



**Atletiekunie**

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**Statistisch jaarboek  
Indooratletiek 2009/2010**



Atletiekunie



## **Colofon**

### **Titel**

Statistisch jaarboek indooratletiek – seizoen 2009/2010

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## Inhoudsopgave

|   |    |
|---|----|
| Inhoudsopgave .....                           | 1  |
| Voorwoord.....                                | 2  |
| Recordverbeteringen .....                     | 3  |
| Nederlandse records .....                     | 3  |
| Beste prestaties .....                        | 4  |
| Kampioenschapsrecords .....                   | 4  |
| Records en beste prestaties .....             | 5  |
| Nederlandse records .....                     | 5  |
| Beste Prestaties .....                        | 13 |
| Kampioenschapsrecords .....                   | 15 |
| Beste prestaties ooit in Nederland.....       | 17 |
| Belangrijkste wedstrijden en interlands ..... | 18 |
| Ranglijsten .....                             | 32 |
| Mannen.....                                   | 32 |
| Jongens-A .....                               | 41 |
| Jongens-B .....                               | 48 |
| Jongens-C .....                               | 53 |
| Jongens-D .....                               | 56 |
| Vrouwen .....                                 | 59 |
| Meisjes-A.....                                | 67 |
| Meisjes-B.....                                | 72 |
| Meisjes-C.....                                | 76 |
| Meisjes-D.....                                | 80 |

## Voorwoord

Topprestaties op het mondiale podium waren er dit seizoen nauwelijks weggelegd voor de Nederlandse atleten, waar velen het indoorgebeuren helemaal aan zich voorbij laten gaan. Adriënne Herzog, Gregory Sedoc, Melissa Boekelman en Yvonne Hak lieten nog wel mooie dingen zien, maar kwamen op het wereldtoneel niet in de spotlights terecht.

Nationaal gebeurde er echter nog genoeg, waarvan de cijfertjes in dit boekje terecht zijn gekomen.

Qua publieke belangstelling heeft de indooratletiek het moeilijk, terwijl er toch iets moois van te maken is als atleten het indoorseizoen serieus nemen. Voor de indooradepten hopen we dat met een vaste rondbaan op Nederlands gebied wat enthousiastelingen de handen ineen slaan en een echt indoorseizoen gaan laten gebeuren. We zullen zien!

Namens de werkgroep statistiek

Remko Riebeek

|  |               |             |                             |                  |          |
|--|---------------|-------------|-----------------------------|------------------|----------|
| 4,36                                     | Céline den    | Bremer      | 17-03-98 PEC 1910           | Utrecht          | 12-12-09 |
| 4,36                                     | Francis       | Sikkenga    | 16-05-97 Hollandia          | Groningen        | 16-01-10 |
| 4,34                                     | Sterre van    | Velzen      | 18-04-98 Ilion              | Utrecht          | 21-02-10 |
| 4,33                                     | Wanisha       | Alvares     | 05-02-98 HAC                | Dortmund (GER)   | 14-03-10 |
|  |               | (20)        |                             |                  |          |
| 4,31                                     | Anniek        | Nijhof      | 25-01-97 AAC '61            | Groningen        | 16-01-10 |
| 4,31                                     | Leanne        | Mekking     | 22-06-98 Ilion              | Zoetermeer       | 30-01-10 |
| 4,29                                     | Doortje       | Winter      | 18-01-98 Jahn II            | Groningen        | 16-01-10 |
| <b><u>kogelstoten 2 kg meisjes-D</u></b> |               |             |                             |                  |          |
| 13,74                                    | Lisa          | Goossen     | 20-01-98 AV '40             | Enschede         | 31-10-10 |
| 12,16                                    | Anne          | Egbers      | 21-06-97 Ciko '66           | Groningen        | 16-01-10 |
| 11,99                                    | Beauty        | Dapaw       | 16-07-97 Eindhoven Atletiek | Reusel           | 30-10-10 |
| 11,96                                    | Lotte         | Hendriksen  | 07-11-97 Ciko '66           | Enschede         | 31-10-10 |
| 11,81                                    | Eva           | Peters      | 23-12-97 PEC 1910           | Enschede         | 31-10-10 |
| 11,80                                    | Carolien de   | Pater       | 25-01-97 Avantri            | Dordrecht        | 30-10-10 |
| 11,40                                    | Yara van      | Dee         | 09-01-97 Phoenix            | Utrecht          | 30-01-10 |
| 11,18                                    | Amber van der | Heydt       | 15-05-97 Parthenon          | Dordrecht        | 30-10-10 |
| 11,15                                    | Keeley        | Heijdeman   | 09-04-97 AAC                | Groningen        | 16-01-10 |
| 10,96                                    | Laqisha       | Gemerts     | 12-01-97 NEA-Volharding     | Dordrecht        | 06-03-10 |
|  |               | (10)        |                             |                  |          |
| 10,93                                    | Leideke       | Weller      | 21-02-97 PAC                | Groningen        | 16-01-10 |
| 10,86                                    | Benthe        | König       | 07-04-98 Ciko '66           | Arnhem           | 13-12-09 |
| 10,82                                    | Cindy         | Konadu      | 29-05-97 Ilion              | Zoetermeer       | 28-11-09 |
| 10,80                                    | Zillah        | Cornelissen | 21-03-97 Nijmegen Atletiek  | Uden             | 27-02-09 |
| 10,79                                    | Femke         | Riensema    | 14-02-97 ATV Venray         | Düsseldorf (GER) | 13-03-10 |
| 10,48                                    | Zyna van de   | Poel        | 23-07-97 De Spartaan        | Zoetermeer       | 06-03-10 |
| 10,37                                    | Luna van      | Velzen      | 09-02-98 Phoenix            | Groningen        | 16-01-10 |
| 10,36                                    | Romy          | Smith       | 25-01-97 Leiden Atletiek    | Zoetermeer       | 28-11-09 |
| 10,36                                    | Eva           | Dijkstra    | 06-03-97 Horror             | Groningen        | 16-01-10 |
| 10,30                                    | Lisanne       | Bolk        | 12-06-97 AVON               | Düsseldorf (GER) | 13-03-10 |
|  |               | (20)        |                             |                  |          |
| 10,18                                    | Romy          | IJsbrandij  | 07-02-98 Hollandia          | Groningen        | 16-01-10 |
| 10,10                                    | Roos van der  | Lee         | 13-01-98 Achilles-EL        | Dordrecht        | 30-10-10 |
| 10,04                                    | Danique       | Bosman      | 06-09-98 PAC                | Dordrecht        | 06-03-10 |

| <b>60 meter horden 76.2 cm meisjes-D</b> |                    |                 |                          |                  |          |
|--|--------------------|-----------------|--------------------------|------------------|----------|
| 9,60                                     | Romy               | Smith           | 25-01-97 Leiden Atletiek | Utrecht          | 14-03-10 |
| 9,72                                     | Lotje van          | Erp             | 17-02-97 Phanos          | Utrecht          | 21-02-10 |
| 10,27                                    | Maayke             | Tjin A-Lim      | 10-01-98 Sparta          | Utrecht          | 14-03-10 |
| 10,34                                    | Julia de           | Koning          | 22-01-97 Olympus '70     | Utrecht          | 21-02-10 |
| 10,46                                    | Noa                | Dhore           | 07-05-97 AAC '61         | Utrecht          | 21-02-10 |
| 10,66                                    | Lianne van         | Krieken         | 15-01-97 Typhoon         | Utrecht          | 07-11-09 |
| 10,66                                    | Dijnja             | Bosker          | 10-10-97 AAC '61         | Groningen        | 16-01-10 |
| 10,67                                    | Jessy van          | Ee              | 17-09-97 Altis           | Arnhem           | 13-12-09 |
| 10,75                                    | Yasmin             | Kammeron        | 30-06-97 Daventria       | Arnhem           | 13-12-09 |
| 10,80                                    | Eva                | Tetteroo        | 26-07-97 Olympus '70     | Zoetermeer       | 30-01-10 |
|  |                    | (10)            |                          |                  |          |
| 10,85                                    | Welmoed            | Jonker          | 16-06-97 Daventria       | Groningen        | 16-01-10 |
| 10,87                                    | Sanne              | Vermeij         | 06-06-97 De Spartaan     | Zoetermeer       | 30-01-10 |
| 10,91                                    | Aurora             | Deledda         | 24-12-97 Unitas          | Düsseldorf (GER) | 13-03-10 |
| 10,99                                    | Francis            | Sikkenga        | 16-05-97 Hollandia       | Alkmaar          | 12-12-09 |
| 10,99                                    | Melissa de         | Haan            | 15-08-97 AV '34          | Groningen        | 16-01-10 |
| 11,07                                    | Charlotte          | Hopman          | 23-05-97 Hera            | Alkmaar          | 12-12-09 |
| 11,07                                    | Mariska            | Graat           | 16-03-97 Almere '81      | Utrecht          | 14-03-10 |
| 11,10                                    | Danielle           | Tinkhof         | 11-11-97 PAC             | Utrecht          | 14-03-10 |
| 11,13                                    | Keeley             | Heijdeman       | 09-04-97 AAC             | Utrecht          | 14-03-10 |
| 11,15                                    | Ilva van           | Houwelingen     | 11-11-97 Parthenon       | Dordrecht        | 30-10-10 |
|  |                    | (20)            |                          |                  |          |
| 11,18                                    | Lise van de        | Velde           | 29-01-97 PAC             | Groningen        | 16-01-10 |
| 11,23                                    | Verena de          | Roo             | 28-01-97 Sparta          | Zoetermeer       | 30-01-10 |
| <i>betere handtijden:</i>                |                    |                 |                          |                  |          |
| 9,9                                      | Lianne van         | Krieken         | 15-01-97 Typhoon         | Dordrecht        | 13-02-10 |
| 10,1                                     | Welmoed            | Jonker          | 16-06-97 Daventria       | Enschede         | 31-10-10 |
| 10,9                                     | Jildou de          | Boer            | 26-06-97 AC TION         | Enschede         | 31-10-10 |
| <i>in onderlinge wedstrijd:</i>          |                    |                 |                          |                  |          |
| 10,83                                    | Anne van de        | Wiel            | 04-06-97 Sprint          | Dordrecht        | 20-03-10 |
| <b>hoogspringen meisjes-D</b>            |                    |                 |                          |                  |          |
| 1,56                                     | Romy               | Smith           | 25-01-97 Leiden Atletiek | Utrecht          | 07-11-09 |
| 1,55                                     | Marieke            | Turkesteen      | 16-04-97 VAV             | Groningen        | 16-01-10 |
| 1,50                                     | Welmoed            | Jonker          | 16-06-97 Daventria       | Groningen        | 16-01-10 |
| 1,45                                     | Anne van de        | Wiel            | 04-06-97 Sprint          | Vught            | 22-11-09 |
| 1,45                                     | Julia de           | Koning          | 22-01-97 Olympus '70     | Groningen        | 16-01-10 |
| 1,45                                     | Céline den         | Bremer          | 17-03-98 PEC 1910        | Utrecht          | 30-01-10 |
| 1,45                                     | Anne-Marie         | Nieboer         | 15-01-97 Jahn II         | Drachten         | 06-02-10 |
| 1,45                                     | Dewi               | Munter          | 26-02-98 Achilles-EL     | Bergen op Zoom   | 30-10-10 |
| 1,45                                     | Yasmin             | Kammeron        | 30-06-97 Daventria       | Enschede         | 31-10-10 |
| <i>in onderlinge wedstrijd:</i>          |                    |                 |                          |                  |          |
| 1,50                                     | Anne van de        | Wiel            | 04-06-97 Sprint          | Dordrecht        | 20-03-10 |
| <b>verspringen meisjes-D</b>             |                    |                 |                          |                  |          |
| 5,11                                     | Lianne van         | Krieken         | 15-01-97 Typhoon         | Dordrecht        | 06-03-10 |
| 5,07                                     | Romy               | Smith           | 25-01-97 Leiden Atletiek | Utrecht          | 12-12-09 |
| 4,87                                     | Gabriëlla van der  | Wijck           | 27-03-97 AV Edam         | Amsterdam        | 14-11-09 |
| 4,73                                     | Julia de           | Koning          | 22-01-97 Olympus '70     | Utrecht          | 21-02-10 |
| 4,62                                     | Keeley             | Heijdeman       | 09-04-97 AAC             | Dortmund (GER)   | 21-02-10 |
| 4,57                                     | Meike              | Robaard         | 29-12-97 De Sprinter     | Groningen        | 16-01-10 |
| 4,57                                     | Lotte              | Hendriksen      | 07-11-97 Ciko '66        | Utrecht          | 21-02-10 |
| 4,55                                     | Tara               | Yoro            | 25-12-97 AV '23          | Amsterdam        | 14-11-09 |
| 4,50                                     | Killiana           | Heijmans        | 24-01-97 PAC             | Dordrecht        | 06-03-10 |
| 4,48                                     | Sanne              | Laagland Winder | 09-02-97 Climax          | Dortmund (GER)   | 14-03-10 |
|  |                    | (10)            |                          |                  |          |
| 4,46                                     | Eva                | Tetteroo        | 26-07-97 Olympus '70     | Utrecht          | 14-03-10 |
| 4,46                                     | Kika van Bergen en | Henegouwen      | 28-08-97 U-Track         | Utrecht          | 14-03-10 |
| 4,43                                     | Aurora             | Deledda         | 24-12-97 Unitas          | Düsseldorf (GER) | 13-03-10 |
| 4,41                                     | Yasmin             | Kammeron        | 30-06-97 Daventria       | Utrecht          | 14-03-10 |
| 4,39                                     | Kim de             | Vos             | 02-04-97 PAC             | Groningen        | 16-01-10 |
| 4,37                                     | Maayke             | Tjin A-Lim      | 10-01-98 Sparta          | Utrecht          | 14-03-10 |

## Recordverbeteringen

### Nederlandse records

#### jongens junioren

hoog 2,16 Douwe Amels Impala Apeldoorn 27-02-10

#### mannen M40

800m 1.58,36 Ronald Weevers Prins Hendrik Dortmund (GER) 03-01-10

1500m 4.00,90 Benjamin Romkes AV Zaanland Dortmund (GER) 10-01-10

kogel 15,56 Stein Kuiper Prins Hendrik Apeldoorn 06-02-10

#### mannen M45

60m horden 8,69 Wan Bakx AC TION Kamloops (CAN) 02-03-10

#### mannen M50

50m horden 8,00 Helmut Drabben AV '23 Utrecht 13-12-09

#### mannen M60

60m 8,23 Jan Ties AAC '61 Heerenveen 20-03-10

ver 5,16 Willem Schoone NOVA Apeldoorn 14-02-10

hss 9,66 Paul Boer Avanti-Wilskracht Apeldoorn 14-02-10

#### mannen M65

60m 8,74 Jelle van der Schaaf Hera Kamloops (CAN) 01-03-10

200m 28,33 Jelle van der Schaaf Hera Kamloops (CAN) 02-03-10

28,19 Jelle van der Schaaf Hera Kamloops (CAN) 03-03-10

400m 1.03,82 Jelle van der Schaaf Hera Kamloops (CAN) 05-03-10

1.02,40 Jelle van der Schaaf Hera Kamloops (CAN) 06-03-10

kogel 10,95 Frits Martens Hollandia Apeldoorn 14-02-10

#### mannen M70

5000m snelw 35.41,1= Willem van der Bij RWV Gent (BEL) 30-01-10

#### mannen M75

3000m snelw 20.20,23 Nico Schroten RWV Gent (BEL) 30-01-10

5000m snelw 34.12,77 Nico Schroten RWV Gent (BEL) 30-01-10

polshoog 2,30 Kees van Giezen GAC-Hilversum Utrecht 13-12-09

2,32 Kees van Giezen GAC-Hilversum Groningen 17-01-10

2,35 Kees van Giezen GAC-Hilversum Apeldoorn 14-02-10

#### meisjes junioren

60m 7,41 Jamile Samuel Phanos Apeldoorn 31-01-10

7,37 Jamile Samuel Phanos Apeldoorn 27-02-10

7,37 Dafne Schippers Hellas Apeldoorn 27-02-10

#### vrouwen V35

gewichtwerpen 11,73 Yvette Bot SAV Kamloops (CAN) 05-03-10

#### vrouwen V40

50m horden 8,46 Tinka Smith Leiden Atletiek Utrecht 13-12-09

#### vrouwen V45

gewichtwerpen 13,51 Ingrid van Dijk GAC-Hilversum Kamloops (CAN) 05-03-10

#### vrouwen V50

50m 7,25 Tilly Jacobs PEC 1910 Dordrecht 09-01-10

#### vrouwen V55

ver 4,46 Janine Kortbeek Prins Hendrik Apeldoorn 14-02-00

hss 10,36 Janine Kortbeek Prins Hendrik Apeldoorn 14-02-00

#### vrouwen V60

hoog 1,35 Annelies Steekelenburg R' dam Atletiek Kamloops (CAN) 04-03-10

1,40 Weia Reinboud Hellas Gent (BEL) 13-03-10

| <b>vrouwen V65</b> |          |                   |                 |                  |          |
|--------------------|----------|-------------------|-----------------|------------------|----------|
| 50m                | 8,33     | Riet Jonkers      | Atledo          | Dordrecht        | 09-01-10 |
| 1500m              | 6.18,01  | Riet Jonkers      | Atledo          | Düsseldorf (GER) | 10-01-10 |
| 3000m snelw        | 19.49,59 | Riet Jonkers      | Atledo          | Kamloops (CAN)   | 03-03-10 |
| kogel              | 8,68     | Laura Blommestijn | R' dam Atletiek | Apeldoorn        | 14-02-10 |

**Beste prestaties**

**meisjes-D**

|       |         |             |         |           |          |
|-------|---------|-------------|---------|-----------|----------|
| 1000m | 3.01,60 | Dagmar Smid | AAV '36 | Apeldoorn | 07-02-10 |
|-------|---------|-------------|---------|-----------|----------|

**Kampioenschapsrecords**

**mannen**

|      |       |                  |          |           |          |
|------|-------|------------------|----------|-----------|----------|
| 400m | 47,18 | Dennis Spillekom | Lycurgus | Apeldoorn | 07-02-10 |
|------|-------|------------------|----------|-----------|----------|

**jongens-A**

|      |      |             |        |           |          |
|------|------|-------------|--------|-----------|----------|
| hoog | 2,16 | Douwe Amels | Impala | Apeldoorn | 27-02-10 |
| ver  | 7,57 | Marc Jacobs | GVAC   | Apeldoorn | 28-02-10 |

**meisjes-A**

|      |      |                 |                |           |          |
|------|------|-----------------|----------------|-----------|----------|
| 60m  | 7,37 | Jamile Samuel   | Phanos         | Apeldoorn | 27-02-10 |
|      | 7,37 | Dafne Schippers | Hellas         | Apeldoorn | 27-02-10 |
| hoog | 1,80 | Sietske Noorman | Gen. Michaëlis | Apeldoorn | 28-02-10 |

**meisjes-B**

|       |          |                    |          |           |          |
|-------|----------|--------------------|----------|-----------|----------|
| 3000m | 10.15,97 | Irene van Lieshout | De Keien | Apeldoorn | 28-02-10 |
|-------|----------|--------------------|----------|-----------|----------|

|      |               |           |                             |           |          |
|------|---------------|-----------|-----------------------------|-----------|----------|
| 8,72 | Dijnja        | (10)      |                             |           |          |
| 8,72 | Kenny         | Bosker    | 10-10-97 AAC '61            | Groningen | 16-01-10 |
| 8,72 | Lotje van Erp | Shokoya   | 28-02-98 Groningen Atletiek | Groningen | 16-01-10 |
| 8,72 | Mariska       | Erp       | 17-02-97 Phanos             | Utrecht   | 21-02-10 |
| 8,73 | Anne          | Graat     | 16-03-97 AV Almere '81      | Utrecht   | 21-02-10 |
| 8,73 | Verena de Roo | Egbers    | 21-06-97 Ciko '66           | Utrecht   | 21-02-10 |
| 8,74 | Keeley        | Roo       | 28-01-97 Sparta             | Utrecht   | 21-03-10 |
| 8,75 | Eva           | Heijdeman | 09-04-97 AAC                | Utrecht   | 14-03-10 |
| 8,75 | Yara van Dee  | Gnodde    | 28-02-97 AC Ommen           | Groningen | 16-01-10 |
| 8,77 | Stevie        | Dee       | 09-01-97 Phoenix            | Utrecht   | 30-01-10 |
|      |               | Eekman    | 19-09-97 PAC                | Utrecht   | 12-12-09 |

|      |                 |          |                             |            |          |
|------|-----------------|----------|-----------------------------|------------|----------|
| 8,77 | Eva             | Dijkstra | 06-03-97 Horror             | Groningen  | 16-01-10 |
| 8,78 | Vera van Aurich | Aurich   | 06-03-97 AV Heerenveen      | Heerenveen | 20-03-10 |
| 8,79 | Jessy van Ee    | Ee       | 17-09-97 Altis              | Arnhem     | 13-12-09 |
| 8,80 | Tara            | Yoro     | 25-12-97 AV '23             | Utrecht    | 02-01-10 |
| 8,81 | Meike           | Robaard  | 29-12-97 De Sprinter        | Groningen  | 16-01-10 |
| 8,81 | Milou           | Dekkers  | 18-03-97 Eindhoven Atletiek | Utrecht    | 30-01-10 |

*betere handtijden:*

|     |                       |           |                    |           |          |
|-----|-----------------------|-----------|--------------------|-----------|----------|
| 7,9 | Gabriëlla van derWijk |           | 27-03-97 AV Edam   | Dordrecht | 13-02-10 |
| 8,2 | Nienke                | IJspeerd  | 19-02-97 MPM       | Enschede  | 31-10-10 |
| 8,5 | Perla                 | Castillon | 26-11-98 Spirit-OB | Dordrecht | 13-02-10 |
| 8,5 | Carlijn ter Laak      |           | 16-02-97 AC TION   | Enschede  | 07-03-10 |

*in onderlinge wedstrijd:*

|      |                  |           |                    |           |          |
|------|------------------|-----------|--------------------|-----------|----------|
| 8,69 | Maud             | Mosselman | 21-08-98 Sprint    | Dordrecht | 20-03-10 |
| 8,81 | Nowel van Doorne |           | 10-05-97 Parthenon | Dordrecht | 27-03-10 |

**600 meter meisjes-D**

|         |                  |           |                 |                  |          |
|---------|------------------|-----------|-----------------|------------------|----------|
| 1.50,10 | Helen            | Coenen    | 10-02-97 AVON   | Düsseldorf (GER) | 13-03-10 |
| 1.52,33 | Karlijn          | Koerts    | 25-11-97 Swift  | Düsseldorf (GER) | 13-03-10 |
| 1.53,18 | Anne van de Wiel |           | 4-6-1997 Sprint | Utrecht          | 07-11-09 |
| 1.54,85 | Lotte            | Crombaghs | 06-05-97 AVON   | Düsseldorf (GER) | 13-03-10 |

**1000 meter meisjes-D**

|         |                     |           |                            |                |          |
|---------|---------------------|-----------|----------------------------|----------------|----------|
| 3.01,60 | Dagmar              | Smid      | 26-01-97 AAV '36           | Apeldoorn      | 07-02-10 |
| 3.02,44 | Melissa de Haan     | Haan      | 15-08-97 AV '34            | Apeldoorn      | 07-02-10 |
| 3.05,47 | Sanne               | Reichgelt | 07-01-97 Nijmegen Atletiek | Dortmund (GER) | 21-02-10 |
| 3.07,56 | Sabine              | Rutten    | 04-05-97 VAV               | Groningen      | 16-01-10 |
| 3.10,21 | Floortje van Kampen | Kampen    | 14-03-97 Hollandia         | Groningen      | 16-01-10 |
| 3.12,09 | Veerle              | Bakker    | 29-09-97 Triathlon         | Groningen      | 16-01-10 |
| 3.16,81 | Anniek van Boekel   | Boekel    | 23-02-98 Typhoon           | Apeldoorn      | 07-02-10 |
| 3.16,89 | Danique             | Coolen    | 01-05-98 MPM               | Apeldoorn      | 07-02-10 |
| 3.16,90 | Bente               | Lutteke   | 15-04-98 Hanzesport        | Apeldoorn      | 07-02-10 |
| 3.17,54 | Helen               | Coenen    | 10-02-97 AVON              | Groningen      | 16-01-10 |

|         |                   |           |                        |           |          |
|---------|-------------------|-----------|------------------------|-----------|----------|
| 3.17,92 | Kyara             | Bijker    | 02-09-98 Ciko '66      | Groningen | 16-01-10 |
| 3.18,46 | Susan van Weperen | Weperen   | 09-05-98 Invictus      | Apeldoorn | 07-02-10 |
| 3.19,22 | Zoë van Helden    | Helden    | 31-10-97 Energie       | Groningen | 16-01-10 |
| 3.19,24 | Irene             | Kalter    | 07-09-97 Lionitas      | Apeldoorn | 07-02-10 |
| 3.20,15 | Rosalie           | Wijnker   | 27-06-97 Hera          | Alkmaar   | 12-12-09 |
| 3.20,47 | Ashley            | Melcherts | 17-04-98 Energie       | Apeldoorn | 07-02-10 |
| 3.22,40 | Danaïd            | Prinsen   | 20-08-97 Aquilo        | Groningen | 16-01-10 |
| 3.24,81 | Lise van de Velde | Velde     | 29-01-97 PAC           | Groningen | 16-01-10 |
| 3.25,41 | Hannah            | Koster    | 02-06-97 Isala '96     | Groningen | 16-01-10 |
| 3.25,58 | Lea               | Wiggers   | 02-06-97 Haag Atletiek | Groningen | 16-01-10 |
|         |                   | (20)      |                        |           |          |
| 3.26,45 | Lotte             | Crombaghs | 06-05-97 AVON          | Groningen | 16-01-10 |

**50 meter horden 76,2 cm meisjes-D**

|     |               |            |                        |           |          |
|-----|---------------|------------|------------------------|-----------|----------|
| 8,3 | Maayke        | Tjin A-Lim | 10-01-98 Sparta        | Amsterdam | 14-11-09 |
| 8,4 | Lotje van Erp | Erp        | 17-02-97 Phanos        | Amsterdam | 14-11-09 |
| 8,8 | Mariska       | Graat      | 16-03-97 AV Almere '81 | Amsterdam | 14-11-09 |

|      |                   |            |                        |                  |          |
|------|-------------------|------------|------------------------|------------------|----------|
| 4,98 | Sandra            | Kleuskens  | 24-10-95 ATV Venray    | Düsseldorf (GER) | 13-03-10 |
| 4,96 | Renee             | Dekkers    | 18-02-95 Haag Atletiek | Zoetermeer       | 28-11-09 |
| 4,95 | Dominique         | Gommers    | 03-03-95 Spado         | Gent (BEL)       | 23-01-10 |
| 4,92 | Lisa              | Jongewaard | 28-03-95 Lycurgus      | Utrecht          | 07-11-09 |
| 4,92 | Inge              | Drost      | 15-01-96 Ilion         | Zoetermeer       | 30-01-10 |
| 4,91 | Chante            | Samuel     | 09-04-96 Phanos        | Groningen        | 17-01-10 |
| 4,91 | Bruincke          | Bruincke   | 29-03-96 AV NOP        | Tuk              | 06-03-10 |
| 4,90 | Anneloes de       | Roo        | 07-09-95 Isala '96     | Utrecht          | 21-03-10 |
|      |                   | (20)       |                        |                  |          |
| 4,89 | Eva               | Hovenkamp  | 19-07-96 Climax        | Utrecht          | 21-02-10 |
| 4,88 | Daphne            | Simons     | 12-02-96 STB           | Apeldoorn        | 31-01-10 |
| 4,87 | Gabriëlla van der | Wijk MD    | 27-03-97 AV Edam       | Amsterdam        | 14-11-09 |
| 4,85 | Henderyke         | Wonink     | 12-07-96 Aquilo        | Dortmund (GER)   | 03-01-10 |
| 4,82 | Kylie de          | Beer       | 12-04-96 GAC-Hilversum | Utrecht          | 13-12-09 |
| 4,82 | Kim van           | Herk       | 31-03-95 Olympus '70   | Utrecht          | 14-03-10 |

**kogelstoten 3 kg meisjes-C**

|       |              |              |                             |                  |          |
|-------|--------------|--------------|-----------------------------|------------------|----------|
| 12,77 | Dominique    | Gommers      | 03-03-95 Spado              | Bergen op Zoom   | 30-10-10 |
| 11,73 | Jasmine      | Anpong       | 06-04-96 Eindhoven Atletiek | Groningen        | 17-01-10 |
| 11,45 | Nadine       | Visser       | 09-02-95 SAV                | Apeldoorn        | 31-01-10 |
| 11,34 | Nina de      | Poorter      | 16-01-95 Eindhoven Atletiek | Dortmund (GER)   | 27-02-10 |
| 11,22 | Aniek        | Sillekens    | 25-04-95 Sprint             | Groningen        | 17-01-10 |
| 11,22 | Janine de    | Wit          | 30-01-95 Atverni            | Utrecht          | 21-03-10 |
| 11,20 | Vera van den | Haak         | 13-01-95 Sparta             | Apeldoorn        | 21-02-10 |
| 11,19 | Chloe        | Wichard      | 05-07-95 AV '34             | Enschede         | 07-03-10 |
| 10,91 | Annemieke    | Erdee        | 21-01-95 Leiden Atletiek    | Dordrecht        | 30-10-10 |
| 10,89 | Lisa         | Jongewaard   | 28-03-95 Lycurgus           | Utrecht          | 07-11-09 |
|       |              | (10)         |                             |                  |          |
| 10,76 | Nikki        | Klarenbeek   | 10-02-95 Pijnenburg         | Groningen        | 17-01-10 |
| 10,67 | Lotte        | Bodelier     | 25-11-96 Achilles-Top       | Düsseldorf (GER) | 13-03-10 |
| 10,65 | Leontine     | Klaassen     | 18-04-95 AV Castricum       | Zoetermeer       | 28-11-09 |
| 10,55 | Jip          | Mukanay      | 19-12-95 AKU                | Groningen        | 17-01-10 |
| 10,48 | Keeley       | Heijdeman MD | 09-04-97 AAC                | Dortmund (GER)   | 21-02-10 |
| 10,27 | Jael         | Schrijnemak  | 22-09-95 PAC                | Dordrecht        | 06-03-10 |
| 10,26 | Roosje       | Majoor       | 11-04-96 Triathlon          | Apeldoorn        | 31-01-10 |
| 10,20 | Esther       | Welten       | 02-02-96 Prins Hendrik      | Groningen        | 17-01-10 |

**Meisjes-D****50 meter meisjes-D**

|                          |                   |           |                        |           |          |
|--------------------------|-------------------|-----------|------------------------|-----------|----------|
| 7,15                     | Lianne van        | Krieken   | 15-01-97 Typhoon       | Utrecht   | 08-01-10 |
| <i>beter handtijden:</i> |                   |           |                        |           |          |
| 6,7                      | Gabriëlla van der | Wijk      | 27-03-97 AV Edam       | Amsterdam | 14-11-09 |
| 6,9                      | Mariska           | Graat     | 16-03-97 AV Almere '81 | Amsterdam | 14-11-09 |
| 6,9                      | Lianne van        | Krieken   | 15-01-97 Typhoon       | Dordrecht | 13-02-10 |
| 7,1                      | Naomi             | Wiegel    | 20-03-98 Hercules      | Lisse     | 28-11-09 |
| 7,2                      | Aniek             | Bakker    | 12-02-97 Suomi         | Amsterdam | 14-11-09 |
| 7,2                      | Perla             | Castillon | 26-11-98 Spirit-OB     | Dordrecht | 13-02-10 |
| 7,2                      | Keeley            | Heijdeman | 09-04-97 AAC           | Amsterdam | 14-11-09 |
| 7,2                      | Julia de          | Koning    | 22-01-97 Olympus '70   | Dordrecht | 13-02-10 |
| 7,2                      | Verena de         | Roo       | 28-01-97 Sparta        | Dordrecht | 13-02-10 |

**60 meter meisjes-D**

|      |                   |            |                          |           |          |
|------|-------------------|------------|--------------------------|-----------|----------|
| 8,17 | Gabriëlla van der | Wijk       | 27-03-97 AV Edam         | Groningen | 16-01-10 |
| 8,22 | Lianne van        | Krieken    | 15-01-97 Typhoon         | Dordrecht | 06-03-10 |
| 8,35 | Marijke           | Boogerd    | 12-02-97 AAV '36         | Utrecht   | 30-01-10 |
| 8,37 | Lotte             | Hendriksen | 07-11-97 Ciko '66        | Utrecht   | 21-02-10 |
| 8,56 | Yasmin            | Kammeron   | 30-06-97 Daventria       | Groningen | 16-01-10 |
| 8,62 | Romy              | Smith      | 25-01-97 Leiden Atletiek | Utrecht   | 12-12-09 |
| 8,64 | Lieke             | Klaver     | 20-08-98 SAV             | Groningen | 16-01-10 |
| 8,69 | Nienke            | Ijspeerd   | 19-02-97 MPM             | Groningen | 16-01-10 |
| 8,70 | Kim de            | Vos        | 02-04-97 PAC             | Utrecht   | 12-12-09 |
| 8,71 | Maayke            | Tjin A-Lim | 10-01-98 Sparta          | Utrecht   | 14-03-10 |

**Records en beste prestaties****Nederlandse records****mannen**

|  |          |                       |                |                       |          |
|--|----------|-----------------------|----------------|-----------------------|----------|
| 50m  | 5,85     | Marc van de Krogt     | Ilion          | Zwolle                | 16-01-88 |
| 60m  | 6,63     | Miguel Janssen        | AAC            | Den Haag              | 14-02-98 |
| 200m   | 20,77    | Patrick van Balkom    | Hellas         | Lissabon (POR)        | 09-03-01 |
| 400m   | 46,73    | Arjen Visserman       | AAC            | Indianapolis (USA)    | 06-03-87 |
| 800m   | 1.45,86  | Bram Som              | Atletico '73   | Karlsruhe (GER)       | 28-02-03 |
| 1000m  | 2.16,4   | Rob Druppers          | Hellas         | Den Haag              | 20-02-88 |
| 1500m  | 3.37,49  | Gert-Jan Liefers      | AV '34         | Birmingham (GBR)      | 20-02-04 |
| 1 mijl   | 3.57,37  | Marko Koers           | AV Nijmegen    | Stockholm (SWE)       | 15-02-01 |
| 3000m  | 7.44,34  | Gert-Jan Liefers      | AV '34         | Birmingham (GBR)      | 16-03-03 |
| 5000m  | 13.33,24 | Rob de Brouwer        | Unitas         | East Rutherford (USA) | 09-02-85 |
| 50m horden   | 6,63     | Marcel van der Westen | AAC            | Zuidbroek             | 25-01-03 |
| 60m horden   | 7,52     | Gregory Sedoc         | AAC            | Stuttgart (GER)       | 07-02-09 |
| 5000m snelw  | 20.17,42 | Harold van Beek       | RWV            | Den Haag              | 22-02-97 |
| 4 x 200m   | 1.29,86  | Nationaal team        | Nederland      | Düsseldorf (GER)      | 11-03-95 |
| <i>Martijn Ungerer * Edwin van Calker * Martin Luinge * Christoph Kempen</i> |          |                       |                |                       |          |
|  | 1.27,06  | Hellas                | Utrecht        | Den Haag              | 02-02-97 |
| <i>Patrick van Balkom * Patrick Snoek * Eric Roeske * Auke Klarenbeek</i>    |          |                       |                |                       |          |
| 4 x 400m   | 3.17,04  | Hellas                | Utrecht        | Den Haag              | 03-02-91 |
| <i>Jeroen Prent * Michael Visser * Hans Veurink * Eric Roeske</i>            |          |                       |                |                       |          |
| 4 x 800m   | 7.39,89  | Hellas                | Utrecht        | Zuidbroek             | 19-01-02 |
| <i>Jurre Laven * René Mabelis * Michiel Löschner * Sander de Korte</i>       |          |                       |                |                       |          |
| hoog   | 2,31     | Wilbert Pennings      | Attila         | Siegen (GER)          | 09-02-02 |
| polshoog   | 5,75     | Rens Blom             | Unitas         | Birmingham (GBR)      | 15-03-03 |
|  |          | Rens Blom             | Unitas         | Chemnitz (GER)        | 27-02-04 |
| ver  | 8,23     | Emiel Mellaard        | AAC            | Den Haag              | 05-02-89 |
| hss  | 16,24    | Frans Maas            | Sprint         | Colorado Springs      | 27-02-88 |
| kogel  | 20,89    | Rutger Smith          | Groningen Atl. | Gent (BEL)            | 16-02-08 |
| zevenkamp  | 6.071    | Chiel Warners         | AAC '61        | Den Haag              | 28-02-99 |
| <i>6.85 * 7.64 * 13.97 * 1.96 * 8.08 * 4.70 * 2.37.52</i>                    |          |                       |                |                       |          |

vacant zonder limiet: 4x400m en 4x800m nationaal team

**jongens junioren**

|  |          |                   |              |                    |          |
|--|----------|-------------------|--------------|--------------------|----------|
| 50m  | 5,86     | Henk Venema       | Jahn II      | Zwolle             | 24-01-87 |
| 60m  | 6,75     | Daniel Ward       | RK HAV       | Gent (BEL)         | 15-02-03 |
| 200m   | 21,48    | Jerrel Feller     | DEM          | Gent (BEL)         | 11-02-06 |
| 400m   | 48,38    | Bram Som          | Atletico '73 | Den Haag           | 14-02-99 |
| 800m   | 1.48,39  | Bram Som          | Atletico '73 | Den Haag           | 23-01-99 |
| 1000m  | 2.21,7   | Rob Druppers      | Hellas       | Dortmund (GER)     | 08-02-81 |
| 1500m  | 3.39,83  | Gert-Jan Liefers  | AV '34       | Sindelfingen (GER) | 01-03-97 |
| 1 mijl   | 4.13,63  | Gert-Jan Liefers  | AV '34       | Den Haag           | 30-01-94 |
| 3000m  | 8.00,40  | Gert-Jan Liefers  | AV '34       | Den Haag           | 23-02-97 |
| 50m horden   | 6,84     | Mike van Kruchten | Phanos       | Sittard            | 22-01-06 |
| 60m horden   | 7,90     | Mike van Kruchten | Phanos       | Groningen          | 29-01-06 |
| 3000m snelw  | 13.31,59 | Edwin Holwerda    | Zaanland     | Den Haag           | 03-02-89 |
| 4 x 200m   | 1.29,86  | Nationaal team    | Nederland    | Düsseldorf (GER)   | 11-03-95 |
| <i>Martijn Ungerer * Edwin van Calker * Martin Luinge * Christoph Kempen</i> |          |                   |              |                    |          |
|  | 1.34,4   | AVR               | Rotterdam    | Dortmund (GER)     | 02-02-92 |
| <i>Eric de Jong * Ramses Feenstra * Carlo Letschert * Gert-Jan Rijk</i>      |          |                   |              |                    |          |
| 4 x 400m   | 3.38,22  | SAV               | Grootebroek  | Den Haag           | 19-03-95 |
| <i>Hans Grent * Maarten Klaver * Peter Struijs * Frank Visser</i>            |          |                   |              |                    |          |
| hoog   | 2,16     | Sven Ootjers      | Holland      | Den Haag           | 08-02-92 |
|  | 2,16     | Douwe Amels       | Impala       | Apeldoorn          | 27-02-10 |
| polshoog   | 5,25     | Laurens Looije    | Ilion        | Amsterdam          | 30-08-92 |

Statistisch jaarboek indooratletiek 2009/2010

|           |       |                    |          |                |          |
|-----------|-------|--------------------|----------|----------------|----------|
| ver       | 7,99  | Emiel Mellaard     | AAC      | Dortmund (GER) | 10-03-85 |
| hss       | 15,30 | Roy Sedoc          | AAC      | Leiden         | 24-02-73 |
| kogel     | 19,43 | Rutger Smith       | Argo '77 | Zuidbroek      | 23-01-00 |
| zevenkamp | 5597  | Eelco Sintnicolaas | AV'34    | Gent (BEL)     | 05-02-06 |

vacant zonder limiet: 4x400m nationaal team, 4x800m clubteam en nationaal team

vacant met limiet: 5000m (16.00,00)

**mannen M35**

|             |          |                 |               |                        |          |
|-------------|----------|-----------------|---------------|------------------------|----------|
| 50m         | 5,95     | Dennis Tilburg  | AAC           | Zuidbroek              | 31-01-04 |
| 60m         | 6,72     | Troy Douglas    | Haag Atletiek | Samara (ESP)           | 03-02-02 |
| 200m        | 22,15    | Eric Roeske     | Haag Atletiek | Den Haag               | 25-02-96 |
| 400m        | 47,95    | Eric Roeske     | Hellas        | Den Haag               | 24-02-96 |
| 800m        | 1.58,21  | Ronald Weevers  | Prins Hendrik | Dortmund (GER)         | 20-01-08 |
| 3000m       | 8.22,66  | Simon Vroemen   | Sprint        | Gent (BEL)             | 19-02-05 |
| 50m horden  | 6,72     | James Sharpe    | PSV           | Boedapest (HUN)        | 05-02-99 |
| 60m horden  | 7,95     | James Sharpe    | PSV           | Boedapest (HUN)        | 15-01-00 |
| 3000m snelw | 12.44,0= | Harold van Beek | RWV           | Den Haag               | 14-02-98 |
| 5000m snelw | 21.14,75 | Harold van Beek | RWV           | Den Haag               | 14-02-98 |
| 4 x 200m    | 1.43,40  | Nationaal team  | Nederland     | Clermont-Ferrand (FRA) | 22-03-08 |

*Ron Schijfs \* Wan Bakx \* Hans van der Linden \* Richard Janssens*

|          |       |                   |                 |                        |          |
|----------|-------|-------------------|-----------------|------------------------|----------|
| hoog     | 1,95  | Erik Rollenberg   | AV Haarlem      | Eelde                  | 06-01-96 |
| polshoog | 5,40  | Laurens Looije    | Ilion           | Gent (BEL)             | 16-02-08 |
| ver      | 6,76  | Jeroen Bronwasser | Prins Hendrik   | Den Haag               | 06-02-94 |
| hss      | 15,14 | Manuel Ellsworth  | R' dam Atletiek | Gent (BEL)             | 19-02-05 |
| kogel    | 14,82 | Gerard Sluiter    | Hellas          | Clermont-Ferrand (FRA) | 20-03-08 |
| vijfkamp | 3.565 | Marcel Roosen     | PSV             | Clermont-Ferrand (FRA) | 18-03-08 |

*8.79 \* 6.31 \* 11.16 \* 1.78 \* 3.00.41*

vacant met limiet: 1.000m (2.36,00), 1.500m (4.03,00), 1EM (4.28,00), 5.000m (17.00,00)

vacant zonder limiet: zevenkamp, 4x200m nationaal team, 4x400m nationaal team, 4x800m clubteam en nationaal team

**mannen M40**

|              |          |                     |               |                  |          |
|--------------|----------|---------------------|---------------|------------------|----------|
| 50m          | 5,96     | Troy Douglas        | Haag Atletiek | Zuidbroek        | 25-01-03 |
| 60m          | 6,78     | Troy Douglas        | Haag Atletiek | Zuidbroek        | 25-01-03 |
| 200m         | 22,05    | Troy Douglas        | Haag Atletiek | Gent (BEL)       | 15-02-03 |
| 400m         | 49,22    | Eric Roeske         | Hellas        | Dortmund (GER)   | 04-02-01 |
| 800m         | 1.58,36  | Ronald Weevers      | Prins Hendrik | Dortmund (GER)   | 03-01-10 |
| 1000m        | 2.37,15  | Benjamin Romkes     | AV Zaanland   | Gent (BEL)       | 15-12-07 |
| 1500m        | 4.00,90  | Benjamin Romkes     | AV Zaanland   | Dortmund (GER)   | 10-01-10 |
| 1 EM (1609m) | 4.24,40  | Benjamin Romkes     | AV Zaanland   | Gent (BEL)       | 26-12-07 |
| 3000m        | 8.31,29  | John van der Wansem | Phoenix       | Den Haag         | 03-02-91 |
| 50m horden   | 7,45     | Wan Bakx            | AC TION       | Utrecht          | 07-12-08 |
| 60m horden   | 8,47     | Wan Bakx            | AC TION       | Helsinki (FIN)   | 22-03-07 |
| 3000m snelw  | 12.30,19 | Harold van Beek     | RWV           | Gent (BEL)       | 21-02-04 |
| 5000m snelw  | 21.15,84 | Harold van Beek     | RWV           | Gent (BEL)       | 21-02-04 |
| 4 x 200m     | 1.48,05  | Nationaal team      | Nederland     | Eskilstuna (SWE) | 13-03-05 |

*Hans Peeters \* Jan Huijbers \* Jan Jansen \* Theo Peeters*

*Zuidwal Huizen Den Haag 28-01-96*

*Rob Klarenbeek \* Adrie Dunnebieer \* Henk Nordt \* Martin Overmars*

|               |       |                         |                 |                        |          |
|---------------|-------|-------------------------|-----------------|------------------------|----------|
| hoog          | 1,91  | Remco Tournier          | Rotterdam Atl.  | Linz (AUT)             | 16-03-06 |
| polshoog      | 4,91  | Christiaan Leeuwenburgh | Haag Atletiek   | Gainesville (USA)      | 06-03-04 |
| ver           | 6,75  | Alje Kuiper             | Ilion           | Sindelfingen (GER)     | 13-03-04 |
| hss           | 13,35 | Maarten Smitskamp       | Startbaan       | Linz (AUT)             | 17-03-06 |
| kogel         | 15,56 | Stein Kuiper            | Prins Hendrik   | Apeldoorn              | 06-02-10 |
| gewichtwerpen | 15,06 | Erwin Suvaal            | R' dam Atletiek | Clermont-Ferrand (FRA) | 20-03-08 |
| vijfkamp      | 3.834 | Remco Tournier          | Rotterdam Atl.  | Linz (AUT)             | 16-03-06 |

*8.94 \* 6.23 \* 11.50 \* 1.91 \* 3.13.35*

vacant zonder limiet: 4x400m clubteam en nationaal team, 4x800m clubteam en nationaal team, zevenkamp

vacant met limiet: 5000m (17.20,00)

Statistisch jaarboek indooratletiek 2009/2010

|      |              |            |          |          |                  |          |
|------|--------------|------------|----------|----------|------------------|----------|
| 1,65 | Janneke      | Bruintjes  | 29-03-96 | AV NOP   | Drachten         | 06-02-10 |
| 1,65 | Nynke        | Venhuizen  | 15-08-95 | Unitas   | Utrecht          | 21-02-10 |
| 1,63 | Chante       | Samuel     | 09-04-96 | Phanos   | Dortmund (GER)   | 03-01-10 |
| 1,60 | Vera van den | Haak       | 13-01-95 | Sparta   | Utrecht          | 13-12-09 |
| 1,60 | Sophie       | Klumper    | 04-04-95 | Phanos   | Groningen        | 17-01-10 |
| 1,60 | Veerle       | Simons     | 12-02-96 | STB      | Groningen        | 17-01-10 |
| 1,60 | Manuela      | Mboto      | 20-06-95 | AV Gouda | Zoetermeer       | 06-03-10 |
| 1,60 | Renilde      | Zwartkruis | 04-02-96 | Unitas   | Düsseldorf (GER) | 13-03-10 |
| 1,56 | Romy         | Smith      | MD       | 25-01-97 | Leiden Atletiek  | Utrecht  |

|      |            |            |          |              |                |           |
|------|------------|------------|----------|--------------|----------------|-----------|
| 1,56 | Lara       | Borst      | 05-05-95 | AAC          | Dortmund (GER) | 21-02-10  |
| 1,55 | Marieke    | Turkesteen | MD       | 16-04-97     | VAV            | Groningen |
| 1,55 | Yvonne van | Baardwijk  | 30-07-95 | Climax       | Wageningen     | 16-01-10  |
| 1,55 | Lisa       | Keuken     | 30-06-96 | Horror       | Drachten       | 06-02-10  |
| 1,55 | Demi-Esmee | Halmingh   | 26-04-95 | SV Veendam   | Drachten       | 06-02-10  |
| 1,55 | Dominique  | Gommers    | 03-03-95 | Spado        | Dordrecht      | 06-03-10  |
| 1,53 | Djanne van | Kooten     | 09-06-95 | VAV          | Dortmund (GER) | 07-02-10  |
| 1,51 | Den Haag   | Lentine    | 18-04-95 | AV Castricum | Apeldoorn      | 21-02-10  |
| 1,50 | Fleur van  | Es         | 11-07-96 | De Keien     | Volkel         | 28-11-09  |
| 1,50 | Sjoera     | Tjin A-Lim | (20)     | 07-12-95     | Sparta         | Utrecht   |

|      |               |            |          |             |                |           |
|------|---------------|------------|----------|-------------|----------------|-----------|
| 1,50 | Michelle      | Oud        | 19-07-96 | SAV         | Alkmaar        | 12-12-09  |
| 1,50 | Henderyke     | Wonink     | 12-07-96 | Aquilo      | Dortmund (GER) | 03-01-10  |
| 1,50 | Welmoed       | Jonker     | MD       | 16-06-97    | Daventria      | Groningen |
| 1,50 | Nikki         | Klarenbeek | 10-02-95 | Pijnenburg  | Groningen      | 17-01-10  |
| 1,50 | Judith        | Kok        | 30-08-95 | SAV         | Groningen      | 17-01-10  |
| 1,50 | Merel         | Kramer     | 30-06-95 | AV Wijchen  | Wageningen     | 30-01-10  |
| 1,50 | Maureen       | Herremans  | 22-10-96 | GVAC        | Den Bosch      | 31-01-10  |
| 1,50 | Saskia        | Gootjes    | 19-01-95 | Flevo Delta | Apeldoorn      | 20-02-10  |
| 1,50 | Marieke       | Obbes      | 19-06-95 | Gloria      | Waalwijk       | 28-02-10  |
| 1,50 | Marit van der | Veen       | 14-02-96 | Parthenon   | Dordrecht      | 30-10-10  |

|      |  |  |  |  |  |  |
|------|--|--|--|--|--|--|
| (30) |  |  |  |  |  |  |
|------|--|--|--|--|--|--|

*in onderlinge wedstrijd:*

|      |               |          |          |                 |           |          |
|------|---------------|----------|----------|-----------------|-----------|----------|
| 1,50 | Renske van de | Wijdeven | 23-01-96 | AV Valkenswaard | Veldhoven | 13-02-10 |
|------|---------------|----------|----------|-----------------|-----------|----------|

**polisstokhoogspringen meisjes-C**

|      |           |            |          |               |                  |           |
|------|-----------|------------|----------|---------------|------------------|-----------|
| 3,20 | Rubina    | Brouns     | 30-06-95 | Unitas        | Apeldoorn        | 30-01-10  |
| 2,80 | Vonne van | Burg       | 03-02-95 | Prins Hendrik | Apeldoorn        | 28-02-10  |
| 2,80 | Fenna van | Burg       | 03-02-95 | Prins Hendrik | Apeldoorn        | 28-02-10  |
| 2,63 | Sandra    | Jacobs     | 31-10-95 | Unitas        | Sittard          | 24-01-10  |
| 2,31 | Kyra      | Brakkee    | 05-03-95 | Haag Atletiek | Dordrecht        | 09-01-10  |
| 2,30 | Dominique | Esselaar   | 16-08-96 | Unitas        | Düsseldorf (GER) | 13-03-10  |
| 2,30 | Pricilla  | Huisman    | 21-08-96 | Passaat       | Dordrecht        | 30-10-10  |
| 2,30 | Merel     | Glorie     | 15-01-95 | Lycurgus      | Dordrecht        | 30-10-10  |
| 2,30 | Alies van | Berkum     | MD       | 26-01-98      | Hercules         | Dordrecht |
| 2,20 | Lotje     | Baanvinger | MD       | 28-05-98      | Hercules         | Dordrecht |

|      |       |       |          |     |         |          |
|------|-------|-------|----------|-----|---------|----------|
| 2,13 | Fleur | Tysma | 11-08-95 | PAC | Sittard | 24-01-10 |
|------|-------|-------|----------|-----|---------|----------|

**verspringen meisjes-C**

|      |                 |          |          |              |                 |           |
|------|-----------------|----------|----------|--------------|-----------------|-----------|
| 5,36 | Lentine         | Klaassen | 18-04-95 | AV Castricum | Groningen       | 17-01-10  |
| 5,36 | Inge de         | Wolf     | 17-04-95 | PEC 1910     | Apeldoorn       | 28-02-10  |
| 5,34 | Nadine          | Visser   | 09-02-95 | SAV          | Groningen       | 17-01-10  |
| 5,20 | Frances van der | Eijk     | 19-02-95 | Phanos       | Amsterdam       | 14-11-09  |
| 5,20 | Sophie          | Klumper  | 04-04-95 | Phanos       | Groningen       | 17-01-10  |
| 5,11 | Lianne van      | Krieken  | MD       | 15-01-97     | Typhoon         | Dordrecht |
| 5,09 | Lieke van den   | Brink    | 12-07-95 | Athlos       | Zoetermeer      | 28-11-09  |
| 5,07 | Romy            | Smith    | MD       | 25-01-97     | Leiden Atletiek | Utrecht   |
| 5,07 | Vera van den    | Haak     | 13-01-95 | Sparta       | Apeldoorn       | 21-02-10  |
| 5,04 | Cheryl          | Blangé   | (10)     | 23-08-95     | Spirit-OB       | Dordrecht |

|      |     |         |          |     |         |          |
|------|-----|---------|----------|-----|---------|----------|
| 5,00 | Jip | Mukanay | 19-12-95 | AKU | Utrecht | 21-02-10 |
|------|-----|---------|----------|-----|---------|----------|

|      |            |        |          |     |                |          |
|------|------------|--------|----------|-----|----------------|----------|
| 4,99 | Dianne van | Kooten | 09-06-95 | VAV | Dortmund (GER) | 07-02-10 |
|------|------------|--------|----------|-----|----------------|----------|



|         |            |            |     |                           |           |          |
|---------|------------|------------|-----|---------------------------|-----------|----------|
| 3.12.09 | Veerle     | Bakker     | MD  | 29-09-97 Triathlon        | Groningen | 16-01-10 |
| 3.13.36 | Claudia    | Oosterkamp |     | 09-10-96 Start '78        | Apeldoorn | 07-02-10 |
| 3.16.17 | Anouschka  | Schröder   |     | 20-08-96 Flevo Delta (10) | Apeldoorn | 07-02-10 |
| 3.16.30 | Denise     | Sinnema    |     | 19-11-95 AV Heerenveen    | Apeldoorn | 07-02-10 |
| 3.16.45 | Jasmijn    | Lau        | MPA | 11-03-99 Ciko '66         | Apeldoorn | 07-02-10 |
| 3.16.81 | Anniek van | Boekel     | MD  | 23-02-98 Typhoon          | Apeldoorn | 07-02-10 |
| 3.16.89 | Danique    | Coolen     | MD  | 01-05-98 MPM              | Apeldoorn | 07-02-10 |
| 3.16.90 | Bente      | Lutteke    | MD  | 15-04-98 Hanzesport       | Apeldoorn | 07-02-10 |
| 3.17.54 | Helen      | Coenen     | MD  | 10-02-97 AVON             | Groningen | 16-01-10 |
| 3.17.92 | Kyara      | Bijker     | MD  | 02-09-98 Ciko '66         | Groningen | 16-01-10 |
| 3.18.46 | Susan van  | Weperen    | MD  | 09-05-98 Invictus         | Apeldoorn | 07-02-10 |
| 3.19.22 | Zoë van    | Helden     | MD  | 31-10-97 Energie          | Groningen | 16-01-10 |
| 3.19.24 | Irene      | Kalter     | MD  | 07-09-97 Lionitas (20)    | Apeldoorn | 07-02-10 |

**1500 meter meisjes-C**

|         |                |      |  |                        |           |          |
|---------|----------------|------|--|------------------------|-----------|----------|
| 4.56.71 | Sophie van der | Most |  | 02-08-95 De Liemers    | Apeldoorn | 30-01-10 |
| 4.58.03 | Minke van der  | Meer |  | 03-06-95 AV Heerenveen | Apeldoorn | 28-02-10 |
| 5.09.75 | Femke van der  | Pal  |  | 17-08-95 AV Zaanland   | Apeldoorn | 30-01-10 |
| 5.20.69 | Eva van        | Ee   |  | 27-04-95 AV Aalsmeer   | Alkmaar   | 12-12-09 |
| 5.29.55 | Femke van der  | Pal  |  | 17-08-95 AV Zaanland   | Apeldoorn | 28-02-10 |

**50 meter horden 76.2 cm meisjes-C**

|     |                 |            |  |                    |           |          |
|-----|-----------------|------------|--|--------------------|-----------|----------|
| 7.9 | Sophie          | Klumper    |  | 04-04-95 Phanos    | Amsterdam | 14-11-09 |
| 7.9 | Frances van der | Eijk       |  | 19-02-95 Phanos    | Amsterdam | 14-11-09 |
| 7.9 | Chante          | Samuel     |  | 09-04-96 Phanos    | Amsterdam | 14-11-09 |
| 8.0 | Lisa            | Jongewaard |  | 28-03-95 Lycurgus  | Amsterdam | 14-11-09 |
| 8.1 | Jaimie van      | Tholl      |  | 2-1-1996 AV '23    | Amsterdam | 14-11-09 |
| 8.1 | Anneloes de     | Roo        |  | 07-09-95 Isala '96 | Amsterdam | 14-11-09 |

**60 meter horden 76.2 cm meisjes-C**

|      |                 |             |    |                          |                  |          |
|------|-----------------|-------------|----|--------------------------|------------------|----------|
| 9.14 | Nadine          | Visser      |    | 09-02-95 SAV             | Alkmaar          | 12-12-09 |
| 9.15 | Marije van      | Hunenstijn  |    | 02-03-95 AV '34          | Groningen        | 17-01-10 |
| 9.22 | Sjoera          | Tjin A-Lim  |    | 07-12-95 Sparta          | Groningen        | 17-01-10 |
| 9.30 | Anna Sjoukje    | Runia       |    | 19-02-95 SAV             | Groningen        | 17-01-10 |
| 9.37 | Inge de         | Wolf        |    | 17-04-95 PEC 1910        | Apeldoorn        | 20-02-10 |
| 9.39 | Vera van den    | Haak        |    | 13-01-95 Sparta          | Utrecht          | 02-01-10 |
| 9.48 | Anneloes de     | Roo         |    | 07-09-95 Isala '96       | Apeldoorn        | 20-02-10 |
| 9.48 | Daphne          | Simons      |    | 12-02-96 STB             | Düsseldorf (GER) | 13-03-10 |
| 9.53 | Chante          | Samuel      |    | 09-04-96 Phanos          | Groningen        | 17-01-10 |
| 9.55 | Janneke van     | Raan        |    | 01-10-95 Daventria (10)  | Groningen        | 17-01-10 |
| 9.58 | Jaimie van      | Tholl       |    | 02-01-96 AV '23          | Utrecht          | 14-03-10 |
| 9.60 | Romy            | Smith       | MD | 25-01-97 Leiden Atletiek | Utrecht          | 14-03-10 |
| 9.61 | Suzanne         | Noordermeer |    | 22-02-95 Prins Hendrik   | Zoetermeer       | 30-01-10 |
| 9.71 | Sophie          | Klumper     |    | 04-04-95 Phanos          | Utrecht          | 02-01-10 |
| 9.71 | Lotte van der   | Westen      |    | 24-11-95 HAC             | Dortmund (GER)   | 14-03-10 |
| 9.72 | Zola van        | Zwol        |    | 01-03-96 Hollandia       | Groningen        | 17-01-10 |
| 9.72 | Lotje van       | Erp         | MD | 17-02-97 Phanos          | Utrecht          | 21-02-10 |
| 9.79 | Fabienne        | Stoffels    |    | 06-03-96 Scopias         | Düsseldorf (GER) | 13-03-10 |
| 9.81 | Frances van der | Eijk        |    | 19-02-95 Phanos          | Groningen        | 17-01-10 |
| 9.81 | Veerle          | Simons      |    | 12-02-96 STB (20)        | Düsseldorf (GER) | 13-03-10 |
| 9.84 | Lentine         | Klaassen    |    | 18-04-95 AV Castricum    | Groningen        | 17-01-10 |
| 9.88 | Mariska         | Nekkers     |    | 04-03-96 NEA-Volharding  | Utrecht          | 21-02-10 |
| 9.92 | Fien van        | Amelsvoort  |    | 06-06-95 AV '34          | Groningen        | 17-01-10 |
| 9.92 | Lieke van den   | Brink       |    | 12-07-95 Athlos          | Utrecht          | 14-03-10 |
| 9.93 | Henderyke       | Wonink      |    | 12-07-96 Aquilo          | Dortmund (GER)   | 14-03-10 |

**betere handtijden:**

|     |           |        |  |                 |          |          |
|-----|-----------|--------|--|-----------------|----------|----------|
| 9.6 | Henderyke | Wonink |  | 12-07-96 Aquilo | Enschede | 31-10-10 |
|-----|-----------|--------|--|-----------------|----------|----------|

**hoogsprongen meisjes-C**

|      |        |        |  |              |           |          |
|------|--------|--------|--|--------------|-----------|----------|
| 1.66 | Nadine | Visser |  | 09-02-95 SAV | Apeldoorn | 21-02-10 |
|------|--------|--------|--|--------------|-----------|----------|

|                   |          |  |               |                  |          |          |
|-------------------|----------|--|---------------|------------------|----------|----------|
| <b>mannen M45</b> |          |  |               |                  |          |          |
| 50m               | 6.40     | Ricardo Hill   | Hercules      | Zuidbroek        | 19-01-02 |          |
| 60m               | 7.38     | Erik Oostweegel  | Startbaan     | Helsinki (FIN)   | 22-03-07 |          |
| 200m              | 23.25    | Eric Roeske  | Hellas        | Gent (BEL)       | 18-03-07 |          |
| 400m              | 51.52    | Eric Roeske  | Hellas        | Gent (BEL)       | 18-03-07 |          |
| 800m              | 2.04.14  | Henk van Eck   | GAC-Gemert    | Gent (BEL)       | 16-02-02 |          |
| 1000m             | 2.42.92  | Anton Treffers   | SAV           | Den Haag         | 12-12-93 |          |
| 1500m             | 4.13.3=  | Louis Vink   | AV Edam       | Naaldwijk        | 14-02-81 |          |
| 1 EM (1609m)      | 4.39.89  | Theo Peeters   | AV Valk'waard | Gent (BEL)       | 26-12-08 |          |
| 3000m             | 8.59.26  | Ton van Doorn  | AV Haarlem    | Den Haag         | 02-02-97 |          |
| 60m horden        | 8.69     | Wan Bakx   | AC TION       | Kamloops (CAN)   | 02-03-10 |          |
| 3000m snelw       | 13.30.01 | Harold van Beek  | RWV           | Gent (BEL)       | 09-02-08 |          |
| 5000m snelw       | 22.50.58 | Harold van Beek  | RWV           | Gent (BEL)       | 09-02-08 |          |
| 4 x 200m          | 1.49.22  | Nationaal team   |               | Helsinki (FIN)   | 25-03-07 |          |
|                   | 1.48.83  | Ron Schijfs * Theo Peeters * Hans Peeters * Glenn Gentle | Ilion         | Zoetermeer       | Den Haag | 28-01-96 |
|                   |          | Arie Sluimer * Hans Buyze * Jan Zwennes * Arnold Poels   |               |                  |          |          |
| hoog              | 1.82     | Jan Huijbers   | GAC-Gemert    | Zwolle           | 26-01-97 |          |
| polshoog          | 3.70     | Mark van Vliet   | AV Castricum  | Den Haag         | 24-01-99 |          |
| ver               | 6.72     | Alje Kuper   | Ilion         | Linz (AUT)       | 03-02-07 |          |
| hss               | 12.01    | Glen Gentle  | AVON          | Düsseldorf (GER) | 03-02-01 |          |
| kogel             | 14.40    | Martin Regtop  | TION          | Enschede         | 29-10-95 |          |
| vijfkamp          | 4.023    | Wan Bakx   | AC TION       | Ancona (ITA)     | 26-03-09 |          |

8.70 \* 6.24 \* 9.02 \* 1.69 \* 3.01.62

vacant zonder limiet: 4x400m en 4x800m clubteam en nationaal team, zevenkamp

vacant met limiet: 5000m (18.00,00), 50m horden (8,13)

**mannen M50**

|              |          |  |                 |                    |          |
|--------------|----------|--|-----------------|--------------------|----------|
| 50m          | 6.51     | Ricardo Hill   | Parthenon       | Dordrecht          | 28-01-06 |
| 60m          | 7.59     | Ricardo Hill   | Parthenon       | Sittard            | 04-02-07 |
| 200m         | 24.42    | Wim Scholtes   | Sparta          | Den Haag           | 25-01-98 |
| 400m         | 53.75    | Wim Scholtes   | Sparta          | Malmö (SWE)        | 07-03-99 |
| 800m         | 2.06.7=  | Piet Maijoor   | AAC             | Dortmund (GER)     | 02-01-83 |
| 1000m        | 2.43.4=  | Piet Maijoor   | AAC             | Dortmund (GER)     | 23-01-83 |
| 1500m        | 4.33.54  | Arie van Tol   | Leiden Atletiek | Birmingham (GBR)   | 02-03-97 |
| 1 EM (1609m) | 4.58.39  | Ton Peters   | Scorpio         | Den Haag           | 30-01-94 |
| 3000m        | 9.05.62  | Ad Heijdens  | Achilles-EL     | Den Haag           | 03-02-91 |
| 50m horden   | 8.00     | Helmut Drabben   | AV '23          | Utrecht            | 13-12-09 |
| 60m horden   | 8.79     | Wim de Ronde   | AV Zaanland     | Malmö (SWE)        | 06-03-99 |
| 3000m snelw  | 14.34.26 | Jan Cornelis   | AV Holten       | Zaandam            | 24-02-07 |
| 5000m snelw  | 24.12.13 | Jan Cornelis   | AV Holten       | Gent (BEL)         | 27-01-07 |
| 4 x 200m     | 1.41.63  | Nationaal team   | Nederland       | Malmö (SWE)        | 07-03-99 |
|              |          | Henny van Verselveld * Frans van Boven * Wim de Ronde * Wim Scholtes |                 |                    |          |
| hoog         | 1.83     | Jan Huijbers   | GAC-Gemert      | Gent (BEL)         | 16-02-02 |
| polshoog     | 3.60     | Marc van Vliet   | AV Castricum    | Sittard            | 08-02-04 |
|              |          | Marc van Vliet   | AV Castricum    | Sindelfingen (GER) | 13-03-04 |
| ver          | 5.86     | Wim de Ronde   | AV Zaanland     | Malmö (SWE)        | 05-03-99 |
| hss          | 11.88    | Glenn Gentle   | AVON            | Sittard            | 19-01-03 |
| kogel        | 15.44    | Martin Regtop  | TION            | Sittard            | 19-01-03 |
| vijfkamp     | 3.934    | Glenn Gentle   | AVON            | Sindelfingen (GER) | 11-03-04 |

9.91 \* 5.35 \* 13.28 \* 1.47 \* 3.00.81

vacant zonder limiet: 4x200m clubteam, 4x400m en 4x800m clubteam en nationaal team, zevenkamp

vacant met limiet: 5000m (18.45,00)

**mannen M55**

|      |         |              |               |                    |          |
|------|---------|--------------|---------------|--------------------|----------|
| 50m  | 6.85    | Ko Florusse  | Parthenon     | Dordrecht          | 12-01-08 |
| 60m  | 7.93    | Ko Florusse  | Parthenon     | Sittard            | 04-02-07 |
| 200m | 25.87   | Wim Scholtes | Sparta        | Sindelfingen (GER) | 11-03-04 |
| 400m | 57.30   | Glenn Gentle | AVON          | Gent (BEL)         | 10-03-07 |
| 800m | 2.16.70 | Wim Threels  | GAC-Hilversum | Gent (BEL)         | 16-02-08 |

Statistisch jaarboek indooratletiek 2009/2010

|             |          |                     |              |                        |          |
|-------------|----------|---------------------|--------------|------------------------|----------|
| 1000m       | 3.10.11  | Ton Peters          | Scorpio      | Gent (BEL)             | 14-12-97 |
| 1500m       | 5.00.34  | Peter Vlaarkamp     | AV Castricum | Sindelfingen (GER)     | 14-03-04 |
| 3000m       | 9.38.04  | John van der Wansem | LADB         | Gent (BEL)             | 18-02-06 |
| 50m horden  | 8,45     | Jan Huijbers        | GAC-Gemert   | Utrecht                | 10-12-06 |
| 60m horden  | 9,70     | Glenn Gentle        | AVON         | Clermont-Ferrand (FRA) | 17-03-08 |
| 3000m snelw | 15.34.32 | Theo Koenis         | De Lat       | Zaandam                | 24-02-07 |
| 5000m snelw | 26.16.71 | Theo Koenis         | De Lat       | Gent (BEL)             | 27-01-07 |
| hoog        | 1,74     | Jan Huijbers        | GAC-Gemert   | Helsinki (FIN)         | 24-03-07 |
| polshoog    | 3,60     | Marc van Vliet      | AV Castricum | Helsinki (FIN)         | 24-03-07 |
| ver         | 5,34     | Wim Scholtes        | Sparta       | Utrecht                | 12-12-04 |
|             | 5,34     | Jan Huijbers        | GAC-Gemert   | Sittard                | 04-02-07 |
| hss         | 11,21    | Ko Florusse         | Parthenon    | Zoetermeer             | 20-01-07 |
| kogel       | 15,06    | Martin Regtop       | TION         | Sittard                | 13-02-05 |
| vijfkamp    | 4103     | Glenn Gentle        | AVON         | Helsinki (FIN)         | 22-03-07 |

9,89 \* 5,13 \* 12,22 \* 1,49 \* 3,13,75

vacant zonder limiet: 4x200m en 4x400m en 4x800m clubteam en nationaal team, zevenkamp

vacant met limiet: 1EM (5.35,00), 5000m (19.30,00)

**mannen M60**

|             |          |                 |              |                        |          |
|-------------|----------|-----------------|--------------|------------------------|----------|
| 50m         | 7,01     | Wim Scholtes    | Sparta       | Dordrecht              | 12-01-08 |
| 60m         | 8,23     | Jan Ties        | AAC '61      | Heerenveen             | 20-03-10 |
| 200m        | 26,98    | Wim Scholtes    | Sparta       | Clermont-Ferrand (FRA) | 18-03-08 |
| 400m        | 58,88    | Wim Scholtes    | Sparta       | Clermont-Ferrand (FRA) | 22-03-08 |
| 800m        | 2.17.70  | Hans Smeets     | Achilles-Top | Dortmund (GER)         | 16-12-07 |
| 1500m       | 4.46.45  | Hans Smeets     | Achilles-Top | Gent (BEL)             | 22-12-07 |
| 50m horden  | 10,46    | Mario Spadon    | De Bataven   | Den Haag               | 03-02-91 |
| 60m horden  | 10,12    | Frans van Boven | THOR         | Sindelfingen (GER)     | 13-03-04 |
| 3000m snelw | 15.44.66 | Nico Schroten   | RWW          | Gent (BEL)             | 24-01-98 |
| 5000m snelw | 26.48.30 | Nico Schroten   | RWW          | Gent (BEL)             | 24-01-98 |
| 4 x 200m    | 1.53.04  | Nationaal team  | Nederland    | Clermont-Ferrand (FRA) | 17-03-08 |

Jelle van der Schaaf \* Onno Waalewijn \* Wim Scholtes \* Hans Smeets

|          |       |                 |                   |                    |          |
|----------|-------|-----------------|-------------------|--------------------|----------|
| hoog     | 1,50  | Teo Maat        | Fortuna           | Ancona (ITA)       | 27-03-09 |
| polshoog | 2,80  | Kees van Giezen | GAC-Hilversum     | Den Haag           | 14-01-96 |
| ver      | 5,16  | Willem Schoone  | NOVA              | Apeldoorn          | 14-02-10 |
| hss      | 9,66  | Paul Boer       | Avanti-Wilskracht | Apeldoorn          | 14-02-10 |
| kogel    | 13,96 | Frans de Laat   | Statina           | Ancona (ITA)       | 27-03-09 |
| vijfkamp | 3.335 | Kees Jägers     | GAC-Hilversum     | Sindelfingen (GER) | 11-03-04 |

10,98 \* 4,08 \* 9,74 \* 1,45 \* 3,47,29

vacant zonder limiet: 4x200m clubteam, 4x400m en 4x800m clubteam en nationaal team, zevenkamp

vacant met limiet: 1000m (3.34,00), 1EM (5.45,00), 3000m (12.02,00), 5000m (20.30,00), 50m hrd (10,80)

**mannen M65**

|             |          |                      |               |                        |          |
|-------------|----------|----------------------|---------------|------------------------|----------|
| 50m         | 7,85     | Ton Oude Nijhuis     | Sparta        | Utrecht                | 18-12-05 |
| 60m         | 8,74     | Jelle van der Schaaf | Hera          | Kamloops (CAN)         | 01-03-10 |
| 200m        | 28,19    | Jelle van der Schaaf | Hera          | Kamloops (CAN)         | 03-03-10 |
| 400m        | 1.02.40  | Jelle van der Schaaf | Hera          | Kamloops (CAN)         | 06-03-10 |
| 800m        | 2.51.97  | Piet Baas            | Haag          | Den Haag               | 30-01-99 |
| 1000m       | 3.44.45  | Guus Metzmakers      | AV Sliedrecht | Den Haag               | 13-12-92 |
| 50m horden  | 10,08    | Kees van Giezen      | GAC-Hilversum | Dordrecht              | 26-01-02 |
| 60m horden  | 10,86    | Frans van Boven      | THOR          | Ancona (ITA)           | 28-03-09 |
| 3000m snelw | 16.45.3= | Klaas Bakker         | OLAT          | Zaandam                | 23-02-03 |
| 5000m snelw | 30.06.34 | Klaas Bakker         | OLAT          | Düsseldorf (GER)       | 22-01-06 |
| hoog        | 1,45     | Kees Jägers          | GAC-Hilversum | Sittard                | 10-02-08 |
| polshoog    | 2,60     | Kees van Giezen      | GAC-Hilversum | Malmö (SWE)            | 06-03-99 |
| ver         | 4,20     | Jan Oerlemans        | AV Nijmegen   | Arnhem                 | 19-12-93 |
| hss         | 8,60     | Kees van Giezen      | GAC-Hilversum | Malmö (SWE)            | 06-03-99 |
| kogel       | 10,95    | Frits Martens        | Hollandia     | Apeldoorn              | 14-02-10 |
| vijfkamp    | 3.287    | Kees Jägers          | GAC-Hilversum | Clermont-Ferrand (FRA) | 17-03-08 |

12,10 \* 3,50 \* 9,23 \* 1,42 \* 4,12,39

vacant zonder limiet: 4x200m en 4x400m en 4x800m clubteam en nationaal team, zevenkamp

vacant met limiet: 1500m (6.16,00), 1EM (6.40,00), 3000m (12.46,00), 5000m (22.00,00), 50m horden (10,80)

11 september 2011

Statistisch jaarboek indooratletiek 2009/2010

|      |                        |          |                          |                  |          |
|------|------------------------|----------|--------------------------|------------------|----------|
| 8,04 | Natalia van Houts      | 26-06-95 | LG Deurne                | Groningen        | 17-01-10 |
| 8,08 | Sandra Kleuskens       | 24-10-95 | ATV Venray               | Düsseldorf (GER) | 13-03-10 |
| 8,09 | Vera van den Haak      | 13-01-95 | Sparta                   | Utrecht          | 13-12-09 |
| 8,14 | Renee Dekkers          | 18-02-95 | Haag Atletiek            | Groningen        | 17-01-10 |
| 8,15 | Anna Sjoukje Runia     | 19-02-95 | SAV                      | Groningen        | 17-01-10 |
| 8,16 | Anouschka Schröder     | 20-08-96 | Flevo Delta              | Utrecht          | 21-02-10 |
| 8,17 | Gabriëlla van derWijck | 27-03-97 | AV Edam                  | Groningen        | 16-01-10 |
| 8,17 | Krista IJspeerd        | 01-06-95 | MD MPM (10)              | Apeldoorn        | 27-02-10 |
| 8,21 | Silke Dekker           | 09-08-95 | Hercules                 | Dordrecht        | 30-10-10 |
| 8,22 | Lianne van Krieken     | 15-01-97 | MD Typhoon               | Dordrecht        | 06-03-10 |
| 8,25 | Gabriele Geise         | 06-01-95 | AV Oss '78               | Groningen        | 17-01-10 |
| 8,26 | Eva Hovenkamp          | 19-07-96 | Climax                   | Utrecht          | 07-11-09 |
| 8,26 | Inge de Wolf           | 17-04-95 | PEC 1910                 | Apeldoorn        | 30-01-10 |
| 8,27 | Babs Mevissen          | 26-01-96 | Achilles-Top             | Sittard          | 10-01-10 |
| 8,29 | Anneloes de Roo        | 07-09-95 | Isala '96                | Utrecht          | 21-03-10 |
| 8,31 | Laura Brands           | 24-04-95 | Sprint                   | Utrecht          | 07-11-09 |
| 8,31 | Lieke van den Brink    | 12-07-95 | Athlos                   | Utrecht          | 12-12-09 |
| 8,35 | Chelsea van Dijk       | 19-04-95 | Atletiek Maastricht (20) | Sittard          | 10-01-10 |

|      |                   |          |           |           |          |
|------|-------------------|----------|-----------|-----------|----------|
| 8,35 | Janneke van Raan  | 01-10-95 | Daventria | Groningen | 17-01-10 |
| 8,35 | Marijke Boogerd   | 12-02-97 | AAV '36   | Utrecht   | 30-01-10 |
| 8,37 | Cheryl Blangé     | 23-08-95 | Spirit-OB | Dordrecht | 09-01-10 |
| 8,37 | Nynke Venhuizen   | 15-08-95 | Unitas    | Sittard   | 10-01-10 |
| 8,37 | Djanne van Kooten | 09-06-95 | VAV       | Groningen | 17-01-10 |
| 8,37 | Lotte Hendriksen  | 07-11-97 | Ciko '66  | Utrecht   | 21-02-10 |

betere handtijden:

|     |                        |          |         |           |          |
|-----|------------------------|----------|---------|-----------|----------|
| 7,9 | Gabriëlla van derWijck | 27-03-97 | AV Edam | Dordrecht | 13-02-10 |
|-----|------------------------|----------|---------|-----------|----------|

**6000 meter meisjes-C**

|         |                    |          |                     |                  |          |
|---------|--------------------|----------|---------------------|------------------|----------|
| 1.42,15 | Chelsea van Dijk   | 19-04-95 | Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 1.42,60 | Vera van den Haak  | 13-01-95 | Sparta              | Groningen        | 17-01-10 |
| 1.42,94 | Fenna van Burg     | 03-02-95 | Prins Hendrik       | Groningen        | 17-01-10 |
| 1.43,12 | Michelle Oud       | 19-07-96 | SAV                 | Groningen        | 17-01-10 |
| 1.43,23 | Djanne van Kooten  | 09-06-95 | VAV                 | Groningen        | 17-01-10 |
| 1.43,57 | Marije Doddema     | 29-11-95 | AV Zaanland         | Groningen        | 17-01-10 |
| 1.43,69 | Tess Wegman        | 25-03-96 | Altis               | Groningen        | 17-01-10 |
| 1.44,57 | Esther Brilman     | 12-02-96 | Triathlon           | Groningen        | 17-01-10 |
| 1.44,94 | Anouschka Schröder | 20-08-96 | Flevo Delta         | Groningen        | 17-01-10 |
| 1.45,18 | Judith Rasch       | 28-03-96 | Pijnenburg (10)     | Groningen        | 17-01-10 |

|         |                     |          |                        |                  |          |
|---------|---------------------|----------|------------------------|------------------|----------|
| 1.45,41 | Meike van Gastel    | 27-01-95 | AV '56                 | Groningen        | 17-01-10 |
| 1.45,56 | Sharitté Constancia | 08-06-96 | Phanos                 | Groningen        | 17-01-10 |
| 1.46,63 | Anne Verstraeten    | 05-11-96 | Unitas                 | Düsseldorf (GER) | 13-03-10 |
| 1.47,03 | Yacintha Aakster    | 25-06-96 | Groningen Atletiek     | Groningen        | 17-01-10 |
| 1.47,35 | Lisanne Meijer      | 02-08-95 | LG Deurne              | Groningen        | 17-01-10 |
| 1.47,57 | Henderyke Wonink    | 12-07-96 | Aquilo                 | Groningen        | 17-01-10 |
| 1.47,71 | Christel van Rooy   | 28-09-96 | Atletiek Maastricht    | Düsseldorf (GER) | 13-03-10 |
| 1.48,03 | Nina Kuczek         | 05-05-96 | Unitas                 | Düsseldorf (GER) | 13-03-10 |
| 1.48,75 | Ellen Jansen        | 12-08-95 | Start '78              | Groningen        | 17-01-10 |
| 1.49,61 | Lotte Keizer        | 27-10-96 | Nijmegen Atletiek (20) | Groningen        | 17-01-10 |

|         |                |          |             |           |          |
|---------|----------------|----------|-------------|-----------|----------|
| 1.49,63 | Kyra Bisschops | 24-03-96 | Unitas      | Groningen | 17-01-10 |
| 1.49,75 | Saskia Gootjes | 19-01-95 | Flevo Delta | Apeldoorn | 20-02-10 |

**1000 meter meisjes-C**

|         |                     |             |                   |                |          |
|---------|---------------------|-------------|-------------------|----------------|----------|
| 3.01,60 | Dagmar Smid         | MD 26-01-97 | AAV '36           | Apeldoorn      | 07-02-10 |
| 3.02,44 | Melissa de Haan     | MD 15-08-97 | AV '34            | Apeldoorn      | 07-02-10 |
| 3.05,47 | Sanne Reichgelt     | MD 07-01-97 | Nijmegen Atletiek | Dortmund (GER) | 21-02-10 |
| 3.07,56 | Sabine Rutten       | MD 04-05-97 | VAV               | Groningen      | 16-01-10 |
| 3.08,43 | Nisrine Masrhalmi   | 17-11-96    | Energie           | Apeldoorn      | 07-02-10 |
| 3.10,21 | Floortje van Kampen | MD 14-03-97 | Hollandia         | Groningen      | 16-01-10 |
| 3.10,73 | Tess Wegman         | 25-03-96    | Altis             | Apeldoorn      | 07-02-10 |

11 september 2011



|   |          |                  |               |                           |
|---|----------|------------------|---------------|---------------------------|
| <i>Rinske Daniëls * Henriëke Popken * Gerja Everts * Frenke Bolt</i>                |          |                  |               |                           |
|   | 1.40,03  | Holland          | Haarlem       | Den Haag 02-02-97         |
| <i>Mami Awuah Asante * Andra Laarhuis * Esther van Ooijen * Annemarie Kramer</i>    |          |                  |               |                           |
| 4 x 400m  | 4.14,84  | Nijmegen         | 't Haasje     | Münster (GER) 22-01-05    |
| <i>Ellen van Ommen * Dianne Hofenk * Lorraine van Summeren * Marjolijn Jongmans</i> |          |                  |               |                           |
| 4 x 800m  | 10.54,97 | PAC              | Rotterdam     | Den Haag 24-03-96         |
| <i>Marlou Klaver * Monique van der Meer * Ingrid Diepenmaat * Ellen Ruigrok</i>     |          |                  |               |                           |
| hoog  | 1,88     | Mirjam van Laar  | Achilles-Top  | Milaan (ITA) 11-03-78     |
|   |          | Ella Wijnants    | Sparta        | Rotterdam 13-02-83        |
|   |          | Karin Ruckstuhl  | AAC           | Birmingham (GBR) 02-03-07 |
| polshoog  | 4,45     | Monique de Wilt  | Prins Hendrik | Gent (BEL) 15-02-03       |
| ver   | 6,63     | Edine van Heezik | ADA           | Liévin (FRA) 21-02-87     |
| hss   | 12,90    | Karin Ruckstuhl  | Zuidwal       | Gent (BEL) 12-02-00       |
| kogel   | 18,97    | Corrie de Bruin  | Ciko '66      | Valencia (ESP) 28-02-98   |
| vijfkamp  | 4.801    | Karin Ruckstuhl  | Hellas        | Birmingham (GBR) 02-03-07 |

vacant zonder limiet: 4x400m en 4x800m nationaal team  
vacant met limiet: 3000m snelwandelen (14.18,00)

**meisjes junioren**

|  |          |                     |               |                  |          |
|--|----------|---------------------|---------------|------------------|----------|
| 50m  | 6,48     | Jacqueline Poelman  | Argo '77      | Eelde            | 04-01-92 |
| 60m  | 7,37     | Jamile Samuel       | Phanos        | Apeldoorn        | 27-02-10 |
|  | 7,37     | Dafne Schippers     | Hellas        | Apeldoorn        | 27-02-10 |
| 200m   | 24,12    | Michelle Martinot   | AVR           | Gent (BEL)       | 14-02-88 |
| 400m   | 53,82    | Ester Goossens      | Clytoneus     | Den Haag         | 16-02-91 |
| 800m   | 2.04,64  | Yvonne van der Kolk | AVR           | Gent (BEL)       | 17-02-88 |
| 1500m  | 4.20,5=  | Yvonne van der Kolk | AVR           | Dortmund (GER)   | 07-02-88 |
| 3000m  | 9.44,24  | Daphne Panhuijsen   | Kimbria       | Den Haag         | 25-02-96 |
| 50m horden   | 7,21     | Petra Huybrechtse   | DEM           | Zwolle           | 14-01-89 |
| 60m horden   | 8,41     | Petra Huybrechtse   | Holland       | Den Haag         | 16-02-91 |
| 3000m snelw  | 16.52,19 | Brigitte Genders    | Unitas        | Den Haag         | 24-02-96 |
| 4 x 200m   | 1.38,42  | Nationaal team      | Nederland     | Düsseldorf (GER) | 08-03-08 |
| <i>Loreanne Kuhurima * Dafne Schippers * Madiea Ghafoor * Jamile Samuel</i>    |          |                     |               |                  |          |
|  | 1.41,38  | DEM                 | Beverwijk     | Den Haag         | 12-02-95 |
| <i>Maaïke Olsthoorn * Ottelien Olsthoorn * Marja Verheul * Janneke Hulshof</i> |          |                     |               |                  |          |
| hoog   | 1,88     | Ella Wijnants       | Sparta        | Rotterdam        | 13-02-83 |
| polshoog   | 4,00     | Denise Groot        | Unitas        | Gent (BEL)       | 15-03-08 |
| ver  | 6,19     | Mieke van der Kolk  | DEM           | Zuidlaren        | 09-02-86 |
| hss  | 12,16    | Brenda Baar         | GAC-Hilversum | Gent (BEL)       | 18-03-06 |
| kogel  | 18,06    | Corrie de Bruin     | Rotterdam     | Den Haag         | 12-02-95 |
| vijfkamp   | 4.198    | Saskia Meijer       | AV '34        | Zwolle           | 26-01-97 |

vacant zonder limiet: 4x400m nationaal team en clubteam  
vacant met limiet: 1000m (2.52,00), 1EM (5.00,00), 5000m (19.00,00)

**vrouwen V35**

|  |          |                    |             |                |          |
|--|----------|--------------------|-------------|----------------|----------|
| 50m  | 6,91     | Tilly Verhoef      | Sparta      | Den Haag       | 10-12-95 |
| 60m  | 7,75     | Angelique Hogeveen | Phanos      | Linz (AUT)     | 18-03-06 |
| 200m   | 25,46    | Angelique Hogeveen | Phanos      | Linz (AUT)     | 16-03-06 |
| 400m   | 58,01    | Tilly Verhoef      | Sparta      | Den Haag       | 11-02-96 |
| 800m   | 2.19,30  | Mascha Kunst       | KAV Holland | Dortmund (GER) | 06-03-05 |
| 1000m  | 3.05,06  | Mascha Kunst       | KAV Holland | Gent (BEL)     | 12-02-05 |
| 1500m  | 4.25,29  | Elly van Hulst     | Mita TC     | Den Haag       | 24-02-96 |
| 1 EM (1609m)   | 5.15,41  | Hetty Everhardus   | Noordkop    | Den Haag       | 30-01-94 |
| 3000m  | 9.13,84  | Elly van Hulst     | Mita TC     | Erfurt (GER)   | 15-02-95 |
| 50m horden   | 8,84     | Rian Peeters       | Atledo      | Dordrecht      | 31-01-04 |
| 60m horden   | 9,49     | Agnes Elling       | Phanos      | Gent (BEL)     | 26-02-05 |
| 4 x 200m   | 1.52,47  | Nationaal team     | Nederland   | Zwolle         | 21-01-95 |
| <i>Sonja Kuipers * Diny van de Ven * Janny Kuper * Tilly Verhoef</i> |          |                    |             |                |          |
| 4 x 800m   | 12.32,87 | PAC                | Rotterdam   | Den Haag       | 24-03-96 |

|      |           |            |    |                        |                  |          |
|------|-----------|------------|----|------------------------|------------------|----------|
| 2,31 | Kyra      | Brakkee    | MC | 05-03-95 Haag Atletiek | Dordrecht        | 09-01-10 |
| 2,30 | Sanne     | Veenboer   |    | 26-03-94 Lycurgus      | Utrecht          | 13-12-09 |
| 2,30 | Dominique | Esselaar   | MC | 16-08-96 Unitas        | Düsseldorf (GER) | 13-03-10 |
| 2,30 | Pricilla  | Huisman    | MC | 21-08-96 Passaat       | Dordrecht        | 30-10-10 |
| 2,30 | Merel     | Glorie     | MC | 15-01-95 Lycurgus      | Dordrecht        | 30-10-10 |
| 2,30 | Alies van | Berkum     | MD | 26-01-98 Hercules      | Dordrecht        | 30-10-10 |
| 2,20 | Diede     | Streng     |    | 23-04-94 PAC           | Dordrecht        | 21-11-09 |
|      |           | (20)       |    |                        |                  |          |
| 2,20 | Lotje     | Baanvinger | MD | 28-05-98 Hercules      | Dordrecht        | 30-10-10 |
| 2,13 | Fleur     | Tysma      | MC | 11-08-95 PAC           | Sittard          | 24-01-10 |

**verspringen meisjes-B**

|      |                 |           |    |                             |                  |          |
|------|-----------------|-----------|----|-----------------------------|------------------|----------|
| 5,79 | Anouk           | Vetter    |    | 04-02-93 AAC                | Apeldoorn        | 21-02-10 |
| 5,68 | Gabriëlla       | Dwomoh    |    | 12-01-94 Ilion              | Utrecht          | 13-12-09 |
| 5,66 | Miranda de      | Regt      |    | 29-09-93 De Spartaan        | Apeldoorn        | 28-02-10 |
| 5,41 | Ellis           | Gielen    |    | 15-03-93 Unitas             | Dortmund (GER)   | 03-01-10 |
| 5,41 | Melanie         | Wassenaar |    | 16-02-93 DEM                | Utrecht          | 30-01-10 |
| 5,39 | Maureen         | Rots      |    | 25-02-93 PEC 1910           | Apeldoorn        | 30-01-10 |
| 5,36 | Lentine         | Klaassen  | MC | 18-04-95 AV Castricum       | Groningen        | 17-01-10 |
| 5,36 | Wolf            | Wolff     | MC | 17-04-95 PEC 1910           | Apeldoorn        | 28-02-10 |
| 5,34 | Nadine          | Visser    | MC | 09-02-95 SAV                | Groningen        | 17-01-10 |
| 5,28 | Suzan           | Stevens   |    | 04-02-94 AV Venray Regio    | Düsseldorf (GER) | 13-03-10 |
|      |                 | (10)      |    |                             |                  |          |
| 5,26 | Jolanda         | Nobels    |    | 09-02-93 Energie            | Dordrecht        | 09-01-10 |
| 5,26 | Kim             | Korving   |    | 17-06-94 Ilion              | Utrecht          | 21-03-10 |
| 5,25 | Nora            | Ritzen    |    | 03-07-93 Groningen Atletiek | Groningen        | 17-01-10 |
| 5,23 | Winne           | Vos       |    | 03-01-93 Davenportia        | Apeldoorn        | 28-02-10 |
| 5,20 | Frances van der | Eijk      | MC | 19-02-95 Phanos             | Amsterdam        | 14-11-09 |
| 5,20 | Sophie          | Klumper   | MC | 04-04-95 Phanos             | Groningen        | 17-01-10 |
| 5,12 | Yvette van der  | Worp      |    | 22-09-93 PEC 1910           | Apeldoorn        | 30-01-10 |
| 5,11 | Genevieve       | Emanuel   |    | 05-07-94 AV Almere '81      | Apeldoorn        | 28-02-10 |
| 5,11 | Lianne van      | Krieken   | MD | 15-01-97 Typhoon            | Dordrecht        | 06-03-10 |
| 5,09 | Lieke van den   | Brink     | MC | 12-07-95 Athlos             | Zoetermeer       | 28-11-09 |
|      |                 | (20)      |    |                             |                  |          |
| 5,08 | Rachel          | Geurts    |    | 27-08-94 AV '34             | Dortmund (GER)   | 10-01-10 |
| 5,07 | Romy            | Smith     | MD | 25-01-97 Leiden Atletiek    | Utrecht          | 12-12-09 |
| 5,07 | Vera van den    | Haak      | MC | 13-01-95 Sparta             | Apeldoorn        | 21-02-10 |
| 5,04 | Cheryl          | Blangé    | MC | 23-08-95 Spirit-OB          | Dordrecht        | 09-01-10 |
| 5,02 | Leonie van      | Vliet     |    | 13-06-93 AAV '36            | Dortmund (GER)   | 24-01-10 |

**hink-stap-sprong meisjes-B**

|       |             |             |    |                   |           |          |
|-------|-------------|-------------|----|-------------------|-----------|----------|
| 10,99 | Bonne de    | Boer        |    | 02-02-93 Phanos   | Apeldoorn | 28-02-10 |
| 10,72 | Sjoera      | Tijn A-Lim  | MC | 07-12-95 Sparta   | Apeldoorn | 28-02-10 |
| 10,39 | Melanie     | Wassenaar   |    | 16-02-93 DEM      | Apeldoorn | 28-02-10 |
| 10,31 | Irina       | Gialamatzis |    | 25-03-94 DEM      | Apeldoorn | 28-02-10 |
| 10,18 | Manon       | Haakman     | MC | 02-03-95 Lycurgus | Apeldoorn | 28-02-10 |
| 9,96  | Suzan van   | Amerongen   |    | 10-03-93 Ciko '66 | Apeldoorn | 28-02-10 |
| 9,67  | Froukje van | Ligten      |    | 15-10-94 Ciko '66 | Apeldoorn | 28-02-10 |
| 9,54  | Sanna       | Finwick     |    | 04-03-94 Ciko '66 | Apeldoorn | 28-02-10 |

**kogelstoten 3 kg meisjes-B**

|       |            |           |    |                             |                |          |
|-------|------------|-----------|----|-----------------------------|----------------|----------|
| 15,35 | Eva        | Reinders  |    | 12-05-93 Groningen Atletiek | Groningen      | 17-01-10 |
| 14,71 | Denise van | Herp      |    | 02-05-93 Davenportia        | Groningen      | 17-01-10 |
| 14,56 | Roos de    | Klerk     |    | 24-06-94 Energie            | Utrecht        | 21-03-10 |
| 13,79 | Louise     | Taatgen   |    | 05-01-93 Groningen Atletiek | Apeldoorn      | 27-02-10 |
| 13,76 | Ellis      | Gielen    |    | 15-03-93 Unitas             | Apeldoorn      | 21-02-10 |
| 13,67 | Charlene   | Okken     |    | 03-01-94 HAC '63            | Apeldoorn      | 27-02-10 |
| 13,66 | Anouk      | Vetter    |    | 04-02-93 AAC                | Apeldoorn      | 21-02-10 |
| 13,26 | Shereen    | Heeswijk  |    | 24-09-94 Sparta             | Utrecht        | 21-03-10 |
| 13,22 | Nora       | Ritzen    |    | 03-07-93 Groningen Atletiek | Apeldoorn      | 21-02-10 |
| 12,77 | Dominique  | Gommers   | MC | 03-03-95 Spado              | Bergen op Zoom | 30-10-10 |
|       |            | (10)      |    |                             |                |          |
| 12,36 | Vivian     | Brandhoff |    | 27-06-93 SAV                | Apeldoorn      | 27-02-10 |
| 12,19 | Mandy van  | Egdom     |    | 10-08-93 Triathlon          | Dordrecht      | 09-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                                      |                     |    |                          |                  |          |
|--------------------------------------|---------------------|----|--------------------------|------------------|----------|
| 9,09                                 | Rochelle van Gulik  |    | 04-08-93 R' dam Atletiek | Apeldoorn        | 28-02-10 |
| 9,15                                 | Winne Vos           |    | 03-01-93 Daventria       | Apeldoorn        | 28-02-10 |
| 9,18                                 | Mariska Bun         |    | 19-04-94 RK HAV          | Apeldoorn        | 30-01-10 |
| 9,19                                 | Roos-Sanne Claassen |    | 23-10-94 AV NOP          | Apeldoorn        | 30-01-10 |
| 9,27                                 | Inge de Wolf        | MC | 17-04-95 PEC 1910        | Apeldoorn        | 28-02-10 |
| 9,30                                 | Miquella Lobo       |    | 23-08-94 Iliion          | Utrecht          | 22-01-10 |
| 9,36                                 | Ellis Gielen        |    | 15-03-93 Unitas          | Düsseldorf (GER) | 13-03-10 |
| 9,38                                 | Elizabeth Zwerver   |    | 04-04-94 AAC             | Apeldoorn        | 30-01-10 |
| 9,38                                 | Eefje Boons         |    | 18-07-94 Daventria       | Apeldoorn        | 30-01-10 |
| 9,40                                 | Rachel Geurts       |    | 27-08-94 AV '34          | Apeldoorn        | 28-02-10 |
| 9,40                                 | Kim Korving         |    | 17-06-94 Iliion          | Utrecht          | 14-03-10 |
| 9,42                                 | Kim Boon            |    | 26-09-94 Hellas          | Utrecht          | 13-12-09 |
| 9,43                                 | Vera van den Haak   | MC | 13-01-95 Sparta          | Apeldoorn        | 21-02-10 |
| 9,49                                 | Karin van Groningen |    | 27-01-93 AV NOP          | Apeldoorn        | 30-01-10 |
| 9,52                                 | Anneloes de Roo     | MC | 07-09-95 Isala '96       | Apeldoorn        | 28-02-10 |
| 9,58                                 | Sam Bouwhuis        |    | 10-08-94 Prins Hendrik   | Apeldoorn        | 30-01-10 |
| <b>hoogspringen meisjes-B</b>        |                     |    |                          |                  |          |
| 1,75                                 | Tanita Hofmans      |    | 22-10-94 DAK             | Apeldoorn        | 27-02-10 |
| 1,74                                 | Maureen Rots        |    | 25-02-93 PEC 1910        | Gent (BEL)       | 07-02-10 |
| 1,70                                 | Suzan Stevens       |    | 04-02-94 AV Venray Regio | Düsseldorf (GER) | 13-03-10 |
| 1,68                                 | Chrissie Broersen   |    | 24-12-93 SAV             | Apeldoorn        | 27-02-10 |
| 1,66                                 | Nadine Visser       | MC | 09-02-95 SAV             | Apeldoorn        | 21-02-10 |
| 1,65                                 | Janneke Brintjes    | MC | 29-03-96 AV NOP          | Drachten         | 06-02-10 |
| 1,65                                 | Nynke Venhuizen     | MC | 15-08-95 Unitas          | Utrecht          | 21-02-10 |
| 1,64                                 | Imke Hanssen        |    | 02-04-94 Atl. Maastricht | Ostrava (CZE)    | 21-01-10 |
| 1,63                                 | Chante Samuel       | MC | 09-04-96 Phanos          | Dortmund (GER)   | 03-01-10 |
| 1,62                                 | Marijke Bax         |    | 23-05-93 Impala          | Groningen        | 17-01-10 |
| 1,60                                 | Vera van den Haak   | MC | 13-01-95 Sparta          | Utrecht          | 13-12-09 |
| 1,60                                 | Ellis Gielen        |    | 15-03-93 Unitas          | Dortmund (GER)   | 03-01-10 |
| 1,60                                 | Sophie Klumper      | MC | 04-04-95 Phanos          | Groningen        | 17-01-10 |
| 1,60                                 | Veerle Simons       | MC | 12-02-96 STB             | Groningen        | 17-01-10 |
| 1,60                                 | Anouk Vetter        |    | 04-02-93 AAC             | Apeldoorn        | 21-02-10 |
| 1,60                                 | Hilde van Zundert   |    | 26-08-93 Atledo          | Apeldoorn        | 27-02-10 |
| 1,60                                 | Mirthe Wiltink      |    | 10-05-93 KAV Holland     | Apeldoorn        | 27-02-10 |
| 1,60                                 | Winne Vos           |    | 03-01-93 Daventria       | Apeldoorn        | 27-02-10 |
| 1,60                                 | Manuela Mboto       | MC | 20-06-95 AV Gouda        | Zoetermeer       | 06-03-10 |
| 1,60                                 | Sabine Monden       |    | 13-06-93 DJA             | Sittard          | 07-03-10 |
| 1,60                                 | Renilde Zwartkruis  | MC | 04-02-96 Unitas          | Düsseldorf (GER) | 13-03-10 |
| 1,59                                 | Lieke Muller        |    | 03-11-94 AV Salland      | Apeldoorn        | 21-02-10 |
| 1,58                                 | Britt Duijn         |    | 18-06-93 SAV             | Groningen        | 17-01-10 |
| 1,58                                 | Michelle Bruins     |    | 30-04-94 Isala '96       | Groningen        | 17-01-10 |
| 1,58                                 | Mandy van der Eijk  |    | 10-03-94 Startbaan       | Dortmund (GER)   | 24-01-10 |
| <b>polstokhoogspringen meisjes-B</b> |                     |    |                          |                  |          |
| 3,22                                 | Rianne Pessel       |    | 04-10-93 AV Edam         | Groningen        | 17-01-10 |
| 3,20                                 | Rubina Brouns       | MC | 30-06-95 Unitas          | Apeldoorn        | 30-01-10 |
| 3,10                                 | Isabel Janssen      |    | 24-08-94 PAC             | Apeldoorn        | 30-01-10 |
| 2,90                                 | Margit Korporaal    |    | 22-12-93 AV '34          | Utrecht          | 13-12-09 |
| 2,80                                 | Anyu Koch           |    | 24-04-93 PAC             | Gent (BEL)       | 27-02-10 |
| 2,80                                 | Anne Kriebber       |    | 10-11-94 Sprint          | Apeldoorn        | 28-02-10 |
| 2,80                                 | Vonne van Burg      | MC | 03-02-95 Prins Hendrik   | Apeldoorn        | 28-02-10 |
| 2,80                                 | Fenna van Burg      | MC | 03-02-95 Prins Hendrik   | Apeldoorn        | 28-02-10 |
| 2,63                                 | Sandra Jacobs       | MC | 31-10-95 Unitas          | Sittard          | 24-01-10 |
| 2,50                                 | Mariska Wust        |    | 16-10-94 Hercules        | Dordrecht        | 30-10-10 |
| 2,40                                 | Sabine Groenestein  |    | 19-06-94 PAC             | Dordrecht        | 21-11-09 |
| 2,40                                 | Tessa Schoute       |    | 23-07-94 Lycurgus        | Utrecht          | 08-01-10 |
| 2,33                                 | Annemiek Silven     |    | 22-08-93 AV Edam         | Sittard          | 24-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|  |          |                         |                 |                        |          |
|--|----------|-------------------------|-----------------|------------------------|----------|
| <i>Jeanet Verbeek * Carla Blom * Jos Kroon * Sjaan van der Hoek</i>                                    |          |                         |                 |                        |          |
| hoog   | 1,66     | Patsy Kolhorn           | Achilles-EL     | Gent (BEL)             | 16-02-02 |
| polshoog   | 3,80     | Sandra van der Geer     | Iliion          | Zoetermeer             | 15-12-07 |
|  | 3,80     | Sandra van der Geer     | Iliion          | Clermont-Ferrand (FRA) | 22-03-08 |
| ver  | 5,43     | Angelique Hogeveen      | Phanos          | Sittard                | 12-02-06 |
| hss  | 10,66    | Sandra van der Geer     | Iliion          | Clermont-Ferrand (FRA) | 21-03-08 |
| kogel  | 13,29    | Els Stolk               | ADA             | Den Haag               | 15-02-92 |
| gewichtwerpen  | 11,73    | Yvette Bot              | SAV             | Kamloops (CAN)         | 05-03-10 |
| vijfkamp   | 3.177    | Agnes Elling            | Phanos          | Gent (BEL)             | 26-02-05 |
| <i>9.49 * 1.49 * 8.07 * 4.79 * 2.29.06</i>   |          |                         |                 |                        |          |
| <i>vacant zonder limiet: 4x200m clubteam, 4x400m clubteam en nationaal team, 4x800m nationaal team</i> |          |                         |                 |                        |          |
| <i>vacant met limiet: 5000m (19.00,00), 3000m snelwandelen (17.40,00)</i>                              |          |                         |                 |                        |          |
| <b>vrouwen V40</b>   |          |                         |                 |                        |          |
| 50m  | 6,77     | Tilly Verhoef           | Sparta          | Den Haag               | 25-01-98 |
| 60m  | 7,92     | Tilly Verhoef           | Sparta          | Zwolle                 | 26-01-97 |
| 200m   | 25,58    | Tilly Verhoef           | Sparta          | Den Haag               | 25-01-98 |
| 400m   | 56,82    | Tilly Verhoef           | Sparta          | Den Haag               | 02-02-97 |
| 800m   | 2.23,85  | Florence van Rijsbergen | THOR            | Gent (BEL)             | 19-02-05 |
| 1000m  | 3.11,55  | Sija Pepping            | Noordkop        | Den Haag               | 13-12-92 |
| 1500m  | 4.51,32  | Florence van Rijsbergen | THOR            | Eskilstuna (SWE)       | 13-03-05 |
| 3000m  | 10.08,97 | Florence van Rijsbergen | THOR            | Sindelfingen (GER)     | 11-03-04 |
| 50m horden   | 8,46     | Tinka Smith             | Leiden Atletiek | Utrecht                | 12-12-09 |
| 60m horden   | 9,56     | Tinka Smith             | Leiden Atletiek | Ancona (ITA)           | 27-03-09 |
| 3000m snelw  | 17.20,90 | Marleen Radder          | RWV             | Den Haag               | 14-01-95 |
| 4 x 200m   | 1.53,02  | Nationaal team          | Nederland       | Malmö (SWE)            | 07-03-99 |
| <i>Anja Akkerman * Evie Roelands * Diny Klomp * Sonja Oost</i>   |          |                         |                 |                        |          |
| hoog   | 1,60     | Patsy Kolhorn           | Achilles-EL     | Gent (BEL)             | 15-02-03 |
|  |          | Patsy Kolhorn           | Achilles-EL     | San Sebastian (ESP)    | 07-03-03 |
| polshoog   | 3,60     | Larissa Lowe            | AAC             | Sindelfingen (GER)     | 12-03-04 |
| ver  | 5,50     | Angelique Hogeveen      | Phanos          | Sittard                | 10-02-08 |
| hss  | 10,74    | Evie Roelands           | DJA             | Malmö (SWE)            | 07-03-99 |
| kogel  | 13,98    | Els Stolk               | AAC             | Den Haag               | 14-02-98 |
| gewichtwerpen  | 13,89    | Ingrid van Dijk         | GAC-Hilversum   | Helsinki (FIN)         | 23-03-07 |
| vijfkamp   | 3.503    | Tinka Smith             | Leiden Atletiek | Ancona (ITA)           | 27-03-09 |
| <i>9.56 * 1.39 * 10.22 * 5.25 * 2.56.72</i>  |          |                         |                 |                        |          |
| <i>vacant zonder limiet: 4x200m clubteam, 4x400m en 4x800m clubteam en nationaal team</i>              |          |                         |                 |                        |          |
| <i>vacant met limiet: 1EM (5.44,00), 5000m (20.00,00), 3000m snelwandelen (17.40,00)</i>               |          |                         |                 |                        |          |
| <b>vrouwen V45</b>   |          |                         |                 |                        |          |
| 50m  | 7,03     | Tilly Jacobs            | Sparta          | Dordrecht              | 26-01-02 |
| 60m  | 8,14     | Tilly Jacobs            | Sparta          | Gent (BEL)             | 16-02-02 |
| 200m   | 26,71    | Tilly Jacobs            | Sparta          | Gent (BEL)             | 16-02-02 |
| 400m   | 1.03,28  | Sonja Oost              | De Sperwers     | Sindelfingen (GER)     | 14-03-04 |
| 800m   | 2.26,30  | Irene Wentzel           | ADA             | Den Haag               | 03-02-91 |
| 1500m  | 5.06,13  | Marja Mulder            | Sportlust       | Linz (AUT)             | 20-03-06 |
| 3000m  | 12.33,31 | Dula Brandsma           | Noordkop        | Zuidbroek              | 22-01-00 |
| 60m horden   | 10,33    | Hanny Barnhoorn         | Trias           | Sittard                | 12-02-06 |
| 3000m snelw  | 17.15,49 | Marleen Radder          | RWV             | Düsseldorf (GER)       | 03-02-01 |
| 4 x 200m   | 1.57,36  | nationaal team          | Nederland       | Helsinki (FIN)         | 25-03-07 |
| <i>Tilly Jacobs * Joke Torbijn * Marja Mulder * Hermien Roggeband</i>                                  |          |                         |                 |                        |          |
| hoog   | 1,55     | Weia Reinboud           | Hellas          | Den Haag               | 30-01-99 |
| polshoog   | 3,40     | Brigitte van de Kamp    | GAC-Hilversum   | Sittard                | 07-01-07 |
| ver  | 4,82     | Anja Akkerman           | DEM             | Bordeaux (FRA)         | 10-03-01 |
| hss  | 10,72    | Janine Kortbeek         | Prins Hendrik   | Dordrecht              | 25-01-03 |
| kogel  | 12,64    | Tine Schenkels          | SC Reeuwijk     | Sindelfingen (GER)     | 14-03-04 |
| gewichtwerpen  | 13,51    | Ingrid van Dijk         | GAC-Hilversum   | Kamloops (CAN)         | 05-03-10 |
| <i>vacant zonder limiet: 4x200m clubteam, 4x400m en 4x800m clubteam en nationaal team, vijfkamp</i>    |          |                         |                 |                        |          |
| <i>vacant met limiet: 1000m (3.29,00), 1EM (5.54,00), 5000m (21.00,00), 50m horden (12,00)</i>         |          |                         |                 |                        |          |

| <b>vrouwen V50</b> |          |  |               |                                 |
|--------------------|----------|--|---------------|---------------------------------|
| 50m                | 7,25     | Tilly Jacobs   | PEC 1910      | Dordrecht 09-01-10              |
| 60m                | 8,43     | Tilly Jacobs   | PEC 1910      | Clermont-Ferrand (FRA) 18-03-08 |
| 200m               | 27,95    | Sonja Oost   | De Sperwers   | Clermont-Ferrand (FRA) 19-03-08 |
| 400m               | 1.04,49  | Tilly Jacobs   | PEC1910       | Helsinki (FIN) 23-03-07         |
| 800m               | 2.28,30  | Marja Mulder   | Sportlust     | Clermont-Ferrand (FRA) 18-03-08 |
| 1500m              | 5.12,44  | Marja Mulder   | Sportlust     | Clermont-Ferrand (FRA) 22-03-08 |
| 3000m              | 11.01,25 | Ineke Stofmeel   | THOR          | Linz (AUT) 15-03-06             |
| 50m horden         | 9,14     | Anja Akkerman  | DEM           | Utrecht 18-12-05                |
| 60m horden         | 10,52    | Anja Akkerman  | DEM           | Linz (AUT) 19-03-06             |
| 3000m snelw        | 17.07,8= | Marleen Radder   | RWV           | Zaandam 27-02-05                |
| 4 x 200m           | 1.59,16  | Nationaal team   | Nederland     | Clermont-Ferrand (FRA) 22-03-08 |
|                    |          | <i>Tilly Jacobs * Marja Mulder * Riet Jonkers * Sonja Oost</i> |               |                                 |
| hoog               | 1,55     | Weia Reinboud  | Hellas        | Zuibroek 21-01-01               |
| ver                | 4,97     | Tilly Jacobs   | PEC 1910      | Clermont-Ferrand (FRA) 20-03-08 |
| hss                | 10,53    | Janine Kortbeek  | Prins Hendrik | Sittard 10-02-08                |
| kogel              | 14,06    | Tine Schenkels   | SC Reeuwijk   | Linz (AUT) 19-03-06             |
| vijfkamp           | 3.734    | Anja Akkerman  | DEM           | Linz (AUT) 17-03-06             |

10.53 \* 1.33 \* 9.33 \* 4.70 \* 3.12.22  
 vacant zonder limiet: 4x200m clubteam, 4x400m en 4x800m clubteam en nationaal team  
 vacant met limiet: 1000m (3.42,00), 1EM (6.15,00), 5000m (22.30,00), polshoog (1,60)

| <b>vrouwen V55</b> |          |                  |               |                           |
|--------------------|----------|------------------|---------------|---------------------------|
| 50m                | 7,99     | Riet Jonkers     | Energie       | Den Haag 24-01-99         |
| 60m                | 9,16     | Riet Jonkers     | Energie       | Malmö (SWE) 05-03-99      |
| 200m               | 30,69    | Riet Jonkers     | Energie       | Den Haag 24-01-99         |
| 400m               | 1.08,44  | Riet Jonkers     | Energie       | Malmö (SWE) 07-03-99      |
| 800m               | 2.36,75  | Riet Jonkers     | Energie       | Den Haag 13-03-99         |
| 1500m              | 5.20,29  | Gerda van Kooten | Sprint        | Den Haag 17-03-96         |
| 3000m              | 11.42,90 | Gerda van Kooten | Sprint        | Birmingham (GBR) 28-02-97 |
| 50m horden         | 10,06    | Riet Jonkers     | Attila        | Dordrecht 25-01-03        |
| 60m horden         | 10,80    | Lena Jansen      | Energie       | Helsinki (FIN) 25-03-07   |
| 3000m snelw        | 17.29,8= | Marleen Radder   | RWV           | Zaandam 26-02-06          |
| hoog               | 1,48     | Weia Reinboud    | Hellas        | Ancona (ITA) 29-03-09     |
| polshoog           | 1,90     | Weia Reinboud    | Hellas        | Sittard 10-02-08          |
| ver                | 4,46     | Janine Kortbeek  | Prins Hendrik | Apeldoorn 14-02-00        |
| hss                | 10,36    | Janine Kortbeek  | Prins Hendrik | Apeldoorn 14-02-00        |
| kogel              | 9,35     | Corrie Vinke     | Atos          | Steenwijk 01-03-97        |

vacant zonder limiet: 4x200m en 4x400m en 4x800m clubteam en nationaal team, vijfkamp  
 vacant met limiet: 1000m (3.56,00), 1EM (6.48,00), 5000m (24.00,00)

| <b>vrouwen V60</b> |          |                   |                 |                             |
|--------------------|----------|-------------------|-----------------|-----------------------------|
| 50m                | 8,06     | Riet Jonkers      | Attila          | Dordrecht 29-01-05          |
| 60m                | 9,44     | Rietje Dijkman    | AV '23          | Zuidbroek 23-01-00          |
| 200m               | 31,70    | Riet Jonkers      | Attila          | Gent (BEL) 19-02-05         |
| 400m               | 1.10,15  | Riet Jonkers      | Attila          | Gent (BEL) 05-03-05         |
| 800m               | 2.45,18  | Gerda van Kooten  | Sprint          | Bordeaux (FRA) 11-03-01     |
| 1000m              | 3.44,72  | Riet Jonkers      | Attila          | Gent (BEL) 17-12-06         |
| 1500m              | 5.41,91  | Gerda van Kooten  | Sprint          | Bordeaux (FRA) 11-03-01     |
| 1 EM (1609m)       | 6.36,50  | Riet Jonkers      | Attila          | Gent (BEL) 23-01-05         |
| 3000m              | 12.01,59 | Gerda van Kooten  | Sprint          | Bordeaux (FRA) 08-03-01     |
| 50m H 68,6 cm      | 9,30     | Rietje Dijkman    | AV '23          | Dordrecht 26-01-02          |
| 60m H 68,6 cm      | 10,99    | Rietje Dijkman    | AV '23          | Sindelfingen (GER) 13-03-04 |
| 3000m snelw        | 20.08,1= | Riet Jonkers      | Attila          | Zaandam 22-02-04            |
| hoog               | 1,40     | Weia Reinboud     | Hellas          | Gent (BEL) 13-03-10         |
| ver                | 4,25     | Rietje Dijkman    | AV '23          | Zuidbroek 23-01-00          |
| hss                | 8,54     | Rietje Dijkman    | AV '23          | Sindelfingen (GER) 12-03-04 |
| kogel              | 8,93     | Laura Blommestijn | R' dam Atletiek | Enschede 31-10-04           |
| vijfkamp           | 3.792    | Rietje Dijkman    | AV '23          | Bordeaux (FRA) 08-03-01     |

11.02 \* 1.27 \* 7.09 \* 3.99 \* 3.57.54

|                            |            |            |          |                   |                    |                  |          |
|----------------------------|------------|------------|----------|-------------------|--------------------|------------------|----------|
| 61,88                      | Tinka      | Offereins  | 05-10-93 | Startbaan         | Dortmund (GER)     | 24-01-10         |          |
| 61,93                      | Britt      | Duijn      | 18-06-93 | SAV               | Apeldoorn          | 27-02-10         |          |
| <b>800 meter meisjes-B</b> |            |            |          |                   |                    |                  |          |
| 2.16,13                    | Fieke      | Wolters    | 07-06-93 | Nijmegen Atletiek | Dortmund (GER)     | 10-01-10         |          |
| 2.17,96                    | Anouk      | Trooster   | 05-06-93 | AAC '61           | Apeldoorn          | 28-02-10         |          |
| 2.19,06                    | Rens       | Nijman     | 19-11-93 | Nijmegen Atletiek | Apeldoorn          | 28-02-10         |          |
| 2.19,21                    | Tinka      | Offereins  | 05-10-93 | Startbaan         | Apeldoorn          | 28-02-10         |          |
| 2.19,21                    | Anniek de  | Jong       | 02-08-93 | AV Heerenveen     | Apeldoorn          | 28-02-10         |          |
| 2.19,77                    | Sanne      | Reichgelt  | MD       | 07-01-97          | Nijmegen Atletiek  | Dortmund (GER)   | 03-01-10 |
| 2.24,67                    | Judith     | Rasch      | MC       | 28-03-96          | Pijnenburg         | Apeldoorn        | 27-02-10 |
| 2.24,94                    | Suzanne    | Timmermans |          | 29-03-93          | Unitas             | Düsseldorf (GER) | 13-03-10 |
| 2.25,10                    | Ellis      | Gielen     |          | 15-03-93          | Unitas             | Apeldoorn        | 21-02-10 |
| 2.25,60                    | Kim        | Hittinger  | MC       | 01-05-95          | AKU                | Apeldoorn        | 30-01-10 |
|                            |            |            |          | (10)              |                    |                  |          |
| 2.26,14                    | Jolien de  | Waard      |          | 28-03-94          | Groningen Atletiek | Apeldoorn        | 27-02-10 |
| 2.26,20                    | Marije     | Doddema    | MC       | 29-11-95          | AV Zaanland        | Apeldoorn        | 27-02-10 |
| 2.27,46                    | Miranda de | Regt       |          | 29-09-93          | De Spartaan        | Apeldoorn        | 21-02-10 |

| <b>1500 meter meisjes-B</b> |                |           |          |              |               |           |          |
|-----------------------------|----------------|-----------|----------|--------------|---------------|-----------|----------|
| 4.43,27                     | Marlin van     | Hal       | 05-09-93 | De Keien     | Apeldoorn     | 28-02-10  |          |
| 4.46,74                     | Julia van      | Velthoven | 12-03-94 | Attila       | Apeldoorn     | 28-02-10  |          |
| 4.47,08                     | Laura          | Wientjens | 17-08-94 | THOR         | Apeldoorn     | 28-02-10  |          |
| 4.49,29                     | Irene van      | Lieshout  | 01-09-93 | De Keien     | Apeldoorn     | 31-01-10  |          |
| 4.49,53                     | Saskia         | Weinans   | 12-02-94 | Atletico '73 | Apeldoorn     | 28-02-10  |          |
| 4.55,98                     | Lysanne        | Wilkens   | 17-09-94 | AV Oss '78   | Apeldoorn     | 28-02-10  |          |
| 4.56,71                     | Sophie van der | Most      | MC       | 02-08-95     | De Liemers    | Apeldoorn | 30-01-10 |
| 4.58,03                     | Minke van der  | Meer      | MC       | 03-06-95     | AV Heerenveen | Apeldoorn | 28-02-10 |
| 5.09,75                     | Femke van der  | Pal       | MC       | 17-08-95     | AV Zaanland   | Apeldoorn | 30-01-10 |
| 5.11,74                     | Savanna        | Warmink   |          | 25-12-93     | AC Ommen      | Apeldoorn | 28-02-10 |
|                             |                |           |          | (10)         |               |           |          |
| 5.15,43                     | Anouk          | Everts    | 12-10-93 | AAC '61      | Apeldoorn     | 28-02-10  |          |

| <b>3000 meter meisjes-B</b> |                |              |          |               |             |           |          |
|-----------------------------|----------------|--------------|----------|---------------|-------------|-----------|----------|
| 10.15,97                    | Irene van      | Lieshout     | 01-09-93 | De Keien      | Apeldoorn   | 28-02-10  |          |
| 10.21,42                    | Jip            | Vastenburger | 21-03-94 | GAC-Hilversum | Apeldoorn   | 28-02-10  |          |
| 10.46,79                    | Anne           | Luijten      | 04-04-94 | AV '40        | Apeldoorn   | 28-02-10  |          |
| 10.52,90                    | Laura          | Rijvers      | MC       | 05-08-95      | Attila      | Apeldoorn | 28-02-10 |
| 11.24,73                    | Marit          | Plat         |          | 05-02-94      | AV Aalsmeer | Apeldoorn | 28-02-10 |
| 11.35,57                    | Judi           | Becx         |          | 16-10-94      | Attila      | Apeldoorn | 28-02-10 |
| 11.36,33                    | Sophie van der | Most         | MC       | 02-08-95      | De Liemers  | Apeldoorn | 28-02-10 |
| 11.37,27                    | Nienke de      | Jong         | MC       | 03-01-96      | Olympus '70 | Apeldoorn | 28-02-10 |
| 11.38,54                    | Karlijn van    | Es           | MC       | 02-08-95      | Energie     | Apeldoorn | 28-02-10 |
| 11.40,77                    | Femke van der  | Pal          | MC       | 17-08-95      | AV Zaanland | Apeldoorn | 28-02-10 |
|                             |                |              |          | (10)          |             |           |          |
| 11.45,82                    | Anouk          | Everts       | 12-10-93 | AAC '61       | Groningen   | 17-01-10  |          |

| <b>50 meter horden 76,2 cm meisjes-B</b> |                |           |          |             |         |          |
|--|----------------|-----------|----------|-------------|---------|----------|
| 7,96                                     | Roos-Sanne     | Claassen  | 23-10-94 | AV NOP      | Utrecht | 13-12-09 |
| 8,28                                     | Bonne de       | Boer      | 02-02-93 | Phanos      | Utrecht | 13-12-09 |
| 8,36                                     | Sigrid van der | Velden    | 30-05-94 | Flevo Delta | Utrecht | 13-12-09 |
| 8,67                                     | Willemijn van  | Laar      | 26-04-93 | Cialfo      | Utrecht | 13-12-09 |
| 8,84                                     | Lisa           | Rodenburg | 07-04-94 | Altis       | Utrecht | 13-12-09 |
| 8,92                                     | Joy            | Berg      | 05-10-94 | Fortuna     | Utrecht | 13-12-09 |

| <b>60 meter horden 76,2 cm meisjes-B</b> |            |            |          |                    |             |           |          |
|--|------------|------------|----------|--------------------|-------------|-----------|----------|
| 8,73                                     | Marloes    | Duijn      | 18-06-93 | SAV                | Apeldoorn   | 28-02-10  |          |
| 8,80                                     | Naomi      | Klomp      | 16-11-93 | Energie            | Apeldoorn   | 28-02-10  |          |
| 8,86                                     | Anouk      | Vetter     | 04-02-93 | AAC                | Apeldoorn   | 30-01-10  |          |
| 8,87                                     | Nora       | Ritzen     | 03-07-93 | Groningen Atletiek | Apeldoorn   | 30-01-10  |          |
| 8,88                                     | Suzanne    | Williams   | 07-10-93 | Groningen Atletiek | Apeldoorn   | 28-02-10  |          |
| 8,90                                     | Nadine     | Visser     | MC       | 09-02-95           | SAV         | Apeldoorn | 28-02-10 |
| 8,94                                     | Maureen    | Rots       |          | 25-02-93           | PEC 1910    | Apeldoorn | 30-01-10 |
| 8,95                                     | Miranda de | Regt       |          | 29-09-93           | De Spartaan | Apeldoorn | 28-02-10 |
| 8,97                                     | Marije van | Hunenstijn | MC       | 02-03-95           | AV '34      | Apeldoorn | 28-02-10 |

**Meisjes-B**

**50 meter meisjes-B**

|      |       |        |                |            |          |
|------|-------|--------|----------------|------------|----------|
| 6,91 | Naomi | Sedney | 17-12-94 Ilion | Zoetermeer | 19-12-09 |
|------|-------|--------|----------------|------------|----------|

**60 meter meisjes-B**

|      |              |          |                                 |                  |          |
|------|--------------|----------|---------------------------------|------------------|----------|
| 7,82 | Marloes      | Duijn    | 18-06-93 SAV                    | Apeldoorn        | 27-02-10 |
| 7,87 | Naomi        | Klomp    | 16-11-93 Energie                | Apeldoorn        | 27-02-10 |
| 7,88 | Sharon       | Hendriks | 10-01-93 AV '34                 | Apeldoorn        | 27-02-10 |
| 7,94 | Aisha        | Shokoya  | 24-06-93 Groningen Atl          | Groningen        | 17-01-10 |
| 7,96 | Naomi        | Sedney   | 17-12-94 Ilion                  | Dortmund (GER)   | 24-01-10 |
| 7,97 | Ruchama      | Juriën   | MC 28-07-95 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 7,98 | Rochelle van | Gulik    | 04-08-93 R' dam Atletiek        | Hoboken (BEL)    | 14-02-10 |
| 7,98 | Nadine       | Visser   | MC 09-02-95 SAV                 | Apeldoorn        | 27-02-10 |
| 7,99 | Sacha van    | Agt      | 10-08-94 GVAC                   | Apeldoorn        | 30-01-10 |
| 8,01 | Kim          | Korving  | 17-06-94 Ilion                  | Utrecht          | 14-03-10 |

|      |              |           |                             |                  |          |
|------|--------------|-----------|-----------------------------|------------------|----------|
| 8,02 | Miranda de   | Regt      | 29-09-93 De Spartaan        | Apeldoorn        | 30-01-10 |
| 8,03 | Tessa van    | Schagen   | 02-02-94 Leiden Atletiek    | Apeldoorn        | 27-02-10 |
| 8,04 | Natalia van  | Houts     | MC 26-06-95 LG Deurne       | Groningen        | 17-01-10 |
| 8,07 | Miquella     | Lobo      | 23-08-94 Ilion              | Utrecht          | 22-01-10 |
| 8,08 | Suzanne      | Williams  | 07-10-93 Groningen Atletiek | Apeldoorn        | 30-01-10 |
| 8,08 | Manon van    | Tongerlo  | 28-04-94 AV Wijchen         | Apeldoorn        | 27-02-10 |
| 8,08 | Sandra       | Kleuskens | MC 24-10-95 ATV Venray      | Düsseldorf (GER) | 13-03-10 |
| 8,09 | Vera van den | Haak      | MC 13-01-95 Sparta          | Utrecht          | 13-12-09 |
| 8,09 | Winne        | Vos       | 03-01-93 Davenportia        | Apeldoorn        | 27-02-10 |
| 8,11 | Eefje        | Boons     | 18-07-94 Davenportia        | Apeldoorn        | 27-02-10 |

|      |         |          |                             |           |          |
|------|---------|----------|-----------------------------|-----------|----------|
| 8,12 | Nora    | Ritzen   | 03-07-93 Groningen Atletiek | Apeldoorn | 30-01-10 |
| 8,12 | Aafje   | Seinstra | 13-03-94 AV Heerenveen      | Apeldoorn | 27-02-10 |
| 8,13 | Ellis   | Gielen   | 15-03-93 Unitas             | Sittard   | 10-01-10 |
| 8,13 | Mariska | Bun      | 19-04-94 RK HAV             | Apeldoorn | 30-01-10 |

**200 meter meisjes-B**

|       |             |          |                        |                |          |
|-------|-------------|----------|------------------------|----------------|----------|
| 25,88 | Sharon      | Hendriks | 10-01-93 AV '34        | Apeldoorn      | 06-02-10 |
| 26,57 | Rebecca     | Rijken   | 19-03-93 AV Zaanland   | Gent (BEL)     | 07-02-10 |
| 26,73 | Sam         | Bouwhuis | 10-08-94 Prins Hendrik | Apeldoorn      | 06-02-10 |
| 26,92 | Natalia van | Houts    | MC 26-06-95 LG Deurne  | Gent (BEL)     | 19-12-09 |
| 26,92 | Naomi       | Sedney   | 17-12-94 Ilion         | Dortmund (GER) | 24-01-10 |
| 27,08 | Elizabeth   | Zwerver  | 04-04-94 AAC           | Dortmund (GER) | 03-01-10 |

**300 meter meisjes-B**

|       |               |        |                 |                |          |
|-------|---------------|--------|-----------------|----------------|----------|
| 43,85 | Lotte van der | Westen | MC 24-11-95 HAC | Dortmund (GER) | 14-03-10 |
|-------|---------------|--------|-----------------|----------------|----------|

**400 meter meisjes-B**

|       |              |          |                                 |                |          |
|-------|--------------|----------|---------------------------------|----------------|----------|
| 56,98 | Vera van den | Haak     | MC 13-01-95 Sparta              | Apeldoorn      | 28-02-10 |
| 58,19 | Anna         | Voskamp  | 21-09-93 Hanzesport             | Apeldoorn      | 28-02-10 |
| 58,40 | Marije       | Wever    | 22-07-93 NEA-Volharding         | Apeldoorn      | 28-02-10 |
| 58,68 | Roos-Sanne   | Claassen | 23-10-94 AV NOP                 | Gent (BEL)     | 07-02-10 |
| 59,23 | Chelsea van  | Dijk     | MC 19-04-95 Atletiek Maastricht | Dortmund (GER) | 24-01-10 |
| 59,40 | Fieke        | Wolters  | 07-06-93 Nijmegen Atletiek      | Dortmund (GER) | 24-01-10 |
| 59,47 | Ellis        | Gielen   | 15-03-93 Unitas                 | Apeldoorn      | 28-02-10 |
| 59,76 | Inge de      | Wolf     | MC 17-04-95 PEC 1910            | Apeldoorn      | 27-02-10 |
| 59,92 | Suzanne      | Voorrips | 11-10-93 Startbaan              | Apeldoorn      | 27-02-10 |
| 60,55 | Sharon       | Hendriks | 10-01-93 AV '34                 | Groningen      | 17-01-10 |

|       |            |          |                            |           |          |
|-------|------------|----------|----------------------------|-----------|----------|
| 60,60 | Kim        | Boon     | 26-09-94 Hellas            | Apeldoorn | 27-02-10 |
| 60,85 | Sanne de   | Boer     | 20-11-94 Suomi             | Apeldoorn | 27-02-10 |
| 61,02 | Renske van | Os       | 31-03-94 Gen. Michaëlis    | Apeldoorn | 30-01-10 |
| 61,10 | Rebecca    | Rijken   | 19-03-93 AV Zaanland       | Groningen | 17-01-10 |
| 61,41 | Sam        | Bouwhuis | 10-08-94 Prins Hendrik     | Apeldoorn | 30-01-10 |
| 61,66 | Tessa      | Strijp   | 15-02-94 AV '23            | Apeldoorn | 30-01-10 |
| 61,71 | Rens       | Nijman   | 19-11-93 Nijmegen Atletiek | Groningen | 17-01-10 |

**vrouwen V65**

|              |          |                   |                 |                  |          |
|--------------|----------|-------------------|-----------------|------------------|----------|
| 50m          | 8,33     | Riet Jonkers      | Atledo          | Dordrecht        | 09-01-10 |
| 60m          | 9,68     | Rietje Dijkman    | AV '23          | Sittard          | 13-02-05 |
| 200m         | 32,68    | Rietje Dijkman    | AV '23          | Linz (AUT)       | 16-03-06 |
| 400m         | 1.13,89  | Riet Jonkers      | Attila          | Gent (BEL)       | 10-01-09 |
| 800m         | 2.52,24  | Riet Jonkers      | Attila          | Gent (BEL)       | 31-01-09 |
| 1000m        | 3.43,41  | Riet Jonkers      | Attila          | Gent (BEL)       | 15-03-09 |
| 1500m        | 6.18,01  | Riet Jonkers      | Atledo          | Düsseldorf (GER) | 10-01-10 |
| 1 EM (1609m) | 6.38,95  | Riet Jonkers      | Attila          | Gent (BEL)       | 26-12-08 |
| 50mH 68,6 cm | 10,12    | Riet Jonkers      | Attila          | Utrecht          | 07-12-08 |
| 60mH 68,6 cm | 10,92    | Rietje Dijkman    | AV '23          | Linz (AUT)       | 19-03-06 |
| 3000m snelw  | 19.49,59 | Riet Jonkers      | Atledo          | Kamloops (CAN)   | 03-03-10 |
| hoog         | 1,30     | Rietje Dijkman    | AV '23          | Sittard          | 13-02-05 |
| ver          | 3,96     | Riet Jonkers      | Attila          | Ancona (ITA)     | 27-03-09 |
| hss          | 8,68     | Rietje Dijkman    | AV '23          | Eskestuna (SWE)  | 13-03-05 |
| kogel        | 8,68     | Laura Blommestijn | R' dam Atletiek | Apeldoorn        | 14-02-10 |
| vijfkamp     | 4.899    | Riet Jonkers      | Attila          | Ancona (ITA)     | 27-03-09 |

12,27 \* 1,18 \* 8,62 \* 3,96 \* 2,54,72

vacant zonder limiet: 4x200m en 4x400m en 4x800m clubteam en nationaal team  
vacant met limiet: 3000m (18.56,00), 5000m (29.00,00), polshoog (1,40)

**vrouwen V70**

vacant zonder limiet: 4x200m en 4x400m en 4x800m clubteam en nationaal team, vijfkamp  
vacant met limiet: 50m (13,80), 60m (14,80), 200m (48,90), 400m (1,43,80), 800m (3,54,00), 1000m (4,44,00), 1500m (7,50,00), 1EM (8,20,00), 2000m (10,30,00), 3000m (20,54,00), 5000m (33,00,00), 50m horden (16,20), 60m horden (17,20), 3000m snelwandelen (27,10,00), hss (5,30), hoog (0,93), polshoog (1,40), ver (2,20), kogel (4,75)

**Beste Prestaties**

(voor deze categorieën bestaan geen Nederlandse records)

**Mannen (Senioren)**

|       |         |                  |        |                  |          |
|-------|---------|------------------|--------|------------------|----------|
| 2000m | 5.04,37 | Gert-Jan Liefers | AV '34 | Birmingham (GBR) | 15-02-98 |
|-------|---------|------------------|--------|------------------|----------|

**Jongens-B**

|              |         |                     |              |                  |          |
|--------------|---------|---------------------|--------------|------------------|----------|
| 60m          | 6,94    | Daniel Ward         | RKHAV        | Goes             | 11-12-99 |
| 200m         | 22,23   | Dennis Spillekom    | Lycurgus     | Dortmund (GER)   | 07-01-07 |
| 400m         | 49,55   | Arjen Visserman     | Impala       | Zuidlaren        | 14-02-82 |
| 800m         | 1.51,33 | Bram Som            | Atletico '73 | Den Haag         | 16-02-97 |
| 1500m        | 3.48,49 | Gert-Jan Liefers    | AV '34       | Den Haag         | 25-02-95 |
| 3000m        | 8.28,18 | Gert-Jan Liefers    | AV '34       | Den Haag         | 27-02-94 |
| 3000m snelw. | 14.28,0 | Edwin Holwerda      | Zaanland     | Den Haag         | 07-02-87 |
| 60m horden   | 7,88    | Gregory Sedoc       | AAC          | Den Haag         | 22-02-98 |
| hoog         | 2,07    | Marco Caspers       | Swift        | Düsseldorf (GER) | 12-12-04 |
| polshoog     | 5,10    | Rens Blom           | Unitas       | Dortmund (GER)   | 09-01-94 |
| ver          | 7,30    | Emiel Mellaard      | AAC          | Dortmund (GER)   | 13-03-83 |
| hss          | 14,82   | Mark Vlaanderen     | PSV          | Den Haag         | 17-03-96 |
| kogel        | 19,14   | Erik de Bruin       | Typhoon      | Zwolle           | 03-02-80 |
| 7-kamp       | 5.327   | Ludrick Berrenstein | PEC 1910     | Den Haag         | 28-02-99 |

7,32 \* 6,90 \* 13,25 3,90 \* 8,20 \* 1,92 \* 2,43,93  
4 x 200 meter 1.29,86 Nationale ploeg Düsseldorf (GER) 11-03-95  
Martijn Ungerer - Edwin van Calker - Martin Luinge - Christoph Kempen

**Meisjes-B**

|             |          |                  |                |                |          |
|-------------|----------|------------------|----------------|----------------|----------|
| 60m         | 7,42     | Dafne Schippers  | Hellas         | Apeldoorn      | 07-02-09 |
| 200m        | 24,52    | Jamile Samuel    | Phanos         | Dortmund (GER) | 20-01-08 |
| 400m        | 55,81    | Sjorske Wijmaker | Hera           | Gent (BEL)     | 19-02-05 |
| 800m        | 2.08,6   | Ingrid Stoot     | Sprint         | Rotterdam      | 11-02-79 |
| 1500m       | 4.30,56  | Silvia Kruyer    | Nova           | Den Haag       | 16-02-91 |
| 3000m       | 9.59,34  | Susan Kuijken    | Seven Hills RT | Gent           | 02-03-02 |
| 3000m snelw | 16.52,19 | Brigitte Genders | Unitas         | Den Haag       | 24-02-96 |

Statistisch jaarboek indooratletiek 2009/2010

|               |         |  |               |                  |          |
|---------------|---------|--|---------------|------------------|----------|
| 60m horden    | 8,30    | Dafne Schippers  | Hellas        | Apeldoorn        | 08-02-09 |
| hoog          | 1,80    | Annemiek Bouma   | Atmodes       | Den Haag         | 25-02-73 |
|               |         | Jolanda Bleeker  | DEM           | Düsseldorf (GER) | 13-02-83 |
|               |         | Saskia Oversluisen   | AVR           | Den Haag         | 11-02-90 |
|               |         | Eva Lubbers  | AKU           | Groningen        | 18-01-09 |
| polshoog      | 3,60    | Marije Valk  | Hercules      | Düsseldorf (GER) | 08-03-08 |
| ver           | 6,12    | Carola van Wagtendonk  | Hera          | Gent (BEL)       | 16-02-08 |
| hss           | 11,78   | Ottelien Olsthoorn   | DEM           | Den Haag         | 26-02-95 |
| kogel         | 19,10   | Melissa Boekelman  | Prins Hendrik | Enschede         | 29-10-06 |
| 5-kamp        | 3.992   | Dafne Schippers  | Hellas        | Apeldoorn        | 22-02-09 |
|               |         | <i>8,36 * 1,66 * 13,04 * 5,80 * 2.36,05</i>                          |               |                  |          |
| 4 x 200 meter | 1.40,77 | Nationale ploeg  |               | Chemnitz (GER)   | 01-03-97 |
|               |         | <i>Rinske Daniëls - Henriëke Popken - Gerja Everts - Frenke Bolt</i> |               |                  |          |

**Jongens-C**

|            |         |                  |           |                |          |
|------------|---------|------------------|-----------|----------------|----------|
| 60m        | 7,05    | Kelvin Tairou    | THOR      | Groningen      | 18-01-09 |
| 800m       | 1.58,37 | Gert-Jan Liefers | AV '34    | Den Haag       | 28-02-93 |
| 1000m      | 2.34,0  | Gert-Jan Liefers | AV '34    | Dortmund (GER) | 20-12-93 |
| 1500m      | 4.02,61 | Gert-Jan Liefers | AV '34    | Den Haag       | 20-02-93 |
| 60m horden | 8,19    | Eric Gommans     | Hollandia | Eelde          | 09-01-94 |
| hoog       | 1,96    | Menno Ruppert    | Tempo     | Zwolle         | 16-01-88 |
| polshoog   | 4,10    | Rens Blom        | Unitas    | Zwolle         | 18-01-92 |
| ver        | 6,55    | Vincent Bergman  | Ilion     | Den Haag       | 22-02-97 |
| kogel      | 18,50   | Friso Hagman     | DES       | Bladel         | 29-10-89 |

**Meisjes-C**

|             |          |                     |               |                |          |
|-------------|----------|---------------------|---------------|----------------|----------|
| 60m         | 7,55     | Jamile Samuel       | Phanos        | Gent (BEL)     | 17-02-07 |
| 600m        | 1.35,3=  | Marijke Vreugdenhil | Olympus '70   | Den Haag       | 24-01-98 |
|             | 1.35,41  | Denise van Herp     | Daventria     | Groningen      | 27-01-08 |
| 1000m       | 2.57,94  | Majken van Reeken   | Argo '77      | Den Haag       | 15-02-98 |
| 3000m snelw | 16.52,19 | Brigitte Genders    | Unitas        | Den Haag       | 24-02-96 |
| 60m horden  | 8,72     | Jamile Samuel       | Phanos        | Groningen      | 29-01-06 |
| hoog        | 1,75     | Karin Peters        | ADA           | Zwolle         | 01-02-81 |
|             |          | Ellen Tromp         | GAC-Hilversum | Zuidlaren      | 12-02-84 |
| polshoog    | 3,42     | Marijke Valk        | Hercules      | Gent (BEL)     | 18-03-07 |
| ver         | 5,83     | Jamile Samuel       | Phanos        | Dortmund (GER) | 22-01-06 |
| kogel       | 17,38    | Melissa Boekelman   | Achilles-EL   | Enschede       | 31-10-04 |

**Jongens-D**

|            |        |                     |           |            |          |
|------------|--------|---------------------|-----------|------------|----------|
| 60m        | 7,39   | Kelvin Tairou       | THOR      | Zoetermeer | 08-03-08 |
| 1000m      | 2.48,8 | Nico Stalman        | Parthenon | Den Haag   | 14-12-96 |
| 60m horden | 8,85   | Ludrick Berrenstein | PEC 1910  | Zwolle     | 21-01-95 |
| hoog       | 1,81   | Kelvin Tairou       | THOR      | Dordrecht  | 09-02-08 |
| ver        | 6,50   | Kelvin Tairou       | THOR      | Zoetermeer | 08-03-08 |
| kogel      | 15,26  | Roy Spijkerman      | Daventria | Enschede   | 30-10-05 |

**Meisjes-D**

|            |         |                   |             |           |          |
|------------|---------|-------------------|-------------|-----------|----------|
| 60m        | 7,90    | Jamile Samuel     | Phanos      | Groningen | 05-02-05 |
| 600m       | 1.39,22 | Merel Wullems     | AV Nijmegen | Den Haag  | 09-02-91 |
| 1000m      | 3.01,60 | Dagmar Smid       | AAV '36     | Apeldoorn | 07-02-10 |
| 60m horden | 9,22    | Jamile Samuel     | Phanos      | Groningen | 05-02-05 |
| hoog       | 1,63    | Deborah den Boer  | ADA         | Zwolle    | 16-01-88 |
| ver        | 5,34    | Deborah den Boer  | ADA         | Utrecht   | 20-02-88 |
| kogel      | 19,02   | Melissa Boekelman | Achilles-EL | Enschede  | 27-10-02 |

Statistisch jaarboek indooratletiek 2009/2010

|      |                      |                        |           |          |
|------|----------------------|------------------------|-----------|----------|
| 5,19 | Suzanne den Boef     | 27-11-92 Typhoon       | Apeldoorn | 27-02-10 |
| 5,18 | Jacky van Splunteren | 06-10-92 AV Zaanland   | Apeldoorn | 27-02-10 |
| 5,17 | Melanie Versteeg     | 21-08-92 GAC-Hilversum | Apeldoorn | 27-02-10 |
| 5,12 | Yvette van der Worp  | 22-09-93 PEC 1910      | Apeldoorn | 30-01-10 |
| 5,11 | Jetske Touw          | 21-02-91 GAC-Hilversum | Utrecht   | 13-12-09 |
| 5,11 | Genevieve Emanuels   | 05-07-94 AV Almere '81 | Apeldoorn | 28-02-10 |
| 5,11 | Lianne van Krieken   | 15-01-97 Typhoon       | Dordrecht | 06-03-10 |

**hink-stap-sprong meisjes-A**

|       |                       |                          |            |          |
|-------|-----------------------|--------------------------|------------|----------|
| 11,65 | Meruska Eduarda (AHO) | 30-07-91 R' dam Atletiek | Apeldoorn  | 27-02-10 |
| 10,99 | Bonne de Boer         | 02-02-93 Phanos          | Apeldoorn  | 28-02-10 |
| 10,72 | Sjoera Tjin A-Lim     | 07-12-95 Sparta          | Apeldoorn  | 28-02-10 |
| 10,65 | Claudia Schutjes      | 29-09-91 AV Valkenswaard | Apeldoorn  | 27-02-10 |
| 10,49 | Desire Melchiot       | 17-07-91 Phanos          | Zoetermeer | 19-12-09 |
| 10,44 | Suzanne Janssens      | 16-01-92 Sprint          | Apeldoorn  | 27-02-10 |
| 10,39 | Melanie Wassenaar     | 16-02-93 DEM             | Apeldoorn  | 28-02-10 |
| 10,31 | Irini Gialamatzis     | 25-03-94 DEM             | Apeldoorn  | 28-02-10 |
| 10,18 | Manon Haakman         | 02-03-95 Lycurgus        | Apeldoorn  | 28-02-10 |
| 10,07 | Romy Cluistra         | 19-06-91 Triathlon       | Apeldoorn  | 27-02-10 |

|       |               |                 |            |          |
|-------|---------------|-----------------|------------|----------|
| 10,01 | Donna de Maat | 19-11-92 Sprint | Zoetermeer | 19-12-09 |
|-------|---------------|-----------------|------------|----------|

**kogelstoten 4 kg meisjes-A**

|       |                      |                             |                |          |
|-------|----------------------|-----------------------------|----------------|----------|
| 15,14 | Pamela Kiel          | 09-04-91 R' dam Atletiek    | Apeldoorn      | 28-02-10 |
| 14,88 | Corinne Nugter       | 28-03-92 AV NOP             | Apeldoorn      | 28-02-10 |
| 13,67 | Femke Dijkstra       | 04-11-91 Ciko '66           | Apeldoorn      | 13-02-10 |
| 13,25 | Eva Reinders         | 12-05-93 Groningen Atletiek | Gent (BEL)     | 07-02-10 |
| 13,20 | Denise van Herp      | 02-05-93 Daventria          | Apeldoorn      | 07-02-10 |
| 12,17 | Roos de Klerk        | 24-06-94 Energie            | Gent (BEL)     | 07-02-10 |
| 11,98 | Charlene Okken       | 03-01-94 HAC '63            | Dortmund (GER) | 24-01-10 |
| 11,73 | Jacky van Splunteren | 06-10-92 AV Zaanland        | Apeldoorn      | 21-02-10 |
| 11,50 | Melanie Versteeg     | 21-08-92 GAC-Hilversum      | Apeldoorn      | 28-02-10 |
| 11,31 | Ilona Verboom        | 05-01-91 Triathlon          | Apeldoorn      | 13-02-10 |

|       |                  |                        |                |          |
|-------|------------------|------------------------|----------------|----------|
| 10,57 | Lieke Hofmans    | 09-10-91 DAK           | Dordrecht      | 09-01-10 |
| 10,53 | Sacha Popping    | 18-03-91 Cialfo        | Apeldoorn      | 30-01-10 |
| 10,38 | Eva van den Born | 30-12-92 AV '40        | Alkmaar        | 12-12-09 |
| 10,33 | Maaïke Cortjens  | 07-08-93 Startbaan     | Dortmund (GER) | 24-01-10 |
| 10,19 | Mandy van Egdom  | 10-08-93 Triathlon     | Dortmund (GER) | 24-01-10 |
| 10,17 | Rianne Gorter    | 10-08-92 Isala '96     | Apeldoorn      | 28-02-10 |
| 10,02 | Elena Monte      | 11-08-94 GAC-Hilversum | Apeldoorn      | 21-02-10 |

**5-kamp meisjes-A**

|      |  |                        |           |          |
|------|--|------------------------|-----------|----------|
| 3423 | Jacky van Splunteren                         | 06-10-92 AV Zaanland   | Apeldoorn | 21-02-10 |
|      | <i>09,75 * 1,59 * 11,73 * 5,13 * 2.29,26</i> |                        |           |          |
| 3059 | Samantha Lernout                             | 14-05-91 RK HAV        | Apeldoorn | 21-02-10 |
|      | <i>09,57 * 1,44 * 09,52 * 4,91 * 2.31,29</i> |                        |           |          |
| 2756 | Lisa Jongewaard                              | 28-03-95 Lycurgus      | Apeldoorn | 21-02-10 |
|      | <i>10,22 * 1,47 * 08,69 * 4,44 * 2.34,38</i> |                        |           |          |
| 2686 | Rachel Geurts                                | 27-08-94 AV '34        | Apeldoorn | 21-02-10 |
|      | <i>09,70 * 1,56 * 08,60 * 4,76 * 3.07,96</i> |                        |           |          |
| 2657 | Elena Monte                                  | 11-08-94 GAC-Hilversum | Apeldoorn | 21-02-10 |
|      | <i>10,56 * 1,47 * 10,02 * 4,28 * 2.41,79</i> |                        |           |          |
| 2627 | Froukje van Ligten                           | 15-10-94 Ciko '66      | Apeldoorn | 21-02-10 |
|      | <i>11,87 * 1,53 * 09,34 * 4,53 * 2.33,67</i> |                        |           |          |
| 2597 | Lieke Muller                                 | 03-11-94 AV Salland    | Apeldoorn | 21-02-10 |
|      | <i>10,21 * 1,59 * 08,27 * 4,22 * 2.53,87</i> |                        |           |          |
| 2527 | Iris Hoogesteger                             | 18-03-94 AV '56        | Apeldoorn | 21-02-10 |
|      | <i>10,74 * 1,44 * 08,66 * 4,67 * 2.48,62</i> |                        |           |          |
| 2501 | Sanna Fenwick                                | 04-03-94 Ciko '66      | Apeldoorn | 21-02-10 |
|      | <i>10,53 * 1,41 * 08,05 * 4,53 * 2.44,48</i> |                        |           |          |

**4 x 200 meter meisjes-A**

|         |  |    |            |            |          |
|---------|--|----|------------|------------|----------|
| 1.43,36 |  | MB | Nat. Ploeg | Gent (BEL) | 07-02-10 |
|---------|--|----|------------|------------|----------|



|      |              |            |    |                      |                  |          |
|------|--------------|------------|----|----------------------|------------------|----------|
| 1,60 | Vera van den | Haak       | MC | 13-01-95 Sparta      | Utrecht          | 13-12-09 |
| 1,60 | Ellis        | Gielen     | MB | 15-03-93 Unitas      | Dortmund (GER)   | 03-01-10 |
| 1,60 | Sophie       | Klumper    | MC | 04-04-95 Phanos      | Groningen        | 17-01-10 |
| 1,60 | Veerle       | Simons     | MC | 12-02-96 STB         | Groningen        | 17-01-10 |
| 1,60 | Anouk        | Vetter     | MB | 04-02-93 AAC         | Apeldoorn        | 21-02-10 |
| 1,60 | Hilde van    | Zundert    | MB | 26-08-93 Atledeo     | Apeldoorn        | 27-02-10 |
| 1,60 | Mirthe       | Wiltink    | MB | 10-05-93 KAV Holland | Apeldoorn        | 27-02-10 |
|      |              | (20)       |    |                      |                  |          |
| 1,60 | Winne        | Vos        | MB | 03-01-93 Daventria   | Apeldoorn        | 27-02-10 |
| 1,60 | Wendy de     | Bloois     | MC | 05-05-91 Ilion       | Apeldoorn        | 28-02-10 |
| 1,60 | Manuela      | Mboto      | MC | 20-06-95 AV Gouda    | Zoetermeer       | 06-03-10 |
| 1,60 | Sabine       | Monden     | MB | 13-06-93 DJA         | Sittard          | 07-03-10 |
| 1,60 | Renilde      | Zwartkruis | MC | 04-02-96 Unitas      | Düsseldorf (GER) | 13-03-10 |

**polstokhoogspringen meisjes-A**

|      |           |              |    |                          |                  |          |
|------|-----------|--------------|----|--------------------------|------------------|----------|
| 3,65 | Marijke   | Valk         | MC | 15-07-92 Unitas          | Apeldoorn        | 27-02-10 |
| 3,56 | Anita     | Karregat     | MC | 31-12-91 AV Edam         | Parijs (FRA)     | 04-12-09 |
| 3,41 | Robin     | Wingbermühle | MC | 20-05-92 R' dam Atletiek | Apeldoorn        | 27-02-10 |
| 3,22 | Rianne    | Pessel       | MB | 04-10-93 AV Edam         | Groningen        | 17-01-10 |
| 3,20 | Rubina    | Brouns       | MC | 30-06-95 Unitas          | Apeldoorn        | 30-01-10 |
| 3,10 | Isabel    | Janssen      | MB | 24-08-94 PAC             | Apeldoorn        | 30-01-10 |
| 2,90 | Margit    | Korporaal    | MB | 22-12-93 AV '34          | Utrecht          | 13-12-09 |
| 2,80 | Anyu      | Koch         | MB | 24-04-93 PAC             | Gent (BEL)       | 27-02-10 |
| 2,80 | Anne      | Krebbler     | MB | 10-11-94 Sprint          | Apeldoorn        | 28-02-10 |
| 2,80 | Vonne van | Burg         | MC | 03-02-95 Prins Hendrik   | Apeldoorn        | 28-02-10 |
|      |           | (10)         |    |                          |                  |          |
| 2,80 | Fenna van | Burg         | MC | 03-02-95 Prins Hendrik   | Apeldoorn        | 28-02-10 |
| 2,63 | Sandra    | Jacobs       | MC | 31-10-95 Unitas          | Sittard          | 24-01-10 |
| 2,50 | Mariska   | Wust         | MB | 16-10-94 Hercules        | Dordrecht        | 30-10-10 |
| 2,40 | Sabine    | Groenestein  | MB | 19-06-94 PAC             | Dordrecht        | 21-11-09 |
| 2,40 | Tessa     | Schoute      | MB | 23-07-94 Lycurgus        | Utrecht          | 08-01-10 |
| 2,33 | Annemiek  | Silven       | MB | 22-08-93 AV Edam         | Sittard          | 24-01-10 |
| 2,31 | Kyra      | Brakkee      | MC | 05-03-95 Haag Atletiek   | Dordrecht        | 09-01-10 |
| 2,30 | Sanne     | Veenboer     | MB | 26-03-94 Lycurgus        | Utrecht          | 13-12-09 |
| 2,30 | Dominique | Esselaar     | MC | 16-08-96 Unitas          | Düsseldorf (GER) | 13-03-10 |
| 2,30 | Pricilla  | Huisman      | MC | 21-08-96 Passaat         | Dordrecht        | 30-10-10 |
|      |           | (20)         |    |                          |                  |          |
| 2,30 | Merel     | Glorie       | MC | 15-01-95 Lycurgus        | Dordrecht        | 30-10-10 |
| 2,30 | Alies van | Berkum       | MD | 26-01-98 Hercules        | Dordrecht        | 30-10-10 |

**verspringen meisjes-A**

|      |                 |               |    |                             |                  |          |
|------|-----------------|---------------|----|-----------------------------|------------------|----------|
| 5,93 | Meruska         | Eduarda (AHO) | MC | 30-07-91 R' dam Atletiek    | Gent (BEL)       | 23-01-10 |
| 5,88 | Carola van      | Wagtendonk    | MC | 21-05-91 Hera               | Apeldoorn        | 27-02-10 |
| 5,79 | Anouk           | Vetter        | MB | 04-02-93 AAC                | Apeldoorn        | 21-02-10 |
| 5,68 | Gabriëlla       | Dwomoh        | MB | 12-01-94 Ilion              | Utrecht          | 13-12-09 |
| 5,66 | Miranda de      | Regt          | MB | 29-09-93 De Spartaan        | Apeldoorn        | 28-02-10 |
| 5,45 | Renee           | Granzier      | MC | 02-07-92 Unitas             | Apeldoorn        | 27-02-10 |
| 5,41 | Ellis           | Gielen        | MB | 15-03-93 Unitas             | Dortmund (GER)   | 03-01-10 |
| 5,41 | Melanie         | Wassenaar     | MB | 16-02-93 DEM                | Utrecht          | 30-01-10 |
| 5,41 | Jarmilla van    | Stralen       | MC | 28-07-91 AAV '36            | Apeldoorn        | 27-02-10 |
| 5,39 | Maureen         | Rots          | MB | 25-02-93 PEC 1910           | Apeldoorn        | 30-01-10 |
|      |                 | (10)          |    |                             |                  |          |
| 5,36 | Lentine         | Klaassen      | MC | 18-04-95 AV Castricum       | Groningen        | 17-01-10 |
| 5,36 | Inge de         | Wolf          | MC | 17-04-95 PEC 1910           | Apeldoorn        | 28-02-10 |
| 5,34 | Nadine          | Visser        | MC | 09-02-95 SAV                | Groningen        | 17-01-10 |
| 5,28 | Suzan           | Stevens       | MB | 04-02-94 AV Venray Regio    | Düsseldorf (GER) | 13-03-10 |
| 5,26 | Jolanda         | Nobels        | MB | 09-02-93 Energie            | Dordrecht        | 09-01-10 |
| 5,26 | Kim             | Korving       | MB | 17-06-94 Ilion              | Utrecht          | 21-03-10 |
| 5,25 | Nora            | Ritzen        | MB | 03-07-93 Groningen Atletiek | Groningen        | 17-01-10 |
| 5,25 | Winne           | Vos           | MB | 03-01-93 Daventria          | Apeldoorn        | 28-02-10 |
| 5,20 | Frances van der | Eijk          | MC | 19-02-95 Phanos             | Amsterdam        | 14-11-09 |
| 5,20 | Sophie          | Klumper       | MC | 04-04-95 Phanos             | Groningen        | 17-01-10 |
|      |                 | (20)          |    |                             |                  |          |

**Kampioenschapsrecords****Mannen**

|              |          |                    |                |            |   |
|--------------|----------|--------------------|----------------|------------|---|
| 60m          | 6,63     | Miguel Janssen     | AAC            | Den Haag   | 14-02-98  |
| 200m         | 20,97    | Patrick van Balkom | Hellas         | Gent (BEL) | 07-02-01  |
| 400m         | 47,18    | Dennis Spillekom   | Lycurgus       | Apeldoorn  | 07-02-10  |
| 800m         | 1.47,48  | Arnoud Okken       | Atletico '73   | Gent (BEL) | 17-02-02  |
| 1500m        | 3.42,3   | Haico Scharn       | Ciko '66       | Leiden     | 24-02-73  |
| 3000m        | 7.54,02  | Luc Krotwaar       | PSV            | Den Haag   | 19-02-94  |
| 5000m snelw. | 20.17,42 | Harold van Beek    | RWV            | Den Haag   | 22-02-97  |
| 60m horden   | 7,60     | Gregory Sedoc      | AAC            | Apeldoorn  | 15-02-09  |
| hoog         | 2,25     | Wilbert Pennings   | Attila         | Gent (BEL) | 12-02-00  |
| polshoog     | 5,65     | Laurens Looije     | Ilion          | Gent (BEL) | 18-02-06  |
| ver          | 8,23     | Emiel Mellaard     | AAC            | Den Haag   | 05-02-89  |
| hss          | 15,99    | Fabian Florant     | Haag Atletiek  | Apeldoorn  | 14-02-09  |
| kogel        | 20,89    | Rutger Smith       | Groningen Atl. | Gent (BEL) | 16-02-08  |
| 7-kamp       | 5924     | Bart Bennema       | AAC '61        | Den Haag   | 22-02-98  |
|              |          |                    |                |            | <i>6,99 * 7,23 * 14,93 * 2,02 * 8,00 * 4,60 * 2.47,72</i> |

**Vrouwen**

|            |         |                    |               |            |   |
|------------|---------|--------------------|---------------|------------|---|
| 60m        | 7,14    | Nelli Cooman       | AVR           | Den Haag   | 07-02-87                                    |
| 200m       | 23,49   | Jacqueline Poelman | Hellas        | Gent (BEL) | 19-02-05                                    |
| 400m       | 52,19   | Ester Goossens     | AV '34        | Den Haag   | 20-02-99                                    |
| 800m       | 2.01,88 | Letitia Vriesde    | AVR/SUR       | Den Haag   | 16-02-92                                    |
| 1500m      | 4.11,57 | Elly van Hulst     | Olympia '48   | Zuidlaren  | 25-01-86                                    |
| 3000m      | 9.00,91 | Elly van Hulst     | FSTC          | Den Haag   | 16-02-92                                    |
| 60m horden | 8,11    | Marjan Olyslager   | AVR           | Den Haag   | 05-02-89                                    |
| hoog       | 1,87    | Mirjam van Laar    | Kimbria       | Zwolle     | 04-02-78                                    |
| polshoog   | 4,45    | Monique de Wilt    | Prins Hendrik | Gent (BEL) | 15-02-03                                    |
| ver        | 6,54    | Tineke Hidding     | Hera          | Den Haag   | 17-02-90                                    |
| hss        | 12,90   | Karin Ruckstuhl    | Zuidwal       | Gent (BEL) | 12-02-00                                    |
| kogel      | 18,69   | Lia Tunks          | AAC           | Gent (BEL) | 15-02-03                                    |
| 5-kamp     | 4572    | Tineke Hidding     | Hera          | Zwolle     | 21-02-90                                    |
|            |         |                    |               |            | <i>8,40 * 1,75 * 14,37 * 6,37 * 2.19,29</i> |

**Jongens-A**

|              |          |                    |               |            |   |
|--------------|----------|--------------------|---------------|------------|---|
| 60m          | 6,85     | Henk Venema        | Jahn II       | Den Haag   | 07-02-87  |
| 200m         | 21,56    | Uros Zver          | HaarImmermeer | Den Haag   | 21-02-98  |
| 400m         | 48,38    | Bram Som           | Atletico '73  | Den Haag   | 14-02-99  |
| 800m         | 1.48,92  | Gert-Jan Liefers   | AV '34        | Den Haag   | 16-02-97  |
| 1500m        | 3.48,49  | Gert-Jan Liefers   | AV '34        | Den Haag   | 25-02-95  |
| 3000m        | 8.18,34  | Paul Jaspers       | Haarlem       | Zuidlaren  | 11-02-84  |
| 3000m snelw. | 13.31,59 | Edwin Holwerda     | AV Zaanland   | Den Haag   | 03-02-89  |
| 60m horden   | 7,90     | Mike van Kruchten  | Phanos        | Groningen  | 29-01-06  |
| hoog         | 2,16     | Sven Ootjers       | KAV Holland   | Den Haag   | 08-02-92  |
|              |          | Douwe Amels        | Impala        | Apeldoorn  | 27-02-10  |
| polshoog     | 5,15     | Chris Tamminga     | Haag Atletiek | Den Haag   | 09-02-92  |
|              |          | Chris Tamminga     | Haag Atletiek | Den Haag   | 28-03-93  |
| ver          | 7,57     | Marc Jacobs        | GVAC          | Apeldoorn  | 28-02-10  |
| hss          | 14,90    | Roy Sedoc          | AAC           | Leiden     | 26-02-72  |
| kogel        | 18,81    | Erwin Sipmelaar    | AV '56        | Den Haag   | 16-02-97  |
| 7-kamp       | 5597     | Eelco Sintnicolaas | AV'34         | Gent (BEL) | 05-02-06  |
|              |          |                    |               |            | <i>7.20 * 6.99 * 13.29 * 1.80 * 8.42 * 4.90 * 2.37.42</i> |

**Meisjes-A**

|      |       |                   |          |           |          |
|------|-------|-------------------|----------|-----------|----------|
| 60m  | 7,37  | Jamile Samuel     | Phanos   | Apeldoorn | 27-02-10 |
|      |       | Dafne Schippers   | Hellas   | Apeldoorn | 27-02-10 |
| 200m | 24,43 | Monique Boogaards | Ciko '66 | Den Haag  | 18-02-90 |
|      |       | Lotte Visschers   | Unitas   | Den Haag  | 15-02-97 |

Statistisch jaarboek indooratletiek 2009/2010

|             |          |                    |                |           |          |
|-------------|----------|--------------------|----------------|-----------|----------|
| 400m        | 53,82    | Ester Goossens     | Clytoneus      | Den Haag  | 16-02-91 |
| 800m        | 2.09,89  | Astrid Joziasse    | AV '34         | Den Haag  | 15-02-97 |
| 1500m       | 4.26,87  | Yvonne v.d. Kolk   | ADA            | Den Haag  | 07-02-87 |
| 3000m       | 10.26,88 | Jessica Oosterloo  | AAC'61         | Groningen | 27-01-08 |
| 3000m snelw | 16.52,19 | Brigitte Genders   | Unitas         | Den Haag  | 24-02-96 |
| 60m horden  | 8,41     | Petra Huybrechtse  | KAV Holland    | Den Haag  | 16-02-91 |
| hoog        | 1,80     | Annemiek Bouma     | Atmodes        | Den Haag  | 25-02-73 |
|             |          | Annemiek Bouma     | Atmodes        | Den Haag  | 17-02-74 |
|             |          | Jolanda Bleeker    | DEM            | Den Haag  | 02-06-85 |
|             |          | Sietske Noorman    | Gen. Michaëlis | Apeldoorn | 08-02-09 |
|             |          | Sietske Noorman    | Gen. Michaëlis | Apeldoorn | 28-02-10 |
| polshoog    | 4,02     | Denise Groot       | Unitas         | Apeldoorn | 07-02-09 |
| ver         | 6,19     | Mieke v.d. Kolk    | DEM            | Den Haag  | 09-02-86 |
| hss         | 12,09    | Annemarie Hendriks | DEM            | Den Haag  | 27-02-94 |
| kogel       | 17,26    | Corrie de Bruin    | R'dam Atletiek | Den Haag  | 25-02-95 |
| 5-kamp      | 4198     | Saskia Meijer      | AV '34         | Den Haag  | 26-01-97 |

**Jongens-B**

|              |         |                    |              |            |          |
|--------------|---------|--------------------|--------------|------------|----------|
| 60m          | 6,98    | Edwin van Calker   | AAC '61      | Den Haag   | 17-02-96 |
|              |         | Gregory Sedoc      | AAC          | Den Haag   | 21-02-98 |
| 200m         | 22,33   | Henk Jager         | Argo '77     | Gent (BEL) | 12-02-00 |
| 400m         | 49,55   | Arjen Visserman    | Impala       | Zuidlaren  | 14-02-82 |
| 800m         | 1.51,33 | Bram Som           | Atletico '73 | Den Haag   | 16-02-97 |
| 1500m        | 3.57,27 | Stephan Kreykamp   | De Keien     | Den Haag   | 28-03-93 |
| 3000m        | 8.28,18 | Gert-Jan Liefers   | AV '34       | Den Haag   | 27-02-94 |
| 3000m snelw. | 14.28,0 | Edwin Holwerda     | AV Zaanland  | Den Haag   | 07-02-87 |
| 60m horden   | 7,88    | Gregory Sedoc      | AAC          | Den Haag   | 22-02-98 |
| hoog         | 2,06    | Jeroen Bronwasser  | De Keien     | Arnhem     | 01-02-76 |
| polshoog     | 4,60    | Wout van Wengerden | Unitas       | Gent (BEL) | 21-02-04 |
| ver          | 7,22    | Edwin van Calker   | AAC '61      | Den Haag   | 25-02-95 |
| hss          | 14,46   | Randy Sedoc        | AAC          | Den Haag   | 09-02-92 |
| kogel        | 19,14   | Erik de Bruin      | Typhoon      | Zwolle     | 03-02-80 |
| 7-kamp       | 5307    | Eric Gommans       | Hollandia    | Zwolle     | 21-01-96 |

*7,11 \* 6,90 \* 14,93 \* 3,70 \* 8,18 \* 1,89 \* 2.55,63*

**Meisjes-B**

|            |          |                      |            |            |          |
|------------|----------|----------------------|------------|------------|----------|
| 60m        | 7,42     | Dafne Schippers      | Hellas     | Apeldoorn  | 07-02-09 |
| 200m       | 24,78    | Rinske Daniëls       | HAC        | Den Haag   | 22-02-98 |
| 400m       | 55,81    | Sjorske Wijnker      | Hera       | Gent (BEL) | 19-02-05 |
| 800m       | 2.09,4   | Olga Commandeur      | Suomi      | Arnhem     | 17-02-74 |
|            | 2.09,44  | Brechje de Ruyck     | RK HAV     | Gent (BEL) | 07-02-01 |
| 1500m      | 4.39,06  | Maureen Koster       | AV'47      | Gent (BEL) | 16-02-08 |
| 3000m      | 10.15,97 | Irene van Lieshout   | De Keien   | Apeldoorn  | 28-02-10 |
| 60m horden | 8,30     | Dafne Schippers      | Hellas     | Apeldoorn  | 08-02-09 |
| hoog       | 1,80     | Saskia Oversluijen   | AVR        | Den Haag   | 11-02-90 |
| polshoog   | 3,77     | Denise Groot         | Unitas     | Gent (BEL) | 17-02-07 |
|            | 3,77     | Leonie Schilder      | AV Edam    | Gent (BEL) | 17-02-07 |
| ver        | 6,12     | Carola van Wagtenonk | Hera       | Gent (BEL) | 16-02-08 |
| hss        | 11,78    | Ottelien Olsthoorn   | DEM        | Den Haag   | 26-02-95 |
| kogel      | 18,88    | Corrie de Bruin      | Sliedrecht | Den Haag   | 09-02-92 |
| 5-kamp     | 3992     | Dafne Schippers      | Hellas     | Apeldoorn  | 22-02-09 |

*8,36 \* 1,66 \* 13,04 \* 5,80 \* 2.36,05*

Statistisch jaarboek indooratletiek 2009/2010

|         |                          |      |                        |           |          |
|---------|--------------------------|------|------------------------|-----------|----------|
| 4.56,97 | Lotte Krause             | (10) | 29-11-92 AKU           | Apeldoorn | 30-01-10 |
| 4.58,03 | Minke van der Meer       | MC   | 03-06-95 AV Heerenveen | Apeldoorn | 28-02-10 |
| 4.58,45 | Merel van Steenberg      |      | 22-01-92 AV '47        | Apeldoorn | 30-01-10 |
| 4.59,24 | Jeanine van de Klashorst |      | 05-04-91 U-Track       | Apeldoorn | 30-01-10 |
| 4.59,70 | Céline de Wild           |      | 08-02-92 THOR          | Apeldoorn | 28-02-10 |
| 5.09,75 | Femke van der Pal        | MC   | 17-08-95 AV Zaanland   | Apeldoorn | 30-01-10 |
| 5.11,74 | Savanna Warmink          | MB   | 25-12-93 AC Ommen      | Apeldoorn | 28-02-10 |

**3000 meter meisjes-A**

|          |                          |      |                             |           |          |
|----------|--------------------------|------|-----------------------------|-----------|----------|
| 10.15,97 | Irene van Lieshout       | MB   | 01-09-93 De Keien           | Apeldoorn | 28-02-10 |
| 10.21,42 | Jip Vastenburg           | MB   | 21-03-94 GAC-Hilversum      | Apeldoorn | 28-02-10 |
| 10.27,57 | Elisa de Jong            |      | 05-12-92 Groningen Atletiek | Apeldoorn | 27-02-10 |
| 10.35,37 | Merel van Steenberg      |      | 22-01-92 AV '47             | Apeldoorn | 27-02-10 |
| 10.35,92 | Jeanine van de Klashorst |      | 05-04-91 U-Track            | Apeldoorn | 06-02-10 |
| 10.46,79 | Anne Luijten             | MB   | 04-04-94 AV '40             | Apeldoorn | 28-02-10 |
| 10.52,90 | Laura Rijvers            | MC   | 05-08-95 Attila             | Apeldoorn | 28-02-10 |
| 10.53,73 | Céline de Wild           |      | 08-02-92 THOR               | Apeldoorn | 27-02-10 |
| 11.24,73 | Marit Plat               | MB   | 05-02-94 AV Aalsmeer        | Apeldoorn | 28-02-10 |
| 11.35,57 | Judi Becx                | MB   | 16-10-94 Attila             | Apeldoorn | 28-02-10 |
|          |                          | (10) |                             |           |          |
| 11.36,33 | Sophie van der Most      | MC   | 02-08-95 De Liemers         | Apeldoorn | 28-02-10 |
| 11.37,27 | Nienke de Jong           | MC   | 03-01-96 Olympus '70        | Apeldoorn | 28-02-10 |
| 11.38,54 | Karlijn van Es           | MC   | 02-08-95 Energie            | Apeldoorn | 28-02-10 |
| 11.40,77 | Femke van der Pal        | MC   | 17-08-95 AV Zaanland        | Apeldoorn | 28-02-10 |
| 11.45,82 | Anouk Everts             | MB   | 12-10-93 AAC '61            | Groningen | 17-01-10 |

**50 meter horden 84 cm meisjes-A**

|      |                   |  |                    |         |          |
|------|-------------------|--|--------------------|---------|----------|
| 8,35 | Claudia Aernaudts |  | 05-08-92 Triathlon | Utrecht | 13-12-09 |
|------|-------------------|--|--------------------|---------|----------|

**60 meter horden 84 cm meisjes-A**

|      |                      |      |                          |                |          |
|------|----------------------|------|--------------------------|----------------|----------|
| 8,53 | Dafne Schippers      |      | 15-06-92 Hellas          | Apeldoorn      | 28-02-10 |
| 8,78 | Robin Wingbermühle   |      | 20-05-92 R' dam Atletiek | Apeldoorn      | 28-02-10 |
| 8,81 | Nancy van Petersen   |      | 10-05-92 AV '34          | Apeldoorn      | 28-02-10 |
| 9,05 | Rachel Kocken        |      | 10-06-92 Atverni         | Apeldoorn      | 13-02-10 |
| 9,07 | Marloes Duijn        | MB   | 18-06-93 SAV             | Groningen      | 17-01-10 |
| 9,16 | Renee Granzier       |      | 02-07-92 Unitas          | Sittard        | 10-01-10 |
| 9,29 | Miranda de Regt      | MB   | 29-09-93 De Spartaan     | Apeldoorn      | 06-02-10 |
| 9,30 | Sandra Telgt         |      | 13-06-92 AC TION         | Apeldoorn      | 06-02-10 |
| 9,51 | Samantha Lernout     |      | 14-05-91 RK HAV          | Gent (BEL)     | 26-12-09 |
| 9,55 | Rosa Krikke          |      | 04-05-92 NEA-Volharding  | Dortmund (GER) | 24-01-10 |
|      |                      | (10) |                          |                |          |
| 9,62 | Jetske Touw          |      | 21-02-91 GAC-Hilversum   | Utrecht        | 13-12-09 |
| 9,65 | Claudia Aernaudts    |      | 05-08-92 Triathlon       | Apeldoorn      | 30-01-10 |
| 9,70 | Rachel Geurts        | MB   | 27-08-94 AV '34          | Apeldoorn      | 21-02-10 |
| 9,75 | Jacky van Splunteren |      | 06-10-92 AV Zaanland     | Apeldoorn      | 21-02-10 |
| 9,79 | Suzanne Janssens     |      | 16-01-92 Sprint          | Apeldoorn      | 28-02-10 |
| 9,85 | Saskia Zwaard        |      | 11-09-91 AV '40          | Zoetermeer     | 16-01-10 |

**hoogspringen meisjes-A**

|      |                   |      |   |                  |          |
|------|-------------------|------|---|------------------|----------|
| 1,84 | Sietske Noorman   |      | 16-07-91 Gen. Michaëlis Valasske Mezirici (CZE) | 20-03-10         |          |
| 1,75 | Hofmans           | MB   | 22-10-94 DAK                                    | Apeldoorn        | 27-02-10 |
| 1,74 | Maureen Rots      | MB   | 25-02-93 PEC 1910                               | Gent (BEL)       | 07-02-10 |
| 1,70 | Suzan Stevens     | MB   | 04-02-94 AV Venray Regio                        | Düsseldorf (GER) | 13-03-10 |
| 1,68 | Chrissie Broersen |      | 24-12-93 SAV                                    | Apeldoorn        | 27-02-10 |
| 1,66 | Nadine Visser     | MC   | 09-02-95 SAV                                    | Apeldoorn        | 21-02-10 |
| 1,65 | Bruintjes         | MC   | 29-03-96 AV NOP                                 | Drachten         | 06-02-10 |
| 1,65 | Janneke Venhuizen | MC   | 15-08-95 Unitas                                 | Utrecht          | 21-02-10 |
| 1,65 | Elisa Blom        |      | 04-02-91 Prins Hendrik                          | Apeldoorn        | 28-02-10 |
| 1,65 | Manon Verlinden   |      | 20-03-92 Spado                                  | Apeldoorn        | 28-02-10 |
|      |                   | (10) |   |                  |          |
| 1,64 | Imke Hanssen      | MB   | 02-04-94 Atl. Maastricht                        | Ostrava (CZE)    | 21-01-10 |
| 1,63 | Chante Samuel     | MC   | 09-04-96 Phanos                                 | Dortmund (GER)   | 03-01-10 |
| 1,62 | Marijke Bax       | MB   | 23-05-93 Impala                                 | Groningen        | 17-01-10 |

|       |             |          |    |                        |                  |          |
|-------|-------------|----------|----|------------------------|------------------|----------|
| 26,57 | Rebecca     | Rijken   | MB | 19-03-93 AV Zaanland   | Gent (BEL)       | 07-02-10 |
| 26,65 | Wilmke      | Boersma  |    | 18-03-91 Horror        | Groningen        | 17-01-10 |
| 26,73 | Sam         | Bouwhuis | MB | 10-08-94 Prins Hendrik | Apeldoorn        | 06-02-10 |
| 26,75 | Agnes van   | Leemput  |    | 08-08-92 Energie       | Dortmund (GER)   | 24-01-10 |
| 26,84 | Roan        | Stijns   |    | 07-04-92 Achilles-Top  | Düsseldorf (GER) | 13-03-10 |
|       |             | (10)     |    |                        |                  |          |
| 26,92 | Natalia van | Houts    | MC | 26-06-95 LG Deurne     | Gent (BEL)       | 19-12-09 |
| 26,92 | Naomi       | Sedney   | MB | 17-12-94 Ilion         | Dortmund (GER)   | 24-01-10 |
| 27,08 | Elizabeth   | Zwerver  | MB | 04-04-94 AAC           | Dortmund (GER)   | 03-01-10 |
| 27,27 | Rachel      | Kocken   |    | 10-06-92 Atverni       | Dortmund (GER)   | 10-01-10 |
| 27,28 | Eefje       | Boons    | MB | 18-07-94 Davenportia   | Dortmund (GER)   | 10-01-10 |

**300 meter meisjes-A**

|       |               |         |    |                          |                |          |
|-------|---------------|---------|----|--------------------------|----------------|----------|
| 41,63 | Maruska       | Eduarda |    | 30-07-91 R' dam Atletiek | Gent (BEL)     | 23-01-10 |
| 43,57 | Samantha      | Lernout |    | 14-05-91 RK HAV          | Gent (BEL)     | 10-01-10 |
| 43,85 | Lotte van der | Westen  | MC | 24-11-95 HAC             | Dortmund (GER) | 14-03-10 |

**400 meter meisjes-A**

|       |              |               |    |                              |                |          |
|-------|--------------|---------------|----|------------------------------|----------------|----------|
| 56,98 | Vera van den | Haak          | MC | 13-01-95 Sparta              | Apeldoorn      | 28-02-10 |
| 58,11 | Lisanne de   | Witte         |    | 10-09-92 Trias               | Apeldoorn      | 28-02-10 |
| 58,19 | Anna         | Voskamp       | MB | 21-09-93 Hanzesport          | Apeldoorn      | 28-02-10 |
| 58,40 | Marije       | Wever         | MB | 22-07-93 NEA-Volharding      | Apeldoorn      | 28-02-10 |
| 58,68 | Roos-Sanne   | Claassen      | MB | 23-10-94 AV NOP              | Gent (BEL)     | 07-02-10 |
| 58,72 | Maruska      | Eduarda (AHO) |    | 30-07-91 R' dam Atletiek     | Groningen      | 16-01-10 |
| 59,20 | Wilmke       | Boersma       |    | 18-03-91 PEC 1910            | Apeldoorn      | 28-02-10 |
| 59,23 | Chelsea van  | Dijk          | MC | 19-04-95 Atletiek Maastricht | Dortmund (GER) | 24-01-10 |
| 59,40 | Fieke        | Wolters       | MB | 07-06-93 Nijmegen Atletiek   | Dortmund (GER) | 24-01-10 |
| 59,47 | Ellis        | Gielen        | MB | 15-03-93 Unitas              | Apeldoorn      | 28-02-10 |
|       |              | (10)          |    |                              |                |          |

|       |          |          |    |                        |                  |          |
|-------|----------|----------|----|------------------------|------------------|----------|
| 59,76 | Inge de  | Wolf     | MC | 17-04-95 PEC 1910      | Apeldoorn        | 27-02-10 |
| 59,81 | Bianca   | Baak     |    | 25-01-92 AV Almere '81 | Apeldoorn        | 06-02-10 |
| 59,92 | Suzanne  | Voorrips | MB | 11-10-93 Startbaan     | Apeldoorn        | 27-02-10 |
| 60,09 | Roan     | Stijns   |    | 07-04-92 Achilles-Top  | Düsseldorf (GER) | 13-03-10 |
| 60,55 | Sharon   | Hendriks | MB | 10-01-93 AV '34        | Groningen        | 17-01-10 |
| 60,60 | Kim      | Boon     | MB | 26-09-94 Hellas        | Apeldoorn        | 27-02-10 |
| 60,85 | Sanne de | Boer     | MB | 20-11-94 Suomi         | Apeldoorn        | 27-02-10 |

**800 meter meisjes-A**

|         |               |           |    |                            |                  |          |
|---------|---------------|-----------|----|----------------------------|------------------|----------|
| 2.14,61 | Marjolein van | Marrewijk |    | 18-11-92 Olympus '70       | Apeldoorn        | 07-02-10 |
| 2.16,13 | Fieke         | Wolters   | MB | 07-06-93 Nijmegen Atletiek | Dortmund (GER)   | 10-01-10 |
| 2.17,18 | Jamie van     | Lieshout  |    | 12-07-91 Attila            | Apeldoorn        | 27-02-10 |
| 2.17,96 | Anouk         | Trooster  | MB | 05-06-93 AAC '61           | Apeldoorn        | 28-02-10 |
| 2.18,04 | Rachel        | Rozenkamp |    | 29-09-92 AV Rijssen        | Apeldoorn        | 06-02-10 |
| 2.19,06 | Rens          | Nijman    | MB | 19-11-93 Nijmegen Atletiek | Apeldoorn        | 28-02-10 |
| 2.19,21 | Tinka         | Offereins | MB | 05-10-93 Startbaan         | Apeldoorn        | 28-02-10 |
| 2.19,21 | Anniek de     | Jong      | MB | 02-08-93 AV Heerenveen     | Apeldoorn        | 28-02-10 |
| 2.19,77 | Sanne         | Reichgelt | MD | 07-01-97 Nijmegen Atletiek | Dortmund (GER)   | 03-01-10 |
| 2.22,05 | Elli          | Frank     |    | 28-02-91 Achilles-Top      | Düsseldorf (GER) | 13-03-10 |
|         |               | (10)      |    |                            |                  |          |

|         |             |            |    |                     |                  |          |
|---------|-------------|------------|----|---------------------|------------------|----------|
| 2.24,67 | Judith      | Rasch      | MC | 28-03-96 Pijnenburg | Apeldoorn        | 27-02-10 |
| 2.24,89 | Suzanne van | Wijck      |    | 09-09-92 U-Track    | Apeldoorn        | 30-01-10 |
| 2.24,94 | Suzanne     | Timmermans | MB | 29-03-93 Unitas     | Düsseldorf (GER) | 13-03-10 |

**1500 meter meisjes-A**

|         |                |           |    |                       |           |          |
|---------|----------------|-----------|----|-----------------------|-----------|----------|
| 4.36,73 | Jill           | Holterman |    | 11-09-91 AV Zaanland  | Apeldoorn | 07-02-10 |
| 4.40,42 | Jamie van      | Lieshout  |    | 12-07-91 Attila       | Apeldoorn | 07-02-10 |
| 4.43,27 | Marlin van     | Hal       | MB | 05-09-93 De Keien     | Apeldoorn | 28-02-10 |
| 4.46,74 | Julia van      | Velthoven | MB | 12-03-94 Attila       | Apeldoorn | 28-02-10 |
| 4.47,08 | Laura          | Wientjens | MB | 17-08-94 THOR         | Apeldoorn | 28-02-10 |
| 4.49,29 | Irene van      | Lieshout  | MB | 01-09-93 De Keien     | Apeldoorn | 31-01-10 |
| 4.49,53 | Saskia         | Weinans   | MB | 12-02-94 Atletico '73 | Apeldoorn | 28-02-10 |
| 4.55,49 | Elli           | Frank     |    | 28-02-91 Achilles-Top | Apeldoorn | 28-02-10 |
| 4.55,98 | Lysanne        | Wilkens   | MB | 17-09-94 AV Oss '78   | Apeldoorn | 28-02-10 |
| 4.56,71 | Sophie van der | Most      | MC | 02-08-95 De Liemers   | Apeldoorn | 30-01-10 |

**Beste prestaties ooit in Nederland**

**Mannen**

|              |          |   |     |           |          |
|--------------|----------|---|-----|-----------|----------|
| 60m          | 6,56     | Andreas Berger  | AUT | Den Haag  | 18-02-89 |
| 200m         | 20,92    | Andreas Berger  | AUT | Den Haag  | 18-02-89 |
|              |          | Ade Mafe  | GBR | Den Haag  | 19-02-89 |
| 400m         | 46,21    | Cayetano Cornet   | ESP | Den Haag  | 19-02-89 |
| 800m         | 1.47,01  | Jose Luiz Barbosa   | BRA | Den Haag  | 22-02-89 |
| 1000m        | 2.16,4   | Rob Druppers  | NED | Den Haag  | 20-02-88 |
| 1500m        | 3.41,79  | Simon Vroemen   | NED | Den Haag  | 30-01-94 |
| 3000m        | 7.44,51  | Emiel Puttemans   | BEL | Rotterdam | 11-03-73 |
| 5000m snelw. | 18.35,60 | Mikhail Shchennikov                                       | SU  | Den Haag  | 19-02-89 |
| 60m horden   | 7,53     | Colin Jackson   | GBR | Den Haag  | 19-02-89 |
| hoog         | 2,33     | Dietmar Mögenburg   | BRD | Den Haag  | 19-02-89 |
|              |          | Dalton Grant  | GBR | Den Haag  | 19-02-89 |
| polshoog     | 5,80     | Sergey Bubka  | SU  | Den Haag  | 22-02-89 |
| ver          | 8,23     | Emiel Mellaard  | NED | Den Haag  | 05-02-89 |
| hss          | 17,29    | Nikolay Musiyenko   | SU  | Den Haag  | 18-02-89 |
| kogel        | 21,68    | Ulf Timmerman   | DDR | Den Haag  | 18-02-89 |
| 7-kamp       | 6.071    | Chiel Warners   | NED | Den Haag  | 28-02-99 |
|              |          | <i>6,85 * 7,64 * 13,97 * 1,96 * 8,08 * 4,70 * 2.37,52</i> |     |           |          |

**Vrouwen**

|              |          |   |     |          |          |
|--------------|----------|---|-----|----------|----------|
| 60m          | 7,14     | Nelli Cooman                                | NED | Den Haag | 07-02-87 |
| 200m         | 23,15    | Merlene Ottey                               | JAM | Den Haag | 22-02-89 |
| 400m         | 52,04    | Sally Gunnell                               | GBR | Den Haag | 19-02-89 |
| 800m         | 1.59,89  | Doina Melinte                               | ROM | Den Haag | 19-02-89 |
| 1500m        | 4.07,16  | Paula Ivan                                  | ROM | Den Haag | 19-02-89 |
| 3000m        | 8.57,18  | Ely van Hulst                               | NED | Den Haag | 20-02-94 |
| 3000m snelw. | 12.21,91 | Beate Anders                                | DDR | Den Haag | 19-02-89 |
| 60m horden   | 7,85     | Yordanka Donkova                            | BUL | Den Haag | 22-02-89 |
| hoog         | 1,96     | Galina Astafei                              | ROM | Den Haag | 18-02-89 |
|              |          | Hanne Haugland                              | NOR | Den Haag | 18-02-89 |
|              |          | Tamara Bykova                               | SU  | Den Haag | 17-03-91 |
| polshoog     | 4,05     | Monique de Wilt                             | NED | Den Haag | 15-02-98 |
| ver          | 7,03     | Galina Chistyakova                          | SU  | Den Haag | 22-02-89 |
| hss          | 12,87    | Annemarie Hendriks                          | NED | Den Haag | 15-02-98 |
| kogel        | 20,30    | Stephanie Storp                             | BRD | Den Haag | 19-02-89 |
| 5-kamp       | 4.572    | Tineke Hidding                              | NED | Zwolle   | 21-01-90 |
|              |          | <i>8,40 * 1,75 * 14,37 * 6,37 * 2.19,29</i> |     |          |          |

## Belangrijkste wedstrijden en interlands

### Nationale D-spelen Groningen, 16 januari 2010

#### Jongens D-1e jaars

60 meter  
1. David Tanger, Climax 8.45

1000 meter  
1. Elias Loukili, Atrvemi 3:09.45

60 meter horden  
1. Joris Brekveld, Haag Atl. 1.48

Hoogspringen  
1. Lars van Oossanen, Noordkop 1.40

Verspringen  
1. Jamal Aartsen, Noordkop 4.57

Kogelstoten  
1. Onno Aerts, Noordkop 9.56

#### Jongens D-2e jaars

60 meter  
1. Rik Taam, Nea Volh. 8.27

2. Tim Bluekens, Climax 8.30

3. Jelle van Sunder, Suomi 8.31

1000 meter  
1. Rody de Wolff, AV55 3:07.85

2. Ryan Clarke, Castricum 3:11.47

3. Nout Wardenburg, AV34 3:11.84

60 meter horden  
1. Luc Reij, Phoenix 9.53

2. Maxwell Onbekent, Haag Atl. 9.64

3. Jochem Dobber, Suomi 10.41

Hoogspringen  
1. Rody de Wolff, AV55 1.55

2. Rodney Hoogterp, Impala 1.55

3. Michiel van Veluwen, PEC1910 1.45

3. Jitse Spierings, Nijmegen Atl. 1.45

Verspringen  
1. Rik Taam, Nea Volh. 5.05

2. Rodney Hoogterp, Impala 5.01

3. Tim Bluekens, Climax 4.85

Kogelstoten  
1. Rody de Wolff, AV55 12.39

2. Tey Berendschot, Atl.Maastr. 11.78

3. Wout Zijlstra, Horror 10.51

Nationale C-spelen  
Groningen, 17 januari 2010

Meisjes C  
60 meter  
1. Natalia van Houts, LG Deurne 8.04

2. Renee Dekkers, Haag Atl. 8.14

3. Vera van der Haak, Sparta 8.14

60 meter horden  
1. Marije van Hunenstijn, AV34 9.15

2. Nadine Visser, SAV 9.24

3. Sjoera Tjin-A-Lim, Sparta 9.30

600 meter  
1. Vera van der Haak, Sparta 1:42.60

2. Fenna van Burg, Pr.Hendrik 1:42.94

#### Meisjes D-1e jaars

60 meter  
1. Lieke Klaver, SAV 8.64

1000 meter  
1. Kyara Bijker, Ciko 66 3:17.92

60 meter horden  
1. Maayke Tjin-A-Lim, Sparta 11.01

Hoogspringen  
1. Celine den Bremer, PEC1910 1.40

Verspringen  
1. Doortje Winter, Jahn II 4.29

Kogelstoten  
1. Lisa Goossen, AV40 12.34

#### Meisjes D-2e jaars

60 meter  
1. Gabriëlla van der Wijck, Edam 8.21

2. Lianne van Krieken, Typhoon 8.32

3. Yasmin Kammeron, Davenportia 8.56

1000 meter  
1. Melissa de Haan, AV34 3:05.68

2. Sabine Rutten, VAV 3:07.56

3. Floortje van Kampen, Hollandia 3:10.21

60 meter horden  
1. Romy Smith, Leiden Atl. 10.07

2. Noa Dhore, AAC61 10.66

3. Dynja Bosker, AAC 61 10.66

Hoogspringen  
1. Romy Smith, Leiden Atl. 1.55

2. Marieke Turkestee, VAV 1.55

3. Welmoed Jonker, Davenportia 1.50

Verspringen  
1. Lianne van Krieken, Typhoon 4.82

2. Gabriëlla van der Wijck, Edam 4.81

3. Meike Robaard, De Sprinter 4.51

Kogelstoten  
1. Anne Egbers, Ciko66 12.16

2. Keeley Heijndeman, AAC 11.15

3. Leideke Weller, PAC 10.93

1. Michelle Oud, SAV 1:43.12

Hoogspringen  
1. Nadine Visser, SAV 1.65

2. Chante Samuel, Phanos 1.60

3. Sophie Klumper, Phanos 1.60

Kogelstoten  
1. Aniek Sillekens, Sprint 10.98

2. Nikki Klarenbeek, Pijnenburg 10.76

3. Nina de Poorter, PSV 10.64

Polstokhoogspringen  
1. Rubina Brouns, Unitas 2.90

2. Vonne van Burg, Pr.Hendrik 2.50

3. Fenna van Burg, Pr.Hendrik 2.30

|         |           |   |            |          |
|---------|-----------|---|------------|----------|
| 1.43,36 | MB        | Nat. Ploeg  | Gent (BEL) | 07-02-10 |
|         |           | Rebecca Rijken - Sharon Hendriks - Marloes Duijn - Naomi Klomp          |            |          |
| 1.43,50 |           | Combi   | Apeldoorn  | 13-02-10 |
|         |           | Graciella Wouterse - Marieke van der Zee - Marit Dopheide - Linda Swart |            |          |
| 1.49,33 | Amsterdam | Phanos  | Apeldoorn  | 13-02-10 |

### Meisjes-A

#### 50 meter meisjes-A

6,91 Naomi Sedney MB 17-12-94 Ilion Zoetermeer 19-12-09

betere handtijden:  
6,7 Gabriëlla van derWijck MD 27-03-97 AV Edam Amsterdam 14-11-09

#### 60 meter meisjes-A

7,37 Jamile Samuel 24-04-92 Phanos Apeldoorn 27-02-10

7,37 Dafne Schippers 15-06-92 Hellas Apeldoorn 27-02-10

7,57 Loreanne Kuhurima 07-05-91 Phanos Apeldoorn 27-02-10

7,74 Janice Babel 10-11-92 Phanos Groningen 17-01-10

7,78 Eva Lubbers 06-02-92 AKU Apeldoorn 27-02-10

7,82 Marloes Duijn MB 18-06-93 SAV Apeldoorn 27-02-10

7,85 Carola van Wagtendonk 21-05-91 Hera Apeldoorn 06-02-10

7,86 Sharda Zuurbier 14-11-91 Hera Gent (BEL) 19-12-09

7,87 Naomi Klomp MB 16-11-93 Energie Apeldoorn 27-02-10

7,88 Sharon Hendriks MB 10-01-93 AV '34 Apeldoorn 27-02-10

7,94 Meruska Eduarda (AHO) 30-07-91 R' dam Atletiek Groningen 17-01-10

7,94 Aisha Shokoya MB 24-06-93 Groningen Atl Groningen 17-01-10

7,96 Naomi Sedney MB 17-12-94 Ilion Dortmund (GER) 24-01-10

7,97 Juriën MC 28-07-95 Atletiek Maastricht Düsseldorf (GER) 13-03-10

7,98 Gulik MC 04-08-93 R' dam Atletiek Hoboken (BEL) 14-02-10

7,98 Nadine Visser MC 09-02-95 SAV Apeldoorn 27-02-10

7,99 Sacha van Agt MB 10-08-94 GVAC Apeldoorn 30-01-10

8,01 Kim Korving MB 17-06-94 Ilion Utrecht 14-03-10

8,02 Miranda de Regt MB 29-09-93 De Spartaan Apeldoorn 30-01-10

8,03 Tessa van Schagen MB 02-02-94 Leiden Atletiek Apeldoorn 27-02-10

8,04 Natalia van Houts MC 26-06-95 LG Deurne Groningen 17-01-10

8,05 Nancy van Petersen 10-05-92 AV '34 Groningen 17-01-10

8,07 Robin Wingbermühle 20-05-92 R' dam Atletiek Dortmund (GER) 03-01-10

8,07 Miquella Lobo MB 23-08-94 Ilion Utrecht 22-01-10

8,08 Williams MB 07-10-93 Groningen Atletiek Apeldoorn 30-01-10

8,08 Rachel Kocken 10-06-92 Atrvemi Apeldoorn 13-02-10

8,08 Manon van Tongerlo MB 28-04-94 AV Wijchen Apeldoorn 27-02-10

8,08 Sandra Kleuskens MC 24-10-95 ATV Venray Düsseldorf (GER) 13-03-10

8,09 Vera van den Haak MC 13-01-95 Sparta Utrecht 13-12-09

8,09 Winne Vos MB 03-01-93 Davenportia Apeldoorn 27-02-10

8,11 Jarmilla van Stralen 28-07-91 AAV '36 Dortmund (GER) 24-01-10

8,11 Sandra Telgt 13-06-92 AC TION Apeldoorn 27-02-10

8,11 Eefje Boons MB 18-07-94 Davenportia Apeldoorn 27-02-10

8,12 Nora Ritzen MB 03-07-93 Groningen Atletiek Apeldoorn 30-01-10

8,12 Aafje Seinstra MB 13-03-94 AV Heerenveen Apeldoorn 27-02-10

8,12 Suyenne Richardson 08-05-92 Hercules Dordrecht 30-10-10

8,13 Heleen Gorris 19-02-92 GAC-Hilversum Gent (BEL) 19-12-09

8,13 Ellis Gielen MB 15-03-93 Unitas Sittard 10-01-10

8,13 Mariska Bun MB 19-04-94 RK HAV Apeldoorn 30-01-10

#### 200 meter meisjes-A

24,22 Jamile Samuel 24-04-92 Phanos Gent (BEL) 14-02-10

24,60 Janice Babel 10-11-92 Phanos Apeldoorn 07-02-10

24,88 Eva Lubbers 06-02-92 AKU Apeldoorn 07-02-10

24,94 Loreanne Kuhurima 07-05-91 Phanos Dortmund (GER) 24-01-10

25,88 Sharon Hendriks MB 10-01-93 AV '34 Apeldoorn 06-02-10

Statistisch jaarboek indooratletiek 2009/2010

|       |              |                |     |                             |                |          |
|-------|--------------|----------------|-----|-----------------------------|----------------|----------|
| 12,35 | Myrte        | Goor           | Neo | 03-04-89 AAC '61            | Apeldoorn      | 31-01-10 |
| 12,30 | Lianne       | Bruins         |     | 01-05-85 GAC-Hilversum      | Apeldoorn      | 07-02-10 |
| 12,20 | Babs         | Egbers         | Neo | 07-06-88 AV '34             | Apeldoorn      | 31-01-10 |
| 12,17 | Roos de      | Klerk          | MB  | 24-06-94 Energie            | Gent (BEL)     | 07-02-10 |
| 11,98 | Charlene     | Okken          | MB  | 03-01-94 HAC '63            | Dortmund (GER) | 24-01-10 |
|       |              |                |     | (20)                        |                |          |
| 11,96 | Nadine       | Broersen       | Neo | 29-04-90 Sprint             | Apeldoorn      | 31-01-10 |
| 11,73 | Jacky van    | Splunteren     | MA  | 06-10-92 AV Zaanland        | Apeldoorn      | 21-02-10 |
| 11,71 | Annick       | Klein          | Neo | 29-07-89 AAC                | Apeldoorn      | 13-02-10 |
| 11,58 | Tara van     | Schie          | Neo | 12-09-90 AAC                | Apeldoorn      | 21-02-10 |
| 11,54 | Hanneke      | Reinders-Vasse | V40 | 26-11-69 Groningen Atletiek | Apeldoorn      | 14-02-10 |
| 11,50 | Melanie      | Versteeg       | MA  | 21-08-92 GAC-Hilversum      | Apeldoorn      | 28-02-10 |
| 11,49 | Margriet van | Kammen         | Neo | 01-02-88 Impala             | Apeldoorn      | 31-01-10 |
| 11,41 | Leonie       | Berden         | V35 | 16-05-74 RK HAV             | Apeldoorn      | 14-02-10 |
| 11,34 | Lise         | Smit           | Neo | 20-06-88 AAC                | Apeldoorn      | 13-02-10 |
| 11,32 | Lara         | IJsselstijn    |     | 03-02-79 GAC-Hilversum      | Utrecht        | 13-12-09 |
|       |              |                |     | (30)                        |                |          |
| 11,31 | Ilona        | Verboom        | MA  | 05-01-91 Triathlon          | Apeldoorn      | 13-02-10 |
| 11,28 | Simone       | Veth           |     | 25-04-79 Passaat            | Gent (BEL)     | 09-01-10 |
| 11,16 | Laura        | Molenaar       |     | 23-07-86 AV Gouda           | Apeldoorn      | 21-02-10 |
| 11,07 | Nicole       | Berghouwer     | Neo | 01-03-89 Hera               | Apeldoorn      | 13-02-10 |

**5-kamp vrouwen**

|      |              |            |     |                                      |           |          |
|------|--------------|------------|-----|--------------------------------------|-----------|----------|
| 4188 | Remona       | Fransen    |     | 25-11-85 De Spartaan                 | Apeldoorn | 31-01-10 |
|      |              |            |     | 8,83 * 1,75 * 12,99 * 5,68 * 2.18,35 |           |          |
| 3943 | Nadine       | Broersen   | Neo | 29-04-90 Sprint                      | Apeldoorn | 21-02-10 |
|      |              |            |     | 8,87 * 1,71 * 11,91 * 5,66 * 2.26,52 |           |          |
| 3838 | Amanda       | Spiljard   | Neo | 18-09-89 Attila                      | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,31 * 1,62 * 12,47 * 5,77 * 2.24,71 |           |          |
| 3833 | Babs         | Egbers     | Neo | 07-06-88 AV '34                      | Apeldoorn | 31-01-10 |
|      |              |            |     | 8,77 * 1,72 * 12,20 * 5,63 * 2.39,09 |           |          |
| 3715 | Lieke        | Bakker     | Neo | 01-08-89 PEC 1910                    | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,10 * 1,68 * 10,35 * 5,47 * 2.25,32 |           |          |
| 3550 | Gejanne      | Lussenburg | Neo | 24-12-89 Isala '96                   | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,27 * 1,62 * 10,42 * 5,55 * 2.32,28 |           |          |
| 3539 | Margriet van | Kammen     | Neo | 01-02-88 Impala                      | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,12 * 1,65 * 11,43 * 5,28 * 2.37,75 |           |          |
| 3444 | Laura        | Molenaar   |     | 23-07-86 AV Gouda                    | Apeldoorn | 21-02-10 |
|      |              |            |     | 8,82 * 1,47 * 11,16 * 5,36 * 2.34,13 |           |          |
| 3423 | Jacky van    | Splunteren | MA  | 06-10-92 AV Zaanland                 | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,75 * 1,59 * 11,73 * 5,13 * 2.29,26 |           |          |
| 3373 | Nicole       | Berghouwer | Neo | 01-03-89 Hera                        | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,51 * 1,59 * 10,48 * 5,07 * 2.29,08 |           |          |
|      |              |            |     | (10)                                 |           |          |
| 3204 | Charissa     | Janssens   | Neo | 02-06-90 Sparta                      | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,83 * 1,62 * 10,86 * 5,12 * 2.44,44 |           |          |
| 3145 | Tara van     | Schie      | Neo | 12-09-90 AAC                         | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,49 * 1,56 * 11,58 * 5,26 * 2.58,19 |           |          |
| 3139 | Anne         | Baar       | Neo | 18-11-89 GAC-Hilversum               | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,65 * 1,50 * 09,89 * 5,04 * 2.33,75 |           |          |
| 3059 | Samantha     | Lernout    | MA  | 14-05-91 RK HAV                      | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,57 * 1,44 * 09,52 * 4,91 * 2.31,29 |           |          |
| 3005 | Moniek       | Stijvers   | Neo | 20-04-89 GAC-Hilversum               | Apeldoorn | 21-02-10 |
|      |              |            |     | 9,73 * 1,50 * 09,04 * 4,95 * 2.36,99 |           |          |

buitenlanders bij Nederlandse clubs en overmaatse baan:

|      |      |               |  |                                      |               |          |
|------|------|---------------|--|--------------------------------------|---------------|----------|
| 4197 | Ruky | Abdulai (CAN) |  | 08-08-85 Haag Atletiek               | Seattle (USA) | 29-01-10 |
|      |      |               |  | 8,70 * 1,79 * 09,89 * 6,13 * 2.18,42 |               |          |

**discuswerpen 1 kg vrouwen**

|       |         |        |  |                |             |          |
|-------|---------|--------|--|----------------|-------------|----------|
| 56,02 | Monique | Jansen |  | 03-10-78 Altis | Växjö (SWE) | 27-03-10 |
|-------|---------|--------|--|----------------|-------------|----------|

**4 x 200 meter vrouwen**

|         |  |   |  |         |           |          |
|---------|--|---|--|---------|-----------|----------|
| 1.41,41 |  | Nieuwegein  |  | Atverni | Apeldoorn | 13-02-10 |
|         |  | <i>Kyoma van Wang - Eline van Beek - Ilse van Beek - Eugenie Kool</i> |  |         |           |          |

Statistisch jaarboek indooratletiek 2009/2010

|                        |                               |         |                                   |
|------------------------|-------------------------------|---------|-----------------------------------|
| <b>Verspringen</b>     |                               |         |                                   |
| 1.                     | Lentine Klaassen, Castricum   | 5.36    | <i>Hoogspringen</i>               |
| 2.                     | Nadine Visser, SAV            | 5.32    | 1. Trystan de Weerd, Athlos 1.80  |
| 3.                     | Sophie Klumper, Phanos        | 5.20    | 2. Jeroen Boumans, Sparta 1.75    |
|                        |                               |         | 1. Nathan Diambudiaku, Trias 1.70 |
| <b>Jongens C</b>       |                               |         | <i>Polsstokhoogspringen</i>       |
| <b>60 meter</b>        |                               |         | 1. Daniël Kil, Sprint 3.00        |
| 1.                     | Yannick Mahieu, Phanos        | 7.45    | 2. Sybren Blok, PAC 2.70          |
| 2.                     | Noah Heijnen, Delta Sport     | 7.55    | 3. Rein Reinsma, Horror 2.40      |
| 3.                     | Milan Lips, Ilion             | 7.63    |                                   |
| <b>60 meter horden</b> |                               |         | <i>Verspringen</i>                |
| 1.                     | Arend-Jan Spierenburg, Cialfo | 8.65    | 1. Milan Lips, Ilion 5.91         |
| 2.                     | Trystan de Weerd, Athlos      | 8.69    | 2. Jeroen Boumans, Sparta 5.75    |
| 3.                     | Yannick Mahieu, Phanos        | 8.85    | 3. Thom Slot, Trias 5.63          |
| <b>800 meter</b>       |                               |         | <i>Kogelstoten</i>                |
| 1.                     | Robert Bons, Energie          | 2:10.20 | 1. Tom van Duuren, PSV 12.86      |
| 2.                     | Niek Blikslager, Gron.Atl.    | 2:10.51 | 2. Denzel Comenentia, AAC 12.80   |
| 3.                     | Julius Weinmiller, Haag Atl.  | 2:11.18 | 3. Emiel Rigter, BAV 12.43        |

**Meerkampinterland**

**Apeldoorn, 30/31 januari 2010**

|                      |                         |        |  |
|----------------------|-------------------------|--------|--|
| <b>Totaaluitslag</b> |                         |        | 3. Nadir El Fassi, FRA 5.759             |
| <i>Mannen</i>        |                         |        | 7.22-7.08-13.39-2.00-8.29-4.70-2:37.90   |
| 1.                   | Frankrijk               | 17.126 | 5. Bob Altena, NED 5.638                 |
| 2.                   | Nederland               | 16.757 | 7.28-7.11-15.16-1.88-8.35-4.70-2:46.51   |
| 3.                   | Gr. Brittannië          | 16.686 | 16. Ludo van der Plaats, NED 5.237       |
| 4.                   | Tsjechië                | 16.568 | 7.28-6.77-13.25-1.88-8.54-4.40-2:53.24   |
| 5.                   | Spanje                  | 15.841 |  |
| <i>Vrouwen</i>       |                         |        | <i>Vrouwen</i>                           |
| 1.                   | Frankrijk               | 12.835 | 1. Antoinette Nana Djimou Ida, FRA 4.507 |
| 2.                   | Tsjechië                | 12.717 | 8.26-1.78-13.23-6.31-2:22.14             |
| 3.                   | Nederland               | 11.743 | 2. Denisa Rosolová, CZE 4.370            |
| 4.                   | Spanje                  | 11.480 | 8.33-1.75-11.78-6.17-2:18.07             |
| 5.                   | Gr. Brittannië 8.028    |        | 3. Zuzana Hejnová, CZE 4.287             |
| <b>Individueel</b>   |                         |        | 8.53-1.72-11.50-5.77-2:08.29             |
| <i>Mannen</i>        |                         |        | 5. Remona Fransen, NED 4.188             |
| 1.                   | Eelco Sintnicolaas, NED | 5.882  | 8.83-1.75-12.99-5.68-2:18.35             |
|                      |                         |        | 12. Babs Egbers, NED 3.833               |
|                      |                         |        | 8.77-1.72-12.20-5.63-2:39.09             |
| 2.                   | Franc Logel, FRA        | 5.770  | 14. Amanda Spiljard, NED 3.722           |
|                      |                         |        | 9.45-1.63-12.25-5.39-2:22.73             |

**Interland B-junioren**

**Gent (BEL), 7 februari 2010**

|                      |                                  |      |   |
|----------------------|----------------------------------|------|---|
| <b>Totaaluitslag</b> |                                  |      | <i>200 meter</i>                          |
| <i>Meisjes</i>       |                                  |      | 1. Sander Pupella, Haag Atl. 22.29        |
| 1.                   | België                           | 77   | 2. Jonathan Mutebwa, Eindhoven Atl. 22.76 |
| 2.                   | Westfalen                        | 59   |   |
| 3.                   | Nederland                        | 55   | <i>400 meter</i>                          |
| <i>Jongens</i>       |                                  |      | 1. Joren Bouckaert, België 51.15          |
| 1.                   | Nederland                        | 79   | 3. Olaf van den Bergh, Pr. Hendrik 51.88  |
| 2.                   | België                           | 70   | 5. Joost de Jong, Pallas 67 52.34         |
| 3.                   | Westfalen                        | 43   |   |
| <b>Totaal</b>        |                                  |      | <i>800 meter</i>                          |
| 1.                   | België                           | 147  | 1. Riccardo Sprong, Clytoneus 2:00.27     |
| 2.                   | Nederland                        | 134  | 6. Youri Oolbekkink, Hanzesport 2:13.54   |
| 3.                   | Westfalen                        | 102  |   |
| <b>Individueel</b>   |                                  |      | <i>60m horden</i>                         |
| <i>Jongens</i>       |                                  |      | 1. Tim Dekker, Gouda 8.12                 |
| <b>60 meter</b>      |                                  |      | 6. Lennox Vellema, Lycurgus 9.80          |
| 1.                   | Sander Pupella, Haag Atl.        | 7.06 |   |
| 2.                   | Jonathan Mutebwa, Eindhoven Atl. | 7.07 | <i>Verspringen</i>                        |
|                      |                                  |      | 1. Kjeil Wolters, PEC1910 7.15            |
|                      |                                  |      | 2. Joeri van der Hooft, De Wielingen 6.87 |
| <b>Hoogspringen</b>  |                                  |      | <i>Hoogspringen</i>                       |
| 1.                   | Bram Ghuyts, België              | 2.09 |   |

Statistisch jaarboek indooratletiek 2009/2010

|   |                                |         |                  |         |
|---|--------------------------------|---------|------------------|---------|
| 2.  | Joost Ketel, Achilles-EL       | 1.90    | <i>800 meter</i> |         |
| 4.  | Johan Schonebaum, Iliion       | 1.85    |                  | 2:15.30 |
| <i>Kogelstoten</i>  |                                |         |                  |         |
| 1.  | Patrick Waleki, Westfalen      | 17.03   |                  | 2:17.16 |
| 3.  | Ivo Willemsen, Sparta          | 16.18   |                  | 2:18.34 |
| 5.  | Joris Hallegraef, Attila       | 14.88   |                  |         |
| <i>4x200 meter</i>  |                                |         |                  |         |
| 1.  | Nederland                      | 1:31.51 |                  |         |
| <i>(Jonathan Mutebwa-Olaf van den Bergh-Joost de Jong-Sander Pupella)</i> |                                |         |                  |         |
| <i>Meisjes</i>  |                                |         |                  |         |
| <i>60 meter</i>   |                                |         |                  |         |
| 1.  | Imke Vervaet, België           | 7.69    |                  |         |
| 5.  | Tessa van Schagen, Leiden Atl. | 8.08    |                  |         |
| 6.  | Naomi Sedney, Iliion           | 8.13    |                  |         |
| <i>200 meter</i>  |                                |         |                  |         |
| 1.  | Imke Vervaet, België           | 24.38   |                  |         |
| 5.  | Rebecca Rijken, Zaanland       | 26.57   |                  |         |
|   | Sharon Hendriks, AV34          | DNF     |                  |         |
| <i>400 meter</i>  |                                |         |                  |         |
| 1.  | Justie Griller, België         | 57.77   |                  |         |
| 2.  | Roos Sanne Claassen, AV NOP    | 58.68   |                  |         |
| 5.  | Anna Voskamp, Hanzesport       | 59.72   |                  |         |

**NK junioren**

**Apeldoorn, 27/28 februari 2010**

|                   |                                    |         |  |  |
|-------------------|------------------------------------|---------|--|--|
| <b>Meisjes A</b>  |                                    |         |  |  |
| <i>60 meter</i>   |                                    |         |  |  |
| 1.                | Jamile Samuel, Phanos              | 7.37    |  |  |
| 2.                | Dafne Schippers, Hellas            | 7.37    |  |  |
| 3.                | Loreanne Kuhurima, Phanos          | 7.60    |  |  |
| 4.                | Janice Babel, Phanos               | 7.76    |  |  |
| 5.                | Eva Lubbers, AKU                   | 7.78    |  |  |
| 6.                | Sharda Zuurbier, Hera              | 7.90    |  |  |
| 7.                | Carola van Wagtendonk, Hera        | 7.93    |  |  |
| 8.                | Meruska M Eduarda, R'dam Atl.      | 8.17    |  |  |
| <i>400 meter</i>  |                                    |         |  |  |
| 1.                | Lisanne de Witte, Trias            | 58.11   |  |  |
| 2.                | Maruska Eduarda, R'dam Atl.        | 59.04   |  |  |
| 3.                | Wilmke Boersma, PEC 1910           | 59.20   |  |  |
| 4.                | Samantha Lernout, RKHAV            | 61.07   |  |  |
| 5.                | Lisa de Ruitter, Typhoon           | 62.51   |  |  |
| 6.                | Myrthe Nabbe, De Liemers           | 63.21   |  |  |
| <i>800 meter</i>  |                                    |         |  |  |
| 1.                | Jamie van Lieshout, Attila         | 2:17.18 |  |  |
| 2.                | Marjolein van Marrewijk, Olympus70 | 2:17.70 |  |  |
| 3.                | Lisanne Drost, Athlos              | 2:26.55 |  |  |
| 4.                | Karina Willems, Rijssen            | 2:27.99 |  |  |
| 5.                | Savanna Warmink (MB), ACO          | 2:28.34 |  |  |
| 6.                | Marijke Portema, Heerenveen        | 2:28.88 |  |  |
| 7.                | Aline Kootstra (MB), ACO           | 2:34.73 |  |  |
| 8.                | Esther Jansen, Wychen              | 2:35.39 |  |  |
| <i>1500 meter</i> |                                    |         |  |  |
| 1.                | Jamie van Lieshout, Attila         | 4:49.50 |  |  |
| 2.                | Elli Frank, Achilles-T             | 4:55.49 |  |  |
| 3.                | Celine de Wild, THOR               | 4:59.70 |  |  |
| 4.                | Lotte Krause, AKU                  | 5:02.99 |  |  |
| 5.                | Savanna Warmink (MB), ACO          | 5:11.74 |  |  |
| 6.                | Wendy van der Velden, Lycurgus     | 5:15.35 |  |  |
| 7.                | Aline Kootstra (MB), ACO           | 5:34.93 |  |  |

Statistisch jaarboek indooratletiek 2009/2010

|   |                   |                    |     |          |                    |                      |          |
|---|-------------------|--------------------|-----|----------|--------------------|----------------------|----------|
| 5,45  | Renee             | Granzier           | MA  | 02-07-92 | Unitas             | Apeldoorn            | 27-02-10 |
| 5,42  | Rosemarie         | Beukhof            | Neo | 04-11-90 | Groningen Atletiek | Groningen            | 17-01-10 |
| 5,41  | Ellis             | Gielen             | MB  | 15-03-93 | Unitas             | Dortmund (GER)       | 03-01-10 |
| 5,41  | Melanie           | Wassenaar          | MB  | 16-02-93 | DEM                | Utrecht              | 30-01-10 |
| 5,41  | Jarmilla van      | Stralen            | MA  | 28-07-91 | AAV '36            | Apeldoorn            | 27-02-10 |
| 5,39  | Maureen           | Rots               | MB  | 25-02-93 | PEC 1910           | Apeldoorn            | 30-01-10 |
| 5,37  | Laura van         | Leijenhorst        | Neo | 23-09-89 | Triathlon          | Utrecht              | 13-12-09 |
| 5,36  | Lentine           | Klaassen           | MC  | 18-04-95 | AV Castricum       | Groningen            | 17-01-10 |
| 5,36  | Tara van          | Schie              | Neo | 12-09-90 | AAC                | Apeldoorn            | 31-01-10 |
|   |                   |                    |     | (30)     |                    |                      |          |
| 5,36  | Inge de           | Wolf               | MC  | 17-04-95 | PEC 1910           | Apeldoorn            | 28-02-10 |
| 5,34  | Nadine            | Visser             | MC  | 09-02-95 | SAV                | Groningen            | 17-01-10 |
| 5,33  | Brechje           | Rankenburg-Kaastra |     | 22-02-82 | Athlos             | Groningen            | 17-01-10 |
| <i>buitenlanders bij Nederlandse clubs:</i> |                   |                    |     |          |                    |                      |          |
| 6,46  | Ruky              | Abdulai (CAN)      |     | 08-08-85 | Haag Atletiek      | Seattle (USA)        | 13-02-10 |
| <b><u>hink-stap-sprong vrouwen</u></b>      |                   |                    |     |          |                    |                      |          |
| 12,50                                       | Brenda            | Baar               |     | 19-07-87 | AV '23             | Mount Pleasant (USA) | 27-02-10 |
| 12,24                                       | Marije            | Langen             |     | 29-12-86 | Iliion             | Apeldoorn            | 07-02-10 |
| 12,05                                       | Wendy             | Visser             |     | 19-08-81 | Phanos             | Utrecht              | 30-01-10 |
| 11,77                                       | Stephany          | Suykerbuyk         | Neo | 01-10-89 | R' dam Atletiek    | Apeldoorn            | 07-02-10 |
| 11,65                                       | Meruska           | Eduarda (AHO)      | MA  | 30-07-91 | R' dam Atletiek    | Apeldoorn            | 27-02-10 |
| 11,43                                       | Eva van der       | Poel               |     | 18-11-85 | De Spartaan        | Apeldoorn            | 07-02-10 |
| 11,41                                       | Jaimy van         | Broekhoven         | Neo | 18-08-89 | Prins Hendrik      | Apeldoorn            | 13-02-10 |
| 11,37                                       | Anne van          | Ommeren            |     | 13-03-85 | Nijmegen Atletiek  | Apeldoorn            | 07-02-10 |
| 11,26                                       | Annelies          | Fortuin            | Neo | 01-08-88 | PEC 1910           | Apeldoorn            | 07-02-10 |
| 11,25                                       | Tamara            | Middelburg         | Neo | 10-07-88 | R' dam Atletiek    | Apeldoorn            | 13-02-10 |
|   |                   |                    |     | (10)     |                    |                      |          |
| 11,12                                       | Angela de         | Winter             | Neo | 05-01-89 | Leiden Atletiek    | Apeldoorn            | 13-02-10 |
| 11,03                                       | Tiffany           | Boersma            | Neo | 23-12-90 | AAC                | Apeldoorn            | 13-02-10 |
| 10,99                                       | Sanne             | Zwijzen            |     | 10-12-86 | Hellas             | Utrecht              | 30-01-10 |
| 10,99                                       | Bonne de          | Boer               | MB  | 02-02-93 | Phanos             | Apeldoorn            | 28-02-10 |
| 10,88                                       | Liset             | Olijve             | Neo | 25-02-90 | Prins Hendrik      | Apeldoorn            | 07-02-10 |
| 10,72                                       | Sjoera            | Tjin A-Lim         | MC  | 07-12-95 | Sparta             | Apeldoorn            | 28-02-10 |
| 10,65                                       | Claudia           | Schutjes           | MA  | 29-09-91 | AV Valkenswaard    | Apeldoorn            | 27-02-10 |
| 10,49                                       | Desire            | Melchiot           | MA  | 17-07-91 | Phanos             | Zoetermeer           | 19-12-09 |
| 10,44                                       | Suzanne           | Janssens           | MA  | 16-01-92 | Sprint             | Apeldoorn            | 27-02-10 |
| 10,39                                       | Melanie           | Wassenaar          | MB  | 16-02-93 | DEM                | Apeldoorn            | 28-02-10 |
|   |                   |                    |     | (20)     |                    |                      |          |
| 10,36                                       | Jani Kortbeek-van | de Mortel          | V55 | 03-05-53 | Prins Hendrik      | Apeldoorn            | 14-02-10 |
| 10,33                                       | Tinka             | Smith-Tolsma       | V40 | 23-09-68 | Leiden Atletiek    | Apeldoorn            | 14-02-10 |
| 10,31                                       | Irina             | Gialamatzis        | MB  | 25-03-94 | DEM                | Apeldoorn            | 28-02-10 |
| 10,18                                       | Manon             | Haakman            | MC  | 02-03-95 | Lycurgus           | Apeldoorn            | 28-02-10 |
| 10,07                                       | Romy              | Cluistra           | MA  | 19-06-91 | Triathlon          | Apeldoorn            | 27-02-10 |
| 10,01                                       | Donna de          | Maat               | MA  | 19-11-92 | Sprint             | Zoetermeer           | 19-12-09 |
| <b><u>kogelstoten 4 kg vrouwen</u></b>      |                   |                    |     |          |                    |                      |          |
| 18,02                                       | Melissa           | Boekelman          | Neo | 11-05-89 | Prins Hendrik      | Apeldoorn            | 31-01-10 |
| 16,84                                       | Denise            | Kemkers            |     | 11-04-85 | Hera               | Apeldoorn            | 31-01-10 |
| 15,14                                       | Pamela            | Kiel               | MA  | 09-04-91 | R' dam Atletiek    | Apeldoorn            | 28-02-10 |
| 15,09                                       | Jolanda           | Keizer             |     | 05-04-85 | Phanos             | Apeldoorn            | 07-02-10 |
| 14,88                                       | Corinne           | Nugter             | MA  | 28-03-92 | AV NOP             | Apeldoorn            | 28-02-10 |
| 14,00                                       | Laurien           | Hoos               |     | 18-08-83 | Hera               | Apeldoorn            | 07-02-10 |
| 13,80                                       | Elise             | Knetemann          |     | 23-07-80 | Lycurgus           | Apeldoorn            | 07-02-10 |
| 13,67                                       | Femke             | Dijkstra           | MA  | 04-11-91 | Ciko '66           | Apeldoorn            | 13-02-10 |
| 13,25                                       | Eva               | Reinders           | MB  | 12-05-93 | Groningen Atletiek | Gent (BEL)           | 07-02-10 |
| 13,20                                       | Denise van        | Herp               | MB  | 02-05-93 | Daventria          | Apeldoorn            | 07-02-10 |
|   |                   |                    |     | (10)     |                    |                      |          |
| 13,09                                       | Remona            | Fransen            |     | 25-11-85 | De Spartaan        | Apeldoorn            | 21-02-10 |
| 12,80                                       | Karin             | Ruckstuhl          |     | 02-11-80 | AAC                | Apeldoorn            | 21-02-10 |
| 12,77                                       | Nikki             | Rodenburg          | Neo | 22-04-89 | AAC                | Apeldoorn            | 31-01-10 |
| 12,69                                       | Jill              | Emmerzaal          | Neo | 22-11-90 | Nijmegen Atletiek  | Apeldoorn            | 13-02-10 |
| 12,47                                       | Amanda            | Spiljard           | Neo | 18-09-89 | Attila             | Apeldoorn            | 21-02-10 |

|   |                  |                |     |            |                     |                      |          |
|---|------------------|----------------|-----|------------|---------------------|----------------------|----------|
| 4,21  | Denise           | Groot          | Neo | 26-05-90   | Unitas              | Apeldoorn            | 06-02-10 |
| 4,11  | Yvette           | Caldenhove     |     | 30-01-82   | Haag Atletiek       | Apeldoorn            | 06-02-10 |
| 3,81  | Leonie           | Schilder       | Neo | 15-09-90   | AV Edam             | Apeldoorn            | 13-02-10 |
| 3,65  | Marijke          | Valk           | MA  | 15-07-92   | Unitas              | Apeldoorn            | 27-02-10 |
| 3,56  | Anita            | Karregat       | MA  | 31-12-91   | AV Edam             | Parijs (FRA)         | 04-12-09 |
| 3,41  | Annemieke        | Dunnink        |     | 07-03-80   | Phoenix             | Apeldoorn            | 06-02-10 |
| 3,41  | Robin            | Wingbermhle    | MA  | 20-05-92   | R' dam Atletiek     | Apeldoorn            | 27-02-10 |
| 3,40  | José             | Schoenmaker    | Neo | 22-03-88   | Lycurgus            | Apeldoorn            | 31-01-10 |
| 3,30  | Jenny            | Baar           | Neo | 25-08-89   | AV '23              | Utrecht              | 13-12-09 |
|   |                  | (10)           |     |            |                     |                      |          |
| 3,22  | Rianne           | Pessel         | MB  | 04-10-93   | AV Edam             | Groningen            | 17-01-10 |
| 3,22  | Wendy op den     | Kelder         |     | 13-09-83   | Hollandia           | Groningen            | 17-01-10 |
| 3,21  | Brigitte van den | Kamp-Linnebank | V4  | 4515-06-60 | GAC-Hilversum       | Apeldoorn            | 06-02-10 |
| 3,21  | Viola            | Hessels        |     | 06-06-81   | Hollandia           | Apeldoorn            | 06-02-10 |
| 3,20  | Rubina           | Brouns         | MC  | 30-06-95   | Unitas              | Apeldoorn            | 30-01-10 |
| 3,10  | Isabel           | Janssen        | MB  | 24-08-94   | PAC                 | Apeldoorn            | 30-01-10 |
| 3,01  | Jasmijn          | Wierema        |     | 20-05-87   | R' dam Atletiek     | Apeldoorn            | 13-02-10 |
| 2,93  | Moniek           | Jansen         |     | 17-07-85   | Sprint              | Sittard              | 24-01-10 |
| 2,90  | Margit           | Korporaal      | MB  | 22-12-93   | AV '34              | Utrecht              | 13-12-09 |
| 2,80  | Sigrid           | Florusse       |     | 04-03-81   | Parthenon           | Gent (BEL)           | 19-12-09 |
|   |                  | (20)           |     |            |                     |                      |          |
| 2,80  | Any              | Koch           | MB  | 24-04-93   | PAC                 | Gent (BEL)           | 27-02-10 |
| 2,80  | Anne             | Krebber        | MB  | 10-11-94   | Sprint              | Apeldoorn            | 28-02-10 |
| 2,80  | Vonne van        | Burg           | MC  | 03-02-95   | Prins Hendrik       | Apeldoorn            | 28-02-10 |
| 2,80  | Fenna van        | Burg           | MC  | 03-02-95   | Prins Hendrik       | Apeldoorn            | 28-02-10 |
| 2,63  | Sandra           | Jacobs         | MC  | 31-10-95   | Unitas              | Sittard              | 24-01-10 |
| 2,50  | Mariska          | Wust           | MB  | 16-10-94   | Hercules            | Dordrecht            | 30-10-10 |
| 2,50  | Marjolijn de     | Vos            |     | 23-01-86   | Groene Ster         | Dordrecht            | 30-10-10 |
| 2,40  | Sabine           | Groenestein    | MB  | 19-06-94   | PAC                 | Dordrecht            | 21-11-09 |
| 2,40  | Yvette de        | Jong           | Neo | 12-09-90   | Nijmegen Atletiek   | Utrecht              | 08-01-10 |
| 2,40  | Tessa            | Schoute        | MB  | 23-07-94   | Lycurgus            | Utrecht              | 08-01-10 |
|   |                  | (30)           |     |            |                     |                      |          |
| 2,33  | Annemiek         | Silven         | MB  | 22-08-93   | AV Edam             | Sittard              | 24-01-10 |
| 2,31  | Kyra             | Brakkee        | MC  | 05-03-95   | Haag Atletiek       | Dordrecht            | 09-01-10 |
| <i>in onderlinge wedstrijd:</i>             |                  |                |     |            |                     |                      |          |
| 2,90  | Sigrid           | Florusse       |     | 04-03-81   | Parthenon           | Dordrecht            | 27-03-10 |
| <i>buitenlanders bij Nederlandse clubs:</i> |                  |                |     |            |                     |                      |          |
| 4,11  | Fanny            | Smets (BEL)    |     | 21-04-86   | Unitas              | Gent (BEL)           | 21-02-10 |
| <b>verspringen vrouwen</b>                  |                  |                |     |            |                     |                      |          |
| 6,50  | Karin            | Ruckstuhl      |     | 02-11-80   | AAC                 | Apeldoorn            | 06-02-10 |
| 5,98  | Annelies         | Fortuin        | Neo | 01-08-88   | PEC 1910            | Apeldoorn            | 06-02-10 |
| 5,93  | Meruska          | Eduarda (AHO)  | MA  | 30-07-91   | R' dam Atletiek     | Gent (BEL)           | 23-01-10 |
| 5,91  | Femke            | Klop           | Neo | 10-05-90   | Unitas              | Düsseldorf (GER)     | 13-03-10 |
| 5,88  | Carola van       | Wagtendonk     | MA  | 21-05-91   | Hera                | Apeldoorn            | 27-02-10 |
| 5,87  | Lianne van der   | Lugt           | Neo | 22-06-88   | Olympus '70         | Utrecht              | 13-12-09 |
| 5,83  | Brenda           | Baar           |     | 19-07-87   | AV '23              | Mount Pleasant (USA) | 27-02-10 |
| 5,80  | Jisca            | Docters        |     | 17-04-85   | Atletiek Maastricht | Dortmund (GER)       | 10-01-10 |
| 5,79  | Anouk            | Vetter         | MB  | 04-02-93   | AAC                 | Apeldoorn            | 21-02-10 |
| 5,77  | Valentine        | Kortbeek       |     | 19-12-86   | Prins Hendrik       | Apeldoorn            | 06-02-10 |
|   |                  | (10)           |     |            |                     |                      |          |
| 5,77  | Lieke            | Bakker         | Neo | 01-08-89   | PEC 1910            | Apeldoorn            | 06-02-10 |
| 5,77  | Amanda           | Spiljard       | Neo | 18-09-89   | Attila              | Apeldoorn            | 21-02-10 |
| 5,68  | Gabriëlla        | Dwomoh         | MB  | 12-01-94   | Ilion               | Utrecht              | 13-12-09 |
| 5,68  | Remona           | Fransen        |     | 25-11-85   | De Spartaan         | Apeldoorn            | 31-01-10 |
| 5,66  | Nadine           | Broersen       | Neo | 29-04-90   | Sprint              | Apeldoorn            | 21-02-10 |
| 5,66  | Miranda de       | Regt           | MB  | 29-09-93   | De Spartaan         | Apeldoorn            | 28-02-10 |
| 5,63  | Babs             | Egbers         | Neo | 07-06-88   | AV '34              | Apeldoorn            | 31-01-10 |
| 5,57  | Laura            | Molenaar       |     | 23-07-86   | AV Gouda            | Dortmund (GER)       | 03-01-10 |
| 5,55  | Gejanne          | Lussenburg     | Neo | 24-12-89   | Isala '96           | Apeldoorn            | 21-02-10 |
| 5,52  | Yvet van der     | Sterren        |     | 15-08-87   | DAK                 | Dortmund (GER)       | 03-01-10 |
|   |                  | (20)           |     |            |                     |                      |          |
| 5,50  | Anne van         | Ommeren        |     | 13-03-85   | Nijmegen Atletiek   | Dortmund (GER)       | 24-01-10 |

|                                    |                                 |         |                             |                                |       |  |  |
|------------------------------------|---------------------------------|---------|-----------------------------|--------------------------------|-------|--|--|
| <b>Hinkstapspringen</b>            |                                 |         |                             |                                |       |  |  |
| 1.                                 | Meruska M Eduarda, R'dam Atl.   | 11.65   | 1.                          | Tim Dekker, Gouda              | 8.10  |  |  |
| 2.                                 | Claudia Schutjes, AV V'waard    | 10.65   | 2.                          | Delano Wouterse, PAC           | 8.30  |  |  |
| 3.                                 | Desire Melchiot, Phanos         | 10.49   | 3.                          | Glenn Boessen, Unitas          | 8.52  |  |  |
| 4.                                 | Suzanne Janssens, De Spartaan   | 10.44   | 4.                          | Ferry van Dipten, Climax       | 8.52  |  |  |
| 5.                                 | Romy Cluistra, Triathlon        | 10.07   | 5.                          | Trystan de Weerd, Athlos       | 8.77  |  |  |
| 6.                                 | Marlon Klein, PEC 1910          | 9.73    | 6.                          | Jules de Bont, Phanos          | 8.81  |  |  |
| <b>Kogelstoten</b>                 |                                 |         |                             |                                |       |  |  |
| 1.                                 | Pamela Kiel, R'dam Atl.         | 15.14   | 7.                          | Anton de Regt, AV34            | 8.83  |  |  |
| 2.                                 | Corinne Nugter, AV NOP          | 14.88   |                             | Kjell Wolters, PEC 1910        | DNF   |  |  |
| <b>Hoogspringen</b>                |                                 |         |                             |                                |       |  |  |
| 1.                                 | Femke Dijkstra, De Liemers      | 12.46   | 1.                          | Jethro Obot, Haag Atl.         | 1.97  |  |  |
| 2.                                 | Melanie Versteeg, GAC-H         | 11.50   | 2.                          | Johan Schonebaum, Ilion        | 1.94  |  |  |
| 3.                                 | Ilona Verboom, Triathlon        | 11.22   | 3.                          | Daniel Leyba, Haag Atl.        | 1.91  |  |  |
| 4.                                 | Jacky van Splunteren, Zaanland  | 11.06   | 4.                          | Quincy van Driesten, Altis     | 1.88  |  |  |
| 5.                                 | Rianne Gorter, Isala 96         | 10.17   | 5.                          | Joost Ketel, Achille-EL        | 1.88  |  |  |
| 6.                                 | Sacha Popping, Cialfo           | 9.96    | 6.                          | Tim Dekker, Gouda              | 1.85  |  |  |
| <b>Jongens B</b>                   |                                 |         |                             |                                |       |  |  |
| <b>60 meter</b>                    |                                 |         |                             |                                |       |  |  |
| 1.                                 | Jonathan Mutebwa, Eindh.Atl.    | 7.05    | <b>Polsstokhoogspringen</b> |                                |       |  |  |
| 2.                                 | Sander Pupella, Energie         | 7.09    | 1.                          | Tom Roetman, GAC-H             | 4.40  |  |  |
| 3.                                 | Jeroen Brus, Ciko66             | 7.31    | 2.                          | Rutger Koppelaar, Unitas       | 4.25  |  |  |
| 4.                                 | Igor Smits, Hollandia           | 7.31    | 3.                          | Anton de Regt, AV34            | 3.65  |  |  |
| 5.                                 | Gavan Koekkoek, PAC             | 7.32    | 4.                          | Pim de Vor, GAC-H              | 3.45  |  |  |
| 6.                                 | Jan Westerdiep, Phanos          | 7.26    | 5.                          | Jurriaan Wouters, Triathlon    | 3.45  |  |  |
| 7.                                 | Yannick Mahieu (JC), Phanos     | 7.44    | 6.                          | Menno Vloon, LYurgus           | 3.45  |  |  |
|                                    | Marvin Douma, Horror            | DIS     | 7.                          | Bart Heijes (JC) Passaat       | 3.25  |  |  |
| <b>400 meter</b>                   |                                 |         |                             |                                |       |  |  |
| 1.                                 | Olaf van den Bergh, Pr.Hendrik  | 50.38   | 8.                          | Christian Rasch, GAC-H         | 3.25  |  |  |
| 2.                                 | Delano Wouterse, PAC            | 52.18   | <b>Verspringen</b>          |                                |       |  |  |
| 3.                                 | Sven Maliepaard, Passaat        | 52.50   | 1.                          | Kjell Wolters, PEC1910         | 6.93  |  |  |
| 4.                                 | Joost de Jong, Pallas 67        | 52.54   | 2.                          | Joeri van der Hooft, Wielingen | 6.53  |  |  |
| 5.                                 | Jon Schouwenaar, Startbaan      | 54.16   | 3.                          | Ferry van Dipten, Climax       | 6.46  |  |  |
| 6.                                 | Remco Bos, Davenportia          | 55.11   | 4.                          | Daniel Oldenstam, Fortuna      | 6.44  |  |  |
| <b>800 meter</b>                   |                                 |         |                             |                                |       |  |  |
| 1.                                 | Riccardo Sprong, Clytoneus      | 1:58.28 | 5.                          | Emiel Damen, Unitas            | 6.27  |  |  |
| 2.                                 | Sjaak Hoogstraaten, AV23        | 2:02.32 | 6.                          | Luc Baauw, Fortuna             | 6.23  |  |  |
| 3.                                 | Mitchell Thiel, PBRG            | 2:03.20 | 7.                          | Bram Denissen, Atledo          | 6.08  |  |  |
| 4.                                 | Jaap Gerben Vellinga, Horror    | 2:03.37 | 8.                          | Wouter de Bever, Pr. Hendrik   | 5.95  |  |  |
| 5.                                 | Adil el Azzouzi, Phanos         | 2:05.51 | <b>Hinkstapspringen</b>     |                                |       |  |  |
| 6.                                 | Thomas Potma (JC), Energie      | 2:05.68 | 1.                          | Joeri van der Hooft, Wielingen | 13.05 |  |  |
| 7.                                 | Casper van Leeningen, AV34      | 2:09.89 | 2.                          | Luc Baauw, Fortuna             | 12.67 |  |  |
|                                    | Fenno Polderman, Clytoneus      | DNF     | 3.                          | Bas Buthker, Eindh.Atl.        | 12.67 |  |  |
| <b>1500 meter (series op tijd)</b> |                                 |         |                             |                                |       |  |  |
| 1.                                 | Riccardo Sprong, Clytoneus      | 4:22.89 | 4.                          | Bren Simon Meijer, Nea Volh    | 12.54 |  |  |
| 2.                                 | Yared Stifanos, Hellas          | 4:25.35 | 5.                          | Storm Potkamp, Ciko66          | 12.23 |  |  |
| 3.                                 | Fenno Polderman, Clytoneus      | 4:26.78 | 6.                          | Jeroen Boumans (JC), Sparta    | 12.15 |  |  |
| 4.                                 | Daan Reintjes, De Liemers       | 4:27.89 | 7.                          | Ben 't Hart, Sparta            | 12.10 |  |  |
| 5.                                 | Ralf Nieuwenhuizen, Spirit-OB   | 4:28.38 | 8.                          | Bas van Leersum, Zaanland      | 11.61 |  |  |
| 6.                                 | Adil el Azzouzi, Phanos         | 4:32.93 | <b>Kogelstoten</b>          |                                |       |  |  |
| 7.                                 | Bradley Groenestein (JC), Altis | 4:35.61 | 1.                          | Ivo Willemsen, Sparta          | 15.72 |  |  |
| 8.                                 | Jorin Kamps, LG Aart Stigter    | 4:35.80 | 2.                          | Joris Hallegraaff, Attila      | 15.47 |  |  |
| <b>3000 meter</b>                  |                                 |         |                             |                                |       |  |  |
| 1.                                 | Tom Koetsenruijter, THOR        | 8:56.63 | 3.                          | Thomas Hoogerbrugge, Lycurgus  | 14.50 |  |  |
| 2.                                 | Brian Kamstra, AAC61            | 8:57.15 | 4.                          | Matthijs Rodenburg, AAC        | 14.33 |  |  |
| 3.                                 | Tommy Staal, AV56               | 9:05.93 | 5.                          | Dennis Hemelaar, AAC           | 14.18 |  |  |
| 4.                                 | Ivo Bijl, Passaat               | 9:16.25 | 6.                          | Jim van Oostrom, AV23          | 14.18 |  |  |
| 5.                                 | Jordy Vijfschaft, Gron.Atl.     | 9:18.72 | 7.                          | Thomas Scheffer, Iphitos       | 13.53 |  |  |
| 6.                                 | Cas Lutz, GAC-H                 | 9:38.79 | 8.                          | Jeroen Megens, Nijmegen Atl.   | 13.43 |  |  |
| 7.                                 | Curtis Jeffrey Burks, GAC-H     | 9:39.17 | <b>Meisjes B</b>            |                                |       |  |  |
| 8.                                 | Sander Brouwers, Pr. Hendrik    | 9:48.53 | <b>60 meter</b>             |                                |       |  |  |
|                                    |                                 |         | 1.                          | Marloes Duijn, SAV             | 7.82  |  |  |
|                                    |                                 |         | 2.                          | Sharon Hendriks, AV34          | 7.88  |  |  |
|                                    |                                 |         | 3.                          | Naomi Klomp, Energie           | 7.93  |  |  |
|                                    |                                 |         | 4.                          | Rochelle van Gulik, R'dam Atl  | 8.03  |  |  |
|                                    |                                 |         | 5.                          | Nadine Visser (MC), SAV        | 8.03  |  |  |

Statistisch jaarboek indooratletiek 2009/2010

|                             |                                     |          |    |                                  |         |
|-----------------------------|-------------------------------------|----------|----|----------------------------------|---------|
| 6.                          | Naomi Sedney, Ilion                 | 8.04     | 5. | Vonne van Burg (MC), Pr.Hendrik  | 2.80    |
| 7.                          | Sacha van Agt, GVAC                 | 8.06     | 6. | Margit Korporaal, AV34           | 2.80    |
| 8.                          | Tessa van Schagen, Leiden Atl.      | 8.08     | 7. | Fenna van Burg (MC), Pr. Hendrik | 2.80    |
| <b>400 meter</b>            |                                     |          |    |                                  |         |
| 1.                          | Vera van den Haak (MC), Sparta      | 56.98    | 1. | Miranda de Regt, De Spartaan     | 5.66    |
| 2.                          | Anna Voskamp, Hanzesport            | 58.19    | 2. | Gabriella Dwomoh, Ilion          | 5.59    |
| 3.                          | Marije Wever, Nea Volh.             | 58.40    | 3. | Anouk Vetter, AAC                | 5.59    |
| 4.                          | Roos-Sanne Claassen, AV NOP         | 59.05    | 4. | Maureen Rots, PEC 1910           | 5.37    |
| 5.                          | Ellis Gielen, Unitas                | 59.47    | 5. | Inge de Wolf (MC), PEC 1910      | 5.36    |
| 6.                          | Chelsea van Dijk (MC), Atl. Maastr. | 59.70    | 6. | Winne Vos, Daventria             | 5.23    |
| 7.                          | Inge de Wolf (MC), PEC 1910         | 64.10    | 7. | Genevieve Emanuels, Almere81     | 5.11    |
| 8.                          |                                     |          | 8. | Yvette van der Worp, PEC 1910    | 5.09    |
| <b>800 meter</b>            |                                     |          |    |                                  |         |
| 1.                          | Anouk Trooster, AAC61               | 2:17.96  | 1. | Bonne de Boer, Phanos            | 10.99   |
| 2.                          | Rens Nijman, Nijmegen Atl.          | 2:19.06  | 2. | Sjoera Tjin-A-Lim (MC), Sparta   | 10.72   |
| 3.                          | Tinka Offerreins, Startbaan         | 2:19.21  | 3. | Melanie Wassenaar, DEM           | 10.39   |
| 4.                          | Annik de Jong, AV H'veen            | 2:19.21  | 4. | Irlini Gialamatzis, DEM          | 10.31   |
| 5.                          | Fieke Wolters, Nijmegen Atl.        | 2:20.26  | 5. | Manon Haakman (MC), Lycurgus     | 10.18   |
| 6.                          | Kim Hittinger (MC), AKU             | 2:27.08  | 6. | Suzan van Amerongen, CIKO66      | 9.96    |
| 7.                          | Judith Rasch (MC), Pijnenburg       | 2:27.80  | 7. | Froukje van Ligten, CIKO66       | 9.67    |
| 8.                          | Jolien de Waard, Gron. Atl.         | 2:30.30  | 8. | Sanna Fewick, CIKO66             | 9.54    |
| <b>1500 meter</b>           |                                     |          |    |                                  |         |
| 1.                          | Marlin van Hal, De Keien            | 4:43.27  | 1. | Eva Reinders, Gron.Atl.          | 15.11   |
| 2.                          | Julia van Velthoven, Attila         | 4:46.74  | 2. | Denise van Herp, Daventria       | 14.26   |
| 3.                          | Laura Wientjens, THOR               | 4:47.08  | 3. | Roos de Klerk, Energie           | 14.08   |
| 4.                          | Saskia Weinan, Atletico 73          | 4:49.53  | 4. | Louise Taatgen, Gron.Atl.        | 13.79   |
| 5.                          | Lysanne Wilkens, Oss78              | 4:55.98  | 5. | Charlene Okken, HAC63            | 13.67   |
| 6.                          | Minke van der meer (MC), AV H'veen  | 4:58.03  | 6. | Ellis Gielen, Unitas             | 13.36   |
| 7.                          | Anouk Everts, AAC61                 | 5:15.43  | 7. | Vivian Brandhoff, SAV            | 12.36   |
| 8.                          | Femke van der Pal, Zaanland         | 5:29.55  | 8. | Sherene Heeswijk, Sparta         | 12.19   |
| <b>3000 meter</b>           |                                     |          |    |                                  |         |
| 1.                          | Irene van Lieshout, de Keien        | 10:15.97 | 1. | Martijn Hoogendam, Phanos        | 7.02    |
| 2.                          | Jip Vastenburger, GAC-H             | 10:21.42 | 2. | Wouter Brus, Atverni             | 7.03    |
| 3.                          | Anne Luijten, AV40                  | 10:46.79 | 3. | Koen van Erve, Attila            | 7.08    |
| 4.                          | Laura Rijvers, Attila               | 10:52.90 | 4. | Christiaan Meilink, PAC          | 7.10    |
| 5.                          | Marit Plat, Aalsmeer                | 11:24.73 | 5. | Erik Stevens, Ilion              | 7.10    |
| 6.                          | Judi Becx, Attila                   | 11:35.57 | 6. | Victor Strijbis, Hera            | 7.16    |
| 7.                          | Sophie van der Most (MC), Liemers   | 11:36.33 | 7. | Jip Baltissen, Haag Atl.         | 7.19    |
| 8.                          | Nienke de Jong (MC), Olympus70      | 11:37.27 |    | Jeffrie Buckle, Atl. Maastr.     | DIS     |
| <b>60m horden</b>           |                                     |          |    |                                  |         |
| 1.                          | Marloes Duijn, SAV                  | 8.73     | 1. | Jesper Arts, LG Deurne           | 49.08   |
| 2.                          | Naomi Klomp, Energie                | 8.80     | 2. | Wouter Schuwer, Scopias          | 49.26   |
| 3.                          | Suzanne Williams, Gron.Atl.         | 8.88     | 3. | Thijmen Kupers, Atletico 73      | 49.51   |
| 4.                          | Nadine Visser (MC), SAV             | 8.90     | 4. | Martijn Bervoets, De Keien       | 49.64   |
| 5.                          | Marije van Hunenstijn (MC), AV34    | 8.99     | 5. | Jurgen Wielaert, AV H'meer       | 50.14   |
| 6.                          | Miranda de Regt, De Spartaan        | 9.02     | 6. | Stefan de Vries, Altis           | 53.11   |
| 7.                          | Rochelle van Gulik, R'dam Atl.      | 9.74     |    |                                  |         |
|                             | Anouk Vetter, AAC                   | DNF      |    |                                  |         |
| <b>Hoogspringen</b>         |                                     |          |    |                                  |         |
| 1.                          | Tanita Hofmans, DAK                 | 1.75     | 1. | Addis Riet, SAV                  | 1:55.16 |
| 2.                          | Chrissie Broersen, SAV              | 1.68     | 2. | Jorian Damen, CIKO66             | 1:55.58 |
| 3.                          | Maureen Rots, PEC1910               | 1.68     | 3. | Kasper Neelman, AV H'meer        | 1:56.51 |
| 4.                          | Nadine Visser (MC), SAV             | 1.65     | 4. | Menno Schouten, Lycurgus         | 1:56.81 |
| 5.                          | Suzan Stevens, Venray Sport         | 1.65     | 5. | Didier Nibbering, Isala 96       | 1:58.48 |
| 6.                          | Hilde van Zundert, Atledo           | 1.60     | 6. | Erwin Sneek, Startbaan           | 2:00.37 |
| 7.                          | Chante Samuel (MC), Phanos          | 1.60     | 7. | Niels van Hoorn, Leiden Atl.     | 2:05.33 |
| 8.                          | Janneke Brintjens (MC), AV NOP      | 1.60     |    | Roald Goossen, Rijssen           | DNS     |
| <b>Polsstokhoogspringen</b> |                                     |          |    |                                  |         |
| 1.                          | Rubina Brouns (MC), Unitas          | 3.20     | 1. | Jeffrey van der Park, Hera       | 4:07.55 |
| 2.                          | Rianne Pessel, Nea Volh.            | 3.10     | 2. | Jordi Bars, Aalsmeer             | 4:07.97 |
| 3.                          | Isabel Janssen, PAC                 | 3.10     | 3. | Jeffrey Spaltman, Hylas          | 4:08.62 |
| 4.                          | Anne Krebbeer, De Spartaan          | 2.80     | 4. | Lars Cazander, Hellas            | 4:11.69 |

Statistisch jaarboek indooratletiek 2009/2010

|   |                       |       |  |                  |          |
|---|-----------------------|-------|--|------------------|----------|
| 9,67  | Sanne van der Velden  | Neo   | 28-01-90 Flevo Delta                           | Apeldoorn        | 21-02-10 |
| 9,70  | Rachel Geurts         | MB    | 27-08-94 AV '34                                | Apeldoorn        | 21-02-10 |
| 9,71  | Myrthe Fonck          | (40)  | 15-12-87 AAC                                   | Apeldoorn        | 13-02-10 |
| 9,73  | Moniek Stijvers       | Neo   | 20-04-89 GAC-Hilversum                         | Apeldoorn        | 21-02-10 |
| <b>buitenlanders bij Nederlandse clubs:</b> |                       |       |  |                  |          |
| 8,70  | Ruky Abdulai          | (CAN) | 08-08-85 Haag Atletiek                         | Seattle (USA)    | 29-01-10 |
| <b>hoogspringen vrouwen</b>                 |                       |       |  |                  |          |
| 1,86  | Karin Ruckstuhl       |       | 02-11-80 AAC                                   | Apeldoorn        | 21-02-10 |
| 1,84  | Sietske Noorman       | MA    | 16-07-91 Gen. Michaëlis Valasske Mezirci (CZE) | 20-03-10         |          |
| 1,83  | Remona Fransen        |       | 25-11-85 De Spartaan                           | Apeldoorn        | 06-02-10 |
| 1,79  | Nikki May Woudstra    | Neo   | 06-05-88 Ilion                                 | Apeldoorn        | 31-01-10 |
| 1,78  | Marije Langen         |       | 29-12-86 Ilion                                 | Wuppertal (GER)  | 22-01-10 |
| 1,75  | Nadine Broersen       | Neo   | 29-04-90 Sprint                                | Apeldoorn        | 06-02-10 |
| 1,75  | Tanita Hofmans        | MB    | 22-10-94 DAK                                   | Apeldoorn        | 27-02-10 |
| 1,74  | Maureen Rots          | MB    | 25-02-93 PEC 1910                              | Gent (BEL)       | 07-02-10 |
| 1,73  | Joyce Huisman         | Neo   | 05-05-89 Phanos                                | Dortmund (GER)   | 24-01-10 |
| 1,72  | Babs Egbers           | Neo   | 07-06-88 AV '34                                | Apeldoorn        | 31-01-10 |
| 1,70  | Marlies van Haaren    | Neo   | 06-03-90 Ciko '66                              | Apeldoorn        | 13-02-10 |
| 1,70  | Suzan Stevens         | MB    | 04-02-94 AV Venray Regio                       | Düsseldorf (GER) | 13-03-10 |
| 1,68  | Lieke Bakker          | Neo   | 01-08-89 PEC 1910                              | Apeldoorn        | 21-02-10 |
| 1,68  | Chrissie Broersen     | MB    | 24-12-93 SAV                                   | Apeldoorn        | 27-02-10 |
| 1,66  | Nadine Visser         | MC    | 09-02-95 SAV                                   | Apeldoorn        | 21-02-10 |
| 1,65  | Titia van Osch        |       | 12-05-76 AAC                                   | Utrecht          | 22-01-10 |
| 1,65  | Janneke Brintjens     | MC    | 29-03-96 AV NOP                                | Drachten         | 06-02-10 |
| 1,65  | Nynke Venhuizen       | MC    | 15-08-95 Unitas                                | Utrecht          | 21-02-10 |
| 1,65  | Margriet van Kammen   | Neo   | 01-02-88 Impala                                | Apeldoorn        | 21-02-10 |
| 1,65  | Sanne van der Velden  | Neo   | 28-01-90 Flevo Delta                           | Apeldoorn        | 21-02-10 |
| 1,65  | Elisa Blom            | MA    | 04-02-91 Prins Hendrik                         | Apeldoorn        | 28-02-10 |
| 1,65  | Manon Verlinden       | MA    | 20-03-92 Spado                                 | Apeldoorn        | 28-02-10 |
| 1,64  | Imke Hanssen          | MB    | 02-04-94 Atl. Maastricht                       | Ostrava (CZE)    | 21-01-10 |
| 1,63  | Chante Samuel         | MC    | 09-04-96 Phanos                                | Dortmund (GER)   | 03-01-10 |
| 1,63  | Amanda Spijard        | Neo   | 18-09-89 Attila                                | Apeldoorn        | 31-01-10 |
| 1,62  | Marijke Bax           | MB    | 23-05-93 Impala                                | Groningen        | 17-01-10 |
| 1,62  | Gejanne Lussenburg    | Neo   | 24-12-89 Isala '96                             | Apeldoorn        | 21-02-10 |
| 1,62  | Charissa Janssens     | Neo   | 02-06-90 Sparta                                | Apeldoorn        | 21-02-10 |
| 1,61  | Jolien de Haan        |       | 29-11-87 Attila                                | Dordrecht        | 09-01-10 |
| 1,61  | Nienke van IJken      |       | 16-05-85 Altis                                 | Dortmund (GER)   | 24-01-10 |
| 1,60  | Vera van den Haak     | MC    | 13-01-95 Sparta                                | Utrecht          | 13-12-09 |
| 1,60  | Laura van Leijenhorst | Neo   | 23-09-89 Triathlon                             | Utrecht          | 13-12-09 |
| 1,60  | Ellis Gielen          | MB    | 15-03-93 Unitas                                | Dortmund (GER)   | 03-01-10 |
| 1,60  | Sophie Klumper        | MC    | 04-04-95 Phanos                                | Groningen        | 17-01-10 |
| 1,60  | Veerle Simons         | MC    | 12-02-96 STB                                   | Groningen        | 17-01-10 |
| 1,60  | Nicole Berghouwer     | Neo   | 01-03-89 Hera                                  | Apeldoorn        | 13-02-10 |
| 1,60  | Anouk Vetter          | MB    | 04-02-93 AAC                                   | Apeldoorn        | 21-02-10 |
| 1,60  | Hilde van Zundert     | MB    | 26-08-93 Atledo                                | Apeldoorn        | 27-02-10 |
| 1,60  | Mirthe Wiltink        | MB    | 10-05-93 KAV Holland                           | Apeldoorn        | 27-02-10 |
| 1,60  | Winne Vos             | MB    | 03-01-93 Daventria                             | Apeldoorn        | 27-02-10 |
| 1,60  | Wendy de Bloois       | MA    | 05-05-91 Ilion                                 | Apeldoorn        | 28-02-10 |
| 1,60  | Manuela Mboto         | MC    | 20-06-95 AV Gouda                              | Zoetermeer       | 06-03-10 |
| 1,60  | Sabine Monden         | MB    | 13-06-93 DJA                                   | Sittard          | 07-03-10 |
| 1,60  | Renilde Zwartkruis    | MC    | 04-02-96 Unitas                                | Düsseldorf (GER) | 13-03-10 |
| 1,60  | Bregje Crolla         |       | 31-01-86 Unitas                                | Düsseldorf (GER) | 13-03-10 |
| <b>buitenlanders bij Nederlandse clubs:</b> |                       |       |  |                  |          |
| 1,84  | Ruky Abdulai          | (CAN) | 08-08-85 Haag Atletiek                         | Seattle (USA)    | 16-01-10 |
| <b>polsstokhoogspringen vrouwen</b>         |                       |       |  |                  |          |
| 4,26  | Rianna Galiart        |       | 22-11-85 Lycurgus                              | Apeldoorn        | 13-02-10 |



Statistisch jaarboek indooratletiek 2009/2010

|          |                          |    |          |                    |           |          |
|----------|--------------------------|----|----------|--------------------|-----------|----------|
| 10.15,97 | Irene van Lieshout       | MB | 01-09-93 | De Keien           | Apeldoorn | 28-02-10 |
| 10.21,42 | Jip Vastenburger         | MB | 21-03-94 | GAC-Hilversum      | Apeldoorn | 28-02-10 |
| 10.27,57 | Elisa de Jong            | MA | 05-12-92 | Groningen Atletiek | Apeldoorn | 27-02-10 |
| 10.35,37 | Merel van Steenbergema   | MA | 22-01-92 | AV '47             | Apeldoorn | 27-02-10 |
| 10.35,92 | Jeanine van de Klashorst | MA | 05-04-91 | U-Track            | Apeldoorn | 06-02-10 |
| 10.46,79 | Anne Luijters            | MB | 04-04-94 | AV '40             | Apeldoorn | 28-02-10 |
| 10.52,90 | Laura Rijvers            | MC | 05-08-95 | Attila (10)        | Apeldoorn | 28-02-10 |
| 10.53,73 | Céline de Wild           | MA | 08-02-92 | THOR               | Apeldoorn | 27-02-10 |

**2 mijl vrouwen**

|         |                 |  |          |        |                  |          |
|---------|-----------------|--|----------|--------|------------------|----------|
| 9.37,75 | Adrienne Herzog |  | 30-09-85 | AV '34 | Birmingham (GBR) | 20-02-10 |
|---------|-----------------|--|----------|--------|------------------|----------|

**3000m snelwandelen vrouwen**

|          |                      |     |          |        |                |          |
|----------|----------------------|-----|----------|--------|----------------|----------|
| 19.49,59 | Riet Jonkers-Slegers | V65 | 04-10-43 | Atledo | Kamloops (CAN) | 03-03-10 |
|----------|----------------------|-----|----------|--------|----------------|----------|

**50 meter horden 84 cm vrouwen**

|      |                      |     |          |            |         |          |
|------|----------------------|-----|----------|------------|---------|----------|
| 7,68 | Laura Molenaar       |     | 23-07-86 | AV Gouda   | Utrecht | 13-12-09 |
| 8,09 | Nicky Lam            | Neo | 15-04-90 | Phanos     | Utrecht | 13-12-09 |
| 8,12 | Neeltje van Hulst    |     | 08-02-76 | Pallas '67 | Utrecht | 13-12-09 |
| 8,13 | Gejanne Lussenburger | Neo | 24-12-89 | Isala '96  | Utrecht | 13-12-09 |
| 8,35 | Claudia Aernauids    | MA  | 05-08-92 | Triathlon  | Utrecht | 13-12-09 |

**60 meter horden 84 cm vrouwen**

|      |                 |     |          |                     |                 |          |
|------|-----------------|-----|----------|---------------------|-----------------|----------|
| 8,26 | Karin Ruckstuhl |     | 02-11-80 | AAC                 | Apeldoorn       | 21-02-10 |
| 8,48 | Rosina Hodde    |     | 10-02-83 | Haag Atletiek       | Kirchberg (LUX) | 16-01-10 |
| 8,53 | Dafne Schippers | MA  | 15-06-92 | Hellas              | Apeldoorn       | 28-02-10 |
| 8,61 | Jo-An Plet      |     | 10-06-86 | Phanos              | Apeldoorn       | 07-02-10 |
| 8,62 | Laura Molenaar  |     | 23-07-86 | AV Gouda            | Apeldoorn       | 13-02-10 |
| 8,64 | Jisca Docters   |     | 17-04-85 | Atletiek Maastricht | Apeldoorn       | 13-02-10 |
| 8,67 | Judith Vis      |     | 21-06-80 | R' dam Atletiek     | Dortmund (GER)  | 03-01-10 |
| 8,70 | Sharona Bakker  | Neo | 12-04-90 | NEA-Volharding      | Kirchberg (LUX) | 16-01-10 |
| 8,75 | Remona Fransen  |     | 25-11-85 | De Spartaan         | Apeldoorn       | 06-02-10 |
| 8,77 | Babs Egbers     | Neo | 07-06-88 | AV '34 (10)         | Apeldoorn       | 31-01-10 |

|      |                     |     |          |                 |           |          |
|------|---------------------|-----|----------|-----------------|-----------|----------|
| 8,78 | Robin Wingbermühle  | MA  | 20-05-92 | R' dam Atletiek | Apeldoorn | 28-02-10 |
| 8,81 | Nadine Broersen     | Neo | 29-04-90 | Sprint          | Apeldoorn | 07-02-10 |
| 8,81 | Nancy van Petersen  | MA  | 10-05-92 | AV '34          | Apeldoorn | 28-02-10 |
| 8,87 | Nicole Kroonenburg  | Neo | 14-03-89 | SAV             | Apeldoorn | 06-02-10 |
| 9,05 | Rachel Kocken       | MA  | 10-06-92 | Atverni         | Apeldoorn | 13-02-10 |
| 9,07 | Marloes Duijn       | MB  | 18-06-93 | SAV             | Groningen | 17-01-10 |
| 9,07 | Neeltje van Hulst   |     | 08-02-76 | Pallas '67      | Apeldoorn | 31-01-10 |
| 9,08 | Margriet van Kammen | Neo | 01-02-88 | Impala          | Apeldoorn | 31-01-10 |
| 9,10 | Lieke Bakker        | Neo | 01-08-89 | PEC 1910        | Apeldoorn | 21-02-10 |
| 9,16 | Renee Granzier      | MA  | 02-07-92 | Unitas (20)     | Sittard   | 10-01-10 |

|      |                      |     |          |             |            |          |
|------|----------------------|-----|----------|-------------|------------|----------|
| 9,20 | Nicky Lam            | Neo | 15-04-90 | Phanos      | Apeldoorn  | 06-02-10 |
| 9,26 | Roxanne Martin       |     | 28-01-87 | Attila      | Utrecht    | 22-01-10 |
| 9,27 | Gejanne Lussenburger | Neo | 24-12-89 | Isala '96   | Apeldoorn  | 21-02-10 |
| 9,29 | Miranda de Regt      | MB  | 29-09-93 | De Spartaan | Apeldoorn  | 06-02-10 |
| 9,30 | Sandra Telgt         | MA  | 13-06-92 | AC TION     | Apeldoorn  | 06-02-10 |
| 9,31 | Amanda Spiljard      | Neo | 18-09-89 | Attila      | Apeldoorn  | 21-02-10 |
| 9,34 | Rianne Weltak        |     | 03-09-86 | PAC         | Apeldoorn  | 13-02-10 |
| 9,42 | Moniek Riemersma     |     | 12-01-87 | 't Haasje   | Apeldoorn  | 13-02-10 |
| 9,49 | Tara van Schie       | Neo | 12-09-90 | AAC         | Apeldoorn  | 21-02-10 |
| 9,51 | Samantha Lernout     | MA  | 14-05-91 | RK HAV (30) | Gent (BEL) | 26-12-09 |

|      |                   |     |          |                |                |          |
|------|-------------------|-----|----------|----------------|----------------|----------|
| 9,51 | Nicole Berghouwer | Neo | 01-03-89 | Hera           | Apeldoorn      | 21-02-10 |
| 9,55 | Rosa Krikke       | MA  | 04-05-92 | NEA-Volharding | Dortmund (GER) | 24-01-10 |
| 9,62 | Jetske Touw       | MA  | 21-02-91 | GAC-Hilversum  | Utrecht        | 13-12-09 |
| 9,64 | Nancy Karels      |     | 08-01-86 | Trias          | Zoetermeer     | 16-01-10 |
| 9,65 | Claudia Aernauids | MA  | 05-08-92 | Triathlon      | Apeldoorn      | 30-01-10 |
| 9,65 | Anne Baar         | Neo | 18-11-89 | GAC-Hilversum  | Apeldoorn      | 21-02-10 |
| 9,66 | Sanne Harland     | Neo | 02-08-90 | Ilion          | Apeldoorn      | 13-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|    |                                |         |    |                               |      |
|----|--------------------------------|---------|----|-------------------------------|------|
| 5. | Jeroen Habers, De Spartaan     | 4:12.29 | 2. | Bryan Hage, Ilion             | 4:06 |
| 6. | Pieter van Oirschot, Gen.Mich. | 4:12.86 | 3. | Sam Kranse, PAC               | 3.86 |
| 7. | Ward van de Wiel, Sprint       | 4:16.11 | 4. | Sander Kil, Sprint            | 3.86 |
| 8. | Joeri Wolf, Flevo Delta        | 4:17.10 | 5. | Rowan Smal, Nea Volh.         | 3.76 |
|    |                                |         | 6. | Bart van der Pasch, Gen.Mich. | 3.76 |
|    |                                |         | 7. | Dennis Veenker, Impala        | 3.56 |
|    |                                |         | 7. | Roy van Schendel, Pr.Hendrik  | 3.56 |

**3000 meter**

|    |                             |         |    |                              |      |
|----|-----------------------------|---------|----|------------------------------|------|
| 1. | Wouter Ploeger, AAC61       | 8:46.68 | 1. | Mark Jacobs, GVAC            | 7.57 |
| 2. | Wouter Warndorff, THOR      | 8:46.70 | 2. | Stefan de Vries, Altis       | 7.03 |
| 3. | Frank Blikslager, Gron.Atl. | 8:59.18 | 3. | Bart Latour, Almere 81       | 6.66 |
| 4. | Jordi Baars, Aalsmeer       | 9:03.60 | 4. | Stijn van Opstal, Pr.Hendrik | 6.65 |
| 5. | Erwin Adan, Dynamica        | 9:16.67 | 5. | Robin Lagrand, Lycurgus      | 6.60 |
| 6. | Lex Sinnige, Weert          | 9:26.99 | 6. | Thomas Hartman, Clytoneus    | 6.54 |
| 7. | Gerben Tiekstra, Sperwers   | 9:33.25 | 7. | Niels de Graaf, Atverni      | 6.44 |
| 8. | Maico Suijkerbuijk, THOR    | 9:33.43 | 8. | Wesley Goedegebuure, Unitas  | 6.39 |

**60m horden**

|    |                              |      |    |                             |      |
|----|------------------------------|------|----|-----------------------------|------|
| 1. | Koen Smet, Phanos            | 8.05 | 8. | Wesley Goedegebuure, Unitas | 6.39 |
| 2. | Thierry Kruihof, KAV Holland | 8.24 |    |                             |      |
| 3. | Wicher Nijkamp, Spado        | 8.33 |    |                             |      |
| 4. | Mark Jacobs, GVAC            | 8.36 |    |                             |      |
| 5. | Stijn van Opstal, Pr.Hendrik | 8.47 |    |                             |      |
| 6. | Jord Buiting, KAV Holland    | 8.58 |    |                             |      |
| 7. | Alain Bettonviel, Attila     | 8.74 |    |                             |      |
|    | Steven Nuytink, AV56         | DIS  |    |                             |      |

**Hoogspringen**

|    |                               |      |    |                              |       |
|----|-------------------------------|------|----|------------------------------|-------|
| 1. | Douwe Amels, Impala           | 2.16 | 1. | Thierry Kruihof, KAV Holland | 16.46 |
| 2. | Leon Tukker, Typhoon          | 1.98 | 2. | Roy Spijkerman, Daventria    | 15.89 |
| 3. | Jasper Heesbeen, Pr.Hendrik   | 1.95 | 3. | Remco Goetheer, Passaat      | 15.36 |
| 4. | Robin Bak, Nea Volh.          | 1.90 | 4. | Olaf van der Geest, De Keien | 15.18 |
| 5. | Mathijs van Gageldonk, Atledo | 1.90 | 5. | Roland van Zuijlen, Gouda    | 14.99 |
| 6. | Sjoerd Dekker, Noordkop       | 1.90 | 6. | Arnoud Damsteegt, AAC61      | 13.82 |
| 7. | Bas Zwartelee, Sprint         | 1.85 | 7. | Bas Vos, PEC 1910            | 13.76 |
| 7. | Wart Weeren, Triathlon        | 1.85 | 8. | Robin Bak, Nea Volh.         | 13.42 |

**Polsstokhoogspringen**

|    |                      |      |
|----|----------------------|------|
| 1. | Timo de Water, Ilion | 4.75 |
|----|----------------------|------|

**NK senioren**

**Apeldoorn, 6/7 februari 2010**

|               |    |                        |       |
|---------------|----|------------------------|-------|
| <b>Mannen</b> | 7. | Jesper Arts, LG Deurne | 49.91 |
|---------------|----|------------------------|-------|

**600 meter**

|    |                                |      |    |                                  |         |
|----|--------------------------------|------|----|----------------------------------|---------|
| 1. | Brian Mariano, R'dam Atl.      | 6.70 | 1. | Arnoud Okken, Atletico 73        | 1:50.38 |
| 2. | Giovanni Codrington, Gron.Atl. | 6.88 | 2. | Youssef el Rhalfioui, Phanos     | 1:51.25 |
| 3. | Prince Kwidama, R'dam Atl.     | 6.89 | 3. | Hugo de Haan, Lycurgus           | 1:51.54 |
| 4. | Patrick van Luijk, R'dam Atl.  | 6.95 | 4. | Victor Bouwman, Gron.Atl.        | 1:51.93 |
| 5. | Obed Martis, R'dam Atl.        | 6.97 | 5. | Nils Pennekamp, H'meer           | 1:52.62 |
| 6. | Virgil Spier, AAC              | 7.07 | 6. | Maarten van Baardwijk, Nijm.Atl. | 1:53.08 |
| 7. | Paul Robers, Hanzesport        | 7.16 | 7. | Wilfred van Holst, De Gemzen     | 1:53.31 |
| 8. | Wouter Brus (JA), Atverni      | 7.16 | 8. | Marijn van der Putten, H'meer    | 2:01.03 |

**200 meter**

|    |                              |       |    |                              |         |
|----|------------------------------|-------|----|------------------------------|---------|
| 1. | Jerrel Feller, Lycurgus      | 21.22 | 1. | Rene Stokvis, TION           | 3:50.96 |
| 2. | Obed Martis, R'dam Atl.      | 21.69 | 2. | Tijs Groen, De Liemers       | 3:52.87 |
| 3. | Bram Peters (JA), Pr.Hendrik | 21.75 | 3. | Tjerk Conijn, Lycurgus       | 3:53.93 |
| 4. | Daan Westerveld (JA), Phanos | 22.29 | 4. | Stefan Wessel, De Sperwers   | 3:55.50 |
| 5. | Ben van der Kleij, Sparta    | 22.71 | 5. | Wouter Jansen, Nijmegen Atl. | 3:56.60 |
| 6. | Pascal van Balen, Atverni    | 22.78 | 6. | Mark Nouns, THOR             | 3:56.68 |
|    |                              |       | 7. | Bart Uiterwijk, Hellas       | 3:58.36 |
|    |                              |       | 8. | Sjoerd Engels, Hollandia     | 4:00.39 |

**400 meter**

|    |                            |       |    |                         |         |
|----|----------------------------|-------|----|-------------------------|---------|
| 1. | Dennis Spillekom, Lycurgus | 47.18 | 1. | Gert-Jan Wassink, Argo  | 8:20.55 |
| 2. | Joeri Moerman, AVON        | 47.51 | 2. | Roy Hoornweg, Passaat   | 8:21.89 |
| 3. | Bjorn Blauwhof, Nea Volh.  | 49.57 | 3. | Jesse van Burg, Ilion   | 8:23.37 |
| 4. | Peter Wolters, Phanos      | 49.64 | 4. | Niels Verwer, Castricum | 8:24.86 |
| 5. | Persijn Berende, Lycurgus  | 49.71 |    |                         |         |
| 6. | Daniel Franken, AV34       | 49.83 |    |                         |         |

Statistisch jaarboek indooratletiek 2009/2010

|                             |                                   |         |                    |                                      |          |
|-----------------------------|-----------------------------------|---------|--------------------|--------------------------------------|----------|
| 5.                          | Pim Molenaar, Hera                | 8:28.33 | 3.                 | Anouk Hagen, Nijmegen Atl.           | 7.55     |
| 6.                          | Jorit van Malsen, Hellas          | 8:28.72 | 4.                 | Eugenie Kool, Atverni                | 7.62     |
| 7.                          | Ate van der Burgt, Tartletos      | 8:29.19 | 5.                 | Loreanne Kuhurima (MA), Phanos       | 7.67     |
| 8.                          | Alexander van der Vooren, Atverni | 8:32.18 | 6.                 | Kadene Vassell, Phanos               | 7.72     |
| <b>60m horden</b>           |                                   |         |                    |                                      |          |
| 1.                          | Gregory Sedoc, AAC                | 7.65    | 7.                 | Esther Akihary, Unitas               | 7.79     |
| 2.                          | Marcel van der Westen, Phanos     | 7.83    | 8.                 | Nikki van Leeuwen, R'dam Atl.        | 7.84     |
| <b>200 meter</b>            |                                   |         |                    |                                      |          |
| 1.                          | Mike van Kruchten, Phanos         | 7.85    | 1.                 | Kadene Vassell, Phanos               | 24.26    |
| 2.                          | Erik Leeftang, Phanos             | 8.00    | 2.                 | Janice Babel (MA), Phanos            | 24.60    |
| 3.                          | Jonathan Pengel, Phanos           | 8.02    | 3.                 | Eva Lubbers (MA), AKU                | 24.88    |
| 4.                          | Tjendo Samuel, Phanos             | 8.16    | 4.                 | Shimada Bajon, Atverni               | 25.25    |
| 5.                          | Paul Groen, GAC-H                 | 8.41    | 5.                 | Paula Schouten, Phanos               | 26.04    |
| 6.                          | Ruben Esajas, R'dam Atl           | DNS     |                    | Sharon Hendriks (MB), AV34           | DNS      |
| <b>Verspringen</b>          |                                   |         |                    |                                      |          |
| 1.                          | Joost van Bennekom, TION          | 7.42    | 1.                 | Sanne Verstegen R'dam Atl            | 54.28    |
| 2.                          | Mark Jacobs (JA), GVAC            | 7.33    | 2.                 | Nicky van Leuveren, Phanos           | 55.75    |
| 3.                          | Jonathan Pengel, Phanos           | 7.11    | 3.                 | Suzanne Thierry, DEM                 | 55.82    |
| 4.                          | Sander Schutjes, AV V'waard       | 7.00    | 4.                 | Marit Dopheide, TION                 | 55.85    |
| 5.                          | Jeroen de Borst, Parthenon        | 6.88    | 5.                 | Judith Baarsens, Unitas              | 56.19    |
| 6.                          | Stefan de Vries (JA), Altis       | 6.82    | 6.                 | Kaira Boddy, KAV Holland             | 56.93    |
| 7.                          | Marc de Vries, Zaanland           | 6.78    | <b>800 meter</b>   |                                      |          |
| 8.                          | Brian Vriend, Lycurgus            | 6.74    | 1.                 | Yvonne Hak, Hera                     | 2:03.05  |
| <b>Hinkstapspringen</b>     |                                   |         |                    |                                      |          |
| 1.                          | Sander Hage, Sprint               | 15.13   | 2.                 | Machteld Mulder, Hollandia           | 2:05.18  |
| 2.                          | David van Hetten, R'dam Atl.      | 14.78   | 3.                 | Jose van der Veen, Haag Atl.         | 2:12.73  |
| 3.                          | Tijmen Meijer, Nea Volh.          | 14.20   | 4.                 | Marjolein van Marrewijk (MA), Ol.70  | 2:14.61  |
| 4.                          | Norbert Hoven, AAC                | 13.89   | 5.                 | Lonneke Derriks, De Spartaan         | 2:15.53  |
| 5.                          | Jasper Kranendonk, Typhoon        | 13.86   | 6.                 | Diana Spaargaren, Castricum          | 2:16.90  |
| 6.                          | Frank Koopmans, PEC1910           | 13.79   | 7.                 | Karin Vintges, Attila                | 2:17.57  |
| 7.                          | Bryan Bastiaanse, Fortuna         | 13.35   |                    | Rachel Rozenkamp (MA), Rijssen       | DNS      |
| <b>1500 meter</b>           |                                   |         |                    |                                      |          |
| 1.                          | Jan-Peter Larsen, Iliion          | 2.19    | 1.                 | Helen Hofstede, Atverni              | 4:25.78  |
| 2.                          | Martijn Nuijens, Unitas           | 2.16    | 2.                 | Jill Holterman (MA), Zaanland        | 4:36.73  |
| 3.                          | Douwe Amels (JA), Impala          | 2.13    | 3.                 | Jamie van Lieshout (MA), Attila      | 4:40.42  |
| 4.                          | Jasper Heesbeen (JA), Pr.Hendrik  | 2.00    | 4.                 | Lotte van den Boom, THOR             | 4:43.02  |
| 5.                          | Tymon de Jonge, Iliion            | 2.00    | 5.                 | Ingrid Grutters, Pr.Hendrik          | 4:46.62  |
| 6.                          | Joost Niekus, Flevo Delta         | 2.00    | 6.                 | Brechtje Kraan, SHRT                 | 4:47.06  |
| 7.                          | Pim Stevens, Venray Sport         | 1.95    | 7.                 | Natasja Brusik, Nijmegen Atl.        | 4:50.01  |
| 8.                          | Martijn van Calker, PEC1910       | 1.95    | <b>3000 meter</b>  |                                      |          |
| <b>Polsstokhoogspringen</b> |                                   |         |                    |                                      |          |
| 1.                          | Robbert-Jan Jansen, Pr.Hendrik    | 5.60    | 1.                 | Helen Hofstede, Atverni              | 9:32.74  |
| 2.                          | Wout van Wengerden, Unitas        | 5.32    | 2.                 | Lotte Jacobs, HAC                    | 9:35.43  |
| 3.                          | Christian Tamminga, Haag Atl.     | 5.02    | 3.                 | Jeanine v.d. Klashorst (MA), U-Track | 10:35.92 |
| 4.                          | Timo de Water (JA), Iliion        | 4.82    | 4.                 | Merel van Steenberg (MA), AV47       | 10:44.34 |
| 5.                          | Jorn Bakker, Iliion               | 4.82    | 5.                 | Laura Huibregts, Asterix             | 11:10.55 |
| 6.                          | Pim Jehee, Gouda                  | 4.72    | <b>60m horden</b>  |                                      |          |
| 7.                          | Kevin Woldberg, PEC1910           | 4.52    | 1.                 | Karin Ruckstuhl, AAC                 | 8.34     |
| 8.                          | Joel de Water, Iliion             | 4.52    | 2.                 | Rosina Hodde, Haag Atl.              | 8.49     |
| <b>Kogelstoten</b>          |                                   |         |                    |                                      |          |
| 1.                          | Erik van Vreumingen, Haag Atl.    | 18.36   | 3.                 | Jo-An Plet, Phanos                   | 8.61     |
| 2.                          | Patrick Groot, Lycurgus           | 17.45   | 4.                 | Laura Molenaar, Gouda                | 8.66     |
| 3.                          | Patrick Cronie, Phanos            | 17.29   | 5.                 | Sharon Bakker, Suomi                 | 8.73     |
| 4.                          | Maarten Persoon, Phanos           | 17.05   | 6.                 | Remona Franssen, De Spartaan         | 8.80     |
| 5.                          | Tom Corstjens, Achilles-T         | 16.25   | 7.                 | Nadine Broersen, Sprint              | 8.81     |
| 6.                          | Robert-Jan Vos, Weert             | 16.09   | 8.                 | Robin Wingebmuhle (MA), R'dam Atl.   | 8.91     |
| 7.                          | Stein Kuiper, Pr.Hendrik          | 15.56   | <b>Verspringen</b> |                                      |          |
| 8.                          | Bror van der Zijde, Iliion        | 14.91   | 1.                 | Karin Ruckstuhl, AAC                 | 6.50     |
| <b>Vrouwen</b>              |                                   |         |                    |                                      |          |
| <b>60 meter</b>             |                                   |         |                    |                                      |          |
| 1.                          | Dafne Schippers (MA), Hellas      | 7.43    | 2.                 | Annelies Fortuin, PEC1910            | 5.98     |
| 2.                          | Jamile Samuel (MA), Phanos        | 7.49    | 3.                 | Femke Klop, Unitas                   | 5.89     |
|                             |                                   |         | 4.                 | Carola van Wagtenonk (MA), Hera      | 5.81     |
|                             |                                   |         | 5.                 | Meruska M Eduarda (MA), R'dam Atl.   | 5.77     |
|                             |                                   |         | 6.                 | Valentine Kortbeek, Pr.Hendrik       | 5.77     |
|                             |                                   |         | 7.                 | Lieke Bakker, PEC1910                | 5.77     |
|                             |                                   |         | 8.                 | Lianne van der Lugt, Olympus70       | 5.70     |

Statistisch jaarboek indooratletiek 2009/2010

|  |                          |       |          |                    |                  |          |
|--|--------------------------|-------|----------|--------------------|------------------|----------|
| 2.05.18  | Machteld Mulder          | Neo   | 21-02-89 | Hollandia          | Apeldoorn        | 07-02-10 |
| 2.10.26  | José van der Veen        |       | 26-03-80 | Haag Atletiek      | Gent (BEL)       | 14-02-10 |
| 2.10.86  | Najla Jaber              |       | 12-05-84 | Seven Hills RT     | Dortmund (GER)   | 24-01-10 |
| 2.14.61  | Marjolein van Marrewijk  | MA    | 18-11-92 | Olympus 70         | Apeldoorn        | 07-02-10 |
| 2.14.64  | Ingrid Grutters          | V35   | 28-08-74 | Prins Hendrik      | Apeldoorn        | 14-02-10 |
| 2.15.22  | Majken van Reeken        |       | 04-04-83 | Groningen Atletiek | Groningen        | 17-01-10 |
| 2.15.40  | Karin Vintges            | Neo   | 18-10-89 | Attila             | Apeldoorn        | 13-02-10 |
| 2.15.53  | Lonneke Derriks          |       | 22-04-87 | De Spartaan        | Apeldoorn        | 07-02-10 |
| 2.16.13  | Fieke Wolters            | MB    | 07-06-93 | Nijmegen Atletiek  | Dortmund (GER)   | 10-01-10 |
|  |                          |       | (10)     |                    |                  |          |
| 2.16.28  | Natasja Brusik           |       | 10-02-83 | Nijmegen Atletiek  | Apeldoorn        | 13-02-10 |
| 2.16.90  | Diana Spaargaren         | Neo   | 30-01-90 | AV Castricum       | Apeldoorn        | 07-02-10 |
| 2.17.07  | Charissa Czech           |       | 21-04-86 | Noordkop           | Apeldoorn        | 13-02-10 |
| 2.17.18  | Jamie van Lieshout       | MA    | 12-07-91 | Attila             | Apeldoorn        | 27-02-10 |
| 2.17.79  | Brechtje Kraan           | Neo   | 28-10-89 | Seven Hills RT     | Apeldoorn        | 13-02-10 |
| 2.17.96  | Anouk Trooster           | MB    | 05-06-93 | AAC '61            | Apeldoorn        | 28-02-10 |
| 2.18.04  | Rachel Rozenkamp         | MA    | 29-09-92 | AV Rijssen         | Apeldoorn        | 06-02-10 |
| 2.18.35  | Remona Franssen          |       | 25-11-85 | De Spartaan        | Apeldoorn        | 31-01-10 |
| 2.18.45  | Rianne Breedijk          | Neo   | 26-09-90 | AV Zaanland        | Apeldoorn        | 06-02-10 |
| 2.18.46  | Henriette Krommendijk    |       | 03-09-86 | Unitas             | Dortmund (GER)   | 24-01-10 |
|  |                          |       | (20)     |                    |                  |          |
| 2.19.06  | Rens Nijman              | MB    | 19-11-93 | Nijmegen Atletiek  | Apeldoorn        | 28-02-10 |
| 2.19.12  | Mirjam van Ouwkerk       | Neo   | 08-12-90 | AV Aalsmeer        | Apeldoorn        | 13-02-10 |
| 2.19.21  | Tinka Offereins          | MB    | 05-10-93 | Startbaan          | Apeldoorn        | 28-02-10 |
| 2.19.21  | Anniek de Jong           | MB    | 02-08-93 | AV Heerenveen      | Apeldoorn        | 28-02-10 |
| 2.19.26  | Manon Mensink            |       | 08-05-75 | Ciko '66           | Apeldoorn        | 06-02-10 |
| 2.19.77  | Sanne Reichgelt          | MD    | 07-01-97 | Nijmegen Atletiek  | Dortmund (GER)   | 03-01-10 |
| 2.19.81  | Chantal Baartse          | V35   | 05-07-73 | HAC                | Apeldoorn        | 14-02-10 |
| <b>buitenlanders bij Nederlandse clubs en overmaatse baan:</b> |                          |       |          |                    |                  |          |
| 2.18.42  | Ruky Abdulai             | (CAN) | 08-08-85 | Haag Atletiek      | Seattle (USA)    | 29-01-10 |
| <b>1500 meter vrouwen</b>                                      |                          |       |          |                    |                  |          |
| 4.25.78  | Helen Hofstede           |       | 31-12-80 | Atverni            | Apeldoorn        | 07-02-10 |
| 4.36.73  | Jill Holterman           | MA    | 11-09-91 | AV Zaanland        | Apeldoorn        | 07-02-10 |
| 4.40.42  | Jamie van Lieshout       | MA    | 12-07-91 | Attila             | Apeldoorn        | 07-02-10 |
| 4.43.02  | Lotte van den Boom       |       | 11-03-87 | THOR               | Apeldoorn        | 07-02-10 |
| 4.43.27  | Marlin van Hal           | MB    | 05-09-93 | De Keien           | Apeldoorn        | 28-02-10 |
| 4.46.62  | Ingrid Grutters          | V35   | 28-08-74 | Prins Hendrik      | Apeldoorn        | 07-02-10 |
| 4.46.74  | Julia van Velthoven      | MB    | 12-03-94 | Attila             | Apeldoorn        | 28-02-10 |
| 4.47.06  | Brechtje Kraan           | Neo   | 28-10-89 | Seven Hills RT     | Apeldoorn        | 07-02-10 |
| 4.47.08  | Laura Wientjens          | MB    | 17-08-94 | THOR               | Apeldoorn        | 28-02-10 |
| 4.49.29  | Irene van Lieshout       | MB    | 01-09-93 | De Keien           | Apeldoorn        | 31-01-10 |
|  |                          |       | (10)     |                    |                  |          |
| 4.49.53  | Saskia Weinans           | MB    | 12-02-94 | Atletico '73       | Apeldoorn        | 28-02-10 |
| 4.50.01  | Natasja Brusik           |       | 10-02-83 | Nijmegen Atletiek  | Apeldoorn        | 07-02-10 |
| 4.55.49  | Elli Frank               | MA    | 28-02-91 | Achilles-Top       | Apeldoorn        | 28-02-10 |
| 4.55.98  | Lysanne Wilkens          | MB    | 17-09-94 | AV Oss '78         | Apeldoorn        | 28-02-10 |
| 4.56.71  | Sophie van der Most      | MC    | 02-08-95 | De Liemers         | Apeldoorn        | 30-01-10 |
| 4.56.97  | Lotte Krause             | MA    | 29-11-92 | AKU                | Apeldoorn        | 30-01-10 |
| 4.58.03  | Minke van der Meer       | MC    | 03-06-95 | AV Heerenveen      | Apeldoorn        | 28-02-10 |
| 4.58.45  | Merel van Steenberg      | MA    | 22-01-92 | AV '47             | Apeldoorn        | 30-01-10 |
| 4.59.24  | Jeanine van de Klashorst | MA    | 05-04-91 | U-Track            | Apeldoorn        | 30-01-10 |
| 4.59.70  | Céline de Wild           | MA    | 08-02-92 | THOR               | Apeldoorn        | 28-02-10 |
|  |                          |       | (20)     |                    |                  |          |
| <b>buitenlanders bij Nederlandse clubs:</b>                    |                          |       |          |                    |                  |          |
| 4.12.3   | Hillary Stellingwerf     | (CAN) | 07-08-81 | Unitas             | Birmingham (GBR) | 20-02-10 |
| <b>1 mijl vrouwen</b>  |                          |       |          |                    |                  |          |
| 3.00.89  | Hillary Stellingwerf     | (CAN) | 07-08-81 | Unitas             | Birmingham (GBR) | 20-02-10 |
| <b>3000 meter vrouwen</b>                                      |                          |       |          |                    |                  |          |
| 8.53.24  | Adrienne Herzog          |       | 30-09-85 | AV '34             | Doha (QAT)       | 12-03-10 |
| 9.32.74  | Helen Hofstede           |       | 31-12-80 | Atverni            | Apeldoorn        | 06-02-10 |
| 9.35.43  | Lotte Jacobs             | Neo   | 11-10-88 | HAC                | Apeldoorn        | 06-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                          |                 |                 |      |          |                     |                  |          |
|--------------------------|-----------------|-----------------|------|----------|---------------------|------------------|----------|
| 24,22                    | Jamile          | Samuel          | MA   | 24-04-92 | Phanos              | Gent (BEL)       | 14-02-10 |
| 24,60                    | Janice          | Babel           | MA   | 10-11-92 | Phanos              | Apeldoorn        | 07-02-10 |
| 24,88                    | Nicky van       | Leuveren        | Neo  | 20-05-90 | Phanos              | Gent (BEL)       | 09-01-10 |
| 24,88                    | Eva             | Lubbers         | MA   | 06-02-92 | AKU                 | Apeldoorn        | 07-02-10 |
| 24,94                    | Loreanne        | Kuhurima        | MA   | 07-05-91 | Phanos              | Dortmund (GER)   | 24-01-10 |
| 25,19                    | Shimada         | Bajon           | Neo  | 09-01-88 | Atverni             | Apeldoorn        | 06-02-10 |
| 25,35                    | Yaël van        | Pelt            | Neo  | 30-05-90 | Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 25,52                    | Marit           | Dopheide        | Neo  | 28-12-90 | AC TION             | Dortmund (GER)   | 24-01-10 |
| 25,68                    | Eugenie         | Kool            | (10) | 18-05-84 | Atverni             | Dortmund (GER)   | 10-01-10 |
| 25,88                    | Sharon          | Hendriks        | MB   | 10-01-93 | AV '34              | Apeldoorn        | 06-02-10 |
| 25,93                    | Paula           | Schouten        |      | 01-02-86 | Phanos              | Apeldoorn        | 06-02-10 |
| 26,05                    | Yvet van der    | Sterren         |      | 15-08-87 | DAK                 | Dortmund (GER)   | 03-01-10 |
| 26,28                    | Jaleasa         | Comenentia      | Neo  | 04-09-89 | AAC                 | Apeldoorn        | 06-02-10 |
| 26,30                    | Tara van        | Schie           | Neo  | 12-09-90 | AAC                 | Dortmund (GER)   | 03-01-10 |
| 26,43                    | Kyoma           | Wang            |      | 07-06-87 | Atverni             | Dortmund (GER)   | 10-01-10 |
| <b>300 meter vrouwen</b> |                 |                 |      |          |                     |                  |          |
| 38,78                    | Nicky van       | Leuveren        | Neo  | 20-05-90 | Phanos              | Gent (BEL)       | 10-01-10 |
| 38,80                    | Sanne           | Verstegen       |      | 10-11-85 | R' dam Atletiek     | Gent (BEL)       | 10-01-10 |
| 41,24                    | Judith          | Baarsen         |      | 29-10-78 | Unitas              | Paderborn (GER)  | 13-12-09 |
| 41,63                    | Maruska         | Eduarda         | MA   | 30-07-91 | R' dam Atletiek     | Gent (BEL)       | 23-01-10 |
| <b>400 meter vrouwen</b> |                 |                 |      |          |                     |                  |          |
| 53,98                    | Sanne           | Verstegen       |      | 10-11-85 | R' dam Atletiek     | Wenen (AUT)      | 23-01-10 |
| 55,75                    | Nicky van       | Leuveren        | Neo  | 20-05-90 | Phanos              | Apeldoorn        | 07-02-10 |
| 55,82                    | Suzanne         | Thierry         |      | 17-10-86 | DEM                 | Apeldoorn        | 07-02-10 |
| 55,85                    | Marit           | Dopheide        | Neo  | 28-12-90 | AC TION             | Apeldoorn        | 07-02-10 |
| 56,19                    | Judith          | Baarsen         |      | 29-10-78 | Unitas              | Apeldoorn        | 07-02-10 |
| 56,48                    | Kaira           | Boddy           | Neo  | 29-07-88 | KAV Holland         | Dortmund (GER)   | 24-01-10 |
| 56,66                    | José van der    | Veen            |      | 26-03-80 | Haag Atletiek       | Dortmund (GER)   | 24-01-10 |
| 56,98                    | Vera van den    | Haak            | MC   | 13-01-95 | Sparta              | Apeldoorn        | 28-02-10 |
| 57,33                    | Lisette         | Thomas          |      | 21-04-80 | DEM                 | Apeldoorn        | 31-01-10 |
| 57,54                    | Marta           | Pape-Garcia     | (10) | 22-02-83 | Gen. Michaëlis      | Apeldoorn        | 06-02-10 |
| 57,67                    | Yvet van der    | Sterren         |      | 15-08-87 | DAK                 | Dortmund (GER)   | 24-01-10 |
| 58,11                    | Lisanne de      | Witte           | MA   | 10-09-92 | Trias               | Apeldoorn        | 28-02-10 |
| 58,16                    | Arvienna        | Vis             |      | 05-05-86 | R' dam Atletiek     | Apeldoorn        | 06-02-10 |
| 58,19                    | Anna            | Voskamp         | MB   | 21-09-93 | Hanzesport          | Apeldoorn        | 28-02-10 |
| 58,40                    | Marije          | Wever           | MB   | 22-07-93 | NEA-Volharding      | Apeldoorn        | 28-02-10 |
| 58,68                    | Roos-Sanne      | Claassen        | MB   | 23-10-94 | AV NOP              | Gent (BEL)       | 07-02-10 |
| 58,69                    | Ramona          | Thoen           |      | 25-10-85 | Olympus '70         | Apeldoorn        | 31-01-10 |
| 58,72                    | Maruska         | Eduarda (AHO)   | MA   | 30-07-91 | R' dam Atletiek     | Groningen        | 16-01-10 |
| 58,88                    | Marian          | Zandberg        | Neo  | 28-07-90 | AV Heerenveen       | Apeldoorn        | 13-02-10 |
| 58,92                    | Myrthe          | Fonck           | (20) | 15-12-87 | AAC                 | Apeldoorn        | 13-02-10 |
| 59,20                    | Wilmke          | Boersma         | MA   | 18-03-91 | PEC 1910            | Apeldoorn        | 28-02-10 |
| 59,23                    | Chelsea van     | Dijk            | MC   | 19-04-95 | Atletiek Maastricht | Dortmund (GER)   | 24-01-10 |
| 59,27                    | Linda           | Swart           |      | 03-06-85 | Groningen Atletiek  | Apeldoorn        | 06-02-10 |
| 59,29                    | Lonneke         | Derriks         |      | 22-04-87 | De Spartaan         | Apeldoorn        | 31-01-10 |
| 59,40                    | Fieke           | Wolters         | MB   | 07-06-93 | Nijmegen Atletiek   | Dortmund (GER)   | 24-01-10 |
| 59,47                    | Karin           | Es              | Neo  | 18-10-89 | Attila              | Dortmund (GER)   | 24-01-10 |
| 59,47                    | Ellis           | Gielen          | MB   | 15-03-93 | Unitas              | Apeldoorn        | 28-02-10 |
| 59,63                    | Roxanne         | Martin          |      | 28-01-87 | Attila              | Apeldoorn        | 13-02-10 |
| 59,76                    | Inge de         | Wolf            | MC   | 17-04-95 | PEC 1910            | Apeldoorn        | 27-02-10 |
| 59,81                    | Bianca          | Baak            | MA   | 25-01-92 | AV Almere '81       | Apeldoorn        | 06-02-10 |
| 59,81                    | Graciëlla       | Woutersen       | Neo  | 24-03-88 | Continental Sport   | Apeldoorn        | 06-02-10 |
| 59,91                    | Marieke van der | Zee             | Neo  | 01-09-90 | AV Heerenveen       | Apeldoorn        | 06-02-10 |
| 59,92                    | Suzanne         | Voorrips        | MB   | 11-10-93 | Startbaan           | Apeldoorn        | 27-02-10 |
| 59,97                    | Amely van       | Bavel-Verreijen |      | 03-10-78 | O.S.S.-VOLO         | Apeldoorn        | 06-02-10 |
| <b>800 meter vrouwen</b> |                 |                 |      |          |                     |                  |          |
| 2,03,05                  | Yvonne          | Hak             |      | 30-06-86 | Hera                | Apeldoorn        | 07-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|   |  |       |  |
|---|--|-------|--|
| <b>Hinkstapspringen</b>                       |  |       |  |
| 1.  | Marije Langen, Iliion                  | 12.24 |  |
| 2.  | Wendy Visser, Phanos                   | 11.92 |  |
| 3.  | Stephany Suykerbuyk, R'dam Atl.        | 11.77 |  |
| 4.  | Meruska M Eduarda (MA), R'dam Atl.     | 11.51 |  |
| 5.  | Eva van der Poel, De Spartaan          | 11.43 |  |
| 6.  | Anne van Ommeren, Nijmegen Atl.        | 11.37 |  |
| 7.  | Jaimy van Broekhoven, Pr.Hendrik       | 11.30 |  |
| 8.  | Annelies Fortuin, PEC1910              | 11.26 |  |
| <b>Hoogspringen</b>                           |  |       |  |
| 1.  | Remona Fransen, De Spartaan            | 1.83  |  |
| 2.  | Sietske Noorman (MA), Gen.Mich.        | 1.78  |  |
| 3.  | Nikki May woudstra, Iliion             | 1.78  |  |
| 4.  | Nadine Broersen, Sprint                | 1.75  |  |
| 5.  | Marije Langen, Iliion                  | 1.70  |  |
| 6.  | Joyce Huisman, Phanos                  | 1.70  |  |
| 7.  | Maureen Rots (MB), PEC1910             | 1.65  |  |
| 7.  | Christie Brorsen (MB), SAV             | 1.65  |  |
| 7.  | Tanita Hofmans (MB), DAK               | 1.65  |  |
| <b>NK meerkamp</b>                            |  |       |  |
| <b>Apeldoorn, 20/21 februari 2010</b>         |  |       |  |
| <b>Zevenkamp mannen</b>                       |  |       |  |
| 1.  | Eelco Sintnicolaas, AV34               | 5.881 |  |
|   | 7.03-7.41-13.82-1.87-8.14-5.20-2:49.30 |       |  |
| 2.  | Cas Willems, Caesar                    | 5.305 |  |
|   | 7.42-6.82-13.24-1.93-8.72-4.40-2:43.71 |       |  |
| 3.  | Alwin Roobeek, AV34                    | 5.187 |  |
|   | 7.22-6.74-12.12-1.81-8.46-4.00-2:38.35 |       |  |
| 4.  | Paul Groen, GAC-H                      | 5.167 |  |
|   | 7.12-6.68-12.37-1.84-8.19-4.30-3:00.38 |       |  |
| 5.  | Brian Vriend, Lycurgus                 | 5.094 |  |
|   | 7.32-6.91-12.41-1.87-8.57-3.80-2:46.08 |       |  |
| 6.  | Pim Jehée, Gouda                       | 5.090 |  |
|   | 7.28-7.06-10.34-1.78-8.73-4.50-2:47.17 |       |  |
| 7.  | Robin Coops, Hellas                    | 4.810 |  |
|   | 7.27-6.67-10.41-1.90-8.69-3.70-2:55.38 |       |  |
| 8.  | Randy van Geenen, Almere 81            | 4.440 |  |
|   | 7.60-5.99-10.16-1.87-8.93-3.60-2:54.16 |       |  |
| <b>Vijfkamp Vrouwen</b>                       |  |       |  |
| 1.  | Remona Fransen, De Spartaan            | 4.172 |  |
|   | 8.81-1.80-13.09-5.66-2:24.43           |       |  |
| 2.  | Nadine Broersen, Sprint                | 3.943 |  |
|   | 8.87-1.71-11.91-5.66-2:26.52           |       |  |
| 3.  | Amanda Spiljard, Attila                | 3.838 |  |
|   | 9.31-1.62-12.47-5.77-2:24.71           |       |  |
| 4.  | Lieke Bakker, PEC 1910                 | 3.715 |  |
|   | 9.10-1.68-10.35-5.47-2:25.32           |       |  |
| 5.  | Gejanne Lussenburg, Isala96            | 3.550 |  |
|   | 9.27-1.62-10.42-5.55-2:32.28           |       |  |
| 6.  | Margriet van Kammen, Impala            | 3.539 |  |
|   | 9.12-1.65-11.43-5.28-2:37.75           |       |  |
| 7.  | Laura Molenaar, Gouda                  | 3.444 |  |
|   | 8.82-1.47-11.16-5.36-2:34.13           |       |  |
| 8.  | Nicole Berghouwer, SAV                 | 3.373 |  |
|   | 9.51-1.59-10.48-5.07-2:29.08           |       |  |
| <b>Zevenkamp Jongens A</b>                    |  |       |  |
| 1.  | Mark Jacobs, GVAC                      | 5.311 |  |
|   | 7.14-7.33-11.49-1.95-8.51-4.30-2:57.16 |       |  |
| 2.  | Timo de Water, Iliion                  | 4.958 |  |
|   | 7.29-6.63-11.98-1.89-8.66-4.70-3:18.20 |       |  |
| <b>Polsstokhoogspringen</b>                   |  |       |  |
| 1.  | Denise Groot, Unitas                   | 4.21  |  |
| 2.  | Rianna Galiart, Lycurgus               | 4.11  |  |
| 3.  | Yvette Caldenhove, Haag Atl.           | 4.11  |  |
| 4.  | Leonie Schilder, Edam                  | 3.71  |  |
| 5.  | Marijke Valk (MA), Unitas              | 3.61  |  |
| 6.  | Annemieke Dunnink, Phoenix             | 3.41  |  |
| 7.  | Anita Karregat (MA), Edam              | 3.41  |  |
| 8.  | Jos Schoenmaker, Lycurgus              | 3.21  |  |
| <b>Kogelstoten</b>                            |  |       |  |
| 1.  | Melissa Boekelman, Pr. Hendrik         | 17.71 |  |
| 2.  | Denise Kemkers, Hera                   | 16.56 |  |
| 3.  | Jolanda Keizer, Phanos                 | 15.09 |  |
| 4.  | Pamela Kiel (MA), R'dam Atl.           | 14.32 |  |
| 5.  | Laurien Hoos, Hera                     | 14.00 |  |
| 6.  | Elise Knetemann, Lycurgus              | 13.80 |  |
| 7.  | Denise van Herp (MB), Daventria        | 13.20 |  |
| 8.  | Femke Dijkstra (MA), De Liemers        | 12.90 |  |
| <b>3. Alain Bettonviel, Attila 4.313</b>      |  |       |  |
| <b>7.64-6.04-10.32-1.86-8.77-3.70-3:14.00</b> |  |       |  |
| <b>4. Sam Kranse, PAC 4.288</b>               |  |       |  |
| <b>7.53-5.77-10.34-1.71-9.30-3.90-2:54.50</b> |  |       |  |
| <b>5. Olaf van der Geest, De Keien 4.231</b>  |  |       |  |
| <b>7.67-5.74-15.23-1.80-9.74-3.10-3:02.69</b> |  |       |  |
| <b>6. Bas Huijben, Attila 4.180</b>           |  |       |  |
| <b>7.46-6.21-9.85-1.83-9.09-3.00-3:05.78</b>  |  |       |  |
| <b>7. Bart van der Pasch, Gen.Mich. 4.118</b> |  |       |  |
| <b>7.74-5.83-9.78-1.68-9.29-3.80-2:57.77</b>  |  |       |  |
| <b>8. Martijn Rutgers, AAC 4.012</b>          |  |       |  |
| <b>7.60-6.26-8.62-1.62-9.27-3.40-3:00.40</b>  |  |       |  |
| <b>Vijfkamp Meisjes A</b>                     |  |       |  |
| 1.  | Jacky van Splunteren, Zaanland         | 3.423 |  |
|   | 9.75-1.59-11.73-5.13-2:29.26           |       |  |
| 2.  | Samantha Lernout, RKHAV                | 3.059 |  |
|   | 9.57-1.44-9.52-4.91-2:31.29            |       |  |
| 3.  | Lisa Jongewaard (MC), Lycurgus         | 2.756 |  |
|   | 10.22-1.47-8.69-4.44-2:34.38           |       |  |
| 4.  | Rachel Geurts (MB), AV3                | 2.686 |  |
|   | 9.70-1.56-8.60-4.76-3:07.96            |       |  |
| 5.  | Elena Monte (MB), GAC-H                | 2.657 |  |
|   | 10.56-1.47-10.02-4.28-2:41.79          |       |  |
| 6.  | Froukje Ligten (MB), Ciko66            | 2.627 |  |
|   | 11.87-1.53-8.34-4.53-2:33.67           |       |  |
| 7.  | Lieke Muller (MB), Salland             | 2.597 |  |
|   | 10.21-1.59-8.27-4.22-2:53.87           |       |  |
| 8.  | Iris Hoogesteger (MB), AV56            | 2.527 |  |
|   | 10.74-1.44-8.66-4.67-2:48.62           |       |  |
| <b>Zevenkamp Jongens B</b>                    |  |       |  |
| 1.  | Tom Roetman, GAC-H                     | 5.090 |  |
|   | 7.38-6.45-12.64-4.30-8.45-1.90-2:54.55 |       |  |
| 2.  | Tim Dekker, Gouda                      | 4.567 |  |
|   | 7.37-6.20-10.85-2.90-8.17-1.87-2:57.82 |       |  |
| 3.  | Jeroen Megens, Nijmegen Atl.           | 4.291 |  |
|   | 7.73-5.72-12.79-3.20-9.18-1.78-2:51.82 |       |  |
| 4.  | Menno Vloon, Lycurgus                  | 4.217 |  |
|   | 7.48-5.69-13.45-3.40-8.71-1.63-3:14.84 |       |  |
| 5.  | Anton de Regt, AV34                    | 4.142 |  |
|   | 7.68-5.34-10.99-3.50-8.62-1.60-2:54.97 |       |  |

Statistisch jaarboek indooratletiek 2009/2010

|                           |  |       |                              |          |
|---------------------------|--|-------|------------------------------|----------|
| 6.                        | Bram Denissen, Atledo                  | 4.047 | 9.41-1.54-13.76-5.36-2:25.10 |          |
|                           | 7.59-5.75-10.12-2.80-8.95-1.72-2:55.35 |       |                              | 4. 3.652 |
| 7.                        | Timo Looijen, ACW                      | 4.017 | 8.97-1.54-13.22-5.21-2:28.53 |          |
|                           | 7.80-5.75-10.91-3.30-9.44-1.72-2:58.25 |       |                              | 5. 3.562 |
| 8.                        | Mark Schellekens, Atledo               | 3.848 | 9.02-1.66-11.07-5.18-2:34.25 |          |
|                           | 7.85-5.34-11.61-2.70-8.93-1.69-3:03.61 |       |                              | 6. 3.473 |
| <b>Vijfkamp Meisjes B</b> |  |       |                              |          |
| 1.                        | Anouk Vetter, AAC                      | 3.852 | 9.13-1.45-10.43-5.64-2:27.46 |          |
|                           | 8.93-1.60-13.66-5.79-2:34.81           |       |                              | 7. 3.260 |
| 2.                        | Maureen Rots, PEC 1910                 | 3.698 | 9.43-1.45-11.20-5.07-2:30.55 |          |
|                           | 9.13-1.66-11.68-5.36-2:28.74           |       |                              | 8. 3.214 |
| 3.                        | Ellis Gielen, Unitas                   | 3.686 | 10.18-1.57-9.92-5.20-2:29.78 |          |

**NK snelwandelen**

**Apeldoorn, 20 februari 2010**

|                   |                           |          |                             |          |
|-------------------|---------------------------|----------|-----------------------------|----------|
| <b>Mannen</b>     |                           |          |                             |          |
| <i>5000 meter</i> |                           |          |                             |          |
| 1.                | Harold van Beek, RWV      | 23:05.05 | 4. Theo Koenis, De Lat      | 26:54.20 |
| 2.                | Jacques van Bremen, RWV   | 23:11.67 | 5. Dennis van Reeden, OLAT  | 27:29.13 |
| 3.                | Marcelino Sobczak, Unitas | 24:09.89 | 6. Hans van der Knaap, RWV  | 27:42.48 |
|                   |                           |          | 7. Jaap van Broekhoven, RWV | 27:59.40 |
|                   |                           |          | 8. Bart Snoeren, DAK        | 28:01.74 |

**NK studenten**

**Apeldoorn, 13 februari 2010**

|                     |                            |         |                                     |         |
|---------------------|----------------------------|---------|-------------------------------------|---------|
| <b>Mannen</b>       |                            |         |                                     |         |
| <i>60 meter</i>     |                            |         |                                     |         |
| 1.                  | Jonathan Pengel, Phanos    | 7.04    | 3. Gerben Klein, THOR               | 1.87    |
| 2.                  | Paul Robbers, Hanzesport   | 7.04    | <i>Polstokhoogspringen</i>          |         |
| 3.                  | Wouter Brus, Atverni       | 7.04    | 1. Jorm Bakker, Ilion               | 4.86    |
|                     |                            |         | 2. Pim Jehee, Gouda                 | 4.66    |
|                     |                            |         | 3. Yanick Slikboer, UROS            | 4.46    |
| <i>400 meter</i>    |                            |         |                                     |         |
| 1.                  | Duncan Visser, Haag Atl.   | 49.95   | <i>Kogelstoten</i>                  |         |
| 2.                  | Bram Peters, Pr. Hendrik   | 50.18   | 1. Patrick Cronie, Phanos           | 16.99   |
| 3.                  | Jesse Caron, R'dam Atl.    | 50.51   | 2. Tom Corstjens, Achilles-T        | 16.65   |
|                     |                            |         | 3. Christiaan Jasper, AAC           | 13.32   |
| <i>800 meter</i>    |                            |         |                                     |         |
| 1.                  | Tony Mauritz, Haag Atl.    | 1:58.00 | <b>Vrouwen</b>                      |         |
| 2.                  | Roald Gossen, Rijssen      | 1:59.67 | <i>60 meter</i>                     |         |
| 3.                  | Sam de Vor, GAC-H          | 1:59.97 | 1. Eugenie Kool, Atverni            | 7.64    |
|                     |                            |         | 2. Marit Dopheide, TION             | 7.74    |
|                     |                            |         | 3. Jisca Docters, Atl. Maastr.      | 7.87    |
| <i>1500 meter</i>   |                            |         |                                     |         |
| 1.                  | Gijs Groen, Haag Atl.      | 4:11.41 | <i>400 meter</i>                    |         |
| 2.                  | Timo van Beek, Pijnenburg  | 4:17.60 | 1. Yvet van der Sterren, DAK        | 57.85   |
| 3.                  | Tom van Deurzen, 't Haasje | 4:21.10 | 2. Marian Zandberg, AV55            | 58.88   |
|                     |                            |         | 3. Myrthe Fonck, AAC                | 58.92   |
| <i>3000 meter</i>   |                            |         |                                     |         |
| 1.                  | Maikel van Eeklen, Attila  | 8:58.27 | <i>800 meter</i>                    |         |
| 2.                  | Jan Roos, Tartletos        | 9:01.46 | 1. Karin Vintges, Attila            | 2:15.40 |
| 3.                  | Cees van Maanen, Hellas    | 9:08.93 | 2. Natasja Brusik, Nijmegen Atl.    | 2:16.28 |
|                     |                            |         | 3. Charissa Czech, Noordkop         | 2:17.07 |
| <i>60m horden</i>   |                            |         |                                     |         |
| 1.                  | Jonathan Pengel, Phanos    | 8.01    | <i>1500 meter</i>                   |         |
| 2.                  | Paul Groen, GAC-H          | 8.21    | 1. Inge van Veggel, GAC-G           | 5:18.05 |
| 3.                  | Jeroen van Veen, Isala 96  | 8.40    | 2. Alicia van Doorn, Vitalis        | 5:22.14 |
|                     |                            |         | <i>60m horden</i>                   |         |
| 1.                  | Jonathan Pengel, Phanos    | 7.09    | 1. Laura Molenaar, Gouda            | 8.62    |
| 2.                  | Pim Jehee, Gouda           | 6.90    | 2. Jisca Docters, Atl.Maastr.       | 8.64    |
| 3.                  | Nils Mulder, Haag Atl.     | 6.85    | 3. Nicole Kroonenburg, SAV          | 8.96    |
| <i>Verspringen</i>  |                            |         |                                     |         |
| 1.                  | Sander Hage, Sprint        | 15.12   | <i>Verspringen</i>                  |         |
| 2.                  | Bryan Bastiaanse, Fortuna  | 14.15   | 1. Jisca Docters, Atl.Maastr.       | 5.63    |
| 3.                  | Norbert Hoven, AAC         | 13.81   | 2. Yvet van der Sterren, DAK        | 5.43    |
|                     |                            |         | 3. Rianne Weltak, PAC               | 5.20    |
| <i>Hoogspringen</i> |                            |         |                                     |         |
| 1.                  | Joost Niekus, Flevo Delta  | 1.98    | <i>Hinkstapspringen</i>             |         |
| 2.                  | Leon Tukker, Typhon        | 1.95    | 1. Jaimy van Broekhoven, Pr.Hendrik | 11.41   |
| 3.                  | Niels Ran, Haarlem         | 1.87    | 2. Tamara Middelburg, R'dam Atl.    | 11.25   |
|                     |                            |         | 3. Angela de Winter, Leiden Atl.    | 11.12   |

Statistisch jaarboek indooratletiek 2009/2010

**Vrouwen**

**50 meter vrouwen**

|      |                     |     |          |               |            |          |
|------|---------------------|-----|----------|---------------|------------|----------|
| 6,82 | Lianne van der Lugt | Neo | 22-06-88 | Olympus '70   | Utrecht    | 13-12-09 |
| 6,88 | Jeske van Ham       | Neo | 26-04-89 | Prins Hendrik | Dordrecht  | 09-01-10 |
| 6,91 | Naomi Sedney        | MB  | 17-12-94 | Ilion         | Zoetermeer | 19-12-09 |

**60 meter vrouwen**

|      |                       |     |          |                     |                  |          |
|------|-----------------------|-----|----------|---------------------|------------------|----------|
| 7,37 | Jamile Samuel         | MA  | 24-04-92 | Phanos              | Apeldoorn        | 27-02-10 |
| 7,37 | Dafne Schippers       | MA  | 15-06-92 | Hellas              | Apeldoorn        | 27-02-10 |
| 7,55 | Anouk Hagen           | Neo | 30-04-90 | Nijmegen Atletiek   | Apeldoorn        | 07-02-10 |
| 7,56 | Eugenie Kool          |     | 18-05-84 | Atverni             | Apeldoorn        | 06-02-10 |
| 7,57 | Loreanne Kuhurima     | MA  | 07-05-91 | Phanos              | Apeldoorn        | 27-02-10 |
| 7,59 | Kadene Vassell        | Neo | 29-01-89 | Phanos              | Apeldoorn        | 06-02-10 |
| 7,69 | Nikki van Leeuwen     | Neo | 04-08-89 | R' dam Atletiek     | Kirchberg (LUX)  | 16-01-10 |
| 7,69 | Esther Akihary        |     | 14-04-87 | Unitas              | Gent (BEL)       | 14-02-10 |
| 7,74 | Janice Babel          | MA  | 10-11-92 | Phanos              | Groningen        | 17-01-10 |
| 7,74 | Marit Dopheide        | Neo | 28-12-90 | AC TION             | Apeldoorn        | 13-02-10 |
|      |                       |     | (10)     |                     |                  |          |
| 7,76 | Yaël van Pelt         | Neo | 30-05-90 | Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 7,78 | Eva Lubbers           | MA  | 06-02-92 | AKU                 | Apeldoorn        | 27-02-10 |
| 7,80 | Nicky van Leuveren    | Neo | 20-05-90 | Phanos              | Groningen        | 17-01-10 |
| 7,82 | Duijn Marloes         | MB  | 18-06-93 | SAV                 | Apeldoorn        | 27-02-10 |
| 7,82 | Jisca Docters         |     | 17-04-85 | Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 7,83 | Femke Klop            | Neo | 10-05-90 | Unitas              | Apeldoorn        | 06-02-10 |
| 7,84 | Shimada Bajon         | Neo | 09-01-88 | Atverni             | Dortmund (GER)   | 10-01-10 |
| 7,85 | Carola van Wagtendonk | MA  | 21-05-91 | Hera                | Apeldoorn        | 06-02-10 |
| 7,86 | Sharda Zuurbier       | MA  | 14-11-91 | Hera                | Gent (BEL)       | 19-12-09 |
| 7,86 | Tamara Klomp          | Neo | 01-11-89 | R' dam Atletiek     | Dortmund (GER)   | 03-01-10 |
|      |                       |     | (20)     |                     |                  |          |
| 7,87 | Naomi Klomp           | MB  | 16-11-93 | Energie             | Apeldoorn        | 27-02-10 |
| 7,88 | Sharon Hendriks       | MB  | 10-01-93 | AV '34              | Apeldoorn        | 27-02-10 |
| 7,90 | Judith Bosker         | Neo | 27-10-90 | AAC '61             | Apeldoorn        | 06-02-10 |
| 7,92 | Stephany Suykerbuyk   | Neo | 01-10-89 | R' dam Atletiek     | Apeldoorn        | 06-02-10 |
| 7,92 | Lieke Bakker          | Neo | 01-08-89 | PEC 1910            | Apeldoorn        | 06-02-10 |
| 7,93 | Jeske van Ham         | Neo | 26-04-89 | Prins Hendrik       | Dortmund (GER)   | 03-01-10 |
| 7,93 | Paula Schouten        |     | 01-02-86 | Phanos              | Apeldoorn        | 06-02-10 |
| 7,94 | Meruska Eduarda (AHO) | MA  | 30-07-91 | R' dam Atletiek     | Groningen        | 17-01-10 |
| 7,94 | Aisha Shokoya         | MB  | 24-06-93 | Groningen Atl       | Groningen        | 17-01-10 |
| 7,96 | Lianne van der Lugt   | Neo | 22-06-88 | Olympus '70         | Utrecht          | 13-12-09 |
|      |                       |     | (30)     |                     |                  |          |
| 7,96 | Naomi Sedney          | MB  | 17-12-94 | Ilion               | Dortmund (GER)   | 24-01-10 |
| 7,96 | Tara van Schie        | Neo | 12-09-90 | AAC                 | Apeldoorn        | 31-01-10 |
| 7,97 | Annemiek Strijker     | Neo | 08-02-89 | AAC '61             | Apeldoorn        | 06-02-10 |
| 7,97 | Kyoma Wang            |     | 07-06-87 | Atverni             | Apeldoorn        | 06-02-10 |
| 7,97 | Ruchama Juriën        | MC  | 28-07-95 | Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 7,98 | Esmeralda Adriaans    |     | 15-08-85 | R' dam Atletiek     | Gent (BEL)       | 23-01-10 |
| 7,98 | Jalease Comenentia    | Neo | 04-09-89 | AAC                 | Apeldoorn        | 31-01-10 |
| 7,98 | Rochelle van Gulik    | MB  | 04-08-93 | R' dam Atletiek     | Hoboken (BEL)    | 14-02-10 |
| 7,98 | Nadine Visser         | MC  | 09-02-95 | SAV                 | Apeldoorn        | 27-02-10 |
| 7,99 | Sacha van Agt         | MB  | 10-08-94 | GVAC                | Apeldoorn        | 30-01-10 |
|      |                       |     | (40)     |                     |                  |          |
| 7,99 | Annelies Fortuin      | Neo | 01-08-88 | PEC 1910            | Apeldoorn        | 06-02-10 |
| 8,00 | Sanne Verstegen       |     | 10-11-85 | R' dam Atletiek     | Gent (BEL)       | 10-01-10 |
| 8,00 | Eline van Beek        |     | 14-03-87 | Atverni             | Apeldoorn        | 13-02-10 |
| 8,01 | Kim Korving           | MB  | 17-06-94 | Ilion               | Utrecht          | 14-03-10 |
| 8,02 | Judith Vis            |     | 21-06-80 | R' dam Atletiek     | Dortmund (GER)   | 03-01-10 |
| 8,02 | Miranda de Regt       | MB  | 29-09-93 | De Spartaan         | Apeldoorn        | 30-01-10 |
| 8,03 | Ilse van Beek         | Neo | 21-08-89 | Atverni             | Apeldoorn        | 13-02-10 |
| 8,03 | Tessa van Schagen     | MB  | 02-02-94 | Leiden Atletiek     | Apeldoorn        | 27-02-10 |

**200 meter vrouwen**

|       |                |     |          |        |            |          |
|-------|----------------|-----|----------|--------|------------|----------|
| 24,01 | Kadene Vassell | Neo | 29-01-89 | Phanos | Gent (BEL) | 21-02-10 |
|-------|----------------|-----|----------|--------|------------|----------|

Statistisch jaarboek indooratletiek 2009/2010

|      |           |             |                        |                  |          |
|------|-----------|-------------|------------------------|------------------|----------|
| 1,55 | Julius    | Ediagbonya  | 22-03-97 Ciko '66      | Enschede         | 07-03-10 |
| 1,55 | Thijs     | Roymans     | 19-01-97 AV Reusel '69 | Reusel           | 30-10-10 |
| 1,55 | Joris van | Gool        | 04-04-98 Spiridon      | Reusel           | 30-10-10 |
|      |           | (10)        |                        |                  |          |
| 1,51 | Liam      | Shew-A-Tjon | 30-01-97 Spark         | Dordrecht        | 13-02-10 |
| 1,50 | Yannick   | Maas        | 28-01-97 Sprint        | Vught            | 22-11-09 |
| 1,50 | Tim       | Bluekens    | 17-08-97 Climax        | Wageningen       | 30-01-10 |
| 1,50 | Jesse     | Verdoes     | 01-02-97 De Spartaan   | Zoetermeer       | 06-03-10 |
| 1,50 | Kay       | Smits       | 31-03-97 Unitas        | Düsseldorf (GER) | 13-03-10 |
| 1,50 | Sibren    | Reekers     | 30-05-97 Impala        | Heerenveen       | 20-03-10 |
| 1,50 | Job       | Sytsma      | 17-08-97 Dynamica      | Bergen op Zoom   | 30-10-10 |
| 1,50 | Wout      | Zijlstra    | 25-11-97 Horror        | Enschede         | 31-10-10 |

**verspringen jongens-D**

|      |         |           |                         |                  |          |
|------|---------|-----------|-------------------------|------------------|----------|
| 5,52 | Rik     | Taam      | 17-01-97 NEA-Volharding | Utrecht          | 21-02-10 |
| 5,25 | Tim     | Bluekens  | 17-08-97 Climax         | Dortmund (GER)   | 14-03-10 |
| 5,22 | Evan    | Boessen   | 15-03-97 Unitas         | Düsseldorf (GER) | 13-03-10 |
| 5,14 | Evbako  | Ogbeide   | 25-02-97 Parthenon      | Dordrecht        | 30-10-10 |
| 5,01 | Rodney  | Hoogterp  | 24-02-97 Impala         | Groningen        | 16-01-10 |
| 4,91 | Kay     | Smits     | 31-03-97 Unitas         | Düsseldorf (GER) | 13-03-10 |
| 4,87 | Mark de | Rond      | 12-04-97 Achilles-EL    | Zoetermeer       | 30-01-10 |
| 4,85 | Max     | Verbrugge | 25-08-97 Phoenix        | Utrecht          | 12-12-09 |
| 4,85 | Maxwell | Onbekent  | 03-07-97 Haag Atletiek  | Utrecht          | 12-12-09 |
| 4,84 | Michen  | Biesaat   | 05-06-97 Iliion         | Zoetermeer       | 30-01-10 |
|      |         | (10)      |                         |                  |          |

|      |           |             |                        |            |          |
|------|-----------|-------------|------------------------|------------|----------|
| 4,81 | Jelle van | Sunder      | 13-08-97 Suomi         | Groningen  | 16-01-10 |
| 4,76 | Luc       | Reij        | 18-10-97 Phoenix       | Utrecht    | 12-12-09 |
| 4,74 | Markus    | Meekma      | 25-02-97 Impala        | Groningen  | 16-01-10 |
| 4,74 | Ricardo   | Buinsters   | 28-02-97 Groene Ster   | Utrecht    | 21-02-10 |
| 4,70 | Henrik    | Fischer     | 07-05-98 Haag Atletiek | Zoetermeer | 28-11-09 |
| 4,70 | Liam      | Shew-A-Tjon | 30-01-97 Spark         | Zoetermeer | 28-11-09 |
| 4,67 | Alexander | Soethout    | 29-09-98 DEM           | Amsterdam  | 14-11-09 |
| 4,66 | Wout      | Zijlstra    | 25-11-97 Horror        | Groningen  | 16-01-10 |
| 4,65 | David     | Tanger      | 13-01-98 Climax        | Groningen  | 16-01-10 |
| 4,65 | Sam van   | Velzen      | 05-03-98 AV '23        | Utrecht    | 22-01-10 |
|      |           | (20)        |                        |            |          |

|      |         |           |                      |            |          |
|------|---------|-----------|----------------------|------------|----------|
| 4,63 | Gerrit  | Reins     | 30-11-97 Spado       | Dordrecht  | 06-03-10 |
| 4,60 | Florian | Kruizinga | 07-08-97 Energie     | Zoetermeer | 30-01-10 |
| 4,58 | Jesse   | Verdoes   | 01-02-97 De Spartaan | Zoetermeer | 06-03-10 |
| 4,57 | Jamal   | Aartsen   | 13-07-98 Noordkop    | Groningen  | 16-01-10 |

**kogelstoten 3 kg jongens-D**

|       |                |             |                              |                  |          |
|-------|----------------|-------------|------------------------------|------------------|----------|
| 14,44 | Rody de        | Wolff       | 09-04-97 AV Heerenveen       | Enschede         | 31-10-10 |
| 12,33 | Wout           | Zijlstra    | 25-11-97 Horror              | Enschede         | 31-10-10 |
| 12,22 | Tey            | Berendschot | 08-08-97 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 11,35 | Rik            | Taam        | 17-01-97 NEA-Volharding      | Utrecht          | 14-03-10 |
| 11,15 | Markus         | Meekma      | 25-02-97 Impala              | Tuk              | 06-03-10 |
| 11,11 | Sander         | Klaver      | 15-01-97 MPM                 | Enschede         | 31-10-10 |
| 11,08 | Finn de        | Leng        | 24-02-97 Dynamica            | Bergen op Zoom   | 30-10-10 |
| 11,04 | Evbako         | Ogbeide     | 25-02-97 Parthenon           | Dordrecht        | 30-10-10 |
| 10,95 | Bram           | Benne       | 11-04-97 AV Reusel '69       | Reusel           | 30-10-10 |
| 10,75 | Tyson          | Smit        | 30-01-97 Spado               | Bergen op Zoom   | 30-10-10 |
|       |                | (10)        |                              |                  |          |
| 10,57 | Ricardo        | Buinsters   | 28-02-97 Groene Ster         | Bergen op Zoom   | 30-10-10 |
| 10,45 | Marijn van den | Born        | 02-09-97 AV '40              | Groningen        | 16-01-10 |
| 10,28 | Onno           | Aerts       | 29-03-98 Noordkop            | Gent (BEL)       | 27-02-10 |
| 10,28 | Chris          | Fidder      | 03-12-97 Isala '96           | Vaassen          | 07-03-10 |
| 10,08 | Koen van       | Ligten      | 22-03-97 Ciko '66            | Utrecht          | 21-02-10 |
| 10,04 | Mark de        | Rond        | 12-04-97 Achilles-EL         | Hoboken (BEL)    | 14-03-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                             |                            |      |                             |                                     |
|-----------------------------|----------------------------|------|-----------------------------|-------------------------------------|
| <i>Hoogspringen</i>         |                            | 3.   | Jasmijn Wierema, R'dam Atl. | 3.01                                |
| 1.                          | Nikki May Woudstra, Iliion | 1.76 | <i>Kogelstoten</i>          |                                     |
| 2.                          | Joyce Huisman, Phanos      | 1.73 | 1.                          | Femke Dijkstra, De Liemers 13.67    |
| 3.                          | Marlies van Haaren, CIKO66 | 1.70 | 2.                          | Jill Emmerzaal, Nijmegen Atl. 12.69 |
| <i>Polsstokhoogspringen</i> |                            |      | 3.                          | Annick Klein, AAC 11.71             |
| 1.                          | Rianna Galiart, Lycurgus   | 4.26 |                             |                                     |
| 2.                          | Leonie Schilder, AV Edam   | 3.81 |                             |                                     |

**NK masters**

**Apeldoorn, 14 februari 2010**

|                    |                                  |                  |                               |                            |
|--------------------|----------------------------------|------------------|-------------------------------|----------------------------|
| <b>Vrouwen V35</b> |                                  | <i>800 meter</i> |                               |                            |
| <i>60 meter</i>    |                                  | 1.               | Wilma Bos, Hanzesport 2:51.65 |                            |
| 1.                 | Cindy van Burg-Bolleboom, Iliion | 8.59             | <i>Verspringen</i>            |                            |
| 2.                 | Marieke Steverink, Phanos        | 8.86             | 1.                            | Tilly Jacobs, PEC1910 4.83 |
| 3.                 | Esther Nijdam, Scorpio           | 9.68             | <i>Hinkstapspringen</i>       |                            |

|                   |                             |                    |   |                          |
|-------------------|-----------------------------|--------------------|---|--------------------------|
| <i>800 meter</i>  |                             | 1.                 | Janine Kortbeek-vd Mortel (V55), PH 10.36 |                          |
| <i>3000 meter</i> |                             | <i>Kogelstoten</i> |   |                          |
| 1.                | Ingrid Grutters, Pr.Hendrik | 2:14.64            | 1.  | Henny Woering, AV23 9.11 |
| 2.                | Chantal Baartse, HAC        | 2:19.81            |   |                          |
| 3.                | Jannemien Bosman, CIKO66    | 2:37.58            |   |                          |

|                    |                                  |                  |                         |  |
|--------------------|----------------------------------|------------------|-------------------------|--|
| <b>Vrouwen V60</b> |                                  | <i>60 meter</i>  |                         |  |
| <i>60 meter</i>    |                                  | 1.               | Afra Kruijer, Hera 9.58 |  |
| <i>Verspringen</i> |                                  | <i>200 meter</i> |                         |  |
| 1.                 | Cindy van Burg-Bolleboom, Iliion | 4.67             | 1.                      | Riet Jonkers-Slegers (V65), Atledo 33.35 |
| 2.                 | Marieke Steverink, Phanos        | 4.27             | <i>800 meter</i>        |  |

|                    |                        |       |  |  |
|--------------------|------------------------|-------|--|--|
| <i>Kogelstoten</i> |                        | 1.    | Riet Jonkers-Slegers (V65), Atledo 2:53.80       |  |
| 1.                 | Leonie Berden, RKHAV   | 11.41 | <i>Hinkstapspringen</i>                          |  |
| 2.                 | Esther Nijdam, Scorpio | 9.10  | 1.Laura Blommestijn-Euser (V65), R'dam Atl. 7.89 |  |

|                    |                             |  |                   |  |
|--------------------|-----------------------------|--|-------------------|--|
| <b>Vrouwen V40</b> |                             | <i>Kogelstoten</i>                               |                   |  |
| <i>60 meter</i>    |                             | 1.Laura Blommestijn-Euser (V65), R'dam Atl. 8.68 |                   |  |
| 1.                 | Valerie Klosterman, PAC     | 8.34   | <b>Mannen M35</b> |  |
| 2.                 | Mary Augustin (V45), Sparta | 8.93   | <i>60 meter</i>   |  |

|                  |  |    |                                  |
|------------------|--|----|----------------------------------|
| <i>200 meter</i> |  | 1. | Johnny Silie, Lycurgus 7.31      |
| <i>400 meter</i> |  | 2. | Marco Vervoort, Pr. Hendrik 7.43 |
| <i>600 meter</i> |  | 3. | Bas Masteling, Phanos 7.72       |

|                    |                        |                  |                                      |                              |
|--------------------|------------------------|------------------|--------------------------------------|------------------------------|
| <b>Vrouwen V40</b> |                        | <i>200 meter</i> |                                      |                              |
| <i>800 meter</i>   |                        | 1.               | Werner Andrea, Phoenix 23.45         |                              |
| 1.                 | Anja van Eldik, Climax | 2:27.51          | 2.                                   | Johnny Silie, Lycurgus 23.46 |
| <i>3000 meter</i>  |                        | 3.               | Eric van den Berg, Groene Ster 24.91 |                              |

|                    |                                 |                  |                                    |                                |
|--------------------|---------------------------------|------------------|------------------------------------|--------------------------------|
| <i>60m horden</i>  |                                 | <i>400 meter</i> |                                    |                                |
| 1.                 | Tinka Smith-Tolsma, Leiden Atl. | 9.88             | 1.                                 | Johnny Silie, Lycurgus, 55.08  |
| <i>Verspringen</i> |                                 | 2.               | Dennis Francois, Groene Ster 57.14 |                                |
| 1.                 | Tinka Smith-Tolsma, Leiden Atl. | 5.04             | 3.                                 | Arwin Moerman, AV Helden 58.00 |

|                         |                                  |                  |                              |                                |
|-------------------------|----------------------------------|------------------|------------------------------|--------------------------------|
| <i>Hinkstapspringen</i> |                                  | <i>800 meter</i> |                              |                                |
| 1.                      | Tinka Smith-Tolsma, Leiden Atl.  | 10.33            | 1.                           | David Bomer, DJA 2:08.85       |
| <i>Hoogspringen</i>     |                                  | 2.               | Jim Mooij, Hollandia 2:10.13 |                                |
| 1.                      | Michelle Blommestijn, R'dam Atl. | 1.40             | 3.                           | Robert Hofman, Avantri 2:12.50 |

|                             |                                     |                   |                                 |                                     |
|-----------------------------|-------------------------------------|-------------------|---------------------------------|-------------------------------------|
| <i>Polsstokhoogspringen</i> |                                     | <i>1500 meter</i> |                                 |                                     |
| 1.                          | Brigitte v.d. Kamp-Linnebank, GAC-H | 3.20              | 1.                              | Dirk-Jan Demkes, De Liemers 4:13.43 |
| <i>Kogelstoten</i>          |                                     | 2.                | Job Zijderlaan, Avantri 4:39.67 |                                     |
| 1.                          | Hanneke Reinders-Vasse, Gron.Atl.   | 11.54             | 3.                              | Dolf van de Voort, PAC 4:42.26      |

|                           |                         |                   |    |   |
|---------------------------|-------------------------|-------------------|----|---|
| <i>3000 meter M35/M40</i> |                         | <i>3000 meter</i> |    |   |
| 1.                        | Gaby van Caulil, CIKO66 | 9:09.94           | 1. | Hanneke Reinders-Vasse, Gron.Atl. 11.54 |
| 2.                        | Theo Peeters, AVV       | 9:12.23           | 2. | Ingrid van Dijk (V45), GAC-H 10.95      |
| 3.                        | Rachid Mohammadi, ATOS  | 9:13.96           | 3. | Jannet van Noord (V45), Lycurgus 10.73  |

|                    |                       |                   |                               |                                   |
|--------------------|-----------------------|-------------------|-------------------------------|-----------------------------------|
| <b>Vrouwen V50</b> |                       | <i>60m horden</i> |                               |                                   |
| <i>60 meter</i>    |                       | 1.                | Michiel Heerema, Gouda 8.86   |                                   |
| 1.                 | Tilly Jacobs, PEC1910 | 8.43              | 2.                            | Dennis Francois, Groene Ster 9.66 |
| <i>200 meter</i>   |                       | 3.                | Leo van der Aa, Fortuna 10.43 |                                   |
| 1.                 | Sonja Oost, Sperwers  | 28.94             | <i>Verspringen</i>            |                                   |

|                    |  |    |                              |
|--------------------|--|----|------------------------------|
| <i>Verspringen</i> |  | 1. | Frank Koopmans, PEC1910 6.58 |
|--------------------|--|----|------------------------------|

Statistisch jaarboek indooratletiek 2009/2010

|                                     |         |                                  |         |
|-------------------------------------|---------|----------------------------------|---------|
| 2. Michiel Heerema, Gouda           | 6.22    | 3. Manfred Mooijer, Edam         | 11.18   |
| 3. Eric van den Berg, Groene Ster   | 5.91    | <i>Kogelstoten</i>               |         |
| <i>Hinkstapspringen</i>             |         | 1. Stein Kuiper, Pr.Hendrik      | 15.26   |
| 1. Dennis Francois, Groene Ster     | 11.69   | 2. Peter Holthuijsen, Swift      | 13.09   |
| 2. Stephan Nolte, Atl.Maastr.       | 9.96    | 3. Winston Hofmeester, Haag Atl. | 12.66   |
| 3. Martijn van de Peppel, VAV       | 9.68    | <b>Mannen M50</b>                |         |
| <i>Hoogspringen</i>                 |         | <i>60 meter</i>                  |         |
| 1. Dennis Francois, Groene Ster     | 1.74    | 1. Ricardo Hill, Parthenon       | 7.69    |
| 2. Daan Assink, TION                | 1.66    | <i>200 meter</i>                 |         |
| 3. Stephan Nolte, Atl.Maastr.       | 1.61    | 1. Glenn Hoffman, Scopias        | 25.51   |
| <i>Kogelstoten</i>                  |         | 2. Wim Threels, GAC-H            | 25.94   |
| 1. Gerard Sluiter, CIKO66           | 14.73   | <i>400 meter</i>                 |         |
| 2. Marc Elsbeek, De Keien           | 12.45   | 1. Wim Threels, GAC-H            | 57.06   |
| 3. Frank Koopmans, PEC1910          | 12.33   | <i>800 meter</i>                 |         |
| <b>Mannen M40</b>                   |         | 1. Corne Haast, Spado            | 2:07.70 |
| <i>60 meter</i>                     |         | <i>1500 meter</i>                |         |
| 1. Matthijs Seijlhower, KAV Holland | 7.40    | 1. Cees Meijer, SAV              | 4:50.05 |
| 2. Rob Rolvink, Phoenix             | 7.56    | <i>3000 meter</i>                |         |
| 3. Maarten Smitskamp, Startbaan     | 7.56    | 1. Corne Haast, Spado            | 9:47.28 |
| <i>200 meter</i>                    |         | <i>60m horden</i>                |         |
| 1. Robert Moen, DEM                 | 23.65   | 1. Rob de Weger, AV23            | 8.99    |
| 2. Rob Rolvink, Phoenix             | 23.80   | <i>Verspringen</i>               |         |
| 3. Dik van de Weerdhof, VAV         | 24.84   | 1. Glenn Hoffman, Scopias        | 5.32    |
| <i>400 meter</i>                    |         | <i>Hinkstapspringen</i>          |         |
| 1. Richard Janssens, Lycurgus       | 51.99   | 1. Jan Huijbers, GAC-G           | 10.86   |
| 2. Luc Teunissen, Sprint            | 52.73   | <i>Hoogspringen</i>              |         |
| <i>800 meter</i>                    |         | 1. Erik Endlich, SISU            | 1.67    |
| 1. Marijn Michels, Altis            | 2:10.17 | 2. Huijbers, GAC-G               | 1.66    |
| 2. Jan Buwalda, Pallas67            | 2:12.08 | <i>Kogelstoten</i>               |         |
| 3. Evert Dorregeest, CIKO66         | 2:12.91 | 1. Mario Maessen, Statina        | 12.95   |
| <i>1500 meter</i>                   |         | <b>Mannen M60</b>                |         |
| 1. Werner Themen, AV23              | 4:27.97 | <i>60 meter</i>                  |         |
| 2. Hans van de Mortel, LG Deurne    | 4:31.13 | 1. Jan Ties, AAC61               | 8.28    |
| 3. Coen de Wit, CIKO66              | 4:32.02 | <i>200 meter</i>                 |         |
| <i>60m horden</i>                   |         | 1. Jan Ties, AAC61               | 27.22   |
| 1. Wan Bakx, TION                   | 8.80    | <i>400 meter</i>                 |         |
| 2. Jos Warmerdam, U-Track           | 9.72    | 1. Wim Scholtes, Sparta          | 62.09   |
| 3. Arjan Bakker, Trias              | 10.31   | <i>60m horden</i>                |         |
| <i>Hoogspringen</i>                 |         | 1. Frans van Boven, THOR         | 11.07   |
| 1. Patrick Schoo U-Track            | 1.80    | <i>Verspringen</i>               |         |
| 2. Johan Nieuwhof, Starbaan         | 1.80    | 1. Willem Schoone, NOVA          | 5.16    |
| 2. Leo Schuur, Isala96              | 1.80    | <i>Hinkstapspringen</i>          |         |
| <i>Polsstokhoogspringen</i>         |         | 1. Paul Boer, AvantiWilskracht   | 9.66    |
| 1. JosWaremerdam, U-Track           | 3.65    | <i>Hoogspringen</i>              |         |
| 2. Eric Beaat, Pr. Hendrik          | 3.00    | 1. Paul Boer, AvantiWilskracht   | 1.43    |
| <i>Verspringen</i>                  |         | <i>Polsstokhoogspringen</i>      |         |
| 1. Alje Kuiper, Ilion               | 6.31    | 1. Kees van Giezen (M75) GAC-H   | 2.35    |
| 2. Maarten Smitskamp, Startbaan     | 6.09    | <i>Kogelstoten</i>               |         |
| 3. Wan Bakx, TION                   | 5.99    | 1. Frans de Laat, Statina        | 13.31   |
| <i>Hinkstapspringen</i>             |         |                                  |         |
| 1. Jurg van Berkum, Parthenon       | 12.45   |                                  |         |
| 2. Eric Beaat, Pr.Hendrik           | 11.80   |                                  |         |

**WK Indoor**

**Doha (QAT), 12-14 maart 2010**

|                        |      |                        |      |
|------------------------|------|------------------------|------|
| <b>Mannen</b>          |      | 4. Trell Kimmons, USA  | 6.59 |
| <i>60 meter</i>        |      | 5. Samuel Francis, QAT | 6.62 |
| 1. Dwain Chambers, GBR | 6.48 | 6. Ronald Pogonon, FRA | 6.65 |
| 2. Mike Rodgers, USA   | 6.53 | 7. Nesta Carter, JAM   | 6.72 |
| 3. Daniel Bailey, ANT  | 6.57 | Ibrahim Kabia, SLE     | DNS  |

Statistisch jaarboek indooratletiek 2009/2010

|  |              |             |                              |                  |          |
|--|--------------|-------------|------------------------------|------------------|----------|
| 8,4  | Liam         | Shew-A-Tjon | 30-01-97 Spark               | Dordrecht        | 13-02-10 |
| 8,4  | Maxwell      | Onbekent    | 03-07-97 Haag Atletiek       | Dordrecht        | 13-02-10 |
| <b>1000 meter jongens-D</b>                  |              |             |                              |                  |          |
| 3.06,11                                      | Ryan         | Clarke      | 17-11-97 AV Castricum        | Apeldoorn        | 07-02-10 |
| 3.06,94                                      | Tom van      | Ommeren     | 12-10-98 THOR                | Apeldoorn        | 07-02-10 |
| 3.07,85                                      | Rody de      | Wolff       | 09-04-97 AV Heerenveen       | Groningen        | 16-01-10 |
| 3.08,19                                      | Elias        | Loukili     | 15-06-98 Atverni             | Apeldoorn        | 07-02-10 |
| 3.08,38                                      | Stan         | Zeegers     | 15-04-97 LG Deurne           | Dortmund (GER)   | 28-02-10 |
| 3.09,27                                      | Tom          | Benerink    | 17-02-98 MPM                 | Apeldoorn        | 07-02-10 |
| 3.09,95                                      | Sven van     | Miltenburg  | 21-05-98 BAV                 | Apeldoorn        | 07-02-10 |
| 3.11,84                                      | Nout         | Wardenburg  | 18-02-97 AV '34              | Groningen        | 16-01-10 |
| 3.11,98                                      | Jasper       | Lubbers     | 12-12-97 HAC '63             | Apeldoorn        | 07-02-10 |
| 3.13,38                                      | Rick         | Nuy (10)    | 31-08-98 AVON                | Groningen        | 16-01-10 |
| 3.13,51                                      | Jouri        | Keulen      | 30-09-98 Caesar              | Düsseldorf (GER) | 13-03-10 |
| 3.13,92                                      | Stan van     | Helmond     | 12-02-98 LG Deurne           | Apeldoorn        | 07-02-10 |
| 3.14,83                                      | Jeroen       | Swinkels    | 15-01-97 Nova                | Apeldoorn        | 07-02-10 |
| <b>50 meter horden 76.2 cm jongens-D</b>     |              |             |                              |                  |          |
| 9,17   | Nick         | Smidt       | 12-05-97 AAC '61             | Stadskanaal      | 14-11-09 |
| <i>beter handtijden:</i>                     |              |             |                              |                  |          |
| 7,9  | Luc          | Reij        | 18-10-97 Phoenix             | Amsterdam        | 14-11-09 |
| 8,0  | Rik          | Taam        | 17-01-97 NEA-Volharding      | Amsterdam        | 14-11-09 |
| <b>60 meter horden 76.2 cm jongens-D</b>     |              |             |                              |                  |          |
| 8,87   | Evbako       | Ogbeide     | 25-02-97 Parthenon           | Dordrecht        | 30-10-10 |
| 9,41   | Luc          | Reij        | 18-10-97 Phoenix             | Utrecht          | 21-02-10 |
| 9,64   | Maxwell      | Onbekent    | 03-07-97 Haag Atletiek       | Groningen        | 16-01-10 |
| 9,80   | Evan         | Boessen     | 15-03-97 Unitas              | Düsseldorf (GER) | 13-03-10 |
| 9,81   | Mark de      | Rond        | 12-04-97 Achilles-EL         | Zoetermeer       | 30-01-10 |
| 9,91   | Kay          | Smits       | 31-03-97 Unitas              | Düsseldorf (GER) | 13-03-10 |
| 10,03  | Rik          | Taam        | 17-01-97 NEA-Volharding      | Utrecht          | 21-02-10 |
| 10,10  | Tey          | Berendschot | 08-08-97 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 10,35  | Julius       | Ediagnonya  | 22-03-97 Ciko '66            | Utrecht          | 21-02-10 |
| 10,41  | Jochem       | Dobber (10) | 08-07-97 Suomi               | Groningen        | 16-01-10 |
| 10,47  | Jesse        | Verdoes     | 01-02-97 De Spartaan         | Zoetermeer       | 30-01-10 |
| 10,48  | Tim          | Bluekens    | 17-08-97 Climax              | Amhrem           | 13-12-09 |
| 10,49  | Laurens      | Koeman      | 26-01-97 AV '40              | Utrecht          | 07-11-09 |
| 10,57  | Olle van den | Boom        | 02-01-97 ATV Venray          | Düsseldorf (GER) | 13-03-10 |
| 10,61  | Nick         | Smidt       | 12-05-97 AAC '61             | Groningen        | 16-01-10 |
| 10,71  | Stan         | Nispeling   | 23-06-98 Parthenon           | Dordrecht        | 30-10-10 |
| 10,77  | Max          | Verbrugge   | 25-08-97 Phoenix             | Utrecht          | 08-01-10 |
| 10,80  | David        | Staat       | 02-04-97 Attila              | Utrecht          | 02-01-10 |
| 10,83  | Vincent      | Brouwer     | 15-08-97 De Spartaan         | Zoetermeer       | 30-01-10 |
| 10,84  | Neflin de    | Weerd (20)  | 02-09-97 Athlos              | Utrecht          | 14-03-10 |
| <i>beter handtijden:</i>                     |              |             |                              |                  |          |
| 10,1   | Nick         | Smidt       | 12-05-97 AAC '61             | Enschede         | 31-10-10 |
| 10,1   | Wout         | Zijlstra    | 25-11-97 Horror              | Enschede         | 31-10-10 |
| 10,3   | Tobias       | Bakx        | 17-10-97 AC TION             | Enschede         | 31-10-10 |
| 10,6   | Joris        | Brekveld    | 27-01-98 Haag Atletiek       | Dordrecht        | 13-02-10 |
| <b>60 meter horden 84 cm (BEL) jongens-D</b> |              |             |                              |                  |          |
| 9,81   | Mark de      | Rond        | 12-04-97 Achilles-EL         | Hoboken (BEL)    | 28-02-10 |
| <b>hoogspringen jongens-D</b>                |              |             |                              |                  |          |
| 1,65   | Tyson        | Smit        | 30-01-97 Spado               | Bergen op Zoom   | 30-10-10 |
| 1,65   | Rody de      | Wolff       | 09-04-97 AV Heerenveen       | Enschede         | 31-10-10 |
| 1,60   | Tey          | Berendschot | 08-08-97 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 1,55   | Daan         | Stapersma   | 05-01-97 Fortuna             | Zoetermeer       | 28-11-09 |
| 1,55   | Rik          | Taam        | 17-01-97 NEA-Volharding      | Alkmaar          | 12-12-09 |
| 1,55   | Rodney       | Hoogterp    | 24-02-97 Impala              | Groningen        | 16-01-10 |
| 1,55   | Dion van     | Kessel      | 12-06-97 Typhoon             | Utrecht          | 30-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|       |                |             |                             |            |          |
|-------|----------------|-------------|-----------------------------|------------|----------|
| 12,90 | Emile          | Vink        | 02-01-95 AV Voorsch'n '97   | Utrecht    | 21-02-10 |
| 12,81 | Rein           | Reinsma     | 04-11-95 Horror             | Heerenveen | 20-03-10 |
| 12,73 | Owen           | Smith       | 15-05-95 Sparta             | Utrecht    | 21-03-10 |
| 12,71 | Jasper         | Meijer      | 30-01-95 Jahn II            | Enschede   | 31-10-10 |
|       |                | (10)        |                             |            |          |
| 12,65 | Milan          | Betz        | 01-08-95 Scorpio            | Dordrecht  | 30-10-10 |
| 12,24 | Lars           | Paalvast    | 04-12-95 Passaat            | Dordrecht  | 06-03-10 |
| 12,21 | Wiek van       | Gemert      | 09-03-95 Groningen Atletiek | Groningen  | 17-01-10 |
| 12,10 | Stefan         | Visser      | 30-10-96 Aquilo             | Enschede   | 07-03-10 |
| 12,02 | Widmer van der | Graaf       | 20-02-95 Groningen Atletiek | Tuk        | 06-03-10 |
| 11,87 | Sybre          | Blok        | 25-06-96 PAC                | Groningen  | 17-01-10 |
| 11,85 | Yannick        | Mahieu      | 17-03-95 Phanos             | Utrecht    | 21-02-10 |
| 11,83 | Kelvin         | Schröder    | 15-03-95 Flevo Delta        | Utrecht    | 21-02-10 |
| 11,62 | Wybe           | Wildenbeest | 12-03-95 AAC '61            | Groningen  | 17-01-10 |
| 11,49 | Jeroen         | Boumans     | 16-01-95 Sparta             | Dordrecht  | 06-03-10 |
|       |                | (20)        |                             |            |          |

**Jongens-D**

**50 meter jongens-D**

|      |         |          |                      |             |          |
|------|---------|----------|----------------------|-------------|----------|
| 6,85 | Evbako  | Ogbeide  | 25-02-97 Parthenon   | Dordrecht   | 09-01-10 |
| 7,18 | Luc     | Reij     | 18-10-97 Phoenix     | Utrecht     | 22-01-10 |
| 7,25 | Mark de | Rond     | 12-04-97 Achilles-EL | Utrecht     | 08-01-10 |
| 7,41 | Rodney  | Hoogterp | 24-02-97 Impala      | Tuk         | 06-03-10 |
| 7,45 | Wout    | Zijlstra | 25-11-97 Horror      | Stadskanaal | 14-11-09 |

*beter handtijden:*

|     |           |          |                         |           |          |
|-----|-----------|----------|-------------------------|-----------|----------|
| 6,7 | Luc       | Reij     | 18-10-97 Phoenix        | Amsterdam | 14-11-09 |
| 6,8 | Jelle van | Sunder   | 13-08-97 Suomi          | Amsterdam | 14-11-09 |
| 6,9 | Mark de   | Rond     | 12-04-97 AV Rucphen '90 | Dordrecht | 13-02-10 |
| 7,0 | Maxwell   | Onbekent | 03-07-97 Haag Atletiek  | Amsterdam | 14-11-09 |
| 7,1 | Gennaro   | Biswane  | 03-02-97 Dynamica       | Dordrecht | 13-02-10 |

**60 meter jongens-D**

|      |            |             |                          |                  |          |
|------|------------|-------------|--------------------------|------------------|----------|
| 7,87 | Evbako     | Ogbeide     | 25-02-97 Parthenon       | Utrecht          | 21-02-10 |
| 7,88 | Ricardo    | Buinsters   | 28-02-97 Groene Ster     | Utrecht          | 21-02-10 |
| 8,05 | Rik        | Taam        | 17-01-97 NEA-Volharding  | Utrecht          | 14-03-10 |
| 8,17 | Luc        | Reij        | 18-10-97 Phoenix         | Utrecht          | 21-02-10 |
| 8,22 | Tim        | Bluekens    | 17-08-97 Climax          | Utrecht          | 21-02-10 |
| 8,23 | Evan       | Boessen     | 15-03-97 Unitas          | Düsseldorf (GER) | 13-03-10 |
| 8,25 | Rody de    | Wolff       | 09-04-97 AV Heerenveen   | Heerenveen       | 20-03-10 |
| 8,27 | Michen     | Biesart     | 05-06-97 Ilion           | Zoetermeer       | 30-01-10 |
| 8,31 | David      | Staat       | 02-04-97 Attila          | Utrecht          | 02-01-10 |
| 8,31 | Jelle van  | Sunder      | 13-08-97 Suomi           | Groningen        | 16-01-10 |
|      |            | (10)        |                          |                  |          |
| 8,39 | Martijn    | Overweel    | 11-03-97 Ilion           | Zoetermeer       | 30-01-10 |
| 8,41 | Mark de    | Rond        | 12-04-97 Achilles-EL     | Hoboken (BEL)    | 27-12-09 |
| 8,43 | Loic       | Wondel      | 14-08-98 R' dam Atletiek | Utrecht          | 21-02-10 |
| 8,45 | David      | Tanger      | 13-01-98 Climax          | Groningen        | 16-01-10 |
| 8,47 | Koeman     | Laurens     | 26-01-97 AV '40          | Utrecht          | 07-11-09 |
| 8,50 | Hilbrand   | Wouters     | 08-03-97 Triathlon       | Utrecht          | 07-11-09 |
| 8,50 | Wout       | Zijlstra    | 25-11-97 Horror          | Heerenveen       | 20-03-10 |
| 8,55 | Marijn van | Hoom        | 12-04-98 LG De Drentsch  | Groningen        | 16-01-10 |
| 8,56 | Max        | Verbrugge   | 25-08-97 Phoenix         | Utrecht          | 12-12-09 |
| 8,56 | Gennaro    | Biswane     | 03-07-97 Dynamica        | Utrecht          | 21-02-10 |
|      |            | (20)        |                          |                  |          |
| 8,57 | Gerrit     | Reins       | 30-11-97 Spado           | Dordrecht        | 06-03-10 |
| 8,60 | Jelle      | Heijne      | 18-06-97 Clytoneus       | Utrecht          | 30-01-10 |
| 8,61 | Jochem     | Dobber      | 08-07-97 Suomi           | Groningen        | 16-01-10 |
| 8,63 | Koen       | Stapel      | 09-03-98 Ilion           | Zoetermeer       | 30-01-10 |
| 8,67 | Liam       | Shew-A-Tjon | 30-01-97 Spark           | Zoetermeer       | 30-01-10 |
| 8,67 | Mischa van | Loo         | 23-06-98 Unitas          | Düsseldorf (GER) | 13-03-10 |

*beter handtijden:*

|     |         |       |                        |          |          |
|-----|---------|-------|------------------------|----------|----------|
| 7,8 | Rody de | Wolff | 09-04-97 AV Heerenveen | Enschede | 31-10-10 |
|-----|---------|-------|------------------------|----------|----------|

Statistisch jaarboek indooratletiek 2009/2010

|   |  |         |  |
|---|--|---------|--|
| <b>400 meter</b>  |  |         |  |
| 1.  | Chris Brown, BAH                       | 45.96   |  |
| 2.  | William Collazo, CUB                   | 46.31   |  |
| 3.  | Jamaal Torrance, USA                   | 46.43   |  |
| 4.  | Nery Brenes, CRC                       | 46.55   |  |
| 5.  | David Gillick, IRL                     | 46.62   |  |
| 6.  | Bershawn Jackson, USA                  | 46.84   |  |
| <b>800 meter</b>  |  |         |  |
| 1.  | Abubaker Kaki, SUD                     | 1:46.23 |  |
| 2.  | Boaz Lalang, KEN                       | 1:46.39 |  |
| 3.  | Adam Kszczot, POL                      | 1:46.69 |  |
| 4.  | Ahmad Ismail, SUD                      | 1:46.90 |  |
| 5.  | Jakub Holuša, CZE                      | 1:47.28 |  |
| 6.  | Luis Alberto Marco, ESP                | 1:48.99 |  |
| <b>1500 meter</b>   |  |         |  |
| 1.  | Deresse Mekonnen, ETH                  | 3:41.86 |  |
| 2.  | Abdelaati Igider, MAR                  | 3:41.96 |  |
| 3.  | Haron Keitany, KEN                     | 3:42.32 |  |
| 4.  | Mekonnen Gebremedhin, ETH              | 3:42.42 |  |
| 5.  | Amine Laâlou, MAR                      | 3:42.42 |  |
| 6.  | Juan van Deventer, RSA                 | 3:43.77 |  |
| 7.  | Garrett Heath, USA                     | 3:43.81 |  |
| 8.  | Mahiedine Mekhissi-Benabbad, FRA       | 3:45.22 |  |
| <b>3000 meter</b>   |  |         |  |
| 1.  | Bernard Lagat, USA                     | 7:37.97 |  |
| 2.  | Sergio Sánchez, ESP                    | 7:39.55 |  |
| 3.  | Sammy Mutahi, KEN                      | 7:39.90 |  |
| 4.  | Tariku Bekele, ETH                     | 7:40.10 |  |
| 5.  | Galen Rupp, USA                        | 7:42.40 |  |
| 6.  | Jesús España, ESP                      | 7:42.82 |  |
| 7.  | Hicham Bellani, MAR                    | 7:44.15 |  |
| 8.  | James Kwalia, QAT                      | 7:46.12 |  |
| <b>60m horden</b>   |  |         |  |
| 1.  | Dayron Robles, CUB                     | 7.34    |  |
| 2.  | Terrence Trammell, USA                 | 7.36    |  |
| 3.  | David Oliver, USA                      | 7.44    |  |
| 4.  | Yevgeniy Borisov, RUS                  | 7.51    |  |
| 5.  | Petr Svoboda, CZE                      | 7.58    |  |
| 6.  | Maurice Wignall, JAM                   | 7.60    |  |
| 7.  | Liu Xiang, CHN                         | 7.65    |  |
| 8.  | Dániel Kiss, HUN                       | 7.81    |  |
| <i>series: Gregory Sedoc 7.79; halve finale: Sedoc 7.67</i> |  |         |  |
| <b>Hoogspringen</b>   |  |         |  |
| 1.  | Ivan Ukhov, RUS                        | 2.36    |  |
| 2.  | Yaroslav Rybakov, RUS                  | 2.31    |  |
| 3.  | Dusty Jonas, USA                       | 2.31    |  |
| 4.  | Kyriakos Ioannou, CYP                  | 2.28    |  |
| 5.  | Jesse Williams, USA                    | 2.28    |  |
| 6.  | Kabelo Kgosiemang, BOT                 | 2.28    |  |
| 7.  | Samson Oni, GBR                        | 2.24    |  |
| 8.  | Martin Günther, GER                    | 2.24    |  |
| <b>Polsstokhoogspringen</b>                                 |  |         |  |
| 1.  | Steve Hooker, AUS                      | 6.01    |  |
| 2.  | Maite Mohr, GER                        | 5.70    |  |
| 3.  | Alexander Straub, GER                  | 5.65    |  |
| 4.  | Konstadinos Filippidis, GRE            | 5.65    |  |
| 4.  | Derek Miles, USA                       | 5.65    |  |
| 6.  | Michal Balner, CZE                     | 5.45    |  |
| 6.  | Steven Lewis, GBR                      | 5.45    |  |
| 6.  | Dmitriy Starodubtsev, RUS              | 5.45    |  |
| <b>Verspringen</b>  |  |         |  |
| 1.  | Fabrice Lapierre, AUS                  | 8.17    |  |
| 2.  | Godfrey Mokoena, RSA                   | 8.08    |  |
| 3.  | Mitchell Watt, AUS                     | 8.05    |  |
| 4.  | Salim Sdiri, FRA                       | 8.01    |  |
| 5.  | Christian Reif, GER                    | 7.86    |  |
| 6.  | Ndiss Kaba Badji, SEN                  | 7.86    |  |
| 7.  | Ignisious Gaisah, GHA                  | 7.81    |  |
| 8.  | Andriy Makarchev, UKR                  | 7.65    |  |
| <b>Hinkstapspringen</b>                                     |  |         |  |
| 1.  | Teddy Tamgho, FRA                      | 17.90   |  |
| 2.  | Yoandri Bertanzos, CUB                 | 17.69   |  |
| 3.  | David Giralt, CUB                      | 17.36   |  |
| 4.  | Christian Olsson, SWE                  | 17.23   |  |
| 5.  | Fabrizio Donato, ITA                   | 16.88   |  |
| 6.  | Jadel Gregório, BRA                    | 16.78   |  |
| 7.  | Dmitrij Valukevic, SVK                 | 16.72   |  |
| 8.  | Igor Spasovkhodskiy, RUS               | 16.42   |  |
| <b>Kogelstoten</b>  |  |         |  |
| 1.  | Christian Cantwell, USA                | 21.83   |  |
| 2.  | Andrei Mikhnevich, BLR                 | 21.68   |  |
| 3.  | Ralf Bartels, GER                      | 21.44   |  |
| 4.  | Dylan Armstrong, CAN                   | 21.39   |  |
| 5.  | Tomasz Majewski, POL                   | 21.20   |  |
| 6.  | Pavel Lyzhyn, BLR                      | 20.67   |  |
| 7.  | David Storl, GER                       | 20.40   |  |
| 8.  | Scott Martin, AUS                      | 19.76   |  |
| <b>Zevenkamp</b>  |  |         |  |
| 1.  | Bryan Clay, USA                        | 6.204   |  |
|   | 6.67-7.27-15.31-2.06-8.00-5.00-2:50.28 |         |  |
| 2.  | Trey Hardee, USA                       | 6.184   |  |
|   | 6.80-7.28-14.44-2.06-7.79-5.00-2:47.76 |         |  |
| 3.  | Aleksey Drozdov, RUS                   | 6.141   |  |
|   | 7.08-7.29-17.17-2.09-8.34-4.90-2:45.35 |         |  |
| 4.  | Andrei Krauchanka, BLR                 | 6.124   |  |
|   | 7.22-7.38-13.59-2.18-8.04-5.00-2:41.70 |         |  |
| 5.  | Roman Šebrle, CZE                      | 6.024   |  |
|   | 7.20-7.49-15.70-2.09-8.30-4.80-2:46.55 |         |  |
| 6.  | Oleksiy Kasyanov, UKR                  | 6.019   |  |
|   | 6.93-7.78-14.55-2.00-8.01-4.40-2:43.78 |         |  |
| 7.  | Leonel Suárez, CUB                     | 5.764   |  |
|   | 7.15-7.12-13.59-2.06-8.24-4.60-2:45.04 |         |  |
|   | Aleksandr Pogorelov, RUS               | DNF     |  |
|   | 7.68-                                  |         |  |
| <b>4 x 400 meter</b>  |  |         |  |
| 1.  | Verenigde Staten                       | 3:03.40 |  |
| 2.  | België                                 | 3:06.94 |  |
| 3.  | Groot Britannië                        | 3:07.52 |  |
|   | Bahamas                                | DNF     |  |
|   | Dominicaanse rep.                      | DQ      |  |
|   | Jamaica                                | DNF     |  |
| <b>Vrouwen</b>  |  |         |  |
| <b>60 meter</b>   |  |         |  |
| 1.  | Veronica Campbell-Brown, JAM           | 7.00    |  |
| 2.  | Laverne Jones-Ferrette, ISV            | 7.03    |  |
| 3.  | Carmelita Jeter, USA                   | 7.05    |  |
| 4.  | Ruddy Zang Milama, GAB                 | 7.14    |  |
| 4.  | Sheri-Ann Brooks, JAM                  | 7.14    |  |
| 6.  | Chandra Sturup, BAH                    | 7.16    |  |
| 7.  | Tahesia HARRIGAN, IVB                  | 7.17    |  |
| 8.  | Myriam Soumaré, FRA                    | 7.29    |  |

Statistisch jaarboek indooratletiek 2009/2010

|                                       |                |  |       |
|---------------------------------------|----------------|--|-------|
| <b>400 meter</b>                      |                |  |       |
| 1. Debbie Dunn, USA                   | 51.04          | 4. Yelena Isinbayeva, RUS                  | 4.60  |
| 2. Tatjana Firova, RUS                | 51.13          | 5. Jirina Ptácníková, CZE                  | 4.60  |
| 3. Vania Stambolova, BUL              | 51.50          | 6. Kelsie Hendry, CAN                      | 4.50  |
| 4. Amantle Montsho, BOT               | 52.53          | 7. Kristina Gadschiew, GER                 | 4.40  |
| 5. Aliann Pompey, GUY                 | 52.75          | Nikolia Kiriakopoulou, GRE                 | NH    |
| Novlene Williams-Mills, JAM           | DNF            | <b>Verspringen</b>                         |       |
| <b>800 meter</b>                      |                |  |       |
| 1. Mariya Savinova, RUS               | 1:58.26        | 1. Brittny Reese, USA                      | 6.70  |
| 2. Jennifer Meadows, GBR              | 1:58.43        | 2. Naide Gomes, POR                        | 6.67  |
| 3. Alysia Johnson, USA                | 1:59.60        | 3. Keila Costa, BRA                        | 6.63  |
| 4. Anna Pierce, USA                   | 2:00.53        | 4. Ksenija Balta, EST                      | 6.63  |
| 5. Egle Balciunaite, LTU              | 2:01.37        | 5. Darya Klishina, RUS                     | 6.62  |
| 6. Yevgeniya Zinurova, RUS            | 2:01.68        | 6. Anna Nazarova, RUS                      | 6.61  |
| <b>1500 meter</b>                     |                |  |       |
| 1. Kalkedan Gezahegn, ETH             | 4:08.14        | 7. Yuliya Tarasova, UZB                    | 6.54  |
| 2. Natalia Rodríguez, ESP             | 4:08.30        | 8. Viktoriya Rybalko, UKR                  | 6.28  |
| 3. Gelete Burka, ETH                  | 4:08.39        | <b>Hinkstaspringen</b>                     |       |
| 4. Sylwia Ejdys, POL                  | 4:09.24        | 1. Olga Rypakova, KAZ                      | 15.14 |
| 5. Irene Jelagat, KEN                 | 4:09.57        | 2. Yargelis Savigne, CUB                   | 14.86 |
| 6. Erin Donohue, USA                  | 4:09.59        | 3. Anna Pyatykh, RUS                       | 14.64 |
| 7. Helen Clitheroe, GBR               | 4:10.38        | 4. Anastasiya Taranova-Potapova, RUS       | 14.40 |
| 8. Sarah Bowman, USA                  | 4:10.72        | 5. Mabel Gay, CUB                          | 14.30 |
| <b>3000 meter</b>                     |                |  |       |
| 1. Meseret Defar, ETH                 | 8:51.17        | 6. Dana Veldáková, SVK                     | 14.18 |
| 2. Vivian Cheruiyot, KEN              | 8:51.85        | 7. Xie Limei, CHN                          | 14.03 |
| 3. Sentayehu Ejigu, ETH               | 8:52.08        | 8. Svetlana Bolshakova, BEL                | 14.02 |
| 4. Sylvia Kibet, KEN                  | 8:52.16        | <b>Kogelstoten</b>                         |       |
| 5. Alemitu Bekele, TUR                | 8:53.78        | 1. Nadzeya Ostapchuk, BLR                  | 20.85 |
| 6. Sara Moreira, POR                  | 8:55.34        | 2. Valerie Vili, NZL                       | 20.49 |
| 7. Layes Abdullayeva, AZE             | 8:57.59        | 3. Natalia Mikhnevich, BLR                 | 20.42 |
| 8. Jessica Augusto, POR               | 9:01.71        | 4. Anna Avdeyeva, RUS                      | 19.47 |
| <b>12. Adrienne Herzog, NED</b>       | <b>9:12.99</b> | 5. Nadine Kleinert, GER                    | 19.34 |
| series: Herzog 8:53.24                |                | 6. Jill Camarena-Williams, USA             | 19.34 |
|                                       |                | 7. Misleidy González, CUB                  | 18.77 |
|                                       |                | 8. Gong Lijiao, CHN                        | 18.64 |
| <b>60m horden</b>                     |                |  |       |
| 1. Lolo Jones, USA                    | 7.72           | <i>kwificatie: Melissa Boekelman 17.57</i> |       |
| 2. Perdita Felicien, CAN              | 7.86           | <b>5-kamp</b>                              |       |
| 3. Priscilla Lopes-Schliep, CAN       | 7.87           | 1. Jessica Ennis, GBR                      | 4.937 |
| 4. Anay Tejeda, CUB                   | 7.91           | 8.04-1.90-14.01-6.44-2:12.55               |       |
| 5. Ginnie Crawford, USA               | 7.97           | 2. Nataliya Dobrynska, UKR                 | 4.851 |
| 6. Vonette Dixon, JAM                 | 7.99           | 8.50-1.84-16.43-6.33-2:14.85               |       |
| 7. Lacena Golding-Clarke, JAM         | 8.02           | 3. Tatjana Chernova, RUS                   | 4.762 |
| 8. Tatjana Dektyareva, RUS            | 8.05           | 8.51-1.78-14.54-6.62-2:13.19               |       |
| <b>Hoogspringen</b>                   |                |  |       |
| 1. Blanka Vlašić, CRO                 | 2.00           | 4. Hyleas Fountain, USA                    | 4.753 |
| 2. Ruth Beitia, ESP                   | 1.98           | 8.20-1.87-14.06-6.46-2:21.02               |       |
| 3. Chaunté Lowe, USA                  | 1.98           | 5. Antoinette Nana Djimoua, FRA            | 4.618 |
| 4. Svetlana Shkolina, RUS             | 1.96           | 8.26-1.84-13.72-6.34-2:22.64               |       |
| 5. Zheng Xingjuan, CHN                | 1.94           | 6. Karolina Tyminska, POL                  | 4.575 |
| 6. Emma Green, SWE                    | 1.94           | 8.48-1.72-14.38-6.19-2:11.16               |       |
| 7. Marina Aitova, KAZ                 | 1.91           | 7. Marina Goncharova, RUS                  | 4.416 |
| 8. Nadezhda Dusanova, UZB             | 1.91           | 8.56-1.78-13.78-5.92-2:17.69               |       |
| <b>Polsstokhoogspringen</b>           |                |  |       |
| 1. Fabiana Murer, BRA                 | 4.80           | 8. Aiga Grabuste, LAT                      | 4.013 |
| 2. Svetlana Feofanova, RUS            | 4.80           | 8.94-1.63-12.33-6.05-2:23.84               |       |
| 3. Anna Rogowska, POL                 | 4.70           | <b>4 x 400 meter</b>                       |       |
| <b>WK masters</b>                     |                |  |       |
| <b>Kamloops (CAN), 1-6 maart 2010</b> |                |  |       |
| <b>60 meter</b>                       |                |  |       |
| V50 1. Tilly Jacobs, PEC1910          | 8.50           | V50 5. Anja Akkerman, DEM                  | 9.34  |
|                                       |                | M65 7. Jelle Van der Schaaf, Hera          | 8.75  |

Statistisch jaarboek indooratletiek 2009/2010

|                                       |                 |               |                             |                |          |
|---------------------------------------|-----------------|---------------|-----------------------------|----------------|----------|
| 1,65                                  | Jesse           | Rigter        | 06-01-96 AAC                | Groningen      | 17-01-10 |
| 1,65                                  | Wouter          | Leestemaker   | 01-12-95 AV '56             | Groningen      | 17-01-10 |
| 1,65                                  | Marius          | Wouters       | 22-04-95 Triathlon          | Groningen      | 17-01-10 |
| 1,65                                  | Thomas van      | Klaveren      | 11-12-95 AAV '36            | Dordrecht      | 06-03-10 |
| 1,65                                  | Richard van     | Driel         | 24-03-96 Hercules           | Dordrecht      | 30-10-10 |
| 1,65                                  | Tyson           | Smit          | 30-01-97 Spado              | Bergen op Zoom | 30-10-10 |
| 1,65                                  | Jeffrey van     | Oorschot      | 23-06-95 Spado              | Bergen op Zoom | 30-10-10 |
| 1,65                                  | Rody de         | Wolff         | 09-04-97 AV Heerenveen      | Enschede       | 31-10-10 |
| 1,65                                  | Brian           | Amersfoort    | 06-06-95 AC TION            | Enschede       | 31-10-10 |
| 1,65                                  | Bas van de      | Burgt         | 23-04-96 GAC-Gemert         | Enschede       | 31-10-10 |
| 1,61                                  | Thijs van       | Kaathoven     | 02-02-95 Scorpio            | Dordrecht      | 09-01-10 |
| 1,61                                  | Tom van de      | Berg          | 09-08-95 Spado              | Dordrecht      | 09-01-10 |
| <b>polsstokhoogspringen jongens-C</b> |                 |               |                             |                |          |
| 4,00                                  | Bart            | Heijes        | 25-01-95 Passaat            | Dordrecht      | 30-10-10 |
| 3,50                                  | Remon           | Berrevoets    | 22-05-95 PAC                | Dordrecht      | 30-10-10 |
| 3,40                                  | Daniël          | Kil           | 06-06-95 Sprint             | Dordrecht      | 30-10-10 |
| 2,90                                  | Christian       | Oberdorfer    | 19-02-95 GAC-Hilversum      | Utrecht        | 13-12-09 |
| 2,70                                  | Yannick         | Mahieu        | 17-03-95 Phanos             | Utrecht        | 13-12-09 |
| 2,70                                  | Sybre           | Blok          | 25-06-96 PAC                | Groningen      | 17-01-10 |
| 2,70                                  | Kay             | Geluk         | 23-01-96 R' dam Atletiek    | Dordrecht      | 30-10-10 |
| 2,40                                  | Rein            | Reinsma       | 04-11-95 Horror             | Groningen      | 17-01-10 |
| 2,40                                  | Thijs van       | Kaathoven     | 02-02-95 Scorpio            | Dordrecht      | 30-10-10 |
| 2,33                                  | Kay             | Smits         | 31-03-97 Unitas             | Sittard        | 24-01-10 |
| <b>verspringen jongens-C</b>          |                 |               |                             |                |          |
| 6,07                                  | Milan           | Lips          | 03-02-95 Ilion              | Zoetermeer     | 30-01-10 |
| 6,06                                  | Jeroen          | Boumans       | 16-01-95 Sparta             | Utrecht        | 14-03-10 |
| 5,94                                  | Yannick         | Mahieu        | 17-03-95 Phanos             | Apeldoorn      | 31-01-10 |
| 5,79                                  | Maarten van der | Winden        | 21-08-95 Haarlemmermeer     | Utrecht        | 14-03-10 |
| 5,75                                  | Mark            | Rigter        | 16-02-95 BAV                | Utrecht        | 30-01-10 |
| 5,75                                  | Trystan de      | Weerd         | 17-07-95 Athlos             | Utrecht        | 14-03-10 |
| 5,72                                  | Thom            | Slot          | 09-08-95 Trias              | Groningen      | 17-01-10 |
| 5,70                                  | Sybre           | Blok          | 25-06-96 PAC                | Utrecht        | 14-03-10 |
| 5,68                                  | Kay             | Geluk         | 23-01-96 R' dam Atletiek    | Dordrecht      | 30-10-10 |
| 5,67                                  | Milan           | Betz          | 01-08-95 Scorpio            | Dordrecht      | 30-10-10 |
| 5,64                                  | Ruben van       | Dijk          | 03-03-95 AV '34             | Groningen      | 17-01-10 |
| 5,62                                  | Edwin van       | Bemden        | 01-05-95 AV '56             | Gent (BEL)     | 26-12-09 |
| 5,59                                  | Jeffrey van     | Oorschot      | 23-06-95 Spado              | Gent (BEL)     | 23-01-10 |
| 5,59                                  | Maarten         | Stuivenberg   | 25-04-95 VAV                | Dortmund (GER) | 07-02-10 |
| 5,58                                  | Thijs van       | Kaathoven     | 02-02-95 Scorpio            | Dordrecht      | 30-10-10 |
| 5,53                                  | Jesse           | Rigter        | 06-01-96 AAC                | Groningen      | 17-01-10 |
| 5,52                                  | Emiel           | Rigter        | 25-02-96 BAV                | Utrecht        | 30-01-10 |
| 5,52                                  | Rik             | Taam          | 17-01-97 NEA-Volharding     | Utrecht        | 21-02-10 |
| 5,51                                  | Owen            | Smith         | 15-05-95 Sparta             | Utrecht        | 21-03-10 |
| 5,50                                  | Kevin           | Winiarczyk    | 04-03-96 Leiden Atletiek    | Zoetermeer     | 30-01-10 |
| 5,49                                  | Koen            | Bastiaansen   | 07-03-95 Sprint             | Dordrecht      | 09-01-10 |
| 5,47                                  | Max van der     | Voet          | 20-03-95 De Spartaan        | Zoetermeer     | 30-01-10 |
| 5,45                                  | Tom van de      | Berg          | 09-08-95 Spado              | Apeldoorn      | 20-02-10 |
| 5,39                                  | Thijs           | Kranenburg    | 19-05-95 Atletico '73       | Utrecht        | 30-01-10 |
| 5,35                                  | Rémon van       | Nieuwenhuizen | 19-02-95 AAV '36            | Utrecht        | 30-01-10 |
| <b>kogelstoten 4 ka jongens-C</b>     |                 |               |                             |                |          |
| 14,13                                 | Kay             | Geluk         | 23-01-96 R' dam Atletiek    | Dordrecht      | 30-10-10 |
| 13,46                                 | Lucas           | Leemhuis      | 09-02-96 Hera               | Utrecht        | 14-03-10 |
| 13,39                                 | Denzel          | Comenentia    | 25-11-95 AAC                | Enschede       | 07-03-10 |
| 13,19                                 | Tom van         | Duuren        | 30-01-95 Eindhoven Atletiek | Dortmund (GER) | 27-02-10 |
| 13,01                                 | Maarten         | Snoeken       | 03-03-96 THOR               | Bergen op Zoom | 30-10-10 |
| 12,95                                 | Emiel           | Rigter        | 25-02-96 BAV                | Alkmaar        | 12-12-09 |



## Statistisch jaarboek indooratletiek 2009/2010

|  |                             |                            |                  |          |
|--|-----------------------------|----------------------------|------------------|----------|
| 2.16,00                                | Jorik van Egdorn            | 16-05-95 VAV               | Groningen        | 17-01-10 |
| 2.16,59                                | Florian van Heijningen (10) | 10-06-95 KAV Holland       | Groningen        | 17-01-10 |
| 2.16,81                                | Martin Flippen              | 28-05-96 AV Weert          | Düsseldorf (GER) | 13-03-10 |
| <b>1000 meter jongens-C</b>            |                             |                            |                  |          |
| 2.48,30                                | Bart van Nunen              | 24-09-95 Passaat           | Apeldoorn        | 07-02-10 |
| 2.48,72                                | Thomas Potma                | 20-04-96 Energie           | Apeldoorn        | 07-02-10 |
| 2.53,65                                | Mark Houwaart               | 10-01-96 Aquilo            | Apeldoorn        | 07-02-10 |
| 2.55,83                                | Jordy Dikkers               | 24-10-95 De Sprinter       | Apeldoorn        | 07-02-10 |
| 2.57,99                                | Jorik van Egdorn            | 16-05-95 VAV               | Dortmund (GER)   | 07-02-10 |
| 2.58,67                                | Mike Poppen                 | 29-11-96 Nijmegen Atletiek | Apeldoorn        | 07-02-10 |
| <b>1500 meter jongens-C</b>            |                             |                            |                  |          |
| 4.41,19                                | Jorik van Egdorn            | 16-05-95 VAV               | Alkmaar          | 12-12-09 |
| <b>50 meter horden 84 cm jongens-C</b> |                             |                            |                  |          |
| 8,32                                   | Jasper Meijer               | 30-01-95 Jahn II           | Stadskanaal      | 14-11-09 |
| <i>betere handtijden:</i>              |                             |                            |                  |          |
| 7,5                                    | Emiel Rigter                | 25-02-96 BAV               | Amsterdam        | 14-11-09 |
| 7,6                                    | Levi Schuchard              | 21-06-95 NEA-Volharding    | Amsterdam        | 14-11-09 |
| 7,6                                    | Milan Lips                  | 03-02-95 Ilion             | Amsterdam        | 14-11-09 |
| 7,6                                    | Noah Heijnen                | 29-03-95 Delta Sport       | Amsterdam        | 14-11-09 |
| 7,7                                    | Steven Eleonora             | 22-04-96 Ilion             | Amsterdam        | 14-11-09 |
| <b>60 meter horden 84 cm jongens-C</b> |                             |                            |                  |          |
| 8,59                                   | Trystan de Weerdt           | 17-07-95 Athlos            | Apeldoorn        | 20-02-10 |
| 8,59                                   | Yannick Mahieu              | 17-03-95 Phanos            | Utrecht          | 21-02-10 |
| 8,65                                   | Arend-Jan Spierenburg       | 16-06-95 Cialfo            | Groningen        | 17-01-10 |
| 8,78                                   | Edwin van Bemden            | 01-05-95 AV '56            | Apeldoorn        | 20-02-10 |
| 8,86                                   | Noah Heijnen                | 29-03-95 Delta Sport       | Zoetermeer       | 30-01-10 |
| 8,87                                   | Jeroen Boumans              | 16-01-95 Sparta            | Utrecht          | 21-02-10 |
| 8,90                                   | Emiel Rigter                | 25-02-96 BAV               | Groningen        | 17-01-10 |
| 8,92                                   | Sybren Blok                 | 25-06-96 PAC               | Utrecht          | 14-03-10 |
| 9,00                                   | Ruben van Dijk              | 03-03-95 AV '34            | Groningen        | 17-01-10 |
| 9,01                                   | Job Beintema (10)           | 24-05-95 Trias             | Groningen        | 17-01-10 |
| 9,07                                   | Wybe Wildenbeest            | 12-03-95 AAC '61           | Groningen        | 17-01-10 |
| 9,10                                   | Stefan Benders              | 31-01-95 HAC               | Sittard          | 10-01-10 |
| 9,12                                   | Lucas Leemhuis              | 09-02-96 Hera              | Groningen        | 17-01-10 |
| 9,13                                   | Milan Lips                  | 03-02-95 Ilion             | Zoetermeer       | 30-01-10 |
| 9,20                                   | Thomas van Klaveren         | 11-12-95 AAV '36           | Dordrecht        | 30-10-10 |
| 9,28                                   | Julius Weinmiller           | 13-01-95 Haag Atletiek     | Zoetermeer       | 30-01-10 |
| 9,30                                   | Jeroen Peetoom              | 17-10-95 Zuidwal           | Groningen        | 17-01-10 |
| 9,35                                   | Dylan Jansen                | 18-05-95 BAV               | Utrecht          | 22-01-10 |
| 9,37                                   | Max van der Voet            | 20-03-95 De Spartaan       | Alkmaar          | 12-12-09 |
| 9,44                                   | Jasper Meijer (20)          | 30-01-95 Jahn II           | Groningen        | 17-01-10 |
| 9,52                                   | Bart Bosch                  | 20-04-96 PAC               | Groningen        | 17-01-10 |
| 9,56                                   | Edwin van Veluwen           | 07-06-95 PEC 1910          | Utrecht          | 02-01-10 |
| 9,56                                   | Steven Eleonora             | 22-04-96 Ilion             | Zoetermeer       | 30-01-10 |
| 9,65                                   | Kevin Winiarczyk            | 04-03-96 Leiden Atletiek   | Zoetermeer       | 30-01-10 |
| 9,66                                   | Jeroen Bol                  | 28-05-95 Triathlon         | Utrecht          | 08-01-10 |
| <i>betere handtijden:</i>              |                             |                            |                  |          |
| 8,8                                    | Jasper Meijer               | 30-01-95 Jahn II           | Enschede         | 31-10-10 |
| <b>hoogspringen jongens-C</b>          |                             |                            |                  |          |
| 1,80                                   | Trystan de Weerdt           | 17-07-95 Athlos            | Groningen        | 17-01-10 |
| 1,80                                   | Jeroen Boumans              | 16-01-95 Sparta            | Dordrecht        | 06-03-10 |
| 1,70                                   | Nathan Diambudiaku          | 27-04-95 Trias             | Groningen        | 17-01-10 |
| 1,70                                   | Lars Paalvast               | 04-12-95 Passaat           | Dordrecht        | 06-03-10 |
| 1,70                                   | Dirk de Vries               | 12-05-95 AV Weert          | Düsseldorf (GER) | 13-03-10 |
| 1,65                                   | Stefan Benders              | 31-01-95 HAC               | Volkel           | 28-11-09 |
| 1,65                                   | Owen Smith                  | 15-05-95 Sparta            | Utrecht          | 12-12-09 |
| 1,65                                   | Dylan Jansen                | 18-05-95 BAV               | Utrecht          | 02-01-10 |

## Statistisch jaarboek indooratletiek 2009/2010

|  |         |                                 |          |
|--|---------|---------------------------------|----------|
| <b>200 meter</b>                         |         |                                 |          |
| M65 3.Jelle Van der Schaaf, Hera         | 28.19   | M55 5.Dirck-Jan Giskes, NOVA    | 9.44     |
| <b>400 meter</b>                         |         | <i>Kogelstoten</i>              |          |
| V65 2.Riet Jonkers, Atledo               | 74.68   | V45 1.Ingrid Van Dijk, GAC-H    | 10.22    |
| M40 2.Richard Janssens, Lycurgus         | 52.37   | M35 4.Gerard Sluiter, Ciko66    | 14.08    |
| M65 3.Jelle Van der Schaaf, Hera         | 62.40   | M40 2.Stein Kuiper, Pr.Hendrik  | 15.18    |
| <b>800 meter</b>                         |         | <i>Discuswerpen</i>             |          |
| V65 1.Riet Jonkers, Atledo               | 2:58.59 | V45 1.Ingrid Van Dijk, GAC-H    | 35.22    |
| <b>1500 meter</b>                        |         | M35 1.Gerard Sluiter, Ciko66    | 46.28    |
| V65 1.Riet Jonkers, Atledo               | 6:22.34 | M40 2.Stein Kuiper, Pr.Hendrik  | 45.59    |
| <b>Hoogspringen</b>                      |         | <i>Kogelslingeren</i>           |          |
| V60 1.Annelies Steekelenburg, R'dam Atl. | 1.35    | V35 2.Yvette Bot-Vleerlaag, SAV | 41.97    |
| M40 2.Stein Kuiper, Pr.Hendrik           | 1.85    | V45 1.Ingrid Van Dijk, GAC-H    | 42.12    |
| M55 8.Dirck-Jan Giskes, NOVA             | 1.45    | M40 3.Richard Bot, SAV          | 47.05    |
| M60 3.René Hondelink, Cialfo             | 1.40    | <i>Gewichtwerpen</i>            |          |
| <i>Polsstokhoogspringen</i>              |         | V35 2.Yvette Bot-Vleerlaag, SAV | 11.73    |
| M55 7.Dirck-Jan Giskes, NOVA             | 2.50    | V45 1.Ingrid Van Dijk, GAC-H    | 13.51    |
| <i>Verspringen</i>                       |         | M40 4.Richard Bot, SAV          | 13.63    |
| V50 2.Tilly Jacobs, PEC1910              | 4.68    | <i>5-kamp</i>                   |          |
| V50 6.Anja Akkerman, DEM                 | 4.08    | M55 8 Dirck-Jan Giskes, NOVA    | 2.776    |
| <i>Hinkstapspringen</i>                  |         | (12.86-1.48-4.29-8.01-3:41.41)  |          |
| V60 2.Annelies Steekelenburg, R'dam Atl. | 8.21    | <i>3000m snelwandelen</i>       |          |
|  |         | V65 1.Riet Jonkers, Atledo      | 19:49.59 |

**Ranglijsten****Mannen****50 meter mannen**

|      |            |               |                          |            |          |
|------|------------|---------------|--------------------------|------------|----------|
| 6,06 | Prince     | Kwidama (AHO) | 23-03-85 R' dam Atletiek | Utrecht    | 22-01-10 |
| 6,13 | Christiaan | Meilink JA    | 08-09-92 PAC             | Dordrecht  | 09-01-10 |
| 6,14 | Jefferson  | Muzo          | 02-08-82 Phanos          | Utrecht    | 22-01-10 |
| 6,20 | Kingsley   | Yeboah JA     | 18-12-91 PAC             | Dordrecht  | 09-01-10 |
| 6,22 | Jeroen de  | Borst         | 01-11-82 Parthenon       | Zoetermeer | 19-12-09 |

**60 meter mannen**

|      |             |                |                             |                 |          |
|------|-------------|----------------|-----------------------------|-----------------|----------|
| 6,58 | Churandy    | Martina (AHO)  | 03-07-84 R' dam Atletiek    | Stuttgart (GER) | 06-02-10 |
| 6,60 | Brian       | Mariano (AHO)  | 22-01-85 R' dam Atletiek    | Gent (BEL)      | 14-02-10 |
| 6,73 | Patrick van | Luijk          | 17-09-84 R' dam Atletiek    | Apeldoorn       | 06-02-10 |
| 6,78 | Giovanni    | Codrington Neo | 17-07-88 Groningen Atletiek | Dortmund (GER)  | 24-01-10 |
| 6,82 | Maarten     | Heisen         | 11-02-84 Clytoneus          | Dortmund (GER)  | 03-01-10 |
| 6,83 | Mike van    | Kruchten       | 07-04-87 Phanos             | Apeldoorn       | 31-01-10 |
| 6,88 | Prince      | Kwidama (AHO)  | 23-03-85 R' dam Atletiek    | Apeldoorn       | 06-02-10 |
| 6,91 | Frits       | Frederiks Neo  | 07-10-89 NEA-Volharding     | Dortmund (GER)  | 24-01-10 |
| 6,92 | Jerry       | Joseph         | 28-06-82 R' dam Atletiek    | Groningen       | 17-01-10 |
| 6,93 | Daniël      | Ward (10)      | 04-01-84 RK HAV             | Gent (BEL)      | 10-01-10 |

|      |           |                 |                          |                |          |
|------|-----------|-----------------|--------------------------|----------------|----------|
| 6,94 | Jerrel    | Feller          | 09-06-87 Lycurgus        | Dortmund (GER) | 10-01-10 |
| 6,97 | Obed      | Martis (AHO)    | 13-04-87 R' dam Atletiek | Apeldoorn      | 07-02-10 |
| 6,99 | Lindell   | Philip Neo      | 26-03-90 Phanos          | Dortmund (GER) | 03-01-10 |
| 7,00 | Virgil    | Spier           | 08-01-81 AAC             | Apeldoorn      | 31-01-10 |
| 7,01 | Jonathan  | Pengel          | 22-09-85 Phanos          | Apeldoorn      | 13-02-10 |
| 7,02 | Martijn   | Hoogendam JA    | 28-02-91 Phanos          | Apeldoorn      | 27-02-10 |
| 7,03 | Eelco     | Sinticolaas     | 07-04-87 AV '34          | Apeldoorn      | 20-02-10 |
| 7,03 | Wouter    | Brus JA         | 30-09-91 Atverni         | Apeldoorn      | 27-02-10 |
| 7,04 | Jefferson | Muzo            | 02-08-82 Phanos          | Utrecht        | 22-01-10 |
| 7,04 | Paul      | Robers Neo (20) | 14-04-88 Hanzesport      | Apeldoorn      | 06-02-10 |

|      |            |                 |                             |            |          |
|------|------------|-----------------|-----------------------------|------------|----------|
| 7,05 | Pelle      | Rietveld        | 04-02-85 Ilion              | Apeldoorn  | 30-01-10 |
| 7,05 | Jonathan   | Mutebwa JB      | 11-01-93 Eindhoven Atletiek | Apeldoorn  | 27-02-10 |
| 7,06 | Koen van   | Erve JA         | 07-02-91 Attila             | Apeldoorn  | 30-01-10 |
| 7,06 | Sander     | Pupella JB      | 27-03-93 Energie            | Gent (BEL) | 07-02-10 |
| 7,07 | Sander     | Schutjes Neo    | 31-10-88 AV Valkenswaard    | Apeldoorn  | 13-02-10 |
| 7,10 | David van  | Hetten          | 06-08-86 R' dam Atletiek    | Zoetermeer | 16-01-10 |
| 7,10 | Christiaan | Meilink JA      | 08-09-92 PAC                | Apeldoorn  | 30-01-10 |
| 7,10 | Paul       | Groen Neo       | 23-09-89 GAC-Hilversum      | Apeldoorn  | 06-02-10 |
| 7,10 | Jeroen de  | Borst           | 01-11-82 Parthenon          | Apeldoorn  | 06-02-10 |
| 7,10 | Erik       | Stevens JA (30) | 11-03-91 Ilion              | Apeldoorn  | 27-02-10 |

|      |            |              |                              |                |          |
|------|------------|--------------|------------------------------|----------------|----------|
| 7,11 | Eugène     | Susanna Neo  | 23-09-88 Eindhoven Atletiek  | Dortmund (GER) | 10-01-10 |
| 7,12 | Bram       | Peters JA    | 06-02-92 Prins Hendrik       | Dortmund (GER) | 24-01-10 |
| 7,12 | Joomay     | Odjo JA      | 17-11-92 Phanos              | Apeldoorn      | 06-02-10 |
| 7,12 | Gregor van | Betuw Neo    | 12-05-88 Ciko '66            | Apeldoorn      | 06-02-10 |
| 7,13 | Jeffrie    | Buckle JA    | 08-08-91 Atletiek Maastricht | Dortmund (GER) | 24-01-10 |
| 7,13 | Frank      | Dekker Neo   | 29-05-88 Hollandia           | Apeldoorn      | 06-02-10 |
| 7,13 | Ingmar     | Vos          | 28-05-86 PAC                 | Gent (BEL)     | 14-02-10 |
| 7,14 | Jorén      | Tromp Neo    | 01-11-88 Lycurgus            | Dortmund (GER) | 10-01-10 |
| 7,14 | Mark       | Jacobs JA    | 20-04-92 GVAC                | Apeldoorn      | 20-02-10 |
| 7,15 | Arjan      | Timmers (40) | 21-03-85 Eindhoven Atletiek  | Utrecht        | 08-01-10 |

|      |            |              |                          |                  |          |
|------|------------|--------------|--------------------------|------------------|----------|
| 7,15 | Paulus     | Matthijssen  | 28-05-84 R' dam Atletiek | Apeldoorn        | 06-02-10 |
| 7,15 | Pascal van | Balen Neo    | 06-03-90 Atverni         | Apeldoorn        | 06-02-10 |
| 7,15 | Jip        | Baltissen JA | 22-01-91 Haag Atletiek   | Apeldoorn        | 27-02-10 |
| 7,16 | Victor     | Strijbis JA  | 23-10-92 Hera            | Apeldoorn        | 27-02-10 |
| 7,16 | Tunde      | Leidsman M35 | 30-08-74 Unitas          | Düsseldorf (GER) | 13-03-10 |

|      |           |        |   |           |          |
|------|-----------|--------|---|-----------|----------|
| 3572 | Pim de    | Vor    | 11-03-93 GAC-Hilversum                              | Apeldoorn | 21-02-10 |
|      |           |        | 7,67 * 5,53 * 12,74 * 3,40 * 10,55 * 1,57 * 3,25,69 |           |          |
| 3523 | Ferry van | Dipten | 28-02-93 Climax                                     | Apeldoorn | 21-02-10 |
|      |           |        | 7,52 * 6,23 * 12,09 * NM * 8,41 * 1,87 * DNF        |           |          |

**4 x 200 meter jongens-B**

|         |  |            |            |          |
|---------|--|------------|------------|----------|
| 1.31,51 |  | Nat. Ploeg | Gent (BEL) | 07-02-10 |
|         | <i>Johan Mutebwa - Olaf van den Bergh - Joost de Jong Sander Pupella</i> |            |            |          |

**Jongens-C****50 meter jongens-C**

|      |           |             |                         |            |          |
|------|-----------|-------------|-------------------------|------------|----------|
| 6,51 | Yannick   | Mahieu      | 17-03-95 Phanos         | Utrecht    | 13-12-09 |
| 6,55 | Noah      | Heijnen     | 29-03-95 Delta Sport    | Dordrecht  | 09-01-10 |
| 6,57 | Edwin van | Benden      | 01-05-95 AV '56         | Dordrecht  | 09-01-10 |
| 6,63 | Jonathan  | Immink      | 05-10-95 Gen. Michaëlis | Zoetermeer | 19-12-09 |
| 6,63 | Koen      | Bastiaansen | 07-03-95 Sprint         | Dordrecht  | 09-01-10 |
| 6,67 | Milan     | Lips        | 03-02-95 Ilion          | Zoetermeer | 19-12-09 |
| 6,72 | Bart      | Bosch       | 20-04-96 PAC            | Utrecht    | 08-01-10 |

**betere handtijden:**

|     |       |           |                |           |          |
|-----|-------|-----------|----------------|-----------|----------|
| 6,4 | Milan | Lips      | 03-02-95 Ilion | Amsterdam | 14-11-09 |
| 6,4 | Ilan  | Langedijk | 11-03-96 Suomi | Amsterdam | 14-11-09 |

**60 meter jongens-C**

|      |             |             |                              |                  |          |
|------|-------------|-------------|------------------------------|------------------|----------|
| 7,35 | Yannick     | Mahieu      | 17-03-95 Phanos              | Apeldoorn        | 27-02-10 |
| 7,48 | Jeffrey van | Oorschot    | 23-06-95 Spado               | Gent (BEL)       | 10-01-10 |
| 7,52 | Noah        | Heijnen     | 29-03-95 Delta Sport         | Utrecht          | 14-03-10 |
| 7,57 | Edwin van   | Benden      | 01-05-95 AV '56              | Dordrecht        | 30-10-10 |
| 7,60 | Milan       | Lips        | 03-02-95 Ilion               | Zoetermeer       | 30-01-10 |
| 7,62 | Hugo        | Maathuis    | 08-02-96 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 7,63 | Koen        | Bastiaansen | 07-03-95 Sprint              | Apeldoorn        | 31-01-10 |
| 7,64 | Robin       | Hummel      | 17-04-95 Achilles-EL         | Hoboken (BEL)    | 15-11-09 |
| 7,66 | Stefan      | Benders     | 31-01-95 HAC                 | Sittard          | 10-01-10 |
| 7,68 | Trystan de  | Weerd (10)  | 17-07-95 Athlos              | Groningen        | 17-01-10 |

|      |           |             |                        |                |          |
|------|-----------|-------------|------------------------|----------------|----------|
| 7,72 | Saeed     | Shokoya     | 26-05-96 Groningen Atl | Groningen      | 17-01-10 |
| 7,75 | Ruben van | Dijk        | 03-03-95 AV '34        | Dortmund (GER) | 10-01-10 |
| 7,75 | Maarten   | Stuivenberg | 25-04-95 VAV           | Dortmund (GER) | 07-02-10 |
| 7,75 | Jeroen    | Boumans     | 16-01-95 Sparta        | Dordrecht      | 06-03-10 |
| 7,78 | Arend-Jan | Spierenburg | 16-06-95 Cialfo        | Groningen      | 17-01-10 |
| 7,79 | Job       | Beintema    | 24-05-95 Trias         | Groningen      | 17-01-10 |
| 7,80 | Sybren    | Blok        | 25-06-96 PAC           | Utrecht        | 14-03-10 |
| 7,82 | Bart      | Bosch       | 20-04-96 PAC           | Utrecht        | 14-03-10 |
| 7,85 | Thom      | Slot        | 09-08-95 Trias         | Groningen      | 17-01-10 |
| 7,85 | Jelle ten | Harkel (20) | 21-01-95 Atverni       | Utrecht        | 21-03-10 |

|      |                |              |                         |            |          |
|------|----------------|--------------|-------------------------|------------|----------|
| 7,86 | Jonathan       | Immink       | 05-10-95 Gen. Michaëlis | Zoetermeer | 19-12-09 |
| 7,87 | Evbako         | Ogbeide JD   | 25-02-97 Parthenon      | Utrecht    | 21-02-10 |
| 7,88 | Wouter van der | Linde        | 10-01-95 Prins Hendrik  | Groningen  | 17-01-10 |
| 7,88 | Ricardo        | Buinsters JD | 28-02-97 Groene Ster    | Utrecht    | 21-02-10 |
| 7,88 | Jeroen         | Peetoom      | 17-10-95 Zuidwal        | Utrecht    | 21-02-10 |
| 7,88 | Dennis den     | Boer         | 25-03-96 Parthenon      | Dordrecht  | 30-10-10 |

**in onderlinge wedstrijd:**

|      |       |           |                 |           |          |
|------|-------|-----------|-----------------|-----------|----------|
| 7,84 | Thymo | Reichgelt | 06-02-95 Sprint | Dordrecht | 20-03-10 |
|------|-------|-----------|-----------------|-----------|----------|

**800 meter jongens-C**

|         |              |            |                             |            |          |
|---------|--------------|------------|-----------------------------|------------|----------|
| 2.04,29 | Thomas       | Potma      | 20-04-96 Energie            | Apeldoorn  | 27-02-10 |
| 2.10,20 | Robert       | Bons       | 17-08-95 Energie            | Groningen  | 17-01-10 |
| 2.10,51 | Niek         | Blikslager | 13-06-95 Groningen Atletiek | Groningen  | 17-01-10 |
| 2.11,18 | Julius       | Weinmiller | 13-01-95 Haag Atletiek      | Groningen  | 17-01-10 |
| 2.14,10 | Tim van den  | Broeke     | 10-10-95 Dynamica           | Gent (BEL) | 09-01-10 |
| 2.15,26 | Paul van der | Sluijs     | 30-01-95 Haag Atletiek      | Groningen  | 17-01-10 |
| 2.15,59 | Luis van     | Orsouw     | 10-11-95 Seven Hills RT     | Apeldoorn  | 27-02-10 |
| 2.15,63 | Mark         | Houwaart   | 10-01-96 Aquilo             | Groningen  | 17-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                                   |                      |    |   |                |          |
|-----------------------------------|----------------------|----|---|----------------|----------|
| 6,00                              | Ingmar van der Lucht |    | 12-09-93 PEC 1910                                       | Groningen      | 17-01-10 |
| <b>hink-stap-sprong jongens-B</b> |                      |    |   |                |          |
| 13,37                             | Joeri van der Hooft  | JB | 08-09-93 De Wielingen                                   | Gent (BEL)     | 07-03-10 |
| 13,04                             | Ben 't Hart          |    | 22-02-93 Sparta   | Zoetermeer     | 19-12-09 |
| 12,72                             | Luc Baauw            |    | 26-03-93 Fortuna  | Utrecht        | 30-01-10 |
| 12,67                             | Bas Bùthker          |    | 14-02-94 Eindhoven Atletiek                             | Apeldoorn      | 27-02-10 |
| 12,54                             | Bren Simon Meijer    |    | 05-01-93 NEA-Volharding                                 | Apeldoorn      | 27-02-10 |
| 12,29                             | Jeroen Boumans       | JC | 16-01-95 Sparta   | Zoetermeer     | 19-12-09 |
| 12,23                             | Storm Potkamp        |    | 15-03-93 Ciko '66                                       | Apeldoorn      | 27-02-10 |
| 11,61                             | Bas van Leersum      |    | 02-03-93 AV Zaanland                                    | Apeldoorn      | 27-02-10 |
| 11,55                             | Sven Maliepaard      |    | 05-04-93 Passaat  | Dordrecht      | 09-01-10 |
| <b>kogelstoten 5 kg jongens-B</b> |                      |    |   |                |          |
| 16,18                             | Ivo Willemsen        |    | 12-04-93 Sparta   | Gent (BEL)     | 07-02-10 |
| 15,47                             | Joris Hallegraeff    |    | 23-03-93 Attila   | Apeldoorn      | 28-02-10 |
| 14,50                             | Thomas Hoogerbrugge  |    | 15-02-93 Lycurgus                                       | Apeldoorn      | 28-02-10 |
| 14,33                             | Matthijs Rodenburg   |    | 09-04-93 AAC  | Apeldoorn      | 28-02-10 |
| 14,29                             | Jim van Oostrom      |    | 06-06-93 AV '23   | Utrecht        | 21-02-10 |
| 14,18                             | Dennis Hemelaar      |    | 02-12-94 AAC  | Apeldoorn      | 28-02-10 |
| 14,05                             | Lennox Vellema       |    | 15-01-93 Lycurgus                                       | Utrecht        | 13-12-09 |
| 13,73                             | Menno Vloon          |    | 11-05-94 Lycurgus                                       | Utrecht        | 13-12-09 |
| 13,53                             | Thomas Scheffer      |    | 03-05-93 Iphitos  | Apeldoorn      | 28-02-10 |
| 13,43                             | Jeroen Megens        |    | 07-01-93 Nijmegen Atletiek (10)                         | Apeldoorn      | 28-02-10 |
| 13,27                             | Ruben Overbeeke      |    | 30-05-93 Hercules                                       | Dordrecht      | 30-10-10 |
| 13,25                             | Pieter Braun         |    | 21-01-93 Sprint   | Dortmund (GER) | 24-01-10 |
| 12,84                             | Stijn Jorissen       |    | 12-09-93 AV Argo  | Apeldoorn      | 28-02-10 |
| 12,82                             | Ingmar van der Geest |    | 15-08-94 De Keien                                       | Apeldoorn      | 20-02-10 |
| 12,77                             | Kaj de Vries         |    | 24-08-93 AV Wijchen                                     | Apeldoorn      | 28-02-10 |
| 12,74                             | Fynn van Buuren      |    | 17-06-93 Pallas '67                                     | Apeldoorn      | 30-01-10 |
| 12,74                             | Pim de Vor           |    | 11-03-93 GAC-Hilversum                                  | Apeldoorn      | 20-02-10 |
| 12,64                             | Tom Roetman          |    | 07-02-93 GAC-Hilversum                                  | Apeldoorn      | 20-02-10 |
| 12,53                             | Tom de Vos           |    | 04-01-93 Hercules                                       | Dordrecht      | 30-10-10 |
| 12,48                             | Thimo Cazander       |    | 04-11-94 Hellas (20)                                    | Utrecht        | 21-02-10 |
| 12,48                             | Ewoud van der Wal    |    | 07-04-93 AV Heerenveen                                  | Heerenveen     | 20-03-10 |
| 12,44                             | Bas van der Lubbe    |    | 15-12-94 Gen. Michaëlis                                 | Apeldoorn      | 30-01-10 |
| 12,36                             | Jasper Booy          |    | 18-03-93 Hercules                                       | Dordrecht      | 30-10-10 |
| 12,31                             | Menno van der Steen  |    | 09-01-94 Suomi  | Alkmaar        | 12-12-09 |
| 12,19                             | Roeland v.d. Harst   |    | 23-12-93 Antilope                                       | Utrecht        | 21-02-10 |
| <b>7-kamp jongens-B</b>           |                      |    |   |                |          |
| 5090                              | Tom Roetman          |    | 07-02-93 GAC-Hilversum                                  | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,38 * 6,45 * 12,64 * 4,30 * 8,45 * 1,90 * 2,54,55      |                |          |
| 4567                              | Tim Dekker           |    | 29-09-93 AV Gouda                                       | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,37 * 6,20 * 10,85 * 2,90 * 8,17 * 1,87 * 2,57,82      |                |          |
| 4291                              | Jeroen Megens        |    | 07-01-93 Nijmegen Atletiek                              | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,73 * 5,72 * 12,79 * 3,20 * 9,18 * 1,78 * 2,51,82      |                |          |
| 4217                              | Menno Vloon          |    | 11-05-94 Lycurgus                                       | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,48 * 5,69 * 13,45 * 3,40 * 8,71 * 1,63 * 3,14,84      |                |          |
| 4142                              | Anton de Regt        |    | 11-06-93 AV '34   | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,68 * 5,34 * 10,99 * 3,50 * 8,62 * 1,60 * 2,54,97      |                |          |
| 4047                              | Bram Denissen        |    | 20-06-93 Atledo   | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,59 * 5,75 * 10,12 * 2,80 * 8,95 * 1,72 * 2,55,35      |                |          |
| 4017                              | Timo Looijen         |    | 07-07-94 ACW  | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,80 * 5,75 * 10,91 * 3,30 * 9,44 * 1,72 * 2,58,25      |                |          |
| 3848                              | Mark Schellekens     |    | 05-06-94 Atledo   | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,85 * 5,34 * 11,61 * 2,70 * 8,93 * 1,69 * 3,03,61      |                |          |
| 3705                              | Ingmar van der Geest |    | 15-08-94 De Keien                                       | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,80 * 5,55 * 12,82 * 2,20 * 9,74 * 1,72 * 3,05,90      |                |          |
| 3590                              | Jelmer van der Sande |    | 10-11-93 Prins Hendrik                                  | Apeldoorn      | 21-02-10 |
|                                   |                      |    | 7,85 * 5,72 * 10,90 * 2,30 * 9,51 * 1,78 * 3,21,06 (10) |                |          |

Statistisch jaarboek indooratletiek 2009/2010

|   |                         |     |                              |                   |          |
|---|-------------------------|-----|------------------------------|-------------------|----------|
| 7,17  | Bas de Vos              |     | 16-09-75 AV Castricum        | Apeldoorn         | 06-02-10 |
| 7,17  | Michiel Willaert        |     | 31-10-78 RK HAV              | Apeldoorn         | 06-02-10 |
| 7,18  | Daan Westerveld         | JA  | 04-09-91 Phanos              | Apeldoorn         | 06-02-10 |
| 7,18  | Olaf van den Bergh      | JB  | 07-03-94 Prins Hendrik       | Apeldoorn         | 06-02-10 |
| 7,18  | Justin Francois         |     | 22-03-76 Groene Ster (50)    | Dordrecht         | 30-10-10 |
| 7,19  | Joeri Jaegers           | Neo | 19-02-90 Atletiek Maastricht | Sittard           | 10-01-10 |
| 7,19  | Zar Lasahido            | Neo | 18-08-89 Phanos              | Dortmund (GER)    | 24-01-10 |
| 7,20  | Ben van der Kleij       |     | 11-03-87 Sparta              | Apeldoorn         | 06-02-10 |
| 7,21  | Michael Anpong          | Neo | 26-03-88 Eindhoven Atletiek  | Utrecht           | 08-01-10 |
| 7,21  | Duncan Visser           |     | 04-02-87 Haag Atletiek       | Zoetermeer        | 16-01-10 |
| 7,22  | Christopher Charlemagne |     | 26-12-82 Phanos              | Dortmund (GER)    | 24-01-10 |
| 7,22  | Geoffrey van den Berg   | JA  | 26-11-91 Startbaan           | Dortmund (GER)    | 24-01-10 |
| 7,22  | Alwin Rooboek           |     | 12-06-84 AV '34              | Apeldoorn         | 20-02-10 |
| 7,23  | Samuel Shields          | Neo | 19-12-89 Phanos              | Apeldoorn         | 31-01-10 |
| 7,23  | Dennis Weijens          |     | 31-10-85 AV '23 (60)         | Apeldoorn         | 13-02-10 |
| <i>in onderlinge wedstrijd:</i>             |                         |     |                              |                   |          |
| 7,23  | Sander Hage             |     | 25-08-85 Sprint              | Dordrecht         | 20-03-10 |
| <i>buitenlanders bij Nederlandse clubs:</i> |                         |     |                              |                   |          |
| 6,58  | Ryan Shields (JAM)      |     | 12-05-83 Haag Atletiek       | Bloomington (USA) | 30-01-10 |
| 6,90  | Kristof Beyens (BEL)    |     | 13-07-83 Unitas              | Gent (BEL)        | 21-02-10 |
| <b>200 meter mannen</b>                     |                         |     |                              |                   |          |
| 21,22                                       | Jerrel Feller           |     | 09-06-87 Lycurgus            | Apeldoorn         | 07-02-10 |
| 21,69                                       | Obed Martis (AHO)       |     | 13-04-87 R' dam Atletiek     | Apeldoorn         | 07-02-10 |
| 21,75                                       | Bram Peters             | JA  | 06-02-92 Prins Hendrik       | Apeldoorn         | 07-02-10 |
| 21,82                                       | Brian Mariano (AHO)     |     | 22-01-85 R' dam Atletiek     | Albuquerque (USA) | 16-01-10 |
| 22,25                                       | Daan Westerveld         | JA  | 04-09-91 Phanos              | Apeldoorn         | 07-02-10 |
| 22,28                                       | Pascal van Balen        | Neo | 06-03-90 Atverni             | Apeldoorn         | 07-02-10 |
| 22,29                                       | Sander Pupella          | JB  | 27-03-93 Energie             | Gent (BEL)        | 07-02-10 |
| 22,33                                       | Paul Robers             | Neo | 14-04-88 Hanzesport          | Apeldoorn         | 07-02-10 |
| 22,40                                       | Joeri Moerman           |     | 05-07-87 AVON                | Düsseldorf (GER)  | 13-03-10 |
| 22,57                                       | Jorén Tromp             | Neo | 01-11-88 Lycurgus (10)       | Dortmund (GER)    | 24-01-10 |
| 22,61                                       | Jonathan Mutebwa        | JB  | 11-01-93 Eindhoven Atletiek  | Dortmund (GER)    | 24-01-10 |
| 22,61                                       | Ben van der Kleij       |     | 11-03-87 Sparta              | Apeldoorn         | 06-02-10 |
| 22,64                                       | Michael Anpong          | Neo | 26-03-88 Eindhoven Atletiek  | Apeldoorn         | 07-02-10 |
| 22,66                                       | Brus Wouter             | JA  | 30-09-91 Atverni             | Dortmund (GER)    | 10-01-10 |
| 22,68                                       | Johan Polman            |     | 31-08-86 Lycurgus            | Dortmund (GER)    | 24-01-10 |
| 22,75                                       | Waldy Lindeborg (AHO)   |     | 09-12-82 R' dam Atletiek     | Apeldoorn         | 06-02-10 |
| 22,76                                       | Thomas Kortbeek         |     | 02-04-81 Prins Hendrik       | Dortmund (GER)    | 10-01-10 |
| 22,77                                       | Koen van Erve           | JA  | 07-02-91 Attila              | Apeldoorn         | 06-02-10 |
| 22,78                                       | Christian Hammers       | JA  | 26-07-92 Achilles-Top        | Düsseldorf (GER)  | 13-03-10 |
| 22,80                                       | Victor Stribis          | JA  | 23-10-92 Hera (20)           | Apeldoorn         | 07-02-10 |
| 22,82                                       | Joomay Odjo             | JA  | 17-11-92 Phanos              | Dortmund (GER)    | 24-01-10 |
| 22,86                                       | Jeffrie Buckle          | JA  | 08-08-91 Atletiek Maastricht | Düsseldorf (GER)  | 13-03-10 |
| 22,97                                       | Zar Lasahido            | Neo | 18-08-89 Phanos              | Apeldoorn         | 06-02-10 |
| 22,99                                       | Olaf van den Bergh      | JB  | 07-03-94 Prins Hendrik       | Dortmund (GER)    | 03-01-10 |
| 23,02                                       | Christopher Charlemagne |     | 26-12-82 Phanos              | Dortmund (GER)    | 24-01-10 |
| 23,05                                       | Bas van Wilgen          |     | 12-10-78 Sparta              | Apeldoorn         | 06-02-10 |
| 23,06                                       | Duncan Visser           |     | 04-02-87 Haag Atletiek       | Dortmund (GER)    | 24-01-10 |
| 23,09                                       | Koen Streekstra         | Neo | 15-07-88 Phanos              | Apeldoorn         | 06-02-10 |
| <i>buitenlanders bij Nederlandse clubs:</i> |                         |     |                              |                   |          |
| 21,25                                       | Ryan Shields (JAM)      |     | 12-05-83 Haag Atletiek       | Bloomington (USA) | 30-01-10 |
| 21,64                                       | Kristof Beyens (BEL)    |     | 13-07-83 Unitas              | Gent (BEL)        | 21-02-10 |
| <b>300 meter mannen</b>                     |                         |     |                              |                   |          |
| 35,50                                       | Sander Pupella          | JB  | 27-03-93 Energie             | Gent (BEL)        | 10-01-10 |
| 36,04                                       | Duncan Visser           |     | 04-02-87 Haag Atletiek       | Gent (BEL)        | 10-01-10 |
| <b>400 meter mannen</b>                     |                         |     |                              |                   |          |
| 47,18                                       | Dennis Spillekom        | Neo | 07-08-90 Lycurgus            | Apeldoorn         | 07-02-10 |

## Statistisch jaarboek indooratletiek 2009/2010

|                         |                |                 |              |                    |                  |          |
|-------------------------|----------------|-----------------|--------------|--------------------|------------------|----------|
| 47,51                   | Joeri          | Moerman         | 05-07-87     | AVON               | Apeldoorn        | 07-02-10 |
| 48,76                   | Vincent        | Kerssies        | 11-07-80     | SISU               | Dortmund (GER)   | 10-01-10 |
| 49,08                   | Jesper         | Arts            | JA 02-04-92  | LG Deurne          | Apeldoorn        | 28-02-10 |
| 49,26                   | Bjorn          | Blauwhof        | Neo 10-12-90 | NEA-Volharding     | Apeldoorn        | 06-02-10 |
| 49,26                   | Wouter         | Schuwert        | JA 22-12-91  | Scopias            | Apeldoorn        | 28-02-10 |
| 49,29                   | Daniël         | Franken         | 11-01-87     | AV '34             | Apeldoorn        | 06-02-10 |
| 49,32                   | Johan          | Polman          | 31-08-86     | Lycurgus           | Apeldoorn        | 06-02-10 |
| 49,42                   | Peter          | Wolters         | 07-04-81     | Phanos             | Apeldoorn        | 06-02-10 |
| 49,42                   | Remco          | Mettes          | 19-06-87     | Hollandia          | Apeldoorn        | 13-02-10 |
| 49,51                   | Thijmen        | Kupers          | JA 04-10-91  | Atletico '73       | Apeldoorn        | 28-02-10 |
| 49,56                   | Stefan         | Schouten        | Neo 03-02-88 | Athlos             | Apeldoorn        | 06-02-10 |
| 49,58                   | Persijn        | Berende         | 12-06-82     | Lycurgus           | Apeldoorn        | 06-02-10 |
| 49,63                   | Obed           | Martis (AHO)    | 13-04-87     | R' dam Atletiek    | Dortmund (GER)   | 03-01-10 |
| 49,64                   | Martijn        | Bervoets        | JA 04-03-92  | De Keien           | Apeldoorn        | 28-02-10 |
| 49,66                   | Jarno          | Boutkam         | Neo 17-02-90 | Prins Hendrik      | Apeldoorn        | 06-02-10 |
| 49,66                   | Bram           | Peters          | JA 06-02-92  | Prins Hendrik      | Apeldoorn        | 13-02-10 |
| 49,73                   | Hugo de        | Haan            | 06-11-84     | Lycurgus           | Dortmund (GER)   | 03-01-10 |
| 49,82                   | Eugène         | Susanna         | Neo 23-09-88 | Eindhoven Atletiek | Apeldoorn        | 06-02-10 |
| 49,88                   | Thomas         | Schuwert        | Neo 08-04-90 | Scopias            | Düsseldorf (GER) | 13-03-10 |
| 49,92                   | Jesse          | Caron           | Neo 02-10-89 | R' dam Atletiek    | Apeldoorn        | 13-02-10 |
| 49,94                   | Revelinho      | Eind            | Neo 07-04-90 | AV '34             | Apeldoorn        | 06-02-10 |
| 49,95                   | Duncan         | Visser          | 04-02-87     | Haag Atletiek      | Apeldoorn        | 13-02-10 |
| 49,99                   | Pascal         | Remminga        | Neo 07-11-90 | Aquilo             | Apeldoorn        | 06-02-10 |
| 50,14                   | Jurgen         | Wielart         | JA 17-01-92  | AV Haarlem         | Apeldoorn        | 28-02-10 |
| 50,38                   | Olaf van den   | Bergh           | JB 07-03-94  | Prins Hendrik      | Apeldoorn        | 28-02-10 |
| 50,45                   | Joris          | Sinnige         | Neo 21-04-88 | AV Castricum       | Apeldoorn        | 06-02-10 |
| 50,51                   | Martijn        | Klaassen        | 03-08-84     | Phanos             | Dortmund (GER)   | 03-01-10 |
| 50,53                   | Arjan          | Bloem           | Neo 08-01-90 | AAC '61            | Apeldoorn        | 31-01-10 |
| 50,56                   | Sander         | Varkevisser     | 09-11-84     | NEA-Volharding     | Apeldoorn        | 31-01-10 |
| 50,57                   | Daan de        | Geus            | 26-05-87     | Suomi              | Apeldoorn        | 31-01-10 |
| 50,60                   | Stefan de      | Vries           | JA 18-10-92  | Altis              | Dortmund (GER)   | 03-01-10 |
| 50,72                   | Waldy          | Lindeborg (AHO) | 09-12-82     | R' dam Atletiek    | Apeldoorn        | 06-02-10 |
| 50,81                   | Koen           | Streekstra      | Neo 15-07-88 | Phanos             | Dortmund (GER)   | 24-01-10 |
| 50,95                   | Jeroen         | Klein           | 07-01-83     | AC TION            | Apeldoorn        | 13-02-10 |
| 50,96                   | Michael        | Anpong          | Neo 26-03-88 | Eindhoven Atletiek | Gent (BEL)       | 19-12-09 |
| 50,99                   | Dennis van     | Esch            | 04-01-86     | GAC-Gemert         | Apeldoorn        | 31-01-10 |
| <b>800 meter mannen</b> |                |                 |              |                    |                  |          |
| 1.48,15                 | Arnoud         | Okken           | 20-04-82     | Atletico '73       | Karlsruhe (GER)  | 31-01-10 |
| 1.50,81                 | Nils           | Pennekamp       | 29-05-87     | AV Haarl'meer      | Apeldoorn        | 31-01-10 |
| 1.50,89                 | Youssef el     | Rhalfioui       | 06-09-83     | Phanos             | Gent (BEL)       | 14-02-10 |
| 1.51,04                 | Victor         | Bouwman         | 18-09-86     | Groningen Atletiek | Apeldoorn        | 31-01-10 |
| 1.51,54                 | Hugo de        | Haan            | 06-11-84     | Lycurgus           | Apeldoorn        | 07-02-10 |
| 1.51,58                 | Maarten van    | Baardwijk       | 13-02-85     | Nijmegen Atletiek  | Gent (BEL)       | 14-02-10 |
| 1.52,50                 | Marijn van der | Putten          | 01-10-75     | AV Haarl'meer      | Apeldoorn        | 06-02-10 |
| 1.53,02                 | Wilfred van    | Holst           | Neo 01-07-88 | De Gemzen          | Apeldoorn        | 06-02-10 |
| 1.53,60                 | Guus           | Janssen         | 22-08-81     | Nijmegen Atletiek  | Dortmund (GER)   | 03-01-10 |
| 1.53,67                 | Laurens den    | Ouden           | 25-08-87     | Nijmegen Atletiek  | Apeldoorn        | 13-02-10 |
| 1.53,98                 | Stefan         | Wessel          | 03-05-87     | De Sperwers        | Apeldoorn        | 13-02-10 |
| 1.54,05                 | Arjan          | Bloem           | Neo 08-01-90 | AAC '61            | Dortmund (GER)   | 24-01-10 |
| 1.54,27                 | Jesper         | Arts            | JA 02-04-92  | LG Deurne          | Apeldoorn        | 13-02-10 |
| 1.54,73                 | Raimo          | Westerhof       | 12-10-86     | Athlos             | Apeldoorn        | 06-02-10 |
| 1.55,16                 | Addis          | Riet            | JA 27-11-91  | SAV                | Apeldoorn        | 28-02-10 |
| 1.55,58                 | Jorian         | Damen           | JA 25-03-92  | Ciko '66           | Apeldoorn        | 28-02-10 |
| 1.55,63                 | Ralph          | Uenk            | Neo 12-06-88 | Climax             | Wenen (AUT)      | 02-02-10 |
| 1.55,73                 | Paul           | Boon            | Neo 21-04-88 | Hollandia          | Apeldoorn        | 06-02-10 |
| 1.55,96                 | Quinten        | Hennekam        | Neo 02-03-90 | Passaat            | Nampa (USA)      | 23-01-10 |
| 1.56,04                 | Dennis van     | Esch            | 04-01-86     | GAC-Gemert         | Dortmund (GER)   | 10-01-10 |

## Statistisch jaarboek indooratletiek 2009/2010

|                                      |                |             |             |                   |                  |          |
|--------------------------------------|----------------|-------------|-------------|-------------------|------------------|----------|
| 1,80                                 | Lennox         | Vellema     | 15-01-93    | Lycurgus          | Utrecht          | 13-12-09 |
| 1,80                                 | Joris          | Hallegraaff | 23-03-93    | Attila            | Gent (BEL)       | 26-12-09 |
| 1,80                                 | Trystan de     | Weerd       | JC 17-07-95 | Athlos            | Groningen        | 17-01-10 |
| 1,80                                 | Menno van der  | Steen       | 09-01-94    | Suomi             | Apeldoorn        | 28-02-10 |
| 1,80                                 | Danny          | Winters     | 08-04-94    | Flevo Delta       | Apeldoorn        | 28-02-10 |
| 1,80                                 | Jeroen         | Boumans     | JC 16-01-95 | Sparta            | Dordrecht        | 06-03-10 |
| 1,78                                 | Jeroen         | Megens      | 07-01-93    | Nijmegen Atletiek | Apeldoorn        | 21-02-10 |
| 1,78                                 | Jelmer van der | Sande       | 10-11-93    | Prins Hendrik     | Apeldoorn        | 21-02-10 |
| <b>polstokhoogspringen jongens-B</b> |                |             |             |                   |                  |          |
| 4,40                                 | Tom            | Roetman     | 07-02-93    | GAC-Hilversum     | Apeldoorn        | 27-02-10 |
| 4,25                                 | Rutger         | Koppelaar   | 01-05-93    | Unitas            | Apeldoorn        | 27-02-10 |
| 4,00                                 | Bart           | Heijes      | JC 25-01-95 | Passaat           | Dordrecht        | 30-10-10 |
| 3,80                                 | Mathijs van    | Dijk        | 11-11-93    | GAC-Hilversum     | Gent (BEL)       | 19-12-09 |
| 3,70                                 | Pieter         | Braun       | 21-01-93    | Sprint            | Apeldoorn        | 30-01-10 |
| 3,65                                 | Anton de       | Regt        | 11-06-93    | AV '34            | Apeldoorn        | 27-02-10 |
| 3,63                                 | Bruno          | Stagier     | 11-06-93    | Unitas            | Sittard          | 24-01-10 |
| 3,53                                 | Glenn          | Boessen     | 06-04-94    | Unitas            | Sittard          | 24-01-10 |
| 3,50                                 | Remon          | Berrevoets  | JC 22-05-95 | PAC               | Dordrecht        | 30-10-10 |
| 3,45                                 | Pim de         | Vor         | 11-03-93    | GAC-Hilversum     | Apeldoorn        | 27-02-10 |
| 3,45                                 | Jurriaan       | Wouters     | 18-04-93    | Triathlon         | Apeldoorn        | 27-02-10 |
| 3,45                                 | Menno          | Vloon       | 11-05-94    | Lycurgus          | Apeldoorn        | 27-02-10 |
| 3,43                                 | Nils           | Stok        | 04-06-94    | PAC               | Sittard          | 24-01-10 |
| 3,43                                 | Joris          | Hallegraaff | 23-03-93    | Attila            | Sittard          | 24-01-10 |
| 3,40                                 | Joram van      | Leeuwen     | 21-05-93    | AAC '61           | Apeldoorn        | 30-01-10 |
| 3,40                                 | Daniël         | Kil         | JC 06-06-95 | Sprint            | Dordrecht        | 30-10-10 |
| 3,30                                 | Timo           | Looijen     | 07-07-94    | ACW               | Apeldoorn        | 20-02-10 |
| 3,25                                 | Christian      | Rasch       | 22-01-93    | GAC-Hilversum     | Apeldoorn        | 27-02-10 |
| 3,20                                 | Jeroen         | Megens      | 07-01-93    | Nijmegen Atletiek | Utrecht          | 08-01-10 |
| 3,10                                 | Pieter         | Mijnhout    | 25-02-94    | GAC-Hilversum     | Apeldoorn        | 30-01-10 |
| 3,03                                 | Phil           | Veugen      | 29-12-93    | AV Weert          | Sittard          | 24-01-10 |
| 3,00                                 | Thomas         | Ticheloven  | 18-02-94    | AAC '61           | Apeldoorn        | 20-02-10 |
| <b>verspringen jongens-B</b>         |                |             |             |                   |                  |          |
| 7,15                                 | Kjell          | Wolters     | 18-04-94    | PEC 1910          | Gent (BEL)       | 07-02-10 |
| 6,98                                 | Pieter         | Braun       | 21-01-93    | Sprint            | Dortmund (GER)   | 24-01-10 |
| 6,87                                 | Hoof           | Hoof        | 08-09-93    | De Wielingen      | Gent (BEL)       | 07-02-10 |
| 6,70                                 | Joeri van der  | Gavan       | 18-02-94    | PAC               | Utrecht          | 14-03-10 |
| 6,46                                 | Ferry van      | Dipten      | 28-02-93    | Climax            | Apeldoorn        | 27-02-10 |
| 6,45                                 | Tom            | Roetman     | 07-02-93    | GAC-Hilversum     | Apeldoorn        | 20-02-10 |
| 6,44                                 | Daniël         | Oldenstam   | 31-08-93    | Fortuna           | Apeldoorn        | 27-02-10 |
| 6,28                                 | Rik            | Jansen      | 09-02-94    | Unitas            | Düsseldorf (GER) | 13-03-10 |
| 6,27                                 | Emiel          | Damen       | 08-09-93    | Unitas            | Apeldoorn        | 27-02-10 |
| 6,23                                 | Koen de        | Jong        | 08-04-94    | AV Wijchen        | Dortmund (GER)   | 24-01-10 |
| 6,23                                 | Luc            | Baauw       | 26-03-93    | Fortuna           | Apeldoorn        | 27-02-10 |
| 6,20                                 | Tim            | Dekker      | 29-09-93    | AV Gouda          | Apeldoorn        | 20-02-10 |
| 6,18                                 | Daniël         | Leyba       | 29-11-93    | Haag Atletiek     | Utrecht          | 07-11-09 |
| 6,18                                 | Joris          | Hallegraaff | 23-03-93    | Attila            | Apeldoorn        | 20-02-10 |
| 6,16                                 | Jethro         | Obot        | 13-02-94    | Haag Atletiek     | Utrecht          | 07-11-09 |
| 6,16                                 | Sean           | Alvarado    | 08-06-93    | R' dam Atletiek   | Zoetermeer       | 16-01-10 |
| 6,16                                 | Ben 't         | Hart        | 22-02-93    | Sparta            | Groningen        | 17-01-10 |
| 6,11                                 | Lennox         | Vellema     | 15-01-93    | Lycurgus          | Utrecht          | 13-12-09 |
| 6,09                                 | Jaap de        | Wit         | 26-01-93    | DEM               | Utrecht          | 07-11-09 |
| 6,08                                 | Bram           | Denissen    | 20-06-93    | Atledo            | Apeldoorn        | 27-02-10 |
| 6,07                                 | Milan          | Lips        | JC 03-02-95 | Ilion             | Zoetermeer       | 30-01-10 |
| 6,06                                 | Jeroen         | Boumans     | JC 16-01-95 | Sparta            | Utrecht          | 14-03-10 |
| 6,04                                 | Jong           | Joost de    | 22-06-94    | Pallas '67        | Utrecht          | 13-12-09 |
| 6,01                                 | Cliiff         | Ellsworth   | 17-04-93    | Lycurgus          | Utrecht          | 13-12-09 |

**3000 meter jongens-B**

|         |        |                |                             |           |          |
|---------|--------|----------------|-----------------------------|-----------|----------|
| 8.56,63 | Tom    | Koetsenruijter | 12-08-93 THOR               | Apeldoorn | 27-02-10 |
| 8.57,15 | Brian  | Kamstra        | 05-07-93 AAC '61            | Apeldoorn | 27-02-10 |
| 9.05,93 | Tommy  | Staal          | 18-08-94 AV '56             | Apeldoorn | 27-02-10 |
| 9.16,25 | Ivo    | Bijl           | 28-06-93 Passaat            | Apeldoorn | 27-02-10 |
| 9.18,72 | Jordy  | Vijfschaft     | 17-03-94 Groningen Atletiek | Apeldoorn | 27-02-10 |
| 9.38,79 | Cas    | Lutz           | 27-10-93 GAC-Hilversum      | Apeldoorn | 27-02-10 |
| 9.39,17 | Curtis | Burks          | 10-03-94 GAC-Hilversum      | Apeldoorn | 27-02-10 |
| 9.48,53 | Sander | Brouwers       | 12-11-94 Prins Hendrik      | Apeldoorn | 27-02-10 |

**50 meter horden 91,4 cm jongens-B**

|      |          |            |                     |             |          |
|------|----------|------------|---------------------|-------------|----------|
| 7,45 | Lars     | Rumawatine | 27-02-94 MPM        | Stadskanaal | 14-11-09 |
| 7,96 | Luc      | Baardman   | 09-02-94 Clytoneus  | Utrecht     | 13-12-09 |
| 8,01 | Joost de | Jong       | 22-06-94 Pallas '67 | Utrecht     | 13-12-09 |
| 8,47 | Tom      | Groot      | 27-04-94 Pijnenburg | Utrecht     | 13-12-09 |
| 8,52 | Koen de  | Jong       | 08-04-94 AV Wijchen | Utrecht     | 13-12-09 |

**60 meter horden 91,4 cm (Dld) jongens-B**

|      |         |           |                             |                |          |
|------|---------|-----------|-----------------------------|----------------|----------|
| 8,95 | Maarten | Ottenhoff | 03-08-94 Eindhoven Atletiek | Dortmund (GER) | 13-12-09 |
|------|---------|-----------|-----------------------------|----------------|----------|

**60 meter horden 91,4 cm jongens-B**

|      |           |             |                        |                  |          |
|------|-----------|-------------|------------------------|------------------|----------|
| 8,10 | Tim       | Dekker      | 29-09-93 AV Gouda      | Apeldoorn        | 28-02-10 |
| 8,24 | Pieter    | Braun       | 21-01-93 Sprint        | Apeldoorn        | 30-01-10 |
| 8,30 | Delano    | Wouterse    | 27-04-93 PAC           | Apeldoorn        | 28-02-10 |
| 8,41 | Ferry van | Dipten      | 28-02-93 Climax        | Apeldoorn        | 21-02-10 |
| 8,45 | Tom       | Roetman     | 07-02-93 GAC-Hilversum | Apeldoorn        | 21-02-10 |
| 8,48 | Kjell     | Wolters     | 18-04-94 PEC 1910      | Apeldoorn        | 28-02-10 |
| 8,49 | Lennox    | Vellema     | 15-01-93 Lycurgus      | Utrecht          | 13-12-09 |
| 8,51 | Gaard van | Vugt        | 18-03-93 Ciko '66      | Apeldoorn        | 30-01-10 |
| 8,52 | Glenn     | Boessen     | 06-04-94 Unitas        | Apeldoorn        | 28-02-10 |
| 8,62 | Anton de  | Regt (10)   | 11-06-93 AV '34        | Apeldoorn        | 21-02-10 |
| 8,66 | Menno     | Vloon       | 11-05-94 Lycurgus      | Utrecht          | 13-12-09 |
| 8,72 | Lars      | Rumawatine  | 27-02-94 MPM           | Stadskanaal      | 14-11-09 |
| 8,74 | Joris     | Hallegraef  | 23-03-93 Attila        | Sittard          | 10-01-10 |
| 8,74 | Jules de  | Bont        | 23-12-94 Phanos        | Apeldoorn        | 28-02-10 |
| 8,77 | Weerdt    | JC          | 17-07-95 Athlos        | Apeldoorn        | 28-02-10 |
| 8,78 | Cliff     | Ellsworth   | 17-04-93 Lycurgus      | Utrecht          | 13-12-09 |
| 8,79 | Luigi     | Rondas      | 06-01-93 Unitas        | Düsseldorf (GER) | 13-03-10 |
| 8,81 | Bram      | Denissen    | 20-06-93 Atledo        | Utrecht          | 13-12-09 |
| 8,82 | Mark      | Schellekens | 05-06-94 Atledo        | Apeldoorn        | 30-01-10 |
| 8,82 | Daniël    | Lam (20)    | 03-10-94 Phanos        | Apeldoorn        | 28-02-10 |
| 8,91 | Rutger    | Bien        | 30-01-94 AV '23        | Zoetermeer       | 16-01-10 |
| 8,92 | Thomas    | Ticheloven  | 18-02-94 AAC '61       | Apeldoorn        | 28-02-10 |
| 8,94 | Joshua    | Gul         | 17-04-94 Phanos        | Apeldoorn        | 28-02-10 |
| 8,97 | Alain van | Tholl       | 20-05-94 AV '23        | Apeldoorn        | 30-01-10 |
| 8,97 | Robin     | Blaauw      | 03-05-93 Aquilo        | Apeldoorn        | 30-01-10 |

**hoogsprongen jongens-B**

|      |            |               |  |            |          |
|------|------------|---------------|--|------------|----------|
| 1,97 | Jethro     | Obot          | 13-02-94 Haag Atletiek                         | Apeldoorn  | 28-02-10 |
| 1,94 | Johan      | Schönebaum    | 19-02-93 Ilion                                 | Apeldoorn  | 28-02-10 |
| 1,91 | Wesley     | Zschöttche    | 03-04-93 AV Zaanland                           | Gent (BEL) | 19-12-09 |
| 1,91 | Daniël     | Leyba         | 29-11-93 Haag Atletiek                         | Apeldoorn  | 28-02-10 |
| 1,90 | Joost      | Ketel         | 21-05-94 Achilles-EL Herzebroek-Clarholz (GER) | 03-01-10   |          |
| 1,90 | Tom        | Roetman       | 07-02-93 GAC-Hilversum                         | Apeldoorn  | 21-02-10 |
| 1,88 | Quincy van | Driesten      | 08-07-93 Altis                                 | Apeldoorn  | 28-02-10 |
| 1,87 | Tim        | Dekker        | 29-09-93 AV Gouda                              | Apeldoorn  | 21-02-10 |
| 1,87 | Ferry van  | Dipten        | 28-02-93 Climax                                | Apeldoorn  | 21-02-10 |
| 1,85 | Bram       | Denissen (10) | 20-06-93 Atledo                                | Dongen     | 17-01-10 |
| 1,85 | Gijs       | Tops          | 27-11-94 AV Reusel '69                         | Apeldoorn  | 31-01-10 |
| 1,85 | Tako       | Forsten       | 01-09-93 Hercules                              | Dordrecht  | 06-03-10 |
| 1,81 | Matisse de | Boer          | 28-09-93 Horror                                | Tuk        | 06-03-10 |

|         |               |                |     |                        |                |          |
|---------|---------------|----------------|-----|------------------------|----------------|----------|
| 1.56,51 | Kasper        | Neeleman       | JA  | 11-12-91 AV Haarl'meer | Apeldoorn      | 28-02-10 |
| 1.56,62 | Persijn       | Berende        |     | 12-06-82 Lycurgus      | Dortmund (GER) | 10-01-10 |
| 1.56,66 | Pascal        | Remminga       | Neo | 07-11-90 Aquilo        | Dortmund (GER) | 13-12-09 |
| 1.56,81 | Menno         | Schouten       | JA  | 03-09-91 Lycurgus      | Apeldoorn      | 28-02-10 |
| 1.56,98 | Andrew-Harris | Larassen (ISL) | M35 | 23-09-70 Impala        | Apeldoorn      | 06-02-10 |

**1500 meter mannen**

|         |             |           |     |                            |                |          |
|---------|-------------|-----------|-----|----------------------------|----------------|----------|
| 3.50,96 | René        | Stokvis   |     | 25-01-87 AC TION           | Apeldoorn      | 07-02-10 |
| 3.52,87 | Tijs        | Groen     |     | 11-12-85 De Liemers        | Apeldoorn      | 07-02-10 |
| 3.53,93 | Tjerk       | Conijn    |     | 17-01-87 Lycurgus          | Apeldoorn      | 07-02-10 |
| 3.55,50 | Stefan      | Wessel    |     | 03-05-87 De Sperwers       | Apeldoorn      | 07-02-10 |
| 3.56,60 | Wouter      | Jansen    |     | 17-06-87 Nijmegen Atletiek | Apeldoorn      | 07-02-10 |
| 3.56,68 | Mark        | Nouws     | Neo | 20-08-90 THOR              | Apeldoorn      | 07-02-10 |
| 3.58,36 | Bart        | Uiterwijk |     | 12-10-84 Hellas            | Apeldoorn      | 07-02-10 |
| 3.59,39 | Nout        | Jansen    | Neo | 04-10-89 Tartlétos         | Apeldoorn      | 06-02-10 |
| 3.59,49 | Sjoerd      | Engels    |     | 19-09-86 Atletiek Helden   | Apeldoorn      | 06-02-10 |
| 4.00,80 | Daas        | Neo (10)  | Neo | 01-06-90 Atverni           | Apeldoorn      | 06-02-10 |
| 4.00,90 | Benjamin    | Romkes    | M45 | 15-02-65 AV Zaanland       | Dortmund (GER) | 10-01-10 |
| 4.01,56 | Laurens den | Ouden     |     | 25-08-87 Nijmegen Atletiek | Apeldoorn      | 06-02-10 |
| 4.03,37 | Mathias     | Meijer    |     | 12-10-87 Climax            | Apeldoorn      | 06-02-10 |
| 4.04,07 | Jurjen      | Polderman | JA  | 21-04-91 Clytoneus         | Apeldoorn      | 30-01-10 |
| 4.04,73 | Sven        | Grundeken |     | 16-10-79 Leiden Atletiek   | Apeldoorn      | 06-02-10 |

**3000 meter mannen**

|         |                   |                |          |                             |           |          |
|---------|-------------------|----------------|----------|-----------------------------|-----------|----------|
| 8.20,55 | Gert-Jan          | Wassink        |          | 12-12-85 AV Argo            | Apeldoorn | 07-02-10 |
| 8.21,89 | Roy               | Hoornweg       | Neo      | 08-05-89 Passaat            | Apeldoorn | 07-02-10 |
| 8.23,37 | Jesse van         | Burg           | Neo      | 09-03-88 Ilion              | Apeldoorn | 07-02-10 |
| 8.24,86 | Niels             | Verwer         | Neo      | 10-07-89 AV Castricum       | Apeldoorn | 07-02-10 |
| 8.28,33 | Pim               | Molenaar       |          | 30-11-87 Hera               | Apeldoorn | 07-02-10 |
| 8.28,72 | Jorit van         | Malsen         | Neo      | 02-10-88 Hellas             | Apeldoorn | 07-02-10 |
| 8.29,19 | Ate van der       | Burgt          |          | 17-03-78 Tartlétos          | Apeldoorn | 07-02-10 |
| 8.32,18 | Alexander van der | Vooren         |          | 04-12-85 Atverni            | Apeldoorn | 07-02-10 |
| 8.40,24 | Michiel de        | Ruiter         |          | 23-07-86 Hera               | Apeldoorn | 07-02-10 |
| 8.40,49 | Benjamin          | Romkes         | M45 (10) | 15-02-65 AV Zaanland        | Apeldoorn | 07-02-10 |
| 8.46,68 | Wouter            | Ploeger        | JA       | 10-10-92 AAC '61            | Apeldoorn | 28-02-10 |
| 8.46,70 | Wouter            | Warmdorff      | JA       | 16-07-91 THOR               | Apeldoorn | 28-02-10 |
| 8.56,63 | Tom               | Koetsenruijter | JB       | 12-08-93 THOR               | Apeldoorn | 27-02-10 |
| 8.57,15 | Brian             | Kamstra        | JB       | 05-07-93 AAC '61            | Apeldoorn | 27-02-10 |
| 8.57,86 | Ferdy van der     | Heide          |          | 28-10-85 Hera               | Apeldoorn | 07-02-10 |
| 8.58,27 | Maikel van        | Eekelen        |          | 03-04-87 Attila             | Apeldoorn | 13-02-10 |
| 8.59,18 | Frank             | Blikslager     | JA       | 26-12-92 Groningen Atletiek | Apeldoorn | 28-02-10 |

**5000m snelwandelen mannen**

|          |              |            |     |                 |           |          |
|----------|--------------|------------|-----|-----------------|-----------|----------|
| 23.05,05 | Harold van   | Beek       | M45 | 14-04-62 RWV    | Apeldoorn | 21-02-10 |
| 23.11,67 | Jacques van  | Bremen     |     | 22-08-84 RWV    | Apeldoorn | 21-02-10 |
| 24.09,89 | Marcelino    | Sobczak    | M40 | 19-05-68 Unitas | Apeldoorn | 21-02-10 |
| 26.54,20 | Theo         | Koenis     | M55 | 12-10-51 De LAT | Apeldoorn | 21-02-10 |
| 27.29,13 | Dennis van   | Reeden     | Neo | 07-06-89 OLAT   | Apeldoorn | 21-02-10 |
| 27.42,48 | Hans van der | Knaap      | M50 | 09-12-59 RWV    | Apeldoorn | 21-02-10 |
| 27.59,40 | Jaap van     | Broekhoven |     | 22-08-85 RWV    | Apeldoorn | 21-02-10 |
| 28.01,74 | Bart         | Snoeren    | M40 | 25-07-69 DAK    | Apeldoorn | 21-02-10 |
| 28.55,49 | André van    | Slooten    |     | 15-01-78 RWV    | Apeldoorn | 21-02-10 |

**50 meter horden 106,7 cm mannen**

|      |            |       |     |                    |         |          |
|------|------------|-------|-----|--------------------|---------|----------|
| 7,21 | Jeroen van | Veen  |     | 19-05-86 Isala '96 | Utrecht | 13-12-09 |
| 7,47 | Pim        | Jehee | Neo | 04-05-88 AV Gouda  | Utrecht | 13-12-09 |
| 7,66 | Arnout     | Smit  |     | 20-05-79 Phoenix   | Utrecht | 13-12-09 |

**60 meter horden 106,7 cm mannen**

|      |                |          |  |                 |                 |          |
|------|----------------|----------|--|-----------------|-----------------|----------|
| 7,61 | Gregory        | Sedoc    |  | 16-10-81 AAC    | Leipzig (GER)   | 13-02-10 |
| 7,81 | Marcel van der | Westen   |  | 01-08-76 Phanos | Karlsruhe (GER) | 31-01-10 |
| 7,82 | Mike van       | Kruchten |  | 07-04-87 Phanos | Lievin (FRA)    | 05-03-10 |
| 7,93 | Jonathan       | Pengel   |  | 22-09-85 Phanos | Apeldoorn       | 06-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|      |              |              |     |                                       |                  |          |
|------|--------------|--------------|-----|---------------------------------------|------------------|----------|
| 7,96 | Erik         | Leefflang    | Neo | 10-08-89 Phanos                       | Apeldoorn        | 31-01-10 |
| 8,00 | Eelco        | Sintnicolaas |     | 07-04-87 AV '34                       | Apeldoorn        | 31-01-10 |
| 8,05 | Tjendo       | Samuel       | Neo | 19-12-89 Phanos                       | Apeldoorn        | 06-02-10 |
| 8,19 | Paul         | Groen        | Neo | 23-09-89 GAC-Hilversum                | Apeldoorn        | 21-02-10 |
| 8,23 | Ruben        | Esajas       |     | 29-07-86 R' dam Atletiek              | Apeldoorn        | 06-02-10 |
| 8,24 | Ingmar       | Vos          |     | 28-05-86 PAC                          | Lee Valley (GBR) | 30-01-10 |
|      |              | (10)         |     |                                       |                  |          |
| 8,35 | Bob          | Altena       |     | 11-02-86 Unitas                       | Apeldoorn        | 31-01-10 |
| 8,37 | Koen         | Smet         | JA  | 09-08-92 Phanos                       | Apeldoorn        | 06-02-10 |
| 8,40 | Jeroen van   | Veen         |     | 19-05-86 Isala '96                    | Apeldoorn        | 13-02-10 |
| 8,46 | Alwin        | Rooboek      |     | 12-06-84 AV '34                       | Apeldoorn        | 21-02-10 |
| 8,47 | Mike         | Olsthoorn    |     | 31-01-86 R' dam Atletiek              | Apeldoorn        | 13-02-10 |
| 8,48 | Brian        | Vriend       | Neo | 20-05-90 Lycurgus                     | Groningen        | 17-01-10 |
| 8,52 | Jan          | Ormel        |     | 19-12-86 Hellas                       | Apeldoorn        | 31-01-10 |
| 8,54 | Ludo van der | Plaat        |     | 03-07-83 Ilion                        | Apeldoorn        | 31-01-10 |
| 8,56 | Kevin        | Woldberg     |     | 13-02-80 PEC 1910                     | Apeldoorn        | 06-02-10 |
| 8,57 | Marc de      | Vries        |     | 01-11-78 AV Zaanland                  | Apeldoorn        | 06-02-10 |
|      |              | (20)         |     |                                       |                  |          |
| 8,59 | Remco        | Wennink      | Neo | 04-02-89 PEC 1910                     | Apeldoorn        | 06-02-10 |
| 8,59 | Ernst        | Moreels      |     | 27-03-85 Atverni                      | Apeldoorn        | 13-02-10 |
| 8,66 | Alain        | Bettonviel   | JA  | 08-03-91 Attila                       | Apeldoorn        | 13-02-10 |
| 8,66 | Frans        | Boumans      |     | 08-01-87 Achilles-Top                 | Düsseldorf (GER) | 13-03-10 |
| 8,67 | Pim          | Jehee        | Neo | 04-05-88 AV Gouda                     | Gent (BEL)       | 26-12-09 |
| 8,69 | Robin        | Coops        | Neo | 09-09-90 Hellas                       | Apeldoorn        | 21-02-10 |
| 8,72 | Cas          | Willems      | Neo | 29-01-88 Caesar                       | Apeldoorn        | 21-02-10 |
| 8,73 | Wicher       | Nijkamp      | JA  | 29-01-92 Spado                        | Apeldoorn        | 31-01-10 |
| 8,75 | Frank van    | Gasteren     |     | 22-03-84 Phoenix                      | Utrecht          | 08-01-10 |
| 8,76 | Jan          | Groot        | Neo | 12-12-88 Hollandia                    | Apeldoorn        | 06-02-10 |
|      |              | (30)         |     |                                       |                  |          |
| 8,76 | Ronald       | Meijer       |     | 20-01-82 Altis                        | Apeldoorn        | 06-02-10 |
| 8,77 | Victor       | Besters      | Neo | 19-10-90 Spado                        | Gent (BEL)       | 02-01-10 |
| 8,77 | David        | Martha       |     | 13-02-84 AAC                          | Apeldoorn        | 31-01-10 |
| 8,80 | Theo         | Danes        |     | 19-05-83 AV '23                       | Apeldoorn        | 13-02-10 |
| 8,82 | Rik          | Hanswijk     |     | 27-03-84 Climax                       | Apeldoorn        | 06-02-10 |
| 8,88 | Arnout       | Smit         |     | 20-05-79 Phoenix                      | Utrecht          | 13-12-09 |
| 8,93 | Randy van    | Geenen       | Neo | 17-01-90 AV Almere '81                | Apeldoorn        | 21-02-10 |
| 8,94 | Björn        | Vennema      | Neo | 19-11-90 AAC                          | Apeldoorn        | 06-02-10 |
| 8,96 | Jarmo        | Leeuwerink   |     | 14-08-87 AAC                          | Apeldoorn        | 13-02-10 |
|      |              | (40)         |     |                                       |                  |          |
| 2,20 | Martijn      | Nuijens      |     | 18-11-83 Unitas                       | Ostrava (CZE)    | 21-01-10 |
| 2,19 | Jan-Peter    | Larsen       |     | 18-03-79 Ilion                        | Apeldoorn        | 07-02-10 |
| 2,16 | Douwe-Jan    | Amels        | JA  | 16-09-91 Impala                       | Apeldoorn        | 27-02-10 |
| 2,01 | Ingmar       | Vos          |     | 28-05-86 PAC                          | Birmingham (GBR) | 24-01-10 |
| 2,00 | Jasper       | Heesbeen     | JA  | 23-01-92 Prins Hendrik                | Apeldoorn        | 07-02-10 |
| 2,00 | Tymon de     | Jonge        |     | 17-02-80 Ilion                        | Apeldoorn        | 07-02-10 |
| 2,00 | Joost        | Niekus       | Neo | 29-11-89 Flevo Delta                  | Apeldoorn        | 07-02-10 |
| 1,98 | Martijn van  | Calker       | Neo | 17-11-89 PEC 1910 Herzebrock-Clarholz | (GER)            | 03-01-10 |
| 1,98 | Leon         | Tukker       | JA  | 30-04-92 Typhoon                      | Apeldoorn        | 27-02-10 |
| 1,97 | Jethro       | Obot         | JB  | 13-02-94 Haag Atletiek                | Apeldoorn        | 28-02-10 |
|      |              | (10)         |     |                                       |                  |          |
| 1,95 | Pim          | Stevens      | Neo | 07-01-89 AV Venray Regio              | Zoetermeer       | 09-01-10 |
| 1,95 | Sjoerd       | Dekker       | JA  | 22-02-92 Noordkop                     | Groningen        | 17-01-10 |
| 1,95 | Wart         | Weeren       | JA  | 29-01-92 Triathlon                    | Groningen        | 17-01-10 |
| 1,95 | Harald-Peter | Bust         | JA  | 03-06-92 Hellas                       | Utrecht          | 22-01-10 |
| 1,95 | Gerben       | Klein        |     | 03-03-87 THOR                         | Dortmund (GER)   | 24-01-10 |
| 1,95 | Ronald       | Meijer       |     | 20-01-82 Altis                        | Dortmund (GER)   | 24-01-10 |
| 1,95 | Mark         | Jacobs       | JA  | 20-04-92 GVAC                         | Apeldoorn        | 20-02-10 |
| 1,94 | Hans         | Koops        |     | 20-03-87 Jahn II                      | Groningen        | 17-01-10 |
| 1,94 | Johan        | Schönebaum   | JB  | 19-02-93 Ilion                        | Apeldoorn        | 28-02-10 |
| 1,93 | Cas          | Willems      | Neo | 29-01-88 Caesar                       | Apeldoorn        | 20-02-10 |
|      |              | (20)         |     |                                       |                  |          |
| 1,91 | Wesley       | Zschöttche   | JB  | 03-04-93 AV Zaanland                  | Gent (BEL)       | 19-12-09 |

Statistisch jaarboek indooratletiek 2009/2010

|                             |               |               |    |                              |                  |          |
|-----------------------------|---------------|---------------|----|------------------------------|------------------|----------|
| 7,49                        | Luke          | Linders       |    | 26-12-93 DAK                 | Apeldoorn        | 27-02-10 |
|                             |               | (10)          |    |                              |                  |          |
| <b>200 meter jongens-B</b>  |               |               |    |                              |                  |          |
| 22,29                       | Sander        | Pupella       |    | 27-03-93 Energie             | Gent (BEL)       | 07-02-10 |
| 22,61                       | Jonathan      | Mutebwa       |    | 11-01-93 Eindhoven Atletiek  | Dortmund (GER)   | 24-01-10 |
| 22,99                       | Olaf van den  | Bergh         |    | 07-03-94 Prins Hendrik       | Dortmund (GER)   | 03-01-10 |
| 23,81                       | Jeroen        | Brus          |    | 30-03-93 Ciko '66            | Dortmund (GER)   | 24-01-10 |
| 23,85                       | Jerom         | Theunissen    |    | 21-11-94 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 23,92                       | Ruben van     | Dijk          | JC | 03-03-95 AV '34              | Dortmund (GER)   | 10-01-10 |
| 23,94                       | Jan           | Westerdiep    |    | 15-01-93 Phanos              | Groningen        | 17-01-10 |
|                             |               | (10)          |    |                              |                  |          |
| <b>300 meter jongens-B</b>  |               |               |    |                              |                  |          |
| 35,50                       | Sander        | Pupella       |    | 27-03-93 Energie             | Gent (BEL)       | 10-01-10 |
| 39,13                       | Emilio        | Wille         |    | 16-12-94 Scorpio             | Gent (BEL)       | 23-01-10 |
| 39,34                       | Joeri van der | Hoof          |    | 08-09-93 De Wielingen        | Gent (BEL)       | 23-01-10 |
|                             |               | (10)          |    |                              |                  |          |
| <b>400 meter jongens-B</b>  |               |               |    |                              |                  |          |
| 50,38                       | Olaf van den  | Bergh         |    | 07-03-94 Prins Hendrik       | Apeldoorn        | 28-02-10 |
| 51,26                       | Sander        | Pupella       |    | 27-03-93 Energie             | Apeldoorn        | 30-01-10 |
| 51,27                       | Wesley        | Zschöttche    |    | 03-04-93 AV Zaanland         | Groningen        | 17-01-10 |
| 52,18                       | Delano        | Wouterse      |    | 27-04-93 PAC                 | Apeldoorn        | 28-02-10 |
| 52,34                       | Joost de      | Jong          |    | 22-06-94 Pallas '67          | Apeldoorn        | 30-01-10 |
| 52,50                       | Sven          | Maliepaard    |    | 05-04-93 Passaat             | Apeldoorn        | 28-02-10 |
| 52,94                       | Remco         | Bos           |    | 03-04-93 Daventria           | Apeldoorn        | 27-02-10 |
| 52,98                       | Jon           | Schouwenaar   |    | 17-06-94 Startbaan           | Apeldoorn        | 27-02-10 |
| 53,15                       | Raymon        | Toussaint     |    | 02-06-93 Olympus '70         | Gent (BEL)       | 19-12-09 |
| 53,39                       | Casper van    | Eyck          |    | 30-11-94 Ciko '66            | Apeldoorn        | 27-02-10 |
|                             |               | (10)          |    |                              |                  |          |
| 53,49                       | Thijs         | Koers         |    | 18-01-93 Daventria           | Dortmund (GER)   | 24-01-10 |
| 53,50                       | Rick          | Hendriks      |    | 13-02-93 LG Deurne           | Dortmund (GER)   | 28-02-10 |
| 53,53                       | Arend-Jan     | Spiereburg    | JC | 16-06-95 Cialfo              | Apeldoorn        | 27-02-10 |
| 53,62                       | Danny         | Moons         |    | 31-01-94 GAC-Hilversum       | Apeldoorn        | 27-02-10 |
| 53,72                       | Jaap de       | Wit           |    | 26-01-93 DEM                 | Apeldoorn        | 27-02-10 |
| 54,18                       | Bas van       | Leersum       |    | 02-03-93 AV Zaanland         | Groningen        | 17-01-10 |
| 54,23                       | Nadim van     | Minnen        |    | 22-11-94 SISU                | Apeldoorn        | 30-01-10 |
|                             |               | (10)          |    |                              |                  |          |
| <b>800 meter jongens-B</b>  |               |               |    |                              |                  |          |
| 1.58,28                     | Riccardo      | Sprong        |    | 01-06-93 Clytoneus           | Apeldoorn        | 28-02-10 |
| 2.01,42                     | Olaf van den  | Bergh         |    | 07-03-94 Prins Hendrik       | Gent (BEL)       | 10-01-10 |
| 2.01,64                     | Youri         | Oolbekkink    |    | 06-03-94 Hanzesport          | Dortmund (GER)   | 24-01-10 |
| 2.01,70                     | Wesley        | Zschöttche    |    | 03-04-93 AV Zaanland         | Gent (BEL)       | 19-12-09 |
| 2.02,32                     | Sjaak         | Hoogstraaten  |    | 11-07-93 AV '23              | Apeldoorn        | 28-02-10 |
| 2.02,40                     | Fenno         | Polderman     |    | 02-07-93 Clytoneus           | Apeldoorn        | 27-02-10 |
| 2.03,00                     | Adil el       | Azzouzi       |    | 07-05-93 Phanos              | Apeldoorn        | 27-02-10 |
| 2.03,20                     | Mitchell      | Thiel         |    | 11-07-94 Pijnenburg          | Apeldoorn        | 28-02-10 |
| 2.03,37                     | Jaap Gerben   | Vellinga      |    | 28-07-94 Horror              | Apeldoorn        | 28-02-10 |
| 2.04,29                     | Thomas        | Potma         | JC | 20-04-96 Energie             | Apeldoorn        | 27-02-10 |
|                             |               | (10)          |    |                              |                  |          |
| 2.04,66                     | Casper van    | Leeningen     |    | 23-03-93 AV '34              | Dortmund (GER)   | 03-01-10 |
| 2.04,81                     | Teun          | Geurts        |    | 19-02-93 Seven Hills RT      | Apeldoorn        | 30-01-10 |
|                             |               | (10)          |    |                              |                  |          |
| <b>1500 meter jongens-B</b> |               |               |    |                              |                  |          |
| 4.17,50                     | Yared         | Stifanos      |    | 11-07-94 Hellas              | Apeldoorn        | 30-01-10 |
| 4.17,59                     | Wouter        | Heinrich      |    | 18-09-93 AKU                 | Apeldoorn        | 30-01-10 |
| 4.22,89                     | Riccardo      | Sprong        |    | 01-06-93 Clytoneus           | Apeldoorn        | 28-02-10 |
| 4.23,46                     | Wadie         | Moussaoui     |    | 05-03-94 Prins Hendrik       | Apeldoorn        | 30-01-10 |
| 4.26,02                     | Ralf          | Nieuwenhuizen |    | 27-03-94 Spirit-OB           | Apeldoorn        | 30-01-10 |
| 4.26,78                     | Fenno         | Polderman     |    | 02-07-93 Clytoneus           | Apeldoorn        | 28-02-10 |
| 4.26,96                     | Jaap Gerben   | Vellinga      |    | 28-07-94 Horror              | Groningen        | 16-01-10 |
| 4.27,05                     | Curtis        | Burks         |    | 10-03-94 GAC-Hilversum       | Apeldoorn        | 30-01-10 |
| 4.27,36                     | Cas           | Lutz          |    | 27-10-93 GAC-Hilversum       | Apeldoorn        | 30-01-10 |
| 4.27,89                     | Daan          | Reintjes      |    | 30-07-93 De Liemers          | Apeldoorn        | 28-02-10 |
|                             |               | (10)          |    |                              |                  |          |

Statistisch jaarboek indooratletiek 2009/2010

|      |                    |  |                         |           |          |
|------|--------------------|--|-------------------------|-----------|----------|
| 4118 | Bart van der Pasch | 7,46 * 6,21 * 09,85 * 1,83 * 9,09 * 3,00 * 3,05,78 | 24-05-92 Gen. Michaëlis | Apeldoorn | 21-02-10 |
| 4012 | Martijn Rutgers    | 7,74 * 5,83 * 09,78 * 1,68 * 9,29 * 3,80 * 2,57,77 | 13-05-92 AAC            | Apeldoorn | 21-02-10 |
| 3914 | Bas Zwartelé       | 7,60 * 6,26 * 08,62 * 1,62 * 9,27 * 3,40 * 3,00,40 | 19-06-92 Sprint         | Apeldoorn | 21-02-10 |
|      | (10)               | 7,73 * 5,97 * 08,90 * 1,83 * 9,69 * 2,90 * 2,57,68 |                         |           |          |
| 3799 | Dennis Veenker     | 7,83 * 5,89 * 10,49 * 1,62 * 9,59 * 3,60 * 3,17,75 | 23-08-92 Impala         | Apeldoorn | 21-02-10 |
| 3732 | Robin Scholten     | 7,53 * 5,99 * 09,26 * 1,71 * 9,27 * NM * 2,50,10   | 03-11-92 AV Wijchen     | Apeldoorn | 21-02-10 |
| 3586 | Sven Visser        | 8,07 * 5,36 * 09,35 * 1,65 * 9,79 * 3,20 * 3,00,94 | 14-12-92 AV Wijchen     | Apeldoorn | 21-02-10 |
| 3501 | Ricardo Verheijen  | 7,73 * 5,87 * 12,16 * 1,86 * 9,45 * 3,00 DNF       | 28-02-91 De Gemzen      | Apeldoorn | 21-02-10 |
| 3451 | Dennis Coehoorn    | 7,61 * 5,79 * 8,55 * 1,62 * 10,90 * 3,30 * 3,13,64 | 27-09-92 AC TION        | Apeldoorn | 21-02-10 |

**4 x 200 meter jongens-A**

|         |    |            |            |          |
|---------|----|------------|------------|----------|
| 1,31,51 | JB | Nat. Ploeg | Gent (BEL) | 07-02-10 |
|---------|----|------------|------------|----------|

**Jongens-B**

**50 meter jongens-B**

|      |                    |                          |            |          |
|------|--------------------|--------------------------|------------|----------|
| 6,30 | Melroy Braat       | 16-02-94 Diomedon        | Dordrecht  | 09-01-10 |
| 6,30 | Marvin Douma       | 12-08-93 Horror          | Tuk        | 06-03-10 |
| 6,34 | Gavan Koekkoek     | 18-02-94 PAC             | Utrecht    | 13-12-09 |
| 6,34 | Sean Alvarado      | 08-06-93 R' dam Atletiek | Zoetermeer | 19-12-09 |
| 6,41 | Delano Wouterse    | 27-04-93 PAC             | Dordrecht  | 09-01-10 |
| 6,47 | Ben 't Hart        | 22-02-93 Sparta          | Zoetermeer | 19-12-09 |
| 6,50 | Joshua Gul         | 17-04-94 Phanos          | Utrecht    | 13-12-09 |
| 6,51 | Yannick Mahieu     | 17-03-95 Phanos          | Utrecht    | 13-12-09 |
| 6,53 | Thomas van de Poel | 17-03-94 PAC             | Dordrecht  | 09-01-10 |

**60 meter jongens-B**

|      |                      |                              |                  |          |
|------|----------------------|------------------------------|------------------|----------|
| 7,05 | Jonathan Mutebwa     | 11-01-93 Eindhoven Atletiek  | Apeldoorn        | 27-02-10 |
| 7,06 | Sander Pupella       | 27-03-93 Energie             | Gent (BEL)       | 07-02-10 |
| 7,18 | Olaf van den Bergh   | 07-03-94 Prins Hendrik       | Apeldoorn        | 06-02-10 |
| 7,25 | Marvin Douma         | 12-08-93 Horror              | Apeldoorn        | 27-02-10 |
| 7,26 | Kjell Wolters        | 18-04-94 PEC 1910            | Groningen        | 17-01-10 |
| 7,29 | Gavan Koekkoek       | 18-02-94 PAC                 | Apeldoorn        | 27-02-10 |
| 7,31 | Jeroen Brus          | 30-03-93 Ciko '66            | Apeldoorn        | 27-02-10 |
| 7,31 | Igor Smits           | 15-04-93 Hollandia           | Apeldoorn        | 27-02-10 |
| 7,32 | Jan Westerdiep       | 15-01-93 Phanos              | Apeldoorn        | 27-02-10 |
| 7,35 | Yannick Mahieu       | 17-03-95 Phanos              | Apeldoorn        | 27-02-10 |
|      | (10)                 |                              |                  |          |
| 7,37 | Sean Alvarado        | 08-06-93 R' dam Atletiek     | Zoetermeer       | 19-12-09 |
| 7,37 | Tim Dekker           | 29-09-93 AV Gouda            | Apeldoorn        | 20-02-10 |
| 7,37 | Jerom Theunissen     | 21-11-94 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 7,38 | Thomas Kempe         | 12-08-94 Dynamica            | Apeldoorn        | 30-01-10 |
| 7,38 | Tom Roetman          | 07-02-93 GAC-Hilversum       | Apeldoorn        | 20-02-10 |
| 7,38 | Rik Jansen           | 09-02-94 Unitas              | Düsseldorf (GER) | 13-03-10 |
| 7,39 | Joshua Gul           | 17-04-94 Phanos              | Apeldoorn        | 27-02-10 |
| 7,41 | Melroy Braat         | 16-02-94 Diomedon            | Dortmund (GER)   | 24-01-10 |
| 7,41 | Menno Vloon          | 11-05-94 Lycurgus            | Apeldoorn        | 27-02-10 |
| 7,44 | Delano Wouterse      | 27-04-93 PAC                 | Dordrecht        | 09-01-10 |
|      | (20)                 |                              |                  |          |
| 7,45 | Nadim van Minnen     | 22-11-94 SISU                | Apeldoorn        | 27-02-10 |
| 7,48 | Jeffrey van Oorschot | 23-06-95 Spado               | Gent (BEL)       | 10-01-10 |
| 7,48 | Menno van der Steen  | 09-01-94 Suomi               | Apeldoorn        | 27-02-10 |
| 7,49 | Wout Kliek           | 22-12-93 AV Texel            | Alkmaar          | 12-12-09 |
| 7,49 | Joeri van der Hooft  | 08-09-93 De Wielingen        | Gent (BEL)       | 23-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|      |                       |  |                  |          |
|------|-----------------------|--|------------------|----------|
| 1,91 | Eelco Sintnicolaas    | 07-04-87 AV '34                                | Apeldoorn        | 30-01-10 |
| 1,91 | Daniël Leyba          | 29-11-93 Haag Atletiek                         | Apeldoorn        | 28-02-10 |
| 1,90 | Robin Coops           | 09-09-90 Hellas                                | Utrecht          | 13-12-09 |
| 1,90 | Jan Ormel             | 19-12-86 Hellas                                | Utrecht          | 13-12-09 |
| 1,90 | Ralph Jacobs          | 11-05-84 Atledo                                | Gent (BEL)       | 26-12-09 |
| 1,90 | Joost Ketel           | 21-05-94 Achilles-EL Herzebroek-Clarholz (GER) | 03-01-10         |          |
| 1,90 | Roy van Meel          | 20-03-90 Ilion                                 | Zoetermeer       | 09-01-10 |
| 1,90 | Ralf Dingeman         | 04-04-80 Ilion                                 | Zoetermeer       | 09-01-10 |
| 1,90 | Jurgen Versluijs      | 13-01-84 Climax                                | Utrecht          | 22-01-10 |
|      | (30)                  |  |                  |          |
| 1,90 | Tieme Klinkers        | 09-04-86 Vitalis                               | Apeldoorn        | 31-01-10 |
| 1,90 | Tom Roetman           | 07-02-93 GAC-Hilversum                         | Apeldoorn        | 21-02-10 |
| 1,90 | Robin Bak             | 16-02-92 NEA-Volharding                        | Apeldoorn        | 27-02-10 |
| 1,90 | Mathijs van Gageldonk | 22-05-91 Atledo                                | Apeldoorn        | 27-02-10 |
| 1,90 | Frans Boumans         | 08-01-87 Achilles-Top                          | Düsseldorf (GER) | 13-03-10 |
| 1,89 | Timo de Water         | 05-11-91 Ilion                                 | Apeldoorn        | 20-02-10 |
| 1,88 | Jan-Berend Luten      | 19-05-89 Impala                                | Groningen        | 17-01-10 |
| 1,88 | Bob Altena            | 11-02-86 Unitas                                | Apeldoorn        | 30-01-10 |
| 1,88 | Ludo van der Plaats   | 03-07-83 Ilion                                 | Apeldoorn        | 30-01-10 |
| 1,88 | Quincy van Driesten   | 08-07-93 Altis                                 | Apeldoorn        | 28-02-10 |
|      | (40)                  |  |                  |          |
| 1,87 | Niels Ran             | 14-03-88 AV Haarlem                            | Apeldoorn        | 13-02-10 |
| 1,87 | Bastiaan Bretveld     | 25-05-89 Phanos                                | Apeldoorn        | 13-02-10 |
| 1,87 | Randy van Geenen      | 17-01-90 AV Almere '81                         | Apeldoorn        | 20-02-10 |
| 1,87 | Tim Mout              | 30-12-87 Altis                                 | Apeldoorn        | 20-02-10 |
| 1,87 | Brian Vriend          | 20-05-90 Lycurgus                              | Apeldoorn        | 20-02-10 |
| 1,87 | Tim Dekker            | 29-09-93 AV Gouda                              | Apeldoorn        | 21-02-10 |
| 1,87 | Ferry van Dipten      | 28-02-93 Climax                                | Apeldoorn        | 21-02-10 |
| 1,86 | Rens van Dijk         | 30-03-91 Altis                                 | Dordrecht        | 09-01-10 |
| 1,86 | Ricardo Verheijen     | 28-02-91 De Gemzen                             | Apeldoorn        | 20-02-10 |
| 1,86 | Alain Bettonviel      | 08-03-91 Attila                                | Apeldoorn        | 20-02-10 |
|      | (50)                  |  |                  |          |

**polssstokhoogspringen mannen**

|      |                         |                              |                   |          |
|------|-------------------------|------------------------------|-------------------|----------|
| 5,60 | Robbert-Jan Jansen      | 22-07-83 Prins Hendrik       | Apeldoorn         | 07-02-10 |
| 5,41 | Wengerden               | 16-02-87 Unitas              | Kirchberg (LUX)   | 16-01-10 |
| 5,40 | Eelco Sintnicolaas      | 07-04-87 AV '34              | Apeldoorn         | 31-01-10 |
| 5,02 | Christian Tamminga      | 30-04-74 Haag Atletiek       | Apeldoorn         | 07-02-10 |
| 4,86 | Jorn Bakker             | 19-02-87 Ilion               | Apeldoorn         | 13-02-10 |
| 4,83 | Cyril Verberne          | 04-12-84 Attila              | Sittard           | 24-01-10 |
| 4,82 | Timo de Water           | 05-11-91 Ilion               | Apeldoorn         | 07-02-10 |
| 4,73 | Bob Altena              | 11-02-86 Unitas              | Sittard           | 24-01-10 |
| 4,72 | Pim Jehee               | 04-05-88 AV Gouda            | Apeldoorn         | 07-02-10 |
| 4,52 | Kevin Woldberg          | 13-02-80 PEC 1910            | Apeldoorn         | 07-02-10 |
|      | (10)                    |                              |                   |          |
| 4,52 | Joel de Water           | 30-05-89 Ilion               | Apeldoorn         | 07-02-10 |
| 4,50 | Pelle Rietveld          | 04-02-85 Ilion               | Zoetermeer        | 09-01-10 |
| 4,50 | Christiaan Leeuwenburgh | 4504-10-62 Haag Atletiek     | Gainesville (USA) | 31-01-10 |
| 4,46 | Yanick Slikboer         | 17-09-87 Atletiek Maastricht | Dordrecht         | 09-01-10 |
| 4,40 | Rinze Venderbosch       | 26-04-88 Haag Atletiek       | Zoetermeer        | 09-01-10 |
| 4,40 | Ludo van der Plaats     | 03-07-83 Ilion               | Apeldoorn         | 31-01-10 |
| 4,40 | Ingmar Vos              | 28-05-86 PAC                 | Birmingham (GBR)  | 06-02-10 |
| 4,40 | Sammy Ballak            | 10-04-86 Unitas              | Apeldoorn         | 21-02-10 |
| 4,40 | Cas Willems             | 29-01-88 Caesar              | Apeldoorn         | 21-02-10 |
| 4,40 | Tom Roetman             | 07-02-93 GAC-Hilversum       | Apeldoorn         | 27-02-10 |
|      | (20)                    |                              |                   |          |
| 4,30 | Paul Groen              | 23-09-89 GAC-Hilversum       | Apeldoorn         | 21-02-10 |
| 4,30 | Mark Jacobs             | 20-04-92 GVAC                | Apeldoorn         | 21-02-10 |
| 4,25 | Rutger Koppelaar        | 01-05-93 Unitas              | Apeldoorn         | 27-02-10 |
| 4,21 | Remco Mallens           | 23-02-70 Sprint              | Dordrecht         | 09-01-10 |
| 4,20 | Bryan Hage              | 19-12-92 Ilion               | Apeldoorn         | 30-01-10 |
| 4,20 | Niils Mulder            | 25-06-87 Haag Atletiek       | Gent (BEL)        | 27-02-10 |
| 4,20 | Marco de Keijzer        | 13-08-88 R' dam Atletiek     | Dordrecht         | 30-10-10 |

Statistisch jaarboek indooratletiek 2009/2010

|   |                |                  |     |                               |                |          |
|---|----------------|------------------|-----|-------------------------------|----------------|----------|
| 4,16  | Leandor        | Jonkers          | Neo | 02-12-89 Sprint               | Apeldoorn      | 13-02-10 |
| 4,13  | Dennis         | Schrijnders      |     | 18-10-85 AV Lycurgus          | Sittard        | 24-01-10 |
| 4,10  | Rik van        | Leeuwen          | Neo | 14-01-88 Passaat (30)         | Gent (BEL)     | 19-12-09 |
| 4,10  | Jaap           | Hendriks         |     | 17-02-84 PEC 1910             | Apeldoorn      | 31-01-10 |
| 4,10  | Sjoerd         | Dolsma           | Neo | 02-09-89 Lycurgus             | Apeldoorn      | 31-01-10 |
| 4,02  | Huisman        | Huisman          |     | 17-09-85 PEC 1910             | Groningen      | 17-01-10 |
| 4,00  | Raymond        | Oonincx          | JA  | 18-06-91 Sprint               | Gent (BEL)     | 19-12-09 |
| 4,00  | Bart van der   | Pasch            | JA  | 24-05-92 Gen. Michaëlis       | Apeldoorn      | 30-01-10 |
| 4,00  | Alwin          | Roobeek          |     | 12-06-84 AV '34               | Apeldoorn      | 21-02-10 |
| 4,00  | Bart           | Heijes           | JC  | 25-01-95 Passaat              | Dordrecht      | 30-10-10 |
| 4,00  | Justin         | Francois         |     | 22-03-76 Groene Ster          | Dordrecht      | 30-10-10 |
| 4,00  | Marc           | Suvaal           | M40 | 07-07-65 R' dam Atletiek      | Dordrecht      | 30-10-10 |
| 3,96  | Ewald          | Koekkoek         | Neo | 15-01-90 GAC-Hilversum (40)   | Apeldoorn      | 13-02-10 |
| 3,96  | Theo           | Danes            |     | 19-05-83 AV '23               | Apeldoorn      | 13-02-10 |
| 3,90  | Victor         | Besters          | Neo | 19-10-90 Spado                | Gent (BEL)     | 02-01-10 |
| 3,90  | Sam            | Kranse           | JA  | 11-09-92 PAC                  | Zoetermeer     | 09-01-10 |
| 3,86  | Sander         | Kil              | JA  | 02-09-92 Sprint               | Apeldoorn      | 28-02-10 |
| 3,83  | Dennis         | Verhove          | JA  | 17-04-92 Unitas               | Sittard        | 24-01-10 |
| 3,80  | Mathijs van    | Dijk             | JB  | 11-11-93 GAC-Hilversum        | Gent (BEL)     | 19-12-09 |
| 3,80  | Bart van den   | Wijngaard        | Neo | 18-08-89 Scorpio              | Gent (BEL)     | 19-12-09 |
| 3,80  | Brian          | Vriend           | Neo | 20-05-90 Lycurgus             | Apeldoorn      | 21-02-10 |
| 3,76  | Rowan          | Smal             | JA  | 08-07-91 NEA-Volharding       | Apeldoorn      | 28-02-10 |
| 3,70  | Pieter         | Braun            | JB  | 21-01-93 Sprint (50)          | Apeldoorn      | 30-01-10 |
| 3,70  | Robin          | Coops            | Neo | 09-09-90 Hellas               | Apeldoorn      | 21-02-10 |
| 3,70  | Alain          | Bettonviel       | JA  | 08-03-91 Attila               | Apeldoorn      | 21-02-10 |
| 3,65  | Jos            | Warmerdam        | M45 | 14-04-65 U-Track              | Apeldoorn      | 14-02-10 |
| 3,65  | Anton de       | Regt             | JB  | 11-06-93 AV '34               | Apeldoorn      | 27-02-10 |
| 3,63  | Dennis         | Veenker          | JA  | 23-08-92 Impala               | Sittard        | 24-01-10 |
| 3,63  | Bruno          | Stagier          | JB  | 11-06-93 Unitas               | Sittard        | 24-01-10 |
| 3,60  | Randy van      | Geenen           | Neo | 17-01-90 AV Almere '81        | Apeldoorn      | 21-02-10 |
| <i>in onderlinge wedstrijd:</i>             |                |                  |     |                               |                |          |
| 4,20  | Leandor        | Jonkers          | Neo | 02-12-89 Sprint               | Dordrecht      | 20-03-10 |
| <i>buitenlanders bij Nederlandse clubs:</i> |                |                  |     |                               |                |          |
| 4,50  | Niels          | Pittomvils (BEL) | JA  | 18-07-92 Unitas               | Gent (BEL)     | 02-01-10 |
| <b>verspringen mannen</b>                   |                |                  |     |                               |                |          |
| 7,57  | Mark           | Jacobs           | JA  | 20-04-92 GVAC                 | Apeldoorn      | 28-02-10 |
| 7,45  | Eelco          | Sintnicolaas     |     | 07-04-87 AV '34               | Gent (BEL)     | 14-02-10 |
| 7,42  | Joost van      | Bennekom         |     | 18-01-81 AC TION              | Apeldoorn      | 07-02-10 |
| 7,28  | Jonathan       | Pengel           |     | 22-09-85 Phanos               | Groningen      | 17-01-10 |
| 7,15  | Kjell          | Wolters          | JB  | 18-04-94 PEC 1910             | Gent (BEL)     | 07-02-10 |
| 7,14  | Ingmar         | Vos              |     | 28-05-86 PAC                  | Gent (BEL)     | 14-02-10 |
| 7,11  | Bob            | Altena           |     | 11-02-86 Unitas               | Apeldoorn      | 30-01-10 |
| 7,06  | Pim            | Jehee            | Neo | 04-05-88 AV Gouda             | Apeldoorn      | 20-02-10 |
| 7,03  | Stefan de      | Vries            | JA  | 18-10-92 Altis                | Apeldoorn      | 28-02-10 |
| 7,00  | Sander         | Schutjes         | Neo | 31-10-88 AV Valkenswaard (10) | Apeldoorn      | 07-02-10 |
| 6,98  | Pieter         | Braun            | JB  | 21-01-93 Sprint               | Dortmund (GER) | 24-01-10 |
| 6,95  | Rogier van den | Berg             |     | 01-04-79 Sparta               | Utrecht        | 13-12-09 |
| 6,91  | Brian          | Vriend           | Neo | 20-05-90 Lycurgus             | Dortmund (GER) | 24-01-10 |
| 6,88  | Jeroen de      | Borst            |     | 01-11-82 Parthenon            | Apeldoorn      | 07-02-10 |
| 6,87  | Joeri van der  | Hooft            | JB  | 08-09-93 De Wielingen         | Gent (BEL)     | 07-02-10 |
| 6,86  | Tom            | Buijs            | Neo | 23-07-90 AV Zaanland          | Utrecht        | 13-12-09 |
| 6,85  | Tijmen         | Meijer           | Neo | 27-02-88 NEA-Volharding       | Groningen      | 17-01-10 |
| 6,85  | Nils           | Mulder           |     | 25-06-87 Haag Atletiek        | Apeldoorn      | 13-02-10 |
| 6,82  | Cas            | Willems          | Neo | 29-01-88 Caesar               | Apeldoorn      | 20-02-10 |
| 6,80  | Danny          | Groot            | Neo | 03-07-88 AV Edam (20)         | Utrecht        | 21-02-10 |
| 6,79  | Marc de        | Vries            |     | 01-11-78 AV Zaanland          | Gent (BEL)     | 19-12-09 |
| 6,77  | Ludo van der   | Plaat            |     | 03-07-83 Ilion                | Apeldoorn      | 30-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                                   |  |                  |    |                              |                  |          |
|-----------------------------------|--|------------------|----|------------------------------|------------------|----------|
| 6,18                              | Daniël   | Leyba            | JB | 29-11-93 Haag Atletiek       | Utrecht          | 07-11-09 |
| 6,18                              | Joris  | Hallegraef       | JB | 23-03-93 Attila              | Apeldoorn        | 20-02-10 |
| 6,16                              | Jethro   | Obot             | JB | 13-02-94 Haag Atletiek       | Utrecht          | 07-11-09 |
| 6,16                              | Sean   | Alvarado         | JB | 08-06-93 R' dam Atletiek     | Zoetermeer       | 16-01-10 |
| 6,16                              | Ben 't   | Hart             | JB | 22-02-93 Sparta              | Groningen        | 17-01-10 |
| 6,16                              | Alain  | Bottomviel       |    | 08-03-91 Attila              | Apeldoorn        | 13-02-10 |
| <b>hink-stap-sprong jongens-A</b> |  |                  |    |                              |                  |          |
| 14,02                             | Wik  | Breure           |    | 08-01-92 Pijnenburg          | Apeldoorn        | 28-02-10 |
| 13,86                             | Jasper   | Kranendonk       |    | 20-03-91 Typhoon             | Apeldoorn        | 06-02-10 |
| 13,37                             | Joeri van der                                      | Hooft            | JB | 08-09-93 De Wielingen        | Gent (BEL)       | 07-03-10 |
| 13,04                             | Ben 't   | Hart             | JB | 22-02-93 Sparta              | Zoetermeer       | 19-12-09 |
| 12,97                             | Almo   | Daved            |    | 24-05-92 AAC                 | Groningen        | 17-01-10 |
| 12,90                             | Joey   | Blangé           |    | 04-09-91 Spirit-OB           | Apeldoorn        | 28-02-10 |
| 12,72                             | Luc  | Baauw            | JB | 26-03-93 Fortuna             | Utrecht          | 30-01-10 |
| 12,72                             | Harald-Peter                                       | Bust             |    | 03-06-92 Hellas              | Utrecht          | 30-01-10 |
| 12,67                             | Bas  | Büthker          | JB | 14-02-94 Eindhoven Atletiek  | Apeldoorn        | 27-02-10 |
| 12,54                             | Bren Simon   | Meijer           | JB | 05-01-93 NEA-Volharding (10) | Apeldoorn        | 27-02-10 |
| 12,48                             | Bas van den  | Bergh            |    | 15-06-92 Scopias             | Düsseldorf (GER) | 13-03-10 |
| 12,29                             | Jeroen   | Boumans          | JC | 16-01-95 Sparta              | Zoetermeer       | 19-12-09 |
| 12,24                             | Rafaël van der                                     | Steen            |    | 15-01-91 Phoenix             | Apeldoorn        | 13-02-10 |
| 12,23                             | Storm  | Potkamp          | JB | 15-03-93 Ciko '66            | Apeldoorn        | 27-02-10 |
| 12,19                             | Branco van   | Minnen           |    | 19-01-92 SISU                | Apeldoorn        | 13-02-10 |
| 11,96                             | Simon  | Bliek            |    | 07-08-92 AV Gouda            | Groningen        | 17-01-10 |
| <b>kogelstoten 6 kg jongens-A</b> |  |                  |    |                              |                  |          |
| 16,46                             | Thierry  | Kruihof          |    | 11-04-91 KAV Holland         | Apeldoorn        | 27-02-10 |
| 16,18                             | Roy  | Spijkerman       |    | 08-05-92 Daventria           | Enschede         | 07-03-10 |
| 15,36                             | Remco  | Goetheer         |    | 05-10-92 Passaat             | Apeldoorn        | 27-02-10 |
| 15,23                             | Olaf van der                                       | Geest            |    | 29-09-92 De Keien            | Apeldoorn        | 20-02-10 |
| 15,08                             | Zuilen   | Roland van       |    | 03-04-91 AV Gouda            | Apeldoorn        | 30-01-10 |
| 14,67                             | Niels  | Peeters          |    | 24-02-92 Atletiek Maastricht | Düsseldorf (GER) | 13-03-10 |
| 13,82                             | Arnoud   | Damsteegt        |    | 23-04-91 AAC '61             | Apeldoorn        | 27-02-10 |
| 13,76                             | Bas  | Vos              |    | 03-08-91 PEC 1910            | Apeldoorn        | 27-02-10 |
| 13,67                             | Harald-Peter                                       | Bust             |    | 03-06-92 Hellas              | Groningen        | 17-01-10 |
| 13,42                             | Robin  | Bak              |    | 16-02-92 NEA-Volharding (10) | Apeldoorn        | 27-02-10 |
| 13,28                             | Niels  | Pittomvils (BEL) |    | 18-07-92 Unitas              | Gent (BEL)       | 06-02-10 |
| 12,78                             | Sven   | Kooiman          |    | 30-01-92 Clytoneus           | Apeldoorn        | 27-02-10 |
| 12,18                             | Ruben  | Overbeeke        | JB | 30-05-93 Hercules            | Apeldoorn        | 30-01-10 |
| 12,16                             | Ricardo  | Verheijen        |    | 28-02-91 De Gemzen           | Apeldoorn        | 20-02-10 |
| 12,08                             | Menno van  | Beelen           |    | 24-04-92 De Spartaan         | Apeldoorn        | 27-02-10 |
| 12,02                             | Roy  | Janssen          |    | 18-03-92 KAV Holland         | Apeldoorn        | 27-02-10 |
| 11,98                             | Timo de  | Water            |    | 05-11-91 Ilion               | Apeldoorn        | 20-02-10 |
| 11,83                             | Nick   | Smit             |    | 24-02-91 AV Aalsmeer         | Apeldoorn        | 27-02-10 |
| 11,81                             | Mark   | Jacobs           |    | 20-04-92 GVAC                | Dortmund (GER)   | 24-01-10 |
| 11,75                             | Maarten  | Comelissen       |    | 25-01-92 AAC (20)            | Dortmund (GER)   | 03-01-10 |
| <b>7-kamp jongens-A</b>           |  |                  |    |                              |                  |          |
| 5311                              | Mark   | Jacobs           |    | 20-04-92 GVAC                | Apeldoorn        | 21-02-10 |
|                                   | 7,14 * 7,33 * 11,49 * 1,95 * 8,51 * 4,30 * 2,57,16 |                  |    |                              |                  |          |
| 4958                              | Timo de  | Water            |    | 05-11-91 Ilion               | Apeldoorn        | 21-02-10 |
|                                   | 7,29 * 6,63 * 11,98 * 1,89 * 8,66 * 4,70 * 3,18,20 |                  |    |                              |                  |          |
| 4767                              | Niels  | Pittomvils (BEL) |    | 18-07-92 Unitas              | Gent (BEL)       | 07-02-10 |
|                                   | 7,55 * 6,02 * 13,28 * 1,78 * 8,64 * 4,20 * 2,57,88 |                  |    |                              |                  |          |
| 4313                              | Alain  | Bettonviel       |    | 08-03-91 Attila              | Apeldoorn        | 21-02-10 |
|                                   | 7,64 * 6,04 * 10,32 * 1,86 * 8,77 * 3,70 * 3,14,00 |                  |    |                              |                  |          |
| 4288                              | Sam  | Kranse           |    | 11-09-92 PAC                 | Apeldoorn        | 21-02-10 |
|                                   | 7,53 * 5,77 * 10,34 * 1,71 * 9,30 * 3,90 * 2,54,50 |                  |    |                              |                  |          |
| 4231                              | Olaf van der                                       | Geest            |    | 29-09-92 De Keien            | Apeldoorn        | 21-02-10 |
|                                   | 7,67 * 5,74 * 15,23 * 1,80 * 9,74 * 3,10 * 3,02,69 |                  |    |                              |                  |          |
| 4180                              | Bas  | Huijben          |    | 09-05-91 Attila              | Apeldoorn        | 21-02-10 |



Statistisch jaarboek indooratletiek 2009/2010

|                              |               |                 |                             |                  |          |
|------------------------------|---------------|-----------------|-----------------------------|------------------|----------|
| 3,86                         | Sander        | Kil             | 02-09-92 Sprint             | Apeldoorn        | 28-02-10 |
| 3,83                         | Dennis        | Verhove         | 17-04-92 Unitas             | Sittard          | 24-01-10 |
| 3,80                         | Mathijs van   | Dijk            | 11-11-93 GAC-Hilversum      | Gent (BEL)       | 19-12-09 |
| 3,76                         | Rowan         | Smal            | 08-07-91 NEA-Volharding     | Apeldoorn        | 28-02-10 |
| 3,70                         | Pieter        | Braun           | 21-01-93 Sprint             | Apeldoorn        | 30-01-10 |
| 3,70                         | Alain         | Bettonviel      | 08-03-91 Attila             | Apeldoorn        | 21-02-10 |
| 3,65                         | Anton de      | Regt            | 11-06-93 AV '34             | Apeldoorn        | 27-02-10 |
| 3,63                         | Dennis        | Veenker         | 23-08-92 Impala             | Sittard          | 24-01-10 |
| 3,63                         | Bruno         | Stagier         | 11-06-93 Unitas             | Sittard          | 24-01-10 |
| 3,56                         | Roy van       | Schendel        | 16-01-92 Prins Hendrik (20) | Apeldoorn        | 28-02-10 |
| 3,53                         | Glenn         | Boessen         | 06-04-94 Unitas             | Sittard          | 24-01-10 |
| 3,52                         | Harald-Peter  | Bust            | 03-06-92 Hellas             | Groningen        | 17-01-10 |
| 3,51                         | Erwin         | Visser          | 20-02-92 Parthenon          | Dordrecht        | 09-01-10 |
| 3,50                         | Jeroen        | Heyster         | 10-07-91 PAC                | Dordrecht        | 21-11-09 |
| 3,50                         | Remon         | Berrepoets      | 22-05-95 PAC                | Dordrecht        | 30-10-10 |
| 3,45                         | Pim de        | Vor             | 11-03-93 GAC-Hilversum      | Apeldoorn        | 27-02-10 |
| 3,45                         | Jurriaan      | Wouters         | 18-04-93 Triathlon          | Apeldoorn        | 27-02-10 |
| 3,45                         | Menno         | Vloon           | 11-05-94 Lycurgus           | Apeldoorn        | 27-02-10 |
| 3,43                         | Nils          | Stok            | 04-06-94 PAC                | Sittard          | 24-01-10 |
| 3,43                         | Joris         | Hallegraef      | 23-03-93 Attila (30)        | Sittard          | 24-01-10 |
| 3,40                         | Joram van     | Leeuwen         | 21-05-93 AAC '61            | Apeldoorn        | 30-01-10 |
| 3,40                         | Martijn       | Rutgers         | 13-05-92 AAC                | Apeldoorn        | 21-02-10 |
| 3,40                         | Daniël        | Kil             | 06-06-95 Sprint             | Dordrecht        | 30-10-10 |
| 3,36                         | Ricardo       | Verheijen       | 28-02-91 De Gemzen          | Apeldoorn        | 13-02-10 |
| 3,36                         | Dennis        | Coehoorn        | 27-09-92 AC TION            | Apeldoorn        | 13-02-10 |
| <b>verspringen jongens-A</b> |               |                 |                             |                  |          |
| 7,57                         | Mark          | Jacobs          | 20-04-92 GVAC               | Apeldoorn        | 28-02-10 |
| 7,15                         | Kjell         | Wolters         | 18-04-94 PEC 1910           | Gent (BEL)       | 07-02-10 |
| 7,03                         | Stefan de     | Vries           | 18-10-92 Altis              | Apeldoorn        | 28-02-10 |
| 6,98                         | Pieter        | Braun           | 21-01-93 Sprint             | Dortmund (GER)   | 24-01-10 |
| 6,87                         | Joeri van der | Hooft           | 08-09-93 De Wielingen       | Gent (BEL)       | 07-02-10 |
| 6,75                         | Erik          | Stevens         | 11-03-91 Ilion              | Düsseldorf (GER) | 03-01-10 |
| 6,75                         | Harald-Peter  | Bust            | 03-06-92 Hellas             | Utrecht          | 08-01-10 |
| 6,70                         | Robin         | Lagrand         | 15-02-91 Lycurgus           | Dortmund (GER)   | 24-01-10 |
| 6,70                         | Gavan         | Koekkoek        | 18-02-94 PAC                | Utrecht          | 14-03-10 |
| 6,69                         | Stijn van     | Opstal          | 23-03-92 Prins Hendrik (10) | Apeldoorn        | 30-01-10 |
| 6,66                         | Bart          | Latour          | 15-05-91 AV Almere '81      | Apeldoorn        | 28-02-10 |
| 6,63                         | Timo de       | Water           | 05-11-91 Ilion              | Apeldoorn        | 20-02-10 |
| 6,58                         | Niels de      | Graaf           | 28-02-92 Atverni            | Dortmund (GER)   | 24-01-10 |
| 6,57                         | Marlon        | Blaaspipj (SUR) | 14-06-91 Nijmegen Atletiek  | Dortmund (GER)   | 10-01-10 |
| 6,54                         | Thomas        | Hartman         | 11-05-91 Clytoneus          | Apeldoorn        | 28-02-10 |
| 6,49                         | Wik           | Breure          | 08-01-92 Pijnenburg         | Groningen        | 17-01-10 |
| 6,46                         | Ferry van     | Dipten          | 28-02-93 Climax             | Apeldoorn        | 27-02-10 |
| 6,45                         | Tom           | Roetman         | 07-02-93 GAC-Hilversum      | Apeldoorn        | 20-02-10 |
| 6,44                         | Daniël        | Oldenstam       | 31-08-93 Fortuna            | Apeldoorn        | 27-02-10 |
| 6,42                         | Bas van den   | Bergh           | 15-06-92 Scopias (20)       | Düsseldorf (GER) | 13-03-10 |
| 6,39                         | Wesley        | Goedegebuure    | 28-09-91 Unitas             | Apeldoorn        | 28-02-10 |
| 6,34                         | Jasper        | Kranendonk      | 20-03-91 Typhoon            | Dordrecht        | 09-01-10 |
| 6,29                         | Robin         | Scholten        | 03-11-92 AV Wijchen         | Dortmund (GER)   | 24-01-10 |
| 6,28                         | Rik           | Jansen          | 09-02-94 Unitas             | Düsseldorf (GER) | 13-03-10 |
| 6,28                         | Wouter        | Brus            | 30-09-91 Atverni            | Utrecht          | 21-03-10 |
| 6,27                         | Emiel         | Damen           | 08-09-93 Unitas             | Apeldoorn        | 27-02-10 |
| 6,26                         | Martijn       | Rutgers         | 13-05-92 AAC                | Apeldoorn        | 20-02-10 |
| 6,23                         | Koen de       | Jong            | 08-04-94 AV Wijchen         | Dortmund (GER)   | 24-01-10 |
| 6,23                         | Luc           | Baauw           | 26-03-93 Fortuna            | Apeldoorn        | 27-02-10 |
| 6,21                         | Bas           | Huijben         | 09-05-91 Attila (30)        | Apeldoorn        | 20-02-10 |
| 6,20                         | Tim           | Dekker          | 29-09-93 AV Gouda           | Apeldoorn        | 20-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|   |                |              |                             |                  |          |
|---|----------------|--------------|-----------------------------|------------------|----------|
| 6,75  | Paul           | Groen        | 23-09-89 GAC-Hilversum      | Utrecht          | 13-12-09 |
| 6,75  | Erik           | Stevens      | 11-03-91 Ilion              | Düsseldorf (GER) | 03-01-10 |
| 6,75  | Harald-Peter   | Bust         | 03-06-92 Hellas             | Utrecht          | 08-01-10 |
| 6,74  | Robin          | Coops        | 09-09-90 Hellas             | Utrecht          | 13-12-09 |
| 6,74  | Alwin          | Roobeek      | 12-06-84 AV '34             | Apeldoorn        | 20-02-10 |
| 6,73  | Bram           | Ruissen      | 18-02-90 Ciko '66           | Apeldoorn        | 13-02-10 |
| 6,70  | Robin          | Lagrand      | 15-02-91 Lycurgus           | Dortmund (GER)   | 24-01-10 |
| 6,70  | Theo           | Danes        | 19-05-83 AV '23 (30)        | Apeldoorn        | 20-02-10 |
| 6,70  | Gavan          | Koekkoek     | 18-02-94 PAC                | Utrecht          | 14-03-10 |
| 6,69  | Stijn van      | Opstal       | 23-03-92 Prins Hendrik      | Apeldoorn        | 30-01-10 |
| 6,69  | Bart           | Mout         | 30-12-87 Altis              | Apeldoorn        | 20-02-10 |
| 6,66  | Bart           | Latour       | 15-05-91 AV Almere '81      | Apeldoorn        | 28-02-10 |
| 6,63  | Timo de        | Water        | 05-11-91 Ilion              | Apeldoorn        | 20-02-10 |
| 6,62  | Jelle van      | Kesteren     | 21-11-85 Sprint             | Gent (BEL)       | 27-02-10 |
| 6,59  | Pascal van     | Balen        | 06-03-90 Atverni            | Utrecht          | 21-03-10 |
| 6,58  | Niels de       | Graaf        | 28-02-92 Atverni            | Dortmund (GER)   | 24-01-10 |
| 6,58  | Frank          | Koopmans     | 06-02-75 PEC 1910           | Apeldoorn        | 14-02-10 |
| 6,55  | Bryan          | Bastiaanse   | 15-06-89 Fortuna (40)       | Dordrecht        | 09-01-10 |
| 6,54  | Thomas         | Hartman      | 11-05-91 Clytoneus          | Apeldoorn        | 28-02-10 |
| 6,49  | Wik            | Breure       | 08-01-92 Pijnenburg         | Groningen        | 17-01-10 |
| 6,49  | Daan           | Meijer       | 17-02-83 AV '34             | Apeldoorn        | 20-02-10 |
| 6,48  | Jasper de      | Lange        | 16-05-88 AAV '36            | Zoetermeer       | 16-01-10 |
| 6,48  | Eelco          | Koelwijn     | 21-09-80 Groningen Atletiek | Dortmund (GER)   | 24-01-10 |
| 6,47  | Hide           | Egbers       | 08-05-86 AV '34             | Dortmund (GER)   | 03-01-10 |
| 6,46  | Ferry van      | Dipten       | 28-02-93 Climax             | Apeldoorn        | 27-02-10 |
| <i>in onderlinge wedstrijd:</i>             |                |              |                             |                  |          |
| 6,89  | Jeroen de      | Borst        | 01-11-82 Parthenon          | Dordrecht        | 27-03-10 |
| 6,84  | Dennis van     | Noort        | 23-02-81 Parthenon          | Dordrecht        | 27-03-10 |
| <i>buitenlanders bij Nederlandse clubs:</i> |                |              |                             |                  |          |
| 7,81  | Ignisius       | Gaisah (GHA) | 20-06-83 PAC                | Doha (QAT)       | 13-03-10 |
| <b>hink-stap-sprong mannen</b>              |                |              |                             |                  |          |
| 15,13                                       | Sander         | Hage         | 25-08-85 Sprint             | Apeldoorn        | 06-02-10 |
| 14,78                                       | David van      | Hetten       | 06-08-86 R' dam Atletiek    | Apeldoorn        | 06-02-10 |
| 14,31                                       | Bryan          | Bastiaanse   | 15-06-89 Fortuna            | Zoetermeer       | 19-12-09 |
| 14,26                                       | Remco          | Aubert       | 16-12-86 PAC                | Zoetermeer       | 19-12-09 |
| 14,20                                       | Tijmen         | Meijer       | 27-02-88 NEA-Volharding     | Apeldoorn        | 06-02-10 |
| 14,02                                       | Wik            | Breure       | 08-01-92 Pijnenburg         | Apeldoorn        | 28-02-10 |
| 13,89                                       | Norbert        | Hoven        | 30-05-88 AAC                | Apeldoorn        | 06-02-10 |
| 13,86                                       | Jasper         | Kranendonk   | 20-03-91 Typhoon            | Apeldoorn        | 06-02-10 |
| 13,79                                       | Frank          | Koopmans     | 06-02-75 PEC 1910           | Apeldoorn        | 06-02-10 |
| 13,62                                       | Dennis         | Weijens      | 31-10-85 AV '23 (10)        | Apeldoorn        | 13-02-10 |
| 13,37                                       | Joeri van der  | Hooft        | 08-09-93 De Wielingen       | Gent (BEL)       | 07-03-10 |
| 13,13                                       | Niels          | Ran          | 14-03-88 AV Haarlem         | Apeldoorn        | 13-02-10 |
| 13,04                                       | Ben 't         | Hart         | 22-02-93 Sparta             | Zoetermeer       | 19-12-09 |
| 12,97                                       | Almo           | Daved        | 24-05-92 AAC                | Groningen        | 17-01-10 |
| 12,90                                       | Joey           | Blangé       | 04-09-91 Spirit-OB          | Apeldoorn        | 28-02-10 |
| 12,86                                       | Joram          | Knigge       | 24-01-90 AV '23             | Apeldoorn        | 13-02-10 |
| 12,72                                       | Luc            | Baauw        | 26-03-93 Fortuna            | Utrecht          | 30-01-10 |
| 12,72                                       | Harald-Peter   | Bust         | 03-06-92 Hellas             | Utrecht          | 30-01-10 |
| 12,67                                       | Bas            | Büthker      | 14-02-94 Eindhoven Atletiek | Apeldoorn        | 27-02-10 |
| 12,65                                       | Berry          | Koolstra     | 14-04-86 Ilion (20)         | Apeldoorn        | 13-02-10 |
| 12,54                                       | Bren Simon     | Meijer       | 05-01-93 NEA-Volharding     | Apeldoorn        | 27-02-10 |
| 12,48                                       | Bas van den    | Bergh        | 15-06-92 Scopias            | Düsseldorf (GER) | 13-03-10 |
| 12,47                                       | Bart           | Corijens     | 07-01-87 Startbaan          | Apeldoorn        | 13-02-10 |
| 12,45                                       | Jurgen van     | Berkum       | 04-09-67 Parthenon          | Apeldoorn        | 14-02-10 |
| 12,29                                       | Jeroen         | Boumans      | 16-01-95 Sparta             | Zoetermeer       | 19-12-09 |
| 12,27                                       | Daniel         | Bellefroid   | 10-10-87 AVON               | Düsseldorf (GER) | 13-03-10 |
| 12,24                                       | Rafaël van der | Steen        | 15-01-91 Phoenix            | Apeldoorn        | 13-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                                   |                  |                  |     |  |                  |          |
|-----------------------------------|------------------|------------------|-----|--|------------------|----------|
| 12,23                             | Storm            | Potkamp          | JB  | 15-03-93 Ciko '66                                  | Apeldoorn        | 27-02-10 |
| 12,19                             | Branco van       | Minnen           | JA  | 19-01-92 SISU                                      | Apeldoorn        | 13-02-10 |
| 12,11                             | Sammy            | Ballak           |     | 10-04-86 Unitas (30)                               | Düsseldorf (GER) | 13-03-10 |
| 12,07                             | Bart van         | Amelsvoort       |     | 23-10-87 Scorpio                                   | Hoboken (BEL)    | 29-11-09 |
| 12,05                             | Olaf             | Tuerlings        | Neo | 02-06-90 DAK                                       | Dordrecht        | 09-01-10 |
| <i>in onderlinge wedstrijd:</i>   |                  |                  |     |  |                  |          |
| 12,06                             | Peter van der    | Vliet            | M35 | 04-06-73 Hercules                                  | Dordrecht        | 27-03-10 |
| <b>kogelstoten 7,25 kg mannen</b> |                  |                  |     |  |                  |          |
| 18,36                             | Erik van         | Vreumingen       |     | 15-06-78 Haag Atletiek                             | Apeldoorn        | 06-02-10 |
| 18,01                             | Maarten          | Persoon          |     | 15-03-87 Phanos                                    | Apeldoorn        | 31-01-10 |
| 17,46                             | Patrick          | Groot            |     | 08-03-80 Lycurgus                                  | Apeldoorn        | 31-01-10 |
| 17,29                             | Patrick          | Cronie           | Neo | 05-11-89 Phanos                                    | Apeldoorn        | 06-02-10 |
| 16,78                             | Tom              | Corstjens        |     | 19-01-85 Achilles-Top                              | Apeldoorn        | 31-01-10 |
| 16,09                             | Robert-Jan       | Vos              | Neo | 20-06-90 AV Weert                                  | Apeldoorn        | 06-02-10 |
| 15,56                             | Stein            | Kuiper           | M40 | 03-03-69 Prins Hendrik                             | Apeldoorn        | 06-02-10 |
| 15,16                             | Bob              | Altena           |     | 11-02-86 Unitas                                    | Apeldoorn        | 30-01-10 |
| 14,91                             | Bror van der     | Zijde            | Neo | 13-02-89 Iliion                                    | Apeldoorn        | 06-02-10 |
| 14,73                             | Gerard           | Sluiter          | M35 | 13-01-73 Ciko '66 (10)                             | Apeldoorn        | 14-02-10 |
| 14,65                             | Vincent          | Jessen           | Neo | 26-01-89 Attila                                    | Dortmund (GER)   | 03-01-10 |
| 14,56                             | Jaap             | Kuiper           |     | 25-08-76 R' dam Atletiek                           | Apeldoorn        | 06-02-10 |
| 14,29                             | Ingmar           | Vos              |     | 28-05-86 PAC                                       | Gent (BEL)       | 14-02-10 |
| 14,21                             | Paul             | Olofsen          | Neo | 22-02-89 SAV                                       | Alkmaar          | 12-12-09 |
| 14,10                             | Daan             | Meijer           |     | 17-02-83 AV '34                                    | Apeldoorn        | 20-02-10 |
| 13,82                             | Eelco            | Sintnicolaas     |     | 07-04-87 AV '34                                    | Apeldoorn        | 20-02-10 |
| 13,81                             | Arjan            | Dekker           |     | 24-07-78 Achilles-Top                              | Dortmund (GER)   | 24-01-10 |
| 13,71                             | Stephan          | Wapperom         | Neo | 11-12-90 Parthenon                                 | Dordrecht        | 30-10-10 |
| 13,32                             | Jasper           | Christiaan (AHO) |     | 18-06-84 AAC                                       | Apeldoorn        | 13-02-10 |
| 13,25                             | Ludo van der     | Plaat            |     | 03-07-83 Iliion (20)                               | Apeldoorn        | 30-01-10 |
| 13,24                             | Cas              | Willems          | Neo | 29-01-88 Caesar                                    | Apeldoorn        | 20-02-10 |
| 13,09                             | Peter            | Holthuijsen      | M45 | 07-11-61 Swift                                     | Apeldoorn        | 14-02-10 |
| 12,73                             | Theo             | Danes            |     | 19-05-83 AV '23                                    | Apeldoorn        | 20-02-10 |
| 12,66                             | Winston          | Hofmeester       | M40 | 20-01-69 Haag Atletiek                             | Apeldoorn        | 14-02-10 |
| 12,66                             | Erwin            | Bökenkamp        | M40 | 23-10-69 AV Edam                                   | Apeldoorn        | 14-02-10 |
| 12,64                             | Ronald           | Meijer           |     | 20-01-82 Altis                                     | Dortmund (GER)   | 24-01-10 |
| 12,62                             | Ferry            | Marmoush         | Neo | 03-08-88 AAC                                       | Apeldoorn        | 13-02-10 |
| 12,56                             | Michel           | Leinders         | M45 | 10-03-62 Unitas                                    | Düsseldorf (GER) | 13-03-10 |
| 12,45                             | Marc             | Elsbeek          | M35 | 31-01-72 De Keien                                  | Apeldoorn        | 14-02-10 |
| 12,41                             | Ruud van         | Noort            | Neo | 08-11-88 De Spartaan (30)                          | Apeldoorn        | 13-02-10 |
| 12,41                             | Henk Jan         | Blom             | M45 | 18-01-63 Hollandia                                 | Apeldoorn        | 14-02-10 |
| 12,41                             | Brian            | Vriend           | Neo | 20-05-90 Lycurgus                                  | Apeldoorn        | 20-02-10 |
| 12,37                             | Paul             | Groen            | Neo | 23-09-89 GAC-Hilversum                             | Apeldoorn        | 20-02-10 |
| 12,37                             | Matthijs van der | Made             |     | 19-03-85 Scorpio                                   | Dordrecht        | 30-10-10 |
| 12,33                             | Frank            | Koopmans         | M35 | 06-02-75 PEC 1910                                  | Apeldoorn        | 14-02-10 |
| 12,28                             | Alexander        | Oldenmenger      |     | 09-03-77 Spirit-OB                                 | Dordrecht        | 09-01-10 |
| 12,28                             | Arjan van        | Harn             |     | 03-08-81 GAC-Hilversum                             | Apeldoorn        | 31-01-10 |
| 12,16                             | Mario            | Maessen          | M45 | 19-01-60 Statina                                   | Dordrecht        | 09-01-10 |
| 12,12                             | Alwin            | Roobeek          |     | 12-06-84 AV '34                                    | Apeldoorn        | 20-02-10 |
| <i>in onderlinge wedstrijd:</i>   |                  |                  |     |  |                  |          |
| 12,44                             | Dennis van       | Noort            |     | 23-02-81 Parthenon                                 | Dordrecht        | 27-03-10 |
| <b>7-kamp mannen</b>              |                  |                  |     |  |                  |          |
| 5882                              | Eelco            | Sintnicolaas     |     | 07-04-87 AV '34                                    | Apeldoorn        | 31-01-10 |
|                                   |                  |                  |     | 7,14 * 7,23 * 13,42 * 1,91 * 8,00 * 5,40 * 2,51,77 |                  |          |
| 5638                              | Bob              | Altena           |     | 11-02-86 Unitas                                    | Apeldoorn        | 31-01-10 |
|                                   |                  |                  |     | 7,28 * 7,11 * 15,16 * 1,88 * 8,35 * 4,70 * 2,46,51 |                  |          |
| 5305                              | Cas              | Willems          | Neo | 29-01-88 Caesar                                    | Apeldoorn        | 21-02-10 |
|                                   |                  |                  |     | 7,42 * 6,82 * 13,24 * 1,93 * 8,72 * 4,40 * 2,43,71 |                  |          |
| 5237                              | Ludo van der     | Plaat            |     | 03-07-83 Iliion                                    | Apeldoorn        | 31-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                                       |              |                  |    |   |                  |          |
|---------------------------------------|--------------|------------------|----|---|------------------|----------|
| 8,57                                  | Wouter       | Schuwer          |    | 22-12-91 Scopias                              | Düsseldorf (GER) | 13-03-10 |
| 8,64                                  | Niels        | Pittomvils (BEL) |    | 18-07-92 Unitas                               | Gent (BEL)       | 07-02-10 |
| 8,69                                  | Robin        | Oenema           |    | 19-06-91 PEC 1910                             | Apeldoorn        | 28-02-10 |
| 8,69                                  | Bas          | Huijben          |    | 09-05-91 Attila                               | Apeldoorn        | 28-02-10 |
| 8,71                                  | Stef van der | Schaaf           |    | 26-12-92 VAV                                  | Apeldoorn        | 30-01-10 |
| 8,78                                  | Jeffrie      | Buckle           |    | 08-08-91 Atletiek Maastricht                  | Sittard          | 10-01-10 |
| 8,96                                  | Bodo         | Verberkt         |    | 16-12-91 Clytoneus                            | Apeldoorn        | 28-02-10 |
| 9,07                                  | Bart van der | Pasch            |    | 24-05-92 Gen. Michaëlis                       | Sittard          | 10-01-10 |
| 9,17                                  | Alle         | Koperdraad       |    | 17-01-91 GAC-Hilversum                        | Utrecht          | 13-12-09 |
| 9,19                                  | Robin        | Scholten         |    | 03-11-92 AV Wijchen (20)                      | Apeldoorn        | 28-02-10 |
| 9,20                                  | Sam          | Kranse           |    | 11-09-92 PAC                                  | Dordrecht        | 30-10-10 |
| 9,24                                  | Max          | Dijkstra         |    | 30-09-92 Nijmegen Atletiek                    | Apeldoorn        | 28-02-10 |
| 9,27                                  | Martijn      | Rutgers          |    | 13-05-92 AAC                                  | Apeldoorn        | 21-02-10 |
| <b>hoogsprongen jongens-A</b>         |              |                  |    |   |                  |          |
| 2,16                                  | Douwe-Jan    | Amels            |    | 16-09-91 Impala                               | Apeldoorn        | 27-02-10 |
| 2,00                                  | Jasper       | Heesbeen         |    | 23-01-92 Prins Hendrik                        | Apeldoorn        | 07-02-10 |
| 1,98                                  | Leon         | Tukker           |    | 30-04-92 Typhoon                              | Apeldoorn        | 27-02-10 |
| 1,97                                  | Jethro       | Obot             | JB | 13-02-94 Haag Atletiek                        | Apeldoorn        | 28-02-10 |
| 1,95                                  | Sjoerd       | Dekker           |    | 22-02-92 Noordkop                             | Groningen        | 17-01-10 |
| 1,95                                  | Wart         | Weeren           |    | 29-01-92 Triathlon                            | Groningen        | 17-01-10 |
| 1,95                                  | Harald-Peter | Bust             |    | 03-06-92 Hellas                               | Utrecht          | 22-01-10 |
| 1,95                                  | Mark         | Jacobs           |    | 20-04-92 GVAC                                 | Apeldoorn        | 20-02-10 |
| 1,94                                  | Johan        | Schönebaum       | JB | 19-02-93 Iliion                               | Apeldoorn        | 28-02-10 |
| 1,91                                  | Wesley       | Zschöttche       | JB | 03-04-93 AV Zaanland (10)                     | Gent (BEL)       | 19-12-09 |
| 1,91                                  | Daniël       | Leyba            | JB | 29-11-93 Haag Atletiek                        | Apeldoorn        | 28-02-10 |
| 1,90                                  | Joost        | Ketel            | JB | 21-05-94 Achilles-EL Herzbrock-Clarholz (GER) | 03-01-10         |          |
| 1,90                                  | Tom          | Roetman          | JB | 07-02-93 GAC-Hilversum                        | Apeldoorn        | 21-02-10 |
| 1,90                                  | Robin        | Bak              |    | 16-02-92 NEA-Volharding                       | Apeldoorn        | 27-02-10 |
| 1,90                                  | Mathijs van  | Gageldonk        |    | 22-05-91 Atledo                               | Apeldoorn        | 27-02-10 |
| 1,89                                  | Timo de      | Water            |    | 05-11-91 Iliion                               | Apeldoorn        | 20-02-10 |
| 1,88                                  | Quincy van   | Driesten         | JB | 08-07-93 Altis                                | Apeldoorn        | 28-02-10 |
| 1,87                                  | Tim          | Dekker           | JB | 29-09-93 AV Gouda                             | Apeldoorn        | 21-02-10 |
| 1,87                                  | Ferry van    | Dipten           | JB | 28-02-93 Climax                               | Apeldoorn        | 21-02-10 |
| 1,86                                  | Rens van     | Dijk             |    | 30-03-91 Altis (20)                           | Dordrecht        | 09-01-10 |
| 1,86                                  | Ricardo      | Verheijen        |    | 28-02-91 De Gemzen                            | Apeldoorn        | 20-02-10 |
| 1,86                                  | Alain        | Bettonviel       |    | 08-03-91 Attila                               | Apeldoorn        | 20-02-10 |
| 1,85                                  | Bram         | Denissen         | JB | 20-06-93 Atledo                               | Dongen           | 17-01-10 |
| 1,85                                  | Dion         | Schellekens      |    | 22-05-92 Atledo                               | Dongen           | 17-01-10 |
| 1,85                                  | Stef van der | Schaaf           |    | 26-12-92 VAV                                  | Utrecht          | 22-01-10 |
| 1,85                                  | Gijs         | Tops             | JB | 27-11-94 AV Reusel '69                        | Apeldoorn        | 31-01-10 |
| 1,85                                  | Bas          | Zwartelé         |    | 19-06-92 Sprint                               | Apeldoorn        | 27-02-10 |
| 1,85                                  | Tako         | Forsten          | JB | 01-09-93 Hercules                             | Dordrecht        | 06-03-10 |
| 1,85                                  | Pim van      | Spanje           |    | 21-02-92 STB                                  | Düsseldorf (GER) | 13-03-10 |
| 1,83                                  | Bas          | Huijben          |    | 09-05-91 Attila (30)                          | Apeldoorn        | 20-02-10 |
| 1,81                                  | Matisse de   | Boer             | JB | 28-09-93 Horror                               | Tuk              | 06-03-10 |
| <b>polsstokhoogsprongen jongens-A</b> |              |                  |    |   |                  |          |
| 4,82                                  | Timo de      | Water            |    | 05-11-91 Iliion                               | Apeldoorn        | 07-02-10 |
| 4,50                                  | Niels        | Pittomvils (BEL) |    | 18-07-92 Unitas                               | Gent (BEL)       | 02-01-10 |
| 4,40                                  | Tom          | Roetman          | JB | 07-02-93 GAC-Hilversum                        | Apeldoorn        | 27-02-10 |
| 4,30                                  | Mark         | Jacobs           |    | 20-04-92 GVAC                                 | Apeldoorn        | 21-02-10 |
| 4,25                                  | Rutger       | Koppelaar        | JB | 01-05-93 Unitas                               | Apeldoorn        | 27-02-10 |
| 4,20                                  | Bryan        | Hage             |    | 19-12-92 Iliion                               | Apeldoorn        | 30-01-10 |
| 4,00                                  | Raymond      | Oonincx          |    | 18-06-91 Sprint                               | Gent (BEL)       | 19-12-09 |
| 4,00                                  | Bart van der | Pasch            |    | 24-05-92 Gen. Michaëlis                       | Apeldoorn        | 30-01-10 |
| 4,00                                  | Bart         | Heijes           | JC | 25-01-95 Passaat                              | Dordrecht        | 30-10-10 |
| 3,90                                  | Sam          | Kranse           |    | 11-09-92 PAC (10)                             | Zoetermeer       | 09-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|         |        |                 |                        |                |          |
|---------|--------|-----------------|------------------------|----------------|----------|
| 2.01,58 | Maxim  | Moinat          | 20-03-91 AV Haarl'meer | Dortmund (GER) | 24-01-10 |
| 2.01,64 | Youri  | Oolbekkink JB   | 06-03-94 Hanzesport    | Dortmund (GER) | 24-01-10 |
| 2.01,70 | Wesley | Zschöttche JB   | 03-04-93 AV Zaanland   | Gent (BEL)     | 19-12-09 |
| 2.01,78 | Arjen  | Venema          | 05-12-91 Climax        | Dortmund (GER) | 10-01-10 |
| 2.02,32 | Sjaak  | Hoogstraaten JB | 11-07-93 AV '23        | Apeldoorn      | 28-02-10 |
| 2.02,40 | Fenno  | Polderman JB    | 02-07-93 Clytoneus     | Apeldoorn      | 27-02-10 |
| 2.02,46 | Steve  | Bakker          | 09-09-92 Suomi         | Apeldoorn      | 27-02-10 |
| 2.02,50 | Menno  | Hunneman        | 20-10-92 Invictus      | Apeldoorn      | 27-02-10 |
| 2.02,61 | Bram   | Koldenhof       | 11-04-91 Statina       | Apeldoorn      | 27-02-10 |

**1500 meter jongens-A**

|         |                 |              |                         |           |          |
|---------|-----------------|--------------|-------------------------|-----------|----------|
| 4.04,07 | Jurjen          | Polderman    | 21-04-91 Clytoneus      | Apeldoorn | 30-01-10 |
| 4.07,55 | Jeffrey van der | Park         | 23-06-91 Hera           | Apeldoorn | 28-02-10 |
| 4.07,97 | Jordi           | Baars        | 09-01-92 AV Aalsmeer    | Apeldoorn | 28-02-10 |
| 4.08,62 | Jeffrey         | Spaltman     | 29-03-92 Hylas          | Apeldoorn | 28-02-10 |
| 4.11,69 | Lars            | Cazander     | 29-11-92 Hellas         | Apeldoorn | 28-02-10 |
| 4.12,29 | Jeroen          | Habers       | 24-04-91 De Spartaan    | Apeldoorn | 28-02-10 |
| 4.12,86 | Pieter van      | Oirschot     | 30-01-92 Gen. Michaëlis | Apeldoorn | 28-02-10 |
| 4.14,50 | Tim             | Bolink       | 09-04-92 Hellas         | Apeldoorn | 30-01-10 |
| 4.16,11 | Ward van de     | Wiel         | 05-04-91 Sprint         | Apeldoorn | 28-02-10 |
| 4.16,85 | Tony            | Mauritz (10) | 19-07-92 Haag Atletiek  | Groningen | 16-01-10 |
| 4.17,10 | Joeri           | Wolf         | 21-02-91 Flevo Delta    | Apeldoorn | 28-02-10 |
| 4.17,50 | Yared           | Stifanos JB  | 11-07-94 Hellas         | Apeldoorn | 30-01-10 |
| 4.17,59 | Wouter          | Heinrich JB  | 18-09-93 AKU            | Apeldoorn | 30-01-10 |
| 4.17,94 | Frank           | Futselaar    | 16-07-91 Ciko '66       | Apeldoorn | 28-02-10 |
| 4.18,57 | Bas ten         | Dam          | 24-07-91 AV '23         | Apeldoorn | 30-01-10 |
| 4.20,35 | Arjen           | Venema       | 05-12-91 Climax         | Apeldoorn | 28-02-10 |
| 4.20,43 | Gertin          | Roke         | 08-10-91 AC Ommen       | Apeldoorn | 28-02-10 |
| 4.21,35 | Remi van        | Balen        | 07-11-91 Hellas         | Apeldoorn | 30-01-10 |
| 4.22,89 | Riccardo        | Sprong JB    | 01-06-93 Clytoneus      | Apeldoorn | 28-02-10 |
| 4.23,46 | Wadie           | Moussaoui JB | 05-03-94 Prins Hendrik  | Apeldoorn | 30-01-10 |
| 4.24,59 | Mathijs         | Wiggers      | 23-05-92 AV Haarl'meer  | Apeldoorn | 30-01-10 |
| 4.24,91 | Stefan          | Breet        | 07-01-92 Flevo Delta    | Groningen | 16-01-10 |

**3000 meter jongens-A**

|         |        |                   |                             |           |          |
|---------|--------|-------------------|-----------------------------|-----------|----------|
| 8.46,68 | Wouter | Ploeger           | 10-10-92 AAC '61            | Apeldoorn | 28-02-10 |
| 8.46,70 | Wouter | Warmdorff         | 16-07-91 THOR               | Apeldoorn | 28-02-10 |
| 8.56,63 | Tom    | Koetsenruijter JB | 12-08-93 THOR               | Apeldoorn | 27-02-10 |
| 8.57,15 | Brian  | Kamstra JB        | 05-07-93 AAC '61            | Apeldoorn | 27-02-10 |
| 8.59,18 | Frank  | Blikslager        | 26-12-92 Groningen Atletiek | Apeldoorn | 28-02-10 |
| 9.03,60 | Jordi  | Baars             | 09-01-92 AV Aalsmeer        | Apeldoorn | 28-02-10 |
| 9.05,93 | Tommy  | Staal JB          | 18-08-94 AV '56             | Apeldoorn | 27-02-10 |
| 9.13,43 | Jeroen | Habers            | 24-04-91 De Spartaan        | Apeldoorn | 13-02-10 |
| 9.16,25 | Ivo    | Bijl (10)         | 28-06-93 Passaat            | Apeldoorn | 27-02-10 |
| 9.16,67 | Erwin  | Adan              | 19-01-92 Dynamica           | Apeldoorn | 28-02-10 |
| 9.18,72 | Jordy  | Vijfschaft JB     | 17-03-94 Groningen Atletiek | Apeldoorn | 27-02-10 |
| 9.26,99 | Lex    | Sinnige           | 15-12-92 AV Weert           | Apeldoorn | 28-02-10 |

**60 meter horden 99,1 cm jongens-A**

|      |              |                 |                        |           |          |
|------|--------------|-----------------|------------------------|-----------|----------|
| 8,05 | Koen         | Smet            | 09-08-92 Phanos        | Apeldoorn | 28-02-10 |
| 8,24 | Thierry      | Kruithof        | 11-04-91 KAV Holland   | Apeldoorn | 28-02-10 |
| 8,33 | Mark         | Jacobs          | 20-04-92 GVAC          | Apeldoorn | 28-02-10 |
| 8,33 | Wicher       | Nijkamp         | 29-01-92 Spado         | Apeldoorn | 28-02-10 |
| 8,41 | Stijn van    | Opstal          | 23-03-92 Prins Hendrik | Apeldoorn | 28-02-10 |
| 8,49 | Harald-Peter | Bust            | 03-06-92 Jahn II       | Sittard   | 10-01-10 |
| 8,50 | Steven       | Nuytincx        | 28-01-91 AV '56        | Apeldoorn | 30-01-10 |
| 8,50 | Jord         | Buiting         | 06-05-91 KAV Holland   | Apeldoorn | 28-02-10 |
| 8,54 | Timo de      | Water           | 05-11-91 Ilion         | Apeldoorn | 30-01-10 |
| 8,56 | Alain        | Bettonviel (10) | 08-03-91 Attila        | Apeldoorn | 28-02-10 |

Statistisch jaarboek indooratletiek 2009/2010

|  |      |              |           |                        |           |          |
|--|------|--------------|-----------|------------------------|-----------|----------|
| 7,28 * 6,77 * 13,25 * 1,88 * 8,54 * 4,40 * 2,53,24 | 5187 | Alwin        | Roobeek   | 12-06-84 AV '34        | Apeldoorn | 21-02-10 |
| 7,22 * 6,74 * 12,12 * 1,81 * 8,46 * 4,00 * 2,38,35 | 5167 | Paul         | Groen     | 23-09-89 GAC-Hilversum | Apeldoorn | 21-02-10 |
| 7,12 * 6,68 * 12,37 * 1,84 * 8,19 * 4,30 * 3,00,38 | 5094 | Brian        | Vriend    | 20-05-90 Lycurgus      | Apeldoorn | 21-02-10 |
| 7,32 * 6,91 * 12,41 * 1,87 * 8,57 * 3,80 * 2,46,08 | 5090 | Pim          | Jehee     | 04-05-88 AV Gouda      | Apeldoorn | 21-02-10 |
| 7,28 * 7,06 * 10,34 * 1,78 * 8,73 * 4,50 * 2,47,17 | 4810 | Robin        | Coops     | 09-09-90 Hellas        | Apeldoorn | 21-02-10 |
| 7,27 * 6,67 * 10,41 * 1,90 * 8,69 * 3,70 * 2,55,38 | 4440 | Randy van    | Geenen    | 17-01-90 AV Almere '81 | Apeldoorn | 21-02-10 |
| 7,60 * 5,99 * 10,16 * 1,87 * 8,93 * 3,60 * 2,54,16 | 4340 | Bart van den | Wijngaard | 18-08-89 Scorpio       | Apeldoorn | 21-02-10 |
| 7,56 * 6,04 * 10,88 * 1,78 * 9,71 * 3,60 * 2,47,16 | 4288 | Sammy        | Ballak    | 10-04-86 Unitas        | Apeldoorn | 21-02-10 |
| 7,56 * 5,80 * 10,37 * 1,75 * 9,50 * 4,40 * 3,08,14 | 4026 | Tim          | Mout      | 30-12-87 Altis         | Apeldoorn | 21-02-10 |
| 7,59 * 6,69 * 10,69 * 1,87 * 9,14 * NM * 2,59,25   |      |              |           |                        |           |          |

**discuswerpen 2 kg mannen**

|       |      |       |                        |             |          |
|-------|------|-------|------------------------|-------------|----------|
| 59,21 | Erik | Cadée | 15-02-84 Prins Hendrik | Växjö (SWE) | 27-03-10 |
|-------|------|-------|------------------------|-------------|----------|

**4 x 200 meter mannen**

|         |  |   |  |           |            |            |          |
|---------|--|---|--|-----------|------------|------------|----------|
| 1.30,98 |  |   |  | Combi     | Apeldoorn  | 13-02-10   |          |
| 1.31,51 |  | Steven Nuytincx - ??? - Daan Westerveld - Jesper Arts             |  | JB        | Nat. Ploeg | Gent (BEL) | 07-02-10 |
| 1.32,60 |  | Johan Mutebwa - Olaf van den Bergh - Joost de Jong Sander Pupella |  |           | Startbaan  | Apeldoorn  | 13-02-10 |
| 1.33,88 |  |   |  | Den Haag  | Sparta     | Apeldoorn  | 13-02-10 |
| 1.34,26 |  |   |  | Santpoort | Suomi      | Apeldoorn  | 13-02-10 |
| 1.34,85 |  |   |  | Amsterdam | AAC        | Apeldoorn  | 13-02-10 |

**Jongens-A**

**50 meter jongens-A**

|      |                  |           |                          |            |          |
|------|------------------|-----------|--------------------------|------------|----------|
| 6,13 | Christiaan       | Meilink   | 08-09-92 PAC             | Dordrecht  | 09-01-10 |
| 6,20 | Kingsley         | Yeboah    | 18-12-91 PAC             | Dordrecht  | 09-01-10 |
| 6,27 | Geoffrey van den | Berg      | 26-11-91 Startbaan       | Utrecht    | 13-12-09 |
| 6,30 | Melroy           | Braat     | 16-02-94 Diomedon        | Dordrecht  | 09-01-10 |
| 6,30 | Marvin           | Douma     | 12-08-93 Horror          | Tuk        | 06-03-10 |
| 6,31 | Francis          | Barka     | 30-04-91 Climax          | Utrecht    | 08-01-10 |
| 6,34 | Gavan            | Koekkoek  | 18-02-94 PAC             | Utrecht    | 13-12-09 |
| 6,34 | Wik              | Breure    | 08-01-92 Pijnburg        | Utrecht    | 13-12-09 |
| 6,34 | Sean             | Alvarado  | 08-06-93 R' dam Atletiek | Zoetermeer | 19-12-09 |
| 6,35 | Bart             | Latour    | 15-05-91 AV Almere '81   | Utrecht    | 13-12-09 |
| 6,36 | Joris            | Reijnders | 05-03-91 Sprint          | Dordrecht  | 09-01-10 |
| 6,41 | Alexander        | Siteur    | 12-01-92 Triathlon       | Utrecht    | 08-01-10 |
| 6,41 | Delano           | Wouterse  | 27-04-93 PAC             | Dordrecht  | 09-01-10 |
| 6,41 | Alexander        | Kirkels   | 24-07-92 AV Gouda        | Dordrecht  | 09-01-10 |

**60 meter jongens-A**

|      |            |           |                              |                |          |
|------|------------|-----------|------------------------------|----------------|----------|
| 7,02 | Martijn    | Hoogendam | 28-02-91 Phanos              | Apeldoorn      | 27-02-10 |
| 7,03 | Wouter     | Brus      | 30-09-91 Atverni             | Apeldoorn      | 27-02-10 |
| 7,05 | Jonathan   | Mutebwa   | 11-01-93 Eindhoven Atletiek  | Apeldoorn      | 27-02-10 |
| 7,06 | Koen van   | Erve      | 07-02-91 Attila              | Apeldoorn      | 30-01-10 |
| 7,06 | Sander     | Pupella   | 27-03-93 Energie             | Gent (BEL)     | 07-02-10 |
| 7,10 | Christiaan | Meilink   | 08-09-92 PAC                 | Apeldoorn      | 30-01-10 |
| 7,10 | Erik       | Stevens   | 11-03-91 Ilion               | Apeldoorn      | 27-02-10 |
| 7,12 | Bram       | Peters    | 06-02-92 Prins Hendrik       | Dortmund (GER) | 24-01-10 |
| 7,12 | Joomay     | Edjo      | 17-11-92 Phanos              | Apeldoorn      | 06-02-10 |
| 7,13 | Jeffrie    | Buckle    | 08-08-91 Atletiek Maastricht | Dortmund (GER) | 24-01-10 |

Statistisch jaarboek indooratletiek 2009/2010

|                                 |                  |                 |          |               |                     |                  |
|---------------------------------|------------------|-----------------|----------|---------------|---------------------|------------------|
|                                 |                  | (10)            |          |               |                     |                  |
| 7,14                            | Mark             | Jacobs          | 20-04-92 | GVAC          | Apeldoorn           | 20-02-10         |
| 7,15                            | Jip              | Baltissen       | 22-01-91 | Haag Atletiek | Apeldoorn           | 27-02-10         |
| 7,16                            | Victor           | Strijbis        | 23-10-92 | Hera          | Apeldoorn           | 27-02-10         |
| 7,18                            | Daan             | Westerveld      | 04-09-91 | Phanos        | Apeldoorn           | 06-02-10         |
| 7,18                            | Olaf van den     | Bergh           | JB       | 07-03-94      | Prins Hendrik       | Apeldoorn        |
| 7,22                            | Geoffrey van den | Berg            |          | 26-11-91      | Startbaan           | Dordrecht (GER)  |
| 7,25                            | Kingsley         | Yeboah          |          | 18-12-91      | PAC                 | Dordrecht        |
| 7,25                            | Francis          | Barka           |          | 30-04-91      | Climax              | Groningen        |
| 7,25                            | Marvin           | Douma           | JB       | 12-08-93      | Horror              | Apeldoorn        |
| 7,26                            | Kjell            | Wolters         | JB       | 18-04-94      | PEC 1910            | Groningen        |
|                                 |                  | (20)            |          |               |                     |                  |
| 7,27                            | Wicher           | Nijkamp         |          | 29-01-92      | Spado               | Apeldoorn        |
| 7,29                            | Timo de          | Water           |          | 05-11-91      | Illion              | Apeldoorn        |
| 7,29                            | Gavan            | Koekkoek        | JB       | 18-02-94      | PAC                 | Apeldoorn        |
| 7,31                            | Jeroen           | Brus            | JB       | 30-03-93      | Ciko '66            | Apeldoorn        |
| 7,31                            | Igor             | Smits           | JB       | 15-04-93      | Hollandia           | Apeldoorn        |
| 7,32                            | Jan              | Westerdiep      | JB       | 15-01-93      | Phanos              | Apeldoorn        |
| 7,33                            | Niels            | Clarijs         |          | 05-04-91      | Achilles-EL         | Hoboken (BEL)    |
| 7,33                            | Marlon           | Blaaspijp (SUR) |          | 14-06-91      | Nijmegen Atletiek   | Düsseldorf (GER) |
| 7,33                            | Thierry          | Kruithof        |          | 11-04-91      | KAV Holland         | Apeldoorn        |
| 7,34                            | Bas              | Winkels         |          | 27-03-91      | PEC 1910            | Apeldoorn        |
|                                 |                  | (30)            |          |               |                     |                  |
| 7,35                            | Wik              | Breure          |          | 08-01-92      | Pijnenburg          | Utrecht          |
| 7,35                            | Andro            | Bosselaar       |          | 11-02-91      | PAC                 | Apeldoorn        |
| 7,35                            | Yannick          | Mahieu          | JC       | 17-03-95      | Phanos              | Apeldoorn        |
| 7,36                            | Niels de         | Graaf           |          | 28-02-92      | Atverni             | Apeldoorn        |
| 7,37                            | Sean             | Alvarado        | JB       | 08-06-93      | R' dam Atletiek     | Zoetermeer       |
| 7,37                            | Tim              | Dekker          | JB       | 29-09-93      | AV Gouda            | Apeldoorn        |
| 7,37                            | Jerom            | Theunissen      | JB       | 21-11-94      | Atletiek Maastricht | Düsseldorf (GER) |
| 7,38                            | Thomas           | Kempe           | JB       | 12-08-94      | Dynamica            | Apeldoorn        |
| 7,38                            | Tom              | Roetman         | JB       | 07-02-93      | GAC-Hilversum       | Apeldoorn        |
| 7,38                            | Alexander        | Siteur          |          | 12-01-92      | Triathlon           | Apeldoorn        |
|                                 |                  | (40)            |          |               |                     |                  |
| 7,38                            | Rik              | Jansen          | JB       | 09-02-94      | Unitas              | Düsseldorf (GER) |
| 7,39                            | Maxim            | Ouwendijk       |          | 21-10-92      | PAC                 | Dortmund (GER)   |
| 7,39                            | Joshua           | Gul             | JB       | 17-04-94      | Phanos              | Apeldoorn        |
| 7,40                            | Robin            | Lagrand         |          | 15-02-91      | Lycurgus            | Zoetermeer       |
| 7,41                            | Melroy           | Braat           | JB       | 16-02-94      | Diomedon            | Dortmund (GER)   |
| 7,41                            | Menno            | Vloon           | JB       | 11-05-94      | Lycurgus            | Apeldoorn        |
| 7,43                            | Almo             | Daved           |          | 24-05-92      | AAC                 | Apeldoorn        |
| <i>in onderlinge wedstrijd:</i> |                  |                 |          |               |                     |                  |
| 7,32                            | Joris            | Reijnders       |          | 05-03-91      | Sprint              | Dordrecht        |
| <b>200 meter jongens-A</b>      |                  |                 |          |               |                     |                  |
| 21,75                           | Bram             | Peters          |          | 06-02-92      | Prins Hendrik       | Apeldoorn        |
| 22,25                           | Daan             | Westerveld      |          | 04-09-91      | Phanos              | Apeldoorn        |
| 22,29                           | Sander           | Pupella         | JB       | 27-03-93      | Energie             | Gent (BEL)       |
| 22,61                           | Jonathan         | Mutebwa         | JB       | 11-01-93      | Eindhoven Atletiek  | Dortmund (GER)   |
| 22,66                           | Wouter           | Brus            |          | 30-09-91      | Atverni             | Dortmund (GER)   |
| 22,77                           | Koen van         | Erve            |          | 07-02-91      | Attila              | Apeldoorn        |
| 22,78                           | Christian        | Hammers         |          | 26-07-92      | Achilles-Top        | Düsseldorf (GER) |
| 22,80                           | Victor           | Strijbis        |          | 23-10-92      | Hera                | Apeldoorn        |
| 22,82                           | Joomay           | Odjo            |          | 17-11-92      | Phanos              | Dortmund (GER)   |
| 22,86                           | Jefrie           | Buckle          |          | 08-08-91      | Atletiek Maastricht | Düsseldorf (GER) |
|                                 |                  | (10)            |          |               |                     |                  |
| 22,99                           | Olaf van den     | Bergh           | JB       | 07-03-94      | Prins Hendrik       | Dortmund (GER)   |
| 23,15                           | Jesper           | Arts            |          | 02-04-92      | LG Deurne           | Dortmund (GER)   |
| 23,20                           | Erik             | Stevens         |          | 11-03-91      | Illion              | Düsseldorf (GER) |
| 23,47                           | Geoffrey van den | Berg            |          | 26-11-91      | Startbaan           | Dortmund (GER)   |
| 23,48                           | Bas van          | Rijn            |          | 07-03-92      | AV '34              | Apeldoorn        |
| 23,59                           | Bas van den      | Bergh           |          | 15-06-92      | Scopias             | Düsseldorf (GER) |
| 23,61                           | Francis          | Barka           |          | 30-04-91      | Climax              | Dortmund (GER)   |

Statistisch jaarboek indooratletiek 2009/2010

|                            |              |                 |    |          |                     |                  |
|----------------------------|--------------|-----------------|----|----------|---------------------|------------------|
| 23,78                      | Ailain       | Gossens         |    | 12-02-91 | AVON                | Düsseldorf (GER) |
| 23,81                      | Jeroen       | Brus            | JB | 30-03-93 | Ciko '66            | Dortmund (GER)   |
| 23,85                      | Jerom        | Theunissen      | JB | 21-11-94 | Atletiek Maastricht | Düsseldorf (GER) |
|                            |              | (20)            |    |          |                     |                  |
| 23,92                      | Ruben van    | Dijk            | JC | 03-03-95 | AV '34              | Dortmund (GER)   |
| 23,93                      | Marlon       | Blaaspijp (SUR) |    | 14-06-91 | Nijmegen Atletiek   | Düsseldorf (GER) |
| 23,94                      | Jan          | Westerdiep      | JB | 15-01-93 | Phanos              | Groningen        |
| <b>300 meter jongens-A</b> |              |                 |    |          |                     |                  |
| 35,50                      | Sander       | Pupella         | JB | 27-03-93 | Energie             | Gent (BEL)       |
| 38,12                      | Gijs         | Kemper          |    | 13-06-91 | O.S.S.-VOLO         | Gent (BEL)       |
|                            |              | (30)            |    |          |                     |                  |
| 49,08                      | Jesper       | Arts            |    | 02-04-92 | LG Deurne           | Apeldoorn        |
| 49,26                      | Wouter       | Schuwer         |    | 22-12-91 | Scopias             | Apeldoorn        |
| 49,51                      | Thijmen      | Kupers          |    | 04-10-91 | Atletico '73        | Apeldoorn        |
| 49,64                      | Martijn      | Bervoets        |    | 04-03-92 | De Keien            | Apeldoorn        |
| 49,66                      | Bram         | Peters          |    | 06-02-92 | Prins Hendrik       | Apeldoorn        |
| 50,14                      | Jurgen       | Wielart         |    | 17-01-92 | AV Haarlem          | Apeldoorn        |
| 50,38                      | Olaf van den | Bergh           | JB | 07-03-94 | Prins Hendrik       | Apeldoorn        |
| 50,60                      | Stefan de    | Vries           |    | 18-10-92 | Altis               | Dortmund (GER)   |
| 51,26                      | Sander       | Pupella         | JB | 27-03-93 | Energie             | Apeldoorn        |
| 51,27                      | Wesley       | Zschöttche      | JB | 03-04-93 | AV Zaanland         | Groningen        |
|                            |              | (10)            |    |          |                     |                  |
| 51,33                      | Thymen       | Klumpers        |    | 91       | Atletico '73        | Dortmund (GER)   |
| 51,41                      | Steven       | Nuytink         |    | 28-01-91 | AV '56              | Apeldoorn        |
| 51,55                      | Joris        | Petterson       |    | 20-12-91 | Atletico '73        | Dortmund (GER)   |
| 51,85                      | Bas van      | Rijn            |    | 07-03-92 | AV '34              | Apeldoorn        |
| 51,86                      | Gijs         | Straver         |    | 23-07-92 | Clytoneus           | Apeldoorn        |
| 51,88                      | Jefrie       | Buckle          |    | 08-08-91 | Atletiek Maastricht | Groningen        |
| 52,01                      | Bram         | Haver           |    | 14-11-92 | HAC                 | Apeldoorn        |
| 52,03                      | Reinier      | Blik            |    | 07-02-91 | AV Gouda            | Apeldoorn        |
| 52,06                      | Anthony      | Rasmijn         |    | 12-12-91 | AAC                 | Apeldoorn        |
| 52,14                      | Thierry      | Broos           |    | 15-02-91 | Spado               | Apeldoorn        |
|                            |              | (20)            |    |          |                     |                  |
| 52,18                      | Delano       | Wouterse        | JB | 27-04-93 | PAC                 | Apeldoorn        |
| 52,33                      | Ailain       | Gossens         |    | 12-02-91 | AVON                | Düsseldorf (GER) |
| 52,34                      | Joost de     | Jong            | JB | 22-06-94 | Pallas '67          | Apeldoorn        |
| 52,34                      | Koen         | Smet            |    | 09-08-92 | Phanos              | Apeldoorn        |
| 52,44                      | Francis      | Barka           |    | 30-04-91 | Climax              | Apeldoorn        |
| 52,50                      | Sven         | Maliepaard      | JB | 05-04-93 | Passaat             | Apeldoorn        |
| 52,60                      | Joris        | Reijnders       |    | 05-03-91 | Sprint              | Apeldoorn        |
| 52,69                      | Gijs         | Kemper          |    | 13-06-91 | O.S.S.-VOLO         | Apeldoorn        |
| 52,94                      | Remco        | Bos             | JB | 03-04-93 | Daventria           | Apeldoorn        |
| 52,98                      | Jon          | Schouwenaar     | JB | 17-06-94 | Startbaan           | Apeldoorn        |
|                            |              | (30)            |    |          |                     |                  |
| <b>800 meter jongens-A</b> |              |                 |    |          |                     |                  |
| 1.54,27                    | Jesper       | Arts            |    | 02-04-92 | LG Deurne           | Apeldoorn        |
| 1.55,16                    | Addis        | Riet            |    | 27-11-91 | SAV                 | Apeldoorn        |
| 1.55,58                    | Jorian       | Damen           |    | 25-03-92 | Ciko '66            | Apeldoorn        |
| 1.56,51                    | Kasper       | Neeleman        |    | 11-12-91 | AV Haarl'meer       | Apeldoorn        |
| 1.56,81                    | Menno        | Schouten        |    | 03-09-91 | Lycurgus            | Apeldoorn        |
| 1.58,00                    | Tony         | Mauritz         |    | 19-07-92 | Haag Atletiek       | Apeldoorn        |
| 1.58,21                    | Didier       | Nibbering       |    | 12-12-91 | Isala '96           | Groningen        |
| 1.58,28                    | Riccardo     | Sprong          | JB | 01-06-93 | Clytoneus           | Apeldoorn        |
| 1.59,67                    | Roald        | Goossen         |    | 24-02-92 | AV Rijssen          | Apeldoorn        |
| 1.59,97                    | Sam de       | Vor             |    | 19-06-91 | GAC-Hilversum       | Apeldoorn        |
|                            |              | (10)            |    |          |                     |                  |
| 2.00,15                    | Niels van    | Hoom            |    | 14-09-91 | Leiden Atletiek     | Apeldoorn        |
| 2.00,37                    | Erwin        | Sneek           |    | 05-05-91 | Startbaan           | Apeldoorn        |
| 2.00,73                    | Daniel       | Oosterhoff      |    | 06-09-91 | Aquilo              | Dortmund (GER)   |
| 2.01,42                    | Olaf van den | Bergh           | JB | 07-03-94 | Prins Hendrik       | Gent (BEL)       |
| 2.01,54                    | Ward van de  | Wiel            |    | 05-04-91 | Sprint              | Apeldoorn        |