

# Wedstrijdrecords

## Aanmerkingen

- De wedstrijdrecords gaan terug tot 1999
- De leeftijdscategorie U16 mag sinds 2017 deelnemen

## Mannen

### 100m

|     |              |                 |                    |      |
|-----|--------------|-----------------|--------------------|------|
| SEN | 10.90 (+1.0) | Werner Andrea   | Ciko 66            | 2000 |
| U20 | 11.16 (+0.2) | Siem Sikkenga   | MPM Hengelo        | 2015 |
| U18 | 11.53 (+0.6) | Maarten Jansen  | AAV SISU           | 2000 |
| U16 | 11.59 (+1.2) | Jermaine Kleine | AC TION            | 2019 |
| MAS | 12.30 (+0.6) | Ingmar Kerp     | Eindhoven Atletiek | 2014 |

### 100m Framerunner

|     |              |              |             |      |
|-----|--------------|--------------|-------------|------|
| SEN | -            |              |             |      |
| U20 | -            |              |             |      |
| U18 | -            |              |             |      |
| U16 | --           |              |             |      |
| MAS | 15.43 (+2.5) | Henk Huizing | MPM Hengelo | 2024 |

### 200m

|     |              |                      |                   |      |
|-----|--------------|----------------------|-------------------|------|
| SEN | 22.12 (+1.4) | Branco van Minnen    | MPM Hengelo       | 2014 |
| U20 | 23.27        | Sebastiaan Steenberg | AVH               | 2004 |
| U18 | 23.35 (-0.8) | Remco Bos            | AV Daventria 1906 | 2010 |
| U16 | 25.33 (-0.3) | Jermaine Kleine      | AAV SISU          | 2018 |
| MAS | 25.67 (+0.0) | Jan Plat             | AV PEC 1910       | 2018 |

### 300m

|     |       |               |             |      |
|-----|-------|---------------|-------------|------|
| SEN | 35.43 | Werner Andrea | Ciko 66     | 2000 |
| U20 | 41.08 | Yorick Docter | AAV SISU    | 2000 |
| U18 | 40.10 | Pablo Rouwet  | MPM Hengelo | 2000 |
| U16 | -     |               |             |      |
| MAS | -     |               |             |      |

### 400m

|     |       |                   |             |      |
|-----|-------|-------------------|-------------|------|
| SEN | 50.36 | Leon ten Klooster | AV PEC 1910 | 2019 |
| U20 | 52.73 | Yvar Schoorlemmer | MPM Hengelo | 2019 |
| U18 | 51.23 | Kosheen Miran     | Groningen   | 2019 |
| U16 | 59.84 | Hidde Nijland     | AAV SISU    | 2019 |
| MAS | 53.12 | Arjan Lantink     | AV PEC 1910 | 2019 |

### 800m

|     |         |                      |                  |      |
|-----|---------|----------------------|------------------|------|
| SEN | 1:54.24 | Nick Marsman         | ACO van Elderen  | 2018 |
| U20 | 2:00.92 | Sebastian Rehorst    | TV Westfalia Epe | 2016 |
| U18 | 1:58.28 | Rene Stokvis         | AC TION          | 2004 |
| U16 | 2:14.33 | Quido Damhof         | MPM Hengelo      | 2022 |
| MAS | 2:08.33 | Mark Groot Bronsvoot | Daventria        | 2023 |

### 800m Framerunner

|     |         |              |             |      |
|-----|---------|--------------|-------------|------|
| SEN | -       |              |             |      |
| U20 | -       |              |             |      |
| U18 | -       |              |             |      |
| U16 | -       |              |             |      |
| MAS | 2:26.46 | Henk Huizing | MPM Hengelo | 2024 |

### 1500m

|     |         |                    |              |      |
|-----|---------|--------------------|--------------|------|
| SEN | 4:37.13 | Marcel de Bats     | AV Cialfo    | 2019 |
| U20 | 4:25.49 | Pim Bakker         | AV Rijssen   | 2019 |
| U18 | 4:19.32 | Jan Hiltjesdam     | AV Rijssen   | 2019 |
| U16 | 4:34.04 | Max Swabedissen    | AV Rijssen   | 2019 |
| MAS | 4:47.39 | Jan-Pieter Mondria | AV de Gemzen | 2019 |

### 2000m

|     |         |                   |            |      |
|-----|---------|-------------------|------------|------|
| SEN | 5:54.58 | Marcel Fekkes     | DAV Kronos | 2000 |
| U20 | 6:05.53 | Ruben van Leeuwen | Dav Kronos | 2000 |

|     |         |              |          |      |
|-----|---------|--------------|----------|------|
| U18 | 7:11.50 | Mark Hammink | AAV SISU | 2000 |
| U16 | -       |              |          |      |
| MAS | -       |              |          |      |

### 3000m

|     |          |                  |                   |      |
|-----|----------|------------------|-------------------|------|
| SEN | 9:07.80  | Nils Pennekamp   | Phanos            | 2015 |
| U20 | 13:30.20 | Jasper van Manen | EAC de Sperwers   | 2015 |
| U18 | 11:25.31 | Mark Hammink     | AAV SISU          | 1999 |
| U16 | -        |                  |                   |      |
| MAS | 9:54.48  | Toon Woertman    | AV Daventria 1906 | 1999 |

### 5000m

|     |          |                 |                            |      |
|-----|----------|-----------------|----------------------------|------|
| SEN | 15:12.87 | Wichert Hoekert | AV Cialfo                  | 2002 |
| U20 | 15:22.05 | Ivor Feunekes   | Nederlandse Triathlon Bond | 2022 |
| U18 | 16:00.41 | Pim             | AV Rijssen                 | 2018 |
| U16 | -        |                 |                            |      |
| MAS | 15:38.07 | Henk Smalbrugge | ACO van Elderen            | 2018 |

### 110m horden

|     |              |               |           |      |
|-----|--------------|---------------|-----------|------|
| SEN | 16.02        | Dick Zweers   | Athletics | 2002 |
| U20 | -            |               |           |      |
| U18 | 16.01 (+1.3) | Niek Blekkink | ASV       | 2000 |
| U16 | -            |               |           |      |
| MAS | -            |               |           |      |

### 400m horden

|     |         |                  |         |      |
|-----|---------|------------------|---------|------|
| SEN | 56.21   | Raven Huiberts   | Phanos  | 2023 |
| U20 | 52.02   | Jermaine Kleine  | AC TION | 2023 |
| U18 | -       |                  |         |      |
| U16 | 1:02.02 | Finn Korf        | AC TION | 2023 |
| MAS | 55.81   | Vincent Kerssies | AC TION | 2023 |

### 3000m steeple chase

|     |          |                      |              |      |
|-----|----------|----------------------|--------------|------|
| SEN | 9:00.14  | Kristof van Malderen | België       | 2007 |
| U20 | 9:01.65  | Silas Zahlten        | Duitsland    | 2023 |
| U18 | 12:34.49 | Niels Haverkate      | AV Goor '75  | 2018 |
| U16 | 12:12.94 | Twan Roerdink        | AV Archeus   | 2024 |
| MAS | 10:45.61 | Bas Mekking          | AV de Gemzen | 2018 |

## Verspringen

|     |             |                 |                    |      |
|-----|-------------|-----------------|--------------------|------|
| SEN | 6.80        | Frank Koopmans  | AV PEC 1910        | 2002 |
| U20 | 6.25        | Rob Platenkamp  | MPM Hengelo        | 2002 |
|     | 6.25 (-0.9) | Niels Venema    | Groningen Atletiek | 2013 |
| U18 | 6.27 (+3.0) | Finn Korf       | AC TION            | 2024 |
| U16 | 5.73 (+0.2) | Jermaine Kleine | AAV SISU           | 2018 |
| MAS | 5.73        | Ingmar Kerp     | Eindhoven Atletiek | 2014 |

## Hoogspringen

|     |      |                     |             |      |
|-----|------|---------------------|-------------|------|
| SEN | 1.80 | Stijn Chapelle      | AV '23      | 2001 |
|     | 1.80 | Jiby Diop           | AV 1923     | 2023 |
|     | 1.80 | Hidde ter Woord     | Daventria   | 2024 |
| U20 | 1.85 | Luuk van der Maaten | AV PEC 1910 | 2024 |
| U18 | 1.85 | Simon van den Pol   | AV PEC 1910 | 2024 |
| U16 | 1.80 | Simon van den Pol   | AV PEC 1910 | 2023 |
| MAS | 1.40 | Johan Kempe         | MPM Hengelo | 2024 |

## Polsstokhoogspringen

|     |      |                    |             |      |
|-----|------|--------------------|-------------|------|
| SEN | 5.40 | Wout van Wengerden | AV Unitas   | 2008 |
| U20 | 4.30 | Joost van Bennekom | AC TION     | 2000 |
| U18 | 3.80 | Jesse Sadholt      | Duitsland   | 2018 |
| U16 | 2.50 | Jonas Trouw        | MPM Hengelo | 2019 |
| MAS | 4.70 | Alfred Achtelik    | LAZ Rhede   | 2005 |

## Speerwerpen

|     |       |                |                 |      |
|-----|-------|----------------|-----------------|------|
| SEN | 65.93 | Mart ten Berge | EAC de Sperwers | 2014 |
| U20 | 60.65 | Mart ten Berge | EAC de Sperwers | 2010 |
| U18 | 52.00 | Rob Platenkamp | MPM Hengelo     | 2001 |
| U16 | 44.21 | Milan Beuning  | AC TION         | 2019 |
| MAS | 47.24 | Frank Koopmans | AV PEC 1910     | 2014 |

## Discuswerpen

|     |       |                        |               |      |
|-----|-------|------------------------|---------------|------|
| SEN | 35.02 | Lars van der Pluijm    | MPM Hengelo   | 2021 |
| U20 | 25.98 | Daniel Klein Nibbelink | AV Archeus    | 2018 |
| U18 | 34.71 | Twan Ligtenberd        | AV Rijssen    | 2021 |
| U16 | 36.49 | Floris Smink           | AC TION       | 2018 |
| MAS | 29.86 | Sander Thomas          | Athletico '73 | 2018 |

## Kogelstoten

|     |       |                  |         |      |
|-----|-------|------------------|---------|------|
| SEN | 14.88 | Eric Gommans     | AC TION | 2006 |
| U20 | 14.99 | Gert-Jan de Jong | AC TION | 1999 |
| U18 | 13.18 | Roderik Derksen  | AC TION | 1999 |
| U16 | 12.07 | Floris Smink     | AC TION | 2018 |
| MAS | 14.72 | Martin Regtop    | AC TION | 1999 |

## 4x100m

|     |       |                  |                                           |      |
|-----|-------|------------------|-------------------------------------------|------|
| SEN | 43.62 | De groene streep | AV PEC 1910                               | 2018 |
| U20 | 49.96 |                  | DAV Kronos, Nijmegen Atletiek, AV Iphitos | 2017 |
| U18 | -     |                  |                                           |      |
| U16 | -     |                  |                                           |      |
| MAS | 58.24 | Archeus          | Archeus                                   | 2015 |

## 4x400m

|     |         |             |             |      |
|-----|---------|-------------|-------------|------|
| SEN | 3:31.78 | MPM Hengelo | MPM Hengelo | 2007 |
|-----|---------|-------------|-------------|------|

|     |         |          |          |      |
|-----|---------|----------|----------|------|
| U20 | -       |          |          |      |
| U18 | 4:08.04 | AAV SISU | AAV SISU | 2008 |
| U16 | -       |          |          |      |
| MAS | -       |          |          |      |

Olympische estafette

|     |         |                              |            |      |
|-----|---------|------------------------------|------------|------|
| SEN | 4:12.71 | The Dutch and the Ecuadorian | DAV Kronos | 2021 |
| U20 | -       |                              |            |      |
| U18 | -       |                              |            |      |
| U16 | -       |                              |            |      |
| MAS | -       |                              |            |      |

Mixed

4x100m

|     |         |                       |             |      |
|-----|---------|-----------------------|-------------|------|
| SEN | 52.22   | TION Torpedo's        | AC TION     | 2023 |
| U20 | -       |                       |             |      |
| U18 | 5:09,50 | All The Single Ladies | MPM Hengelo | 2021 |
| U16 | -       |                       |             |      |
| MAS | -       |                       |             |      |

Vrouwen

100m

|     |              |                   |             |      |
|-----|--------------|-------------------|-------------|------|
| SEN | 12.45 (+0.4) | Carlijn ter Laak  | AC TION     | 2022 |
| U20 | 12.77 (+0.6) | Jorieke Korenromp | MPM Hengelo | 2014 |
|     | 12.77 (+0.7) | Kris Oosterveld   | AC TION     | 2024 |
| U18 | 12.32 (+0.7) | Ruby Jansen       | AC TION     | 2024 |
| U16 | 12.59 (+2.2) | Ruby Jansen       | AC TION     | 2022 |
| MAS | 13.72 (+0.5) | Elleke Steenberg  | Daventria   | 2023 |

### 100m Framerunner

|     |              |                              |             |      |
|-----|--------------|------------------------------|-------------|------|
| SEN | -            |                              |             |      |
| U20 | -            |                              |             |      |
| U18 | -            |                              |             |      |
| U16 | 17.28 (+0.1) | Sterre Bolscher              | MPM Hengelo | 2024 |
| MAS | 18.32 (+0.1) | Gerlinda Huizing van Leussen | MPM Hengelo | 2024 |

### 200m

|     |              |                     |                   |      |
|-----|--------------|---------------------|-------------------|------|
| SEN | 25.15 (-0.6) | Jorieke Klorekamp   | AV Daventria 1906 | 2018 |
| U20 | 25.81 (+0.4) | Jorieke Korenromp   | MPM Hengelo       | 2014 |
| U18 | 25.50 (+0.4) | Carlijn ter Laak    | AC TION           | 2014 |
| U16 | 30.54 (+1.9) | Annemarie Gosselink | AC TION           | 2017 |
| MAS | 18.84 (+1.7) | Jolanda Nijboer     | Spurt '88         | 2004 |

### 300m

|     |       |                   |             |      |
|-----|-------|-------------------|-------------|------|
| SEN | 44.12 | Chantal Oortgiese | AC TION     | 1999 |
| U20 | -     |                   |             |      |
| U18 | 43.57 | Marloes Duininck  | MPM Hengelo | 1999 |
| U16 | -     |                   |             |      |
| MAS | -     |                   |             |      |

### 400m

|     |         |                     |                    |      |
|-----|---------|---------------------|--------------------|------|
| SEN | 1:03.03 | Harriet van't Oever | BB Lopers          | 2019 |
| U20 | 1:02.65 | Eva Stienstra       | HAC'63             | 2019 |
| U18 | 1:07.79 | Nastia Kimel        | Nijmegen Atletiek  | 2019 |
| U16 | 1:02.00 | Noortje Huitema     | Groningen Atletiek | 2019 |
| MAS | -       |                     |                    |      |

### 800m

|     |         |                    |                 |      |
|-----|---------|--------------------|-----------------|------|
| SEN | 2:12.92 | Huria Raidi        | LAAC            | 1999 |
| U20 | 2:16.25 | Pia Schlattmann    | Duitsland       | 2023 |
| U18 | 2:09.62 | Laila Yahyaoui     | Almere'81       | 2022 |
| U16 | 2:21.97 | Julia Seppenwoolde | ATNY            | 2024 |
| MAS | 2:25.67 | Yvonne Meijer      | ACO van Elderen | 2018 |

## 800m Framerunner

|     |         |                              |             |      |
|-----|---------|------------------------------|-------------|------|
| SEN | -       |                              |             |      |
| U20 | -       |                              |             |      |
| U18 | -       |                              |             |      |
| U16 | 2:43.09 | Sterre Bolscher              | MPM Hengelo | 2024 |
| MAS | 2:48.57 | Gerlinda Huizing van Leussen | MPM Hengelo | 2024 |

## 1500m

|     |         |                     |                    |      |
|-----|---------|---------------------|--------------------|------|
| SEN | 5:16.48 | Rianna Klein Brinke | AC TION            | 2019 |
| U20 | 5:03.29 | Gemma Frances       | AC TION            | 2019 |
| U18 | -       |                     |                    |      |
| U16 | 4:58.37 | Tiba Miran          | Groningen Atletiek | 2019 |
| MAS | --      |                     |                    |      |

## 2000m

|     |         |                   |      |      |
|-----|---------|-------------------|------|------|
| SEN | -       |                   |      |      |
| U20 | -       |                   |      |      |
| U18 | 6:57.46 | Anouk te Marvelde | Argo | 2000 |
| U16 | -       |                   |      |      |
| MAS | -       |                   |      |      |

## 3000m

|     |          |                   |         |      |
|-----|----------|-------------------|---------|------|
| SEN | 10:00.39 | Marjolein Secreve | Vitesse | 1999 |
| U20 | -        |                   |         |      |
| U18 | -        |                   |         |      |
| U16 | -        |                   |         |      |

|     |   |  |  |  |
|-----|---|--|--|--|
| MAS | - |  |  |  |
|-----|---|--|--|--|

## 5000m

|     |          |                       |             |      |
|-----|----------|-----------------------|-------------|------|
| SEN | 16:17.08 | Suzanne Ritter        | LG Bonn     | 2002 |
| U20 | 19:04.20 | Lisanne Wiggers       | MPM Hengelo | 2018 |
| U18 | 17:16.80 | Diane van Es          | PAC         | 2014 |
| U16 | -        |                       |             |      |
| MAS | 18:28.81 | Liesbeth Voorthuijsen | ATNY        | 2023 |

## 100m horden

|     |              |                  |           |      |
|-----|--------------|------------------|-----------|------|
| SEN | 16.47 (+1.3) | Tamara Goldsteen | AC TION   | 2000 |
| U20 | 16.37 (+1.3) | Joyce Veenstra   | AC TION   | 2000 |
| U18 | 15.20        | Jolien Lammers   | Athletics | 2001 |
| U16 | -            |                  |           |      |
| MAS | -            |                  |           |      |

## 400m horden

|     |         |                    |               |      |
|-----|---------|--------------------|---------------|------|
| SEN | 1:13.70 | Michelle van Dorth | DAV Kronos    | 2021 |
| U20 | 1:03.59 | Marit Wiegerinck   | Prins Hendrik | 2023 |
| U18 | 1:01.36 | Abigail Noruwa     | Altis         | 2023 |
| U16 | 1:09.79 | Noemi Knaap        | AV'34         | 2023 |
| MAS | 1:20.92 | Leontien Thewissen | AV PEC 1910   | 2022 |

## 3000m steeple chase

|     |          |                 |             |      |
|-----|----------|-----------------|-------------|------|
| SEN | 10:32.13 | Christina Lehn  | Duitsland   | 2023 |
| U20 | 10:50.32 | Karlijn Mesman  | AV Atverni  | 2023 |
| U18 | 13:01.45 | Chantal Wiggers | MPM Hengelo | 2014 |
| U16 | 15:35.31 | Lena Nijhof     | MPM Hengelo | 2018 |
| MAS | -        |                 |             |      |

## Verspringen

|     |             |                  |         |      |
|-----|-------------|------------------|---------|------|
| SEN | 5.85 (+0.8) | Carlijn ter Laak | AC TION | 2018 |
|-----|-------------|------------------|---------|------|

|     |             |                  |                |      |
|-----|-------------|------------------|----------------|------|
| U20 | 5.67 (+0.9) | Joyce Schumacher | AV Flevo Delta | 2018 |
| U18 | 5.54 (+0.9) | Carlijn ter Laak | AC TION        | 2013 |
| U16 | 5.13 (+0.3) | Marleen Baas     | AC TION        | 2018 |
| MAS | 4.39 (+0.3) | Elleke Steenberg | Daventria      | 2023 |

## Hoogspringen

|     |      |                     |             |      |
|-----|------|---------------------|-------------|------|
| SEN | 1.55 | Louisa Meis         | Duitsland   | 2024 |
| U20 | 1.55 | Jill Kleinlugtebelt | AV PEC 1910 | 2024 |
| U18 | 1.60 | Nikki Mulder        | AC TION     | 2023 |
| U16 | 1.50 | Lieve Aldewereld    | Ciko'66     | 2023 |
| MAS | -    |                     |             |      |

## Polsstokhoogspringen

|     |      |              |                |      |
|-----|------|--------------|----------------|------|
| SEN | 3.50 | Elise Lauret | MPM Hengelo    | 2024 |
| U20 | 2.90 | Elise Lauret | MPM Hengelo    | 2018 |
|     | 2.90 | Pien Meijs   | NSAV 't Haasje | 2018 |
| U18 | 3.80 | Denise Groot | AV Unitas      | 2007 |
| U16 | 2.70 | Lara Kroeze  | MPM Hengelo    | 2023 |
| MAS | -    |              |                |      |

## Speerwerpen

|     |       |                   |            |      |
|-----|-------|-------------------|------------|------|
| SEN | 44.73 | Els van Donselaar | AC TION    | 2003 |
| U20 | 42.26 | Els van Donselaar | AC TION    | 1999 |
| U18 | 39.56 | Charlotte Wissing | LAV Rheine | 2014 |
| U16 | 39.73 | Lieve Aldewereld  | Ciko'66    | 2023 |
| MAS | 33.17 | Margreet Takken   | Climax     | 2016 |

## Discuswerpen

|     |       |                   |             |      |
|-----|-------|-------------------|-------------|------|
| SEN | 38.69 | Karliën Sleper    | AV'34       | 2022 |
| U20 | 33.57 | Lichelle Scholing | MPM Hengelo | 2018 |
| U18 | 34.83 | Naomi Wessels     | AV Rijssen  | 2021 |
| U16 | 24,00 | Naomi Wessels     | AV Rijssen  | 2018 |

|     |       |                        |         |      |
|-----|-------|------------------------|---------|------|
| MAS | 33.28 | Hanny Ebbekink Tukkers | AC TION | 2021 |
|-----|-------|------------------------|---------|------|

## Kogelstoten

|     |       |                        |                |      |
|-----|-------|------------------------|----------------|------|
| SEN | 12.53 | Brenda Pouw            | DAV Kronos     | 2007 |
| U20 | 12.00 | Leonie Willekes        | AV Haaksbergen | 2004 |
| U18 | 14.09 | Leonie Willekes        | ASV Eibergen   | 2002 |
| U16 | 11.14 | Naomi Wessel           | AV Rijssen     | 2018 |
| MAS | 9.15  | Hanny Ebbekink Tukkers | AC TION        | 2018 |

## 4x100m

|     |       |                     |             |      |
|-----|-------|---------------------|-------------|------|
| SEN | 51.38 | De Pinguins van MPM | MPM Hengelo | 2018 |
| U20 | -     |                     |             |      |
| U18 | 51.10 | AAC '61             | AAC '61     | 2013 |
| U16 | -     |                     |             |      |
| MAS | -     |                     |             |      |

## 4x400m

|     |         |             |             |      |
|-----|---------|-------------|-------------|------|
| SEN | 4:38,69 | MPM Toppers | MPM Hengelo | 2008 |
| U20 | -       |             |             |      |
| U18 | -       |             |             |      |
| U16 | 5:06.08 | De Pinguins | MPM Hengelo | 2024 |
| MAS | -       |             |             |      |

## Olympische estafette

|     |         |                       |             |      |
|-----|---------|-----------------------|-------------|------|
| SEN | 4:30,04 | Kronos Vrouwen        | DAV Kronos  | 2021 |
| U20 | -       |                       |             |      |
| U18 | 5:09,50 | All The Single Ladies | MPM Hengelo | 2021 |
| U16 | -       |                       |             |      |
| MAS | -       |                       |             |      |

