

Clubrecords Masters, Mannen

per 1-1-2016

Verbeteringen: michelvanosch@hetnet.nl

outdoor		
100 meter		
M35	10.28	Troy Douglas
M40	10.29	Troy Douglas WR
M45	12.3	Peter vd Ham
M50	12.58	Lucas Prins
M55	13.12	Lucas Prins
M60	14.0	Piet Baas
M65	15.33	Michel van Osch
M70	16.20	Peter vd Ham
200 meter		
M35	20.56	Troy Douglas
M40	20.64	Troy Douglas WR
M45	24.6	Martin de Pater
M50	26.08	Lucas Prins
M55	26.98	Lucas Prins
M60	30.7	Peter vd Ham
M65	32.74	Peter vd Ham
M70	33.47	Piet Baas
400 meter		
M35	48.63	Troy Douglas
M40	48.63	Troy Douglas
M45	54.63	Martin de Pater
M50	58.3	Hans Bongaertz
M55	59.92	Piet Baas
M60	63.0	Piet Baas
M65	72.97	Piet Baas
M70	72.97	Piet Baas
800 meter		
M35	1.53.94	Harold van Eerde
M40	1.59.2	Herman Kromhout
M45	2.01.4	Rob Mahieu
M50	2.08.13	Herman Kromhout
M55	2.17.15	Piet Baas
M60	2.19.76	Piet Baas
M65	2.50.85	Piet Baas
M70	2.56.60	Piet Baas
1500 meter		
M35	3.56.7	Herman Kromhout
M40	4.04.7	Herman Kromhout
M45	4.09.7	Rob Mahieu
M50	4.20.9	Victor Malij
M55	4.35.68	Piet Baas
M60	4.49.30	Piet Baas
M65	5.54.78	Piet Baas
M70	5.54.35	Piet Baas
3000 meter		
M35	8.32.5	Herman Kromhout
M40 8.54.6 Victor Malij		
M45 8.54.6 Victor Malij		
M50 9.11.8 Victor Malij		
M55 10.13.3 Piet Baas		
M60 11.15.3 Frans van Veen		
M65 12.50.2 Hans Schrok		
5000 meter		
M35	14.51.4	Herman Kromhout
M40	15.17.4	Victor Malij
M45	15.17.4	Victor Malij
M50	15.46.97	Victor Malij
M55	17.14.95	Hans vd Kooy
M60	18.45.4	Piet Baas
M65	25.18	Huib van der Sluis
10000 meter		
M35	33.30.54	Jeroen van Aken
M40	31.33.1	Victor Malij
M45	31.33.1	Victor Malij
M50	32.17.58	Victor Malij

1/2 marathon: vacant

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Hinkstapspringen

M35	13.36	Aad de Bruyn	1947
M40	12.87	Aad de Bruyn	1951
2002 M45	11.85	Peter vd Ham	1990
2003 M50	11.06	Peter vd Ham	1995
1989 M55	9.87	Peter vd Ham	1999
2010			
2014 Kogelstoten			
1989 M35	18.85	Erik van Vreumingen	2013
2015 M40	14.67	Jeroen vd Meer	2000
2014 M45	12.24	Winston Hofmeester	2014
M50	10.80	Peter vd Ham	1994 (6 kg)
M55	10.75	Peter vd Ham	2000 (6 kg)
2002 M60	11.02	Peter vd Ham	2004 (4 kg)
2003 M65	10.45	Peter vd Ham	2011 (4 kg)
1999 M70	11.28	Peter vd Ham	2014 (.. kg)
2011 Speerwerpen			
2014 M35	63.12	Jeroen vd Meer	1998
2005 M40	61.33	Jeroen vd Meer	1999
2012 M45	49.27	Paul de Vries	2011
2000 M50	51.99	Paul de Vries	2012
M55	40.24	Brett Randall	2015
M60	34.10	Peter vd Ham	2005
2003 M65	32.52	Peter vd Ham	2011
2003 M70	34.38	Joop Bakker	1995 (600 gr)
2000 M75	27.49	Joop Bakker	1998 (600 gr)
1990 Discuswerpen			
1985 M35	54.06	Piet Meijdam	1996
1990 M40	52.89	Piet Meijdam	1998
2000 M45	40.74	Aad de Bruyn	1957
2000 M50	38.79	Paul de Vries	2012
M55	30.60	Peter vd Ham	2000
M65	32.64	Peter vd Ham	2010
2005 M70	29.15	Peter vd Ham	2015
1990 Kogelslingeren			
1992 M35	51.77	Aad de Bruyn	1948
1997 M40	50.32	Aad de Bruyn	1951
1985 M45	45.93	Aad de Bruyn	1956
1989 M50	44.25	Aad de Bruyn	1960
1998			
2000			
5-kamp			
M40	2952	Martin de Pater	1997
M45	3492	Peter vd Ham	1989
1982 M50	2874	Peter vd Ham	1994
1987			
10-kamp			
1992 M35	4578	Stefan Verheij	2012
2001 M40	4296	Peter vd Ham	1988
1985 M45	5234	Peter vd Ham	1989
1989 M50	6891	Jan Harland	2011
1998 M55	4390	Jan Harland	2015
2000 M60	3760	Michel van Osch	2010
M65	5601	Peter vd Ham	2012
M70	4863	Peter vd Ham	2014

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outdoor			
1984 100 meter			
1996 V35	13.11	Liliane Mandema	1996
1999 V40	14.86	Elly Burgering	2000
V45	13.56	Pat Smit	1984
V50	13.4	Pat Smit	1986
1982 V55	14.42	Pat Smit	1992
1996 V60	15.18	Pat Smit	1996
1996			
2001			
1994 200 meter			
1989 V35	28.0	Resi Fransen	1992
2005 V40	38.8	Anneke de Pater	1993
V45	27.6	Pat Smit	1985
V50	27.8	Pat Smit	1988
V55	28.8	Pat Smit	1991
1996 V60	31.42	Pat Smit	1996
1996			
2001 (NR)			
400 meter			
V35	60.04	Liliane Mandema	1996
V40	63.1	Pat Smit	1985
V45	62.7	Pat Smit	1988
V50	66.9	Pat Smit	1991

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Marathon		
M35	2.20.23	Keith Deathridge
M40	2.23.14	Victor Zonneveld
M45	2.31.33	Victor Maliy
M50	2.31.33	Victor Maliy
M55	2.55.59	Herman Kromhout
M60	3.32.30	Menno de Rijk
M70	5.20.00	Cees Langeveld
3000 meter steeple		
M35	9.55.12	Kees Fluitman
M40	9.59.49	Kees Fluitman
M45	12.00.2	Jan vd Bos
M50	12.00.2	Jan vd Bos
110 meter horden (100mh, 80mh)		
M35	15.73	Lucas Prins
M40	15.73	Lucas Prins
M45	15.86	Jan Harland
M50	15.25	Jan Harland
M55	18.15	Lucas Prins
M60	22.32	Michel van Osch
M65	21.98	Peter vd Ham
M70	18.10	Peter vd Ham
400 meter horden		
M35	55.8	Martin de Pater
M40	56.97	Martin de Pater
M45	56.63	Martin de Pater
M50	49.25	Peter vd Ham (300m)
4x100m		
M40	51.1	Peter vd Ham, Rob vd Meulen, Joop Nennie, Michel van Osch
4x800m		
M40	9.39.9	Mark Bovens, Martin Dubbeld, Michel Out, Michiel Oosschot
Zweedse estafette		
M35	2.09.8	Rob Mahieu, Herman Kromhout, Peter vd Ham, Wim Hartman
M40	2.09.8	Rob Mahieu, Herman Kromhout, Peter vd Ham, Wim Hartman
M45	2.29.00	Michel Out, Paul de Vries, Brett Randall, Jan Harland
Verspringen		
M40	6.11	Jan Harland
M45	6.11	Jan Harland
M50	5.86	Jan Harland
M55	5.17	Peter vd Ham
M60	4.81	Peter vd Ham
M65	4.26	Peter vd Ham
M70	4.12	Peter vd Ham
Hoogspringen		
M35	1.65	Joop Nennie
M40	1.65	Joop Nennie
M45	1.70	Peter vd Ham
M50	1.55	Joop Nennie
M55	1.55	Peter vd Ham
M60	1.45	Peter vd Ham
M65	1.40	Peter vd Ham
M70	1.31	Peter vd Ham
Polsstokhoogspringen		
M35	5.27	Christian Tamminga
M40	5.02	Chris Leeuwenburgh
M45	4.23	Chris Leeuwenburgh
M50	4.20	Jan Harland
M55	2.90	Phil Barth
M60	2.86	Phil Barth
M65	2.80	Michel van Osch

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800 meter				
1983	V35	2.13.7	Mieke Aanen	1998
1983	V40	2.24.56	Resi Fransen	2000
2001	V45	2.30.00	Lucia Bertijn	2006
2001	V50	2.44.2	Rimke Korpershoek	1987
2002	V55	2.55.3	Jeannette Weeber	1999
1984				
1000 meter				
	V35	2.51.78	Mieke Aanen	1998
	V50	3.40.0	Jeannette Weeber	1998
1985				
1500 meter				
1989				
2007	V35	4.25.74	Mieke Aanen	1998
2007	V45	5.36.5	Rimke Korpershoek	1982
	V50	5.46.13	Jeannette Weeber	1998
	V55	5.32.6	Jeannette Weeber	1999
1999				
1999				
2007	1 Engelse mijl			
2010	V35	4.54.00	Mieke Aanen	1998
2014				
3000 meter				
2012	V35	9.23.5	Mieke Aanen	1998
2014	V40	11.41.47	Joke Keuning	2000
	V45	11.37.65	Ditta van Weelden	2000
	V50	11.28.6	Jeannette Weeber	1998
	V55	11.28.3	Jeannette Weeber	1999
5000 meter				
1989				
1997				
2000	(NR)			
1994				
	V35	16.27.48	Mieke Aanen	1998
	V50	19.26.46	Jeannette Weeber	1998
1988	V55	19.30.36	Jeannette Weeber	1999
10000 meter				
	V35	34.37.21	Anne van Schuppen	1997
2005	V50	40.04.0	Jeannette Weeber	1998
1/2 marathon: vakant				
1990	marathon			
	V50	3.17.47	Rimke Korpershoek	1983
1990				
400 meter horden				
2009	V35	66.53	Gerda Benders	1996
4 x 100 meter estafette				
	V35	55.20	Inge Guyt, Gerda Benders	1996
2007			Resi Fransen, Liliane Mandema	
2007				
2009	Verspringen			
1999	V35	4.32	Fennie van Osch	1986
2005	V40	4.21	Elly Burgering	2000
2010	V45	4.36	Elly Burgering	2002
2014	V50	3.91	Marion de Bruin	1999
Hoogspringen				
1983	V35	1.35	Anneke de Pater	1990
1983	V40	1.25	Anneke de Pater	1993
1989				
1992	Discuswerpen			
1994	V35	36.94	Anneke de Pater	1993
2009	V40	41.18	Anneke de Pater	1997
1999	V45	42.23	Anneke de Pater	1998 (NR)
2004				
2010	Kogelstoten			
2014	V35	11.57	Marijke Brugman	1984
	V40	12.26	Anneke de Pater	1997
	V45	11.87	Anneke de Pater	1998 (NR)
2009				
2004	Speerwerpen			
2009	V35	24.64	Anneke de Pater	1991
2011	V40	21.12	Anneke de Pater	1997
2014	V45	21.98	Berna van Rest	1992
2015				
2015	Kogelslingeren			
	V45	32.42	Anneke de Pater	2000