

U-Track bestenlijst 1953 - okt 2017: Jongens B

**Baan**

**100m**

|    |                       |       |      |     |
|----|-----------------------|-------|------|-----|
| 1  | Shaquille Brahm       | 11,02 | 2014 | 1.7 |
| 2  | Rigo Faase            | 11,0h | 1971 |     |
| 2  | Rakeem Zuylen         | 11,24 | 2015 |     |
| 4  | Fred Agterberg        | 11,1h | 1971 |     |
| 5  | Joost-Willem Scholten | 11,45 | 1992 |     |
| 6  | Cees Valkenburg       | 11,3h | 1971 |     |
| 6  | Michiel Kasteleijn    | 11,3h | 1991 |     |
| 8  | Gennaro Biswane       | 11,59 | 2014 | 2   |
| 9  | Friso Topper          | 11,66 | 2014 |     |
| 10 | Virgil Smith          | 11,73 | 2014 |     |

**1.000m**

|    |                     |         |      |  |
|----|---------------------|---------|------|--|
| 1  | Younes Chaout       | 2.39,01 | 2012 |  |
| 2  | Igor van Hoeijen    | 2.43,8h | 1991 |  |
| 3  | Tom Streumer        | 2.45,5h | 1986 |  |
| 4  | Martijn Loerakker   | 2.47,8h | 1991 |  |
| 5  | Bob Michielen       | 2.54,3h | 2005 |  |
| 6  | Davey Mulder        | 3.06,1h | 2005 |  |
| 7  | Bram van Hastenberg | 3.12,89 | 2014 |  |
| 8  | Sidney Andrew       | 3.19,3h | 2005 |  |
| 9  | Helge Giezeman      | 3.22,17 | 2014 |  |
| 10 | Taipio Wolfdrager   | 3.22,2h | 2005 |  |

**200m**

|    |                       |       |      |     |
|----|-----------------------|-------|------|-----|
| 1  | Shaquille Brahm       | 22,11 | 2014 | -0. |
| 2  | Joost-Willem Scholten | 23,18 | 1992 |     |
| 3  | Rakeem Zuylen         | 23,29 | 2015 |     |
| 3  | Michiel Kasteleijn    | 23,8h | 1991 |     |
| 5  | Luc Nkurunziza        | 24,13 | 2014 |     |
| 6  | Lorenzo Rack          | 24,24 | 2007 |     |
| 7  | Gennaro Biswane       | 24,29 | 2014 |     |
| 8  | Tom Streumer          | 24,1h | 1987 |     |
| 9  | Martien Binnekamp     | 24,4h | 1988 |     |
| 10 | Hamza Foulouh         | 24,95 | 2010 |     |

**1.500m**

|    |                    |         |      |  |
|----|--------------------|---------|------|--|
| 1  | Hamza Foulouh      | 4.05,91 | 2010 |  |
| 2  | Mojalefa Kloprogge | 4.12,08 | 2017 |  |
| 3  | Bert Ruitenburg    | 4.16,6h | 1973 |  |
| 4  | Leo Ruitenburg     | 4.17,5h | 1968 |  |
| 5  | Younes Chaout      | 4.17,78 | 2012 |  |
| 6  | Martijn Loerakker  | 4.21,5h | 1991 |  |
| 7  | Sjef Bos           | 4.22,9h | 1971 |  |
| 8  | Jan Streumer       | 4.27,3h | 1968 |  |
| 9  | Igor van Hoeijen   | 4.28,0h | 1990 |  |
| 10 | Piet Streumer      | 4.28,9h | 1964 |  |

**400m**

|    |                       |       |      |  |
|----|-----------------------|-------|------|--|
| 1  | Friso Topper          | 50,93 | 2014 |  |
| 2  | Joost-Willem Scholten | 50,98 | 1992 |  |
| 3  | Rigo Faase            | 52,6h | 1970 |  |
| 4  | Younes Chaout         | 54,05 | 2012 |  |
| 5  | Michiel Kasteleijn    | 54,64 | 1991 |  |
| 6  | Tom Streumer          | 54,5h | 1987 |  |
| 7  | Hamza Foulouh         | 54,84 | 2010 |  |
| 8  | Sander Pathmamanoha   | 55,82 | 1992 |  |
| 9  | Lorenzo Rack          | 56,04 | 2007 |  |
| 10 | Martien Binnekamp     | 56,4h | 1988 |  |

**3.000m**

|    |                  |          |      |  |
|----|------------------|----------|------|--|
| 1  | Leo Ruitenburg   | 9.18,4h  | 1969 |  |
| 2  | Bert Ruitenburg  | 9.20,6h  | 1973 |  |
| 3  | Igor van Hoeijen | 9.32,0h  | 1991 |  |
| 4  | Sjef Bos         | 9.39,0h  | 1971 |  |
| 5  | Pelle Binnekamp  | 10.39,98 | 1991 |  |
| 6  | Tom Streumer     | 10.43,3h | 1986 |  |
| 7  | Ids Dijkstra     | 10.55,12 | 2010 |  |
| 8  | Alex Slavenburg  | 11.03,0h | 1985 |  |
| 9  | Friso van Alphen | 11.09,74 | 2012 |  |
| 10 | Mark Stuyvenberg | 11.14,0h | 1985 |  |

**800m**

|    |                       |         |      |  |
|----|-----------------------|---------|------|--|
| 1  | Hamza Foulouh         | 2.00,27 | 2010 |  |
| 2  | Younes Chaout         | 2.00,49 | 2011 |  |
| 3  | Tom Streumer          | 2.02,5h | 1987 |  |
| 4  | Joost-Willem Scholten | 2.03,93 | 1992 |  |
| 5  | Piet Ruitenburg       | 2.05,2h | 1967 |  |
| 6  | Leo Ruitenburg        | 2.05,5h | 1969 |  |
| 7  | Igor van Hoeijen      | 2.06,3h | 1991 |  |
| 8  | Bob Michielen         | 2.06,89 | 2006 |  |
| 9  | Bert Ruitenburg       | 2.07,0h | 1972 |  |
| 10 | Mojalefa Kloprogge    | 2.07,8h | 2017 |  |

**5.000m**

|   |                     |          |      |  |
|---|---------------------|----------|------|--|
| 1 | Bram van Hastenberg | 20.26,88 | 2015 |  |
|---|---------------------|----------|------|--|

**10.000m**

|   |                     |          |      |  |
|---|---------------------|----------|------|--|
| 1 | Bram van Hastenberg | 48.53,91 | 2015 |  |
|---|---------------------|----------|------|--|

**110 meter horden (91 cm)**

|   |                     |       |      |  |
|---|---------------------|-------|------|--|
| 1 | Stefan Pol          | 16,16 | 2017 |  |
| 2 | Luc Nkurunziza      | 16,50 | 2014 |  |
| 3 | Gennaro Biswane     | 17,50 | 2013 |  |
| 4 | Meindert Mak        | 18,87 | 2011 |  |
| 5 | Montell Weewee      | 19,09 | 2015 |  |
| 6 | Sander Pathmamanoha | 19,3h | 1992 |  |
| 7 | Job van Gerwen      | 20,65 | 2011 |  |
| 8 | Bram van Hastenberg | 20,99 | 2015 |  |

**400 meter horden (cm)**

|   |                     |         |      |  |
|---|---------------------|---------|------|--|
| 1 | Bram van Hastenberg | 1.11,62 | 2015 |  |
|---|---------------------|---------|------|--|

**2000m steeple**

|   |                  |         |      |  |
|---|------------------|---------|------|--|
| 1 | Igor van Hoeijen | 6.42,3h | 1991 |  |
|---|------------------|---------|------|--|

**3000m steeple**

|   |                     |          |      |  |
|---|---------------------|----------|------|--|
| 1 | Bram van Hastenberg | 13.20,29 | 2015 |  |
|---|---------------------|----------|------|--|

**Baan vervolg****Verspringen**

|    |           |              |      |      |
|----|-----------|--------------|------|------|
| 1  | Raymond   | Zoetekouw    | 6,81 | 1992 |
| 2  | Shaquille | Brahm        | 6,47 | 2013 |
| 3  | Hans      | Agterberg    | 6,29 | 1960 |
| 4  | Rigo      | Faase        | 6,27 | 1971 |
| 5  | Huber     | Agterberg    | 6,20 | 1985 |
| 6  | Friso     | Topper       | 6,19 | 2014 |
| 7  | Ranjen    | Pathmamanoha | 6,12 | 1993 |
| 8  | Michiel   | Kasteleijn   | 5,90 | 1991 |
| 9  | Max       | Borg         | 5,86 | 1963 |
| 10 | F. van    | Rosmalen     | 5,85 | 1967 |

**Hoogspringen**

|   |           |           |      |      |
|---|-----------|-----------|------|------|
| 1 | Huber     | Agterberg | 1,90 | 1985 |
| 2 | Pieter    | Maas      | 1,75 | 2014 |
| 3 | Hans      | Agterberg | 1,71 | 1960 |
| 4 | Wim       | Rogge     | 1,71 | 1964 |
| 5 | Michael v | Westerloo | 1,65 | 1982 |
| 5 | Martien   | Binnekamp | 1,65 | 1989 |
| 5 | Jurgen    | Los       | 1,65 | 1990 |
| 5 | Pelle     | Binnekamp | 1,65 | 1992 |
| 5 | Raymond   | Zoetekouw | 1,65 | 1992 |
| 5 | Max       | Kleinjans | 1,65 | 2011 |
| 5 | Hylke     | Warmerdam | 1,65 | 2015 |

**Polsstokhoogspringen**

|    |          |              |      |      |
|----|----------|--------------|------|------|
| 1  | Hans     | Agterberg    | 3,25 | 1961 |
| 2  | P. van   | Gils         | 2,85 | 1964 |
| 3  | Dick     | Pauw         | 2,80 | 1959 |
| 3  | Igor van | Hoeijen      | 2,80 | 1990 |
| 5  | Wim      | Rogge        | 2,70 | 1964 |
| 6  | Gennaro  | Biswane      | 2,60 | 2014 |
| 7  | Hylke    | Warmerdam    | 2,50 | 2015 |
| 8  | Martien  | Binnekamp    | 2,40 | 1988 |
| 8  | Laurens  | Znidarsic    | 2,40 | 2011 |
| 10 | J.       | Hoekstra     | 2,30 | 1958 |
| 10 | Rik      | Copier       | 2,30 | 1970 |
| 10 | Sander   | Pathmamanoha | 2,30 | 1992 |
| 10 | Bram van | Hastenberg   | 2,30 | 2015 |

**Hink-stapspringen**

|    |            |            |       |      |
|----|------------|------------|-------|------|
| 1  | Luc        | Nkurunziza | 12,59 | 2014 |
| 2  | Raymond    | Zoetekouw  | 12,25 | 1992 |
| 3  | Malcolm    | Halfhuid   | 11,60 | 1991 |
| 4  | Lorenzo    | Rack       | 11,55 | 2007 |
| 5  | Dennis van | Putten     | 11,45 | 1992 |
| 6  | Laurens    | Znidarsic  | 11,40 | 2011 |
| 7  | Max        | Kleinjans  | 11,13 | 2011 |
| 8  | R.         | Janssen    | 10,48 | 1981 |
| 9  | Huber      | Agterberg  | 10,38 | 1983 |
| 10 | Igor van   | Hoeijen    | 10,25 | 1990 |

**Kogelstoten (5 kg)**

|    |         |                 |       |      |
|----|---------|-----------------|-------|------|
| 1  | Hans    | Agterberg       | 13,46 | 1961 |
| 2  | P.      | Grimmelijkhuize | 13,30 | 1986 |
| 3  | Wim de  | Vries           | 13,19 | 1959 |
| 4  | B. ten  | Holter          | 12,76 | 1959 |
| 5  | Raymond | Zoetekouw       | 12,61 | 1992 |
| 6  | P.      | Adelaar         | 12,13 | 1964 |
| 7  | Theo    | Spliet          | 11,94 | 1968 |
| 8  | Cees    | Valkenburg      | 11,84 | 1971 |
| 9  | Helge   | Giezeman        | 11,73 | 2015 |
| 10 | Mark    | Schraven        | 11,34 | 1989 |

**Discuswerpen (1,5 kg)**

|    |         |                 |       |      |
|----|---------|-----------------|-------|------|
| 1  | Dick    | Pauw            | 40,11 | 1959 |
| 2  | Raymond | Zoetekouw       | 37,70 | 1992 |
| 3  | P.      | Adelaar         | 36,12 | 1964 |
| 4  | Helge   | Giezeman        | 36,10 | 2015 |
| 5  | Wim     | Rogge           | 35,72 | 1964 |
| 5  | Guido   | Oranje          | 35,72 | 1991 |
| 7  | Hans    | Agterberg       | 35,26 | 1961 |
| 8  | Peter   | Grimmelijkhuize | 31,66 | 1986 |
| 9  | Theo    | Spliet          | 31,44 | 1960 |
| 10 | Wim de  | Vries           | 31,11 | 1959 |

**Speerwerpen (700 gram)**

|    |          |                 |       |      |
|----|----------|-----------------|-------|------|
| 1  | Helge    | Giezeman        | 62,65 | 2015 |
| 2  | Raymond  | Zoetekouw       | 47,62 | 1992 |
| 3  | Guido    | Oranje          | 43,48 | 1991 |
| 4  | P.       | Grimmelijkhuize | 43,44 | 1986 |
| 5  | Rigo     | Faase           | 40,08 | 1970 |
| 6  | Huber    | Agterberg       | 39,80 | 1984 |
| 7  | Friso    | Topper          | 38,28 | 2013 |
| 8  | Martien  | Binnekamp       | 38,06 | 1988 |
| 9  | Dennis v | Putten          | 36,58 | 1992 |
| 10 | Leo      | Ruitenburg      | 35,89 | 1969 |

**Kogelslingeren (5 kg)**

|   |          |            |       |      |
|---|----------|------------|-------|------|
| 1 | Bram van | Hastenberg | 20,84 | 2015 |
|---|----------|------------|-------|------|

**Meerkamp**

|   |         |              |      |      |
|---|---------|--------------|------|------|
| 1 | Michiel | Kasteleijn   | 3896 | 1990 |
| 2 | Sander  | Pathmamanoha | 2992 | 1991 |
| 3 | Erik    | Mooy         | 2444 | 1993 |

**10-kamp**

|   |          |            |      |      |
|---|----------|------------|------|------|
| 1 | Gennaro  | Biswane    | 4498 | 2014 |
| 2 | Bram van | Hastenberg | 3339 | 2015 |

**Baan vervolg****4x100m**

|    |       |      |  |  |  |  |
|----|-------|------|--|--|--|--|
| 1  | 43,08 | 2014 | Gennaro Biswane - Friso Topper - Rakeem Zuylen - Shaquille Brahm   |  |  |  |
| 2  | 43,81 | 2014 | Gennaro Biswane - Shaquille Brahm - Luc Nkurunziza - Rakeem Zuylen |  |  |  |
| 3  | 44,33 | 2014 | Virgil Smith - Rakeem Zuylen - Friso Topper - Shaquille Brahm      |  |  |  |
| 4  | 45,62 | 2013 | Gennaro Biswane - Friso Topper - ? - Shaquille Brahm               |  |  |  |
| 5  | 46,19 | 2015 | Netinai Inapai - Justin Barry - Hylke Warmerdam - Rakeem Zuylen    |  |  |  |
| 6  | 46,48 | 2014 | Gennaro Biswane - Luc Nkurunziza - Friso Topper - Shaquille Brahm  |  |  |  |
| 7  | 46,58 | 2013 | Nizam - Roel - Gennaro Biswane - Shaquille Brahm                   |  |  |  |
| 8  | 47,7h | 1970 | P.Jongeling - T.Martens - F.Agterberg - R.Faase                    |  |  |  |
| 9  | 48,4h | 1964 | W.Steenbeek - P.van Gils - E.van Leeuwen - M.Borg                  |  |  |  |
| 10 | 48,6h | 1992 | Ranjen - Menno - Sander - JW                                       |  |  |  |

**Baan - Overig****60m**

|   |         |        |      |         |
|---|---------|--------|------|---------|
| 1 | Netinai | Inapai | 7,64 | 2015 +2 |
| 2 | Montell | Weewee | 8,16 | 2015 +2 |

**150 meter**

|   |           |        |       |          |
|---|-----------|--------|-------|----------|
| 1 | Shaquille | Brahm  | 16,43 | 2013     |
| 2 | Lorenzo   | Rack   | 17,90 | 2007     |
| 3 | Netinai   | Inapai | 18,32 | 2015 -0. |
| 4 | Montell   | Weewee | 19,70 | 2015 -0. |

**110mh (106,7 cm)**

|   |     |           |       |              |
|---|-----|-----------|-------|--------------|
| 1 | Luc | Nkurunzia | 17,46 | 2014 0.0 m/s |
|---|-----|-----------|-------|--------------|

**200 meter horden**

|   |          |           |       |      |
|---|----------|-----------|-------|------|
| 1 | Stefan   | Pol       | 28,6  | 2017 |
| 2 | Friso    | Topper    | 29,56 | 2014 |
| 3 | Bram van | Hastenber | 31,51 | 2015 |
| 4 | Hylke    | Warmerdam | 32,04 | 2015 |
| 5 | Helge    | Giezeman  | 32,56 | 2014 |
| 6 | Eric     | Mooy      | 32,79 | 1993 |

**1609m (1 EM)**

|   |        |        |         |      |
|---|--------|--------|---------|------|
| 1 | Younes | Chaout | 5.03,38 | 2011 |
|---|--------|--------|---------|------|

**300 meter**

|    |              |            |       |      |
|----|--------------|------------|-------|------|
| 1  | Max          | Borg       | 36,4h | 1963 |
| 2  | Rigo         | Faase      | 36,5h | 1970 |
| 3  | Fred         | Agterberg  | 36,7h | 1971 |
| 4  | Hans         | Agterberg  | 37,1h | 1961 |
| 5  | Joost-Willem | Scholten   | 37,36 | 1992 |
| 6  | Cees         | Valkenburg | 38,3h | 1971 |
| 7  | Jan          | Bruinsma   | 38,4h | 1964 |
| 8  | Wim de       | Vries      | 39,0h | 1959 |
| 9  | Leo          | Ruitenburg | 39,8h | 1969 |
| 10 | Frans van    | Rosmalen   | 39,9h | 1966 |

**kogel 7,26 kg**

|   |       |          |      |      |
|---|-------|----------|------|------|
| 1 | Helge | Giezeman | 9,41 | 2015 |
|---|-------|----------|------|------|

**discus 2 kg**

|   |       |          |       |      |
|---|-------|----------|-------|------|
| 1 | Helge | Giezeman | 29,35 | 2015 |
|---|-------|----------|-------|------|

**Speerwerpen 800gr**

|   |       |          |       |      |
|---|-------|----------|-------|------|
| 1 | Helge | Giezeman | 47,43 | 2015 |
|---|-------|----------|-------|------|

**20-kamp**

|   |          |           |      |      |
|---|----------|-----------|------|------|
| 1 | Bram van | Hastenber | 6652 | 2015 |
|---|----------|-----------|------|------|

**Weg****5 km**

|   |           |        |       |      |
|---|-----------|--------|-------|------|
| 1 | Friso van | Alphen | 20,46 | 2011 |
| 2 | Job van   | Gerwen | 22,05 | 2011 |
| 3 | Samuel de | Korte  | 25,21 | 2010 |

**10 km**

|   |           |          |       |      |
|---|-----------|----------|-------|------|
| 1 | Ids       | Dijkstra | 41,19 | 2010 |
| 2 | Friso van | Alphen   | 49,37 | 2011 |
| 3 | Job van   | Gerwen   | 51,53 | 2011 |

**15 km**

|   |     |          |         |      |
|---|-----|----------|---------|------|
| 1 | Ids | Dijkstra | 1.02.21 | 2011 |
|---|-----|----------|---------|------|

**Indoor****50m**

|    |           |            |      |      |
|----|-----------|------------|------|------|
| 1  | Rigo      | Faase      | 5,9h | 1971 |
| 2  | Shaquille | Brahm      | 6,28 | 2013 |
| 3  | Michiel   | Kastelijn  | 6,35 | 1991 |
| 4  | Gennaro   | Biswane    | 6,45 | 2013 |
| 5  | Egbert vd | Bol        | 6,3h | 1975 |
| 5  | Ruud vd   | Lingen     | 6,3h | 1973 |
| 7  | Lorenzo   | Rack       | 6,66 | 2006 |
| 7  | Stefan    | Pol        | 6,66 | 2016 |
| 9  | Netinai   | Inapai     | 6,69 | 2016 |
| 10 | Huber     | Agterberg  | 6,5h | 1984 |
| 10 | Hans      | Stelte     | 6,5h | 1984 |
| 10 | Robert    | Kraaijkamp | 6,5h | 1988 |
| 10 | Martien   | Binnekamp  | 6,5h | 1989 |
| 10 | Mark      | Schraven   | 6,5h | 1989 |
| 10 | Malcolm   | Halfhuid   | 6,5h | 1991 |
| 10 | Raymond   | Zoetekouw  | 6,5h | 1991 |

**60m**

|    |           |           |      |      |
|----|-----------|-----------|------|------|
| 1  | Rigo      | Faase     | 6,9h | 1971 |
| 2  | Shaquille | Brahm     | 7,26 | 2013 |
| 3  | Michiel   | Kastelijn | 7,46 | 1991 |
| 4  | Gennaro   | Biswane   | 7,52 | 2013 |
| 5  | Fred      | Agterberg | 7,3h | 1971 |
| 6  | Netinai   | Inapai    | 7,60 | 2015 |
| 7  | Lorenzo   | Rack      | 7,72 | 2006 |
| 8  | Davey     | Mulder    | 7,79 | 2006 |
| 9  | Stefan    | Pol       | 7,81 | 2016 |
| 10 | Martien   | Binnekamp | 7,93 | 1988 |

**200m**

|   |         |            |       |      |
|---|---------|------------|-------|------|
| 1 | Michiel | Kastelijn  | 24,08 | 1991 |
| 2 | Martien | Binnekamp  | 25,7h | 1988 |
| 3 | Robert  | Kraaijkamp | 26,6h | 1988 |

**400m**

|   |         |           |       |      |
|---|---------|-----------|-------|------|
| 1 | Michiel | Kastelijn | 55,07 | 1991 |
| 2 | Martien | Binnekamp | 55,63 | 1989 |

**800m**

|    |             |           |         |      |
|----|-------------|-----------|---------|------|
| 1  | Younes      | Chaout    | 2.00,03 | 2012 |
| 2  | Henny van   | Hoogevest | 2.06,7h | 1971 |
| 3  | Igor van    | Hoeijen   | 2.08,63 | 1991 |
| 4  | Tom         | Streumer  | 2.08,8h | 1987 |
| 5  | Martijn     | Loerakker | 2.09,1h | 1991 |
| 6  | Hans        | Been      | 2.19,1h | 1968 |
| 7  | Marco       | Boereboom | 2.19,4h | 1987 |
| 8  | Gerrol      | Kanhai    | 2.20,1h | 1987 |
| 9  | Michael van | Westerloo | 2.21,6h | 1983 |
| 10 | Peter van   | Leeuwen   | 2.24,6h | 1983 |

**1.000 meter**

|   |             |          |         |      |
|---|-------------|----------|---------|------|
| 1 | Harold      | Benschop | 3.03,0h | 1974 |
| 2 | Hans van de | Laan     | 3.23,0h | 1975 |

**1.500m**

|   |          |            |         |      |
|---|----------|------------|---------|------|
| 1 | Younes   | Chaout     | 4.17,78 | 2012 |
| 2 | Mojalefa | Kloprogge  | 4.19,77 | 2017 |
| 3 | Igor van | Hoeijen    | 4.26,86 | 1991 |
| 4 | Cees     | Valkenburg | 4.47,2h | 1971 |
| 5 | Fred van | Soest      | 4.58,3h | 1968 |
| 6 | Theo     | Hofland    | 5.04,0h | 1976 |

**50meter horden**

|   |            |            |      |      |
|---|------------|------------|------|------|
| 1 | Huber      | Agterberg  | 7,8h | 1984 |
| 2 | Stefan     | Pol        | 7,95 | 2015 |
| 3 | Mark       | Wilbrink   | 8,4h | 1983 |
| 3 | Martien    | Binnekamp  | 8,4h | 1988 |
| 5 | Robert     | Kraaijkamp | 8,5h | 1988 |
| 6 | Davey      | Mulder     | 9,12 | 2006 |
| 7 | Peter van  | Haasteren  | 8,9h | 1973 |
| 8 | Alfred van | Rossum     | 9,2h | 1973 |
| 8 | Hans       | Stelte     | 9,2h | 1983 |
| 8 | Jeroen     | Alen       | 9,2h | 1986 |

**60meter horden**

|   |         |             |       |      |
|---|---------|-------------|-------|------|
| 1 | Michiel | Kastelijn   | 8,59  | 1991 |
| 2 | Rigo    | Faase       | 8,6h  | 1971 |
| 3 | Stefan  | Pol         | 9,52  | 2016 |
| 4 | Bobby   | Michielen   | 9,67  | 2005 |
| 5 | Davey   | Mulder      | 10,29 | 2005 |
| 6 | Donovan | Wong-A.Tsoi | 11,98 | 2005 |
| 7 | Lorenzo | Rack        | 12,63 | 2006 |

**Verspringen**

|    |             |           |      |      |
|----|-------------|-----------|------|------|
| 1  | Rigo        | Faase     | 6,27 | 1971 |
| 2  | Shaquille   | Brahm     | 6,24 | 2014 |
| 3  | Huber       | Agterberg | 6,20 | 1985 |
| 4  | Michiel     | Kastelijn | 5,80 | 1991 |
| 5  | Nifen       | Vrede     | 5,80 | 2010 |
| 6  | Egbert vd   | Bol       | 5,74 | 1975 |
| 7  | Ruud van de | Lingen    | 5,65 | 1973 |
| 8  | Martien     | Binnekamp | 5,58 | 1989 |
| 9  | Mark        | Schraven  | 5,56 | 1989 |
| 10 | Lorenzo     | Rack      | 5,53 | 2007 |
| 10 | Netinai     | Inapai    | 5,53 | 2016 |

**Hoogspringen**

|   |             |             |      |      |
|---|-------------|-------------|------|------|
| 1 | Huber       | Agterberg   | 1,90 | 1985 |
| 2 | Hans        | Stelte      | 1,65 | 1983 |
| 2 | Michael van | Westerloo   | 1,65 | 1983 |
| 2 | Jurgen      | Los         | 1,65 | 1990 |
| 2 | Pelle       | Binnekamp   | 1,65 | 1992 |
| 2 | Dennis van  | Putten      | 1,65 | 1992 |
| 2 | Donovan     | Wong-A.Tsoi | 1,65 | 2005 |
| 8 | Jan         | Otten       | 1,60 | 1979 |
| 8 | Martien     | Binnekamp   | 1,60 | 1988 |
| 8 | Guido       | Oranje      | 1,60 | 1991 |
| 8 | Bobby       | Michielen   | 1,60 | 2005 |

**Kogelstoten (5 kg)**

|    |             |                |       |      |
|----|-------------|----------------|-------|------|
| 1  | Ruud van de | Lingen         | 12,84 | 1973 |
| 2  | Peter       | Grimmelikhuyse | 12,25 | 1986 |
| 3  | Raymond     | Zoetekouw      | 11,71 | 1992 |
| 4  | Martien     | Binnekamp      | 11,40 | 1988 |
| 5  | Mark        | Schraven       | 11,33 | 1989 |
| 6  | Hans        | Stelte         | 10,86 | 1984 |
| 7  | Michiel     | Kastelijn      | 10,85 | 1990 |
| 8  | Maarten van | Soolingen      | 10,81 | 1990 |
| 9  | Alfred van  | Rossum         | 10,66 | 1973 |
| 10 | Dennis van  | Putten         | 10,63 | 1992 |