

Bestenlijst Vrouwen Senioren outdoor

| 100m | | | 200m | | | 400m | | | 800m | | | 1.000m | | | | | | | |
|-------------|--------------------|-------|-------------|----|--------------------|-------------|------|----|--------------------|-------|------|---------------|--------------------|---------|------|----|-------------------|---------|------|
| 1 | Eefje van Mourik | 11,95 | 2000 | 1 | Eefje van Mourik | 24,24 | 2001 | 1 | Fridie Meulendijks | 55,00 | 1976 | 1 | Jacky Winkelman | 2.03,16 | 1983 | 1 | Annet Bezemer | 2.51,9 | 1989 |
| 2 | Rinske Daniels | 12,01 | 2000 | 2 | Rinske Daniels | 24,43 | 2000 | 2 | Eefje van Mourik | 55,58 | 1998 | 2 | Annie vd Kerkhof | 2.07,8 | 1971 | 2 | Anja Bunthof | 2.53,64 | 1998 |
| 3 | Sandra Royackers | 12,02 | 1999 | 3 | Fridie Meulendijks | 24,9 | 1977 | 3 | Jacky Winkelman | 57,1 | 1982 | 3 | Fridie Meulendijks | 2.09,3 | 1976 | 3 | Suzanne Wierstema | 2.54,4 | 1992 |
| 4 | Pauline vd Roest | 11,8 | 1988 | 4 | Pauline vd Roest | 25,0 | 1990 | 4 | Rinske Daniels | 57,27 | 2000 | 4 | Annet Bezemer | 2.11,1 | 1989 | 4 | Doreth Theunissen | 2.56,71 | 1997 |
| 5 | Kasia Ferenz | 12,43 | 2019 | 5 | Ineke Sijbers | 25,37 | 1987 | 5 | Anneke Sijbers | 57,75 | 1984 | 5 | Margret Sandbrink | 2.11,72 | 1984 | 5 | Cindy Verstappen | 2.59,96 | 1998 |
| 6 | Ineke Sijbers | 12,50 | 1987 | 6 | Kasia Ferenz | 25,46 | 2019 | 6 | Petra vd Kerkhof | 58,23 | 1979 | 6 | Suzanne Wiertsema | 2.13,15 | 1992 | 6 | Margret Sandbrink | 3.02,8 | 1997 |
| 7 | Anneke Sijbers | 12,52 | 1984 | 7 | Sandra Royackers | 25,56 | 1998 | 7 | Annie vd Kerkhof | 58,5 | 1978 | 7 | Sjan Vermeulen | 2.14,0 | 1968 | 7 | Lotte Jacobs | 3.03,96 | 2003 |
| | Fridie Meulendijks | 12,3 | 1977 | 8 | Eefke Daniëls | 25,73 | 2003 | 8 | Gaby Schouten | 58,72 | 1996 | 8 | Haitske Daniëls | 2.14,49 | 2005 | 8 | Pascale Maas | 3.04,14 | 2009 |
| 9 | Mary van Amelsfort | 12,3 | 1969 | 9 | Anneke Sijbers | 25,5 | 1985 | 9 | Ineke Sijbers | 58,9 | 1988 | 9 | Chantal Baartse | 2.15,50 | 2009 | 9 | Gaby Schouten | 3.04,99 | 1996 |
| 10 | Eefke Daniëls | 12,5 | 2003 | 10 | Linda Feenstra | 26,28 | 2011 | 10 | Pauline vd Roest | 59,2 | 1988 | 10 | Carla van Herpen | 2.15,7 | 1976 | 10 | Eefje v Mourik | 3.05,9 | 1990 |
| | Tanja van Wouden | 12,5 | 1974 | | | | | | Bea Smits | 59,2 | 1975 | | | | | | | | |
| | Astrid Smits | 12,5 | 1968 | | | | | | | | | | | | | | | | |

| 1.500m | | | 3.000m | | | 5.000m | | | 10.000m | | | 2.000m steeple | | | | | | | |
|---------------|-------------------|---------|---------------|----|-------------------|---------------|------|----|--------------------|----------|------|-----------------------|------------------|---------|------|--|--|--|--|
| 1 | Annie vd Kerkhof | 4.20,5 | 1977 | 1 | Annie vd Kerkhof | 9.18,4 | 1977 | 1 | Annie vd Kerkhof | 16.33,1 | 1981 | 1 | Annie vd Kerkhof | 33.09,0 | 1985 | | | | |
| 2 | Jacky Winkelman | 4.22,8 | 1983 | 2 | Lotte Jacobs | 9.40,80 | 2012 | 2 | Anja Bunthof | 17.14,2 | 1999 | 2 | Annette Bezemer | 36.13,4 | 1988 | | | | |
| 3 | Anja Bunthof | 4.30,69 | 1998 | 3 | Annet Bezemer | 9.41,2 | 1989 | 3 | Annie Rindt | 17.24,3 | 1980 | 3 | Annie Rindt | 39.23,7 | 1980 | | | | |
| 4 | Annet Bezemer | 4.31,30 | 1988 | 4 | Anja Bunthof | 9.45,22 | 1998 | 4 | Lotte Jacobs | 17.39,69 | 2006 | 4 | Nicole Loeve | 40.49,0 | 2012 | | | | |
| 5 | Lotte Jacobs | 4.33,63 | 2006 | 5 | Annie Rindt | 9.48,5 | 1980 | 5 | Annet Bezemer | 17.57,3 | 1988 | 5 | Regina de Lely | 42.480 | 2008 | | | | |
| 6 | Suzanne Wiertsema | 4.34,41 | 1992 | 6 | Jacky Winkelman | 10.02,6 | 1981 | 6 | Fanny Versantfoort | 19.00,56 | 1998 | 6 | Dorien Hendrikk | 43.07,2 | 1982 | | | | |
| 7 | Sjan Vermeulen | 4.35,8 | 1968 | 7 | Margret Sandbrink | 10.21,8 | 1982 | 7 | Marloes van Lierop | 19.06,73 | 1996 | 7 | Elly Schouten | 52.07,0 | 2008 | | | | |
| 8 | Margret Sandbrink | 4.36,8 | 1986 | 8 | Esther Arts | 10.27,36 | 2007 | 8 | Maria Tinnemans | 19.23,8 | 1992 | 8 | Petra Schutte | 59.04,0 | 2004 | | | | |
| 9 | Carla Joosten | 4.39,0 | 1970 | 9 | Marieke Muskens | 10.29,86 | 1995 | 9 | Nicole Loeve | 19.34,14 | 2012 | | | | | | | | |
| 10 | Doreth Theunissen | 4.42,62 | 1997 | 10 | Chantal Baartse | 10.34,69 | 2013 | 10 | Dorien Hendrikk | 20.23,7 | 1979 | | | | | | | | |

| 100m horden | | | 200m horden | | | 400m horden | | | 1 Engelse mijl | | | 2 Engelse mijlen | | | | | | | |
|--------------------|--------------------|-------|--------------------|---|------------------|--------------------|------|----|-----------------------|---------|------|-------------------------|--------------------|---------|------|---|--------------|---------|------|
| 1 | Eefje van Mourik | 14,45 | 1998 | 1 | Eefje van Mourik | 27,41 | 1998 | 1 | Eefje van Mourik | 59,66 | 1998 | 1 | Annie vd Kerkhof | 4.57,2 | 1974 | 1 | Anja Bunthof | 11.08,8 | 1998 |
| 2 | Petra vd Kerkhof | 14,8 | 1979 | | | | | 2 | Petra vd Kerkhof | 1.02,04 | 1979 | 2 | Margret Sandbrink | 5.10,9 | 1986 | | | | |
| 3 | Sandra vd Sommen | 15,5 | 1985 | | | | | 3 | Caroline Schotte | 1.04,3 | 1985 | 3 | Carla van Herpen | 5.19,2 | 1976 | | | | |
| 4 | Lotte vd Westen | 15,93 | 2012 | | | | | 4 | Gonny Michels | 1.06,3 | 1982 | 4 | Annet Bezemer | 5.21,0 | 1987 | | | | |
| 5 | Anneke Sijbers | 15,7 | 1987 | | | | | 5 | Sanne Joosten | 1.06,62 | 2007 | 5 | Annie Rindt | 5.22,1 | 1980 | | | | |
| | Gonnie Michels | 15,7 | 1984 | | | | | 6 | Margret Sandbrink | 1.06,8 | 1981 | 6 | Marieke Muskens | 5.24,9 | 1996 | | | | |
| 7 | Saskia van Bezu | 16,3 | 1992 | | | | | 7 | Lieke Brouwers | 1.08,89 | 2014 | 7 | Pascale Maas | 5.30,95 | 2010 | | | | |
| | Marian Vergroessen | 16,3 | 1980 | | | | | 8 | Lotte vd Westen | 1.09,73 | 2012 | 8 | Marloes van Lierop | 5.32,5 | 1995 | | | | |
| | Mary van Amelsfort | 16,3 | 1969 | | | | | 9 | Manon vd Wouw | 1.10,15 | 2003 | 9 | Cindy Verstappen | 5.34,1 | 1992 | | | | |
| 10 | Manon vd Linden | 16,4 | 1992 | | | | | 10 | Fridie Meulendijks | 1.10,1 | 1979 | | Marlene Lunter | 5.34,1 | 1986 | | | | |

BAC Bestenlijst Vrouwen Senioren outdoor**verspringen**

| | | | |
|----|----------------------|------|------|
| 1 | Pauline van de Roest | 5,98 | 1989 |
| 2 | Eefje van Mourik | 5,78 | 1995 |
| 3 | Astrid Smits | 5,54 | 1968 |
| 4 | Gerrie van de Linden | 5,50 | 1968 |
| 5 | Petra vd Kerkhof | 5,47 | 1979 |
| 6 | Sandra Royackers | 5,32 | 1998 |
| 7 | Riet Jonkers | 5,31 | 1965 |
| 8 | Rinske Daniëls | 5,30 | 1997 |
| 9 | Margret Sandbrink | 5,29 | 1981 |
| 10 | Tanja van Wouden | 5,28 | 1974 |

hink-stap-springen

| | | | |
|---|------------------|-------|------|
| 1 | Saskia van Bezu | 11,95 | 1992 |
| 2 | Manon vd Wouw | 10,72 | 2006 |
| 3 | Eefje van Mourik | 10,63 | 1991 |
| 4 | Eefke Daniëls | 10,10 | 2002 |
| 5 | Sophie de Groot | 9,95 | 2016 |
| 6 | Peggy van Alem | 9,93 | 1999 |
| 7 | Sanne Joosten | 9,89 | 2005 |
| 8 | Lotte vd Westen | 9,88 | 2011 |
| 9 | Elly Schouten | 9,63 | 1992 |
| | Marian Pasnagel | 9,63 | 1994 |

hoogspringen

| | | | |
|---|--------------------|------|------|
| 1 | Sandra Royackers | 1,70 | 1998 |
| | Petra vd Kerkhof | 1,70 | 1978 |
| 3 | Gonny Michchels | 1,66 | 1984 |
| 4 | Caroline Schouten | 1,65 | 1999 |
| | Saskia van Bezu | 1,65 | 1995 |
| 6 | Kim Martens | 1,63 | 1987 |
| 7 | Peggy van Alem | 1,61 | 1996 |
| | Sandra vd Sommen | 1,61 | 1984 |
| 9 | Julia van Dijk | 1,60 | 2019 |
| | Bo Smit | 1,60 | 2016 |
| | Lotte de Fockert | 1,60 | 2009 |
| | Marceline Manders | 1,60 | 2009 |
| | Eefje van Mourik | 1,60 | 1993 |
| | Caroline Schotte | 1,60 | 1985 |
| | Annet Bezemer | 1,60 | 1984 |
| | Conny van de Broek | 1,60 | 1981 |

polstok-hoogspringen

| | | | |
|---|--------------------|------|------|
| 1 | Julia van Dijk | 2,50 | 2019 |
| 2 | Meike Schaap | 2,30 | 2019 |
| | Lotte de Fockert | 2,10 | 2009 |
| | Eefje v Mourik | 2,00 | 2008 |
| 5 | Elly Schouten | 2,00 | 1996 |
| 6 | Natascha vd Linden | 1,85 | 2005 |
| 7 | Kim Jansen | 1,80 | 1996 |
| 8 | Loes Schatorje | 1,70 | 1997 |
| 9 | Elien vd Eijnde | 1,50 | 2011 |

speerwerpen

| | | | |
|----|--------------------|-------|------|
| 1 | Sandra vd Sommen | 43,39 | 2000 |
| 2 | Wendy Gommans | 30,96 | 2004 |
| 3 | Eefke Daniëls | 30,88 | 2003 |
| 4 | Caroline Schouten | 30,33 | 2005 |
| 5 | Heike Vincentie | 29,61 | 2001 |
| 6 | Lotte vd Westen | 29,08 | 2012 |
| 7 | Natascha vd Linden | 28,86 | 2003 |
| 8 | Bo Smit | 27,80 | 2016 |
| 9 | Eefje van Mourik | 27,77 | 2000 |
| 10 | Elly Schouten | 27,18 | 1999 |

discuswerpen

| | | | |
|----|---------------------|-------|------|
| 1 | Natascha vd Linden | 40,84 | 2004 |
| 2 | Nel van Schayk | 36,62 | 1981 |
| 3 | Dorothe Habraken | 34,32 | 1987 |
| 4 | Anja Wouda | 33,10 | 1976 |
| 5 | Carola Verlijdsdonk | 32,26 | 1987 |
| 6 | Caroline Schouten | 32,24 | 2001 |
| 7 | Rineke Vlemmings | 31,24 | 1968 |
| 8 | Caroline Schotte | 30,90 | 1984 |
| 9 | Mia Keunen | 30,62 | 1961 |
| 10 | Petra vd Kerkhof | 30,28 | 1972 |

kogelstoten

| | | | |
|----|--------------------|-------|------|
| 1 | Natascha vd Linden | 12,29 | 2006 |
| 2 | Petra vd Kerkhof | 11,54 | 1980 |
| 3 | Nel van Schayk | 11,52 | 1981 |
| 4 | Sandra vd Sommen | 11,50 | 1985 |
| 5 | Sjan Vlemmings | 10,64 | 1962 |
| 6 | Caroline Schouten | 10,48 | 2002 |
| 7 | Helen Verhagen | 9,90 | 1999 |
| 8 | Isa Stommels | 9,81 | 2018 |
| 9 | Riet Jonkers | 9,77 | 1965 |
| 10 | Eefje Swinkels | 9,66 | 2016 |

kogelslingeren

| | | | |
|----|---------------------|-------|------|
| 1 | Natascha vd Linden | 44,27 | 2004 |
| 2 | Simone van Aerle | 24,29 | 2019 |
| 3 | Caroline Schouten | 22,64 | 2007 |
| 4 | Gaby Schouten | 20,24 | 1997 |
| 5 | Nathalie Goossens | 19,22 | 2009 |
| 6 | Meike Schaap | 18,28 | 2019 |
| 7 | Isa Stommels | 18,04 | 2017 |
| 8 | Elly Schouten | 17,71 | 2000 |
| 9 | Kim Jansen | 17,64 | 1997 |
| 10 | Willeke vd Eventuin | 17,42 | 1998 |

zevenkamp

| | | | |
|----|--------------------|------|------|
| 1 | Eefje van Mourik | 4940 | 1998 |
| 2 | Sandra Royackers | 4376 | 1998 |
| 3 | Annet Bezemer | 3794 | 1988 |
| 4 | Gaby Schouten | 3700 | 1997 |
| 5 | Pauline vd Roest | 3648 | 1987 |
| 6 | Peggy van Alem | 3391 | 1997 |
| 7 | Elly Schouten | 3354 | 1994 |
| 8 | Jose van Griensven | 3287 | 1991 |
| 9 | Kim Jansen | 3257 | 1996 |
| 10 | Linda van Bakel | 3105 | 1992 |

zevenkamp t/m 1985

| | | | |
|----|--------------------|------|------|
| 1 | Sandra vd Sommen | 4956 | 1984 |
| 2 | Petra vd Kerkhof | 4714 | 1983 |
| 3 | Margret Sandbrink | 4703 | 1982 |
| 4 | Gonny Michchels | 4369 | 1982 |
| 5 | Caroline Schotte | 4192 | 1985 |
| 6 | Anneke Sijbers | 3930 | 1984 |
| 7 | Conny van de Broek | 3829 | 1981 |
| 8 | Annet Bezemer | 3708 | 1985 |
| 9 | Toosje Valkenburg | 3637 | 1982 |
| 10 | Marian Oomen | 3548 | 1981 |

speerwerpen t/m 1998

| | | | |
|----|------------------|-------|------|
| 1 | Sandra vd Sommen | 48,28 | 1993 |
| 2 | Dorien Görts | 41,92 | 1984 |
| 3 | Marian Oomen | 40,16 | 1979 |
| 4 | Nel van Schayk | 39,76 | 1980 |
| 5 | Liedeke Schotte | 37,26 | 1956 |
| 6 | Saskia van Bezu | 35,18 | 1995 |
| 7 | Inge Leyten | 34,96 | 1988 |
| 8 | Caroline Schotte | 34,16 | 1987 |
| 9 | Suzan de Bruijn | 33,68 | 1990 |
| 10 | Sandra Royackers | 33,60 | 1998 |

Bestenlijst Vrouwen Senioren outdoor

15.000m

| | | | |
|----|------------------|---------|------|
| 1 | Annie vd Kerkhof | 52,20 | 1982 |
| 2 | Annie Rindt | 55,01 | 1980 |
| 3 | Dorien Hendrixx | 1.00,45 | 1980 |
| 4 | Jacky Winkelman | 1.01,00 | 1983 |
| 5 | Maria Tinnemans | 1.01,2 | 1992 |
| 6 | Nicole Engels | 1.01,58 | 1982 |
| 7 | Marlene Lunter | 1.06,50 | 1986 |
| 8 | Regina de Lely | 1.06,54 | 2010 |
| 9 | Lian v.d. Hurk | 1.09,00 | 1994 |
| 10 | Saskia Groot | 1.09,24 | 2010 |

20.000m

| | | | |
|---|------------------|---------|------|
| 1 | Annie vd Kerkhof | 1.12,55 | 1983 |
| 2 | Annie Rindt | 1.14,17 | 1980 |
| 3 | Dorien Hendrixx | 1.24,20 | 1980 |
| 4 | Nicole Engels | 1.38,06 | 1984 |

25.000m

| | | | |
|---|------------------|---------|------|
| 1 | Annie vd Kerkhof | 1.28,55 | 1982 |
| 2 | Dorien Hendrix | 1.46,23 | 1980 |

10 Engelse mijlen

| | | | |
|---|------------------|---------|------|
| 1 | Annie vd Kerkhof | 56,30 | 1982 |
| 2 | Annie Rindt | 1.01,47 | 1980 |
| 3 | Dorien Hendrixx | 1.07,08 | 1981 |
| 4 | Nicole Loeve | 1.12,34 | 2008 |
| 5 | Regina de Lely | 1.13,15 | 2008 |
| 6 | Saskia Groot | 1.19,29 | 2011 |

uurloop

| | | | |
|----|-----------------------|--------|------|
| 1 | Annie vd Kerkhof | 16.259 | 1979 |
| 2 | Annie Rindt | 15.052 | 1978 |
| 3 | Dorien Hendrixx | 14.855 | 1980 |
| 4 | Nicole Engels | 14.563 | 1984 |
| 5 | Marlene Lunter | 13.822 | 1986 |
| 6 | Marie-Louise v Lierop | 12.972 | 1984 |
| 7 | Janneke Hermans | 12.464 | 1979 |
| 8 | Miriam v.Bakel | 12.126 | 1979 |
| 9 | Marloes v.d.Aakster | 11.958 | 1983 |
| 10 | Marian Pasnagel | 11.453 | 1979 |

marathon

| | | | |
|---|------------------|---------|------|
| 1 | Annie vd Kerkhof | 2.37,28 | 1982 |
| 2 | Nicole Loeve | 3.26,10 | 2010 |
| 3 | Regina de Lely | 4.06,12 | 2010 |
| 4 | Dorien Hendrixx | 4.08,15 | 1977 |

halve marathon

| | | | |
|---|-----------------|---------|------|
| 1 | Nicole Loeve | 1.29,01 | 2013 |
| 2 | Chantal Baartse | 1.34,02 | 2007 |
| 3 | Regina de Lely | 1.35,59 | 2012 |
| 4 | Saskia Groot | 1.37,52 | 2008 |

20km snelwandelen

50km snelwandelen

Zweedse estafette

| | | | |
|---|-----------------|---------|------|
| 1 | Yvette Bakker | 2.22,84 | 2011 |
| | Linda Feenstra | | |
| | Eefje Swinkels | | |
| | Lotte vd Westen | | |

4 x 100m

| | | | |
|---|------------------|-------|------|
| 1 | Chantal Huibers | 48,14 | 1999 |
| | Manon vd Linden | | |
| | Eefje v. Mourik | | |
| | Sandra Royackers | | |

4 x 200m

| | | | |
|---|------------------|---------|------|
| 1 | Chantal Huibers | 1.43,63 | 1998 |
| | Eefje v. Mourik | | |
| | Sandra Royackers | | |
| | Gaby Schouten | | |

4 x 400m

| | | | |
|---|--------------------|--------|------|
| 1 | Carla v. Herpen | 3.55,2 | 1976 |
| | Annie vd Kerkhof | | |
| | Fridie Meulendijks | | |
| | Bea Smits | | |

4 x 800m

| | | | |
|---|--------------------|--------|------|
| 1 | Dorien Hendrixx | 9.09,2 | 1976 |
| | Carla v. Herpen | | |
| | Annie vd Kerkhof | | |
| | Fridie Meulendijks | | |

4 x 1.500m