*Bijgewerkt tot en met 8-7-2019*

**Vrouwen Senioren Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.5 sec |  | Berlinde Verhagen | Eindhoven | 15-06-86 |
| 200 meter | 26.3 sec |  | Berlinde Verhagen | Roosendaal | 09-07-86 |
| 400 meter | 59.0 sec |  | Berlinde Verhagen | Eindhoven | 15-06-86 |
| 800 meter | 2.22.4 min |  | Liesbeth Vissers | Sittard | 04-07-93 |
| 1000 meter | 3.37.3 min |  | Addie Frijters | Oosterhout | 26-06-86 |
| 1500 meter | 4.52.2 min |  | Karin Kamphorst | Utrecht | 07-08-92 |
| 2000 meter | 7.24.69 min |  | Anita Oostvogels | Zevenbergen | 18-06-03 |
| 3000 meter | 10.33.1 min |  | Karin Kamphorst | Breda | 12-04-92 |
| 5000 meter | 18.44.0 min |  | Karin Kamphorst | Zundert | 30-07-92 |
| 10.000 meter | 40.32.2 min |  | Karin Kamphorst | Etten-Leur | 21-04-92 |
| 1 Engelse Mijl | 5.35.4 min |  | Karin Kamphorst | Roosendaal | 19-07-90 |
| 100 meter horden 84 cm | 16.1 sec |  | Berlinde Verhagen | Eindhoven | 15-06-86 |
| 400 meter horden 76 cm | 70.71 sec | et | Sabine Monden | Zundert | 26-05-19 |
| 4 x 100 meter | 51.6 sec |  | Marja van de BergIna GommersAns FrijtersEvie Roelands | Vught | 16-06-91 |
| 4 x 400 meter | 4.19.03 min | et | Femke FrijtersSanne SchellekensSabine MondenAnkie Vermeeren | Spijkenisse | 18-06-17 |
| Zweedse estafette (400-300-200-100 meter) | 2.30.49 min | et | Sanne SchellekensFemke FrijtersAnkie VermeerenInge van der Meulen | Gorinchem | 30-04-17 |
| Olympische estafette (800-400-200-200meter) | 4.48.55 min | et | Ellen VerdaasdonkRebecca SweepSara FrankenSabine Monden | Zevenbergen | 25-06-14 |
| 7-kamp | 4054 pnt | et | Sabine Monden | Best | 02/03-07-16 |
| Hoogspringen | 1.65 mtr |  | Evie Roelands | Zundert | 29-09-84 |
| Verspringen | 5.24 mtr |  | Evie Roelands | Eindhoven | 15-06-86 |
| Hinkstapspringen | 11.09 mtr |  | Sanne Schellekens | Utrecht | 23-06-18 |
| Polsstokhoogspringen | 2.30 mtr |  | Manon Schellekens | Wageningen | 17-09-17 |
| Kogelstoten 4 kg | 12.14 mtr |  | Jolanda Dictus | Zundert | 14-04-97 |
| Discuswerpen 1 kg | 37.56 mtr |  | Jolanda Dictus | Bergen op Zoom | 29-05-87 |
| Speerwerpen 600 gr | 33.50 mtr |  | Manon Schellekens | Groningen | 31-05-19 |

**Vrouwen Senioren Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50 meter | 7.52 sec | et | Inge Vermeiren | Dordrecht | 08-01-11 |
| 60 meter | 7.9 sec |  | Berlinde Verhagen | Someren | 01-12-85 |
| 200 meter | 28.61 sec | et | Sabine Monden | Gent (B) | 12-01-19 |
| 1000 meter | 3.23.86 min |  | Anita Oostvogels | Gent (B) | 11-01-04 |
| 1500 meter | 5.42.54 min |  | Thea van Nispen | Dordrecht | 21-03-82 |
| 60 meter horden 84 cm | 9.3 sec |  | Berlinde Verhagen | Someren | 01-02-87 |
| Hoogspringen | 1.60 mtr |  | Evie Roelands | Zevenbergen | 15-01-84 |
| Verspringen | 4.91 mtr |  | Evie Roelands | Goes | 12-01-91 |
| Hinkstapspringen | 11.09 mtr |  | Sanne Schellekens | Utrecht | 23-06-18 |
| Kogelstoten 4 kg | 11.43 mtr |  | Jolanda Dictus | Goes | 12-11-94 |

**Vrouwen Senioren Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 23.47 min | ch | Ellen Verdaasdonk | Nijmegen | 19-05-19 |
| 10 kilometer | 42.27 min | ch | Patricia van Uffelen | Rijsbergen | 15-06-13 |
| 15 kilometer | 1.04.35 uur |  | Karin Kamphorst | Reeuwijk | 16-03-91 |
| Halve marathon | 1.33.14 uur | ch | Patricia van Uffelen | Vlaardingen | 07-12-13 |
| Marathon | 3.23.52 uur | ch | Patricia van Uffelen | Leiden | 18-05-14 |

**Vrouwen Senioren Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 150 meter | 21.25 sec | et | Sabine Monden | Merksem (B) | 06-10-18 |
| 300 meter | 45.23 sec | et | Dorien van de Poel | Edegem (B) | 05-08-18 |
| 600 meter | 1.52.51 min | et | Jorien Vriends | Vught | 21-04-14 |
| Spring-2-Kamp H+V | 1521 pnt |  | Evie Roelands | Zundert | 28-08-83 |
| Werp-3-Kamp K+D+S | 1811 pnt |  | Jolanda Dictus | Steenbergen | 22-06-99 |
| 10.000 meter estafette | 33.05.6 min |  | Els de WijsNancy RooversThea van NispenMarian DaamenAddie Frijters | Valkenswaard | 30-04-86 |
| Estafette (800-400-200-100 meter) | 4.38.3 min |  | Thea van NispenKarin KamphorstEllie JochemsMarlies van Geel | Zundert | 22-09-91 |

**Vrouwen Senioren Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 35 meter | 5.0 sec |  | Berlinde Verhagen | Uden | 15-02-86 |
| 40 meter | 5.8 sec |  | Berlinde Verhagen | Zevenbergen | 15-01-84 |
| 100 meter | 14.1 sec |  | Ans Frijters | Goes | 18-01-92 |
| 300 meter | 46.00 sec | et | Sabine Monden | Gent (B) | 29-12-18 |

**Vrouwen Senioren Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.10.27 uur |  | Gerda Nouws | Zundert | 10-06-95 |

**Vrouwen V35 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 13.3 sec |  | Maria van den Berg | Waalwijk | 25-04-99 |
| 200 meter | 27.89 sec | et | Dorien van de Poel | Etten-leur | 10-05-19 |
| 400 meter | 62.20 sec | et | Dorien van de Poel | Sint Niklaas (B) | 15-06-19 |
| 800 meter | 2.16.9 min |  | Marlies van Geel | Oosterhout | 09-06-96 |
| 1000 meter | 3.02.9 min |  | Marlies van Geel | Tilburg | 09-06-95 |
| 1500 meter | 4.39.90 min |  | Marlies van Geel | Malmö (SE) | 19-07-96 |
| 2000 meter | 6.57.81 min |  | Marlies van Geel | Breda | 04-04-96 |
| 3000 meter | 10.19.16 min | et | Paddy Herijgers | Delft | 29-05-16 |
| 5000 meter | 17.51.40 min | et | Paddy Herijgers | Amersfoort | 12-06-16 |
| 1 Engelse Mijl | 5.11.0 min |  | Marlies van Geel | Roosendaal | 06-08-96 |
| 1 uur | 14.508 mtr |  | Marlies van Geel | Roosendaal | 21-09-95 |
| 100 meter horden 84 cm | 17.2 sec |  | Evie Roelands | Zundert | 27-09-97 |
| 4 x 100 meter | 54.5 sec |  | Evie RoelandsJeanne van den BergMaria VerdaasdonkMarlies van Geel | Roosendaal | 26-04-98 |
| 5-kamp | 2954 pnt |  | Evie Roelands | Zundert | 28-09-97 |
| Hoogspringen | 1.55 mtr |  | Evie Roelands | Zwolle | 31-08-97 |
| Verspringen | 5.13 mtr |  | Evie Roelands | Spa (B) | 21-06-97 |
| Hinkstapspringen | 11.17 mtr |  | Evie Roelands | Etten-Leur | 11-05-97 |
| Kogelstoten 4 kg | 8.79 mtr |  | Maria Verdaasdonk | Reusel | 27-09-98 |
| Discuswerpen 1 kg | 25.32 mtr |  | Fien Hereijgers | Dordrecht | 16-05-82 |
| Speerwerpen 600 gr | 28.46 mtr |  | Ans Schellekens | Zundert | 25-06-05 |

**Vrouwen V35 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.45 sec | et | Maria van den Berg | Malmö (SE) | 05-03-99 |
| 200 meter | 27.26 sec | et | Dorien van de Poel | Torun (P) | 28-03-19 |
| 400 meter | 1.02.83 min | et | Dorien van de Poel | Torun (P) | 25-03-19 |
| 1500 meter | 4.54.43 min |  | Marlies van Geel | Den-Haag | 17-03-96 |
| 60 meter horden 84 cm | 10.71 sec |  | Evie Roelands | Someren | 06-11-94 |
| Hoogspringen | 1.45 mtr |  | Evie Roelands | Someren | 03-11-96 |
| Verspringen | 4.81 mtr |  | Evie Roelands | Birmingham (GB) | 02-03-97 |
| Hinkstapspringen | 10.54 mtr |  | Evie Roelands | Birmingham (GB) | 03-03-97 |
| Kogelstoten 4 kg | 8.82 mtr |  | Evie Roelands | Someren | 06-11-94 |

**Vrouwen V35 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 37.17 min | ch | Paddy Herijgers | Rijsbergen | 20-06-15 |
| Halve marathon | 1.22.27 uur | ch | Paddy Herijgers | Etten-Leur | 25-10-15 |
| Marathon | 3.16.19 uur | ch | Paddy Herijgers | Eindhoven | 09-10-16 |

**Vrouwen V35 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 150 meter | 21.06 sec | et | Dorien van de Poel | Merksem (B) | 06-10-18 |
| 2 Engelse Mijlen | 12.35.2 min |  | Marlies van Geel | Zundert | 28-09-97 |
| Werp-3-kamp K+D+S | 1177 pnt |  | Fien Hereijgers | Zundert | 28-08-87 |

**Vrouwen V35 Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 14.3 sec |  | Evie Roelands | Goes | 12-11-94 |
| 300 meter | 45.30 sec | et | Dorien van de Poel | Gent (B) | 23-02-19 |

**Vrouwen V35 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.11.58 uur |  | Annie Braspenning | Zundert | 10-06-95 |

**Vrouwen V40 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 13.83 sec |  | Maria van den Berg | Gemert | 29-06-03 |
| 200 meter | 28.32 sec | et | Evie Roelands | Uden | 21-05-00 |
| 400 meter | 1.17.8 min |  | Ans Schellekens | Spijkenisse | 28-05-09 |
| 800 meter | 2.31.78 min | et | Paddy Herijgers | Zundert | 27-05-17 |
| 1500 meter | 4.51.86 min | et | Paddy Herijgers | Malaga (ES) | 15-09-18 |
| 2000 meter | 7.09.01 min |  | Erna Ongenae | Breda | 25-05-93 |
| 3000 meter | 10.34.80 min | et | Paddy Herijgers | Utrecht | 03-08-18 |
| 5000 meter | 17.49.12 min | et | Paddy Herijgers | Utrecht | 01-09-17 |
| 1 Engelse Mijl | 5.28.88min | et | Paddy Herijgers | Bergen op Zoom | 08-07-17 |
| 80 meter horden 76 cm | 13.3 sec |  | Evie Roelands | Tilburg | 11-06-00 |
| 400 meter horden 76 cm | 82.26 sec |  | Ina Gommers | Breda | 18-05-08 |
| 4 x 100 meter | 55.88 sec |  | Maria van den BergIna GommersAns SchellekensEvie Roelands | Oosterhout | 07-05-06 |
| 5-kamp | 2016 pnt | et | Ans Schellekens | Gemert | 19-05-07 |
| 7-kamp | 2809 pnt |  | Annie van Baal | Zundert | 02/03-10-82 |
| Hoogspringen | 1.55 mtr |  | Evie Roelands | Alphen a/d Rijn | 16-04-00 |
| Verspringen | 5.00 mtr |  | Evie Roelands | Hengelo | 26-09-98 |
| Hinkstapspringen | 10.91 mtr |  | Evie Roelands | Kapellen (B) | 26-09-99 |
| Kogelstoten 4 kg | 9.02 mtr |  | Maria van den Berg | Zundert | 22-06-03 |
| Discuswerpen 1 kg | 22.27 mtr |  | Ans Schellekens | Zundert | 06-05-07 |
| Speerwerpen 600 gr | 28.32 mtr |  | Ans Schellekens | Zundert | 08-04-06 |

**Vrouwen V40 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 9.40 sec | et | Ans Schellekens | Sittard | 04-02-07 |
| 200 meter | 29.09 sec | et | Evie Roelands | Bordeaux (FR) | 09-03-01 |
| 50 meter horden 84 cm | 8.84 sec | et | Evie Roelands | Dordrecht | 25-01-03 |
| 60 meter horden 84 cm | 10.19 sec | et | Evie Roelands | Bordeaux (FR) | 09-03-01 |
| Hoogspringen | 1.50 mtr |  | Evie Roelands | Den Haag | 30-01-99 |
| Verspringen | 5.06 mtr |  | Evie Roelands | Den Haag | 30-01-99 |
| Hinkstapspringen | 10.74 mtr |  | Evie Roelands | Malmö (SE) | 07-03-99 |

**Vrouwen V40 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 37.56 min | ch | Paddy Herijgers | Brunssum | 24-03-19 |
| 15 kilometer | 57.38 min | ch | Paddy Herijgers | Velp | 24-09-17 |
| Halve marathon | 1.22.11 uur | ch | Paddy Herijgers | Eindhoven | 08-10-17 |
| Marathon | 4.34.55 uur | ch | Joke Vriends | Rotterdam | 09-04-06 |

**Vrouwen V40 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Werp-3-kamp K+D+S | 1300 pnt |  | Ans Schellekens | Steenbergen | 05-06-07 |

**Vrouwen V40 Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 35 meter | 5.7 sec |  | Annie van Baal | Zevenbergen | 19-01-86 |

**Vrouwen V40 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 20.23 min |  | Marlies van Geel | Rucphen | 17-10-99 |
| 10 Engelse Mijlen | 1.11.59 uur |  | Gerda Nouws | Oudenbosch | 05-06-02 |

**Vrouwen V45 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 16.0 sec |  | Ina Gommers | Zundert | 29-09-12 |
| 400 meter | 76.7 sec |  | Ina Gommers | Zundert | 30-09-12 |
| 800 meter | 2.48.97 min | et | Ina Gommers | Terneuzen | 10-06-12 |
| 1500 meter | 6.04.48 min | et | Ina Gommers | Roosendaal | 29-06-12 |
| 3000 meter | 12.06.41 min | et | Gerda Nouws | Zundert | 06-05-07 |
| 5000 meter | 24.16.82 min | et | Ina Gommers | Zundert | 15-05-13 |
| Zweedse estafette (400-300-200-100 meter) | 3.19.59 min | et | Jeanne van de BergIna GommersAns SchellekensEvie Roelands | Lisse | 15-04-12 |
| Hoogspringen | 1.50 mtr |  | Evie Roelands | Rotterdam | 24-04-05 |
| Verspringen | 4.41 mtr |  | Evie Roelands | Zundert | 25-06-05 |
| Hinkstapspringen | 10.06 mtr |  | Evie Roelands | Vught | 12-06-05 |
| Kogelstoten 4 kg | 7.87 mtr |  | Ans Schellekens | Steenbergen | 05-06-12 |
| Discuswerpen 1 kg | 20.14 mtr |  | Ans Schellekens | Roosendaal | 29-07-13 |
| Speerwerpen 600 gr | 28.06 mtr |  | Ans Schellekens | Terneuzen | 10-06-12 |

**Vrouwen V45 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Hinkstapspringen | 10.37 mtr |  | Evie Roelands | Hoboken (B) | 11-12-05 |
| Verspringen | 4.53 mtr |  | Evie Roelands | Hoboken (B) | 08-01-06 |
| Kogelstoten 4 kg | 7.53 mtr |  | Ans Schellekens | Dordrecht | 25-10-14 |

**Vrouwen V45 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 42.23 min | ch | Gerda Nouws | Rijsbergen | 16-06-07 |
| 15 kilometer | 1.06.32 uur | ch | Gerda Nouws | Nijmegen | 18-11-07 |
| Halve marathon | 1.36.13 uur | ch | Gerda Nouws | Etten-Leur | 28-10-07 |

**Vrouwen V45 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Werp-3-kamp K+D+S | 1283 pnt |  | Ans Schellekens | Steenbergen | 05-06-12 |

**Vrouwen V45 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 23.29 min | ch | Ina Gommers | Rijsbergen | 18-06-11 |
| 10 Engelse Mijlen  | 1.25.40 uur |  | Annie van Oijen | Baarle-Nassau | 02-09-00 |

**Vrouwen V50 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 800 meter | 3.13.44 min | et | Ina Gommers | Zundert | 23-06-17 |
| 3000 meter | 12.29.18 min | et | Gerda Nouws | Zundert | 07-04-12 |
| 5000 meter | 22.21 min |  | Gerda Nouws | Zundert | 11-10-14 |
| Hoogspringen | 1.43 mtr |  | Evie Roelands | Den Haag | 18-06-11 |
| Verspringen | 4.28 mtr |  | Evie Roelands | Steenbergen | 28-06-09 |
| Kogelstoten 3 kg | 8.19 mtr |  | Ans Schellekens | Naaldwijk | 25-09-16 |
| Discuswerpen 1 kg | 20.83 mtr |  | Ans Schellekens | Vught | 27-08-17 |
| Speerwerpen 500 gr | 26.98 mtr |  | Ans Schellekens | Gouda | 11-06-17 |

**Vrouwen V50 Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter horden 76cm | 11.25 sec | et | Evie Roelands | Apeldoorn | 27-02-11 |
| Hoogspringen | 1.41 mtr |  | Evie Roelands | Apeldoorn | 27-02-11 |
| Kogelstoten 3 kg | 8.30 mtr |  | Ans Schellekens | Gent (B) | 30-12-17 |

**Vrouwen V50 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 44.28 min | ch | Gerda Nouws | Zundert | 01-06-13 |
| 15 kilometer | 1.07.41 uur | ch | Gerda Nouws | Nijmegen | 17-11-13 |
| Halve marathon | 1.40.33 uur | ch | Gerda Nouws | Etten-Leur | 28-10-12 |

**Vrouwen V50 Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Werp-3-kamp K+D+S | 1265 pnt |  | Ans Schellekens | Naaldwijk | 25-09-16 |

**Vrouwen V50 Weg Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 Engelse Mijlen | 1.26.13.2 uur |  | Annie van Oijen | Essen (B) | 24-11-02 |

**Vrouwen V55 Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 80 meter horden 76 cm | 15.95 sec | et | Evie Roelands | Zundert | 21-09-13 |
| Hoogspringen | 1.34 mtr |  | Evie Roelands | Zundert | 21-09-13 |
| Kogelstoten 3 kg | 8.65 mtr |  | Evie Roelands | Zundert | 21-09-13 |

**Vrouwen V55 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 45.52 min | ch | Gerda Nouws | Zundert | 04-06-16 |
| 15 kilometer | 1.12.05 uur | ch | Gerda Nouws | Nijmegen | 18-11-18 |
| Halve marathon | 1.40.33 uur | ch | Maria van Laerhoven | Etten-Leur | 26-10-08 |

**Vrouwen V60 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Halve marathon | 1.59.16 uur | ch | Annie van Oijen | Etten-Leur | 28-10-12 |

**Vrouwen V65 Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10 kilometer | 54.01 min | ch | Annie van Oijen | Rijsbergen | 18-06-16 |
| 15 kilometer | 1.27.49 uur | ch | Annie van Oijen | Nijmegen | 19-11-17 |