

Baan**80 meter**

| | | | | |
|----|----------------|---------------|-------|------|
| 1 | N'ketia | Seedo | 9,65 | 2017 |
| 2 | Janine | Verhaar | 9,91 | 2015 |
| 3 | Suzanne | Ooms | 9,8h | 1988 |
| 4 | Gera | Attwell | 10,50 | 2012 |
| 5 | Thirza | Verkerk | 10,58 | 2015 |
| 6 | Annemieke | Schaaf | 10,4h | 1983 |
| 7 | Annemiek v | Leeuwen | 10,4h | 1984 |
| 8 | Kika van Berge | van Henegouwe | 10,70 | 2011 |
| 9 | Devrah | Leerdam | 10,81 | 2011 |
| 10 | Kellynsia | Leerdam | 10,86 | 2015 |
| 10 | Anette | Stellaard | 10,7h | 1968 |
| 10 | Mireille | Nagtegaal | 10,7h | 1984 |
| 10 | Rozen | Mainguy | 10,94 | 2013 |

150m

| | | | | |
|---|----------------|---------------|-------|----------|
| 1 | Suzanne | Ooms | 17,5h | 1986 |
| 2 | Janine | Verhaar | 18,83 | 2015 -0. |
| 3 | Gera | Attwell | 19,89 | 2012 |
| 4 | Kika van Berge | van Henegouwe | 20,56 | 2012 |
| 5 | Iris | Wilbrink | 20,7h | 1988 |
| 6 | Rozenn | Mainguy | 21,01 | 2012 |
| 7 | Marije | Ewald | 22,2h | 1992 |
| 8 | Karen | Mol | 22,5h | 1992 |

300m

| | | | | |
|---|-----------|-------|-------|------|
| 1 | Suzanne v | Wijck | 46,77 | 2007 |
| 2 | Lola de | Graaf | 50,61 | 2015 |

600m

| | | | | |
|----|------------|-----------|---------|------|
| 1 | Mireille | Nagtegaal | 1.39,3h | 1984 |
| 2 | Annemiek v | Leeuwen | 1.44,0h | 1984 |
| 3 | Suzanne | Ooms | 1.46,0h | 1988 |
| 4 | Francine | Jansen | 1.50,3h | 1988 |
| 5 | Paulien vd | Velden | 1.50,4h | 1981 |
| 6 | Chantal | Teunissen | 1.50,9h | 1991 |
| 7 | Sharon vd | Velden | 1.51,5h | 1983 |
| 8 | Ria | Spelbos | 1.52,0h | 1969 |
| 9 | Miranda de | Voest | 1.52,0h | 1981 |
| 10 | Iris | Wilbrink | 1.53,5h | 1988 |

1.000m

| | | | | |
|----|-----------|------------|---------|------|
| 1 | Naomi | Renssen | 3.10,08 | 2014 |
| 2 | Suzanne v | Wijck | 3.14,42 | 2006 |
| 3 | Anne | Geytenbeek | 3.19,73 | 2015 |
| 4 | Melissa | Pentiker | 3.20,39 | 2013 |
| 5 | Marije | Ewald | 3.23,3h | 1992 |
| 6 | Conchien | Abena | 3.28,44 | 2014 |
| 7 | Gabrielle | Berge | 3.29,24 | 2008 |
| 8 | Jip vd | Spek | 3.29,54 | 2015 |
| 9 | Eveline | Roell | 3.29,5h | 2007 |
| 10 | Judith | Hegger | 3.31,4h | 2005 |

1.500m

| | | | | |
|---|------|------------|---------|------|
| 1 | Anne | Geytenbeek | 5.20,77 | 2015 |
|---|------|------------|---------|------|

3.000m

| | | | | |
|---|-------|---------|----------|------|
| 1 | Naomi | Renssen | 11.24,86 | 2014 |
|---|-------|---------|----------|------|

80 meter horden (76.2 cm)

| | | | | |
|----|----------------|---------------|-------|------|
| 1 | Suzanne | Ooms | 11,8h | 1988 |
| 2 | Devrah | Leerdam | 13,10 | 2011 |
| 3 | Suzanne v | Wijck | 13,49 | 2007 |
| 4 | Rozen | Mainguy | 13,59 | 2013 |
| 4 | Janine | Verhaar | 13,59 | 2014 |
| 6 | Kika van Berge | van Henegouwe | 13,64 | 2011 |
| 7 | Gera | Attwell | 13,79 | 2012 |
| 8 | Anyk | Warmerdam | 13,84 | 2015 |
| 9 | Mariam | Balde | 14,03 | 2014 |
| 10 | Annemiek v | Leeuwen | 14,2h | 1983 |

300 meter horden (76.2 cm)

| | | | | |
|---|--------------|------------|-------|------|
| 1 | Anyk | Warmerdam | 53,36 | 2016 |
| 2 | Anne | Geytenbeek | 55,40 | 2016 |
| 3 | Roos van der | Linden | 59,69 | 2016 |

1.500m steeple chase (0,762 m)

| | | | | |
|---|------|------------|---------|------|
| 1 | Anne | Geytenbeek | 5.47,09 | 2015 |
|---|------|------------|---------|------|

Verspringen

| | | | | |
|----|----------------|---------------|------|------|
| 1 | Suzanne | Ooms | 5,55 | 1988 |
| 2 | Kika van Berge | van Henegouwe | 5,13 | 2012 |
| 3 | Janine | Verhaar | 5,00 | 2014 |
| 4 | Lida | Kruft | 4,92 | 1962 |
| 5 | Gera | Attwell | 4,78 | 2011 |
| 5 | Kellynsia | Leerdam | 4,78 | 2015 |
| 7 | Rozen | Mainguy | 4,74 | 2013 |
| 8 | Thea | Nieuwenhuizen | 4,73 | 1966 |
| 8 | Sandra van | Rijkom | 4,71 | 1981 |
| 10 | Iris | Wilbrink | 4,70 | 1989 |

Hoogspringen

| | | | | |
|----|------------|------------|------|------|
| 1 | Suzanne | Ooms | 1,60 | 1988 |
| 2 | Gaby | Desse | 1,53 | 2013 |
| 3 | Jenny | Tchedjo | 1,52 | 2015 |
| 4 | Yara | Bodegraven | 1,50 | 2012 |
| 4 | Lindsey | Krop | 1,50 | 2013 |
| 4 | Anyk | Warmerdam | 1,50 | 2015 |
| 6 | Marjan | Versteeg | 1,45 | 1981 |
| 6 | Carlita v | Rossum | 1,45 | 1983 |
| 6 | Dorien | Elsinger | 1,45 | 2005 |
| 10 | G. | Mars | 1,40 | 1966 |
| 10 | Karin | Griffioen | 1,40 | 1984 |
| 10 | Annemiek v | Hees | 1,40 | 1990 |
| 10 | Kellynsia | Leerdam | 1,40 | 2015 |

Kogelstoten (3 kg)

| | | | | |
|----|------------|--------------|-------|------|
| 1 | Jenny | Tchedjo | 12,55 | 2015 |
| 2 | Wassiliki | Alexandridis | 12,13 | 2008 |
| 3 | Joke | Ruitenburt | 11,36 | 1967 |
| 4 | Carla | Rogge | 11,03 | 1962 |
| 5 | Suzanne | Ooms | 10,84 | 1988 |
| 6 | Ineke | Geul | 9,87 | 1959 |
| 7 | Annemiek v | Hees | 9,67 | 1989 |
| 8 | Betsie | Luiken | 9,48 | 1968 |
| 9 | Silvia | Druppers | 9,37 | 1967 |
| 10 | Els van | Bedum | 9,36 | 1961 |

Baan vervolg

Discuswerpen (1 kg)

| | | | | |
|----|------------|-------------|-------|------|
| 1 | Jenny | Tchedjo | 33,79 | 2015 |
| 2 | Suzanne | Ooms | 28,92 | 1987 |
| 3 | Patricia | Scheggetman | 23,55 | 1985 |
| 4 | Hedwig | Swart | 22,25 | 2006 |
| 5 | Diana van | Leeuwen | 21,24 | 1983 |
| 6 | Paulien vd | Velden | 21,20 | 1981 |
| 7 | Annemiek v | Hees | 20,62 | 1990 |
| 8 | Sharon vd | Velden | 20,28 | 1983 |
| 9 | Sabra | Rutting | 19,88 | 1990 |
| 10 | Betsie | Luiken | 19,82 | 1968 |

Speerwerpen (500 gr)

| | | | | |
|----|------------|--------------|-------|------|
| 1 | Suzanne | Ooms | 34,04 | 1987 |
| 2 | Wassiliki | Alexandridis | 29,79 | 2007 |
| 3 | Lindsey | Krop | 28,72 | 2013 |
| 4 | Siham | Chaout | 27,89 | 2015 |
| 5 | Iris | Wilbrink | 26,80 | 1989 |
| 6 | Mireille | Nagtegaal | 24,70 | 1984 |
| 7 | Sharon vd | Velden | 24,68 | 1983 |
| 8 | Sabrina v | Kuik | 24,50 | 1992 |
| 9 | Patricia | Scheggetman | 24,00 | 1985 |
| 10 | An Mei van | Dam | 23,19 | 2015 |

Kogelslingeren (3 kg)

| | | | | |
|---|----------|------|-------|------|
| 1 | Pascalie | Boom | 19,69 | 2015 |
|---|----------|------|-------|------|

7-Kamp

| | | | | |
|---|--------|----------|------|------|
| 1 | Iris | Wilbrink | 3105 | 1988 |
| 2 | Karen | Mol | 2582 | 1992 |
| 3 | Marije | Ewald | 2514 | 1992 |

4x80 meter

| | | | |
|----|-------|------|--|
| 1 | 40,98 | 2015 | Kellynsia Leerdam - Sarah Verkerk - Thirza Verkerk - Janine Verhaar |
| 2 | 41,47 | 2015 | Kellynsia Leerdam - Tara Hoeba - Thirza Verkerk - Janine Verhaar |
| 3 | 41,94 | 2011 | Amal Essabdouni - Devrah Leerdam - Gera Attwell - Kika v Bergen v Henegouwen |
| 4 | 42,00 | 2014 | Mariam Balde - Conchiense Abena - Jenny Tchedjo - Janine Verhaar |
| 5 | 42,52 | 2015 | An Mei van Dam - Nikita Wesker - Thirza Verkerk - Janine Verhaar |
| 6 | 42,73 | 2014 | Orla Rispens - Mariam Balde - Naomi Renssen - Janine Verhaar |
| 7 | 42,91 | 2014 | Jenny Tchedjo-Orla Rispens-Conchiense Abena-Mariam Balde |
| 8 | 43,20 | 2006 | Nina Morssinkhof - Laurence v Tuijl - Hedwig Swart - Suzanne v Wijck |
| 9 | 43,34 | 2013 | Nalini Shreeram - Florine Shreeram - Melissa Pentiker - Noami Renssen |
| 10 | 43,3h | 1990 | G.van der Horst - M.Gam - A.van Hees - C.van de Berg |

U-Track bestenlijst 1953 - okt 2017: Meisjes C

Baan Overig

60m

| | | | | | |
|---|--------|---------|------|------|-----|
| 1 | Janine | Verhaar | 7,88 | 2015 | +1 |
| 2 | Thirza | Verkerk | 8,49 | 2015 | -0. |
| 3 | Tara | Hoeba | 9,01 | 2015 | -0. |
| 4 | Siham | Chaout | 9,82 | 2015 | +1 |

100 meter

| | | | | |
|----|----------------|---------------|-------|------|
| 1 | N'ketia | Seedo | 11,68 | 2017 |
| 2 | Janine | Verhaar | 12,20 | 2015 |
| 3 | Devrah | Leerdam | 13,13 | 2011 |
| 4 | Gera | Attwell | 13,16 | 2012 |
| 5 | Kika van Berge | van Henegouwe | 13,26 | 2012 |
| 6 | Thirza | Verkerk | 13,30 | 2015 |
| 7 | Florine | Sreeram | 13,46 | 2013 |
| 8 | Amel | Essabdouni | 13,67 | 2011 |
| 9 | Rozen | Mainguy | 13,72 | 2013 |
| 10 | Tara | Hoeba | 14,14 | 2015 |

200 meter

| | | | | |
|---|---------|----------|-------|------|
| 1 | N'ketia | Seedo | 24,52 | 2017 |
| 2 | Janine | Verhaar | 25,16 | 2015 |
| 3 | Florine | Sreeram | 28,26 | 2013 |
| 4 | Thirza | Verkerk | 29,83 | 2015 |
| 5 | Iris | Wilbrink | 30,4h | 1989 |
| 6 | Tara | Hoeba | 31,71 | 2015 |

400m

| | | | | |
|---|----------------|---------------|---------|------|
| 1 | Nalini | Sreeram | 62,84 | 2013 |
| 2 | Kika van Berge | van Henegouwe | 67,24 | 2011 |
| 3 | Gera | Attwell | 67,42 | 2011 |
| 4 | Melissa | Pentiker | 1.07,57 | 2013 |

hinkstapsprong

| | | | | | |
|---|---------|-------|------|------|---------|
| 1 | Lola de | Graaf | 7,97 | 2015 | 0.0 m/s |
|---|---------|-------|------|------|---------|

800 meter

| | | | | |
|----|-----------|------------|---------|------|
| 1 | Suzanne v | Wijck | 2.23,78 | 2007 |
| 2 | Naomi | Renssen | 2.30,05 | 2013 |
| 3 | Melissa | Pentiker | 2.31,76 | 2013 |
| 4 | Anne | Geytenbeek | 2.32,98 | 2016 |
| 5 | Gaby | Desse | 2.45,11 | 2013 |
| 6 | Sophie | Dobrev | 2.46,18 | 2012 |
| 7 | Marijn | Kamerbeek | 2.48,57 | 2016 |
| 8 | Lindsey | Krop | 2.50,96 | 2013 |
| 9 | Orla | Rispens | 2.57,44 | 2013 |
| 10 | Devrah | Leerdam | 2.58,08 | 2010 |

1609m (1 EM)

| | | | | |
|---|----------------|---------------|---------|------|
| 1 | Gera | Attwell | 6.36,55 | 2011 |
| 2 | Kika van Berge | van Henegouwe | 6.51,78 | 2011 |

100 meter horden

| | | | | |
|---|-----------|---------|-------|------|
| 1 | Rozen | Mainguy | 17,21 | 2013 |
| 2 | Suzanne v | Wijck | 17,31 | 2007 |

200 meter horden

| | | | | |
|---|-----------|------------|-------|------|
| 1 | Suzanne v | Wijck | 32,84 | 2007 |
| 2 | Janine | Verhaar | 35,54 | 2014 |
| 3 | Jenny | Tchedjo | 35,65 | 2014 |
| 4 | Kellynsia | Leerdam | 36,73 | 2015 |
| 5 | Naomi | Renssen | 37,21 | 2014 |
| 6 | Anne | Geytenbeek | 37,31 | 2015 |
| 7 | Anyk | Warmerdam | 37,37 | 2015 |
| 8 | Sarah | Verkerk | 39,25 | 2015 |
| 9 | Silke | Drieman | 41,83 | 2015 |

Weg

2 km

| | | | | |
|---|------|---------|------|------|
| 1 | Orla | Rispens | 8.09 | 2013 |
|---|------|---------|------|------|

5 km

| | | | | |
|---|---------|------------|-------|------|
| 1 | Anne | Geytenbeek | 19.32 | 2015 |
| 2 | Naomi | Renssen | 20.03 | 2014 |
| 3 | Lola de | Graaf | 23.22 | 2015 |
| 4 | Melissa | Pentiker | 23.27 | 2013 |
| 5 | Sira de | Waard | 24.12 | 2010 |
| 6 | Nalini | Sreeram | 25.47 | 2013 |

U-Track bestenlijst 1953 - okt 2017: Meisjes C

Indoor

50 meter

| | | | | |
|----|----------------|------------|------|------|
| 1 | Suzanne | Ooms | 6,6h | 1988 |
| 2 | Gera | Attwell | 7,10 | 2012 |
| 3 | Devrah | Leerdam | 7,13 | 2010 |
| 4 | Mireille | Nagtegaal | 7,0h | 1984 |
| 5 | Amal | Essabdouni | 7,33 | 2011 |
| 6 | Kika van Berge | Henegouwen | 7,34 | 2011 |
| 6 | Jacqueline | Benschaop | 7,1h | 1975 |
| 6 | Ingrid van | Rijkom | 7,1h | 1982 |
| 9 | Annemiek v | Leeuwen | 7,1h | 1984 |
| 10 | Sarah | Verkerk | 7,36 | 2016 |

60 meter horden

| | | | | |
|---|-----------|-----------|-------|------|
| 1 | Gabrielle | Berge | 10,45 | 2008 |
| 2 | Suzanne v | Wijck | 10,46 | 2006 |
| 3 | Anyk | Warmerdam | 10,99 | 2014 |
| 4 | Vicky | Kanaris | 12,76 | 2009 |

60 meter

| | | | | |
|---|----------------|------------|------|------|
| 1 | N'ketia | Seedo | 7,52 | 2017 |
| 1 | Janine | Verhaar | 8,02 | 2015 |
| 2 | Devrah | Leerdam | 8,31 | 2012 |
| 3 | Gera | Attwell | 8,39 | 2012 |
| 4 | Kellynsia | Leerdam | 8,54 | 2015 |
| 4 | Kika van Berge | Henegouwen | 8,61 | 2012 |
| 6 | Sarah | Verkerk | 8,61 | 2014 |
| 7 | Amal | Essabdouni | 8,70 | 2011 |
| 8 | Anyk | Warmerdam | 8,77 | 2016 |
| 8 | Elly | Thomas | 8,77 | 2016 |

Verspringen

| | | | | |
|----|---------------------|------------|------|------|
| 1 | Suzanne | Ooms | 5,61 | 1987 |
| 2 | Devrah | Leerdam | 4,80 | 2011 |
| 2 | Kika van Berge | Henegouwen | 4,80 | 2012 |
| 4 | Gabrielle | Berge | 4,78 | 2007 |
| 5 | Chantal van de Berg | | 4,72 | 1990 |
| 6 | Gera | Attwell | 4,55 | 2012 |
| 7 | Ingrid van | Rijkom | 4,49 | 1982 |
| 8 | Mai-Lan | Gan | 4,46 | 1990 |
| 9 | Annemiek v | Haas | 4,40 | 1990 |
| 10 | Carolien | Geissen | 4,36 | 1976 |

200m

| | | | | |
|---|--------|---------|-------|------|
| 1 | Janine | Verhaar | 25,98 | 2015 |
|---|--------|---------|-------|------|

600 meter

| | | | | |
|----|-----------------------|-----------|---------|------|
| 1 | Mireille | Nagtegaal | 1.46,8h | 1984 |
| 2 | Sharon van de Velden | | 1.57,5h | 1983 |
| 3 | Paulien van de Velden | | 2.00,0h | 1981 |
| 4 | Francine | Jansen | 2.01,3h | 1989 |
| 5 | Jacqueline | Benschop | 2.02,0h | 1975 |
| 6 | Miranda de Voest | | 2.02,0h | 1981 |
| 7 | Nicolette | Blok | 2.02,3h | 1981 |
| 8 | Marjo | Diks | 2.02,9h | 1976 |
| 9 | Marije | Ewald | 2.03,9h | 1992 |
| 10 | Jacqueline v | Haaster | 2.07,0h | 1975 |

1.500m

| | | | | |
|---|------|------------|---------|------|
| 1 | Anne | Geytenbeek | 5.13,94 | 2015 |
|---|------|------------|---------|------|

Hoogspringen

| | | | | |
|---|---------------------|-------------|------|------|
| 1 | Carlita van | Rossum | 1,50 | 1983 |
| 1 | Suzanne | Ooms | 1,50 | 1988 |
| 3 | Jenny | Nzounda | 1,46 | 2014 |
| 4 | Carolien | Geissen | 1,40 | 1975 |
| 4 | Liesbeth | Creutzborg | 1,40 | 1975 |
| 4 | Jessica | Eckhardt | 1,40 | 1991 |
| 7 | Anyk | Warmerdam | 1,36 | 2014 |
| 8 | Maaike | Lutterman | 1,35 | 1981 |
| 8 | Annemiek v | Leeuwen | 1,35 | 1984 |
| 8 | Mireille | Nagtegaal | 1,35 | 1984 |
| 8 | Marcia | Bos | 1,35 | 1985 |
| 8 | Patricia | Scheggetman | 1,35 | 1985 |
| 8 | Chantal van de Berg | | 1,35 | 1990 |
| 8 | Annemiek v | Hees | 1,35 | 1990 |
| 8 | Roos | Engelsman | 1,35 | 1991 |
| 8 | Radna van | Hoeijen | 1,35 | 1992 |

50 meter horden

| | | | | |
|----|---------------------|------------|------|------|
| 1 | Devrah | Leerdam | 8,40 | 2011 |
| 2 | Suzanne | Ooms | 8,2h | 1988 |
| 3 | Linda | Agterberg | 9,0h | 1981 |
| 4 | Heleen | Diks | 9,4h | 1981 |
| 5 | Amal | Essabdouni | 9,68 | 2011 |
| 6 | Marjan | Versteeg | 9,5h | 1981 |
| 7 | Annemiek v | Leeuwen | 9,5h | 1983 |
| 8 | Chantal van de Berg | | 9,5h | 1989 |
| 9 | Annemarie v | Herk | 9,6h | 1973 |
| 10 | Renate van 't Veer | | 9,8h | 1982 |

Kogelstoten 3 kg

| | | | | |
|----|----------------------|--------------|-------|------|
| 1 | Jenny | Nzounda | 12,12 | 2015 |
| 2 | Suzanne | Ooms | 10,32 | 1988 |
| 3 | Wassiliki | Alexandridis | 10,22 | 2006 |
| 4 | Sabrina van | Kuik | 9,91 | 1992 |
| 5 | Annemiek v | Hees | 9,51 | 1990 |
| 6 | Chantal van de Berg | | 9,03 | 1990 |
| 7 | Sharon van de Velden | | 9,02 | 1983 |
| 8 | Sandra | Lek | 8,98 | 1985 |
| 9 | Mireille | Nagtegaal | 8,73 | 1984 |
| 10 | Marjan | Versteeg | 8,35 | 1981 |