*Bijgewerkt tot en met 31-12-2017*

**Mannen Senioren Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 11.2 sec |  | Wim van Rijn | Arnhem | 31-05-82 |
| 200 meter | 22.6 sec |  | John van Sprundel | Vught | 14-08-88 |
| 400 meter | 50.00 sec | et | John van Sprundel | Sittard | 28-05-89 |
| 800 meter | 1.57.4 min |  | Johan Herijgers | Roosendaal | 30-08-87 |
| 1000 meter | 2.33.1 min |  | Alfons van Geel | Zundert | 21-04-94 |
| 1500 meter | 3.53.8 min |  | Johan Herijgers | Roosendaal | 09-07-86 |
| 2000 meter | 5.32.0 min |  | Alfons van Geel | Etten-Leur | 13-07-93 |
| 3000 meter | 8.42.1 min |  | Alfons van Geel | Etten-Leur | 15-06-93 |
| 5000 meter | 15.00.6 min |  | Jac van Aert | Venlo | 18-05-69 |
| 10.000 meter | 31.55.1 min |  | Louis de Hoon | Roosendaal | 12-06-79 |
| 1 Engelse Mijl | 4.21.7 min |  | Johan Herijgers | Roosendaal | 18-09-85 |
| 1 uur | 18.114 mtr |  | Louis de Hoon | Roosendaal | 27-09-78 |
| 3000 meter steeplechase 91 cm  (met waterbak) | 10.06.87 min | et | Ronald Cockx | Nijmegen | 10-09-16 |
| 3000 meter steeplechase | 10.30.0 min |  | Louis de Hoon | Roosendaal | 21-06-78 |
| 110 meter horden 106 cm | 15.30 sec | et | Niels Hanegraaf | Zundert | 13-09-15 |
| 400 meter horden 91 cm | 58.00 sec | et | Niels Hanegraaf | Zundert | 20-05-16 |
| Zweedse estafette (400-300-200-100meter) | 2.10.3 min |  | Michael Herijgers  Thijs de Koning  Niels Hanegraaf  Stephan Sweep | Dongen | 12-04-13 |
| 4 x 100 meter | 46.1 sec |  | Wim van Rijn  Jac Ooms  Ron Schijfs  Wim Voermans | Zevenaar | 07-09-80 |
| 4 x 100 meter | 46.17 sec | et | Michael Herijgers  Joey Oomen  Niels Hanegraaf  Bas Hereijgers | Oosterhout | 05-06-11 |
| 4 x 400 meter | 3.39.6 min |  | John van Sprundel  Johan Herijgers  Frank de Hoon  Philip Schrijnemakers | Eindhoven | 14-05-86 |
| Olympische estafette (800-400-200-200 meter) | 3.54.76 min | et | Niels Hanegraaf  Stephan Sweep  Rik van Laerhoven  Ronald Cockx | Zevenbergen | 25-06-14 |
| 10-kamp | 5790 pnt | et | Niels Hanegraaf | Zundert | 12/13-09-15 |
| Hoogspringen | 2.12 mtr |  | Niels Hanegraaf | Best | 04-07-15 |
| Verspringen | 7.04 mtr |  | Ron Schijfs | Dordrecht | 14-06-81 |
| Hinkstapspringen | 14.30 mtr |  | Ron Schijfs | Merksem (B) | 26-08-78 |
| Polsstokhoogspringen | 4.06 mtr |  | Michael Herijgers | Breda | 30-05-13 |
| Kogelstoten 7,26 kg | 12.76 mtr |  | Wim van Uythoven | Bergen op Zoom | 07-05-78 |
| Discuswerpen 2 kg | 38.26 mtr |  | J. Bruijn | Oisterwijk | 30-08-65 |
| Speerwerpen 800 gr | 45.20 mtr |  | Ron Schijfs | Zundert | 28-06-87 |
| Kogelslingeren 7,26 kg | 56.60 mtr |  | Wim van Uythoven | Papendal | 31-05-82 |

**Mannen Senioren Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50 meter | 6.44 sec | et | Joey Oomen | Utrecht | 07-01-11 |
| 60 meter | 7.3 sec |  | John van Sprundel | Den Haag | 27-03-89 |
| 200 meter | 24.71 sec | et | Joey Oomen | Gent (B) | 26-02-11 |
| 400 meter | 52.09 sec |  | John van Sprundel | Den Haag | 27-03-89 |
| 800 meter | 2.05.79 min |  | David Bömer | Gent (B) | 27-03-04 |
| 1000 meter | 2.48.83 min |  | David Bömer | Gent (B) | 11-01-04 |
| 1500 meter | 4.11.73 min | et | Ronald Cockx | Gent (B) | 19-12-15 |
| 3000 meter | 8.55.31 min | et | Ronald Cockx | Apeldoorn | 05-03-16 |
| 60 meter horden 106 cm | 8.70 sec | et | Niels Hanegraaf | Gent (B) | 19-12-15 |
| Hoogspringen | 2.07 mtr |  | Niels Hanegraaf | Apeldoorn | 11-03-17 |
| Verspringen | 6.37 mtr |  | Niels Hanegraaf | Gent (B) | 22-12-12 |
| Polsstokhoogspringen | 3.90 mtr |  | Michael Herijgers | Dordrecht | 15-03-14 |
| Kogelstoten 7,26 kg | 11.84 mtr |  | Ad Aerts | Someren | 01-12-85 |

**Mannen Senioren Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 33.17 min | ch | Melvin Franken | Rijsbergen | 17-06-17 |
| 15 kilometer | 47.41.0 min |  | Louis de Hoon | Zwijndrecht | 13-05-78 |
| 20 kilometer | 1.06.52.8 uur |  | Louis de Hoon | Halsteren | 09-04-78 |
| 25 kilometer | 1.23.00.0 uur |  | Louis de Hoon | Eersel | 31-08-80 |
| Halve marathon | 1.12.15.0 uur |  | Julien Rayée | Steenbergen | 22-05-94 |
| Marathon | 2.32.43 uur |  | Louis de Hoon | Maassluis | 11-04-81 |
| 100 kilometer | 8.29.36 uur |  | Herman Krijnen | Winschoten | 14-09-85 |

**Mannen Senioren Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 7.8 sec |  | Ron Schellekens | Zundert | 28-06-87 |
| 150 meter | 17.90 sec | et | Niels Hanegraaf | Tilburg | 28-03-15 |
| 300 meter | 36.69 sec |  | David Bömer | Breda | 14-04-03 |
| 600 meter | 1.29.27 min | et | Ronald Cockx | Zundert | 08-10-16 |
| 2 Engelse Mijlen | 9.53.1 min |  | Alfons van Geel | Sliedrecht | 09-07-92 |
| 3 Engelse Mijlen | 16.36.6 min |  | Jac van Nispen | Dordrecht | 10-06-83 |
| 200 meter horden 76 cm | 26.8 sec |  | Wim van Rijn | Roosendaal | 25-08-82 |
| Estafette (800-400-200-100 meter) | 3.43.4 min |  | Alfons van Geel  Frans Smits  Philip Schrijnemakers  Jan Schrauwen | Zundert | 22-09-91 |
| Spring-3-kamp H+V+HSS | 1789 pnt |  | Ron Schijfs | Zundert | 28-06-87 |
| Werp-3-kamp K+D+S | 1405 pnt |  | Ron Schijfs | Zundert | 28-06-87 |

**Mannen Senioren Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 40 meter | 5.5 sec |  | Wim van Rijn | Zevenbergen | 08-02-81 |
| 100 meter | 11.7 sec |  | John van Sprundel | Goes | 21-01-89 |
| 300 meter | 38.74 sec | et | Niels Hanegraaf | Gent (B) | 02-01-16 |

**Mannen Senioren Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 30 kilometer | 1.45.37.0 uur |  | Louis de Hoon | Aalten | 20-06-81 |
| 10 Engelse Mijlen | 52.14.4 min |  | Louis de Hoon | Oud-Gastel | 30-04-81 |

**Mannen M35 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.39 sec | et | David Bömer | Steenbergen | 18-06-06 |
| 200 meter | 24.80 sec | et | David Bömer | Edegem (B) | 15-05-07 |
| 400 meter | 53.94 sec | et | David Bömer | Lokeren (B) | 27-05-07 |
| 800 meter | 2.05.52 min | et | David Bömer | Zundert | 06-05-07 |
| 1000 meter | 2.53.23 min | et | David Bömer | Edegem (B) | 18-05-07 |
| Zweedse estafette (400-300-200-100 meter) | 2.17.64 min | et | David Bömer  Marco van Oosterhout  Thijs de Jongh  Ron Schijfs | Zundert | 06-05-07 |

**Mannen M35 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 7.99 sec | et | David Bömer | Gent (B) | 31-01-09 |
| 200 meter | 25.34 sec | et | David Bömer | Gent (B) | 10-01-09 |
| 400 meter | 55.97 sec | et | David Bömer | Gent (B) | 19-12-09 |
| 800 meter | 2.03.88 min | et | David Bömer | Gent (B) | 18-02-06 |
| 1000 meter | 2.52.00 min | et | David Bömer | Gent (B) | 23-01-10 |

**Mannen M40 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.45 sec | et | David Bömer | Leiden | 18-04-10 |
| 200 meter | 25.4 sec |  | David Bömer | Bergen op Zoom | 21-08-12 |
| 400 meter | 54.94 sec | et | David Bömer | Leiden | 18-04-10 |
| 800 meter | 2.09.09 min | et | David Bömer | Rotterdam | 17-08-12 |
| 1000 meter | 2.57.0 min |  | Rinus van Koulil | Zundert | 21-04-94 |
| 1500 meter | 4.21.5 min |  | Jules Rayée | Zundert | 29-09-96 |
| 2000 meter | 6.02.3 min |  | Jules Rayée | Oosterhout | 13-08-96 |
| 3000 meter | 9.12.3 min |  | Jules Rayée | Breda | 22-08-96 |
| 5000 meter | 16.36.2 min |  | Maarten Bömer | Goes | 13-05-84 |
| 10.000 meter | 35.09.1 min |  | Rinus van Koulil | Etten-Leur | 11-06-91 |
| 1 Engelse Mijl | 5.04.28 min |  | Julien Rayée | Zundert | 06-07-99 |
| 110 meter horden 100 cm | 24.2 sec |  | Jan Schrauwen | Zundert | 03-10-82 |
| Zweedse estafette (400-300-200-100 meter) | 2.22.90 min | et | Ron Schijfs  Marco van Oosterhout  Hans Hoogveld  David Bömer | Leiden | 18-04-10 |
| 5-kamp | 2108 pnt |  | Jan Schrauwen | Zundert | 29-09-85 |
| 10-kamp | 3150 pnt |  | Jan Schrauwen | Zundert | 02/03-10-82 |
| Hoogspringen | 1.45 mtr |  | Jan Schrauwen | Zundert | 29-08-82 |
| Verspringen | 5.57 mtr |  | Ron Schijfs | Amsterdam | 09-05-04 |
| Hinkstapspringen | 11.86 mtr |  | Ron Schijfs | Amsterdam | 09-05-04 |
| Polsstokhoogspringen | 2.20 mtr |  | Jan Schrauwen | Zundert | 02-10-83 |
| Kogelstoten 7,26 kg | 9.40 mtr |  | Jan Schrauwen | Breda | 16-09-81 |
| Discuswerpen 2 kg | 27.43 mtr |  | Jan Schrauwen | Zundert | 28-08-83 |
| Speerwerpen 800 gr | 39.96 mtr |  | Ron Schijfs | Zundert | 03-07-04 |

**Mannen M40 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.18 sec | et | Ron Schijfs | Sittard | 13-02-05 |
| 200 meter | 26.23 sec | et | David Bömer | Gent (B) | 03-02-12 |
| 400 meter | 56.43 sec | et | David Bömer | Gent (B) | 03-02-12 |
| 1000 meter | 2.52.82 min | et | David Bömer | Gent (B) | 11-02-12 |
| 1500 meter | 5.39 min |  | Jan Schrauwen | Dordrecht | 09-03-86 |
| Verspringen | 5.64 mtr |  | Ron Schijfs | Eskilstuna (SE) | 11-03-05 |
| Hinkstapspringen | 11.91 mtr |  | Ron Schijfs | Eskilstuna (SE) | 12-03-05 |
| Kogelstoten 7,26 kg | 8.84 mtr |  | Jan Schrauwen | Dordrecht | 09-03-86 |

**Mannen M40 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 33.40 min |  | Julien Rayée | Breda | 05-05-96 |
| 15 kilometer | 49.43 min |  | Louis de Hoon | Roosendaal | 20-10-85 |
| 20 kilometer | 1.11.05 uur |  | Julien Rayée | Bergen op Zoom | 12-10-96 |
| 25 kilometer | 1.30.50 uur |  | Julie Rayée | Zevenbergen | 21-09-96 |
| Halve marathon | 1.13.28.8 uur |  | Louis de Hoon | Breda | 21-09-85 |
| Marathon | 2.33.04 uur |  | Louis de Hoon | Helmond | 12-10-85 |

**Mannen M40 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 yards | 12.4 sec |  | Jan Schrauwen | Dordrecht | 22-05-85 |
| 220 yards | 28.5 sec |  | Jan Schrauwen | Dordrecht | 22-05-85 |

**Mannen M40 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 56.29 min |  | Julien Rayée | Bergen op Zoom | 15-05-96 |

**Mannen M45 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.70 sec | et | Ron Schijfs | Roosendaal | 18-04-06 |
| 200 meter | 26.61 sec | et | Ron Schijfs | Gemert | 19-05-07 |
| 400 meter | 1.04.91 min | et | Hans Hoogveld | Leiden | 18-04-10 |
| 800 meter | 2.19.10 min |  | Frans Smits | Tilburg | 02-07-03 |
| 1000 meter | 2.57.0 min |  | Rinus van Koulil | Zundert | 21-04-94 |
| 1500 meter | 4.39.3 min |  | Frans Smits | Zundert | 21-09-02 |
| 2000 meter | 6.43.4 min |  | Rinus van Koulil | Etten-Leur | 13-07-93 |
| 3000 meter | 10.17.9 min |  | Frans Smits | Roosendaal | 04-07-03 |
| 5000 meter | 17.33.63 min | et | Deny Blom | Zundert | 07-04-12 |
| 400 meter horden 91 cm | 1.16.2 min |  | Jan Schrauwen | Roosendaal | 13-08-86 |
| Snelwandelen 3000 meter | 16.38.2 min |  | Ad Martens | Zundert | 16-04-98 |
| Snelwandelen 5000 meter | 28.24.8 min |  | Ad Martens | Vlaardingen | 20-05-94 |
| Snelwandelen 10 kilometer | 57.23.0 min |  | Ad Martens | Duffel (B) | 01-05-98 |
| Snelwandelen 20 kilometer | 2.01.10 uur |  | Ad Martens | Tilburg | 10-04-94 |
| Snelwandelen 1 uur | 10.419 mtr |  | Ad Martens | Zaandam | 17-04-98 |
| 5-kamp | 2729 pnt | et | Ron Schijfs | Gemert | 19-05-07 |
| Hoogspringen | 1.15 mtr |  | David Bömer | Zundert | 23-09-17 |
| Verspringen | 5.61 mtr |  | Ron Schijfs | Veldhoven | 10-06-07 |
| Hinkstapspringen | 11.99 mtr |  | Ron Schijfs | Amsterdam | 13-05-07 |
| Kogelstoten 7,26 kg | 9.00 mtr |  | Ron Schijfs | Zundert | 25-06-05 |
| Discuswerpen 2 kg | 25.82 mtr |  | Ron Schijfs | Oosterhout | 13-05-08 |
| Speerwerpen 800 gr | 39.92 mtr |  | Ron Schijfs | Oosterhout | 13-06-09 |

**Mannen M45 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.35 sec | et | Ron Schijfs | Sittard | 04-02-07 |
| 800 meter | 2.42.2 min |  | Jan Schrauwen | Someren | 29-11-87 |
| 1500 meter | 4.43.73 min | et | David Bömer | Gent (B) | 19-12-15 |
| Hoogspringen | 1.30 mtr |  | Jan Schrauwen | Zundert | 01-04-90 |
| Verspringen | 5.52 mtr |  | Ron Schijfs | Sittard | 10-02-08 |
| Hinkstapspringen | 11.86 mtr |  | Ron Schijfs | Sittard | 10-02-08 |

**Mannen M45 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 34.37 min | ch | Deny Blom | Rijsbergen | 16-06-12 |
| 15 kilometer | 53.39 min | ch | Deny Blom | Nijmegen | 18-11-12 |
| 25 kilometer | 1.41.20 uur |  | Rinus van Koulil | Zevenbergen | 20-09-97 |
| 30 kilometer | 2.02.45 uur |  | Rinus van Koulil | Dordrecht | 05-01-97 |
| Halve marathon | 1.16.56 uur | ch | Deny Blom | Etten-Leur | 28-10-12 |
| Marathon | 3.01.23 uur |  | Rinus van Koulil | Etten-Leur | 26-10-97 |
| Snelwandelen 10 kilometer | 58.06 min |  | Ad Martens | Rotterdam | 01-03-98 |
| Snelwandelen 20 kilometer | 1.59.56 uur |  | Ad Martens | Rotterdam | 10-05-98 |
| Snelwandelen 30 kilometer | 3.03.26 uur |  | Ad Martens | Schoonhoven | 01-05-94 |
| Snelwandelen 50 kilometer | 5.19.11 uur |  | Ad Martens | Barendrecht | 06-10-96 |

**Mannen M45 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 880 yards | 2.41.2 min |  | Jan Schrauwen | Dordrecht | 29-05-87 |
| Werp-3-kamp K+D+S | 1014 pnt |  | Jan Schrauwen | Steenbergen | 23-08-88 |

**Mannen M45 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.00.2 uur |  | Rinus van Koulil | Essen | 23-11-97 |
| Snelwandelen 80 kilometer | 8.42.46 uur |  | Ad Martens | Sittard | 02-04-94 |
| Snelwandelen 100 kilometer | 11.37.57 uur |  | Ad Martens | Roubaix (FR) | 28-05-94 |
| Snelwandelen 100 Engelse Mijlen | 19.52.35 uur |  | Ad Martens | Schiedam | 14-05-94 |
| Snelwandelen 28 uur | 218.390 km |  | Ad Martens | Roubaix (FR) | 20/21-09-97 |

**Mannen M50 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 13.59 sec | et | Ron Schijfs | Zundert | 10-07-10 |
| 200 meter | 30.1 sec |  | Jan Schrauwen | Zundert | 30-07-92 |
| 400 meter | 1.05.20 sec | et | Hans Hoogveld | Amersfoort | 13-05-12 |
| 800 meter | 2.21.8 min |  | Rinus van Koulil | Zundert | 16-04-98 |
| 1000 meter | 3.42.7 min |  | Jan Schrauwen | Roosendaal | 16-04-92 |
| 1500 meter | 5.57.5 min |  | Jan Schrauwen | Roosendaal | 08-08-91 |
| 5000 meter | 19.36.75 min | et | Hans Hoogveld | Zundert | 15-05-13 |
| Snelwandelen 5000 meter | 28.56.94 min |  | Ad Martens | Zevenaar | 07-06-98 |
| Snelwandelen 20 kilometer | 2.01.53.0 uur |  | Ad Martens | Rotterdam | 14-06-98 |
| Snelwandelen 30 kilometer | 3.04.31.4 uur |  | Ad Martens | Rotterdam | 14-06-98 |
| Snelwandelen 50 kilometer | 5.20.34.5 uur |  | Ad Martens | Rotterdam | 14-06-98 |
| Snelwandelen 2 uur | 19.701 mtr |  | Ad Martens | Rotterdam | 14-06-98 |
| 5-kamp | 2285 pnt |  | Jan Schrauwen | Etten-Leur | 08-09-91 |
| Hoogspringen | 1.30 mtr |  | Jan Schrauwen | Huizen | 21-08-93 |
| Verspringen | 5.04 mtr |  | Ron Schijfs | Dongen | 20-06-10 |
| Hinkstapspringen | 10.92 mtr |  | Ron Schijfs | Zundert | 10-07-10 |
| Kogelstoten 6 kg | 9.10 mtr |  | Jan Schrauwen | Huizen | 24-04-94 |
| Discuswerpen 1½ kg | 28.90 mtr |  | Ron Schijfs | Dongen | 20-06-10 |
| Speerwerpen 800 gr | 36.81 mtr |  | Ron Schijfs | Leiden | 18-04-10 |

**Mannen M50 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 9.1 sec |  | Jan Schrauwen | Goes | 18-01-92 |
| 200 meter | 31.61 sec |  | Jan Schrauwen | Den-Haag | 07-02-93 |
| 400 meter | 1.10.51 min |  | Jan Schrauwen | Den-Haag | 30-01-94 |
| 800 meter | 2.53.08 min |  | Jan Schrauwen | Den-Haag | 13-02-94 |
| 1000 meter | 3.58.48 min |  | Jan Schrauwen | Den-Haag | 12-12-93 |
| Verspringen | 4.27 mtr |  | Jan Schrauwen | Den-Haag | 13-12-92 |
| Kogelstoten 6 kg | 8.99 mtr |  | Jan Schrauwen | Den-Haag | 07-02-93 |

**Mannen M50 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 36.21.9 min |  | Rinus van Koulil | Stampersgat | 24-05-98 |
| 15 kilometer | 57.54 min |  | Rinus van Koulil | Zevenbergen | 27-09-98 |
| 20 kilometer | 1.16.47 uur |  | Rinus van Koulil | Halsteren | 05-04-98 |
| Halve marathon | 1.22 uur |  | Rinus van Koulil | Essen (B) | 04-10-98 |
| Snelwandelen 10 kilometer | 65.08 min |  | Ad Martens | Rotterdam | 01-12-02 |

**Mannen M50 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 880 yards | 2.51.6 min |  | Jan Schrauwen | Gorinchem | 15-05-92 |
| Werp-3-kamp K+D+S | 1031 pnt |  | Jan Schrauwen | Steenbergen | 31-08-93 |

**Mannen M50 Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 14.8 sec |  | Jan Schrauwen | Goes | 18-01-92 |

**Mannen M50 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.00.42 uur |  | Rinus van Koulil | Oosterhout | 18-04-98 |

**Mannen M55 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 15.3 sec |  | Jan Schrauwen | Breda | 22-08-96 |
| 200 meter | 32.8 sec |  | Jan Schrauwen | Best | 10-09-96 |
| 400 meter | 1.08.5 min |  | Antoon van Koulil | Zundert | 25-09-94 |
| 1000 meter | 3.19.0 min |  | Antoon van Koulil | Zundert | 21-04-94 |
| 1500 meter | 5.14.0 min |  | Antoon van Koulil | Zundert | 25-09-64 |
| 2000 meter | 7.15.7 min |  | Antoon van Koulil | Etten-Leur | 28-06-94 |
| 3000 meter | 11.09.0 min |  | Antoon van Koulil | Zundert | 25-09-94 |
| 5000 meter | 19.44.0 min |  | Antoon van Koulil | Zundert | 14-07-94 |
| Snelwandelen 3000 meter | 17.39 min |  | Ad Martens | Zundert | 03-07-04 |
| Snelwandelen 5000 meter | 30.42.6 min |  | Ad Martens | Barendrecht | 06-06-04 |
| Snelwandelen 20 kilometer | 2.09.42 uur |  | Ad Martens | Emmeloord | 23-08-03 |
| Snelwandelen 30 kilometer | 3.19.45.8 uur |  | Ad Martens | Zaandam | 09-08-03 |
| Snelwandelen 2 uur | 18.399 mtr |  | Ad Martens | Zaandam | 31-07-04 |
| Verspringen | 3.94 mtr |  | Jan Schrauwen | Best | 10-09-96 |
| Kogelstoten 6 kg | 8.92 mtr |  | Jan Schrauwen | Etten-Leur | 27-08-96 |
| Discuswerpen 1½ kg | 24.74 mtr |  | Jan Schrauwen | Breda | 22-08-96 |
| Speerwerpen 800 gr | 29.26 mtr |  | Jan Schrauwen | Etten-Leur | 27-08-96 |

**Mannen M55 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 39.33 min |  | Antoon van Koulil | Raamsdonksveer | 28-05-94 |
| 15 kilometer | 1.01.40 uur |  | Antoon van Koulil | Breda | 02-05-93 |
| Halve marathon | 1.26.20 uur |  | Antoon van Koulil | Etten-Leur | 25-10-92 |
| Marathon | 3.16.56 uur |  | Antoon van Koulil | Etten-Leur | 29-10-95 |
| 100 kilometer | 12.42.58 uur |  | Ad Martens | Torhout (B) | 18/19-06-04 |
| Snelwandelen 20 kilometer | 2.12.24 uur |  | Ad Martens | Århus (DK) | 29-07-04 |
| Snelwandelen 50 kilometer | 5.39.30 uur |  | Ad Martens | Tilburg | 05-10-03 |

**Mannen M55 Baan Officieus**

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| --- | --- | --- | --- | --- | --- |
| Snelwandelen 1 uur | 9608 mtr |  | Ad Martens | Zaandam | 10-09-04 |
| Kogelstoten 7,26 kg | 7.48 mtr |  | Jan Schrauwen | Essen (B) | 12-10-97 |
| Discuswerpen 2 kg | 19.92 mtr |  | Jan Schrauwen | Essen (B) | 12-10-97 |
| Werp-3-kamp K+D+S | 1472 pnt |  | Jan Schrauwen | Rijswijk | 04-08-96 |

**Mannen M55 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.05.34 uur |  | Antoon van Koulil | Dorst | 17-04-93 |

**Mannen M60 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 800 meter | 2.27.23 min |  | Maarten Bömer | Vught | 13-06-04 |
| 1500 meter | 5.01.11 min | et | Maarten Bömer | Utrecht | 01-07-05 |
| 3000 meter | 10.56.71 min |  | Maarten Bömer | Tilburg | 08-07-04 |
| 5000 meter | 18.32.42 min | et | Maarten Bömer | Vught | 21-06-05 |
| Kogelstoten 5 kg | 8.82 mtr |  | Jan Schrauwen | Oosterhout | 23-09-01 |
| Discuswerpen 1 kg | 24.20 mtr |  | Jan Schrauwen | Oosterhout | 23-09-01 |
| Speerwerpen 600 gr | 25.94 mtr |  | Jan Schrauwen | Oosterhout | 23-09-01 |

**Mannen M60 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 800 meter | 2.34.80 min |  | Maarten Bömer | Gent (B) | 27-03-04 |

**Mannen M60 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 40.14 min | ch | Maarten Bömer | Rijsbergen | 19-06-04 |
| 15 kilometer | 1.02.40 uur | ch | Maarten Bömer | Nijmegen | 16-11-03 |
| Halve marathon | 1.30.40 uur |  | Antoon van Koulil | Weert | 22-03-98 |
| Marathon | 3.37.55 uur |  | Antoon van Koulil | Etten-Leur | 28-10-01 |

**Mannen M60 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.07.11 uur |  | Antoon van Koulil | Oud-Gastel | 30-04-98 |

**Mannen M65 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3000 meter | 11.53.82 min | et | Maarten Bömer | Oosterhout | 10-05-11 |
| 5000 meter | 19.48.95 min | et | Maarten Bömer | Drunen | 14-06-08 |