5   |
| 43.38 | Marian Volkers     | 71 | P E C      | Zwolle    | 19.6  |
| 43.36 | Renate Beunder     | 70 | Lycurgus   | Utrecht   | 29.5  |

|       |                     |    |            |             |      |
|-------|---------------------|----|------------|-------------|------|
| 43.34 | Esther de Wolff     | 69 | Impala     | Drachten    | 13.5 |
| 41.04 | Christa Speyer      | 69 | N O P      | Utrecht     | 8.9  |
| 39.44 | Barbera van Noord   | 69 | Lycurgus   | Lisse       | 10.8 |
| 38.64 | Famke Kooistra      | 70 | G V A C    | Kerkrade    | 12.6 |
| 38.62 | Evelien Groen       | 69 | AAV'36     | Krommenie   | 25.6 |
| 37.68 | Monique Kuenen      | 71 | Pr Hendrik | Vught       | 8.5  |
| 36.64 | Inge Barends        | 74 | Hercules   | Sittard     | 3.9  |
| 36.12 | Susan Cornips       | 69 | Unitas     | Helmond     | 19.6 |
| 35.68 | Ymke Koster         | 70 | Sparta     | den Haag    | 11.9 |
| 35.56 | Susan Luppés        | 72 | T I O N    | Zevenaar    | 15.5 |
| 35.54 | Mirjam van Dijk     | 69 | A V'40     | Utrecht     | 12.6 |
| 35.48 | Daniele Seghers     | 72 | RK H A V   | Hulst       | 23.5 |
| 35.26 | Merel Wams          | 70 | Blauw Wit  | Amsterdam   | 6.5  |
| 34.88 | Margrietha Lemke    | 69 | Horror     | Zwolle      | 19.6 |
| 34.84 | Monique van Ling    | 71 | G A C-H    | Uden        | 4.6  |
| 34.80 | Angélique Johnson   | 71 | Sparta     | Rotterdam   | 19.6 |
| 34.78 | Mirjam Geerdink     | 72 | Hanzesport | Losser      | 8.6  |
| 34.50 | Corry de Bruin      | 76 | Typhoon    | Steenbergen | 3.9  |
| 34.48 | Moniek Reys         | 72 | Oss'78     | Kerkrade    | 14.5 |
| 34.00 | Jona Tetteroo       | 69 | A V'34     | Zwolle      | 19.6 |
| 33.90 | Soizic Maartense    | 71 | P A C      | Lisse       | 10.8 |
| 33,82 | Astrid Braat        | 69 | T H O R    | Kerkrade    | 10.7 |
| 33.74 | Ester Degeling      | 70 | Spark      | Zierikzee   | 14.5 |
| 33.60 | Antoinette Blekkink | 69 | Fortis     | Zevenaar    | 19.6 |
| 33.60 | Daniele Tanke       | 73 | Pr Hendrik | Vught       | 7.6  |
| 33.54 | Margriet v Iersel   | 69 | Waalwijk   | Vught       | 7.6  |
| 33.40 | Reina vd Stouwe     | 70 | AAV'36     | Schoonhoven | 3.7  |
| 33.26 | Danielle Volbers    | 69 | T I O N    | Hengelo     | 29.9 |
| 33.24 | Maaïke Hoekstra     | 71 | ARGO'77    | Drachten    | 14.5 |
| 33.10 | Eugenie van Heusden | 70 | Edam       | Hoorndijk   | 19.6 |
| 32.96 | Astrid de Groot     | 72 | D E M      | den Haag    | 11.9 |
| 32.82 | Ans Boersma         | 70 | Horror     | Drachten    | 13.5 |
| 32.70 | Arnica Jacobs       | 72 | I lion     | Barendrecht | 17.9 |
| 32.58 | Yolanda Bucking     | 73 | Jahn II    | Haren       | 25.6 |
| 32.54 | Simone Gaal         | 71 | Hera       | Haarlem     | 31.7 |
| 32.54 | Karin Geertsema     | 72 | Santpoort  | 9.7         |      |
| 32.24 | Natasja Velthoven   | 71 | P A C      | Rotterdam   | 15.6 |
| 31.88 | Elles de Graaff     | 73 | A V N      | Best        | 29.6 |
| 31.88 | Lineke Bolier       | 70 | Impala     | Groningen   | 8.5  |
| 31.82 | Christie Mulie      | 69 | Hellas     | Lisse       | 19.6 |
| 31.78 | Meike Berns         | 71 | A V N      | Zevenaar    | 15.5 |
| 31.64 | Stella Spaargaren   | 69 | Unitas     | Sittard     | 13.8 |

## kogelslingeren (onofficieel)

|       |                    |        |         |      |
|-------|--------------------|--------|---------|------|
| 36.50 | Monique Schoemaker | AV'47  | Breda   | 17.6 |
| 24.72 | Diana Sierra       | Unitas | Sittard | 10.9 |
| 21.90 | Stella Spaargaren  | Unitas | Sittard | 10.9 |

|                             |    |                    |         |         |               |
|-----------------------------|----|--------------------|---------|---------|---------------|
| <u>speerwerpen 600 gram</u> | NR | Ingrid Lammertsma  | 56.32 m | Zwolle  | 60785         |
|                             | ER | Antoaneta Tudorova | Bulg    | 71.88 m | Zagreb 150881 |
|                             | WR | idem               |         |         |               |

de beste 10 aller tijden:

|       |                     |    |            |             |        |
|-------|---------------------|----|------------|-------------|--------|
| 56.32 | Ingrid Lammertsma   | 67 | Lycurgus   | Zwolle      | 60785  |
| 51.36 | Nicole Heuwekemeyer | 69 | A D A      | Leiden      | 80587  |
| 51.20 | Sandra vd Sommen    | 68 | HAC/Unitas | Haarlem     | 290685 |
| 50.78 | Toos Stoete         | 67 | Holland H  | Hasselt(Be) | 100885 |
| 48.92 | Marion ten Have     | 67 | Fortis     | Krommenie   | 210785 |
| 48.72 | Renate Beunder      | 70 | Lycurgus   | Krommenie   | 80588  |
| 47.50 | Veronique Barnhoorn | 63 | D E M      | Spykenisse  | 60981  |
| 47.32 | Christa Speyer      | 69 | N O P      | Utrecht     | 180988 |
| 46.56 | Bernadet Fransen    | 65 | A V R      | Vught       | 60981  |
| 46.00 | Lida Kuys           | 52 | D E M      | den Haag    | 170570 |

|      | 1     | 20    | 50    |
|------|-------|-------|-------|
| 1984 | 45.72 | 37.84 | 34.20 |
| 1985 | 56.32 | 38.00 | 33.84 |
| 1986 | 51.22 | 36.98 | 33.46 |
| 1987 | 51.38 | 37.04 | 33.54 |
| 1988 | 48.72 | 38.72 | 34.20 |

|       |                     |      |            |                  |       |
|-------|---------------------|------|------------|------------------|-------|
| 48.72 | Renate Beunder      | 70   | Lycurgus   | Kromenie         | 8.5   |
| 47.32 | Christa Speyer      | 69   | N O P      | Utrecht          | 18.9  |
| 46.84 | Nicole Heuwekemeyer | 69   | A D A      | Haarlem          | 11.9  |
| 45.14 | Linda Tukkers       | 71   | T I O N    | Uden             | 5.6   |
| 44.30 | Marjolijn van Elk   | 69   | Lycurgus   | Uden             | 5.6   |
| 43.66 | Ditha vd Hidde      | 71   | A V R      | Rotterdam        | 24.4  |
| 42.96 | Petra Donkersloot   | 73   | Trias      | Krommenie        | 11.6  |
| 41.94 | Janet Frederiks     | 71   | T I O N    | Dülmen(BRD)      | 2.10  |
| 41.72 | Ineke Meeusen       | 74   | Olympia E  | Eindhoven        | 7.5   |
| 41.20 | Nancy van Iersel    | 69   | G V A C    | Hilversum        | 10.7  |
| 41.08 | Kristie Mekking     | 69   | Olympia'48 | Andenne(Be)      | 6.8   |
| 41.08 | Simone Gaal         | 71   | Hera       | Heerhugowaard    | 2.10x |
|       | 38.56 Willich(BRD)  | 18,9 |            |                  |       |
| 40.04 | Judith Piek         | 71   | Caesar     | Helmond          | 19.6  |
| 39.86 | Marielle Ruczynski  | 71   | Start'78   | Althmunion(Grie) | 5.11  |
| 39.80 | Karin Geertsema     | 72   | Lycurgus   | Uden             | 4.6   |
| 39.68 | Janine Holshuyzen   | 70   | D E S      | Krommenie        | 25.6  |
| 39.50 | Cilia Zwiderman     | 70   | T G A V    | Drachten         | 18.9  |
| 38.90 | Ingrid Geerings     | 69   | Keien      | Speyer(BRD)      | 22.5  |
| 38.72 | Famke Kooistra      | 70   | G V A C    | Vught            | 15.5  |
| 38.70 | Mirjam van Dijk     | 69   | A V'40     | Krommenie        | 25.6  |
| 38.08 | Christa Mulie       | 69   | Hellas     | Drachten         | 12.6  |
| 37.50 | Bertine Ockeloen    | 74   | Energie    | Rotterdam        | 28.9  |
| 36.82 | Cindy van Santen    | 69   | P A C      | Rotterdam        | 8.5   |
| 36.76 | Mabel Vermeulen     | 71   | Sprint     | Middelburg       | 8.5   |
| 36.68 | Julia vd Berg       | 69   | AAV'36     | Beverwijk        | 10.7  |
| 36.58 | Susan Tzekos        | 70   | Venray     | Venray           | 18.9  |
| 36.48 | Mirjam Geerdink     | 72   | Hanzesport | Zevenaar         | 15.5  |
| 36.32 | Marieke Jansen      | 73   | T I O N    | Hengelo          | 4.6   |
| 36.28 | Bianca de Vries     | 71   | N O P      | Zevenaar         | 15.5  |
| 36.28 | Maaïke Hoekstra     | 71   | ARGO'77    | Drachten         | 18.9  |

|       |                     |    |           |           |      |
|-------|---------------------|----|-----------|-----------|------|
| 36.18 | Masja Nierop Groot  | 71 | Trias     | Krommenie | 8.5  |
| 36.04 | Andrea van Weelden  | 72 | D E M     | Amsterdam | 24.4 |
| 36.00 | Nathalie van Bostel | 70 | A D A     | Amsterdam | 14.5 |
| 35.86 | Robertta Bloemsma   | 74 | Hollandia | Hoorn     | 5.8  |
| 35.74 | Andra Laarhuis      | 69 | D E M     | Hoorn     | 19.6 |
| 35.64 | Immy Paulusma       | 70 | Impala    | den Haag  | 11.9 |
| 35.64 | Angela Weyers       | 70 | G V A C   | den Haag  | 11.6 |
| 35.64 | Marielle Janssen    | 70 | Attila    | Uden      | 12.6 |
| 35.52 | Marielle Boosten    | 71 | Kimbria   | Sittard   | 8.5  |
| 35.46 | Rhoda Hage          | 73 | G A C-H   | Hilversum | 10.9 |
| 35.42 | Marjon Haasbroek    | 72 | Hollandia | Krommenie | 8.5  |
| 35.42 | Simone Landwehr     | 71 | Hera      | Krommenie | 14.5 |
| 35.08 | Monique de Goede    | 70 | F I T     | Breda     | 10.7 |
| 34.98 | Cyril de Lange      | 72 | Sperwers  | Croningen | 8.5  |
| 34.98 | Vivian Verdonsschot | 70 | Weert     | Sittard   | 8.5  |
| 34.96 | Inge Leyten         | 73 | H A C     | Roermond  | 7.10 |
| 34.82 | Esther Piek         | 69 | Weert     | Uden      | 5.6  |
| 34.82 | Maja Philippens     | 70 | Unitas    | Weert     | 23.5 |
| 34.78 | Rhea ter Laak       | 69 | T I O N   | Hengelo   | 25.9 |
| 34.64 | Jeanot Slangen      | 71 | Caesar    | Weert     | 23.4 |
| 34.56 | Nicole Haans        | 70 | Attila    | Vught     | 7.6  |

zevenkamp NR Marjon Wijnsma 5678 pnt Schwechat(Oo) 280883  
13.95-1.84-10.89-25.12-5.87-30.86-2.14.70  
ER Sybille Thiele DDR 6465 pnt Schwechat(Oo) 280883  
WR idem

|          |                      |    |           |           |        |
|----------|----------------------|----|-----------|-----------|--------|
| 5404e    | Marjolijn van Elk    | 69 | Lycurgus  | Uden      | 5.6    |
| 4915e    | Angelique Maasdijk   | 70 | Phoenix   | Uden      | 5.6    |
| 4783e    | Esther Piek          | 69 | Caesar    | Uden      | 5.6    |
| 4744e    | Karen Huigen         | 69 | Impala    | Uden      | 5.6    |
| 4742e    | Nanet Karenbeld      | 69 | A T C'75  | Uden      | 5.6    |
| 4711e    | Simone Gaal          | 71 | Hera      | Uden      | 5.6    |
| 4681e    | Vivian Verdonsschot  | 70 | Weert     | Uden      | 5.6    |
| 4653     | Monique de Goede     | 70 | F I T     | Hilversum | 1.5    |
| 4369     | Susan Verdonsschot   | 70 | Weert     | Weert     | 23.5   |
| 4290e    | Renilde van Boven    | 69 | Metro     | Uden      | 5.6    |
| 4128e    | Hetty Verhoef        | 70 | Holland H | Uden      | 5.6    |
| 4061     | Maya Philipsen       | 69 | Unitas    | Weert     | 23.5   |
| 3984     | Jacq v Renesse v D   | 69 | Sparta    | den Haag  | 2.10x  |
| 3982     | Annemarie Kokshoorn  | 70 | Sparta    | den Haag  | 2.10x  |
| 3941     | Edith Smeets         | 69 | Unitas    | Weert     | 23.5   |
| 3856e    | Liesbeth van Acker   | 70 | RK H A V  | Uden      | 5.6    |
| 3836     | Sasja Tolsma         | 70 | Holland H | Hilversum | 1.5    |
| === 3785 | Manuela van Leeuwen  | 70 | Sprint    | Breda     | 15.10x |
| 3771     | Marianne Stedehouder | 70 | Sparta    | den Haag  | 2.10x  |
| 3745     | Certie vd Broek      | 69 | G V A C   | Veldhoven | 2.10x  |
| 3735     | Ingrid Hogendoorn    | 70 | Sparta    | den Haag  | 2.10x  |

specificatie 5404e: 14.78-1.66-11.98-25.93-5.83-44.30-2.28.16

===tussenvoegen: 3822 Maike Smit 71 Pr Hendrik Vught 26.9x

|                            |  |                 |         |                   |                   |
|----------------------------|--|-----------------|---------|-------------------|-------------------|
| <u>4 x 100 m estafette</u> | NR   | Nat ploeg       | 45.42 s | Pamplona(Sp)      | 20788             |
|                            | ER   | D D R           | 43.77 s | Utrecht           | 230881            |
|                            | WR   | U S A           | 43.72 s | Col.Springs       | 190783            |
|                            | NR   | Clubteams A V R | 47.57 s | Beverwyk          | 140785            |
| 45.42                      | nat team(Koppelaar-Goudemond-Boogaards-Scholsberg) | Pamplona        | 2.7     |                   |                   |
| 48.38                      | H A C  | Lisse           | 2.7     | 48.05 nat B-ploeg | Zwol 11.6         |
| 48.80                      | A T C'75   | Groningen       | 8.5     |                   |                   |
| 49.00                      | Hollandia  | MB Lisse        | 2.7     | 51.04+ Holland H  | Amsterdam 19.6    |
|                            |  |                 |         | 51.04+ Spark      | Rotterdam 19.6    |
| 49.32                      | Sparta   | Rennes(F)       | 24.9    | 51.04+ G V A C    | Vught 8.5         |
| 49.36                      | D E M  | den Haag        | 11.9    | 51.04+ Ciko'66    | Haarlem 11.9      |
| 49.54+                     | T H O R  | Vliss           | 19.6    | 51.14+ A D A      | MB Amsterdam 28.5 |
| 49.54+                     | Prins Hendrik                                      | Vught           | 8.5     | 51.14+ AAV'36     | Amsterdam 19.6    |
| 49.64+                     | Trias  | Krommenie       | 8.5     | 51.14+ A V N      | Hengelo 8.5       |
| 49.77                      | Caesar   | MB Kerkrade     | 14.5    | 51.34 Olympia'48  | Lisse 2.7         |
| 49.95                      | Prins Hendrik                                      | MB Kerkrade     | 14.5    | 51.34+ D E S      | Vught 8.5         |
| 50.04+                     | A V R  | Rotterdam       | 8.5     | 51.54+ Spark      | MB Leiden 11.6    |
| 50.20                      | Impala   | Groningen       | 8.5     | 51.64+ Olympia Eh | Vught 8.5         |
| 50.26                      | Sprint   | Kerkrade        | 14.5    | 51.64+ A V'34     | Lelystad 8.5      |
| 50.34+                     | Oss'78   | Vught           | 8.5     | 51.74+ T I O N    | Hengelo 8.5       |
| 50.34+                     | M P M  | Zevenaar        | 19.6    | 51.74+ N O P      | Zwolle 24.4       |
| 50.44+                     | A V R  | MB Lisse        | 28.5    | 51.84+ Lycurgus   | MB Krommenie 14.5 |
| 50.66                      | Spartaan   | Lisse           | 2.7     | 51.84+ Holland H  | MB Beverwijk 18.6 |
| 50.74+                     | Lycurgus   | Krommenie       | 8.5     | 51.84+ Trias      | MB Beverwijk 18.6 |
| 50.84+                     | Keien  | Vught           | 8.5     | 51.84+ G A C-H    | Lisse 19.6        |
| 50.84+                     | Hellas   | Lisse           | 19.6    | 51.84+ Schelde Sp | Vlissingen 19.6   |
| 50.94+                     | Sparta   | MB den Haag     | 28.5    | 51.84+ Athletics  | Zevenaar 19.6     |
| 50.94+                     | A D A  | Haarlem         | 8.5     | 51.94+ P A C      | MB Lisse 28.5     |
| 51.00                      | Sperwers   | Groningen       | 8.5     | 51.94+ A V A'64   | Amsterdam 19.6    |
| 51.04+                     | Spartaan   | MB Lisse        | 28.5    | 52.04+ D E M      | MB Krommenie 14.5 |
|                            |  |                 |         | 52.04+ P A C      | Rotterdam 8.5     |
|                            |  |                 |         | 52.04+ Komeet     | Eindhoven 27.4    |

|                            |   |                 |           |               |        |
|----------------------------|---|-----------------|-----------|---------------|--------|
| <u>4 x 400 m estafette</u> | NR  | nat ploeg       | 3.41.47 m | Santander(Sp) | 20881  |
|                            | ER  | D D R           | 3.30.39   | Utrecht       | 230881 |
|                            | WR  | idem            |           |               |        |
|                            | NR  | clubteams A D A | 3.49.3    | den Haag      | 50979  |
| 3.45.30                    | nat ploeg (Martinot-de Jong-Jongmans-Steenis) | Sudbury(Can)    | 30.7      |               |        |
| 3.55.00                    | Sparta  | Lisse           | 3.7       |               |        |
| 3.55.96                    | H A C   | Helmond         | 25.9      |               |        |
| 3.59.18                    | Spark   | Lisse           | 3.7       |               |        |
| 4.05.81                    | G V A C                                       | Helmond         | 25.9      |               |        |
| 4.11.30                    | Lycurgus                                      | Lisse           | 3.7       |               |        |

CORRECTIES, TOEVOEGINGEN en VERBETERINGEN voor het ranglijstenboekje van 1987:

pag 23 800 m heren H Kulker tijd is 1.48.19 m  
 25 H Koeleman tijd is 1.53.45 m  
 29 l E M H Kulker tijd is 3.56.37 m  
 33 tussenvoeging onderaan vervalt (staat al op 8.27.2)  
 34 komt bij: 14.27.2 Paul Jaspers 65 Haarlem Los Angelos 14.5  
 37 tijd H Janssen-Kronos verbeterd tot 30.162 ??  
 komt bij: 31.55.5 John Buskermolen AVA'64 Alasmeer 2.6  
 41 komt bij: 1.24.49 Pieter vd Haas 58 HAC Arnhem 20.9  
 46 komt bij: 16.00 Rene v Eck AV'47 Wuppertal(BRD) 20.5  
 61 ph 4.60 Paul Mul moet zijn 4.30 Hoorn 17.5  
 4.40 Niek de Groot moet zijn 4.20 zelfde wedstrijd  
 67 diskus 39.92 Kees v Eck 66 AV'47 moet zijn 40.38 Boskoop 2.10x  
 69 speer 54.05 Kees v Eck 66 AV'47 moet zijn 55.50 Boskoop 26.9x  
 86 800 m D komt bij: Kathy Harris Lycurgus 2.07.07 Hengelo 19.7  
 90 tijd Elly van Hulst 3000 m is 8.42.56 m  
 91 tijd Christien Toonstra 10.16.9 moet zijn 9.16.9 m  
 117 komt bij: Hanno vd Loo 68 AV'47 1.56.00 den Haag 4.9  
 134 diskus Hanno vd Loo 68 AV'47 39.26 wordt 39.82 Boskoop 2.10x  
 135 speer Hanno vd Loo 68 AV'47 52.48 wordt 52.82 Boskoop 2.10x  
 143 tijden van Vught 28.6 is geen rugwind maar tegenwind dus legaal  
 155 hoog meisjes bij: 1.60 Desiree v Zelst 69 DES Helmond 21.6 m

=====

AAMTEKENINGEN:

## DE BESTE NEDERLANDSE VETERANEN van 1988 (door Gijs Knoppert)

## HEREN 100 meter

|       |                     |        |           |                 |      |
|-------|---------------------|--------|-----------|-----------------|------|
| 11.1  | Fred Lobman         | 310146 | Metro     | Düsseldorf(BRD) | 10.9 |
| 11.41 | Caspari de Geus     | 210545 | A V R     | Verona(It)      | 26.6 |
| 11.5  | Wim Scholtes        | 90647  | Sparta    | Nymegen         | 21.8 |
| 11.6  | Ger Heinsius        | 10448  | S A V     | Krommenie       | 14.8 |
| 11.7  | Jan Leunk           | 11046  | Scorpio   | Beverwyk        | 5.6  |
| 11.7  | Hans Schouten       | 211146 | Trias     | Beverwijk       | 5.6  |
| 11.7  | Henny van Verseveld | 200246 | Phoenix   | Utrecht         | 15.7 |
| 11.9  | Max Bruinsma        | 260645 | Attila    | Willebroek(Be)  | 12.5 |
| 11.9  | Pierre Busnel       | 40645  | Hellas    | Willebroek(Be)  | 12.5 |
| 12.11 | Pierre Tremus       | 200547 | Sprint    | Roosendaal      | 13.7 |
| 12.20 | Kees Roosen         | 90147  | Holland H | Nymegen         | 21.8 |
| 12.0  | Rob van Tiel        | 141144 | Fortuna V | den Haag        | 8.5  |
| 12.0  | Mike Drenth         | 261246 | Unitas    | den Haag        | 8.5  |
| 12.0  | Jan van de Vorle    | 120247 | A V T     | Beverwijk       | 5.6  |
| 12.0  | Huub Vermeulen      | 310544 | V & L/TC  | Beverwijk       | 5.6  |
| 12.0  | Alfred Verhoef      | 120546 | Holland L | Leiden          | 20.7 |

## 200 meter

|       |                       |        |          |                |      |
|-------|-----------------------|--------|----------|----------------|------|
| 23.10 | Caspari sw Geus       | 210545 | A V R    | Verona(It)     | 28.6 |
| 23.4  | Wim Scholtes          | 90647  | Sparta   | Willebroek(Be) | 12.5 |
| 23.8  | Fred Lobman           | 310146 | Metro    | Zierikzee      | 16.4 |
| 24.12 | Pierre Busnel         | 40645  | Hellas   | Verona(It)     | 29.6 |
| 24.1  | Ger Heinsius          | 10448  | S A V    | Krommenie      | 8.7  |
| 24.34 | Pierre Tremus         | 200547 | Sprint   | Roosendaal     | 13.7 |
| 24.2  | Wim Schreuder Goedhey | 190745 | F I T    | Utrecht        | 24.5 |
| 24.49 | Rob Mahieu            | 100647 | V & L/TC | Verona(It)     | 28.6 |
| 24.3  | Hans Schouten         | 211146 | Trias    | Heerhugowaard  | 10.6 |
| 24.91 | Max Bruinsma          | 260645 | Attila   | Vught          | 15.5 |

## 400 meter

|       |                       |        |             |               |      |
|-------|-----------------------|--------|-------------|---------------|------|
| 50.7  | Ronald Mercelina      | 180446 | A A C       | Amsterdam     | 7.8  |
| 51.8  | Wim Scholtes          | 90647  | Sparta      | den Haag      | 8.5  |
| 52.5  | Peter Bregman         | 220746 | A V'40      | Leiden        | 22.9 |
| 52.8  | Pierre Tremus         | 200547 | Sprint      | Breda         | 19.5 |
| 53.05 | Rob Mahieu            | 100647 | V & L/TC    | Verona(It)    | 30.6 |
| 53.3  | Rien Lunshof          | 290647 | Holland L   | Heerhugowaard | 29.5 |
| 53.84 | Ger Heinsius          | 10448  | S A V       | Hoorn         | 18.9 |
| 54.0  | Theo van de Boom      | 280646 | Unitas      | den Haag      | 8.5  |
| 54.0  | Pierre Busnel         | 40645  | Hellas      | den Haag      | 8.5  |
| 54.19 | Piet van de Velden    | 100542 | A V R       | Verona(It)    | 26.6 |
| 54.49 | Wim Schreuder Goedhey | 190745 | F I T       | Nymegen       | 21.8 |
| 54.8  | Wil Brakkee           | 240846 | Hellas      | Amsterdam     | 24.6 |
| 55.1  | Jan v Jaarsveld       | 300546 | Clytoneus   | Beverwyk      | 5.6  |
| 55.3  | Cedo Paic             | 280846 | D E M       | Beverwijk     | 2.10 |
| 55.4  | Rob van Tiel          | 141144 | Fortuna V   | den Haag      | 3.6  |
| 55.6  | Wim Hogerwaard        | 10448  | Achilles EL | Beverwijk     | 5.6  |
| 55.7  | Barry Hilkes          | 220145 | A V N       | den Haag      | 8.5  |
| 55.9  | Jan Lievens           | 220847 | T H O R     | Valkenswaard  | 3.9  |

## 800 meter

|         |                       |        |          |            |      |
|---------|-----------------------|--------|----------|------------|------|
| 1.54.5  | Ronald Mercelina      | 180446 | A A C    | Amstelveen | 11.9 |
| 1.58.8  | Theo van de Boom      | 280646 | Unitas   | Sittard    | 21.5 |
| 1.59.3  | Peter Bregman         | 220746 | A V'40   | Lisse      | 10.8 |
| 2.00.4  | Henk de Ruiter        | 60447  | D E M    | den Haag   | 8.5  |
| 2.00.4  | Rob Mahieu            | 100647 | V & L/TC | den Haag   | 8.5  |
| 2.01.2  | Anton Treffers        | 91047  | S A V    | den Haag   | 8.5  |
| 2.03.6  | Bert Streumer         | 71145  | Hermes   | Utrecht    | 6.9  |
| 2.03.97 | Cedo Paic             | 280846 | D E M    | Verona(It) | 27.6 |
| 2.04.3  | Jan Lievens           | 220847 | T H O R  | Roosendaal | 22.9 |
| 2.04.6  | Piet van de Velden    | 100542 | A V R    | Amsterdam  | 29.7 |
| 2.06.6  | Wil Brakkee           | 240846 | Hellas   | Utrecht    | 6.9  |
| 2.07.1  | Pedro Kneepkens       | 260447 | Sprint   | Nymegen    | 11.9 |
| 2.07.6  | Ton Peters            | 140642 | Scorpio  | Sittard    | 21.5 |
| 2.07.9  | Wim Schreuder Goedhey | 190745 | F I T    | Utrecht    | 5.8  |

## 1500 meter

|         |                   |        |          |                |      |
|---------|-------------------|--------|----------|----------------|------|
| 3.57.03 | Ronald Mercelina  | 180446 | A A C    | Hoorn          | 18.9 |
| 4.07.0  | Peter Bregman     | 220746 | A V'40   | Leiden         | 30.6 |
| 4.07.0  | Theo van de Boom  | 280646 | Unitas   | Willebroek(Be) | 12.5 |
| 4.08.8  | Herman Kromhout   | 50246  | V & L/TC | den Haag       | 8.5  |
| 4.12.8  | Anton Treffers    | 91047  | S A V    | Hoorn          | 5.8  |
| 4.13.7  | Henk de Ruiter    | 60447  | D E M    | Lisse          | 14.6 |
| 4.15.7  | Cedo Paic         | 280846 | D E M    | Lisse          | 14.6 |
| 4.16.0  | Rien van Domburg  | 191047 | A V N    | Nymegen        | 6.5  |
| 4.17.1  | Frits Jaarsma     | 40546  | A V'34-A | Nymegen        | 6.5  |
| 4.19.1  | Rien van Dijk     | 290248 | Climax   | Nymegen        | 11.9 |
| 4.19.4  | Pedro Kneepkens   | 260447 | Sprint   | den Haag       | 8.5  |
| 4.19.5  | Peter van de Maas | 10747  | T H O R  | Beverwijk      | 5.6  |

## 3000 meter

|        |                   |        |             |               |      |
|--------|-------------------|--------|-------------|---------------|------|
| 8.55.5 | Henk van Velzen   | 210248 | Altis       | Papendal      | 8.6  |
| 8.56.3 | Bert Streumer     | 71145  | Hermes      | Amsterdam     | 12.8 |
| 9.00.4 | Peter Bregman     | 220746 | A V'40      | Amsterdam     | 19.5 |
| 9.04.0 | Rien van Domburg  | 191047 | A V N       | Nymegen       | 3.6  |
| 9.08.5 | Ad Heydens        | 171138 | Achilles EL | Roosendaal    | 1.6  |
| 9.09.2 | Anton Treffers    | 91047  | S A V       | Heerhugowaard | 8.7  |
| 9.09.6 | Rin van Dijk      | 290248 | Climax      | Papendal      | 8.6  |
| 9.13.0 | Peter van de Maas | 10747  | T H O R     | Roosendaal    | 1.6  |
| 9.13.6 | Piet van Erp      | 240438 | A V V       | Sittard       | 21.5 |
| 9.13.9 | Dave Gibson       | 270842 | A S R C     | Sittard       | 21.5 |
| 9.14.3 | Jan Baremans      | 200141 | Achilles EL | Roosendaal    | 3.8  |
| 9.15.4 | Herman Kromhout   | 50246  | V & L/TC    | den Haag      | 24.4 |

## 5000 meter

|         |                    |        |             |             |      |
|---------|--------------------|--------|-------------|-------------|------|
| 15.27.9 | Wil Sparreboom     | 80947  | P A C       | Leiden      | 29.5 |
| 15.28.9 | Bert Streumer      | 71145  | Hermes      | Hilden(BRD) | 3.9  |
| 15.35.0 | Hnek v Velzen      | 210248 | Altis       | Hilversum   | 1.6  |
| 15.36.2 | Johan Kijne        | 270347 | R O V S     | Nymegen     | 21.8 |
| 15.37.9 | Jan Ooyen          | 210647 | G A C-H     | Zwolle      | 29.5 |
| 15.38.9 | Bert Koppendraaier | 210448 | Gouda       | Leiden      | 29.5 |
| 15.39.2 | Arjan Guikema      | 190347 | Start'78    | Groningen   | 24.4 |
| 15.42.4 | Ad Heydens         | 171138 | Achilles EL | Breda       | 16.9 |
| 15.49.5 | Rien van Domburg   | 191047 | A V N       | Vught       | 28.6 |
| 15.53.0 | Jaap Vallentgoed   | 201046 | Altis       | Hilversum   | 1.6  |



## vervolg 5000 meter

|         |                 |        |          |            |      |
|---------|-----------------|--------|----------|------------|------|
| 15.55.3 | Rob Strik       | 140148 | B A V    | Utrecht    | 15.7 |
| 15.56.7 | Henk Tiebosch   | 60646  | H A C    | Roosendaal | 29.5 |
| 15.58.6 | San Polderman   | 300547 | Marathon | Middelburg | 8.6  |
| 15.59.4 | Frits Boudewijn | 30944  | V & L/TC | Beverwijk  | 5.6  |

## 10.000 meter

|         |                  |        |             |             |      |
|---------|------------------|--------|-------------|-------------|------|
| 32.05.9 | Henk van Velzen  | 210248 | Altis       | Amersfoort  | 24.5 |
| 32.09.1 | Jan Ooyen        | 210647 | G A C-H     | Amersfoort  | 24.5 |
| 32.33.8 | Frits Boudewijn  | 30944  | V & L/TC    | Rotterdam   | 24.4 |
| 32.38.7 | Wim van Heeswijk | 11242  | D A K       | Vught       | 3.5  |
| 32.38.9 | Theo van de Boom | 280646 | Unitas      | Kerkrade    | 3.9  |
| 32.54.5 | Bert Streumer    | 71145  | Hermes      | Amersfoort  | 24.5 |
| 33.11.3 | Jaap Vallentgoed | 201046 | Altis       | Amersfoort  | 24.5 |
| 33.12.5 | Ray Forer        | 100746 | A V T       | Amersfoort  | 24.5 |
| 33.16.3 | Jan van de Bosch | 270741 | Weert       | Weert       | 5.10 |
| 33.17.9 | Ad Heydens       | 171138 | Achilles EL | Zevenbergen | 15.6 |

## 110 m horden (1.06 m)

|                 |                    |        |           |                |      |
|-----------------|--------------------|--------|-----------|----------------|------|
| 15.5            | Hans van Enkhuyzen | 200646 | Haarlem   | Amsterdam      | 29.5 |
| 15.6            | Ger Heinsius       | 10448  | S A V     | Veldhoven      | 10.7 |
| 18.6            | Theo Maat          | 100348 | Fortuna V | Leiden         | 29.5 |
| 19.5            | Peter van de Ham   | 140344 | V & L/TC  | den Haag       | 25.9 |
| 19.9            | Peter Blommestejn  | 230542 | A V R     | Roosendaal     | 29.5 |
| (hoogte 0.99 m) |                    |        |           |                |      |
| 15.9            | Ger Heinsius       | 10448  | S A V     | Willebroek(Be) | 12.5 |
| 18.0            | Peter Blommestejn  | 230542 | A V R     | Willebroek(Be) | 12.5 |
| 19.0            | Peter van de Ham   | 140344 | V & L/TC  | Rijswijk       | 7.8  |

## 400 meter horden

|                 |                 |        |           |            |      |
|-----------------|-----------------|--------|-----------|------------|------|
| 56.3            | Ger Heinsius    | 10448  | S A V     | Amsterdam  | 24.7 |
| 60.98           | Rob van Tiel    | 141144 | Fortuna V | Verona(It) | 27.6 |
| 61.34           | Peter Bregman   | 220746 | A V'40    | den Haag   | 27.8 |
| (hoogte 0.84 m) |                 |        |           |            |      |
| 69.48           | Kees van Giezen | 140234 | G A C-H   | Verona(It) | 27.6 |

## 3000 m hindernisloop

|         |                   |        |             |                |      |
|---------|-------------------|--------|-------------|----------------|------|
| 10.29.6 | Peter van de Maas | 10747  | T H O R     | Vught          | 10.7 |
| 10.38.1 | Wim Hartman       | 210347 | V & L/TC    | Willebroek(Be) | 12.5 |
| 10.48.1 | Gerard Kramer     | 30737  | A V R       | Willebroek(Be) | 12.5 |
| 11.00.6 | Piet van Erp      | 240438 | A V V       | Valkenswaard   | 8.9  |
| 11.07.0 | Aad Vink          | 270547 | Energie     | den Haag       | 24.6 |
| 11.20.5 | Adrie Gerards     | 180648 | Delta Sport | Zierikzee      | 25.9 |

## 5000 m snelwandelen

|          |                       |        |           |                |      |
|----------|-----------------------|--------|-----------|----------------|------|
| 23.09.54 | Dirk Maassen vd Brink | 90648  | Holland L | Verona(It)     | 26.6 |
| 24.01.5  | Klaas Bakker          | 160537 | O L A T   | Willebroek(Be) | 12.5 |
| 24.48.4  | Tjabel Ras            | 21035  | P A C     | Willebroek(Be) | 12.5 |
| 26.38.10 | Hein Zethof           | 100828 | A V A'64  | Verona(It)     | 26.6 |

## hoogspringen

|      |                   |        |           |           |      |
|------|-------------------|--------|-----------|-----------|------|
| 1.80 | Ger Heinsius      | 10448  | S A V     | den Haag  | 8.5  |
| 1.80 | Hans Scheffers    | 30545  | Fortuna V | den Haag  | 8.5  |
| 1.80 | Ed Molemaker      | 211146 | Spark     | den Haag  | 8.5  |
| 1.73 | Theo Maat         | 100348 | Fortuna V | Nymegen   | 11.9 |
| 1.70 | Wim Scholtes      | 90647  | Sparta    | den Haag  | 8.5  |
| 1.70 | Mike Drenth       | 261246 | Unitas    | den Haag  | 8.5  |
| 1.70 | Rob Bleyert       | 221139 | Climax    | Nymegen   | 21.8 |
| 1.65 | Cees Jägers       | 260842 | G A C-H   | Amsterdam | 1.5  |
| 1.65 | Peter Blommestejn | 230542 | A V R     | Beverwijk | 5.6  |
| 1.65 | Thijs Duym        | 280544 | Climax    | Nymegen   | 11.9 |

## verspringen

|      |                    |        |           |                |      |
|------|--------------------|--------|-----------|----------------|------|
| 6.32 | Ger Heinsius       | 10448  | S A V     | Nymegen        | 21.8 |
| 6.30 | Gerard Moors       | 191247 | Sprint    | Deurne(Be)     | 8.5  |
| 6.05 | Jacques Janssen    | 160246 | A V T     | Venlo          | 28.6 |
| 5.76 | Fred Harmens       | 250248 | Climax    | Nymegen        | 11.9 |
| 5.76 | Twan Ambaum        | 301041 | A V T     | Nymegen        | 11.9 |
| 5.75 | Hans Scheffers     | 30545  | Fortuna V | Willebroek(Be) | 12.5 |
| 5.74 | Kees Roosen        | 90147  | Holland H | Nymegen        | 21.8 |
| 5.72 | Hans Schouten      | 211146 | Trias     | Nymegen        | 21.8 |
| 5.68 | Kees Havermans     | 260148 | Scorpio   | Nymegen        | 21.8 |
| 5.68 | Klaas van de Linde | 20245  | A A A     | Verona(It)     | 29.6 |
| 5.66 | Theo Maat          | 100348 | Fortuna V | Verona(It)     | 29.6 |
| 5.56 | Max Bruinsma       | 260645 | Attila    | den Haag       | 8.5  |
| 5.56 | Gerard Weisscher   | 210634 | Trias     | Nymegen        | 21.8 |
| 5.50 | Piet van de Velden | 100542 | A V R     | Verona(It)     | 29.6 |

## polsstokhoogspringen

|      |                         |        |           |                |      |
|------|-------------------------|--------|-----------|----------------|------|
| 3.40 | Theo Maat               | 100348 | Fortuna V | Willebroek(Be) | 12.5 |
| 3.40 | Gerard den Oudendammer  | 150446 | Metro     | Willebroek(Be) | 12.5 |
| 3.40 | Henk de Leeuw de Bouter | 190443 | Avantri   | Schoonhoven    | 3.7  |
| 3.30 | Ger Heinsius            | 10448  | S A V     | Hoorn          | 18.9 |
| 3.00 | Leo van de Kraan        | 61146  | te Werve  | Santpoort      | 29.5 |
| 3.00 | Ben Maas                | 200341 | Tempo     | Bussum         | 25.9 |

## hinkstapsprong

|       |                   |        |          |                |      |
|-------|-------------------|--------|----------|----------------|------|
| 12.42 | Ger Heinsius      | 10448  | S A V    | Kronmenie      | 14.8 |
| 11.59 | Peter Blommestejn | 230542 | A V R    | Willebroek(Be) | 12.5 |
| 11.56 | Peter van de Ham  | 140344 | V & L/TC | den Haag       | 24.6 |
| 11.43 | Ton Peters        | 140642 | Scorpio  | Willebroek(Be) | 12.5 |
| 10.35 | Raymond Ravestejn | 261246 | A V R    | Rotterdam      | 9.10 |

## kogelstoten 7½ kg

|       |                 |        |            |            |      |
|-------|-----------------|--------|------------|------------|------|
| 14.07 | Jacques Janssen | 160246 | A V T      | Nymegen    | 11.9 |
| 13.48 | Piet Klaassen   | 20446  | Pr Hendrik | Amsterdam  | 10.7 |
| 12.96 | Wim de Graaff   | 280745 | A V N      | Nymegen    | 12.6 |
| 12.80 | Harry van Kuyk  | 160346 | Attila     | Roosendaal | 29.5 |
| 12.75 | Jan Versluys    | 180847 | Typhoon    | Gorinchem  | 9.6  |
| 12.12 | Joop Tournier   | 280345 | A V R      | Nymegen    | 11.9 |
| 12.11 | Ton de Graaf    | 150245 | D E M      | Beverwijk  | 5.6  |
| 12.07 | Dries Kruis     | 131044 | A V R      | den Haag   | 8.5  |
| 11.76 | Wim Fokker      | 150736 | Hellas     | Utrecht    | 23.5 |
| 11.71 | Fred Lobman     | 310146 | Metro      | Leiden     | 20.7 |

## kogelstoten 6 kg

|       |                   |        |         |         |      |
|-------|-------------------|--------|---------|---------|------|
| 12.80 | Wim Fokker        | 150736 | Hellas  | Nymegen | 21.8 |
| 12.71 | Jan Pronk         | 180138 | Trias   | Nymegen | 21.8 |
| 12.07 | Jeltjo Doornbosch | 230436 | Vet Ned | Nymegen | 21.8 |
| 11.97 | Herman van de Pal | 180535 | Hellas  | Soest   | 14.5 |

## diskuwerpen 2 kg

|       |                         |        |              |             |      |
|-------|-------------------------|--------|--------------|-------------|------|
| 49.74 | Harry Zitzen            | 70444  | Achilles Top | Vught       | 15.5 |
| 44.98 | Piet Klaassen           | 20446  | Pr Hendrik   | Amsterdam   | 10.7 |
| 44.32 | Jacques Janssen         | 160246 | A V T        | Nymegen     | 11.9 |
| 43.14 | Wim de Graaff           | 280745 | A V N        | Zevenaar    | 14.5 |
| 41.70 | Jan Beunder             | 110545 | Lycurgus     | den Haag    | 10.7 |
| 40.04 | Kees Betlem             | 260146 | Hellas       | Breda       | 12.6 |
| 39.12 | Herman van de Pal       | 180535 | Hellas       | den Haag    | 8.5  |
| 37.74 | Harry van Kuyk          | 160346 | Attila       | Vught       | 10.7 |
| 37.22 | Theo Maat               | 100348 | Fortuna V    | Utrecht     | 12.6 |
| 36.92 | Martin Zijl             | 181044 | Trias        | Hoorn       | 12.6 |
| 36.88 | Henk de Leeuw de Bouter | 190443 | Avantri      | Schoonhoven | 24.4 |
| 36.16 | Gerard Moors            | 191247 | Sprint       | Nymegen     | 11.9 |

## (1½ kg)

|       |                   |        |         |            |      |
|-------|-------------------|--------|---------|------------|------|
| 41.84 | Ben Rebel         | 120229 | Vet Ned | Nymegen    | 21.8 |
| 39.72 | Herman van de Pal | 180535 | Hellas  | Veenendaal | 16.4 |
| 35.66 | Wim Fokker        | 150736 | Hellas  | Woerden    | 28.5 |

## speerwerpen

|       |                  |        |           |             |      |
|-------|------------------|--------|-----------|-------------|------|
| 53.32 | Theo Maat        | 100348 | Fortuna V | Nymegen     | 11.9 |
| 50.80 | Fred Harmens     | 250248 | Climax    | Nymegen     | 11.9 |
| 47.80 | Jan Titulaer     | 250547 | Orion     | Hilden(BRD) | 3.9  |
| 47.30 | Jan van Empel    | 190844 | G V A C   | Vught       | 13.8 |
| 47.16 | Jan Langerak     | 61046  | V & L/TC  | den Haag    | 8.5  |
| 45.94 | Leo van de Kraan | 61146  | te Werve  | Haarlem     | 12.6 |
| 45.04 | Henk Kruit       | 180140 | Zaanland  | den Haag    | 8.5  |
| 44.90 | Martijn Zijl     | 181044 | Trias     | den Haag    | 8.5  |
| 44.64 | Fred Lobman      | 310146 | Metro     | Roosendaal  | 29.5 |

## kogelslingeren

|       |                  |        |          |                |      |
|-------|------------------|--------|----------|----------------|------|
| 52.72 | Rinus Schreuder  | 151141 | Hellas   | Amsterdam      | 10.7 |
| 42.76 | Wim Schoemaker   | 10742  | AAV'36   | Willebroek(Be) | 12.5 |
| 42.14 | Frits van Buuren | 210146 | A V'23   | Amsterdam      | 14.5 |
| 40.54 | Gosse vd Velde   | 30546  | Haarlem  | Amsterdam      | 10.7 |
| 39.78 | Carel ter Horst  | 40647  | A V'34-A | Zevenaar       | 14.5 |
| 35.14 | Jan Pronk        | 180138 | Trias    | Hoorn          | 18.9 |

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## DAMES 100 meter

|      |                |        |        |                |      |
|------|----------------|--------|--------|----------------|------|
| 12.7 | Mariet Thomas  | 30351  | D E M  | Beverwijk      | 5.6  |
| 12.8 | Rini Hagenaars | 170751 | P A C  | Drachten       | 12.6 |
| 13.2 | Ina Ruyter     | 300153 | A V'23 | Nymegen        | 11.9 |
| 13.3 | Maja Boekel    | 30350  | Trias  | Willebroek(Be) | 12.5 |
| 13.5 | Rien van Dam   | 270447 | Hellas | Nymegen        | 21.8 |

## 200 meter

|      |                |        |            |           |      |
|------|----------------|--------|------------|-----------|------|
| 26.4 | Rini Hagenaars | 170751 | P A C      | Drachten  | 12.6 |
| 26.9 | Mariet Thomas  | 30351  | D E M      | Amsterdam | 19.5 |
| 27.6 | Ina Ruyter     | 300153 | A V'23     | Krommenie | 8.7  |
| 27.8 | Pat Smith      | 10336  | Olympia'48 | Rotterdam | 17.8 |
| 28.0 | Mia Linskens   | 301242 | A T O S    | Hoorn     | 25.5 |

## 400 meter

|      |                  |        |            |                |      |
|------|------------------|--------|------------|----------------|------|
| 60.7 | Irene Wentzel    | 230645 | A D A      | Papendal       | 7.9  |
| 61.1 | Wilma Hillen     | 261051 | T I O N    | Hengelo        | 12.6 |
| 61.3 | Joke de Zeeuw    | 90545  | P A C      | Willebroek(Be) | 12.5 |
| 61.9 | Leny Jansen      | 60351  | P A C      | Drachten       | 12.6 |
| 62.6 | Ina Ruyter       | 300153 | A V'23     | Amsterdam      | 7.8  |
| 62.7 | Pat Smith        | 10336  | Olympia'48 | Amsterdam      | 7.8  |
| 63.0 | Irene Pos        | 110553 | Dynamo'70  | Vlissingen     | 27.6 |
| 63.3 | Mia Dudink       | 241246 | Sagitta    | Willebroek(Be) | 12.5 |
| 63.5 | Lidwien Heesen   | 121148 | Climax     | Nymegen        | 12.6 |
| 64.0 | Thea van Wetten  | 211051 | Bataven    | Rotterdam      | 15.6 |
| 64.3 | Margreet Hissink | 230350 | Spark      | Sittard        | 29.5 |
| 64.5 | Loes Heersping   | 110148 | A D A      | Amsterdam      | 30.4 |
| 65.0 | Femmy de Graaf   | 201044 | Bataven    | Rotterdam      | 15.6 |

## 800 meter

|         |                |        |           |                 |      |
|---------|----------------|--------|-----------|-----------------|------|
| 2.16.73 | Irene Wentzel  | 230645 | A D A     | Tessenderlo(Be) | 10.9 |
| 2.17.47 | Joke de Zeeuw  | 90549  | P A C     | Drachten        | 12.6 |
| 2.18.9  | Lidwien Heesen | 121148 | Climax    | Willebroek(Be)  | 12.5 |
| 2.21.6  | Els Raap       | 280447 | Sagitta   | Vught           | 10.7 |
| 2.23.4  | Ina Ruyter     | 300153 | A V'23    | Nymegen         | 21.8 |
| 2.23.7  | Wilma Hillen   | 261051 | T I O N   | Sittard         | 29.5 |
| 2.23.7  | Corry Keyzers  | 150342 | Weert     | Kerkrade        | 12.6 |
| 2.24.6  | Gerda v Kooten | 10439  | Sprint    | Roosendaal      | 3.8  |
| 2.24.6  | Irene Pos      | 110553 | Dynamo'70 | Hilden(BRD)     | 3.9  |
| 2.25.3  | Loes Heersping | 110148 | A D A     | den Haag        | 8.5  |

## 1500 meter

|         |                  |        |          |              |      |
|---------|------------------|--------|----------|--------------|------|
| 4.40.3  | Anny v Stiphout  | 300952 | L G D    | Vught        | 7.6  |
| 4.41.0  | Irene Wentzel    | 230645 | A D A    | Amsterdam    | 30.8 |
| 4.50.6  | Marianne Knapen  | 181045 | D E S    | Neerpelt(Be) | 18.7 |
| 4.52.8  | Lidwien Heesen   | 121148 | Climax   | Zevenaar     | 15.5 |
| 4.54.89 | Corry Keyzers    | 150342 | Weert    | Verona(Ita)  | 29.6 |
| 4.55.32 | Jopie Daane      | 250351 | Marathon | Verona(Ita)  | 29.6 |
| 4.58.5  | Gerda van Kooten | 10439  | Sprint   | Roosendaal   | 13.7 |

## 3000 meter

|          |                         |        |               |               |      |
|----------|-------------------------|--------|---------------|---------------|------|
| 9.53.1   | Anny v Stiphout         | 300952 | L G D         | Uden          | 16.8 |
| 10.02.04 | Joke de Zeeuw           | 90549  | P A C         | Utrecht       | 29.5 |
| 10.19.5  | Els Raap                | 280447 | Sagitta       | Nymegen       | 21.8 |
| 10.22.2  | Jopie Daane             | 250351 | Marathon      | Neerpelt(Be)  | 20.5 |
| 10.22.3  | Marianne Knapen         | 181047 | D E S         | Neerpelt(Be)  | 20.5 |
| 10.26.8  | Ginny Stutterheim       | 21246  | Sprint        | den Haag      | 8.5  |
| 10.29.9  | Anny Bekkers            | 290444 | Gen.Michaelis | Breda         | 19.5 |
| 10.36.2  | Irene Wentzel           | 230645 | A D A         | Beverwijk     | 5.6  |
| 10.36.6  | Corry v Egmond          | 160651 | Holland L     | Leiden        | 22.9 |
| 10.38.6  | Ciska van Velzen        | 91250  | Ilion         | Heerhugowaard | 29.5 |
| 10.38.7  | Lidwien van Heesel      | 121148 | Climax        | Hilden(BRD)   | 3.9  |
| 10.44.6  | Greet <sub>o</sub> Waar | 191241 | Hera          | Nymegen       | 21.8 |

## 5000 meter

|         |                    |        |             |            |      |
|---------|--------------------|--------|-------------|------------|------|
| 17.03.3 | Anny v Stiphout    | 300952 | L G D       | Vught      | 28.6 |
| 17.44.7 | Marianne Knapen    | 181047 | D E S       | Vught      | 28.6 |
| 17.48.6 | Els Raap           | 280447 | Sagitta     | Soest      | 13.8 |
| 17.55.0 | Jopie Daane        | 250351 | Marathon    | Middelburg | 8.6  |
| 18.25.5 | Han Vos            | 160944 | Ach. Top    | Kerkrade   | 27.8 |
| 18.32.9 | Gerda van Kooten   | 10439  | Sprint      | Dordrecht  | 22.6 |
| 18.51.0 | Gretha vd Graaf    | 290949 | Papendrecht | Dordrecht  | 8.6  |
| 19.05.5 | Lidwien van Heesel | 121148 | Climax      | Amersfoort | 10.9 |
| 19.11.5 | Corry Keyzers      | 150342 | Weert       | Weert      | 2.10 |

## 10.000 meter

|          |                  |        |          |             |      |
|----------|------------------|--------|----------|-------------|------|
| 36.10.6  | Anny v Stiphout  | 300952 | L G D    | Helmond     | 17.6 |
| 36.17.2  | Gerry Timmermans | 90452  | Marvel   | Amersfoort  | 24.5 |
| 37.05.4  | Marianne Knapen  | 181047 | D E S    | Amersfoort  | 24.5 |
| 38.50.41 | Jopie Daane      | 250351 | Marathon | Verona(Ita) | 28.6 |

## 400 meter hordenloop

|       |                  |        |         |           |      |
|-------|------------------|--------|---------|-----------|------|
| 69.1  | Mia Dudink       | 241246 | Sagitta | Vught     | 10.7 |
| 70.33 | Leny Jansen      | 60351  | P A C   | den Haag  | 10.7 |
| 73.44 | Margreet Hissink | 250351 | Spark   | Beverwijk | 10.7 |

## hoogspringen

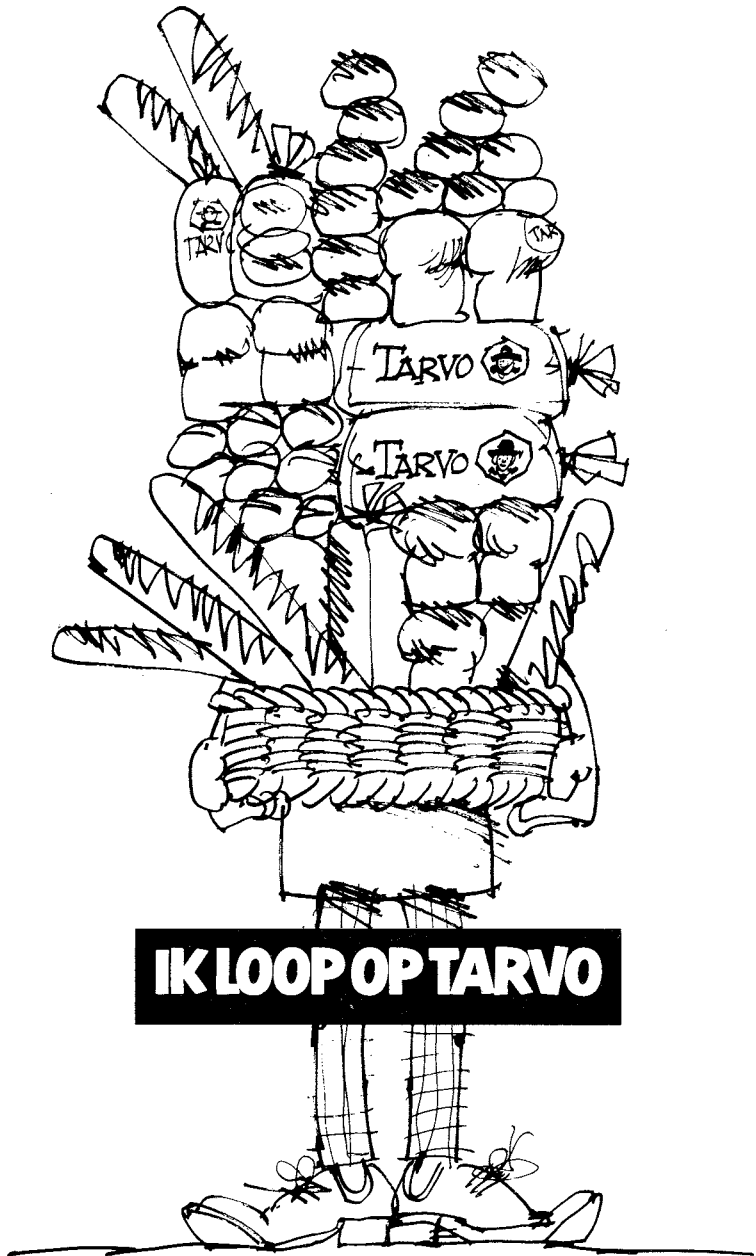
|      |                   |        |             |                |      |
|------|-------------------|--------|-------------|----------------|------|
| 1.50 | Mia Dudink        | 241246 | Sagitta     | Amsterdam      | 1.5  |
| 1.50 | Anny v Anholt     | 220247 | Attila      | Uden           | 12.6 |
| 1.48 | Mariet Thomas     | 30351  | D E M       | Willebroek(Be) | 12.5 |
| 1.45 | Joke Tolenaars    | 91151  | Groene Ster | Willebroek(Be) | 12.5 |
| 1.40 | Eddy Vennik       | 50850  | Trias       | Beverwijk      | 5.6  |
| 1.40 | Laura Blommestejn | 20744  | A V R       | Schoonhoven    | 2.7  |

## verspringen

|      |                   |        |            |                |       |
|------|-------------------|--------|------------|----------------|-------|
| 5.12 | Helma Volbers     | 291246 | T I O N    | Nymegen        | 21.8  |
| 5.11 | Mariet Thomas     | 30351  | D E M      | Beverwijk      | 2.10  |
| 5.02 | Rini Hagenaar     | 170751 | P A C      | Rotterdam      | 2.10  |
| 4.91 | Mia Linskens      | 301242 | A T O S    | Willebroek(Be) | 12.5  |
| 4.82 | Lida Berkhout     | 121252 | D E M      | Nymegen        | 21.8  |
| 4.72 | Corry Roovers     | 140735 | Sprint     | Verona(Ita)    | 25.6  |
| 4.72 | Janine Kortbeek   | 30553  | Pr Hendrik | Nymegen        | 11.9  |
| 4.65 | Mia Dudink        | 241246 | Sagitta    | Weert          | 22.5  |
| 4.62 | Laura Blommestejn | 20744  | A V R      | Rotterdam      | 11.5  |
| 4.61 | Ria Hulsink       | 110950 | A D A      | Amsterdam      | 15.10 |

|              |                  |        |            |             |  |       |
|--------------|------------------|--------|------------|-------------|--|-------|
| kogelstoten  |                  |        |            |             |  |       |
| 12.60        | Mariet Thomas    | 30351  | D E M      | Beverwijk   |  | 5.6   |
| 12.50        | Jeanne v Venrooy | 251248 | Sprint     | Breda       |  | 17.4  |
| 11.53        | Lida Berkhout    | 121252 | D E M      | Edam        |  | 10.6  |
| 10.65        | Enny Lammers     | 110647 | Hanzesport | Zevenaar    |  | 14.5  |
| 10.64        | Marga Kortekaas  | 51045  | Spartaan   | Leiden      |  | 12.6  |
| 10.42        | Ria Hulsink      | 110950 | A D A      | Amsterdam   |  | 15.10 |
| 10.10        | Femmy de Graaf   | 201044 | Bataven    | Hilden(BRD) |  | 3.9   |
| diskuswerpen |                  |        |            |             |  |       |
| 42.82        | Lida Berkhout    | 121252 | D E M      | Lisse       |  | 7.5   |
| 37.84        | Jolanda Zijl     | 60346  | Trias      | Nymegen     |  | 11.9  |
| 36.68        | Jeanne v Venrooy | 251248 | Sprint     | Beverwijk   |  | 5.6   |
| 35.62        | Anny v Anholt    | 220247 | Attila     | Veldhoven   |  | 24.5  |
| 34.36        | Corry Roovers    | 140735 | Sprint     | Dordrecht   |  | 12.6  |
| 34.06        | Enny Lammers     | 110647 | Hanzesport | Breda       |  | 10.7  |
| 33.86        | Onneke Doornbos  | 151048 | Trias      | Nymegen     |  | 11.9  |
| 33.72        | Marga Kortekaas  | 51045  | Spartaan   | Leiden      |  | 12.6  |
| speerwerpen  |                  |        |            |             |  |       |
| 51.10        | Lida Berkhout    | 121252 | D E M      | Verona(Ita) |  | 1.7   |
| 35.24        | Mia Dudink       | 241246 | Sagitta    | Vught       |  | 10.7  |
| 29.88        | Rina ter Braak   | 51150  | Parthenon  | Dordecht    |  | 20.3  |

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**IK LOOP OP TARVO**

**asics** 



***The Machine***

