

U-Track bestenlijst 1953 - okt 2017: Meisjes B

Baan

100 meter

| | | | | |
|---|----------------|---------------|-------|----------|
| 1 | Annete | Stellaard | 12,5h | 1971 |
| 2 | Defra | Leerdam | 12,91 | 2013 |
| 3 | Gera | Attwell | 12,96 | 2013 2.4 |
| 4 | Kika van Berge | van Henegouwe | 13,00 | 2014 -0. |
| 4 | Ingrid van | Rijkom | 12,9h | 1984 |
| 6 | Mireille | Nagtegaal | 12,9h | 1986 |
| 7 | Anette | Stellaard | 13,0h | 1970 |
| 8 | Thea | Nieuwenhuizen | 13,1h | 1968 |
| 8 | Annemieke | Schaaf | 13,1h | 1984 |
| 8 | Annemiek v | Leeuwen | 13,1h | 1985 |

200 meter

| | | | | |
|----|----------------|---------------|-------|----------|
| 1 | Suzanne | Ooms | 26,0h | 1989 |
| 2 | Mireille | Nagtegaal | 26,6h | 1985 |
| 3 | Annemiek v | Leeuwen | 26,9h | 1985 |
| 4 | Kika van Berge | van Henegouwe | 27,41 | 2014 0.1 |
| 5 | Gabrielle | Veerman | 27,2h | 1970 |
| 6 | Devrah | Leerdam | 27,53 | 2013 -2. |
| 7 | Ingrid van | Rijkom | 27,4h | 1983 |
| 8 | Florine | Sreeram | 27,70 | 2014 |
| 9 | Suzanne v | Wijck | 28,14 | 2008 |
| 10 | Marjan de | Gans | 28,2h | 1982 |

400 meter

| | | | | |
|----|----------------|---------------|---------|------|
| 1 | Mireille | Nagtegaal | 58,34 | 1986 |
| 2 | Suzanne v | Wijck | 1.01,26 | 2009 |
| 3 | Annemiek v | Leeuwen | 1.01,2h | 1985 |
| 4 | Gera | Attwell | 1.01,83 | 2014 |
| 5 | Nalini | Sreeram | 1.02,36 | 2014 |
| 6 | Veronique vd | Bildt | 1.04,3h | 1986 |
| 7 | Melissa | Pentiker | 1.05,07 | 2012 |
| 8 | Kika van Berge | van Henegouwe | 1.05,65 | 2013 |
| 9 | Gabrielle | Berge | 1.06,24 | 2009 |
| 10 | Merel v | Assem | 1.06,91 | 2014 |

800 meter

| | | | | |
|----|------------|-----------|---------|------|
| 1 | Suzanne v | Wijck | 2.17,18 | 2009 |
| 2 | Mireille | Nagtegaal | 2.17,3h | 1986 |
| 3 | Naomi | Renssen | 2.19,95 | 2015 |
| 4 | Suzanne v | Wijck | 2.23,76 | 2008 |
| 5 | Annemiek v | Leeuwen | 2.29,0h | 1985 |
| 6 | Merel | van Assem | 2.31,42 | 2014 |
| 7 | Gabrielle | Berge | 2.32,92 | 2009 |
| 8 | Nalini | Sreeram | 2.33,32 | 2014 |
| 9 | Paulien vd | Velden | 2.33,4h | 1982 |
| 10 | Sharon vd | Velden | 2.36,4h | 1984 |

1.000 meter

| | | | | |
|---|---------------|--------------|---------|------|
| 1 | Naomi | Renssen | 3.14,48 | 2015 |
| 2 | Judith | Hentzen | 4.04,9h | 2005 |
| 3 | Kika v Bergen | v Henegouwen | 4.22,27 | 2014 |

1.500 meter

| | | | | |
|---|-------------|----------|---------|------|
| 1 | Naomi | Renssen | 4.50,63 | 2015 |
| 2 | Suzanne van | Wijck | 5.03,83 | 2009 |
| 3 | Merel van | Assem | 5.17,23 | 2014 |
| 4 | Jaqueline | Benschop | 5.37,5h | 1977 |

3.000 meter

| | | | | |
|---|-----------|----------|----------|------|
| 1 | Merel van | Assem | 11.10,10 | 2014 |
| 2 | Jet | Bloemen | 13.26,55 | 2010 |
| 3 | Marita de | Vries | 13.40,80 | 2013 |
| 4 | Sira de | Waard | 14.15,16 | 2012 |
| 5 | Maartje | Boekkooi | 18.05,15 | 2011 |

100 meter horden

| | | | | |
|----|------------|-----------|-------|------|
| 1 | Devrah | Leerdam | 15,08 | 2013 |
| 2 | Suzanne | Ooms | 15,18 | 1989 |
| 3 | Gera | Attwell | 16,09 | 2014 |
| 3 | Annemiek v | Leeuwen | 17,5h | 1985 |
| 5 | Maaïke | Lutterman | 17,9h | 1982 |
| 6 | Heleen | Diks | 17,9h | 1983 |
| 7 | Luna van | Velzen | 18,29 | 2015 |
| 8 | Marjan | Versteeg | 18,5h | 1982 |
| 9 | Linda | Agterberg | 18,6h | 1983 |
| 10 | Dorien | Elsinger | 18,94 | 2007 |

400 meter horden

| | | | | |
|---|-----------|---------|---------|------|
| 1 | Suzanne v | Wijck | 1.07,87 | 2008 |
| 2 | Gera | Attwell | 1.08,07 | 2014 |
| 3 | Florine | Sreeram | 1.17,77 | 2014 |

Verspringen

| | | | | |
|----|----------------|---------------|------|------|
| 1 | Suzanne | Ooms | 5,62 | 1989 |
| 2 | Annemieke | Schaaf | 5,23 | 1984 |
| 2 | Kika van Berge | van Henegouwe | 5,23 | 2013 |
| 4 | Iris | Wilbrink | 5,22 | 1991 |
| 5 | Gabrielle | Veerman | 5,18 | 1971 |
| 6 | Annette | Stellaard | 5,02 | 1971 |
| 7 | A. | Jongeling | 4,87 | 1969 |
| 7 | Anette | Stellaard | 4,87 | 1970 |
| 7 | Ingrid van | Rijkom | 4,87 | 1984 |
| 10 | Thea | Nieuwenhuizen | 4,80 | 1968 |

Hoogspringen

| | | | | |
|---|----------------|---------------|------|------|
| 1 | Hedwig | Swart | 1,65 | 2007 |
| 2 | Gloria | Terborg | 1,55 | 1983 |
| 3 | Linda van | Herk | 1,50 | 1978 |
| 3 | Carlita van | Rossum | 1,50 | 1985 |
| 3 | Yara | Bodegraven | 1,50 | 2013 |
| 3 | Kika van Berge | van Henegouwe | 1,50 | 2013 |
| 3 | Lindsey | Krop | 1,50 | 2014 |
| 8 | Annette | Stellaard | 1,45 | 1971 |
| 8 | Trudie | Mars | 1,45 | 1972 |
| 8 | Linda | Agterberg | 1,45 | 1982 |
| 8 | Marjan | Versteeg | 1,45 | 1982 |

Baan vervolg

Hink-stapspringen

| | | | | |
|---|-----------|---------|-------|------|
| 1 | Kellynsia | Leerdam | 10,99 | 2017 |
| 2 | Gera | Attwell | 9,83 | 2014 |

Polsstokhoogspringen

| | | | |
|---|------------------|------|------|
| 1 | Caitlin ten Hove | 2,20 | 2015 |
| 2 | Gera Attwell | 2,00 | 2014 |

Kogelstoten (3 kg)

| | | | |
|----|------------------------|-------|------|
| 1 | Jenny Tchedjo | 14,43 | 2017 |
| 2 | Wassiliki Alexandridis | 12,29 | 2009 |
| 3 | Loes Heebink | 11,28 | 1971 |
| 4 | Marjorie Heebink | 11,27 | 1973 |
| 5 | Maaïke Lutterman | 10,98 | 1983 |
| 6 | Devrah Leerdam | 10,39 | 2013 |
| 7 | Diny Bom | 10,38 | 1966 |
| 8 | Joke Uiterwaal | 10,20 | 1956 |
| 9 | Marjan Versteeg | 10,11 | 1983 |
| 10 | Ineke Geul | 9,87 | 1959 |

Speerwerpen (600 gr)

| | | | |
|----|------------------------|-------|------|
| 1 | Sharon vd Velden | 32,44 | 1985 |
| 2 | Wassiliki Alexandridis | 29,44 | 2009 |
| 3 | Mireille Nagtegaal | 28,54 | 1986 |
| 4 | Iris Wilbrink | 27,30 | 1991 |
| 5 | Diana van Leeuwen | 24,64 | 1985 |
| 6 | Betsie Luiken | 24,14 | 1970 |
| 7 | Ineke Malsch | 24,14 | 1982 |
| 8 | E. van Buiten | 24,06 | 1967 |
| 9 | Veronique vd Bildt | 23,78 | 1985 |
| 10 | J. Malsch | 23,60 | 1983 |

Discuswerpen (1 kg)

| | | | |
|----|------------------------|-------|------|
| 1 | Jenny Tchedjo | 39,73 | 2017 |
| 2 | Wassiliki Alexandridis | 28,94 | 2009 |
| 3 | Loes Heebink | 28,36 | 1971 |
| 4 | M. Rijnsoever | 26,75 | 1963 |
| 5 | Sandra Noorthoorn | 26,35 | 1978 |
| 6 | Heleen Diks | 25,76 | 1982 |
| 7 | Sharon vd Velden | 25,60 | 1985 |
| 8 | P. Hensen | 24,20 | 1972 |
| 9 | D. Jongerius | 24,08 | 1983 |
| 10 | Diny Bom | 23,70 | 1965 |

Speerwerpen (500 gr, vanaf 2012)

| | | | |
|---|----------------------------|-------|------|
| 1 | Luna van Velzen | 28,78 | 2015 |
| 2 | Nalini Sreeram | 22,96 | 2014 |
| 3 | Kika v Bergen v Henegouwen | 19,72 | 2013 |
| 4 | Devrah Leerdam | 19,39 | 2013 |
| 5 | Naomi Renssen | 18,50 | 2015 |
| 6 | Roos van Hoften | 14,78 | 2012 |
| 7 | Mandy de Groot | 11,29 | 2015 |
| 8 | Yara Bodegraven | 10,93 | 2013 |

Zevenkamp

| | | | |
|---|-----------------|------|------|
| 1 | Iris Wilbrink | 3119 | 1990 |
| 2 | Sandra van Wijk | 1979 | 1986 |

4x100 meter

| | | | |
|----|-------|------|---|
| 1 | 48,93 | 2017 | N'ketia Seedo, Tara Hoeba, Simi Pater, Kellynsia Leerdam |
| 2 | 50,20 | 2014 | Gera Attwell - Kika v Bergen v Henegouwen - Florine Sreeram - Janine Verhaar |
| 3 | 50,28 | 2013 | Kika van Bergen van Henegouwen- Gera Attwell - Devrah Leerdam - Florine Sreeram |
| 4 | 50,72 | 2014 | Nalini Sreeram - Gera Attwell - Kika v Bergen v Henegouwen - Janine Verhaar |
| 5 | 52,14 | 2015 | Janine Verhaar - Rachella Boodoe - Luna van Velzen - Lindsey Krop |
| 6 | 52,17 | 2013 | Gera Attwell -Nalini Sreeram - Devrah Leerdam - Nadia |
| 7 | 52,2h | 1986 | M.Nagtegaal - D.Tieleman - V.van de Bildt - S.Ooms |
| 8 | 53,16 | 2015 | Janine Verhaar - Rachella Boodie - Orla Rispens - Luna van Velzen |
| 9 | 53,7h | 1986 | M.Nagtegaal - A.van Leeuwen - V.van de Bildt - K.Griffioen |
| 10 | 54,56 | 2012 | |

Zweedse estafette (400-300-200-100)

| | | | |
|---|---------|------|--|
| 1 | 2.30,69 | 2014 | Merel van Assem-Kika v Bergen v Henegouwen - Gera Attwell - Defrah Leerdam |
|---|---------|------|--|

U-Track bestenlijst 1953 - okt 2017: Meisjes B

Baan overig

| 60m | | | | 200 meter horden (76,2 cm) | | | |
|---------------------------|-------------|--------------|----------------|-----------------------------------|---------------|--------------|------------|
| 1 | Rachella | Boodoe | 8,45 2015 +1 | 1 | Kika v Bergen | v Henegouwen | 2014 |
| 2 | Caitlin ten | Hove | 8,86 2015 +1 | 2 | Luna van | Velzen | 32,35 2015 |
| 3 | Mandy de | Groot | 9,29 2015 +1 | 3 | Naomi | Renssen | 38,71 2015 |
| | | | | | | | 39,42 |
| 150m | | | | 300 meter horden | | | |
| 1 | Rachella | Boodoe | 20,83 2015 -0. | 1 | Annemiek v | Leeuwen | 1984 |
| | | | | 2 | Linda | Agterberg | 51,1h 1982 |
| | | | | 3 | Heleen | Diks | 52,4h 1982 |
| 300 meter | | | | 4 | Maaike | Lutterman | 53,0h 1982 |
| 1 | Suzanne v | Wijck | 43,30 2009 | 5 | Paulien vd | Velden | 53,8h 1982 |
| 1609m (1 EM) | | | | 6 | Patricia | Scheggetman | 54,7h 1984 |
| 1 | Defra | Leerdam | 6.37,95 2011 | | | | 60,1h |
| Kogelstoten (4 kg) | | | | | | | |
| 1 | Wassiliki | Alexandridis | 9,12 2010 | | | | |

Weg

| 5 km | | | | 10 km | | | |
|-------------|-----------|---------|------------|--------------|-------------|-------|-------|
| 1 | Naomi | Renssen | 19.25 2015 | 1 | Suzanne van | Wijck | 2009 |
| 2 | Sira de | Waard | 26,37 2012 | | | | 44.12 |
| | Gabrielle | Bergé | 26,52 2010 | | | | |

U-Track bestenlijst 1953 - okt 2017: Meisjes B

Indoor

50 meter

| | | | | |
|----|-----------------|---------------|------|------|
| 1 | Janine | Verhaar | 6,79 | 2016 |
| 2 | Gera | Attwell | 7,04 | 2013 |
| 3 | Devrah | Leerdam | 7,11 | 2013 |
| 4 | Ingrid van | Rijkom | 7,0h | 1983 |
| 4 | Veronique vd | Bildt | 7,0h | 1986 |
| 6 | Gloria | Terborg | 7,1h | 1983 |
| 7 | An Mei van | Dam | 7,35 | 2016 |
| 7 | Maike | Lutterman | 7,2h | 1982 |
| 9 | Manouk | Sprang | 7,2h | 2007 |
| 10 | Kika van Bergei | van Henegouwe | 7,46 | 2013 |

60 meter

| | | | | |
|----|--------------|-----------|------|------|
| 1 | Janine | Verhaar | 7,75 | 2016 |
| 2 | Thirza | Verkerk | 8,13 | 2016 |
| 3 | Devrah | Leerdam | 8,14 | 2012 |
| 4 | Gera | Attwell | 8,27 | 2013 |
| 4 | Annette | Stellaard | 8,1h | 1971 |
| 6 | Mireille | Nagtegaal | 8,1h | 1986 |
| 7 | Annemiek v | Leeuwen | 8,2h | 1986 |
| 8 | Manouk | Sprang | 8,51 | 2006 |
| 9 | Caithlin ten | Hove | 8,53 | 2014 |
| 10 | Rania | Osman | 8,69 | 2014 |

200m

| | | | | |
|---|-------|-------|-------|------|
| 1 | Rania | Osman | 29,00 | 2014 |
|---|-------|-------|-------|------|

600 meter

| | | | | |
|---|------------|----------|---------|------|
| 1 | Jacqueline | Benschop | 1.54,8h | 1976 |
| 2 | Carolien | Stevens | 2.20,0h | 1975 |
| 3 | Marja | Kluyt | 2.27,5h | 1976 |

800 meter

| | | | | |
|----|----------------|-----------|---------|------|
| 1 | Mireille | Nagtegaal | 2.22,6h | 1986 |
| 2 | Suzanne van | Wijck | 2.24,92 | 2009 |
| 3 | Sharon van de | Velden | 2.44,0h | 1985 |
| 4 | Paulien van de | Velden | 2.48,0h | 1982 |
| 5 | Suzanne | Ooms | 2.50,3h | 1989 |
| 6 | Maike | Lutterman | 2.53,2h | 1982 |
| 7 | Miranda de | Voest | 2.54,2h | 1983 |
| 8 | Nicole | Okhuysen | 2.56,8h | 1981 |
| 9 | Mirjam van | Leeuwen | 2.57,6h | 1983 |
| 10 | Heleen | Diks | 2.57,8h | 1982 |

50 meter horden

| | | | | |
|----|----------------|-----------|------|------|
| 1 | Suzanne | Ooms | 7,8h | 1989 |
| 2 | Dorien | Elsinger | 8,72 | 2005 |
| 3 | Linda | Agterberg | 8,7h | 1983 |
| 4 | Maike | Lutterman | 8,8h | 1982 |
| 5 | Marjan | Versteeg | 9,1h | 1983 |
| 6 | Heleen | Diks | 9,3h | 1982 |
| 6 | Gloria | Terborg | 9,3h | 1983 |
| 8 | Ingrid van | Rijkom | 9,6h | 1983 |
| 9 | Marjorie | Heelink | 9,7h | 1973 |
| 10 | Annemarie | Alen | 9,9h | 1982 |
| 10 | Diana | Jongerius | 9,9h | 1982 |
| 10 | Paulien van de | Velden | 9,9h | 1982 |

60 meter horden

| | | | | |
|---|-----------|----------|-------|------|
| 1 | Dorien | Elsinger | | 2005 |
| 2 | Suzanne v | Wijck | 10,61 | 2008 |
| 3 | Inez | Verpalen | 10,94 | 2006 |
| | | | 12,02 | |

Verspringen

| | | | | |
|----|-------------|-----------|------|------|
| 1 | Caitlin ten | Hove | | 2014 |
| 2 | Jenny | Nzounda | 4,75 | 2016 |
| 3 | Annette | Stellaard | 4,70 | 1971 |
| 4 | Manouk | Sprang | 4,65 | 2007 |
| 4 | Janine | Verhaar | 4,60 | 2016 |
| 6 | Ingrid van | Rijkom | 4,60 | 1983 |
| 7 | Suzanne v | Wijck | 4,59 | 2008 |
| 8 | Inez | Verpalen | 4,58 | 2007 |
| 9 | Linda | Agterberg | 4,57 | 1983 |
| 10 | Hedwig | Swart | 4,49 | 2007 |
| | | | 4,47 | |

Hoogspringen

| | | | | |
|---|---------------|-------------|------|------|
| 1 | Suzanne | Ooms | | 1989 |
| 2 | Gloria | Terborg | 1,63 | 1983 |
| 3 | Linda | Agterberg | 1,50 | 1982 |
| 4 | Marjan | Versteeg | 1,45 | 1982 |
| 5 | Lilian | Vermeulen | 1,45 | 1984 |
| 6 | Marjorie | Heelink | 1,40 | 1973 |
| 7 | Heleen | Diks | 1,35 | 1982 |
| 8 | Maike | Lutterman | 1,35 | 1982 |
| 9 | Tonnie | Vosmeer | 1,35 | 1984 |
| 9 | Diana van | Leeuwen | 1,35 | 1985 |
| 9 | Karin | Griffioen | 1,35 | 1986 |
| 9 | Christa van't | Haar | 1,35 | 1986 |
| 9 | Patricia | Scheggetman | 1,35 | 1986 |
| 9 | Dorien | Elsinger | 1,35 | 2006 |
| 9 | Manouk | Sprang | 1,35 | 2006 |
| | | | 1,35 | |

Hinkstapsprong

| | | | | |
|---|-------|---------|------|------|
| 1 | Jenny | Nzounda | | 2015 |
| | | | 9,27 | |

Kogelstoten

| | | | | |
|----|---------------|-----------|-------|------|
| 1 | Jenny | Nzounda | | 2016 |
| 2 | Barbara | Dirven | 12,31 | 1988 |
| 3 | Suzanne | Ooms | 11,84 | 1989 |
| 4 | Marjorie | Heelink | 11,18 | 1973 |
| 5 | Maike | Lutterman | 10,92 | 1983 |
| 6 | Loes | Heelink | 10,52 | 1971 |
| 7 | Marjan | Versteeg | 9,91 | 1983 |
| 8 | Sharon van de | Velden | 9,58 | 1985 |
| 9 | Mireille | Nagtegaal | 9,53 | 1985 |
| 10 | Diana van | Leeuwen | 9,43 | 1985 |
| | | | 9,06 | |

1.500m

| | | | | |
|---|-------|---------|---------|------|
| 1 | Naomi | Renssen | | 2015 |
| | | | 5.00,65 | |

4x200m

| | | | | |
|---|------------|--|---------|------|
| 1 | Kika-Gera- | | | 2014 |
| | | | 1.46,94 | |