

BAANRANGLIJST ALLER TIJDEN NEDERLANDSE VETERANEN

UITGAVE APRIL 2001



Erik Oostweegel: wereldrecord 100 meter

INHOUDSOPGAVE

| | | | | |
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VOORWOORD EN ATTENTIEPUNTEN

Inleiding

In dit 12e jaarboekje (ATL) vinden we de beste Nederlandse veteranen van alle tijden. De prestaties van 2000 zijn erin verwerkt dankzij de werkgroep statistiek van de K.N.A.U. (Cees Roovers en Antoon de Groot) en Philip Krul voor het snelwandelen.

Wijzigingen i.v.m. handtijden en windmeter

Ingaande het jaar 2000 (dit boekwerkje dus) worden handtijden voor sprint- en hordenummers tot en met de 400 meter niet meer opgenomen. Het houdt in dat er alleen nog elektronische tijden worden opgenomen, mits de wind in de uitslag acceptabel is (+ 2.0 is nog toelaatbaar). Verspringen en hinkstapspringen worden sinds 1-1-2000 ook alleen nog opgenomen, indien de wind acceptabel is. Er is één uitzondering: de meerkampen tellen wel totaal, maar de aparte onderdelen moeten voor de ranglijst ook aan eisen van elektronische tijd en windmeter voldoen.

Nieuwe Nederlandse records

In de Nederlandse recordlijst is te zien dat er nieuwe records zijn in verband met gewijzigde gewichten bij het speerwerpen en andere hoogten bij de horden. De eerste prestatie kan meteen een nationaal record zijn. Let er ook op dat sommige Nederlandse records een mindere prestatie zijn dan prestaties in de ATL.

Wereldrecords en Europese records

Het was vreemd dat diverse Europese records en ook records van andere werelddelen beter waren dan de wereldrecords. Daarin is een wijziging gekomen. De beste prestaties zijn in deze ATL ook wereldrecord.

Nederlandse records en Europese records

Voor een Nederlands record moet het K.N.A.U.-recordformulier worden ingevuld. Op de sprintnummers moet de tijd elektronisch zijn en bij windgevoelige nummers moet de windmeter worden gebruikt. Bij handtijden voor records (800 meter en langer) moeten drie handtijden worden opgenomen. Ga je voor een record, regel vooraf alles met de organisatie.

Voor Europese records gebruik je ook het K.N.A.U.-recordformulier en schrijf daar boven "Europees record". De recordcommissie regelt verder de aanvraag van het Europese record.

Wereldrecords

Het is absoluut nodig om het WAVA-recordformulier in te vullen. Zonder dat formulier wordt een prestatie nooit een wereldrecord. Een WAVA-recordformulier nodig, bel de K.N.A.U., tel. 030-6087300.

Melden records en goede prestaties

De meesten weten dat ik de publicatie hiervan verzorg voor **ATLETIEK ACTUEEL**. Zonder jullie medewerking is er geen publicatie. Bel daarom ieder record en/of goede prestatie meteen naar mij door op **0162-454659**.

Onjuiste of ontbrekende uitslagen

Kom je zoiets tegen in dit boekje, stuur dan meteen een kopie van de uitslag op met vermelding van de reden. In de volgende ATL volgt dan de correctie. Gaat het om de NK, EK, WK of competitie, dan beschik ik zelf over de uitslag.

Bestellen boekje

Dat kan door f 15,- over te maken op girorek. 1371248 of bankrek. 93.97.27.277, beide ten name van A.P.L. Peters, Brahmstraat 31, 4904 NA Oosterhout.

De adverteerder

Een woord van dank gaat naar Arie van Tol's Tolsteam Interieurverzorging. Vakwerk en goede service in heel Nederland.

Oosterhout, 21 april 2000..
Ton Peters

TOLSTEAM

INTERIEURVERZORGING

TAPITZEN
ONDERHOUD
LEASING



A. van Tol
Oostdorperweg 22-24
2242 NK WASSENAAR
Tel. 070 - 5116612

100 meter M40

| | | | | | | | | | |
|-------|--------------------|-------|----------|------------|----------------------|-----------------------|----|----------|------------|
| 10.84 | Erik Oostweegel | 00 | 29-04-60 | Startbaan | 12.3 | Kees Wiezer | 91 | 24-03-41 | Reeuwijk |
| 11.08 | Sammy Monsels | 94 | 02-08-53 | Bijlmer | 12.3 | Hans Rodermond | 99 | 02-04-47 | PAC |
| 11.22 | Marino van Campen | 90 | 19-07-49 | Atos | 12.55 | Jan Koopman | 99 | 01-05-49 | GVAV |
| 11.28 | Gerrit de Man | 99 | 09-09-58 | Hercules | 12.57 | Caspari de Geus | 95 | 21-05-45 | R'dam Atl. |
| 11.1 | Fred Lobman | 88+89 | 31-01-46 | Metro | 12.4 | Jan Oerlemans | 82 | 24-05-28 | AVN |
| 11.36 | Jeroen Bronwasser | 99 | 05-02-59 | Pr.Hendrik | 12.4 | Jan Luykx | 83 | 09-09-33 | Sprint |
| 11.41 | Caspari de Geus | 88 | 21-05-45 | AVR | 12.4 | Twan Ambaum | 92 | 30-10-41 | Tegelen |
| 11.42 | Peter Jellema | 98 | 24-10-57 | Hermes | 12.65 | Wim Schreuder Goedhey | 97 | 19-07-45 | Hellas |
| 11.3 | Wim Scholtes | 89 | 09-06-47 | Sparta | 12.71 | Anne Lenis | 99 | 09-03-49 | Hera |
| 11.56 | Kees van Pelt | 99 | 30-05-59 | Pr.Hendrik | 12.5 | Kees Drijfhout | 82 | 14-11-31 | GAC-H. |
| 11.63 | Henk Brouwer | 95 | 14-09-53 | Ciko'66 | 12.5 | Jan Nijssen | 82 | 06-01-32 | HAC |
| 11.4 | Kleis Broekhuizen | 85 | 08-04-42 | Energie | 12.5 | Max Bruinsma | 96 | 26-06-45 | Attila |
| 11.64 | Fred van Gasteren | 91 | 03-03-50 | Cialfo | 12.5 | Rob van Mechelen | 97 | 31-07-46 | Thor |
| 11.5 | Aebele Douma | 82 | 17-11-41 | Spero | 12.77 | Jan Zwennes | 98 | 22-04-47 | Ilion |
| 11.5 | Alfred Verhoef | 86 | 12-05-46 | Holland-L. | 12.79 | Peter Blommestijn | 92 | 23-05-42 | AVR |
| 11.5 | Hans van Enkhuizen | 87 | 20-06-46 | Haarlem | 12.79 | Cees Roosen | 97 | 19-01-47 | Holland-H. |
| 11.5 | Jan Leunk | 89 | 01-10-46 | Scorpio | 100 meter M55 | Gerard Sengers | 97 | 23-02-42 | Clytoneus |
| 11.5 | Felix Sedney | 94 | 12-04-54 | Altis | 12.57 | Jan Oerlemans | 83 | 24-05-28 | AVN |
| 11.5 | Ricardo Hill | 98 | 09-10-55 | Hercules | 12.7 | Frans Buys | 84 | 05-09-24 | AAC |
| 11.78 | Kees Bakx | 95 | 10-11-51 | Diomedon | 12.7 | Pieter Schouten | 89 | 14-06-34 | BAV |
| 11.83 | Ko Florusse | 92 | 30-05-50 | Parthenon | 13.01 | Peter Blommestijn | 98 | 23-05-42 | R'dam Atl. |
| 11.6 | Wil Verhees | 80 | 10-02-40 | HAC | 13.23 | Eli Vermond | 97 | 07-02-41 | ACW'66 |
| 11.6 | Kees Wiezer | 82 | 24-03-41 | Reeuwijk | 13.0 | Boy van Heemstede | 89 | 26-07-30 | Fortuna |
| 11.6 | Jacques Janssen | 86 | 16-02-46 | Tegelen | 13.0 | Gerard Weisscher | 90 | 21-06-34 | Vet.Ned. |
| 11.6 | Kees Roosen | 87 | 09-01-47 | Holland-H. | 13.1 | Jan Luykx | 90 | 09-09-33 | Sprint |
| 11.6 | Pierre Busnel | 87 | 04-06-45 | Hermes | 13.38 | Kees van Loon | 93 | 11-06-38 | Spirit-L. |
| 11.6 | Ger Heinsius | 88 | 01-04-48 | SAV | 13.2 | Ad Smit | 86 | 23-05-29 | AV '23 |
| 11.6 | Anne Lenis | 89 | 09-03-49 | Hera | 13.2 | Theo Huisman | 95 | 09-10-35 | Horror |
| 11.6 | Louis Spek | 90 | 02-12-48 | Fortuna | 13.46 | Roelf Akkerman | 00 | 03-02-45 | DEM |

100 meter M45

| | | | | | | | | | |
|-------|-------------------|----|----------|-----------|----------------------|--------------------|----|----------|------------|
| 11.59 | Kees Bakx | 98 | 10-11-51 | Diomedon | 13.47 | Frans van Boven | 99 | 29-07-43 | Thor |
| 11.4 | Wim Scholtes | 95 | 09-06-47 | Sparta | 13.53 | Ton Peters | 97 | 14-06-42 | Scorpio |
| 11.72 | Fred van Gasteren | 98 | 03-03-50 | AV'34-A. | 13.3 | Jaap Haan | 88 | 10-08-32 | Atos |
| 11.75 | Fred Lobman | 91 | 31-01-46 | Metro | 13.3 | Henk Barends | 95 | 03-04-40 | Hercules |
| 11.75 | Marino van Campen | 97 | 19-07-49 | Almere'81 | 13.63 | Theo Beelen | 96 | 12-01-41 | Weert |
| 11.78 | Caspari de Geus | 90 | 21-05-45 | AVR | 13.4 | Geert van Dijk | 93 | 31-03-36 | Vet.Ned. |
| 11.90 | Pierre Busnel | 90 | 04-06-45 | Hellas | 13.70 | Kees van Giezen | 90 | 14-02-34 | GAC-H. |
| 11.98 | Wim de Ronde | 98 | 08-11-48 | Zaanland | 13.5 | Ben Bos | 86 | 27-08-30 | AAC |
| 12.00 | Ko Florusse | 96 | 30-05-50 | Parthenon | 13.74 | Henk Sloot | 99 | 09-01-43 | Start'78 |
| 12.02 | Hans Schouten | 92 | 21-11-46 | Trias | 13.74 | Peter van der Ham | 99 | 14-03-44 | Haag Atl. |
| 12.02 | Arie Sluimer | 98 | 16-08-50 | Ilion | 13.82 | Rob Kila | 99 | 07-02-40 | Vet.Ned. |
| 12.03 | Jan Leunk | 92 | 01-10-46 | Cialfo | 13.6 | Arie Langeveld | 96 | 09-12-40 | Holland-H. |
| 11.8 | Max Bruinsma | 90 | 26-06-45 | Attila | 13.6 | Ad van Lieshout | 99 | 25-09-40 | Scorpio |
| 12.04 | John de Jongh | 93 | 05-04-46 | Altis | 100 meter M60 | Jan van den Burg | 90 | 04-08-29 | Kieviten |
| 12.06 | Adrie Dunnebijer | 95 | 24-01-50 | Zuidwal | 13.12 | Frans Buys | 85 | 05-09-24 | AAC |
| 12.06 | Glen Gentle | 00 | 05-01-52 | Avon | 13.0 | Ron Landré | 99 | 16-05-38 | Spartaan |
| 12.19 | Gerard Sengers | 89 | 23-02-42 | Clytoneus | 13.34 | Jan Oerlemans | 88 | 24-05-28 | AVN |
| 12.20 | Anne Lenis | 94 | 09-03-49 | Hera | 13.41 | Geert van Dijk | 98 | 31-03-36 | Vet.Ned. |
| 12.22 | Felix Sedney | 99 | 12-04-54 | Altis | 13.57 | Pieter Schouten | 94 | 14-06-34 | GAC-H. |
| 12.0 | Arend de Boer | 86 | 04-06-39 | Lycurgus | 13.4 | Boy van Heemstede | 92 | 26-07-30 | Fortuna |
| 12.0 | Rien Mellaard | 86 | 17-12-37 | AAC | 13.76 | Joop van den Brink | 92 | 18-07-32 | Hercules |
| 12.0 | Peter Blommestijn | 89 | 23-05-42 | AVR | 14.05 | Sjef Bemelmans | 99 | 15-11-37 | Avon |
| 12.0 | Twan Ambaum | 90 | 30-10-41 | Tegelen | 13.8 | Jan Luykx | 95 | 09-09-33 | Sprint |
| 12.25 | Berry Hilkes | 91 | 22-01-45 | AVN | 13.8 | Theo Huisman | 96 | 09-10-35 | Horror |
| 12.26 | Wim Rietdijk | 94 | 25-03-48 | PAC | 13.9 | Carel van Venetiën | 89 | 19-01-29 | Bataven |

100 meter M50

| | | | | | | | | | |
|-------|---------------------|----|----------|-----------|-------|-----------------------|----|----------|-----------|
| 11.96 | Wim de Ronde | 99 | 08-11-48 | Zaanland | 14.20 | Jaap Haan | 96 | 10-08-32 | Atos |
| 12.02 | Wim Scholtes | 99 | 09-06-47 | Sparta | 14.22 | Kees van Giezen | 96 | 14-02-34 | GAC-H. |
| 12.17 | Gerard Sengers | 95 | 23-02-42 | Clytoneus | 14.0 | Piet Baas | 89 | 28-06-29 | V&L TC |
| 12.21 | Fred van Gasteren | 00 | 03-03-50 | AV'34 | 14.0 | Mario Spadon | 90 | 23-10-29 | Bataven |
| 12.23 | Marino van Campen | 99 | 19-07-49 | Almere'81 | 14.1 | Ad Smit | 91 | 25-03-29 | AV'23 |
| 12.28 | Henny van Verseveld | 96 | 20-02-46 | Statina | 14.2 | Dick Paternotte | 90 | 14-11-29 | Tion |
| 12.2 | Ad Smit | 79 | 25-03-29 | AV '23 | 14.4 | Aad Broekhuizen | 92 | 29-01-32 | Te Werve |
| 12.2 | Tjerk Vellinga | 87 | 14-08-36 | Blauw-Wit | 14.5 | F. Moes | 82 | 05-04-18 | Hellas |
| 12.50 | Arend de Boer | 90 | 04-06-39 | Lycurgus | 14.5 | Jan Kempe | 95 | 15-06-35 | Olymp'70 |
| 12.53 | Hans Schouten | 97 | 21-11-46 | Trias | 14.85 | Bram Lindhout | 92 | 19-06-29 | Antilope |
| | | | | | 14.89 | Ton van Ingen Schenau | 95 | 02-10-33 | Hanzesp. |
| | | | | | 14.8 | Cor Braak | 92 | 21-03-31 | Waterland |
| | | | | | 14.8 | Nico Ridder | 96 | 30-06-36 | Noordkop |

100 meter M65 (tot 17.5)

| | | | | |
|-------|-----------------------|----|----------|------------|
| 14.10 | Frans Buys | 90 | 05-09-24 | Pijnenburg |
| 14.23 | Pieter Schouten | 00 | 14-06-34 | GAC-H. |
| 14.24 | Jan Oerlemans | 94 | 24-05-28 | AVN |
| 14.63 | Kees van Giezen | 99 | 14-02-34 | GAC-H. |
| 14.70 | Boy van Heemstede | 97 | 26-07-30 | Fortuna |
| 14.6 | Bram Lindhout | 95 | 19-06-29 | Antilope |
| 14.8 | Maria Spadon | 95 | 23-10-29 | Bataven |
| 15.22 | Jaap Haan | 99 | 10-08-32 | Atos |
| 15.55 | Nico Storre | 92 | 12-09-26 | Kieviten |
| 15.60 | Ben Bos | 97 | 27-08-30 | AAC |
| 15.7 | Ad Smit | 95 | 25-03-29 | Vet.Ned. |
| 16.13 | Ton van Ingen Schenau | 99 | 02-10-33 | Hanzesp. |
| 16.50 | Cees Vooijs | 00 | 04-01-34 | Gouda |
| 16.4 | Toon Besseling | 87 | 26-01-22 | Zaanland |
| 17.0 | Anton de Kok | 92 | 25-01-26 | Vet.Ned. |
| 17.2 | Frits Panhorst | 83 | 01-10-16 | Vet.Ned. |

100 meter M70

| | | | | |
|-------|----------------|----|----------|------------|
| 14.63 | Frans Buys | 94 | 05-09-24 | Pijnenburg |
| 16.21 | Piet Baas | 00 | 28-06-29 | Haag Atl. |
| 16.8 | Toon Besseling | 92 | 26-01-22 | Zaanland |
| 17.71 | Joop Dorsman | 95 | 08-02-25 | Spark |
| 18.03 | Anton de Kok | 96 | 25-01-26 | Vet.Ned. |
| 20.4 | Gerard Huisman | 90 | 16-11-19 | Haarl'meer |

100 meter M75

| | | | | |
|------|----------------|----|----------|----------|
| 19.7 | Jelto Schluter | 94 | 28-01-19 | Vet.Ned. |
|------|----------------|----|----------|----------|

100 meter M85

| | | | | |
|------|-----------------|----|----------|-----------|
| 24.8 | Douwe Kleefstra | 95 | 24-02-07 | Friesland |
|------|-----------------|----|----------|-----------|

200 meter M40

| | | | | |
|-------|-------------------|----|----------|-------------|
| 22.81 | Gerrit de Man | 99 | 09-09-58 | Hercules |
| 22.88 | Erik Oostweegel | 00 | 29-04-60 | Startbaan |
| 22.8 | Caspari de Geus | 86 | 21-05-45 | AVR |
| 23.12 | Kees van Pelt | 99 | 30-05-59 | Pr. Hendrik |
| 23.26 | Marino van Campen | 90 | 19-07-49 | Atos |
| 23.30 | Henk Brouwer | 94 | 14-09-53 | Ciko'66 |
| 23.1 | Sammy Monsels | 95 | 02-08-53 | Bijlmer |
| 23.2 | Kleis Broekhuizen | 83 | 08-04-42 | Energie |
| 23.2 | Fred Lobman | 89 | 31-01-46 | Metro |
| 23.3 | Wim Scholtes | 89 | 09-06-47 | Sparta |
| 23.4 | Aebele Douma | 82 | 17-11-41 | Spero |
| 23.69 | Fred van Gasteren | 90 | 03-03-50 | Cialfo |
| 23.80 | Kees Bakx | 95 | 10-11-51 | Diomedon |
| 23.7 | Sjouk Tel | 85 | 06-08-45 | Spirit-L. |
| 23.7 | Mike Drenth | 87 | 26-12-46 | Unitas |
| 24.00 | Peter Jellema | 98 | 24-10-57 | Hermes |
| 23.8 | Pierre Busnel | 89 | 04-06-45 | Hermes |
| 24.11 | Martin Overmars | 93 | 26-12-51 | Zuidwal |
| 24.11 | Kenneth Sweet | 95 | 09-06-52 | Unitas |
| 24.0 | Ger Heinsius | 89 | 01-04-48 | SAV |

| | | | | |
|-------|----------------|----|----------|---------|
| 24.0 | Louis Spek | 89 | 02-12-48 | Fortuna |
| 24.1 | Wil Verhees | 81 | 10-02-40 | HAC |
| 24.34 | Pierre Tremus | 88 | 20-05-47 | Sprint |
| 24.39 | Anne Lenis | 90 | 09-03-49 | Hera |
| 24.41 | Marc Spierings | 99 | 23-04-58 | Phoenix |

200 meter M45

| | | | | |
|-------|-----------------------|----|----------|----------|
| 23.3 | Wim Scholtes | 93 | 09-06-47 | Sparta |
| 23.66 | Caspari de Geus | 90 | 21-05-45 | AVR |
| 23.89 | Fred van Gasteren | 96 | 03-03-50 | AV'34-A. |
| 23.91 | Kees Bakx | 97 | 10-11-51 | Diomedon |
| 24.12 | Wim Threels | 99 | 26-02-52 | GAC-H. |
| 24.30 | Pierre Busnel | 90 | 04-06-45 | Hellas |
| 24.42 | Wim Schreuder Goedhey | 91 | 19-07-45 | Hellas |
| 24.43 | Anne Lenis | 94 | 09-03-49 | Hera |
| 24.3 | Jan Leunk | 92 | 01-10-46 | Cialfo |
| 24.61 | Glen Gentle | 00 | 05-01-52 | Avon |
| 24.4 | Arend de Boer | 86 | 04-06-39 | Lycurgus |
| 24.64 | Fred Lobman | 91 | 31-01-46 | Metro |

| | | | | |
|-------|---------------------|----|----------|------------|
| 24.69 | Berry Hilkes | 92 | 22-01-45 | AVN |
| 24.71 | Wim de Ronde | 97 | 08-11-48 | Zaanland |
| 24.79 | Adrie Dunnebie | 96 | 24-01-50 | Zuidwal |
| 24.6 | John de Jongh | 93 | 05-04-46 | Altis |
| 24.6 | Martin de Pater | 99 | 26-03-54 | Haag Atl. |
| 24.89 | Arie Sluimer | 95 | 16-08-50 | Ilion |
| 24.7 | Jan Parlevliet | 81 | 15-05-32 | Vet.Ned. |
| 25.00 | Gerard Elderson | 95 | 25-04-50 | R'dam Atl. |
| 25.01 | Gerard Sengers | 89 | 23-02-42 | Clytoneus |
| 25.04 | Kenneth Sweet | 98 | 09-06-52 | Unitas |
| 24.9 | Piet van der Velden | 88 | 10-05-42 | AVR |
| 24.9 | Rob Wolder | 91 | 08-07-46 | SAV |
| 25.16 | Peter Jonker | 95 | 29-09-49 | Castricum |

200 meter M50

| | | | | |
|-------|-----------------------|----|----------|------------|
| 24.42 | Wim Scholtes | 97 | 09-06-47 | Sparta |
| 24.84 | Wim de Ronde | 00 | 08-11-48 | Zaanland |
| 24.89 | Fred van Gasteren | 00 | 03-03-50 | AV'34 |
| 25.04 | Arend de Boer | 89 | 04-06-39 | Lycurgus |
| 25.05 | Caspari de Geus | 95 | 21-05-45 | R'dam Atl. |
| 25.26 | Wim Schreuder Goedhey | 97 | 19-07-45 | Hellas |
| 25.42 | Henny van Verseveld | 96 | 20-02-46 | Statina |
| 25.47 | Anne Lenis | 99 | 09-03-49 | Hera |
| 25.0 | Ad Smit | 79 | 25-03-29 | AV '23 |
| 25.32 | Berry Hilkes | 95 | 22-01-45 | AVN |
| 25.51 | Gerard Sengers | 93 | 23-02-42 | Clytoneus |
| 25.90 | Frank Larsen | 95 | 02-08-43 | Ilion |
| 25.90 | Jacques Janssen | 96 | 16-02-46 | Scopias |
| 25.93 | Hans Schouten | 97 | 21-11-46 | Trias |
| 26.07 | Onno Waalewijn | 97 | 20-01-47 | AV'23 |
| 26.07 | Hans Rodermond | 00 | 02-04-47 | PAC |
| 26.26 | Arie Langeveld | 91 | 09-12-40 | Holland-H. |
| 26.1 | Pieter Schouten | 86 | 14-06-34 | BAV |
| 26.1 | Ton Peters | 92 | 14-06-42 | Scorpio |
| 26.40 | Kees van Loon | 90 | 11-06-38 | Spirit-L. |
| 26.2 | Gerard Weisscher | 87 | 21-06-34 | Trias |
| 26.2 | Cor Kanbier | 96 | 30-08-46 | Veendam |
| 26.57 | Cees Berg | 99 | 22-06-47 | AAV'36 |
| 26.60 | Rob Kila | 92 | 07-02-40 | Vet.Ned. |
| 26.4 | Peter Blommestijn | 97 | 23-05-42 | R'dam Atl. |

200 meter M55

| | | | | |
|-------|-----------------------|-------|----------|------------|
| 25.99 | Gerard Sengers | 97 | 23-02-42 | Clytoneus |
| 25.99 | Wim Schreuder Goedhey | 00 | 19-07-45 | Hellas |
| 25.9 | Frans Buys | 83 | 05-09-24 | AAC |
| 26.2 | Ad Smit | 84 | 23-05-29 | AV '23 |
| 26.2 | Pieter Schouten | 89 | 14-06-34 | BAV |
| 26.76 | Jelle van der Schaaf | 00 | 13-10-44 | Hylas |
| 26.8 | Boy van Heemstede | 89 | 26-07-30 | Fortuna |
| 26.9 | Jan Oerlemans | 84 | 24-05-28 | AVN |
| 27.0 | Gerard Weisscher | 90 | 21-06-34 | Vet.Ned. |
| 27.42 | Wim Metselaar | 99 | 28-03-42 | Aalsmeer |
| 27.2 | Jan Luykx | 90 | 09-09-33 | Sprint |
| 27.51 | Rob Kila | 99 | 07-02-40 | Vet.Ned. |
| 27.78 | Ton Peters | 97 | 14-06-42 | Scorpio |
| 27.80 | Frans van Boven | 99 | 29-07-43 | Thor |
| 27.6 | Peter Blommestijn | 98 | 23-05-42 | R'dam Atl. |
| 27.7 | Theo Huisman | 92+95 | 09-10-35 | Horror |
| 28.04 | Jaap Haan | 91 | 10-08-32 | Atos |
| 27.8 | Geert van Dijk | 93+95 | 31-03-36 | Vet.Ned. |
| 28.09 | Roelf Akkerman | 00 | 03-02-45 | DEM |
| 28.16 | Henk Barends | 95 | 03-04-40 | Hercules |
| 28.17 | Theo Beelen | 96 | 12-01-41 | Weert |
| 28.29 | Theo Evers | 91 | 09-10-35 | AVV |
| 28.1 | Piet Maijoor | 89 | 30-01-32 | Pijnenburg |
| 28.1 | Kees van Giezen | 90 | 14-02-34 | GAC-H. |
| 28.35 | Ab Heijnemans | 97 | 25-06-40 | Atos |

200 meter M60

| | | | | | | | | | |
|-------|-------------------|----|----------|----------|-------|---------------------|----|----------|-----------|
| 26.89 | Jan van den Burg | 90 | 04-08-29 | Kieviten | 52.8 | Theo Beelen | 82 | 12-01-41 | AV Weert |
| 26.9 | Ron Landré | 98 | 16-05-38 | Spartaan | 52.8 | Martin de Pater | 98 | 26-03-54 | Haag Atl. |
| 27.0 | Geert van Dijk | 98 | 31-03-36 | Vet.Ned. | 53.04 | Kees Bakx | 95 | 10-11-51 | Diomedon |
| 27.31 | Jan Oerlemans | 88 | 24-05-28 | AVN | | | | | |
| 27.37 | Boy van Heemstede | 92 | 26-07-30 | Fortuna | 53.05 | Rob Mahieu | 88 | 10-06-47 | V&L TC |
| | | | | | 53.0 | Anne Lenis | 89 | 09-03-49 | Hera |
| 27.51 | Rob Kila | 00 | 07-02-40 | Vet.Ned. | 53.2 | Eugene van Kruchten | 92 | 18-01-52 | Castricum |
| 27.64 | Frans Buys | 85 | 05-09-24 | AAC | 53.3 | Aebele Douma | 82 | 17-11-41 | Spero |
| 28.05 | Pieter Schouten | 96 | 14-06-34 | GAC-H. | 53.59 | Ruud Wieles | 97 | 18-07-55 | Typhoon |
| 28.6 | Ad Smit | 89 | 25-03-29 | AV'23 | | | | | |
| 28.6 | Theo Huisman | 96 | 09-10-35 | Horror | | | | | |

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|-------|--------------------|----|----------|------------|
| 29.18 | Kees van Giezen | 95 | 14-02-34 | GAC-H. |
| 29.4 | Jan Luykx | 94 | 09-09-33 | Sprint |
| 29.79 | Carel van Venetiën | 91 | 19-01-29 | De Bataven |
| 29.9 | Jaap Haan | 96 | 10-08-32 | Atos |
| 30.0 | Mario Spadon | 91 | 23-10-29 | De Bataven |
| | | | | |
| 30.0 | Nico Ridder | 97 | 30-06-36 | Noordkop |
| 30.35 | Bram Lindhout | 92 | 19-06-29 | Antilope |
| 30.6 | Cor Braak | 93 | 21-03-31 | Waterland |
| 30.9 | Jan Peters | 94 | 06-04-34 | PEC |
| 31.1 | Hein Zethof | 88 | 10-08-28 | AVA'64 |
| | | | | |
| 32.07 | Jan Kempe | 96 | 15-06-35 | Olymp'70 |
| 32.1 | Cor Holshuysen | 94 | 16-09-32 | DES |
| 32.5 | Nico Storre | 91 | 12-09-26 | Kieviten |
| 33.2 | Herman van Goethem | 82 | 12-05-22 | Hellas |
| 33.3 | Jean Willems | 79 | 27-01-18 | Vet.Ned. |

200 meter M65 (tot 36.0)

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|-------|-----------------------|----|----------|------------|
| 28.99 | Pieter Schouten | 00 | 14-06-34 | GAC-H. |
| 29.39 | Boy van Heemstede | 97 | 26-07-30 | Fortuna |
| 29.91 | Frans Buys | 90 | 05-09-24 | Pijnenburg |
| 30.77 | Arend Koet | 98 | 26-12-30 | Castricum |
| 30.92 | Kees van Giezen | 99 | 14-02-34 | GAC-H. |
| | | | | |
| 31.53 | Jaap Haan | 99 | 10-08-32 | Atos |
| 31.67 | Bram Lindhout | 96 | 19-06-29 | Antilope |
| 31.9 | Cor Braak | 96 | 21-03-31 | Waterland |
| 32.35 | Ton van Ingen Schenau | 99 | 02-10-33 | Hanzesport |
| 32.57 | Jan Kempe | 00 | 15-06-35 | Olympus'70 |

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|------|---------------|----|----------|-----------|
| 32.6 | Piet Baas | 99 | 28-06-29 | Haag Atl. |
| 33.1 | Nico Storre | 92 | 12-09-26 | Kieviten |
| 35.8 | Anton de Klok | 91 | 25-01-26 | Vet.Ned. |

200 meter M70

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|-------|--------------|----|----------|-----------|
| 31.87 | Frans Buys | 98 | 05-09-24 | GAC-H. |
| 33.47 | Piet Baas | 00 | 28-06-29 | Haag Atl. |
| 37.86 | Joop Dorsman | 95 | 08-02-25 | Spark |

200 meter M75

| | | | | |
|-------|------------|----|----------|--------|
| 34.25 | Frans Buys | 00 | 05-09-24 | GAC-H. |
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200 meter M85

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| 56.1 | Douwe Kleefstra | 95 | 24-02-07 | Friesland |
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400 meter M40

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|-------|------------------|----|----------|----------|
| 48.98 | Eric Roeske | 00 | 26-09-60 | Hellas |
| 49.41 | Kees van Pelt | 99 | 30-05-59 | Attila |
| 50.6 | Ronald Mercelina | 87 | 18-04-46 | AAC |
| 50.80 | Gerrit de Man | 98 | 09-09-58 | Hercules |
| 51.6 | Wim Scholtes | 89 | 09-06-47 | Sparta |

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|-------|-------------------|----|----------|---------|
| 51.86 | Kleis Broekhuizen | 84 | 08-04-42 | Energie |
| 51.8 | Pierre Tremus | 87 | 20-05-47 | Sprint |
| 51.96 | Caspari de Geus | 86 | 21-05-45 | AVR |
| 51.96 | Henk Brouwer | 95 | 14-09-53 | Ciko'66 |
| 52.04 | Fred van Gasteren | 90 | 03-03-50 | Cialfo |

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|-------|-----------------|----|----------|-----------|
| 52.1 | Rien Lunshof | 87 | 29-08-46 | Startbaan |
| 52.2 | Purcy Marte | 99 | 13-10-56 | Nea-Volh. |
| 52.49 | Peter v.d.Hoek | 90 | 03-11-49 | Fortuna |
| 52.5 | Peter Bregman | 88 | 22-07-46 | AV '40 |
| 52.5 | Martin Overmars | 92 | 26-12-51 | Zuidwal |

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|-------|----------------|----|----------|--------|
| 52.7 | Mike Drenth | 87 | 26-12-46 | Unitas |
| 52.85 | Robert Schuwer | 96 | 22-11-55 | AVN |

400 meter M45

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|-------|-----------------------|-------|----------|-----------|
| 51.79 | Wim Scholtes | 94 | 09-06-47 | Sparta |
| 52.51 | Ronald Mercelina | 92 | 18-04-46 | AAC |
| 52.58 | Fred van Gasteren | 95 | 03-03-50 | AV'34-A. |
| 52.7 | Wim Threels | 98 | 26-02-52 | GAC-H. |
| 53.30 | Pierre Busnel | 90 | 04-06-45 | Hellas |
| | | | | |
| 53.60 | Peter Jonker | 95 | 29-09-49 | Castricum |
| 53.67 | Glen Gentle | 00 | 05-01-52 | Avon |
| 53.83 | Kees Bakx | 98 | 10-11-51 | Diomedon |
| 53.7 | Ad Smit | 74 | 25-03-29 | Blauw-Wit |
| 53.93 | Wim Schreuder Goedhey | 91 | 19-07-45 | Hellas |
| | | | | |
| 54.04 | Berry Hilkes | 91+92 | 22-01-45 | AVN |
| 54.0 | Jan Parlevliet | 81 | 15-05-32 | Vet.Ned. |
| 54.19 | Piet van der Velden | 88 | 10-05-42 | AVR |
| 54.40 | Loek Herber | 95 | 20-03-49 | Hellas |
| 54.63 | Martin de Pater | 00 | 26-03-54 | Haag Atl. |

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|-------|----------------------|----|----------|------------|
| 54.5 | Wil Verhees | 85 | 10-02-40 | HAC |
| 54.5 | Rob Mahieu | 92 | 10-06-47 | Haag Atl. |
| 54.5 | Paul ten Hag | 98 | 12-06-52 | Sisu |
| 54.6 | Ron Jensen | 92 | 31-12-46 | Bataven |
| 54.74 | Anne Lenis | 94 | 09-03-49 | Hera |
| | | | | |
| 54.9 | Rien Lunshof | 91 | 29-08-46 | Holland-L. |
| 55.22 | Rijk Heemsbergen | 98 | 09-04-53 | GAC-H |
| 55.2 | Arend de Boer | 86 | 04-06-39 | Lycurgus |
| 55.2 | John de Jong | 94 | 05-04-46 | Altis |
| 55.3 | Ton Peters | 87 | 14-06-42 | Scorpio |
| 55.3 | Piet van Wijngaarden | 97 | 02-03-52 | Avantri |

400 meter M50

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|-------|-----------------------|----|----------|-----------|
| 51.82 | Wim Scholtes | 98 | 09-06-47 | Sparta |
| 54.3 | Jan Parlevliet | 82 | 15-05-32 | Vet.Ned. |
| 54.82 | Fred van Gasteren | 00 | 03-03-50 | AV'34 |
| 55.38 | Ad Smit | 79 | 25-03-29 | AV '23 |
| 55.48 | Berry Hilkes | 95 | 22-01-45 | AVN |
| | | | | |
| 56.32 | Wim Schreuder Goedhey | 96 | 19-07-45 | Hellas |
| 56.4 | Frank Larsen | 95 | 02-08-43 | Illion |
| 56.94 | Herman van Tongeren | 99 | 18-03-48 | Almere'81 |
| 56.95 | Anne Lenis | 99 | 09-03-49 | Hera |
| 57.0 | Piet Maijor | 82 | 30-01-32 | AAC |

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|-------|--------------|----|----------|-----------|
| 57.4 | Louis Vink | 86 | 05-04-35 | Edam |
| 57.58 | Ton Peters | 93 | 14-06-42 | Scorpio |
| 57.58 | Peter Jonker | 00 | 29-09-49 | Castricum |
| 57.5 | Cees Berg | 98 | 22-06-47 | AAV'36 |
| 58.02 | Cor Kanbier | 96 | 30-08-46 | Veendam |

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|-------|-----------------|----|----------|------------|
| 57.9 | Kees Drijfhout | 82 | 14-11-31 | GAC-H. |
| 58.10 | Rien Lunshof | 97 | 29-08-46 | Vet.Ned. |
| 58.0 | Arend de Boer | 90 | 04-06-39 | Lycurgus |
| 58.16 | Leon Thissen | 00 | 27-01-48 | Zaanland |
| 58.25 | Caspari de Geus | 95 | 21-05-45 | R'dam Atl. |

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|-------|-----------------|----|----------|----------|
| 58.2 | Gert-Jan Moen | 92 | 22-07-42 | DEM |
| 58.38 | Wim de Ronde | 99 | 08-11-48 | Zaanland |
| 58.40 | Rob Kila | 91 | 07-02-40 | Vet.Ned. |
| 58.3 | Hans Bongaertz | 90 | 21-12-38 | V&L TC |
| 58.46 | Wout Spaargaren | 96 | 26-08-46 | Aalsmeer |

400 meter M55

| | | | | |
|-------|-------------------|----|----------|---------|
| 57.9 | Ad Smit | 84 | 25-03-29 | AV '23 |
| 58.1 | Frans Buys | 83 | 05-09-24 | AAC |
| 58.5 | Boy van Heemstede | 89 | 26-07-30 | Fortuna |
| 58.92 | Ton Peters | 97 | 14-06-42 | Scorpio |
| 59.14 | Felix Florijn | 91 | 22-02-34 | DEM |

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|---------------------------------|-----------------------|----|----------------------|----------------------|----------------------|----|----------------------|
| 59.92 | Piet Baas | 85 | 28-06-29 V&L TC | 1.58.78 | Kees van Pelt | 00 | 30-05-59 Pr. Hendrik |
| 60.15 | Peter Vos | 98 | 01-08-42 Avon | 1.58.8 | Theo van den Boom | 88 | 28-06-46 Unitas |
| 60.2 | Piet Maijoor | 89 | 30-01-32 Pijnenburg | 1.58.89 | Dirk van Beelen | 96 | 14-07-55 Leiden |
| 60.3 | Pieter Schouten | 89 | 14-06-34 BAV | 1.58.9 | Peter Jonker | 94 | 29-09-49 Castricum |
| 60.3 | Theo Beelen | 96 | 12-01-41 Weert | 1.59.1 | Henk Snepvangers | 79 | 27-02-39 Achilles |
| 60.4 | Wim Metselaar | 97 | 28-03-42 Aalsmeer | 1.59.2 | Bram Wassenaar | 85 | 30-03-44 De Bataven |
| 61.02 | Jan v.d. Burg | 88 | 04-08-29 De Kieviten | 1.59.30 | Henk van Eck | 97 | 14-10-56 HAC-H. |
| 61.28 | Rob Kila | 97 | 07-02-40 Vet.Ned. | 1.59.3 | Peter Bregman | 88 | 22-07-46 AV '40 |
| 61.40 | Kees van Loon | 93 | 11-06-38 Spirit-L. | 1.59.4 | Piet Maijoor | 76 | 30-01-32 Altis |
| 62.0 | Jan Oerlemans | 83 | 24-05-28 AVN | 1.59.4 | Anton Treffers | 90 | 09-10-47 SAV |
| 62.6 | Geert van Dijk | 94 | 31-03-36 Vet.Ned. | 1.59.6 | Theo van Grevenhof | 93 | 02-04-53 DEM |
| 62.8 | Kees van Giezen | 89 | 14-02-34 GAC-H. | 1.59.8 | Ron Jensen | 91 | 31-12-46 De Bataven |
| 63.25 | Ben Swienink | 96 | 28-07-40 PEC | 1.59.82 | Herman Kromhout | 90 | 05-02-46 V&L TC |
| 63.2 | Frans van Boven | 99 | 29-07-43 Thor | 1.59.88 | Rik Snoep | 95 | 15-02-55 Astylos |
| 63.8 | Jaap Haan | 88 | 10-08-32 Atos | 1.59.9 | Eugene van Kruchten | 92 | 18-01-52 Castricum |
| 64.1 | Hans Bongaertz | 94 | 21-12-38 Haag Atl. | 2.00.0 | Rob Mahieu | 91 | 10-06-47 Haag Atl. |
| 64.3 | Nico Ridder | 92 | 30-06-36 Noordkop | 2.00.06 | Wim Sterrenburg | 95 | 21-05-55 Parthenon |
| 64.3 | Henk Sloot | 98 | 09-01-43 Start'78 | 2.00.10 | Alfons van Geel | 98 | 05-03-58 Achilles |
| 64.5 | Arnold Poels | 96 | 23-07-40 Ilion | 2.00.1 | Henk de Ruiter | 87 | 06-04-47 DEM |
| 64.7 | Theo Evers | 91 | 09-10-35 AVV | 2.00.25 | Rinie van Dijke | 93 | 18-01-52 Delta Sp. |
| 400 meter M60 (tot 72.0) | | | | 800 meter M45 | | | |
| 58.7 | Frans Buys | 84 | 05-09-24 AAC | 1.56.16 | Ronald Marcelina | 91 | 18-04-46 AAC |
| 59.86 | Ron Landré | 99 | 16-05-38 Spartaan | 1.58.8 | Piet Maijoor | 77 | 30-01-32 AAC |
| 60.17 | Boy van Heemstede | 92 | 26-07-30 Fortuna | 2.00.71 | Peter Jonker | 95 | 29-09-49 Castricum |
| 60.17 | Felix Florijn | 94 | 22-02-34 DEM | 2.00.8 | Ron Jensen | 92 | 31-12-46 Bataven |
| 62.48 | Rob Kila | 00 | 07-02-40 Vet.Ned. | 2.01.1 | Louis Vink | 80 | 05-04-35 Edam |
| 62.69 | Geert van Dijk | 00 | 31-03-36 Vet.Ned. | 2.01.4 | Rob Mahieu | 92 | 10-06-47 Haag Atl. |
| 62.82 | Piet Maijoor | 92 | 30-01-32 Pijnenburg | 2.01.5 | Theo van den Boom | 91 | 28-06-46 Unitas |
| 63.0 | Piet Baas | 90 | 28-06-29 V&L TC | 2.01.67 | Nico Alberts | 00 | 24-04-55 PAC |
| 63.97 | Jan v.d. Burg | 92 | 04-08-29 Kieviten | 2.01.83 | Loek Herber | 95 | 20-03-49 Hellas |
| 65.77 | Theo Evers | 96 | 09-10-35 AVV | 2.02.12 | Theo Linssen | 97 | 18-03-52 Unitas |
| 66.0 | Ad Smit | 91 | 25-03-29 Vet.Ned. | 2.02.4 | Piet van der Velden | 89 | 10-05-42 AVR |
| 66.70 | Bram Lindhout | 91 | 19-06-29 Antilope | 2.02.99 | Theo van Grevenhof | 98 | 02-04-53 DEM |
| 67.04 | Kees van Giezen | 94 | 14-02-34 GAC-H. | 2.03.42 | Wim Threels | 99 | 26-02-52 GAC-H. |
| 67.45 | Ton van Ingen Schenau | 95 | 02-10-33 Hanzesport | 2.03.46 | Bert Streumer | 91 | 07-11-45 Hellas |
| 68.61 | Henk Barends | 00 | 03-04-40 Hercules | 2.03.5 | Gert-Jan Moen | 87 | 22-07-42 DEM |
| 70.83 | Joop van den Brink | 92 | 18-07-32 Hercules | 2.03.7 | Anton Treffers | 93 | 09-10-47 SAV |
| 71.4 | Gerard Koornneef | 91 | 02-05-31 Delta Sport | 2.03.8 | Henk de Ruiter | 92 | 06-04-47 DEM |
| 71.9 | Dick Paternotte | 90 | 14-11-29 Tion | 2.04.0 | Arie van Tol | 90 | 31-05-44 De Bataven |
| 400 meter M65 (tot 85.0) | | | | 2.04.16 | Wim Scholtes | 93 | 09-06-47 Sparta |
| 64.10 | Boy van Heemstede | 96 | 26-07-30 Fortuna | 2.04.28 | Cedo Paic | 91 | 28-08-46 DEM |
| 67.4 | Hein Zethof | 93 | 10-08-28 Aalsmeer | 2.04.36 | Jan Laan | 96 | 17-04-51 Spartaan |
| 68.21 | Pieter Schouten | 00 | 14-06-34 GAC-H. | 2.04.51 | Cees Meijer | 98 | 03-09-52 SAV |
| 68.26 | Bram Lindhout | 94 | 19-06-29 Antilope | 2.04.60 | Herman van Tongeren | 97 | 18-03-48 Almere'81 |
| 68.76 | Pieter Schouten | 99 | 14-06-34 GAC-H. | 2.04.7 | Herman Kromhout | 94 | 05-02-46 Haag Atl. |
| 70.1 | Frans Buys | 92 | 05-09-24 Pijnenburg | 2.05.1 | Harrie Janssen | 82 | 14-03-35 AAC |
| 73.7 | Toon Besseling | 88 | 26-01-22 Zaanland | 800 meter M50 | | | |
| 74.94 | Piet Baas | 99 | 28-06-29 Haag Atl. | 1.59.45 | Ronald Marcelina | 96 | 18-04-46 AAC |
| 75.66 | Ton van Ingen Schenau | 99 | 02-10-33 Hanzesport | 2.04.0 | Piet Maijoor | 82 | 30-01-32 AAC |
| 75.67 | Kees van Giezen | 99 | 14-02-34 GAC-H. | 2.04.8 | Louis Vink | 85 | 05-04-35 Edam |
| 76.10 | Jo Eilering | 97 | 12-08-28 Sperwers | 2.07.98 | Kees Steijn | 92 | 08-11-40 Parthenon |
| 76.55 | Joop Dorsman | 91 | 08-02-25 Spark | 2.08.13 | Herman Kromhout | 97 | 05-02-46 Haag Atl. |
| 78.4 | Marinus Trentelman | 99 | 10-01-30 Argo | 2.08.5 | Robert Wijker | 89 | 02-12-38 Trias |
| 82.5 | Frits Panhorst | 83 | 01-10-16 Vet.Ned. | 2.08.63 | Ed Rinia | 99 | 25-05-49 Hellas |
| 83.0 | Anton de Kok | 92 | 25-01-26 Vet.Ned. | 2.08.7 | Arie van Tol | 96 | 31-05-44 De Bataven |
| 400 meter M70 | | | | 2.08.85 | Herman van Tongeren | 99 | 18-03-48 Almere'81 |
| 1.10.71 | Boy van Heemstede | 00 | 26-07-30 Fortuna | 2.09.04 | Ton Peters | 92 | 14-06-42 Scorpio |
| 1.12.97 | Piet Baas | 00 | 28-06-29 Haag Atl. | 2.10.45 | Jan-Willem Demmendal | 98 | 16-08-47 R'dam Atl. |
| 1.18.13 | Frans Buys | 99 | 05-09-24 GAC-H. | 2.10.6 | Piet van Erp | 88 | 24-04-38 AVV |
| 1.22.73 | Joop Dorsman | 95 | 08-02-25 Spark | 2.11.8 | Nico Brakenhoff | 95 | 14-12-44 Castricum |
| 1.43.1 | Gerard Huisman | 90 | 16-11-19 Haarl'meer | 2.11.9 | Sjoerd Sjoerds | 82 | 12-12-31 Atos |
| 800 meter M40 | | | | 2.12.2 | Ad Heijdens | 92 | 17-11-38 Achilles |
| 1.51.5 | Ronald Marcelina | 86 | 18-04-46 AAC | 2.12.21 | Geu Siebenga | 00 | 06-12-47 FIT |
| 1.57.2 | Sander Rietveld | 00 | 10-04-59 Atos | 2.12.3 | Dick Bollweg | 97 | 25-08-46 PEC |
| 1.57.62 | Didier Senay | 99 | 15-11-58 AAC'61 | 2.12.7 | Wim Metselaar | 92 | 28-03-42 Aalsmeer |
| 1.57.8 | Rien van der Wilt | 91 | 06-08-49 Clytoneus | 2.12.78 | Hans Bongaertz | 90 | 21-12-38 V&L TC |
| 1.58.2 | Jan Laan | 93 | 17-04-51 Spartaan | 2.14.1 | Harm Bakker | 98 | 28-09-47 Start'78 |

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|------------------------------------|-----------------------|-------|----------|--------------|---------|----------------------|-------|
| 2.14.3 | Kees Drijfhout | 82 | 14-11-31 | GAC-H. | | | |
| 2.14.5 | Mari Pechtold | 91 | 19-08-38 | DAK | | | |
| 2.14.5 | Bertus Kerkvliet | 91 | 09-07-41 | De Bataven | | | |
| 2.14.75 | Geu Siebenga | 99 | 06-12-47 | FIT | | | |
| 2.15.2 | Cedo Paic | 99 | 26-08-46 | Hylas | | | |
| 800 meter M55 | | | | | | | |
| 2.10.08 | Felix Florijn | 91 | 22-02-34 | DEM | 2.35.0 | Theo van Grevenhof | 93 |
| 2.11.4 | Louis Vink | 90 | 05-04-35 | Atos | 2.35.5 | Dirk van Beelen | 96 |
| 2.12.79 | Arie van Tol | 99 | 31-05-44 | Leiden Atl. | 2.35.8 | Anton Treffers | 88 |
| 2.14.5 | Piet Majoor | 89 | 30-01-32 | Pijnenburg | 2.35.8 | Ron Jensen | 91 |
| 2.15.02 | Ad Heijdens | 94 | 17-11-38 | Achilles | 2.36.3 | Bram Wassenaar | 86 |
| 2.15.04 | Theo van Wychen | 90 | 05-03-35 | Achilles | 2.36.5 | Henk de Ruiter | 88 |
| 2.15.2 | Willem Ravensbergen | 85 | 26-06-29 | De Bataven | 2.37.0 | Piet van Erp | 80 |
| 2.15.44 | Ton Peters | 97 | 14-06-42 | Scorpio | 2.37.2 | Dick ten Bruggencate | 93 |
| 2.16.7 | Wim Metselaar | 99 | 28-03-42 | Aalsmeer | 2.37.6 | Louis Vink | 79 |
| 2.17.15 | Piet Baas | 85 | 28-06-29 | V&L TC | 2.37.9 | John den Breejen | 92 |
| 2.18.4 | Harrie Janssen | 90 | 14-03-35 | AAC | 2.37.9 | Cees Meijer | 93 |
| 2.20.45 | Robert Wijker | 94 | 02-12-38 | Trias | 2.38.9 | Arie van Tol | 86 |
| 2.20.9 | Frans Buys | 83 | 05-09-24 | AAC | 2.39.0 | Piet Majoor | 75 |
| 2.22.2 | Rien Oele | 00 | 25-01-45 | Fortuna | 2.39.0 | Anton Hens | 93 |
| 2.22.34 | Hennie Broeke | 00 | 09-09-44 | Clytoneus | 2.39.1 | Ruud Slepser | 91 |
| 2.22.52 | Theo Evers | 91 | 09-10-35 | AVV | 2.39.74 | Eugene van Kruchten | 94 |
| 2.22.7 | Sjoerd Sjoerds | 87 | 12-12-31 | Atos | 2.39.8 | Peter Vlaarkamp | 92 |
| 2.23.63 | Arno Last | 97 | 20-04-40 | Ach.-Top | 2.39.9 | Nico Alberts | 98 |
| 2.23.8 | Bertus Kerkvliet | 96 | 09-07-41 | Leiden | 2.40.11 | René Wessel | 94 |
| 2.25.2 | Teun Leeuwerink | 90 | 23-04-35 | Hera | 2.40.8 | Jan Laan | 92 |
| 2.26.8 | Nico Ridder | 91 | 30-06-36 | Noordkop | 2.40.8 | Hans Beentjes | 96 |
| 2.27.0 | Hans Bongaertz | 94 | 21-12-38 | Haag Atl. | 2.40.81 | Roel Raaijmakers | 97 |
| 2.27.4 | Herman Rooney | 94 | 20-09-37 | Attila | | | |
| 2.27.96 | Peter Keizer | 96 | 04-10-40 | Atos | | | |
| 2.28.1 | Leo Dirks | 96 | 19-03-41 | Fortuna | | | |
| 800 meter M60 (tot 2.40.0) | | | | | | | |
| 2.14.14 | Siem Herlaar | 90 | 28-06-29 | DEM | | | |
| 2.15.70 | Felix Florijn | 94 | 22-02-34 | DEM | | | |
| 2.18.5 | Willem Ravensbergen | 89 | 26-06-29 | Bataven | 2.42.3 | Theo van Grevenhof | 98 |
| 2.19.76 | Piet Baas | 89 | 28-06-29 | V&L TC | 2.44.27 | Loek Herber | 94 |
| 2.22.0 | Frans Buys | 84 | 05-09-24 | AAC | 2.47.6 | Huub van Burik | 82 |
| 2.22.2 | Piet Majoor | 92 | 30-01-32 | Pijnenburg | 2.48.8 | Wout Spaargaren | 92+94 |
| 2.25.00 | Hein Zethof | 92 | 10-08-28 | Aalsmeer | 2.49.5 | Ton Peters | 87 |
| 2.25.1 | Louis Vink | 95 | 05-04-35 | Atos | 2.49.5 | Martien Hoogenboom | 95 |
| 2.26.36 | Ron Landré | 98 | 16-05-38 | De Spartaan | 2.49.6 | Peter Vlaarkamp | 98 |
| 2.28.75 | Bram Lindhout | 92 | 19-06-29 | Antilope | 2.50.3 | Klaas Ebbeling | 81 |
| 2.29.9 | Sjoerd Sjoerds | 92 | 12-12-31 | Atos | 2.51.1 | Arthur Koreman | 99 |
| 2.31.31 | Theo Hopman | 92 | 12-07-29 | Trias | 2.51.3 | Arie Snoek | 97 |
| 2.31.87 | Evert Cornelisz | 94 | 10-05-33 | Zuidwal | 2.51.61 | Wim Westera | 99 |
| 2.32.37 | Boy van Heemstede | 95 | 26-07-30 | Fortuna | 2.51.95 | Ad Som | 97 |
| 2.34.2 | Gert van Gameren | 87 | 03-05-25 | Vet.Ned. | 2.52.0 | Cor van Driel | 77 |
| 2.36.8 | Nico Ridder | 96 | 30-06-36 | Noordkop | 2.52.3 | Rob van Mechelen | 92 |
| 2.37.93 | Hans Boon | 00 | 16-01-40 | Avantri | 2.53.1 | Dré de Wit | 97 |
| 2.38.0 | Rinus Jooisse | 00 | 01-08-39 | AV'56 | 2.53.9 | Frans Sassen | 92 |
| 2.39.28 | Theo Evers | 00 | 09-10-35 | AVV | 2.54.0 | Ben Kal | 94 |
| 800 meter M65 (tot 2.55.0) | | | | | | | |
| 2.19.44 | Siem Herlaar | 94 | 28-06-29 | DEM | 2.54.1 | Jan Boere | 92 |
| 2.28.1 | Hein Zethof | 93 | 10-08-28 | Aalsmeer | 2.54.2 | Rob Mahieu | 94 |
| 2.30.32 | Boy van Heemstede | 96 | 26-07-30 | Fortuna | 2.54.3 | Paul v.d. Zijden | 96 |
| 2.32.3 | Jan Verloop | 83 | 10-09-17 | Vet.Ned. | | | |
| 2.50.81 | Evert Cornelisz | 00 | 10-05-33 | Zuidwal | | | |
| 2.50.85 | Piet Baas | 98 | 28-06-29 | Haag Atl. | | | |
| 800 meter M70 (tot 3.20.0) | | | | | | | |
| 2.29.96 | Siem Herlaar | 99 | 28-06-29 | DEM | | | |
| 2.55.63 | Piet Baas | 00 | 28-06-29 | Haag Atl. | | | |
| 3.15.15 | Joop Dorsman | 95 | 08-02-25 | Spark | | | |
| 800 meter M80 | | | | | | | |
| 3.24.1 | Jan Verloop | 98 | 10-09-17 | Gen.Mich. | | | |
| 4.09.53 | Douwe Kleefstra | 91 | 24-02-07 | Vet.Ned. | | | |
| 1.57.8 | Rien van der Wilt | 91 | 06-08-49 | Clytoneus | | | |
| 1.58.2 | Jan Laan | 93 | 17-04-51 | Spartaan | | | |
| 1000 meter M40 | | | | | | | |
| 2.32.61 | Sander Rietveld | 99 | 10-04-59 | Atos | | | |
| 2.33.36 | Didier Senay | 99 | 15-11-58 | AAC'61 | | | |
| 2.34.0 | Henk van Eck | 97 | 14-10-56 | HAC-H. | | | |
| 2.34.2 | Rien van der Wilt | 94 | 06-08-49 | Clytoneus | | | |
| 2.34.7 | Henk van Velzen | 94 | 16-09-52 | Bataven | | | |
| 2.35.0 | Theo van Grevenhof | 93 | 02-04-53 | DEM | | | |
| 2.35.5 | Dirk van Beelen | 96 | 14-07-55 | Leiden | | | |
| 2.35.8 | Anton Treffers | 88 | 09-10-47 | SAV | | | |
| 2.35.8 | Ron Jensen | 91 | 31-12-46 | Bataven | | | |
| 2.36.3 | Bram Wassenaar | 86 | 30-03-44 | Bataven | | | |
| 2.36.5 | Henk de Ruiter | 88 | 06-04-47 | DEM | | | |
| 2.37.0 | Piet van Erp | 80 | 24-04-38 | AVV | | | |
| 2.37.2 | Dick ten Bruggencate | 93 | 30-04-52 | Trias | | | |
| 2.37.6 | Louis Vink | 79 | 05-04-35 | Vet.Ned. | | | |
| 2.37.9 | John den Breejen | 92 | 17-12-51 | Sliedrecht | | | |
| 2.37.9 | Cees Meijer | 93 | 03-09-52 | SAV | | | |
| 2.38.9 | Arie van Tol | 86 | 31-05-44 | Bataven | | | |
| 2.39.0 | Piet Majoor | 75 | 30-01-32 | Vet.Ned. | | | |
| 2.39.0 | Anton Hens | 93 | 23-06-50 | Spartaan | | | |
| 2.39.1 | Ruud Slepser | 91 | 01-10-50 | AV'34 | | | |
| 2.39.74 | Eugene van Kruchten | 94 | 18-01-52 | Castricum | | | |
| 2.39.8 | Peter Vlaarkamp | 92 | 15-11-48 | Castricum | | | |
| 2.39.9 | Nico Alberts | 98 | 24-04-55 | PAC | | | |
| 2.40.11 | René Wessel | 94 | 22-11-53 | Blauw Wit | | | |
| 2.40.8 | Jan Laan | 92 | 17-04-51 | NSL | | | |
| 2.40.8 | Hans Beentjes | 96 | 23-06-52 | Castricum | | | |
| 2.40.81 | Roel Raaijmakers | 97 | 09-03-57 | HAC | | | |
| 1000 meter M45 | | | | | | | |
| 2.35.08 | Ronald Marcelina | 94 | 18-04-46 | AAC | | | |
| 2.37.5 | Anton Treffers | 93 | 09-10-47 | SAV | | | |
| 2.41.0 | Louis Vink | 80 | 05-04-35 | Edam | | | |
| 2.41.1 | Cees Meijer | 97 | 03-09-52 | SAV | | | |
| 2.41.7 | Arie van Tol | 93 | 31-05-44 | Bataven | | | |
| 2.42.3 | Theo van Grevenhof | 98 | 02-04-53 | DEM | | | |
| 2.44.27 | Loek Herber | 94 | 20-03-49 | Hellas | | | |
| 2.47.6 | Huub van Burik | 82 | 02-03-37 | Hellas | | | |
| 2.48.8 | Wout Spaargaren | 92+94 | 26-08-46 | Aalsmeer | | | |
| 2.49.5 | Ton Peters | 87 | 14-06-42 | Scorpio | | | |
| 2.49.5 | Martien Hoogenboom | 95 | 07-03-48 | De Bataven | | | |
| 2.49.6 | Peter Vlaarkamp | 98 | 16-11-48 | Castricum | | | |
| 2.50.3 | Klaas Ebbeling | 81 | 26-11-31 | Suomi | | | |
| 2.51.1 | Arthur Koreman | 99 | 01-10-53 | De Sperwers | | | |
| 2.51.3 | Arie Snoek | 97 | 29-08-49 | Hera | | | |
| 2.51.61 | Wim Westera | 99 | 20-04-54 | Achilles-Top | | | |
| 2.51.95 | Ad Som | 97 | 07-09-50 | Atletico'73 | | | |
| 2.52.0 | Cor van Driel | 77 | 03-06-32 | Metro | | | |
| 2.52.3 | Rob van Mechelen | 92 | 31-07-46 | Thor | | | |
| 2.53.1 | Dré de Wit | 97 | 07-09-47 | Leiden | | | |
| 2.53.9 | Frans Sassen | 92 | 04-10-46 | Tegelen | | | |
| 2.54.0 | Ben Kal | 94 | 09-12-48 | Holland-H | | | |
| 2.54.1 | Jan Boere | 92 | 14-07-45 | Achilles | | | |
| 2.54.2 | Rob Mahieu | 94 | 10-06-47 | Haag Atl. | | | |
| 2.54.3 | Paul v.d. Zijden | 96 | 23-08-50 | Leiden | | | |
| 1000 meter M50 (tot 3.10.0) | | | | | | | |
| 2.43.9 | Louis Vink | 87 | 05-04-35 | Edam | | | |
| 2.45.3 | Piet Majoor | 82 | 30-01-32 | AAC | | | |
| 2.47.3 | Ton Peters | 92 | 14-06-42 | Scorpio | | | |
| 2.48.1 | Arie van Tol | 94 | 31-05-44 | Bataven | | | |
| 2.48.9 | Piet van Erp | 88 | 24-04-38 | AVV | | | |
| 2.51.6 | Jan-Willem Demmendaal | 98 | 16-08-47 | R'dam Atl. | | | |
| 2.52.4 | Sjoerd Sjoerds | 83 | 12-12-31 | Atos | | | |
| 2.52.5 | Nico Brakenhoff | 95 | 14-12-44 | Castricum | | | |
| 2.57.5 | Nico Warmerdam | 92 | 16-02-42 | Spartaan | | | |
| 2.57.7 | Eddy Smit | 98 | 05-06-48 | Delta Sp. | | | |
| 2.58.3 | Dré de Wit | 98 | 07-09-47 | Leiden | | | |
| 2.59.9 | Wout Spaargaren | 96 | 26-08-46 | Aalsmeer | | | |
| 3.00.1 | Tjibbe Krottje | 99 | 23-09-48 | AV'40 | | | |

| | | | | | | | |
|------------------------------------|---------------------|----|----------------------|-----------------------|---------------------|----|----------------------|
| 3.01.6 | Mari Pechtold | 92 | 19-08-38 DAK | 4.13.44 | Rob van Kempen | 92 | 26-03-44 PAC |
| 3.03.0 | Dammes Tims | 94 | 09-11-41 Parthenon | 4.13.6 | Jaap Vallentgoed | 96 | 20-10-46 Altis |
| 3.04.5 | Hans Boon | 92 | 16-01-40 Avantri | 4.14.7 | Arie van Tol | 90 | 31-05-44 De Bataven |
| 3.04.7 | Wim Metselaar | 96 | 28-03-42 Aalsmeer | 4.15.0 | Ton van Doorn | 98 | 02-08-51 Haarlem |
| 3.05.01 | They Luckers | 99 | 06-02-48 Unitas | 4.15.62 | Paul Straatman | 96 | 28-06-51 AV'23 |
| 3.05.9 | Bertus Kerkvliet | 95 | 09-07-41 Bataven | 4.16.1 | Roland Spierenburg | 81 | 07-01-34 Fortis |
| 3.07.8 | Mustafa Elorche | 99 | 21-01-46 Leiden Atl. | 4.17.9 | Anton Treffers | 93 | 09-10-47 SAV |
| 3.09.4 | Chris Hop | 95 | 28-07-45 Bataven | | | | |
| | | | | 4.17.94 | Theo van den Boom | 92 | 28-06-46 Unitas |
| | | | | 4.18.12 | Peter Vlaarkamp | 94 | 16-11-48 Castricum |
| | | | | 4.18.2 | Theo van der Veer | 00 | 17-10-54 Climax |
| | | | | 4.18.3 | Victor Maliy | 96 | 28-10-50 Haag Atl. |
| | | | | 4.18.3 | Nico Alberts | 00 | 24-04-55 PAC |
| 1000 meter M55 (tot 3.20.0) | | | | 1500 meter M50 | | | |
| 2.54.15 | Arie van Tol | 99 | 31-05-44 Leiden | 4.09.52 | Ronald Marcelina | 96 | 18-04-46 AAC |
| 2.58.9 | Ton Peters | 97 | 14-06-42 Scorpio | 4.11.9 | Louis Vink | 85 | 05-04-35 Edam |
| 3.00.7 | Piet Baas | 87 | 28-06-29 Haag Atl. | 4.12.0 | Piet Maijor | 82 | 30-01-32 AAC |
| 3.05.4 | Bertus Kerkvliet | 96 | 09-07-41 Leiden | 4.18.2 | Ad Heijdens | 93 | 17-11-38 Achilles |
| 3.06.7 | Sjoerd Sjoerds | 87 | 12-12-31 Atos | 4.23.1 | Herman Kromhout | 97 | 05-02-46 Haag Atl. |
| 3.06.8 | Steven Koelink | 95 | 19-01-40 Koplopers | 4.23.2 | Piet van Erp | 88 | 24-04-38 AVV |
| 3.08.4 | Wim Metselaar | 97 | 28-03-42 Aalsmeer | 4.24.9 | Rob van Kempen | 94 | 26-03-44 PAC |
| 3.11.2 | Nico Ridder | 92 | 30-06-36 Noordkop | 4.26.47 | Peter Vlaarkamp | 99 | 16-11-48 Castricum |
| 3.17.5 | Joop Scheppink | 96 | 23-12-40 Spark | 4.26.7 | Robert Wijker | 90 | 02-12-38 Trias |
| 3.19.0 | Anton van Koullil | 94 | 13-11-37 DJA | 4.27.1 | Arie van Tol | 96 | 31-05-44 Leiden |
| 3.19.2 | Hugo Tijsmans | 00 | 16-11-44 Sparta | | | | |
| | | | | 4.28.4 | Jaap Vallentgoed | 97 | 20-10-46 Altis |
| 1000 meter M60 (tot 3.40.0) | | | | 4.28.5 | Kees Steijn | 92 | 08-11-40 Parthenon |
| 2.53.3 | Felix Florijn | 94 | 22-02-34 DEM | 4.29.12 | Bram Klinkenberg | 92 | 23-05-40 Parthenon |
| 3.19.0 | Sjoerd Sjoerds | 92 | 12-12-31 Atos | 4.29.19 | Sjoerd Sjoerds | 82 | 12-12-31 Atos |
| 3.30.5 | Theo Evers | 00 | 09-10-35 AVV | 4.29.5 | Gerrit Kramer | 88 | 03-07-37 AVR |
| 3.38.8 | Rob Keitz | 99 | 01-12-38 Hanzesport | | | | |
| | | | | 4.30.1 | Cor van Driel | 82 | 03-06-32 Metro |
| 1000 meter M65 | | | | 4.31.0 | Jan v.d. Bosch | 92 | 27-07-41 Weert |
| 2.54.5 | Siem Herlaar | 94 | 28-06-29 DEM | 4.31.1 | Klaas Ebbeling | 82 | 26-11-31 Suomi |
| | | | | 4.31.3 | Felix Florijn | 85 | 22-02-34 DEM |
| 1500 meter M40 | | | | 4.31.51 | Herman van Tongeren | 99 | 18-03-48 Almere'81 |
| 3.52.28 | Ronald Marcelina | 86 | 18-04-46 AAC | 4.32.9 | Willem Ravensbergen | 84 | 26-06-29 De Bataven |
| 3.55.9 | John van der Wansem | 90 | 05-07-50 Phoenix | 4.33.06 | Geu Siebenga | 00 | 06-12-47 FIT |
| 3.59.5 | Bram Wassenaar | 85 | 30-03-44 De Bataven | 4.33.17 | Ed Rinia | 99 | 25-05-49 Hellas |
| 4.00.0 | Jan Laan | 93 | 17-04-51 Spartaan | 4.33.6 | Teun Leeuwerink | 86 | 22-04-35 Hera |
| 4.00.2 | Rien van der Wilt | 93 | 06-08-49 Clytoneus | 4.33.8 | Jan Baremans | 92 | 20-01-41 Achilles |
| 4.02.7 | Piet van Erp | 80 | 24-04-38 AVV | | | | |
| 4.03.0 | Louis Vink | 78 | 05-04-35 Edam | 1500 meter M55 | | | |
| 4.03.22 | Didier Senay | 99 | 15-11-58 AAC'61 | 4.21.7 | Ad Heijdens | 94 | 17-11-38 Achilles |
| 4.04.0 | Egbert Nijstadt | 82 | 24-06-42 Dos-D. | 4.27.8 | Felix Florijn | 91 | 22-02-34 DEM |
| 4.04.08 | Alfons van Geel | 98 | 05-03-58 Achilles | 4.29.6 | Willem Ravensbergen | 84 | 26-06-29 De Bataven |
| 4.04.4 | Rob Kila | 80 | 07-02-40 Vet.Ned. | 4.32.1 | Kees Steijn | 96 | 08-11-40 Parthenon |
| 4.04.66 | Henk van Eck | 97 | 14-10-56 HAC-H. | 4.34.8 | Louis Vink | 90 | 05-04-35 Atos |
| 4.04.7 | Herman Kromhout | 87 | 05-02-46 V&L TC | 4.35.2 | Siem Herlaar | 85 | 28-06-29 DEM |
| 4.05.4 | Sander Rietveld | 00 | 10-04-59 Atos | 4.35.68 | Piet Baas | 85 | 28-06-29 V&L TC |
| 4.05.43 | Ron Jensen | 91 | 31-12-46 De Bataven | 4.35.86 | Arie van Tol | 99 | 31-05-44 Leiden Atl. |
| 4.05.72 | Cees van Dommele | 91 | 15-09-49 Haarlem | 4.36.6 | Theo van Wychen | 90 | 05-03-35 Achilles |
| 4.05.8 | Piet Deelstra | 80 | 21-08-40 Lionitas | 4.37.0 | Piet Maijor | 89 | 30-01-32 Pijnenburg |
| 4.05.8 | Theo van den Boom | 87 | 28-06-46 Unitas | 4.42.4 | Niek Tromp | 97 | 26-03-38 Trias |
| 4.06.2 | Anton Treffers | 89 | 09-10-47 SAV | 4.43.08 | Robert Wijker | 94 | 02-12-38 Trias |
| 4.06.3 | Henk Tiebosch | 86 | 06-06-46 HAC | 4.45.7 | Theo Hopman | 85 | 12-07-29 Trias |
| 4.06.78 | Sip Stal | 95 | 17-05-54 Hellas | 4.46.2 | Rien Oele | 00 | 25-01-45 Fortuna |
| 4.07.0 | Peter Bregman | 88 | 22-07-46 AV '40 | 4.47.45 | Hans v.d. Kooij | 94 | 21-05-39 Haag Atl. |
| 4.07.12 | Piet v.d.Poel | 92 | 06-11-50 Spartaan | | | | |
| 4.07.17 | Cock van der Hulst | 00 | 24-01-60 Hera | 4.48.0 | Sjoerd Sjoerds | 87 | 12-12-31 Atos |
| 4.07.2 | Dirk van Beelen | 96 | 14-07-55 Leiden | 4.48.1 | Nico Ridder | 91 | 30-06-36 Noordkop |
| | | | | 4.48.28 | Pim v.d. Lek | 92 | 20-01-37 Vet. Ned. |
| 1500 meter M45 | | | | 4.48.3 | Gerrit Kramer | 97 | 03-07-37 R'dam Atl. |
| 4.02.30 | Ronald Marcelina | 92 | 18-04-46 AAC | 4.48.8 | Harrie Janssen | 90 | 14-03-35 AAC |
| 4.03.2 | Piet Maijor | 77 | 30-01-32 AAC | 4.49.02 | Arno Last | 97 | 20-04-40 Ach.-Top |
| 4.04.1 | Louis Vink | 80 | 05-04-35 Edam | 4.49.3 | Teun Leeuwerink | 90 | 23-04-35 Hera |
| 4.08.3 | John van der Wansem | 99 | 05-07-50 LADB | 4.51.62 | Ton Peters | 97 | 14-06-42 Scorpio |
| 4.09.0 | Rien van der Wilt | 96 | 06-08-49 Clytoneus | 4.52.86 | Dirk Lange | 95 | 05-11-39 Hellas |
| 4.09.7 | Rob Mahieu | 92 | 10-06-47 Haag Atl. | 4.53.83 | Peter Keizer | 98 | 04-10-40 Atos |
| 4.10.2 | Piet van Erp | 84 | 24-04-38 AVV | | | | |
| 4.10.4 | Bert Streumer | 91 | 07-11-45 Hellas | | | | |
| 4.10.60 | Jan Zwarthoed | 92 | 01-07-45 Edam | | | | |
| 4.11.40 | Ron Jensen | 92 | 31-12-46 De Bataven | | | | |
| 4.11.58 | Theo Linssen | 99 | 18-03-52 Unitas | | | | |
| 4.12.0 | Herman Kromhout | 92 | 05-02-46 Haag Atl. | | | | |
| 4.13.40 | Johan Kijne | 92 | 27-03-47 ROVS | | | | |

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|------------------------------------|-----------------------|----|----------|-----------------|--------------------------------|---------------------|-------------|----------|------------|
| 1500 meter M60 (tot 5.20.0) | | | 4.35.9 | Nico Alberts | 98 | 24-04-55 | PAC | | |
| 4.32.08 | Ad Heijdens | 99 | 17-11-38 | Achilles | 4.36.0 | Wim Sterrenburg | 95 | 21-05-55 | Parthenon |
| 4.32.1 | Siem Herlaar | 89 | 28-06-29 | DEM | 4.37.4 | Jos van Giersbergen | 96 | 26-04-56 | Sliedr.Sp. |
| 4.32.5 | Willem Ravensbergen | 90 | 26-06-29 | Bataven | 4.37.9 | Joop Keizer | 82 | 11-06-41 | Edam |
| 4.36.90 | Joop Rüter | 95 | 19-04-33 | PAC | 4.38.29 | Jan van Heteren | 00 | 27-05-58 | Sliedrecht |
| 4.42.1 | Felix Florijn | 94 | 22-02-34 | DEM | 1 mijl M45 | | | | |
| 4.49.30 | Piet Baas | 89 | 28-06-29 | V&L TC | 4.26.4 | Louis Vink | 80 | 05-04-35 | Edam |
| 4.50.0 | Jan Verloop | 79 | 10-09-17 | AVV | 4.31.0 | Piet Maijoor | 78 | 30-01-32 | AAC |
| 4.50.3 | Joop Kloos | 82 | 19-09-20 | Vet.Ned. | 4.31.50 | John van der Wansem | 99 | 05-07-50 | LADB |
| 4.50.4 | Louis Vink | 95 | 05-04-35 | Atos | 4.40.41 | Nico Alberts | 00 | 24-04-55 | PAC |
| 4.52.21 | Hein Zethof | 92 | 10-08-28 | Aalsmeer | 4.41.74i | Anton Treffers | 94 | 09-10-47 | SAV |
| 5.02.70 | Gerrit Kramer | 97 | 03-07-37 | R'dam Atl. | 4.41.91 | Dirk van Beelen | 00 | 14-07-55 | Leiden |
| 5.03.7 | Gert van Gameren | 86 | 03-05-25 | Vet.Ned. | 4.42.3 | Theo van Grevenhof | 98 | 02-04-53 | DEM |
| 5.04.7 | Piet Maijoor | 92 | 30-01-32 | Pijnenburg | 4.44.9 | Peter Vlaarkamp | 95 | 16-11-48 | Castricum |
| 5.08.8 | Sjoerd Sjoerds | 92 | 12-12-31 | Atos | 4.46.7 | Harrie Janssen | 82 | 14-03-35 | AAC |
| 5.09.04 | Arno Last | 00 | 20-04-40 | Ach.-Top | 4.47.3 | Arie Snoek | 95 | 29-08-49 | Hera |
| 5.10.65 | Theo Evers | 96 | 09-10-35 | AVV | 4.48.04 | René Wessel | 99 | 22-11-53 | Blauw-Wit |
| 5.11.1 | Arie Pepermans | 89 | 18-06-29 | Edam | 4.50.89 | Ton van Spronsen | 00 | 04-02-54 | PAC |
| 5.11.8 | Henk Groenewegen | 96 | 20-01-35 | Olymp'70 | 4.53.9 | Rob Mahieu | 94 | 10-06-47 | Haag Atl. |
| 5.11.93 | Wim van Beek | 00 | 08-01-40 | Hellas | 4.55.1 | Jan Pulles | 82 | 16-02-36 | AVV |
| 5.13.93 | Bram Lindhout | 91 | 19-06-29 | Antilope | 4.55.8 | Wim van Dijk | 98 | 31-10-51 | GAC-G. |
| 5.15.68 | Hans Boon | 00 | 16-01-40 | Avantri | 4.57.3 | Eddy Smit | 97 | 05-06-48 | Delta Sp. |
| 5.17.1 | Frans van Veen | 96 | 31-07-34 | Haag Atl. | 4.58.4 | Jan Ummels | 82 | 02-11-36 | HAC |
| 5.17.52 | Ko Elerie | 99 | 29-01-38 | Hanzesport | 4.59.0 | Theo Jägers | 82 | 23-03-35 | Vet.Ned. |
| 5.19.8 | Karel Leeuwangh | 99 | 26-02-35 | Fortuna | 4.59.44 | Nico van Schagen | 96 | 27-07-48 | Thor |
| 1500 meter M65 (tot 5.55.0) | | | 4.59.5 | Arthur Koreman | 99 | 01-10-53 | De Sperwers | | |
| 4.39.87 | Siem Herlaar | 94 | 28-06-29 | DEM | 5.00.02 | Ed Rinia | 99 | 25-05-49 | Hellas |
| 4.54.4 | Willem Ravensbergen | 94 | 26-06-29 | De Bataven | 5.00.2 | Antoon van der Made | 98 | 03-05-52 | Scorpio |
| 4.59.5 | Jan Verloop | 82 | 10-09-17 | Vet.Ned. | 5.00.3 | Arie van Tol | 89 | 31-05-44 | Bataven |
| 5.00.15 | Hein Zethof | 93 | 10-08-28 | Aalsmeer | 5.00.5 | Gerard Vermeulen | 95 | 27-08-48 | Voorne |
| 5.22.04 | Gert-Jan v.Gameren | 91 | 03-05-25 | Vet.Ned. | 5.00.6 | Dick Kroon | 96 | 18-09-48 | AAV'36 |
| 5.36.75 | Bram Lindhout | 94 | 19-06-29 | Antilope | 1 mijl M50 | | | | |
| 5.39.97 | Hans Martens | 99 | 10-01-34 | Vet. Ned. | 4.35.4 | Louis Vink | 85 | 05-04-35 | Edam |
| 5.52.77 | Karel Steendijk | 95 | 08-12-29 | Pr.Hendrik | 4.36.5 | Piet Maijoor | 82 | 30-01-32 | AAC |
| 5.53.0 | Cor Braak | 96 | 21-03-31 | Waterland | 4.38.7 | Arie van Tol | 95 | 31-05-44 | Bataven |
| 5.54.78 | Piet Baas | 98 | 28-06-29 | Haag Atl. | 4.50.1 | Peter Vlaarkamp | 00 | 16-11-48 | Castricum |
| 1500 meter M70 (tot 7.00.0) | | | 4.50.7 | Klaas Ebbeling | 82 | 26-11-31 | Suomi | | |
| 4.57.65 | Siem Herlaar | 99 | 28-06-29 | DEM | 4.52.7 | Piet van Erp | 88 | 24-04-38 | AVV |
| 5.20.6 | Jan Verloop | 88 | 10-09-17 | Vet.Ned. | 4.52.9 | Kees Steijn | 94 | 08-11-40 | Parthenon |
| 5.54.34 | Piet Baas | 00 | 28-06-29 | Haag Atl. | 4.54.5 | Cor van Driel | 82 | 03-06-32 | Metro |
| 6.25.28 | Wim Schild | 99 | 04-01-26 | Antilope | 4.56.3 | Sjoerd Sjoerds | 82 | 12-12-31 | Atos |
| 1500 meter M75 | | | 4.56.9 | Nico Brakenhoff | 95 | 14-12-44 | Castricum | | |
| 6.07.18 | Jan Verloop | 94 | 10-09-17 | Gen. Mich. | 4.58.39i | Ton Peters | 94 | 14-06-42 | Scorpio |
| 1500 meter M80 | | | 4.59.0 | Eddy Smit | 98 | 05-06-48 | Delta Sp. | | |
| 7.11.1 | Jan Verloop | 99 | 10-09-17 | Gen. Mich. | 5.04.7 | Cor van Gerven | 82 | 18-04-31 | Vet.Ned. |
| 1 mijl M40 | | | 5.08.9 | Peter Bressers | 97 | 27-08-46 | Gen. Mich. | | |
| 4.16.3 | Rien van der Wilt | 90 | 06-08-49 | Clytoneus | 5.10.8 | Bertus Kerkvliet | 93 | 09-07-41 | De Bataven |
| 4.26.0 | Louis Vink | 79 | 05-04-35 | Edam | 5.12.1 | Arie Verbaan | 80 | 17-08-26 | Festina |
| 4.26.3 | Henk van Velzen | 94 | 16-09-52 | Bataven | 5.12.4 | Jan Sanders | 92 | 17-03-41 | HAC |
| 4.26.5 | Alfons van Geel | 98 | 05-03-58 | Achilles | 5.13.5 | Piet Baas | 82 | 28-06-29 | V&L TC |
| 4.27.2 | Piet van Erp | 82 | 24-04-38 | AVV | 5.14.1 | Jan Elhorst | 99 | 27-07-48 | Noordkop |
| 4.28.20 | Martien v.d. Hoorn | 94 | 18-03-53 | Holland-L. | 5.15.3 | Gerard Albers | 00 | 12-11-49 | Aalsmeer |
| 4.28.4 | Cock van der Hulst | 00 | 24-01-60 | Hera | 5.16.50 | Wout Spaargaren | 96 | 26-08-46 | Aalsmeer |
| 4.29.9 | René Wessel | 94 | 22-11-53 | Blauw Wit | 5.16.6 | Willy Pulles | 82 | 28-11-31 | Olympia-E. |
| 4.30.5 | Dirk van Beelen | 96 | 14-07-55 | Leiden | 5.17.8 | Cor Holshuysen | 87 | 16-09-32 | DES |
| 4.31.3 | Ron Jensen | 90 | 31-12-46 | Bataven | 5.18.9 | Arie Snoek | 00 | 29-08-49 | Hera |
| 4.31.4 | Pedro Kneepkens | 90 | 26-04-47 | Sprint | 5.19.3 | Dammes Tims | 95 | 09-11-41 | Achilles |
| 4.32.3 | Henk van Eck | 97 | 14-10-56 | HAC-H. | 1 mijl M55 (tot 6.00.0) | | | | |
| 4.32.5 | Erik van Tooren | 96 | 03-06-56 | AAV'36 | 4.43.9 | Ad Heijdens | 97 | 17-11-38 | Achilles |
| 4.33.2 | Dick van Zalinge | 00 | 27-10-59 | Edam | 4.58.17 | Rob van Kempen | 00 | 26-03-44 | PAC |
| 4.33.51 | Theo van Grevenhof | 93 | 02-04-53 | DEM | 4.59.5 | Louis Vink | 90 | 05-04-35 | Atos |
| 4.33.9 | Bert Streumer | 90 | 07-11-45 | Hellas | 5.08.3 | Arie van Tol | 00 | 31-05-44 | Leiden |
| 4.34.3 | Didier Senay | 99 | 15-11-58 | AAC'61 | 5.26.70 | Rob Prooi | 96 | 26-08-40 | Energie |
| 4.35.1 | Ton van Spronsen | 94 | 04-02-54 | PAC | 5.32.7 | Nico Ridder | 93 | 30-06-36 | Noordkop |
| 4.35.1 | Gertjan van Voskuilen | 96 | 27-09-55 | AAV'36 | 5.39.6 | Bertus Kerkvliet | 97 | 09-07-41 | Leiden |
| 4.35.70i | Cees Meijer | 94 | 03-09-52 | SAV | 5.47.07 | Rob Keitz | 97 | 01-12-38 | Hanze Sp. |
| | | | | | 5.47.90 | Hugo Tijsmans | 00 | 16-11-44 | Sparta |
| | | | | | 5.56.00 | Hans Martens | 93 | 10-01-34 | DEM |

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|--------------------------------|---------------------|----|----------------------|------------------------------------|----------------------|----|---------------------|
| 5.56.63 | Chris Mettrop | 97 | 16-03-42 Spark | 6.04.4 | Eddy Smit | 93 | 05-06-48 Delta Sp. |
| 5.57.27 | Bram Bartels | 97 | 22-07-41 Typhoon | 6.05.78 | René Wessel | 00 | 22-11-53 Phanos |
| | | | | 6.06.5 | Peter Vlaarkamp | 98 | 16-11-48 Castricum |
| 1 mijl M60 (tot 6.20.0) | | | | | | | |
| 4.54.07 | Joop Rüter | 93 | 19-04-33 PAC | 6.11.9 | Rien van Domburgh | 94 | 19-10-47 AVN |
| 4.55.10 | Siem Herlaar | 93 | 28-06-29 DEM | 6.11.98 | Herman van Tongeren | 98 | 18-03-48 Almere |
| 4.58.7 | Willem Ravensbergen | 90 | 26-06-29 Bataven | 6.12.6 | Geu Siebenga | 97 | 06-12-47 FIT |
| 5.19.43 | Wil van der Lee | 93 | 23-10-29 DAK | 6.17.5 | Peter Bressers | 98 | 27-08-46 Gen.Mich. |
| 5.23.6 | Jan Verloop | 78 | 10-09-17 AVV | 6.18.0 | Theo van Grevenhof | 98 | 02-04-53 DEM |
| 5.32.82 | Hein Zethof | 93 | 10-08-28 Aalsmeer | 6.18.2 | Anton van Gils | 92 | 26-06-47 Scorpio |
| 5.36.29 | Theo Hopman | 93 | 12-07-29 Trias | 6.18.8 | Jan van der Steeg | 97 | 26-12-51 GVAC |
| 5.43.9 | Evert Cornelisz | 94 | 10-05-33 Zuidwal | 6.20.0 | Sjoerd Sjoerds | 81 | 12-12-31 Atos |
| 5.46.03 | Wim van Florestein | 93 | 23-10-32 PAC | 6.20.0 | Aad Vink | 93 | 27-05-47 Energie |
| 5.53.03 | Boy van Heemstede | 93 | 26-07-30 Fortuna | 6.20.2 | Ed Rinia | 97 | 25-05-49 Hellas |
| 5.53.98 | Henk Op den Kelder | 93 | 16-01-32 Vet.Ned. | 6.23.2 | Jean Janssen | 77 | 11-01-30 Kimbria |
| 5.57.0 | Ko Elerie | 00 | 29-01-38 Hanzesport | 6.23.5 | Nico van Schagen | 96 | 27-07-48 Thor |
| 5.58.70 | Steeff Vader | 93 | 11-10-32 Vet.Ned. | 6.24.1 | Kik Huisman | 97 | 11-03-49 Hollandia |
| 6.00.80 | Jan Stienstra | 93 | 17-07-30 Zaanland | 6.28.0 | Bram Bartels | 87 | 22-07-41 Typhoon |
| 6.04.42 | Rob Keitz | 99 | 01-12-38 Hanzesport | 6.29.0 | Jan Rijnink | 81 | 14-02-36 Edam |
| 6.11.24 | Jan Runnenburg | 93 | 06-06-32 Suomi | 2000 meter M50 (tot 6.50.0) | | | |
| 6.12.95 | Ad den Boer | 93 | 17-08-32 PAC | 6.10.2 | Piet van Erp | 89 | 24-04-38 AVV |
| 6.15.1 | Geert van Dijk | 97 | 31-03-36 Vet.Ned. | 6.13.12 | Peter Vlaarkamp | 00 | 16-11-48 Castricum |
| 6.18.5 | Gerard Broeders | 95 | 16-03-32 Vet.Ned. | 6.16.5 | Robert Wijker | 92 | 02-12-38 Trias |
| 1 mijl M65 (tot 6.50.0) | | | | | | | |
| 5.17.2 | Siem Herlaar | 95 | 28-06-29 DEM | 6.17.5 | Jan Baremans | 92 | 20-01-41 Achilles |
| 5.19.5 | Willem Ravensbergen | 94 | 26-06-29 De Bataven | 6.21.5 | Sjoerd Sjoerds | 84 | 12-12-31 Atos |
| 5.24.17 | Hein Zethof | 93 | 10-08-28 Aalsmeer | 6.24.3 | Geu Siebenga | 98 | 06-12-47 FIT |
| 6.02.70 | Hans Kamperdijk | 93 | 10-05-25 Vet.Ned. | 6.26.4 | Dammis Tims | 93 | 09-11-41 Parthenon |
| 6.20.36 | Jan van Wees | 93 | 08-05-28 Vet.Ned. | 6.30.8 | Nico Brakenhoff | 97 | 14-12-44 Castricum |
| 1 mijl M70 | | | | | | | |
| 5.23.58 | Siem Herlaar | 99 | 28-06-29 DEM | 6.37.9 | Cees Voeten | 96 | 28-02-44 Thor |
| 1 mijl M75 | | | | | | | |
| 6.37.87 | Jan Verloop | 93 | 10-09-17 Gen.Mich. | 6.44.2 | Hugo Tijsmans | 96 | 16-11-44 Sparta |
| 2000 meter M40 | | | | | | | |
| 5.32.9 | John van der Wansem | 93 | 05-07-50 Phoenix | 6.44.3 | Gerard Nouwens | 97 | 15-11-45 AVV |
| 5.41.12 | Alfons van Geel | 98 | 05-03-58 Achilles | 6.47.4 | Jan Ranzij | 94 | 17-08-44 Noordkop |
| 5.42.82 | Henk van Eck | 98 | 14-10-56 HAC | 6.48.13 | Jac Beekers | 98 | 28-01-46 Achilles |
| 5.42.5 | Anton Treffers | 89 | 09-10-47 SAV | 6.49.2 | Gerard Albers | 00 | 12-11-49 Aalsmeer |
| 5.45.7 | Piet van Erp | 80 | 24-04-38 AVV | 6.49.90 | Mustapha Elorche | 98 | 21-01-46 Leiden |
| 5.46.2 | Zeger de Ruyter | 92 | 17-01-52 Sprint | 2000 meter M55 (tot 7.15.0) | | | |
| 5.46.6 | Wim de Weerd | 97 | 19-11-55 Cialfo | 6.13.07 | Ad Heijdens | 97 | 17-11-38 Achilles |
| 5.49.8 | Ren, Wessel | 96 | 22-11-53 Blauw Wit | 6.42.2 | Louis Vink | 94 | 05-04-35 Atos |
| 5.51.51 | Erik van Tooren | 98 | 03-06-56 AAV'36 | 7.06.7 | Jan Witsenboer | 99 | 29-01-44 Cialfo |
| 5.51.7 | Ruud Slepser | 91 | 01-10-50 AV'34 | 7.07.7 | Nico Ridder | 93 | 30-06-36 Noordkop |
| 5.52.2 | Henk de Ruiter | 89 | 06-04-47 DEM | 7.13.72 | Bram Bartels | 97 | 22-07-41 Typhoon |
| 5.52.3 | Joop Keizer | 81 | 11-06-41 Edam | 2000 meter M60 (tot 7.50.0) | | | |
| 5.52.4 | Frans van den Boom | 93 | 26-03-52 GAC-G. | 6.32.4 | Siem Herlaar | 94 | 28-06-29 DEM |
| 5.52.8 | Kees van der Put | 97 | 02-05-57 PSV | 6.42.9 | Felix Florijn | 94 | 22-02-34 DEM |
| 5.53.0 | Jos Koniuszek | 92 | 14-06-52 Sprint | 6.49.8 | Willem Ravensbergen | 94 | 26-06-29 De Bataven |
| 5.53.10 | Theo van Grevenhof | 94 | 02-04-53 DEM | 7.11.2 | Sjoerd Sjoerds | 92 | 12-12-31 Atos |
| 5.53.8 | Louis Vink | 78 | 05-04-35 Edam | 7.46.14 | Rob Keitz | 00 | 01-12-38 Hanzesport |
| 5.54.0 | Piet Maijor | 75 | 30-01-32 Vet.Ned. | 2000 meter M70 | | | |
| 5.56.3 | Wim van Dijk | 92 | 31-10-51 GAC-G. | 8.06.1 | Jan Verloop | 91 | 10-09-17 Gen.Mich. |
| 5.56.5 | Wim Schoots | 94 | 12-07-52 Blauw Wit | 3000 meter M40 | | | |
| 5.59.64 | René van Vliet | 96 | 29-10-55 Veluwe | 8.14.9 | Rien van der Wilt | 91 | 06-08-49 Clytoneus |
| 6.00.74 | Nico Alberts | 98 | 24-04-55 PAC | 8.15.5 | John van der Wansem | 90 | 05-07-50 Phoenix |
| 6.02.05 | Jules Rayee | 97 | 20-03-55 DJA | 8.24.1 | Bram Wassenaar | 84 | 30-03-44 De Bataven |
| 6.02.2 | Lou Dingemans | 79 | 04-10-38 Zeel.Sp. | 8.29.04 | Sip Stal | 94 | 17-05-54 Hellas |
| 6.03.00 | Loek Barbee | 93 | 02-11-49 Startbaan | 8.39.3 | Piet v.d. Poel | 91 | 06-11-50 Spartaan |
| 6.03.00 | Loek Barbee | 93 | 02-11-49 Startbaan | 8.43.2 | Henk van Velzen | 94 | 16-09-52 Bataven |
| 2000 meter M45 | | | | | | | |
| 5.38.6 | Louis Vink | 80 | 05-04-35 Edam | 8.43.42 | Bert Streumer | 89 | 07-11-45 Hellas |
| 5.44.6 | John van der Wansem | 96 | 05-07-50 LADB | 8.44.2 | Dick ten Bruggencate | 92 | 30-04-52 Trias |
| 5.54.71 | Jaap Vallentgoed | 96 | 20-10-46 Altis | 8.44.49 | Cees Kraaijeveld | 96 | 15-07-55 AV'34-A. |
| 5.59.7 | Wim Hol | 87 | 28-10-41 Slieedr.Sp. | 8.44.86 | Cees van Dommele | 91 | 15-09-49 Haarlem |
| 6.00.6 | Roel Timmers | 92 | 25-12-46 Scorpio | 8.46.1 | Rob ter Poorten | 82 | 05-02-39 Hollandia |
| 6.00.8 | Klaas Ebbeling | 81 | 26-11-31 Suomi | 8.46.3 | Louis Vink | 79 | 05-04-35 Edam |
| 6.04.4 | Piet Maijor | 81 | 30-01-32 AAC | 8.47.3 | Martien v.d.Hoorn | 94 | 18-03-53 Holland-L. |
| | | | | 8.47.6 | Piet van Erp | 80 | 24-04-38 AVV |
| | | | | 8.47.7 | Piet Vonck | 91 | 02-04-47 RKHAV |
| | | | | 8.49.0 | Jan Honcoop | 86 | 26-03-43 Hellas |
| | | | | 8.49.0 | Jan Zwarthoed | 86 | 01-07-45 Edam |
| | | | | 8.49.2 | Nico van Stralen | 84 | 11-10-42 Hera |

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|-------------------------------------|----------------------|----|----------|-------------|-------------------------------------|----------------------|----|----------|------------|
| 8.49.3 | Piet Deelstra | 82 | 21-08-40 | Lionitas | 10.03.1 | Felix Florijn | 91 | 22-02-34 | DEM |
| 8.50.4 | Jan Zijderlaan | 82 | 20-11-40 | Avantri | 10.05.7 | Rien Oele | 00 | 25-01-45 | Fortuna |
| 8.50.6 | Ton van Doorn | 96 | 02-08-51 | Haarlem | 10.09.15 | Giel Koorn | 96 | 18-04-40 | Blauw Wit |
| 8.51.9 | Erik van Tooren | 96 | 03-06-56 | AAV'36 | 10.11.34 | Sjef Budzijn | 99 | 15-06-43 | Unitas |
| 8.52.6 | Steeff Kijne | 90 | 31-05-49 | AVR | 10.12.7 | Sjoerd Sjoerds | 87 | 12-12-31 | Atos |
| 8.52.84 | Alfons van Geel | 99 | 05-03-58 | Achilles | 10.13.3 | Piet Baas | 84 | 28-06-29 | V&L TC |
| 8.53.8 | Klaas de Ruitter | 77 | 09-09-34 | AV'34-A. | 10.14.01 | Teun Leeuwerink | 90 | 23-04-35 | Hera |
| 8.53.8 | Henk Simonis | 87 | 24-06-46 | Ilion | 10.15.0 | Hans van der Kooij | 96 | 21-05-39 | Haag Atl. |
| | | | | | 10.15.90 | Tjeerd Doornbos | 99 | 21-05-41 | GVAV |
| | | | | | 10.17.6 | Pim v.d. Lek | 92 | 20-01-37 | Vet.Ned. |
| | | | | | 10.19.8 | Mart van Marrewijk | 96 | 19-02-41 | Olymp'70 |
| | | | | | 10.21.4 | Leo van Koppen | 97 | 31-10-41 | Olymp'70 |
| | | | | | 10.24.4 | Joop de Gooijer | 95 | 14-01-40 | Suomi |
| 3000 meter M45 | | | | | 3000 meter M60 (tot 11.30.0) | | | | |
| 8.42.8 | John van der Wansem | 95 | 05-07-50 | LADB | 9.29.47 | Ad Heijdens | 00 | 17-11-38 | Achilles |
| 8.45.5 | Louis Vink | 80 | 05-04-35 | Edam | 9.36.5 | Siem Herlaar | 90 | 28-06-29 | DEM |
| 8.50.1 | Bert Streumer | 91 | 07-11-45 | Hellas | 9.39.5 | Willem Ravensbergen | 90 | 26-06-29 | De Bataven |
| 8.50.6 | Piet Maijor | 77 | 30-01-32 | AAC | 9.58.7 | Joop Kloos | 82 | 19-09-20 | Vet.Ned. |
| 8.54.6 | Victor Maliy | 96 | 28-10-50 | Haag Atl. | 10.36.9 | Hein Zethof | 89 | 10-08-28 | AVA'64 |
| 8.56.3 | Piet van Erp | 84 | 24-04-38 | AVV | 10.39.9 | Louis Vink | 95 | 05-04-35 | Atos |
| 8.57.3 | Bram Wassenaar | 89 | 30-03-44 | Bataven | 10.40.4 | Jan Verloop | 78 | 10-09-17 | AVV |
| 8.57.4 | Henk van Velzen | 98 | 16-09-52 | Leiden | 10.59.1 | Gert van Gameren | 86 | 03-05-25 | Vet.Ned. |
| 9.03.8 | Rob van Kempen | 90 | 26-03-44 | PAC | 11.00.2 | Karel Leeuwangh | 99 | 28-01-39 | Fortuna |
| 9.05.94 | Ton van Doorn | 96 | 02-08-51 | Haarlem | 11.00.6 | Sjoerd Sjoerds | 92 | 12-12-31 | Atos |
| 9.07.1 | Jan Baremans | 86 | 20-01-41 | Achilles | 11.00.7 | Rinus Joosse | 00 | 01-08-39 | AV'56 |
| 9.08.5 | Ad Heijdens | 88 | 17-11-38 | Achilles | 11.02.92 | Hans Hoogland | 99 | 18-12-38 | Hera |
| 9.08.7 | Roel Timmers | 92 | 25-12-46 | Scorpio | 11.11.71 | Bram Lindhout | 92 | 19-06-29 | Antilope |
| 9.09.6 | Uulke Bouma | 84 | 10-08-38 | Vet.Ned. | 11.15.06 | Sjef Senden | 94 | 29-01-32 | Ach.-Top |
| 9.10.3 | Jan van den Bosch | 87 | 27-07-41 | Weert | 11.15.3 | Frans van Veen | 96 | 31-07-34 | Haag Atl. |
| 9.10.4 | Wim van Heeswijk | 91 | 01-12-42 | DAK | 11.16.70 | Hans Martens | 97 | 10-01-34 | Vet.Ned. |
| 9.11.7 | Peter Vlaarkamp | 94 | 16-11-48 | Castricum | 11.20.9 | Henk Groenewegen | 96 | 20-01-35 | Olymp'70 |
| 9.12.6 | Anton Treffers | 93 | 09-10-47 | SAV | 11.21.1 | Cor Holshuysen | 94 | 16-09-32 | DES |
| 9.13.8 | Jaap Vallentgoed | 93 | 20-10-46 | Altis | 11.24.9 | Camiel v.d. Broek | 97 | 16-01-37 | HAC-H. |
| 9.13.9 | Dave Gibson | 88 | 27-08-42 | ASRC | 11.26.61 | Arno Last | 00 | 26-04-40 | Ach.-Top |
| 9.14.5 | Dick ten Bruggencate | 97 | 30-04-52 | Trias | 11.26.7 | Joop Snoep | 85 | 30-06-25 | AVR |
| 9.16.6 | Herman Kromhout | 92 | 05-02-46 | Haag Atl. | 11.27.7 | Frits Fischer | 98 | 17-01-38 | STB |
| 9.16.7 | Eddy Smit | 93 | 05-06-48 | Delta Sp. | 11.29.1 | Bram de Jong | 90 | 22-10-29 | Fortuna |
| 9.16.9 | Koos Verhoeven | 85 | 20-06-40 | De Bataven | 3000 meter M65 (tot 13.00.0) | | | | |
| 9.17.25 | René Wessel | 99 | 22-11-53 | Blauw-Wit | 9.49.5 | Siem Herlaar | 94 | 28-06-29 | DEM |
| 3000 meter M50 | | | | | 10.11.6 | Willem Ravensbergen | 94 | 26-06-29 | De Bataven |
| 9.00.4 | Ad Heijdens | 90 | 17-11-38 | Achilles | 11.37.7 | Jan Verloop | 84 | 10-09-17 | Vet.Ned. |
| 9.12.3 | Louis Vink | 86 | 05-04-35 | Atos | 11.54.01 | Hans Martens | 99 | 10-01-34 | Vet.Ned. |
| 9.13.6 | Piet van Erp | 88 | 24-04-38 | AVV | 12.36.87 | Cor Hardenbol | 96 | 18-01-30 | Parthenon |
| 9.16.9 | Piet Maijor | 82 | 30-01-32 | AAC | 12.50.2 | Hans Schrok | 86 | 20-01-21 | V&L TC |
| 9.22.93 | Jaap Vallentgoed | 98 | 20-10-46 | Altis | 3000 meter M70 (tot 15.00.0) | | | | |
| 9.25.1 | Herman Kromhout | 98 | 05-02-46 | Haag Atl. | 10.42.40 | Siem Herlaar | 99 | 28-06-29 | DEM |
| 9.25.5 | Kees Steijn | 94 | 08-11-40 | Parthenon | 12.45.91 | Hein Zethof | 99 | 10-08-28 | Aalsmeer |
| 9.25.7 | Roel Timmers | 99 | 25-12-46 | Scorpio | 13.43.28 | Hans Kamperdijk | 99 | 10-05-25 | Vet. Ned. |
| 9.26.3 | Willem Ravensbergen | 84 | 26-06-29 | De Bataven | 13.59.8 | Wim Schild | 97 | 04-01-26 | Antilope |
| 9.26.6 | Jan Baremans | 91 | 20-01-41 | Achilles | 14.20.4 | Douwe Kleefstra | 80 | 24-02-07 | Lionitas |
| 9.26.9 | Klaas Ebbeling | 82 | 26-11-31 | Suomi | 5000 meter M40 | | | | |
| 9.30.0 | Rob van Kempen | 94 | 26-03-44 | PAC | 14.20.54 | Rien van der Wilt | 90 | 06-08-49 | Clytoneus |
| 9.32.1 | Peter Vlaarkamp | 99 | 16-11-48 | Castricum | 14.21.6 | John van der Wansem | 90 | 05-07-50 | Phoenix |
| 9.34.50 | Ad Tierie | 96 | 26-11-45 | Dynamo'70 | 14.47.7 | Piet Vonck | 89 | 02-04-47 | RKHAV |
| 9.34.65 | Uulke Bouma | 88 | 10-08-38 | Vet.Ned. | 14.48.8 | Sip Stal | 94 | 17-05-54 | Hellas |
| 9.38.0 | Teun Leeuwerink | 85 | 22-04-35 | Hera | 14.53.6 | Dick ten Bruggencate | 93 | 30-04-52 | Trias |
| 9.38.6 | Cor van Driel | 82 | 03-06-32 | Metro | 14.54.0 | Dirk de Bruyn | 78 | 25-04-36 | AVR |
| 9.38.8 | Martin Smeets | 91 | 24-07-41 | Kimbria | 14.55.62 | Cees Kraaijeveld | 96 | 15-07-55 | AV'34-A. |
| 9.39.2 | Sjoerd Sjoerds | 83 | 12-12-31 | Atos | 14.56.27 | Henk van Velzen | 94 | 16-09-52 | De Bataven |
| 9.40.16 | Joop de Gooyer | 90 | 14-01-40 | Suomi | 14.57.0 | Bram Wassenaar | 86 | 30-03-44 | De Bataven |
| 9.41.16 | Bert Streumer | 96 | 07-11-45 | Hellas | 14.57.21 | Cees van Dommele | 91 | 15-09-49 | Haarlem |
| 9.41.1 | Bram Klinkenberg | 91 | 23-05-40 | Parthenon | 15.00.1 | Henk Tiebosch | 86 | 06-06-46 | HAC |
| 9.41.5 | Bertus Pappot | 80 | 03-01-30 | PEC | 15.02.5 | Rob ter Poorten | 83 | 05-02-39 | Hollandia |
| 9.47.0 | Piet Rosenbrand | 91 | 04-05-41 | DAK | 15.03.65 | Hans van Wegen | 95 | 30-03-54 | Altis |
| 9.47.71 | Eddy Smit | 99 | 05-06-48 | Delta Sport | 15.04.8 | Jan Honcoop | 83 | 26-03-43 | Hellas |
| | | | | | 15.06.09 | Piet Deelstra | 80 | 21-08-40 | Lionitas |
| 3000 meter M55 (tot 10.30.0) | | | | | | | | | |
| 9.09.1 | Ad Heijdens | 94 | 17-11-38 | Achilles | | | | | |
| 9.29.6 | Willem Ravensbergen | 84 | 26-06-29 | De Bataven | | | | | |
| 9.43.3 | Siem Herlaar | 89 | 28-06-29 | DEM | | | | | |
| 9.57.0 | Louis Vink | 90 | 05-04-35 | Atos | | | | | |
| 9.57.1 | Sjef Senden | 87 | 29-01-32 | Ach.-Top | | | | | |

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| 15.07.01 | Cees de Munck | 95 | 10-10-53 | Ilion | 17.12.5 | Arie Verbaan | 81 | 17-08-26 | Festina |
| 15.08.37 | Piet v.d. Poel | 91 | 06-11-50 | De Spartaan | 17.13.7 | Sjef Senden | 87 | 29-01-32 | Ach.-Top |
| 15.08.4 | Martien v.d. Hoorn | 94 | 18-03-53 | Holland-L. | 17.14.95 | Hans van der Kooij | 94 | 21-05-39 | Haag Atl. |
| 15.08.6 | Jan Pulles | 79 | 16-02-36 | AVV | 17.23.0 | Pim v.d. Lek | 92 | 20-01-37 | Vet.Ned. |
| 15.09.8 | Louis Vink | 75 | 05-04-35 | Edam | 17.23.46 | Sjef Budzijn | 99 | 15-06-43 | Unitas |
| 15.10.23 | Ruud Onland | 97 | 17-01-55 | LAAC | 17.35.43 | Frans Goudart | 98 | 06-10-41 | De Liemers |
| 15.11.67 | Bert Streumer | 90 | 07-11-45 | Hellas | 17.35.7 | Piet Baas | 84 | 28-06-29 | V&L TC |
| 15.12.0 | Klaas de Ruiter | 77 | 09-09-34 | AV'34-A. | 17.35.9 | Tjeerd Doornbos | 99 | 21-05-41 | GVAV |
| 15.12.7 | Steeff Kijne | 89 | 31-05-49 | AVR | 17.35.98 | Rien Oele | 00 | 25-01-45 | Fortuna |
| 15.13.17 | Charles Timmermans | 98 | 02-12-57 | Parthenon | 17.39.05 | Ton Deumens | 94 | 19-07-39 | Ach.-Top |
| 5000 meter M45 | | | | | | | | | |
| 14.57.6 | John van der Wansem | 95 | 05-07-50 | LADB | 17.41.1 | Mart van Marrewijk | 96 | 19-02-41 | Olymp'70 |
| 15.10.93 | Bert Streumer | 91 | 07-11-45 | Hellas | 17.41.3 | Arnold Wisman | 82 | 06-10-25 | FIT |
| 15.12.5 | Rien van der Wilt | 95 | 06-08-49 | Clytoneus | 17.42.4 | Jan Stienstra | 86 | 17-07-30 | Zaanland |
| 15.17.4 | Victor Maliy | 96 | 28-10-50 | Haag Atl. | 17.46.7 | Louis Vink | 91 | 05-04-45 | Atos |
| 15.23.60 | Ton van Doorn | 96 | 02-08-51 | Haarlem | 17.48.3 | Teun Leeuwerink | 90 | 23-04-35 | Hera |
| 15.26.41 | Jaap Vallentgoed | 93 | 20-10-46 | Altis | 17.49.1 | Sjoerd Sjoerds | 87 | 12-12-31 | Atos |
| 15.30.29 | Henk van Velzen | 98 | 16-09-52 | Leiden | 17.52.9 | Theo Hopman | 85 | 12-07-29 | Trias |
| 15.34.5 | Piet van Erp | 83 | 24-04-38 | AVV | 17.54.7 | Gerard Blom | 96 | 26-11-38 | Papendr. |
| 15.37.1 | Ad Heijdens | 86 | 17-11-38 | Achilles | 17.55.9 | Gert van Gameren | 82 | 03-05-25 | Vet.Ned. |
| 15.38.0 | Jan Pulles | 81 | 16-02-36 | AVV | 17.57.5 | Joop de Gooijer | 95 | 14-01-40 | Suomi |
| 5000 meter M60 | | | | | | | | | |
| 15.38.99 | Jan Cammeraat | 99 | 12-05-51 | Ilion | 16.12.57 | Ad Heijdens | 99 | 17-11-38 | Achilles |
| 15.40.3 | Frits Boudewijn | 91 | 03-09-44 | Haag Atl. | 16.31.2 | Willem Ravensbergen | 89 | 26-06-29 | Bataven |
| 15.42.1 | Rob ter Poorten | 85 | 05-02-39 | Hollandia | 16.39.7 | Siem Herlaar | 90 | 28-06-29 | DEM |
| 15.42.1 | Jan Baremans | 86 | 20-01-41 | Achilles | 17.17.3 | Joop Kloos | 82 | 19-09-20 | Vet.Ned. |
| 15.42.5 | Wim Roelofs | 85 | 12-11-38 | Zaanland | 18.00.16 | Hein Zethof | 92 | 10-08-28 | Aalsmeer |
| 15.45.46 | Steeff Kijne | 94 | 31-05-49 | R'dam Atl. | 18.05.8 | Jan Verloop | 78 | 10-09-17 | AVV |
| 15.45.9 | Koos Verhoeven | 85 | 20-06-40 | De Bataven | 18.09.06 | Gerrit Kramer | 97 | 03-07-37 | R'dam Atl. |
| 15.46.0 | Rom Jansen | 82 | 30-07-36 | Thor | 18.22.1 | Teun Leeuwerink | 96 | 22-04-35 | Hera |
| 15.46.18 | Johan Kijne | 92 | 27-03-47 | ROVS | 18.22.3 | Gert van Gameren | 86 | 03-05-25 | Vet.Ned. |
| 15.46.49 | Jan de Lange | 97 | 29-12-51 | Start'78 | 18.28.45 | Theo Hopman | 92 | 12-07-29 | Trias |
| 15.47.6 | Roel Timmers | 92 | 25-12-46 | Scorpio | 18.31.22 | Louis Vink | 95 | 05-04-35 | Atos |
| 15.47.6 | Peter Vlaarkamp | 94 | 16-11-48 | Castricum | 18.35.8 | Felix Florijn | 95 | 22-02-34 | DEM |
| 15.47.8 | Henk Peters | 90 | 19-05-45 | AVN | 18.45.4 | Piet Baas | 89 | 28-06-29 | V&L TC |
| 15.49.0 | Dick ten Bruggencate | 97 | 30-04-52 | Trias | 18.52.5 | Karel Leeuwangh | 99 | 28-01-39 | Fortuna |
| 15.50.5 | Remco Peetoom | 00 | 08-03-55 | AAC | 18.56.7 | Henk Groenewegen | 95 | 20-01-35 | Olymp'70 |
| 5000 meter M50 | | | | | | | | | |
| 15.32.93 | Ad Heijdens | 90 | 17-11-38 | Achilles | 19.01.2 | Sjoerd Sjoerds | 92 | 12-12-31 | Atos |
| 15.48.7 | Louis Vink | 86 | 05-04-35 | Atos | 19.02.00 | Niek Tromp | 99 | 26-03-38 | Trias |
| 15.49.01 | Jaap Vallentgoed | 97 | 20-10-46 | Altis | 19.08.0 | Arie Pepermans | 89 | 18-06-29 | Edam |
| 16.04.2 | Rob ter Poorten | 89 | 05-02-39 | SAV | 19.08.5 | Cees de Neijs | 97 | 08-02-37 | Vet.Ned. |
| 16.10.4 | Jan Baremans | 92 | 20-01-41 | Achilles | 19.13.05 | Simon Baay | 98 | 06-01-38 | Papendr. |
| 16.14.2 | Roel Timmers | 99 | 25-12-46 | Scorpio | 19.13.31 | Pim van der Lek | 00 | 20-01-37 | Vet.Ned. |
| 16.26.75 | Victor Zonneveld | 91 | 28-03-41 | De Spartaan | 19.13.5 | Theo Evers | 96 | 09-10-35 | AVV |
| 16.27.6 | Piet van Erp | 88 | 24-04-38 | AVV | 19.15.4 | Bram Lindhout | 92 | 19-06-29 | Antilope |
| 16.28.0 | Klaas Ebbling | 82 | 26-11-31 | Suomi | 19.22.0 | Jan Stienstra | 90 | 17-07-30 | Zaanland |
| 16.29.88 | Tjeerd Doornbos | 92 | 21-05-41 | GVAV | 19.24.63 | Jan Buter | 90 | 31-05-30 | Vet.Ned. |
| 5000 meter M65 (tot 22.30.0) | | | | | | | | | |
| 16.31.6 | Arie Verbaan | 77 | 17-08-26 | Festina | 17.30.22 | Siem Herlaar | 95 | 28-06-29 | DEM |
| 16.34.4 | Bert Streumer | 99 | 07-11-45 | Hellas | 17.52.3 | Willem Ravensbergen | 94 | 26-06-29 | De Bataven |
| 16.36.6 | Peter Vlaarkamp | 99 | 16-11-48 | Castricum | 18.22.9 | Hein Zethof | 93 | 10-08-28 | Aalsmeer |
| 16.36.9 | Martin Smeets | 91 | 24-07-41 | Kimbria | 18.32.6 | Jan Verloop | 82 | 10-09-17 | Vet.Ned. |
| 16.38.0 | Theo Hopman | 81 | 12-07-29 | Trias | 19.24.2 | Gert van Gameren | 90 | 03-05-25 | Vet.Ned. |
| 16.40.0 | Gerrit Kramer | 88 | 03-07-37 | AVR | 19.37.38 | Hans Kamperdijk | 90 | 10-05-25 | Startbaan |
| 16.41.27 | Geu Siebenga | 98 | 06-12-47 | FIT | 21.33.61 | Sjef Senden | 99 | 29-01-32 | Achilles-Top |
| 16.42.9 | Sjef Senden | 82 | 09-01-32 | Ach.-Top | 21.49.1 | Bram de Jong | 95 | 22-10-29 | Fortuna |
| 16.43.93 | Jan v.d. Bosch | 93 | 27-07-41 | Weert | 22.27.3 | Bas de Pee | 87 | 17-08-22 | Hercules |
| 16.44.2 | Hans van der Kooij | 90 | 21-05-39 | V&L TC | 22.27.5 | Guus Metzmakers | 92 | 02-06-27 | Sliedrecht |
| 16.44.71 | Rob van Kempen | 98 | 26-03-44 | PAC | 5000 meter M70 (tot 26.00) | | | | |
| 16.46.25 | Frits Boudewijn | 94 | 03-09-44 | Haag Atl. | 18.57.04 | Siem Herlaar | 99 | 28-06-29 | DEM |
| 16.45.1 | Cor van Driel | 82 | 03-06-32 | Metro | 20.51.12 | Jan Verloop | 90 | 10-09-17 | Gen.Mich. |
| 16.45.2 | Joop de Gooyer | 90 | 14-01-40 | Suomi | 21.55.8 | Wim Mastenbroek | 99 | 16-06-27 | Fortuna |
| 16.47.48 | Marinus de Snajier | 94 | 12-09-42 | Fortuna | 21.57.91 | Hans Kamperdijk | 95 | 10-05-25 | Vet.Ned. |
| 5000 meter M55 | | | | | | | | | |
| 15.56.33 | Ad Heijdens | 97 | 17-11-38 | Achilles | 23.59.65 | Wim Schild | 99 | 04-01-26 | Antilope |
| 16.16.2 | Willem Ravensbergen | 85 | 26-06-29 | De Bataven | 24.04.3 | Cor Hardenbol | 00 | 18-01-30 | Parthenon |
| 16.44.20 | Joop Rüter | 91 | 19-04-33 | PAC | 25.27.40 | Tjaart Raatsveld | 99 | 12-12-28 | Horror |
| 16.57.7 | Siem Herlaar | 89 | 20-06-29 | DEM | | | | | |
| 17.08.86 | Cees Steijn | 97 | 08-11-40 | Parthenon | | | | | |

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|-------------------------|---------------------|----|----------|----------------|---------------------------------------|---------------------|---------|----------|-------------|
| 5000 meter M75 | | | 34.53.7 | Tinie de Baat | 85 | 24-02-35 | Thor | | |
| 22.18.06 | Jan Verloop | 93 | 10-09-17 | Gen.Mich. | 35.02.0 | Theo Hopman | 81 | 12-07-29 | Trias |
| 25.36.9 | Douwe Kleefstra | 82 | 24-02-07 | Vet.Ned. | | | | | |
| 28.06.4 | Henk Kager | 99 | 04-05-23 | Veluwe | | | | | |
| 5000 meter M80 | | | 35.03.9 | Cor van Driel | 82 | 03-06-32 | Metro | | |
| | | | 35.04.5 | Arie Verbaan | 79 | 07-08-26 | Festina | | |
| | | | 35.12.2 | Joop de Gooyer | 90 | 14-01-40 | Suomi | | |
| 25.51.48 | Jan Verloop | 98 | 10-09-17 | Gen.Mich. | 35.19.5 | Bertus Pappot | 80 | 03-01-30 | PEC |
| 29.51.3 | Douwe Kleefstra | 91 | 24-02-07 | Vet.Ned. | 35.20.7 | Klaas Ebbeling | 84 | 26-11-31 | Suomi |
| 10.000 meter M40 | | | | | | | | | |
| 29.57.69 | Rien van der Wilt | 90 | 06-08-49 | Clytoneus | 35.22.5 | Piet van Erp | 89 | 24-04-38 | AVV |
| 30.07.64 | John van der Wansem | 90 | 05-07-50 | Phoenix | 35.32.4 | Rien Oele | 98 | 25-01-45 | Fortuna |
| 30.17.4 | Piet Deelstra | 80 | 21-08-40 | Lionitas | 35.41.2 | Freek Boers | 96 | 05-02-46 | Thor |
| 30.40.2 | Bram Wassenaar | 85 | 30-03-44 | De Bataven | 35.45.20 | Rom Jansen | 86 | 20-07-36 | Groene Ster |
| 30.52.8 | Cees van Dommele | 91 | 15-09-49 | Haarlem | 35.41.3 | Bram Klinkenberg | 90 | 23-05-40 | Parthenon |
| | | | | | 35.45.5 | Hans van der Kooij | 90 | 21-05-39 | V&L TC |
| 31.17.34 | Cees Kraaijeveld | 96 | 15-07-55 | AV'34-A. | 35.51.33 | Ton Deumens | 92 | 19-07-39 | Ach.-Top |
| 31.21.0 | Rob ter Poorten | 80 | 05-02-39 | SAV | 35.53.0 | Mart van Marrewijk | 94 | 19-02-41 | Olympus'70 |
| 31.32.3 | Ruud Onland | 95 | 17-01-55 | Iliion | 35.56.4 | Peter Vlaarkamp | 99 | 16-11-48 | Castricum |
| 31.45.4 | Louis Vink | 76 | 05-04-35 | Edam | 35.59.0 | Teun Leeuwerink | 85 | 22-04-35 | Hera |
| 31.47.6 | Jan Pulles | 79 | 16-02-36 | AVV | 36.01.9 | Sjoerd Sjoerds | 83 | 12-12-31 | Atos |
| | | | | | | | | | |
| 31.49.7 | Cees de Munck | 95 | 10-10-53 | Iliion | | | | | |
| 31.52.6 | Wim Sterrenburg | 96 | 21-05-55 | Parthenon | 10.000 meter M55 (tot 39.00.0) | | | | |
| 31.53.0 | Piet van Alphen | 75 | 16-08-30 | AAC | 34.22.69 | Willem Ravensbergen | 85 | 26-06-29 | De Bataven |
| 31.55.8 | Dirk de Bruyn | 76 | 25-04-36 | AVR | 35.47.7 | Rien Oele | 00 | 25-01-45 | Fortuna |
| 31.56.9 | Ad Tierie | 86 | 26-11-45 | Dynamo'70 | 36.01.2 | Siem Herlaar | 89 | 20-06-29 | DEM |
| 31.57.2 | Wim Roelofs | 80 | 12-11-38 | Zaanland | 36.36.3 | Arie Verbaan | 81 | 17-08-26 | Festina |
| 32.04.4 | Victor Maliy | 95 | 28-10-50 | Haag Atl. | 36.56.0 | Sjef Senden | 87 | 29-01-32 | Ach.-Top |
| 32.05.9 | Henk van Velzen | 88 | 21-02-48 | Altis | | | | | |
| 32.06.8 | Bert Streumer | 89 | 07-11-45 | Hellas | 37.15.9 | Nico Ridder | 91 | 30-06-36 | Noordkop |
| 32.09.1 | Jan Ooijen | 88 | 21-06-47 | GAC-H. | 37.40.0 | Sjoerd Sjoerds | 87 | 12-12-31 | Atos |
| | | | | | 37.45.0 | Arnold Wisman | 84 | 06-10-25 | FIT |
| | | | | | 37.47.0 | Jeu Kremers | 96 | 14-12-39 | Swift |
| | | | | | 37.50.2 | George Klomp | 95 | 28-09-37 | LAAC |
| | | | | | | | | | |
| 32.10.1 | Rom Jansen | 76 | 20-07-36 | Thor | | | | | |
| 32.13.1 | Wil Kortenaar | 80 | 07-11-39 | Kimbria | | | | | |
| 32.13.3 | Jan Cammeraat | 95 | 12-05-51 | Iliion | 38.09.0 | Gert van Gameren | 83 | 03-05-25 | Vet.Ned. |
| 32.15.2 | Jan van den Bosch | 82 | 27-07-41 | Weert | 38.33.87 | Arno Last | 96 | 20-04-40 | Ach.-Top |
| 32.18.2 | Marius de Snayer | 84 | 12-09-42 | Fortuna | 38.50.3 | Peter Keizer | 98 | 04-10-40 | Atos |
| | | | | | 38.51.0 | Camiel v.d. Broek | 96 | 16-01-37 | HAC |
| | | | | | 38.53.8 | Sjeng Overhof | 77 | 13-10-21 | AV'34-M. |
| 10.000 meter M45 | | | | | | | | | |
| 31.19.2 | John van der Wansem | 96 | 05-07-50 | LADB | 10.000 meter M60 (tot 42.30.0) | | | | |
| 31.33.1 | Victor Maliy | 96 | 28-10-50 | Haag Atl. | 34.33.2 | Willem Ravensbergen | 89 | 26-06-29 | Bataven |
| 32.24.29 | Bert Streumer | 91 | 07-11-45 | Hellas | 35.03.93 | Siem Herlaar | 91 | 28-06-29 | DEM |
| 32.38.7 | Wim van Heeswijk | 88 | 01-12-42 | DAK | 35.31.3 | Joop Kloos | 82 | 19-09-20 | Vet.Ned. |
| 32.45.9 | Jan Pulles | 81 | 16-02-36 | AVV | 37.37.0 | Jan Verloop | 78 | 10-09-17 | AVV |
| | | | | | 37.58.0 | Hein Zethof | 87 | 10-08-28 | AVA'64 |
| | | | | | | | | | |
| 32.48.0 | Louis Vink | 81 | 05-04-35 | Edam | 38.06.8 | Louis Vink | 95 | 05-04-35 | Atos |
| 32.50.0 | Rom Jansen | 83 | 20-07-36 | Thor | 38.07.0 | George Klomp | 98 | 28-09-37 | LAAC |
| 32.57.1 | Ad Heijdens | 86 | 17-11-38 | Achilles | 38.16.68 | Theo Hopman | 92 | 12-07-29 | Trias |
| 32.57.23 | Jaap Vallentgoed | 93 | 20-10-46 | Altis | 38.42.0 | Gert van Gameren | 86 | 03-05-25 | Vet.Ned. |
| 33.11.7 | Koos Verhoeven | 85 | 20-06-40 | De Bataven | 39.11.03 | Sjef Senden | 92 | 29-01-32 | Ach.-Top |
| | | | | | | | | | |
| 33.16.0 | Henk van Velzen | 98 | 16-09-52 | Leiden | | | | | |
| 33.14.0 | Wim Hol | 87 | 28-10-41 | Slieedr.Sp. | | | | | |
| 33.16.3 | Jan van den Bosch | 88 | 27-07-41 | Weert | 39.34.4 | Karel Leeuwangh | 00 | 28-01-39 | Fortuna |
| 33.32.68 | Jeu Gielen | 93 | 02-09-47 | Scopias | 39.50.0 | Jan Stienstra | 90 | 17-07-30 | Zaanland |
| 33.35.5 | Martin Smeets | 90 | 24-07-41 | Kimbria | 40.16.9 | Bram Lindhout | 92 | 19-06-29 | Antilope |
| | | | | | 40.19.5 | Joop Snoep | 87 | 30-06-25 | AVR |
| | | | | | 40.36.72 | Camiel v.d. Broek | 97 | 16-01-37 | HAC-H. |
| | | | | | | | | | |
| 33.41.4 | Klaas Ebbeling | 81 | 26-11-31 | Suomi | 41.24.2 | M. v.d. Velden | 99 | 21-09-38 | De Keien |
| 33.44.0 | Bert Geelmuiden | 91 | 16-02-46 | Triathlon | 41.50.9 | Gerrit Broeders | 92 | 16-03-32 | Vet.Ned. |
| 33.50.0 | Piet van Erp | 85 | 24-04-38 | AVV | 42.10.3 | Hans Abraas | 96 | 29-01-36 | AV'34-A. |
| 33.51.8 | Piet Maijor | 77 | 30-01-32 | AAC | 42.24.0 | Pim de Jong | 85 | 22-01-25 | Nea Volh. |
| 33.56.4 | Rob ter Poorten | 88 | 05-02-39 | SAV | | | | | |
| | | | | | | | | | |
| 34.02.0 | Wim Kaljouw | 88 | 20-03-39 | Dynamo'70 | 10.000 meter M65 (tot 45.00.0) | | | | |
| 34.04.4 | Jaap Lambalk | 88 | 27-11-39 | Atos | 36.37.73 | Willem Ravensbergen | 94 | 26-06-29 | De Bataven |
| 34.07.6 | Jan Baremans | 88 | 20-01-41 | Achilles | 38.48.73 | Hein Zethof | 93 | 10-08-28 | Aalsmeer |
| 34.09.7 | Herman Kromhout | 91 | 05-02-46 | Haag Atl. | | | | | |
| 34.12.9 | Johan Engelhart | 87 | 27-06-42 | Oss'78 | | | | | |
| | | | | | | | | | |
| 10.000 meter M50 | | | | | | | | | |
| 32.43.2 | Louis Vink | 85 | 05-04-35 | Edam | 10.000 meter M70 | | | | |
| 32.54.83 | Ad Heijdens | 91 | 17-11-38 | Achilles | 40.34.75 | Siem Herlaar | 99 | 28-06-29 | DEM |
| 34.03.2 | Willem Ravensbergen | 84 | 26-06-29 | De Bataven | 45.30.2 | Wim Mastenbroek | 99 | 16-06-27 | Fortuna |
| 34.16.2 | Martin Smeets | 91 | 24-07-41 | Kimbria | 50.28.1 | Douwe Kleefstra | 79 | 24-02-07 | Vet.Ned. |
| 34.24.8 | Jo Verlinden | 82 | 24-02-32 | Venray | 56.08.3 | Cor Koster | 88 | 01-09-18 | Pijnburg |
| | | | | | | | | | |
| 34.31.0 | Jan Baremans | 91 | 20-01-41 | Achilles | 10.000 meter M75 | | | | |
| 34.38.42 | Tjeerd Doornbos | 94 | 21-05-41 | GVAV | 54.04.5 | Jo Kneepkens | 79 | 07-05-01 | Vet.Ned. |
| 34.45.6 | Sjef Senden | 82 | 09-01-32 | Ach.-Top | 60.28.4 | Douwe Kleefstra | 82 | 24-02-07 | Vet.Ned. |

20.000 meter M60

1.33.09 Gillis Bosman 00 23-06-39 Thor

25.000 meter M45

1.32.53 Louis Vink 83 05-04-35 Edam

uurloop M40 (vanaf 15.500 meter)

18.919 John van der Wansem 90 05-07-50 Phoenix

17.939 Wim van Dijk 94 31-10-51 GAC-G.

17.497 Louis Vink 78 05-04-35 Edam

17.442 René Lambregts 00 08-02-60 Thor

17.433 Jaap Oele 90 06-07-50 AV '56

17.308 Gerrit Kramer 79 03-07-37 AVR

16.930 Matthe Bruijns 94 13-05-53 Thor

16.812 Nico van Schagen 91 27-07-48 Thor

16.636 Rien Mulders 90 11-10-48 Thor

16.589 Aad Vink 87 27-05-47 Energie

16.555 Roel Ponjée 90 07-08-49 Thor

16.291 Eddy Smit 89 05-06-48 Delta Sp.

16.102 Loek Berbee 90 02-11-49 Startbaan

15.887 Jan Mulders 93 27-11-49 Thor

15.624 Frie Verstraten 90 08-03-48 Thor

15.587 Bouke de Jong 90 29-08-46 Avantri

15.565 Ad Muys 91 15-04-48 Thor

uurloop M45 (vanaf 15.250 meter)

18.247 John van der Wansem 95 05-07-50 LADB

16.855 Eddy Smit 94 05-06-48 Delta Sp.

16.836 Aad Vink 93 27-05-47 Energie

16.508 Freek Boers 94 05-02-46 Thor

16.438 Kees Voeten 90 26-02-44 Thor

16.416 Harrie Janssen 86 05-04-41 DES

16.397 Nico van Schagen 93 27-07-48 Thor

16.038 Ad van Etten 93 07-12-45 Thor

15.838 Cor Hartsema 90 17-02-42 Energie

15.794 Piet Vroman 90 26-04-43 Thor

15.733 Rien Mulders 94 11-10-48 Thor

15.700 Leo v.d Luytgaarden 94 24-05-48 Thor

15.668 Ruud Sleper 98 01-10-50 AV'34

15.520 Eddy Nieuwlaat 90 15-08-45 Thor

uurloop M50 (vanaf 14.500 meter)

17.110 Louis Vink 85 05-04-35 Edam

16.031 Eddy Smit 00 05-06-48 Delta Sp.

14.773 Rien Mulders 00 11-10-48 Thor

uurloop M55 (vanaf 13.500 meter)

15.400 Cees de Neijs 93 08-02-37 Thor

14.617 Rien Heijnen 93 12-02-38 Thor

13.815 Rob Keitz 98 01-12-38 Hanzesp.

uurloop M60 (vanaf 12.000 meter)

13.109 Gillis Bosman 00 23-06-39 Thor

3000 meter steeple M 40

| | | | |
|----------|----------------------|----|--------------------|
| 9.20.20 | Dick ten Bruggencate | 93 | 30-04-52 Trias |
| 9.21.69 | Martien v.d.Hoorn | 93 | 18-03-53 AAV'36 |
| 9.30.16 | Steef Kijne | 90 | 31-05-49 AVR |
| 9.45.14 | Peter Vlaarkamp | 91 | 15-11-48 Castricum |
| 9.45.64 | Evert van Ravensberg | 93 | 04-02-53 Haarlem |
| 9.52.9 | Jaap Oele | 93 | 06-07-50 AV'56 |
| 9.57.47 | Nico Bijman | 00 | 01-01-60 Castricum |
| 9.59.49 | Kees Fluitman | 89 | 04-10-48 V&L TC |
| 9.55.34 | Chris Henet | 99 | 18-03-59 Ciko'66 |
| 10.06.96 | Lucien Baert | 98 | 06-06-58 Olympia |

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| 10.07.88 | Stef Meyer | 90 | 26-12-49 Trias |
| 10.09.88 | Rob van Zanten | 98 | 28-09-56 Fortuna |
| 10.09.9 | Gerrit Kramer | 78 | 02-07-37 AVR |
| 10.10.20 | Wim Sterrenburg | 96 | 21-05-55 Parthenon |
| 10.10.92 | Hans Oosterwijk | 97 | 24-11-56 Iliion |

| | | | |
|----------|-----------------|----|-------------------|
| 10.12.66 | Gerad van Lent | 98 | 02-12-56 Suomi |
| 10.14.10 | Pedro Kneepkens | 90 | 26-04-47 Sprint |
| 10.16.16 | Chris Daanen | 00 | 06-11-59 Phoenix |
| 10.18.6 | Bert Vos | 81 | 20-11-39 Ach.-Top |
| 10.21.70 | Ton Sjerps | 99 | 05-11-58 SAV |

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|----------|-------------------|----|-------------------|
| 10.22.0 | Jo van Waesberghe | 93 | 09-09-46 RKHAV |
| 10.22.45 | Herman Lenferink | 99 | 14-03-59 Phoenix |
| 10.23.3 | Piet van Erp | 79 | 24-04-38 AVV |
| 10.24.6 | Dick Bakker | 92 | 22-12-51 Hera |
| 10.25.9 | Hans Dieben | 79 | 11-03-39 Vet.Ned. |

3000 meter steeple M45 (tot 11.30.0)

| | | | |
|----------|--------------------|----|---------------------|
| 9.40.00 | Steef Kijne | 94 | 31-05-49 R'dam Atl. |
| 10.01.00 | Peter Vlaarkamp | 94 | 16-11-48 Castricum |
| 10.09.8 | Roland Spierenburg | 82 | 07-01-34 Fortis |
| 10.17.6 | Gerrit Kramer | 84 | 02-07-37 AVR |
| 10.22.0 | Jo van Waesberghe | 93 | 09-09-46 RKHAV |

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|----------|-----------------|----|----------------------|
| 10.30.54 | Ger Kragten | 00 | 15-04-55 Atos |
| 10.38.13 | Arthur Koreman | 99 | 01-10-53 De Sperwers |
| 10.45.5 | Theo Jägers | 82 | 23-03-35 Vet.Ned. |
| 10.50.3 | Pedro Kneepkens | 92 | 26-04-47 Sprint |
| 10.51.5 | Harm Hendriks | 79 | 30-06-30 Vet.Ned. |

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|----------|-----------------|----|---------------------|
| 10.52.1 | Cor van Driel | 77 | 03-06-32 Metro |
| 10.52.4 | Wim Hol | 87 | 28-10-41 Sliedr.Sp. |
| 11.08.22 | Ben Kal | 94 | 09-12-48 Holland-H. |
| 11.14.8 | Teun Leeuwerink | 83 | 22-04-35 Hera |
| 11.19.1 | Aad Vink | 93 | 27-05-47 Energie |

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|----------|--------------|----|---------------------|
| 11.19.43 | Wim van Dijk | 97 | 31-10-51 GAC-G. |
| 11.22.3 | Ad Tierie | 92 | 26-11-45 Atletica |
| 11.22.45 | Arie van Tol | 92 | 31-05-44 De Bataven |
| 11.23.5 | Cock Krouwel | 82 | 06-02-37 Hellas |

3000 meter steeple M50 (tot 12.30.0)

| | | | |
|----------|-----------------|----|--------------------|
| 10.25.49 | Peter Vlaarkamp | 00 | 16-11-48 Castricum |
| 10.39.0 | Piet Majoor | 82 | 30-01-32 AAC |
| 10.48.1 | Gerrit Kramer | 88 | 03-07-37 AVR |
| 11.00.6 | Piet van Erp | 88 | 24-04-38 AVV |
| 11.02.53 | Theo Hopman | 81 | 12-07-29 Trias |

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|---------|-----------------|----|--------------------|
| 11.05.9 | Teun Leeuwerink | 85 | 22-04-35 Hera |
| 11.30.5 | Harm Hendriks | 81 | 30-06-30 Vet.Ned. |
| 11.33.9 | Anton Jonkers | 79 | 13-03-28 Sprint |
| 11.37.9 | Rein Swint | 90 | 06-12-39 Atletica |
| 12.05.9 | Cor Muller | 88 | 01-03-38 Delta Sp. |

3000 meter steeple M55

| | | | |
|----------|-----------------|----|----------------------|
| 11.30.98 | Gerrit Kramer | 95 | 03-07-37 R'dam Atl. |
| 11.45.54 | Arie van Tol | 99 | 31-05-44 Leiden Atl. |
| 11.59.26 | Theo van Wycken | 90 | 05-03-35 Achilles |

3000 meter steeple M60

| | | | |
|---------|--------------|----|---------------------|
| 14.02.2 | Rob Keitz | 99 | 01-12-38 Hanzesport |
| 14.38.0 | Anton de Kok | 88 | 25-01-28 Vet.Ned. |

80 meter horden M70 (=76,2 cm)

| | | | |
|-------|------------|----|---------------------|
| 14.33 | Frans Buys | 96 | 05-09-24 Pijnenburg |
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80 meter horden M75 (=76,2 cm)

| | | | |
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| 16.62 | Frans Buys | 00 | 05-09-24 GAC-H. |
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100 meter horden M50 (=91,4 cm)

| | | | |
|-------|-------------------|-------|---------------------|
| 14.98 | Wim de Ronde | 99+00 | 08-11-48 Zaanland |
| 15.47 | Frank Larsen | 94 | 02-08-43 Iliion |
| 15.78 | Peter Blommestijn | 94 | 23-05-42 R'dam Atl. |
| 16.20 | Cees Berg | 98 | 22-06-47 AAV'36 |
| 16.3 | Frans van Boven | 94 | 29-07-43 Thor |

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|-------|--------------------------|----|------------------|
| 16.55 | Ed Molenmaker | 97 | 21-11-46 Spark |
| 17.32 | Henk de Leeuw den Bouter | 94 | 19-04-43 Avantri |
| 20.13 | Onno Waalewijn | 98 | 20-01-47 AV'23 |
| 20.40 | Fred van der Steenhoven | 99 | 30-01-48 PAC |
| 20.95 | Chris Mettrop | 96 | 16-03-42 Spark |
| 21.28 | Rinus Polderman | 98 | 30-01-48 AV'56 |

100 meter horden M55 (=91,4 cm)

| | | | |
|-------|--------------------|----|---------------------|
| 15.90 | Peter Blommestijn | 98 | 23-05-42 R'dam Atl. |
| 17.40 | Frans van Boven | 00 | 29-07-43 Thor |
| 19.0 | Kees van Giezen | 92 | 14-02-34 GAC-H. |
| 19.9 | Chris Mettrop | 97 | 16-03-42 Spark |
| 20.22 | Cees Jägers | 00 | 26-08-42 GAC-H. |
| 21.53 | Henk v.d.Langerijt | 98 | 18-05-41 Weert |

100 meter horden M60 (=84,0 cm)

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|-------|--------------------|----|---------------------|
| 16.02 | Frans Buys | 85 | 05-09-24 AAC |
| 17.1 | Mario Spadon | 92 | 23-10-29 De Bataven |
| 18.17 | Kees van Giezen | 96 | 14-02-34 GAC-H. |
| 18.77 | Pieter Schouten | 94 | 14-06-34 GAC-H. |
| 21.16 | Joop van den Brink | 92 | 18-07-32 Hercules |

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|-------|----------------|----|--------------------|
| 21.28 | Dick Stiemer | 96 | 17-02-36 Spirit-L. |
| 21.28 | Theo de Koning | 00 | 06-09-40 GVAC |

100 meter horden M65 (=84,0 cm)

| | | | |
|-------|-----------------|----|-----------------|
| 19.25 | Kees van Giezen | 99 | 14-02-34 GAC-H. |
| 21.22 | Harm Hendriks | 96 | 30-06-30 HRR |

110 meter horden M40 (=99,6 cm - tot 21.0)

| | | | |
|-------|-------------------|----|--------------------|
| 15.73 | Lucas Prins | 99 | 04-03-59 Haag Atl. |
| 15.81 | Rob de Weeger | 00 | 08-05-59 GAC-H. |
| 15.87 | Ger Heinsius | 89 | 01-04-48 SAV |
| 16.13 | Martin de Pater | 98 | 26-03-54 Haag Atl. |
| 16.41 | Frans van der Ham | 95 | 26-07-54 Avantri |

| | | | |
|-------|----------------|----|---------------------|
| 16.90 | Theo Brusche | 94 | 24-04-52 Bataven |
| 16.99 | Ryan Smits | 98 | 26-12-55 Groene St. |
| 17.38 | Ton Groenedijk | 95 | 15-07-54 AV'47 |
| 17.2 | Wim Prinsen | 91 | 21-03-50 Sprint |
| 17.6 | Ed Molenmaker | 91 | 21-11-46 Spark |

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|-------|------------------|-------|------------------|
| 18.00 | Jan Huijbers | 95 | 20-05-51 GAC-G. |
| 18.01 | Piet Plukkel | 94 | 06-03-51 SAV |
| 18.0 | Theo Maat | 89 | 10-03-48 Fortuna |
| 18.27 | Anton Gelderblom | 94 | 22-11-53 Typhoon |
| 18.29 | Jos Beernink | 97+98 | 13-07-55 Phoenix |

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|-------|-------------------|----|----------------------|
| 18.38 | Arjen Koopstra | 94 | 02-05-54 Aalsmeer |
| 18.58 | Gert Velthuizen | 99 | 19-08-58 Voorschoten |
| 18.76 | Charles den Uijl | 00 | 02-04-60 AAV'36 |
| 18.81 | Arno Deckers | 90 | 23-08-49 Ach.-Top |
| 19.0 | Peter van der Ham | 88 | 14-03-44 V&L TC |

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|-------|----------------|----|--------------------|
| 19.1 | Cees Berg | 91 | 22-06-47 AAV'36 |
| 19.50 | Teun Vis | 96 | 10-05-56 Spado |
| 19.54 | Kees Meijer | 00 | 01-12-56 Nea-Volh. |
| 19.94 | Henk Heyligers | 99 | 06-03-58 GVAC |
| 19.9 | Rob Kooy | 91 | 17-01-51 AVA'64 |

110 meter horden M40 (106,7 cm - top 10)

| | | | |
|-------|---------------------|----|--------------------|
| 14.8 | Hans van Enkhuizen | 87 | 20-06-46 Haarlem |
| 15.5 | Ger Heinsius | 89 | 01-04-48 SAV |
| 15.86 | Jeroen van der Meer | 00 | 07-04-59 Haag Atl. |
| 15.9 | Joop Smeets | 83 | 27-08-42 HAC |
| 16.1 | Rien Alfenaar | 79 | 26-03-38 Unitas |

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|-------|-------------|----|---------------------|
| 16.41 | Purcy Marte | 98 | 13-10-56 Nea Volh. |
| 16.45 | Wim Roosen | 97 | 30-06-56 Holland-H. |
| 16.4 | Lucas Prins | 99 | 04-03-59 Haag Atl. |

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|---|--------------------------|----|---------------------|--|-------------------------|----|---------------------|
| 16.6 | Martin de Pater | 97 | 26-03-54 Haag Atl. | 400 meter horden M40 (=91,4 cm) | | | |
| 16.89 | Theo Brusche | 92 | 24-04-52 Bataven | 56.3 | Ger Heinsius | 88 | 01-04-48 SAV |
| | | | | 56.97 | Martin de Pater | 97 | 26-03-54 Haag Atl. |
| 110 meter horden M45 (= 99,6 cm) | | | | 58.14 | Purcy Marte | 99 | 13-10-56 Nea Volh. |
| 16.42 | Martin de Pater | 99 | 26-03-54 Haag Atl. | 58.45 | Gilles de Rooy | 00 | 22-03-60 Fortuna |
| 16.77 | Wim de Ronde | 97 | 08-11-48 Zaanland | 58.66 | Aad Kortekaas | 90 | 03-10-49 Spartaan |
| 16.85 | Jan Parlevliet | 81 | 15-05-32 Vet.Ned. | | | | |
| 16.9 | Joop Smeets | 92 | 27-08-42 Unitas | 58.67 | Peter v.d. Hoek | 90 | 03-11-49 Fortuna |
| 17.7 | Ed Molenmaker | 92 | 21-11-46 Spark | 59.10 | Martin Knoops | 99 | 10-07-56 PAC |
| | | | | 59.68 | John Wellerdieck | 94 | 17-01-53 Hellas |
| 18.0 | Peter Blommestijn | 88 | 23-05-42 AVR | 60.48 | Heinz Peters | 83 | 18-10-42 AVN |
| 18.36 | Jan Huijbers | 98 | 20-05-51 GAC-G. | 60.98 | Rob van Tiel | 88 | 14-11-44 Fortuna |
| 18.2 | Cees Berg | 92 | 22-06-47 AAV'36 | | | | |
| 18.8 | Peter van der Ham | 92 | 14-03-44 Haag Atl. | 61.3 | Sjouk Tel | 85 | 06-08-45 Spirit-L. |
| 19.5 | Jan van Empel | 90 | 19-08-44 GVAC | 61.90 | Gérard Moors | 89 | 19-12-47 Sprint |
| | | | | 62.2 | Peter Blommestijn | 84 | 23-05-42 AVR |
| 19.96 | Frans van Boven | 91 | 29-07-43 Thor | 62.3 | Freek Stam | 87 | 06-11-42 Trias |
| 19.98 | Bert Voerman | 97 | 24-02-48 Iphitos | 62.52 | Pierre Busnel | 89 | 04-06-45 Hellas |
| 20.26 | Glen Gentle | 99 | 05-01-52 Avon | | | | |
| 20.30 | Henk Nordt | 99 | 03-07-49 Zuidwal | 63.39 | Lucien Baert | 98 | 06-06-58 Olympia |
| 20.1 | Frank Larsen | 88 | 02-08-43 Ilion | 63.4 | Peter ten Seldam | 83 | 16-01-43 AAC |
| | | | | 63.56 | Arjen Koopstra | 95 | 02-05-54 Aalsmeer |
| 20.7 | Fred van der Steenhoven | 94 | 30-01-48 PAC | 63.5 | Hans van Enkhuizen | 87 | 20-06-46 Haarlem |
| 21.24 | Jan Titulaer | 95 | 25-05-47 Orion | 63.75 | Wim Roosen | 99 | 03-06-56 Holland-H. |
| 21.2 | Hans Gons | 89 | 19-08-42 Zaanland | | | | |
| 21.5 | Rob van Mechelen | 92 | 31-07-46 Thor | 64.02 | Ton Groenedijk | 95 | 15-07-54 AV'47 |
| 21.7 | Klaas v.d.Linde | 91 | 02-02-45 Avantri | 64.0 | Kleis Broekhuizen | 83 | 08-04-42 Energie |
| | | | | 64.28 | Theo Brusche | 95 | 24-04-52 De Bataven |
| 22.00 | Jacques Janssen | 91 | 16-02-46 AVT | 64.64 | Kees Havermans | 90 | 26-01-48 Scorpio |
| 22.0 | Herman Bongertman | 91 | 03-05-45 AVA'64 | 64.89 | Teun Vis | 96 | 14-05-56 Spado |
| 22.3 | Kees van Giezen | 83 | 14-02-34 GAC-H | | | | |
| | | | | 400 meter horden M45 (=91,4 cm - tot 70.00) | | | |
| 110 meter horden M45 (106,7 cm - top 10) | | | | 56.63 | Martin de Pater | 00 | 26-03-54 Haag Atl. |
| 18.7 | Ed Molenmaker | 92 | 21-11-46 Spark | 59.00 | Jan Parlevliet | 81 | 15-05-32 Vet.Ned. |
| 19.2 | Peter van der Ham | 89 | 14-03-44 V&L TC | 63.47 | Pierre Busnel | 90 | 04-06-45 Hellas |
| 19.9 | Peter Blommestijn | 88 | 23-05-42 AVR | 64.31 | Aad Kortekaas | 96 | 03-10-49 Spartaan |
| 20.10 | Frans van Boven | 90 | 29-07-43 Thor | 65.55 | Pedro Kneepkens | 92 | 26-04-47 Sprint |
| 20.54 | Henk Brouwer | 98 | 14-09-53 Ciko'66 | | | | |
| | | | | 66.04 | Cees Berg | 96 | 22-06-47 AAV'36 |
| 20.96 | Bert Voerman | 96 | 24-02-48 Iphitos | 66.23 | Ed Molenmaker | 92 | 21-11-46 Spark |
| 21.6 | Thijs Duim | 89 | 28-05-44 Climax | 66.46 | Guus Boudens | 00 | 08-09-54 Hellas |
| 21.8 | Kees van Loon | 85 | 11-06-38 Spirit-L. | 66.50 | Peter van der Ham | 89 | 14-03-44 V&L TC |
| 22.0 | Henk de Leeuw den Bouter | 92 | 19-04-43 Avantri | 67.13 | Kees Havermans | 94 | 26-01-48 Scorpio |
| 22.2 | Teun Leeuwerink | 83 | 22-04-35 Hera | | | | |
| | | | | 67.81 | Henk Nordt | 99 | 03-07-49 Zuidwal |
| 110 meter horden M50 (106,7 cm) | | | | 68.09 | Arjen Koopstra | 99 | 02-05-54 Aalsmeer |
| 20.8 | Peter Blommestijn | 95 | 23-05-42 R'dam Atl. | 68.0 | Harm Hendriks | 77 | 30-06-30 Vet.Ned. |
| | | | | 69.7 | Fred van der Steenhoven | 94 | 30-01-48 PAC |
| | | | | 400 meter horden M50 (=84,0 cm - tot 74.00) | | | |
| 300 meter horden M50 (=84,0 cm) | | | | 58.87 | Jan Parlevliet | 82 | 15-05-32 Vet.Ned. |
| 44.69 | Frank Larsen | 94 | 02-08-43 Ilion | 63.29 | Frank Larsen | 95 | 02-08-43 Ilion |
| 49.25 | Peter van der Ham | 94 | 14-03-44 Haag Atl. | 64.25 | Cees Berg | 98 | 22-06-47 AAV'36 |
| 53.40 | Chris Mettrop | 93 | 16-03-42 Spark | 66.71 | Henk Nordt | 00 | 03-07-49 Zuidwal |
| 55.62 | Joost Velthuisen | 89 | 01-06-36 Zaanland | 68.46 | Kees Havermans | 99 | 26-01-48 Scorpio |
| | | | | | | | |
| 300 meter horden M55 (=84,0 cm) | | | | 68.60 | Kees van Giezen | 85 | 14-02-34 GAC-H. |
| 48.99 | Kees van Giezen | 90 | 14-02-34 GAC-H. | 69.37 | Ed Molenmaker | 97 | 21-11-46 Spark |
| 50.56 | Pieter Schouten | 93 | 14-06-34 GAC-H. | 69.47 | Jelle van der Schaaf | 99 | 13-10-44 Hylas |
| 56.17 | Mario Spadon | 89 | 23-10-29 Bataven | 72.75 | Fred van der Steenhoven | 99 | 30-01-48 PAC |
| 58.00 | Jan Kempe | 90 | 15-06-35 Olymp'70 | | | | |
| | | | | 400 meter horden M55 (=84,0 cm) | | | |
| 300 meter horden M60 (=76,2 cm) | | | | 63.31 | Jan Parlevliet | 87 | 15-05-32 Ciko'66 |
| 49.0 | Frans Buys | 87 | 05-09-24 AAC | 64.7 (91) | Frans Buys | 83 | 05-09-24 AAC |
| 49.95 | Kees van Giezen | 94 | 14-02-34 GAC-H. | 68.40 | Jelle van der Schaaf | 00 | 13-10-44 Hylas |
| 51.52 | Pieter Schouten | 94 | 14-06-34 GAC-H. | 70.14 | Frans van Boven | 99 | 29-07-43 Thor |
| 54.36 | Mario Spadon | 90 | 23-10-29 Bataven | | | | |
| | | | | 400 meter horden M60 (=76,2 cm) | | | |
| 300 meter horden M65 (=76,2 cm) | | | | 64.45 | Frans Buys | 85 | 05-09-24 AAC |
| 53.09 | Frans Buys | 92 | 05-09-24 Pijnenburg | | | | |
| 55.43 | Kees van Giezen | 99 | 14-02-34 GAC-H. | | | | |
| 56.27 | Arend Koet | 98 | 26-12-30 Castricum | | | | |
| | | | | SNELWANDELEN | | | |
| 300 meter horden M70 (=76,2 cm) | | | | SW 3000 meter M40 | | | |
| 57.33 | Frans Buys | 97 | 05-09-24 Pijnenburg | 13.25.66 | Dirk Maassen v.d. Brink | 90 | 09-06-48 Holland-L. |
| | | | | 13.50.0 | John van Puyvelde | 99 | 26-05-59 Unitas |
| 300 meter horden M75 (=76,2 cm) | | | | 13.54.0 | Tjabel Ras | 77 | 02-01-35 PAC |
| 59.72 | Frans Buys | 00 | 05-09-24 GAC-H. | 13.57.1 | Theo Koenis | 96 | 12-10-51 LAT |
| | | | | 14.03.1 | Hans van Wakeren | 89 | 02-03-49 Unitas |

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|---------------------------------------|-------------------------|----|----------|------------|---|-------------------------|----|----------|------------|
| 14.07.0 | Nico Schrotten | 78 | 14-07-34 | Holland-L. | 25.53.78 | Ad Leermakers | 93 | 08-10-51 | Attila |
| 14.23.4 | Kees Lambregts | 00 | 21-10-59 | OLAT | 26.13.12 | Imco van der Wal | 95 | 10-06-55 | Lionitas |
| 14.25.1 | Henk Plasman | 98 | 15-05-57 | Gen. Mich. | | | | | |
| 14.25.70 | Hub Kaenen | 99 | 28-04-59 | RWV | | | | | |
| 14.29.8 | Fred Röhner | 91 | 11-09-50 | Unitas | | | | | |
| SW 3000 meter M45 | | | | | SW 5000 meter M45(tot 27.30.00) | | | | |
| 14.12.38 | Nico Schrotten | 79 | 14-07-34 | Holland-L. | 23.53.0 | Tjabel Ras | 81 | 02-10-35 | PAC |
| 14.31.0 | Klaas Bakker | 84 | 16-05-37 | OLAT | 24.29.22 | Theo Koenis | 97 | 12-10-51 | LAT |
| 14.41.2 | Philip Krul | 95 | 26-12-47 | RWV | 24.40.0 | Klaas Bakker | 84 | 16-05-37 | OLAT |
| 14.51.0 | Gerrit van Tol | 76 | 02-07-30 | RWV | 24.54.23 | Alex Jordana (F) | 85 | 37 | Sprint |
| 14.52.2 | Theo Koenis | 97 | 12-10-51 | LAT | 24.55.4 | Piet van Soest | 76 | 05-06-30 | Vet.Ned. |
| 14.59.0 | Tjabel Ras | 85 | 02-01-35 | PAC | 24.57.8 | Gerrit van Tol | 76 | 02-07-30 | RWV |
| 14.59.4 | Hans van Wakeren | 94 | 02-03-49 | Unitas | 25.04.7 | Hein Zethof | 74 | 10-08-28 | AVA'64 |
| 15.01.0 | Fred Röhner | 96 | 11-09-50 | Unitas | 25.22.3 | Hans van Wakeren | 94 | 02-03-49 | Unitas |
| 16.07.4 | Hub Coenen | 82 | 17-08-35 | Unitas | 25.26.59 | Philip Krul | 95 | 26-12-47 | RWV |
| 16.30.5 | Ewout van Wieringen | 78 | 17-04-33 | RWV | 25.47.85 | Fred Röhner | 95 | 11-09-50 | Unitas |
| SW 3000 meter M50 | | | | | SW 5000 meter M50 (tot 29.00.0) | | | | |
| 14.58.0 | Tjabel Ras | 86 | 02-10-35 | PAC | 26.07.10 | Dirk Maassen v.d. Brink | 93 | 09-06-48 | Holland-L. |
| 15.03.0 | Hein Zethof | 80 | 03-09-80 | Aalsmeer | 26.20.00 | Nico Schrotten | 79 | 14-07-34 | Holland-L. |
| 15.17.4 | Fred Röhner | 00 | 11-09-50 | Unitas | 27.01.8 | Rob Kemna | 82 | 11-02-37 | PAC |
| 15.24.1 | Hub Coenen | 86 | 17-08-35 | Unitas | 27.22.1 | Wim v.d. Wittenboer | 90 | 11-06-45 | OLAT |
| 15.32.8 | Wim Somsen | 92 | 18-04-40 | Pallas'67 | 24.02.5 | Klaas Bakker | 88 | 16-05-37 | OLAT |
| 16.06.0 | Hans van Wakeren | 99 | 02-03-49 | Unitas | 24.17.2 | Tjabel Ras | 87 | 02-10-35 | PAC |
| 16.46.9 | Jan Ritterbeeks | 83 | 27-03-31 | Unitas | 25.10.0 | Jan Cijis | 74 | 08-08-23 | LAT |
| 16.47.12 | Ad van Oijen | 96 | 31-05-44 | Weert | 25.53.0 | Hein Zethof | 80 | 10-08-28 | Aalsmeer |
| 16.57.0 | Wim Witvliet | 75 | 02-06-20 | PAC | 26.06.3 | Hub Coenen | 88 | 17-08-35 | Unitas |
| 17.12.7 | Job Sprij | 94 | 03-08-42 | Fortuna | 26.23.67 | Wim Somsen | 93 | 18-04-40 | Pallas'67 |
| SW 3000 meter M55 | | | | | SW 5000 meter M55 (tot 31.30.00) | | | | |
| 15.22.4 | Klaas Bakker | 94 | 16-05-37 | OLAT | 27.08.5 | Fred Röhner | 00 | 11-09-50 | Unitas |
| 15.48.8 | Tjabel Ras | 93 | 02-10-35 | RWV | 27.11.38 | Hans van Wakeren | 99 | 02-03-49 | Unitas |
| 15.49.0 | Hein Zethof | 88 | 10-08-28 | Aalsmeer | 28.16.4 | Jan Ritterbeeks | 83 | 27-03-31 | Unitas |
| 16.39.7 | Jan Ritterbeeks | 86 | 27-03-31 | Unitas | 28.30.09 | Ad van Oijen | 96 | 31-05-44 | Weert |
| 16.59.0 | Wim Somsen | 95 | 18-04-40 | Pallas | 28.56.94 | Ad Martens | 98 | 06-06-48 | DJA |
| 17.19.0 | Jan Sekuur | 86 | 14-05-86 | Vet.Ned. | 26.23.67 | Wim Somsen | 93 | 18-04-40 | Pallas'67 |
| 17.41.3 | Ad van Oijen | 99 | 31-05-44 | Weert | 27.08.5 | Fred Röhner | 00 | 11-09-50 | Unitas |
| 17.47.8 | Jaap Visser | 96 | 27-07-37 | LAT | 27.11.38 | Hans van Wakeren | 99 | 02-03-49 | Unitas |
| 18.27.8 | Gerrit Tigchelaar | 00 | 22-11-44 | Zaanland | 28.16.4 | Jan Ritterbeeks | 83 | 27-03-31 | Unitas |
| 20.02.6 | Gerrit de Jong | 99 | 08-06-42 | Avantri | 28.30.09 | Ad van Oijen | 96 | 31-05-44 | Weert |
| SW 3000 meter M60 | | | | | SW 5000 meter M60 | | | | |
| 15.58.7 | Nico Schrotten | 98 | 14-07-34 | RWV | 28.56.94 | Ad Martens | 98 | 06-06-48 | DJA |
| 16.09.7 | Hein Zethof | 89 | 10-08-28 | Aalsmeer | 25.57.56 | Tjabel Ras | 93 | 02-10-35 | RWV |
| 16.30.0 | Klaas Bakker | 99 | 16-05-37 | OLAT | 26.04.1 | Klaas Bakker | 94 | 16-05-37 | OLAT |
| 16.38.58 | Tjabel Ras | 96 | 02-10-35 | RWV | 26.19.1 | Hein Zethof | 85 | 10-08-28 | AVA'64 |
| 17.53.0 | Jaap Visser | 97 | 27-07-37 | RWV | 28.29.3 | Jan Ritterbeeks | 86 | 27-03-31 | Unitas |
| 19.28.00 | Rinus van Lonkhuisen | 99 | 30-01-37 | RWV | 28.52.2 | Wim Somsen | 95 | 18-04-40 | Pallas |
| SW 3000 meter M65 | | | | | SW 5000 meter M65 | | | | |
| 16.56.6 | Hein Zethof | 95 | 10-08-28 | Aalsmeer | 29.15.0 | Wim Witvliet | 79 | 02-06-20 | PAC |
| 17.57.8 | Nico Schrotten | 99 | 14-07-34 | RWV | 29.16.4 | Jan Sekuur | 86 | 19-01-30 | Vet.Ned. |
| SW 3000 meter M70 | | | | | SW 5000 meter M65 | | | | |
| 17.54.0 | Wim Dalmeyer | 77 | 30-09-05 | RWV | 29.32.3 | Jaap Visser | 97 | 27-07-37 | RWV |
| SW 3000 meter M80 | | | | | SW 5000 meter M60 | | | | |
| 23.56.6 | Henri Gest | 00 | 04-07-18 | Zaanland | 29.39.9 | Ad van Oijen | 99 | 31-05-44 | Weert |
| SW 5000 meter M40(tot 26.30.0) | | | | | SW 5000 meter M60 | | | | |
| 21.42.9 | Henk Plasman | 97 | 15-05-57 | Gen. Mich. | 31.29.7 | Gerrit Tigchelaar | 00 | 22-11-44 | Zaanland |
| 22.50.2 | Tjabel Ras | 76 | 02-10-35 | PAC | 26.29.18 | Hein Zethof | 90 | 10-08-28 | AVA'64 |
| 23.00.92 | Theo Koenis | 92 | 12-10-51 | LAT | 26.45.3 | Nico Schrotten | 98 | 14-07-34 | RWV |
| 23.05.92 | John van Puyvelde | 99 | 26-05-59 | Unitas | 27.27.21 | Klaas Bakker | 99 | 16-05-37 | OLAT |
| 23.09.54 | Dirk Maassen v.d. Brink | 88 | 09-06-48 | Holland-L. | 28.13.7 | Tjabel Ras | 96 | 02-10-35 | RWV |
| 23.50.0 | Nico Schrotten | 78 | 14-07-34 | Holland-L. | 30.02.1 | Jaap Visser | 97 | 27-07-37 | RWV |
| 23.56.2 | Hans van Wakeren | 89 | 02-03-49 | Unitas | 30.49.74 | Gerard Koornneef | 92 | 02-05-31 | Delta Sp. |
| 24.16.3 | Kees Lambregts | 00 | 21-10-59 | OLAT | 32.46.34 | Rinus van Lonkhuisen | 99 | 30-01-37 | RWV |
| 24.20.60 | Hans van der Knaap | 00 | 09-12-59 | RWV | SW 5000 meter M65 | | | | |
| 24.58.73 | Fred Röhner | 92 | 11-09-50 | Unitas | 27.59.61 | Nico Schrotten | 99 | 14-07-34 | RWV |
| 25.06.54 | Richard Leijenaar | 99 | 26-05-59 | RWV | 28.14.2 | Hein Zethof | 95 | 10-08-28 | Aalsmeer |
| 25.12.14 | Koos Keijzer | 91 | 24-03-50 | Triathlon | 31.47.0 | Wim Dalmeyer | 75 | 30-09-05 | RWV |
| 25.16.1 | Hub Kaenen | 99 | 28-04-59 | RWV | 35.46.9 | Ewout van Wieringen | 98 | 17-04-33 | RWV |
| 25.36.3 | Gerrit van Tol | 74 | 02-07-30 | RWV | SW 5000 meter M70 | | | | |
| SW 10.000 meter M40 | | | | | SW 5000 meter M80 | | | | |
| 45.48.0 | Henk Plasman | 98 | 15-05-57 | Gen. Mich. | 31.28.2 | Wim Dalmeyer | 78 | 30-09-05 | RWV |
| 46.21.0 | Tjabel Ras | 76 | 02-10-35 | PAC | SW 5000 meter M80 | | | | |
| 48.25.0 | Nico Schrotten | 78 | 14-07-34 | Holland-L. | 39.36.7 | Henri Gest | 00 | 04-07-18 | Zaanland |
| 48.40.0 | Theo Koenis | 96 | 12-10-51 | De Lat | SW 10.000 meter M40 | | | | |
| 48.55.0 | Hans van Wakeren | 89 | 02-03-49 | Unitas | 45.48.0 | Henk Plasman | 98 | 15-05-57 | Gen. Mich. |
| 49.12.3 | Dirk Maassen v.d. Brink | 90 | 09-06-48 | Holland-L. | 46.21.0 | Tjabel Ras | 76 | 02-10-35 | PAC |
| 51.20.9 | John van Puyvelde | 99 | 26-05-59 | RWV | 48.25.0 | Nico Schrotten | 78 | 14-07-34 | Holland-L. |
| 51.23.3 | Gerrit van Tol | 74 | 02-07-30 | RWV | 48.40.0 | Theo Koenis | 96 | 12-10-51 | De Lat |
| | | | | | 48.55.0 | Hans van Wakeren | 89 | 02-03-49 | Unitas |

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|----------------------------|-------------------------|----|----------|------------|----------------------------|-------------------------|------------------------|
| 51.38.5 | Richard Leijenaar | 00 | 26-05-59 | RWV | SW 20.000 meter M50 | | |
| 52.20.0 | Kees Lambregts | 00 | 21-10-59 | OLAT | 1.46.09.0 | Tjabel Ras | 90 02-10-35 RWV |
| SW 10.000 meter M45 | | | | | 1.47.14.4 | Jan Cijis | 74 08-08-23 LAT |
| 48.44.1 | Tjabel Ras | 83 | 02-10-35 | PAC | 1.54.42.6 | Wim Somsen | 93 18-04-40 Pallas'67 |
| 50.00.3 | Theo Koenis | 97 | 12-10-51 | LAT | 1.58.15.3 | Hans van Wakeren | 99 02-03-49 Unitas |
| 50.30.70 | Klaas Bakker | 84 | 16-05-37 | OLAT | 1.59.25.8 | Gerard Baatsen | 77 21-10-24 RWV |
| 51.51.4 | Hein Zethof | 78 | 10-08-28 | Aalsmeer | | | |
| 51.59.6 | Philip Krul | 95 | 26-12-47 | RWV | | | |
| | | | | | 1.59.28.0 | Hub Coenen | 87 17-08-35 Unitas |
| 52.13.89 | Hans van Wakeren | 94 | 02-03-49 | Unitas | 2.01.53.0 | Ad Martens | 98 06-06-48 DJA |
| 54.44.2 | Gerrit van Tol | 78 | 02-07-30 | RWV | 2.03.13.0 | Jan Ritterbeeks | 83 27-03-31 Unitas |
| 54.57.6 | Fred Röhner | 96 | 11-09-50 | Unitas | 2.03.22.0 | Ad van Oijen | 95 31-05-44 Weert |
| 55.40.6 | Wim v.d. Wittenboer | 91 | 11-06-45 | OLAT | 2.10.12.0 | Gerrit de Jong | 96 08-06-42 Avantri |
| 56.47.0 | Hub Coenen | 84 | 17-08-35 | Unitas | | | |
| SW 10.000 meter M50 | | | | | SW 20.000 meter M55 | | |
| 49.35.0 | Tjabel Ras | 89 | 02-10-35 | PAC | 2.05.05.0 | Jan Ritterbeeks | 86 27-03-31 Unitas |
| 50.20.5 | Klaas Bakker | 88 | 16-05-37 | OLAT | 2.14.21.0 | Dave Bindervoet | 98 05-10-40 RWV |
| 52.45.6 | Hein Zethof | 80 | 10-08-28 | Aalsmeer | 2.19.26.3 | Gerrit de Jong | 98 08-06-42 Avantri |
| 53.15.0 | Hub Coenen | 88 | 17-08-35 | Unitas | | | |
| 54.56.1 | Fred Röhner | 00 | 11-09-50 | Unitas | SW 20.000 meter M60 | | |
| | | | | | 1.51.17.4 | Nico Schrotten | 97 14-07-34 RWV |
| 54.57.0 | Wim Somsen | 93 | 18-04-40 | Pallas'67 | 2.05.08.0 | Jos Koolen | 88 19-06-27 OLAT |
| 55.45.4 | Hans van Wakeren | 99 | 02-03-49 | Unitas | | | |
| 57.46.6 | Ad van Oijen | 97 | 31-05-44 | Weert | SW 20.000 meter M65 | | |
| 58.55.0 | Jan Ritterbeeks | 84 | 27-03-31 | Unitas | 2.00.46.8 | Nico Schrotten | 99 14-07-34 RWV |
| 60.10.0 | Gerard Baatsen | 78 | 21-10-24 | RWV | 2.30.06.3 | Ewout van Wieringen | 98 17-04-33 RWV |
| SW 10.000 meter M55 | | | | | | | |
| 52.45.6 | Tjabel Ras | 93 | 02-10-35 | RWV | SW 30.000 meter M40 | | |
| 53.58.8 | Hein Zethof | 85 | 10-08-28 | Aalsmeer | 2.27.38.1 | Henk Plasman | 98 15-05-57 Gen.Mich. |
| 56.06.8 | Klaas Bakker | 92 | 16-05-37 | OLAT | 2.32.06.4 | Tjabel Ras | 76 04-08-76 PAC |
| 58.33.5 | Jan Ritterbeeks | 86 | 27-03-31 | Unitas | 2.37.55.0 | Nico Schrotten | 78 14-07-34 Holland-L. |
| 59.02.6 | Wim Somsen | 95 | 18-04-40 | Pallas | 2.45.49.0 | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. |
| | | | | | 2.47.53.9 | Hans van Wakeren | 89 02-03-49 Unitas |
| 59.45.0 | Jan Sekuur | 86 | 19-01-30 | Vet.Ned. | | | |
| 59.50.4 | Ad van Oijen | 99 | 31-05-44 | Weert | 2.49.55.4 | Richard Leijenaar | 00 26-05-59 RWV |
| 63.55.0 | Sjef Koolen | 95 | 24-09-37 | OLAT | 2.53.56.0 | Rob Kemna | 78 11-02-37 PAC |
| 67.33.0 | Dave Bindervoet | 98 | 05-10-40 | RWV | 2.54.07.0 | Fred Röhner | 92 11-09-50 Unitas |
| 68.47.9 | Gerrit Tigchelaar | 00 | 22-11-44 | Zaanland | 3.04.31.0 | Ewout van Wieringen | 77 17-04-33 RWV |
| | | | | | 3.10.13.0 | Gerrit de Jong | 84 08-06-42 Avantri |
| SW 10.000 meter M60 | | | | | SW 30.000 meter M45 | | |
| 53.50.8 | Nico Schrotten | 98 | 14-07-34 | RWV | 2.41.29.9 | Nico Schrotten | 80 14-07-34 Holland-L. |
| 55.31.4 | Hein Zethof | 89 | 10-08-28 | Aalsmeer | 3.06.54.8 | Jan Ritterbeeks | 80 27-03-31 Unitas |
| 57.31.1 | Klaas Bakker | 99 | 16-05-37 | OLAT | 3.08.22.0 | Ewout van Wieringen | 79 17-04-33 RWV |
| 57.58.9 | Tjabel Ras | 98 | 02-10-35 | RWV | 3.10.25.0 | Hub Coenen | 84 17-08-35 Unitas |
| 58.21.0 | Jos Koolen | 89 | 19-06-27 | OLAT | 3.14.23.0 | Fred Röhner | 98 11-09-50 Unitas |
| SW 10.000 meter M65 | | | | | SW 30.000 meter M50 | | |
| 59.45.3 | Nico Schrotten | 99 | 14-07-34 | RWV | 3.03.04.2 | Hans van Wakeren | 99 02-03-49 Unitas |
| 73.12.0 | Ewout van Wieringen | 98 | 17-04-33 | RWV | 3.04.31.4 | Ad Martens | 98 06-06-48 DJA |
| SW 10.000 meter M70 | | | | | 3.10.21.0 | Jan Ritterbeeks | 84 27-03-31 Unitas |
| 63.54.0 | Wim Dalmeyer | 78 | 30-09-05 | RWV | SW 30.000 meter M55 | | |
| SW 20.000 meter M40 | | | | | 3.21.23.0 | Dave Bindervoet | 98 05-10-40 RWV |
| 1.31.47.4 | Henk Plasman | 98 | 15-05-57 | Gen.Mich. | SW 30.000 meter M60 | | |
| 1.38.28.60 | Theo Koenis | 96 | 12-10-51 | LAT | 2.57.14.3 | Nico Schrotten | 97 14-07-34 RWV |
| 1.38.40.0 | Tjabel Ras | 76 | 02-10-35 | PAC | SW 30.000 meter M65 | | |
| 1.41.00.4 | Nico Schrotten | 78 | 14-07-34 | Holland-L. | 3.06.56.1 | Nico Schrotten | 99 14-07-34 RWV |
| 1.43.49.0 | Hans van Wakeren | 91 | 02-03-49 | Unitas | 3.49.02.1 | Ewout van Wieringen | 98 17-04-33 RWV |
| | | | | | SW 50.000 meter M40 | | |
| 1.45.23.2 | Dirk Maassen v.d. Brink | 90 | 09-06-48 | Holland-L. | 4.19.44.4 | Henk Plasman | 98 15-05-57 Gen.Mich. |
| 1.45.42.1 | Kees Lambregts | 00 | 21-10-59 | OLAT | 4.36.11.7 | Nico Schrotten | 78 14-07-34 Holland-L. |
| 1.46.10.0 | Jan van Dijk | 66 | ... | 24 LAT | 4.47.52.0 | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. |
| 1.46.13.0 | Piet van Soest | 70 | 05-06-30 | Hellas | 5.05.54.0 | Hans van Wakeren | 90 02-03-49 Unitas |
| 1.47.11.7 | Richard Leijenaar | 99 | 26-05-59 | RWV | 5.09.51.0 | Jan Vos | 79 13-01-38 RWV |
| SW 20.000 meter M45 | | | | | | | |
| 1.42.48.1 | Tjabel Ras | 81 | 02-10-35 | PAC | 5.18.50.0 | Gerrit de Jong | 82 08-06-42 Avantri |
| 1.43.24.6 | Theo Koenis | 97 | 12-10-51 | LAT | 5.28.55.4 | Wim v.d. Wittenboer | 85 11-06-45 OLAT |
| 1.43.58.4 | Nico Schrotten | 80 | 14-07-34 | Holland-L. | SW 50.000 meter M45 | | |
| 1.47.54.0 | Hans van Wakeren | 94 | 02-03-49 | Unitas | 4.31.17.0 | Nico Schrotten | 79 14-07-34 Holland-L. |
| 1.48.40.0 | Jan Cijis | 71 | 08-08-23 | LAT | 5.09.31.1 | Jan Vos | 85 13-11-38 RWV |
| | | | | | 5.32.54.0 | Hub Coenen | 84 17-08-35 Unitas |
| 1.49.24.4 | Piet van Soest | 80 | 05-06-30 | RWV | 5.43.36.0 | Jan Ritterbeeks | 79 27-03-31 Caesar |
| 1.49.45.0 | Philip Krul | 94 | 26-12-47 | RWV | | | |
| 1.56.03.7 | Ad Leermakers | 97 | 08-10-51 | Attila | | | |
| 1.56.05.0 | Fred Röhner | 96 | 11-09-50 | Unitas | | | |
| 1.57.48.1 | Jan Vos | 85 | 13-11-38 | RWV | | | |

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|-------------------------------|-------------------------|------------------------|-------------------------------|-------------------------|-------------------------|
| SW 50.000 meter M50 | | | 1 uur snelwandelen M65 | | |
| 5.20.34.5 | Ad Martens | 98 06-06-48 DJA | 10.040 | Nico Schroten | |
| 5.24.44.0 | Jan Ritterbeeks | 82 27-03-31 Unitas | 9.698 | Wim Witvliet | 85 02-06-20 PAC |
| 5.30.08.2 | Hub Coenen | 85 17-08-35 Unitas | 1 uur snelwandelen M70 | | |
| 5.32.44.4 | Gerard Baatsen | 76 21-10-24 RWV | 9.490 | Wim Dalmeyer | 77 30-09-05 RWV |
| 5.48.52.1 | Fred Röhner | 98 11-09-50 Unitas | 2 uur snelwandelen M40 | | |
| SW 50.000 meter M55 | | | 24.852 | Henk Plasman | 98 15-05-57 Gen.Mich. |
| 5.40.21.7 | Dave Bindervoet | 98 05-10-40 RWV | 24.243 | Tjabel Ras | 76 02-10-35 PAC |
| SW 50.000 meter M60 | | | 23.214 | Theo Koenis | 92 12-10-51 De Lat |
| 5.19.12.2 | Nico Schroten | 98 14-07-34 RWV | 22.412 | Hans van Wakeren | 91 02-03-49 Unitas |
| SW 50.000 meter M65 | | | 22.216 | Nico Schroten | 77 14-07-34 Holland-L. |
| 6.35.42.7 | Ewout van Wieringen | 98 17-04-33 RWV | 22.166 | Dirk Maassen v.d. Brink | 89 09-06-48 Holland-L. |
| 1 uur snelwandelen M40 | | | 22.105 | Richard Leijenaar | 99 26-05-59 RWV |
| 12.854 | Tjabel Ras | 76 02-10-35 PAC | 21.896 | Piet van Soest | 74 05-06-30 Hellas |
| 12.343 | Nico Schroten | 78 14-07-34 Holland-L. | 21.818 | Jan Vos | 81 13-11-38 RWV |
| 12.280 | Theo Koenis | 93 12-10-51 LAT | 21.281 | Fred Röhner | 91 11-09-50 Unitas |
| 12.127 | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. | 2 uur snelwandelen M45 | | |
| 12.054 | Hans van Wakeren | 89 02-03-49 Unitas | 23.324 | Nico Schroten | 80 14-07-34 Holland-L. |
| 11.794 | Hein Zethof | 72 10-08-28 AVA'64 | 22.649 | Tjabel Ras | 81 02-10-35 PAC |
| 11.664 | Piet van Soest | 74 05-06-30 Hellas | 22.060 | Piet van Soest | 76 05-06-30 Vet.Ned. |
| 11.638 | Richard Leijenaar | 99 26-05-59 RWV | 21.968 | Theo Koenis | 99 12-10-51 LAT |
| 11.475 | Gerrit van Tol | 75 02-07-30 RWV | 21.202 | Gerrit van Tol | 76 02-07-30 RWV |
| 11.350 | Hans van der Knaap | 00 09-12-59 RWV | 21.097 | Hans van Wakeren | 96 02-03-49 Unitas |
| 1 uur snelwandelen M45 | | | 20.630 | Philip Krul | 96 26-12-47 RWV |
| 12.322 | Tjabel Ras | 81 02-10-35 PAC | 20.548 | Klaas Bakker | 83 16-05-37 OLAT |
| 11.995 | Theo Koenis | 97 12-10-51 LAT | 20.360 | Jan Vos | 85 13-11-38 RWV |
| 11.864 | Alex Jordana (F) | 85 37 Sprint | 20.041 | Jan Ritterbeeks | 80 27-03-31 Unitas |
| 11.636 | Klaas Bakker | 84 16-05-37 OLAT | 2 uur snelwandelen M50 | | |
| 11.554 | Philip Krul | 95 26-12-47 RWV | 21.473 | Jan Cijjs | 74 08-08-23 De Lat |
| 11.489 | Gerrit van Tol | 76 02-07-30 RWV | 20.291 | Hans van Wakeren | 99 02-03-49 Unitas |
| 11.048 | Hans van Wakeren | 97 02-03-49 Unitas | 20.043 | Hub Coenen | 86 17-08-35 Unitas |
| 10.931 | Fred Röhner | 96 11-09-50 Unitas | 19.701 | Ad Martens | 98 06-06-48 DJA |
| 10.915 | Rob Kemna | 82 11-02-37 PAC | 19.453 | Ad van Oijen | 96 31-05-44 Weert |
| 10.856 | Jan Vos | 84 13-11-38 RWV | 19.218 | Wim Somsen | 92 18-04-40 Pallas'67 |
| 1 uur snelwandelen M50 | | | 19.204 | Gerrit de Jong | 96 08-06-42 Avantri |
| 12.118 | Tjabel Ras | 89 02-10-35 PAC | 19.132 | Gerard Baatsen | 76 21-10-24 RWV |
| 11.856 | Klaas Bakker | 88 16-05-37 OLAT | 18.738 | Jan Sekuur | 81 19-01-30 Vet.Ned. |
| 11.419 | Hein Zethof | 80 10-08-28 Aalsmeer | 2 uur snelwandelen M55 | | |
| 11.120 | Anton Toscani | 55 29-07-01 AAC | 18.706 | Jan Sekuur | 85 19-01-30 Vet.Ned. |
| 10.940 | Wim Somsen | 93 18-04-40 Pallas'67 | 18.450 | Jan Ritterbeeks | 86 27-03-31 Unitas |
| 10.807 | Hub Coenen | 87 17-08-35 Unitas | 17.865 | Dave Bindervoet | 98 05-10-40 RWV |
| 10.750 | Hans van Wakeren | 99 02-03-49 Unitas | 2 uur snelwandelen M60 | | |
| 10.398 | Gerard Baatsen | 78 21-10-24 RWV | 20.985 | Nico Schroten | 96 14-07-34 RWV |
| 10.377 | Ad van Oijen | 96 31-05-44 Weert | 2 uur snelwandelen M65 | | |
| 10.072 | Wim Witvliet | 73 02-06-20 PAC | 19.876 | Nico Schroten | 99 14-07-34 RWV |
| 1 uur snelwandelen M55 | | | 16.196 | Ewout van Wieringen | 98 17-04-33 RWV |
| 11.372 | Tjabel Ras | 93 02-10-35 RWV | hoogspringen M40 | | |
| 11.114 | Hein Zethof | 85 10-08-28 Aalsmeer | 2.00 | Leo Poirot | 83 24-07-43 Hercules |
| 10.168 | Jan Ritterbeeks | 86 27-03-31 Unitas | 1.95 | Jan Huijbers | 93 20-05-51 GAC-G. |
| 10.161 | Wim Somsen | 95 18-04-40 Pallas'67 | 1.86 | Henny van Wijk | 94 01-10-49 Phoenix |
| 10.063 | Jan Sekuur | 86 19-01-30 RWV | 1.85 | Hans Scheffers | 85+89 03-05-45 Fortuna |
| 10.021 | Ad van Oijen | 99 31-05-44 Weert | 1.85 | Wim Roosen | 97 30-06-56 Holland-H. |
| 9.990 | Wim Witvliet | 79 02-06-20 PAC | 1.85 | Erik Rollenberg | 98+99 25-08-58 Haarlem |
| 9.743 | Jaap Visser | 96 27-07-37 RWV | 1.83 | Erik Endlich | 98 19-01-58 Sisu |
| 9.628 | Jos Koolen | 87 19-06-27 OLAT | 1.82 | Ger Heinsius | 89 01-04-48 SAV |
| 1 uur snelwandelen M60 | | | 1.82 | Ed Molenmaker | 90 21-11-46 Spark |
| 10.951 | Nico Schroten | 97 14-07-34 RWV | 1.80 | Aebele Douma | 82 17-11-41 Spero |
| 10.814 | Hein Zethof | 89 10-08-28 Aalsmeer | 1.80 | Maarten Laan | 89 03-06-48 Zaanland |
| 10.356 | Tjabel Ras | 98 02-10-35 RWV | 1.80 | Ton de Graaff | 90+91 23-04-49 AVN |
| 10.283 | Wim Witvliet | 82 02-06-20 PAC | 1.80 | Jeroen Bronwasser | 00 05-02-59 Pr. Hendrik |
| 9.657 | Jaap Visser | 97 27-07-37 RWV | 1.76 | Cees Jägers | 84 26-08-42 GAC-H. |
| 9.017 | Bert Quaadgras | 87 08-03-26 OLAT | 1.75 | Aad Bode | 83 07-08-41 Hercules |
| 8.929 | Rinus van Lonkhuysen | 99 30-01-37 RWV | | | |

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|-------------------------|--------------------------|-------|----------|------------|--------------------------------------|--------------------------|-------------------|----------|------------|-----------|
| 1.75 | Peter Blommestijn | 86 | 23-05-42 | AVR | hoogsprongen M55 (vanaf 1.25) | 1.65 | Rob Bleyert | 96 | 22-11-39 | Climax |
| 1.75 | Rob van Tiel | 86 | 14-11-44 | Fortuna | 1.55 | Cees Jägers | 97/99 | 26-08-42 | GAC-H. | |
| 1.75 | Willem v.d. Werff | 89 | 07-04-48 | Hera | 1.55 | Peter Blommestijn | 98+99 | 23-05-42 | R'dam Atl. | |
| 1.75 | Wim Prinsen | 91 | 21-03-50 | Sprint | 1.55 | Frans van Boven | 99+00 | 29-07-43 | Thor | |
| 1.75 | Sylvain Ephimenco | 97 | 24-11-56 | R'dam Atl. | 1.55 | Frank Larsen | 99 | 02-08-43 | Ilion | |
| 1.75 | Jan van Dijk | 97 | 04-06-54 | Trias | 1.55 | Peter van der Ham | 99+00 | 14-03-44 | Haag Atl. | |
| 1.75 | Purcy Marte | 98 | 13-10-56 | Nea-Volh. | 1.46 | Kees van Giezen | 91 | 14-02-34 | GAC-H. | |
| 1.74 | Teun Vis | 97 | 10-05-56 | Spirit-L. | 1.45 | Theo Sybrandy | 93 | 03-07-38 | Sparta | |
| 1.73 | Theo Maat | 88 | 10-03-48 | Fortuna | 1.40 | Frans Buys | 83 | 05-09-24 | AAC | |
| 1.72 | Frans van der Ham | 95 | 26-07-54 | Avantri | 1.40 | Jan Luykx | 90 | 09-09-33 | Sprint | |
| 1.72 | Albert van der Mee | 00 | 29-01-60 | Sprint | 1.35 | Martin Bettonviel | 94 | 21-05-37 | Attila | |
| hoogsprongen M45 | | | | | 1.35 | Frits Martens | 00 | 05-06-42 | Hollandai | |
| 1.86 | Jan Huijbers | 98 | 20-05-51 | GAC-G. | 1.30 | Jan Oerlemans | 83 | 24-05-28 | AVN | |
| 1.82 | Hans Scheffers | 90 | 03-05-45 | Fortuna | 1.30 | Nol van der Zalm | 96+97 | 20-07-37 | Kieviten | |
| 1.80 | Ton de Graaff | 94+96 | 23-04-49 | AVN | 1.30 | Theo de Koning | 99 | 06-09-40 | GVAC | |
| 1.77 | Henny van Wijk | 95+97 | 01-10-49 | Phoenix | 1.25 | Cor Holshuysen | 87 | 16-09-32 | DES | |
| 1.75 | Ed Molenmaker | 93+96 | 21-11-46 | Spark | 1.25 | Ben Osterman | 86 | 20-05-29 | Vet.Ned. | |
| 1.70 | Peter Blommestijn | 87 | 23-05-42 | AVR | 1.25 | Dick Paternotte | 86 | 14-11-29 | Tion | |
| 1.70 | Rob Bleyert | 88 | 22-11-39 | Climax | 1.25 | Piet v.d.Kerkhoff | 89 | 08-05-34 | Clytoneus | |
| 1.70 | Peter van der Ham | 89 | 14-03-44 | V&L TC | hoogsprongen M60 (vanaf 1.20) | 1.45 | Rob Bleijer | 00 | 22-11-39 | Climax |
| 1.70 | Mike Drenth | 92 | 26-12-46 | Unitas | 1.42 | Cor Braak | 92 | 21-03-31 | Waterland | |
| 1.70 | Willem v.d. Werff | 94 | 07-04-48 | Hera | 1.38 | Kees van Giezen | 95 | 14-02-34 | GAC-H. | |
| 1.70 | Wim Scholtes | 94 | 09-06-47 | Sparta | 1.35 | Frans Buys | 85 | 05-09-24 | AAC | |
| 1.70 | Piet Jacobs | 96 | 26-01-50 | Ach.-Top | 1.35 | Rob Kila | 00 | 07-02-40 | Vet. Ned. | |
| 1.69 | Joop Smeets | 92 | 27-08-42 | Unitas | 1.30 | Bert Berkhoudt | 88 | 23-01-28 | Scorpio | |
| 1.68 | Jacques Janssen | 91 | 16-02-46 | AVT | 1.30 | Dick Paternotte | 90 | 14-11-29 | Tion | |
| 1.65 | Joop Nennie | 87 | 20-07-41 | V&L TC | 1.30 | Jan Oerlemans | 91 | 24-05-28 | AVN | |
| 1.65 | Cees Jägers | 88 | 26-08-42 | GAC-H. | 1.30 | Joop van den Brink | 92 | 18-07-32 | Hercules | |
| 1.65 | Frans van Boven | 90/92 | 29-07-43 | Thor | 1.30 | Jan Luykx | 94 | 09-09-33 | Sprint | |
| 1.65 | Maarten Laan | 93 | 03-06-48 | Zaanland | 1.30 | Jan Kempe | 97 | 15-06-35 | Olymp'70 | |
| 1.65 | John de Jongh | 93 | 05-04-46 | Altis | 1.30 | Theo de Koning | 00 | 06-09-40 | GVAC | |
| 1.65 | Rob Dekker | 94+96 | 18-10-46 | Castricum | 1.25 | Nol van der Zalm | 98 | 20-07-37 | Kieviten | |
| 1.65 | Koos Reiding | 96 | 25-08-50 | R'dam Atl. | 1.25 | Sjef Bemelmans | 98 | 15-11-37 | Avon | |
| 1.65 | Henk van Bakel | 98 | 14-02-53 | Orion | 1.20 | Henk Barends | 00 | 03-04-40 | Hercules | |
| 1.65 | Cor Diemers | 99 | 11-02-54 | PAC | hoogsprongen M65 | 1.40 | Arend Koet | 96 | 26-12-30 | Castricum |
| 1.65 | Frans van der Ham | 00 | 26-07-54 | Avantri | 1.37 | Kees van Giezen | 99 | 14-02-34 | GAC-H. | |
| 1.62 | Onno Waalewijn | 94 | 20-01-47 | AV'23 | 1.36 | Cor Braak | 96 | 21-03-31 | Waterland | |
| 1.62 | René Hondelink | 95 | 18-05-47 | Cialfo | 1.15 | Frans Buys | 90 | 05-09-24 | Pijnenburg | |
| hoogsprongen M50 | | | | | 1.00 | Toon Besseling | 87 | 26-01-22 | Zaanland | |
| 1.76 | Ed Molenmaker | 97 | 21-11-46 | Spark | hoogsprongen M70 | 1.00 | Toon Besseling | 92 | 26-01-22 | Zaanland |
| 1.70 | Rob Bleyert | 90+91 | 22-11-39 | Climax | polshoog M40 | 4.40 | Frans van der Ham | 95 | 26-07-54 | Avantri |
| 1.66 | Rob Dekker | 00 | 18-10-46 | Castricum | 4.00 | Marc van Vliet | 92 | 24-02-52 | Holland-L. | |
| 1.65 | Peter Blommestijn | 95 | 23-05-42 | R'dam Atl. | 3.90 | Pim Göbel | 92 | 28-04-52 | Haarlem | |
| 1.65 | René Hondelink | 97 | 18-05-47 | Cialfo | 3.90 | Siebe van Genesen | 00 | 09-04-59 | AVN | |
| 1.65 | Ton de Graaff | 99+00 | 23-04-49 | AVN | 3.80 | Aebele Douma | 82 | 17-11-41 | Spero | |
| 1.62 | Frans van Boven | 95 | 29-07-43 | Thor | 3.80 | Lex Derksema | 85 | 27-09-43 | Argo '77 | |
| 1.60 | Cees Jägers | 94+96 | 26-08-42 | GAC-H | 3.80 | Hans van Wieringen | 85 | 31-07-44 | Sparta | |
| 1.60 | Frank Larsen | 96+97 | 02-08-43 | Ilion | 3.80 | Wim Langeland | 96 | 08-01-55 | Avantri | |
| 1.60 | Wim de Ronde | 99 | 08-11-48 | Zaanland | 3.70 | Harry Dost | 84 | 22-03-44 | Tion | |
| 1.60 | Theo Maat | 00 | 10-03-48 | Fortuna | 3.70 | Bert Krijnen | 85 | 19-04-45 | GAC-H. | |
| 1.57 | Jan Nijssen | 82 | 06-01-32 | HAC | 3.60 | Dick Opdien | 00 | 01-11-59 | Scorpio | |
| 1.55 | Arie Langeveld | 91 | 09-12-40 | Holland-H. | 3.50 | Ton de Graaff | 90 | 23-04-49 | AVN | |
| 1.55 | Joop Nennie | 92 | 20-07-41 | Haag Atl. | 3.50 | Ko Florusse | 92 | 30-05-50 | Parthenon | |
| 1.55 | Peter van der Ham | 94+96 | 14-03-44 | Haag Atl. | 3.50 | Adrie Roos | 94 | 25-01-53 | Spark | |
| 1.55 | Herman Bongertman | 95+96 | 03-05-45 | Blauw Wit | 3.50 | August Leckie | 99 | 28-11-57 | Ilion | |
| 1.55 | John de Jong | 96 | 05-04-46 | Altis | 3.40 | Servee Wijsen | 77 | 10-01-35 | Unitas | |
| 1.55 | Onno Waalewijn | 97+98 | 20-01-47 | AV'23 | 3.40 | Henk de Leeuw den Bouter | 83 | 19-04-43 | Avantri | |
| 1.55 | Koos Reiding | 97 | 25-08-50 | R'dam Atl. | 3.40 | Freek Stam | 84 | 06-11-42 | Trias | |
| 1.53 | Cor Kanbier | 98 | 30-08-46 | Veendam | 3.40 | Jan de Vries | 85 | 04-05-44 | AAC | |
| 1.52 | Henk de Leeuw den Bouter | 94 | 19-04-43 | Avantri | 3.40 | Gerard den Oudendammer | 88 | 15-04-46 | Metro | |
| 1.50 | Carel van Venetiën | 80 | 19-01-29 | Holland-L. | | | | | | |
| 1.50 | Cor Braak | 81 | 21-03-31 | Waterland | | | | | | |
| 1.50 | Jan Parlevliet | 82 | 15-05-32 | Vet.Ned. | | | | | | |
| 1.50 | Kees van Giezen | 84 | 14-02-34 | GAC-H. | | | | | | |
| 1.50 | Martin Bettonviel | 89 | 21-05-37 | Attila | | | | | | |
| 1.50 | Theo Sybrandy | 89 | 03-07-38 | Sparta | | | | | | |
| 1.50 | Huib van Enkhuizen | 99 | 47 | R'dam Atl. | | | | | | |
| 1.50 | Willem v.d. Werff | 99 | 07-04-48 | Hera | | | | | | |
| 1.50 | Dick Schermer | 99 | 14-05-47 | Castricum | | | | | | |

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|----------------------------------|--------------------------|-------|----------|------------|------------------------|--------------------|-------------------------|
| 3.40 | Theo Maat | 88 | 10-03-48 | Fortuna | polshoog M75 | | |
| 3.40 | Theo Brusche | 92 | 24-04-52 | De Bataven | 1.92 | Kees Gelens | 86 14-08-07 Attila |
| 3.30 | Ger Heinsius | 88+89 | 01-04-48 | SAV | | | |
| 3.20 | Albert Bosman | 83 | 25-12-39 | Ilion | verspringen M40 | | |
| 3.20 | Peter v.d. Hoek | 90 | 03-11-49 | Fortuna | 6.62 | Jeroen Bronwasser | 99 05-02-59 Pr. Hendrik |
| | | | | | 6.54 | Hans Scheffers | 85 03-05-45 Fortuna |
| 3.20 | Gérard Moors | 91 | 19-12-47 | Sprint | 6.52 | Rien Mellaard | 78 17-12-37 Spark |
| 3.20 | Rien ten Broek | 94 | 12-11-51 | Ciko'66 | 6.46 | Ger Heinsius | 89 01-04-48 SAV |
| 3.20 | Jos Beernink | 96+99 | 13-07-55 | Phoenix | 6.43 | Hans van Enkhuizen | 86 20-06-46 Haarlem |
| 3.20 | Henk van Bakel | 96 | 14-02-53 | Orion | | | |
| | | | | | 6.40 | Aebele Douma | 82 17-11-41 Spero |
| polshoog M45 (vanaf 2.40) | | | | | 6.34 | Gérard Moors | 88 19-12-47 Sprint |
| 4.31 | Frans van der Ham | 99 | 26-07-54 | Avantri | 6.33 | Theo Brusche | 92 24-04-52 De Bataven |
| 3.80 | Marc van Vliet | 97 | 24-02-52 | Castricum | 6.30 | Louis Spek | 90 02-12-48 Fortuna |
| 3.60 | Henk de Leeuw den Bouter | 89 | 19-04-43 | Avantri | 6.26 | Henk Meyer | 79 15-06-39 AV '55 |
| 3.60 | Hans van Wieringen | 89 | 31-07-44 | Sparta | | | |
| 3.50 | Peter van der Ham | 92 | 14-03-44 | Haag Atl. | 6.26 | Wilfried Benjamin | 82 03-06-42 KNAU-pers. |
| | | | | | 6.23 | Wout van Drunen | 96 12-08-54 GAC-H. |
| 3.20 | Ton de Graaff | 94 | 23-04-49 | AVN | 6.21 | Peter van Leeuwen | 99 20-06-58 Thor |
| 3.10 | Gerard den Oudendammer | 91 | 15-05-46 | Metro | 6.15 | Glen Gentle | 92 05-01-52 Avon |
| 3.00 | Ben Maas | 88 | 20-03-41 | Tempo | 6.12 | Jacques Janssen | 86 16-02-46 Tegelen |
| 3.00 | Freek Stam | 89 | 06-11-42 | Trias | | | |
| 3.00 | Theo Maat | 93 | 10-03-48 | Parthenon | 6.12 | Frans van der Ham | 95 26-07-54 Avantri |
| | | | | | 6.07 | Joop Smeets | 83 27-08-42 HAC |
| 3.00 | Fred van der Steenhoven | 93+94 | 30-01-48 | PAC | 6.06 | Ton de Groot | 83 22-03-43 V&L TC |
| 3.00 | Ko Florusse | 95 | 30-05-50 | Parthenon | 6.03 | Jan Versluis | 90 18-08-47 Typhoon |
| 2.90 | Piet van Heeswijk | 83 | 22-05-37 | Pr.Hendrik | 6.03 | Frans Harren | 95 21-07-54 AVN |
| 2.80 | Cees Jägers | 91 | 26-08-42 | GAC-H. | | | |
| 2.80 | Henk van Bakel | 98 | 14-02-53 | Orion | 6.01 | Rob Klarenbeek | 94 05-11-53 Zuidwal |
| | | | | | 6.00 | Jan Huijbers | 91 20-05-51 GAC-G. |
| 2.60 | Herman Bongertman | 91+92 | 03-05-45 | AVA'64 | 5.99 | Max Bruinsma | 87 26-06-45 Attila |
| 2.60 | Jacques Janssen | 91 | 16-02-46 | AVT | 5.99 | Jan Harland | 00 06-07-59 Sparta |
| 2.60 | Cees Berg | 92 | 28-06-47 | AAV'36 | 5.93 | Kenneth Sweet | 92 09-06-52 Unitas |
| 2.50 | Kees van Giezen | 86 | 14-02-34 | GAC-H. | | | |
| 2.50 | Glen Gentle | 99 | 05-01-52 | Avon | verspringen M45 | | |
| | | | | | 6.02 | Wim Scholtes | 94 09-06-47 Sparta |
| 2.45 | Chris Roodenburg | 96 | 12-05-50 | R'dam Atl. | 5.97 | Glen Gentle | 00 05-01-52 Avon |
| 2.40 | Kees van Loon | 83 | 11-06-38 | Spirit-L. | 5.94 | Rob Klarenbeek | 99 05-11-53 Zuidwal |
| 2.40 | Sjef Bemelmans | 87 | 15-11-37 | Avon | 5.89 | Max Bruinsma | 90 26-06-45 Attila |
| 2.40 | Klaas v.d. Linde | 91 | 02-02-45 | Avantri | 5.86 | Theo Brusche | 98 24-04-52 Leiden |
| | | | | | | | |
| polshoog M50 (vanaf 2.10) | | | | | 5.82 | Twan Ambaum | 90 30-10-41 Tegelen |
| 3.30 | Henk de Leeuw den Bouter | 94 | 19-04-43 | Avantri | 5.81 | Jeltjo Doornbosch | 82 23-04-36 Haarlem |
| 3.20 | Peter van der Ham | 95 | 14-03-44 | Haag Atl. | 5.78 | Arie Sluimer | 98 16-08-50 Ilion |
| 3.10 | Cor Kanbier | 97 | 30-08-46 | Veendam | 5.76 | Rien Mellaard | 86 17-12-37 AAC |
| 3.10 | Ko Florusse | 00 | 08-01-48 | Parthenon | 5.73 | Klaas v.d.Linde | 90 02-02-45 Avantri |
| 3.00 | Theo Maat | 00 | 10-03-48 | Fortuna | | | |
| | | | | | 5.72 | Jan Luykx | 78 09-09-33 Sprint |
| 2.90 | Cees Jägers | 92 | 26-08-42 | GAC-H. | 5.71 | Peter van der Ham | 91 14-03-44 Haag Atl. |
| 2.90 | Fred van der Steenhoven | 99 | 30-01-48 | PAC | 5.71 | Wout van Drunen | 00 12-08-54 GAC-H |
| 2.60 | Kees van Giezen | 85 | 14-02-34 | GAC-H. | 5.70 | Marc van Vliet | 97 24-02-52 Castricum |
| 2.60 | Peter Blommestijn | 96 | 23-05-42 | R'dam Atl. | 5.69 | Jacques Janssen | 91 16-02-46 AVT |
| 2.60 | Ed Molenmaker | 98 | 21-11-46 | Spark | | | |
| | | | | | 5.69 | Wim de Ronde | 97 08-11-48 Zaanland |
| 2.50 | Ben Maas | 93 | 20-03-41 | Tempo | 5.69 | Frans van der Ham | 00 26-07-54 Avantri |
| 2.50 | Wim de Ronde | 00 | 08-11-48 | Zaanland | 5.65 | Piet Egberts | 97 22-09-50 Haag Atl. |
| 2.50 | Herman Bongertman | 95 | 03-05-45 | Blauw Wit | 5.64 | Piet v.d. Velden | 87 10-05-42 AVR |
| 2.40 | Cor Braak | 82 | 21-03-31 | Waterland | 5.64 | Arno Deckers | 95 23-08-49 Ach.-Top |
| 2.40 | Jan Nijssen | 82 | 06-01-32 | HAC | | | |
| | | | | | 5.64 | Cedo Kovacevic | 97 28-07-48 Trias |
| 2.20 | Sjef Bemelmans | 90 | 15-11-37 | Avon | 5.61 | Kees Havermans | 93 26-01-48 Scorpio |
| 2.10 | Jan Zillen | 91 | 21-09-41 | AVA'64 | 5.61 | Wout van Drunen | 99 12-08-54 GAC-H. |
| | | | | | 5.60 | Ton Peters | 87 14-06-42 Scorpio |
| | | | | | 5.60 | Jan Huijbers | 97+98 20-05-51 GAC-G. |
| polshoog M55 | | | | | verspringen M50 | | |
| 3.30 | Siegbert Gnoth(D) | 98 | 21-07-40 | Tion | 5.80 | Wim de Ronde | 00 08-11-48 Zaanland |
| 2.90 | Kees van Giezen | 91+92 | 14-02-34 | GAC-H. | 5.58 | Gerard Weisscher | 86 21-06-34 Trias |
| 2.80 | Henk de Leeuw den Bouter | 99 | 19-04-43 | Avantri | 5.58 | Henk Evers | 91 05-10-39 AV'55 |
| 2.70 | Cees Jägers | 00 | 26-08-42 | GAC-H. | 5.55 | Frank Larsen | 94 02-08-43 Ilion |
| 2.60 | Peter Blommestijn | 97 | 23-05-42 | R'dam Atl. | 5.52 | Max Bruinsma | 95 26-06-45 Attila |
| | | | | | | | |
| 2.60 | Peter van der Ham | 99 | 14-03-44 | Haag Atl. | 5.51 | Jan Parlevliet | 82 15-05-32 Vet.Ned. |
| 2.10 | Theo de Koning | 99 | 06-09-40 | GVAC | 5.49 | Twan Ambaum | 92 30-10-41 Tegelen |
| | | | | | 5.48 | Wim Scholtes | 98 09-06-47 Sparta |
| polshoog M60 | | | | | 5.47 | Peter Blommestijn | 92 23-05-42 R'dam Atl. |
| 3.10 | Siegbert Gnoth (D) | 00 | 21-07-40 | Tion | 5.47 | Cor Kanbier | 97 30-08-46 Veendam |
| 2.90 | Kees van Giezen | 95/97 | 14-02-34 | GAC-H. | | | |
| 2.10 | Joop van den Brink | 92 | 18-07-32 | Hercules | | | |
| | | | | | | | |
| polshoog M65 | | | | | | | |
| 2.90 | Kees van Giezen | 99 | 14-02-34 | GAC-H. | | | |

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|-----------------------------------|--------------------------|-------|---------------------|---|--------------------------|---------------|---------------------|-------------------|
| 5.41 | Peter van der Ham | 94 | 14-03-44 Haag Atl. | verspringen M65 (tot 3.25) | 4.32 | Bram Lindhout | 96 | 19-06-29 Antilope |
| 5.39 | Paul Brouwer | 90 | 28-12-39 Hera | 4.27 | Jan Oerlemans | 94 | 24-05-28 AVN | |
| 5.39 | Jacques Janssen | 96 | 16-02-46 Scopias | 4.17 | Kees van Giezen | 99 | 14-02-34 GAC-H. | |
| 5.37 | Rob Dekker | 97 | 18-10-46 Castricum | 4.06 | Jan Kempe | 00 | 15-06-35 Olympus'70 | |
| 5.36 | Geert Eysing | 96 | 31-12-43 Hera | 4.05 | Kees van Giezen | 00 | 14-02-34 GAC-H. | |
| 5.34 | Frans van Boven | 94 | 29-07-43 Thor | 4.04 | Cor Braak | 96 | 21-03-31 Waterland | |
| 5.31 | Joop Smeets | 94 | 27-08-42 Unitas | 3.87 | Frans Buys | 90 | 05-09-24 Pijnenburg | |
| 5.29 | Jan Luykx | 86 | 09-09-33 Sprint | 3.80 | Arend Koet | 98 | 26-12-30 Castricum | |
| 5.26 | Kees Havermans | 98 | 26-01-48 Scorpio | 3.77 | Anton de Kok | 92 | 25-01-26 Vet.Ned. | |
| 5.24 | Koos Reiding | 00 | 25-08-50 R'dam Atl. | 3.65 | Garard Broeders | 98 | 16-03-32 Vet.Ned. | |
| 5.23 | Onno Waalewijn | 99 | 20-01-47 AV'23 | 3.56 | Nico Storre | 92 | 12-09-26 Kieviten | |
| 5.22 | Henk de Leeuw den Bouter | 93 | 19-04-43 Avantri | 3.53 | Toon Besseling | 87 | 26-01-22 Zaanland | |
| 5.20 | Arie Langeveld | 93 | 09-12-40 Holland-H. | 3.40 | Piet Sluiter | 96 | 21-10-26 Te Werve | |
| 5.15 | Hans Schouten | 97 | 21-11-46 Trias | 3.37 | Ton van Ingen Schenau | 99 | 02-10-33 Hanzesport | |
| 5.13 | Kees van Loon | 88 | 11-06-38 Spirit-L. | | | | | |
| verspringen M55 | | | | verspringen M70 | | | | |
| 5.52 | Siegbert Gnoth (D) | 98 | 21-07-40 Tion | 3.39 | Frans Buys | 99 | 05-09-24 GAC-H. | |
| 5.23 | Gerard Weisscher | 89 | 21-06-34 Trias | 3.22 | Anton de Kok | 96 | 25-01-26 Vet.Ned. | |
| 5.17 | Peter van der Ham | 99 | 14-03-44 Haag Atl. | 3.12 | Toon Besseling | 92 | 26-01-22 Zaanland | |
| 5.14 | Peter Blommestijn | 98 | 23-05-42 R'dam Atl. | 2.72 | Gerard Huisman | 90 | 16-11-19 Haarl'meer | |
| 5.10 | Paul Brouwer | 96 | 28-12-39 Hera | 2.63 | Nico Storre | 00 | 12-09-26 Vet.Ned. | |
| 5.04 | Jan Luykx | 90 | 09-09-33 Sprint | verspringen M75 | | | | |
| 4.95 | Frans van Boven | 99 | 29-07-43 Thor | 3.31 | Frans Buys | 00 | 05-09-24 GAC-H. | |
| 4.75 | Henk Sloot | 98 | 09-01-43 Start'78 | hinkstapspringen M40 | | | | |
| 4.70 | Joop van den Brink | 91 | 18-07-32 Hercules | 13.41 | Gérard Moors | 89 | 19-12-47 Sprint | |
| 4.66 | Ben Swienink | 00 | 28-07-40 PEC 1910 | 12.42 | Ger Heinsius | 88 | 01-04-48 SAV | |
| 4.62 | Frans Buys | 83 | 05-09-24 AAC | 12.31 | Glen Gentle | 94 | 05-01-52 Avon | |
| 4.62 | Gerard Sengers | 97 | 23-02-42 Clytoneus | 12.30 | Wout van Drunen | 96 | 12-08-54 GAC-H. | |
| 4.61 | Geert van Dijk | 93 | 31-03-36 Vet.Ned. | 12.27 | Rob Klarenbeek | 96 | 05-11-53 Zuidwal | |
| 4.61 | Ton Peters | 97 | 14-06-42 Scorpio | 12.22 | May Stokman | 99 | 09-11-56 AVV | |
| 4.60 | Jan Oerlemans | 83 | 24-05-28 AVN | 12.17 | Herman Thomas | 91 | 01-03-50 DEM | |
| 4.56 | Kees van Giezen | 89 | 14-02-34 GAC-H. | 12.13 | Theo Brusche | 95 | 24-04-52 De Bataven | |
| 4.55 | Arie Langeveld | 97 | 09-12-40 Holland-H. | 11.95 | Erik Endlich | 99 | 19-01-58 Sisu | |
| 4.43 | Ben Bos | 85 | 27-08-30 AAC | 11.91 | Jan Huijbers | 95 | 20-05-51 GAC-G. | |
| 4.43 | Jan Kempe | 91 | 15-06-35 Olympus'70 | 11.85 | Wilfried Benjamin | 84 | 03-06-42 AAC | |
| 4.40 | Henk Barends | 95 | 03-04-40 Hercules | 11.84 | Henk de Leeuw den Bouter | 86 | 19-04-43 Avantri | |
| 4.36 | Nol van der Zalm | 94+95 | 20-07-37 Kieviten | 11.74 | Ruud Wielart | 98 | 06-08-54 Haarlem | |
| 4.36 | Maarten Hoogstra | 96 | 18-01-41 Zaanland | 11.60 | Albert Houwen | 91 | 21-02-50 Oirschot | |
| 4.30 | Nico Ridder | 92 | 30-06-36 Noordkop | 11.56 | Peter van der Ham | 88 | 14-03-44 V&L TC | |
| 4.29 | Theo Evers | 91 | 09-10-35 AVV | 11.56 | John Bakker | 95 | 11-10-54 De Bataven | |
| 4.28 | Henk de Leeuw den Bouter | 99 | 19-04-43 Avantri | 11.51 | Kees Havermans | 88 | 26-01-48 Scorpio | |
| verspringen M60 (tot 3.50) | | | | 11.50 | Martijn Zijl | 85 | 18-10-44 Trias | |
| 4.77 | Geert van Dijk | 99 | 31-03-36 Vet.Ned. | 11.45 | Charles den Uijl | 00 | 02-04-60 AAV'36 | |
| 4.55 | Kees van Giezen | 95 | 14-02-34 GAC-H. | 11.44 | Peter Blommestijn | 85 | 23-05-42 AVR | |
| 4.51 | Jan Luykx | 95 | 09-09-33 Sprint | 11.44 | May Stokman | 00 | 09-11-56 AVV | |
| 4.46 | Sjef Bemelmans | 98 | 15-11-37 Avon | 11.40 | Rien Mellaard | 79 | 27-12-37 Spark | |
| 4.45 | Jan Oerlemans | 91 | 24-05-28 AVN | 11.27 | Ruud Wieles | 96 | 18-07-55 Typhoon | |
| 4.42 | Jan Kempe | 95 | 15-06-35 Olympus'70 | 11.23 | Klaas v.d. Linde | 86 | 02-02-45 AAA | |
| 4.30 | Rob Kila | 00 | 07-02-40 Vet. Ned. | 10.92 | Tom Ardewijn | 92 | 06-01-50 Olympus'70 | |
| 4.26 | Jan Verloop | 77 | 10-09-17 Gen.Mich. | hinkstapspringen M45 (tot 10.00) | | | | |
| 4.25 | Joop van den Brink | 92 | 18-07-32 Hercules | 12.43 | Glen Gentle | 97 | 05-01-52 Avon | |
| 4.25 | Cor Braak | 93 | 21-03-31 Waterland | 11.85 | Peter van der Ham | 90 | 14-03-44 V&L TC | |
| 4.25 | Jan Slootbeek | 00 | 08-03-36 Tempo | 11.78 | Theo Brusche | 98 | 24-04-52 Leiden | |
| 4.19 | Henk Barends | 00 | 03-04-40 Hercules | 11.59 | Peter Blommestijn | 88 | 23-05-42 AVR | |
| 4.06 | Nico Ridder | 97 | 30-06-36 Noordkop | 11.43 | Ton Peters | 88 | 14-06-42 Scorpio | |
| 4.05 | Bram Lindhout | 91 | 19-06-29 Antilope | 11.35 | Jan Huijbers | 97 | 20-05-51 GAC-G. | |
| 4.00 | Pieter Schouten | 95 | 14-06-34 GAC-H. | 11.21 | Gerard Advocaat | 98 | 24-10-51 PAC | |
| 3.94 | Nol van der Zalm | 98 | 20-07-37 Kieviten | 10.86 | Koos Reiding | 97 | 25-08-50 R'dam Atl. | |
| 3.93 | Nico Storre | 91 | 12-09-26 Kieviten | 10.72 | Kees Justus Vogel | 00 | 10-12-54 AAV'36 | |
| 3.87 | Aad Broekhuizen | 92 | 29-01-32 Te Werve | 10.60 | John Danyluk | 98 | 17-06-53 Atledo | |
| 3.81 | Dick Paternotte | 90 | 14-11-29 Tion | 10.40 | Theo Huisman | 84 | 09-10-35 Horror | |
| 3.78 | Ton van Ingen Schenau | 95 | 02-10-33 Hanzesport | 10.40 | Onno Waalewijn | 95 | 20-01-47 AV'23 | |
| 3.73 | Anton de Kok | 89 | 25-01-26 Vet.Ned. | 10.35 | Bouke Terpstra | 92 | 28-11-43 Cialfo | |
| 3.72 | Jan Peters | 96 | 06-04-34 PEC | 10.33 | Harry Hagemans | 83 | 27-03-38 AVN | |
| 3.69 | Gerard Koornneef | 91 | 02-05-31 Delta Sp. | 10.32 | Fred van der Steenhoven | 95 | 30-01-48 PAC | |
| 3.61 | Jan v.d. Reyden | 84 | 30-03-22 Vet.Ned. | 10.15 | Han Verschuren | 92 | 25-12-43 Atledo | |
| 3.55 | Hein Zethof | 88 | 10-08-28 AVA'64 | 10.08 | Tom Ardewijn | 95 | 06-01-50 Olympus'70 | |

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| hinkstapspringen M50 (tot 9.30) | | | |
| 11.07 | Frank Larsen | 96 | 02-08-43 Ilion |
| 11.06 | Peter van der Ham | 95 | 14-03-44 Haag Atl. |
| 10.93 | Peter Blommestijn | 95 | 23-05-42 R'dam Atl. |
| 10.76 | Arie Langeveld | 91 | 09-12-40 Holland-H. |
| 10.68 | Ton Peters | 92 | 14-06-42 Scorpio |
| 10.63 | Kees Havermans | 98 | 26-01-48 Scorpio |
| 10.51 | Harrie Wijkmans | 90 | 14-07-39 Scorpio |
| 10.39 | Herman Bongertman | 95 | 03-05-45 Blauw Wit |
| 10.41 | Onno Waalewijn | 97 | 20-01-47 AV'23 |
| 10.10 | Peter Blakmoor | 95 | 06-01-45 Zuidwal |
| 9.95 | Joop van den Brink | 85 | 18-07-32 Hercules |
| 9.81 | Theo Maat | 98 | 10-03-48 Fortuna |
| 9.38 | Wout Spaargaren | 97 | 26-08-46 Aalsmeer |
| 9.38 | Gerard van Looij | 97 | 25-04-47 Aalsmeer |
| hinkstapspringen M55 | | | |
| 11.25 | Siegbert Gnoth (D) | 99 | 21-07-40 Tion |
| 10.45 | Peter Blommestijn | 97 | 23-05-42 R'dam Atl. |
| 9.87 | Peter van der Ham | 99 | 14-03-44 Haag Atl. |
| 9.26 | Arie Langeveld | 97 | 09-12-40 Holland-H. |
| 9.12 | Peter Blakmoor | 00 | 06-01-45 Zuidwal |
| 9.00 | Cees Jägers | 99 | 26-08-42 GAC-H. |
| hinkstapspringen M60 (tot 8.00) | | | |
| 9.52 | Kees van Giezen | 96 | 14-02-34 GAC-H. |
| 8.47 | Jan Kempe | 97 | 15-06-35 Olymp'70 |
| hinkstapspringen M65 | | | |
| 9.31 | Kees van Giezen | 99 | 14-02-34 GAC-H. |
| 8.40 | Arend Koet | 98 | 26-12-30 Castricum |
| hinkstapspringen M80 | | | |
| 5.19 | Theo Hoekstra | 97 | 12-05-16 Argo'77 |
| kogelstoten M40 | | | |
| 15.99 | Jan Langeveld | 98 | 28-06-57 AAC |
| 15.13 | Jacques Ruhl | 93 | 28-01-51 Sprint |
| 14.90 | Hans Schouten | 92 | 08-05-49 Hollandia |
| 14.67 | Jeroen van der Meer | 00 | 07-04-59 Haag Atl. |
| 14.28 | Martin Regtop | 93 | 10-01-49 Tion |
| 14.07 | Jacques Janssen | 88 | 16-02-46 Tegelen |
| 14.04 | Joop v.d. Laar | 96 | 29-02-56 Noordkop |
| 13.91 | Cees van Wees | 80 | 07-01-36 AAC |
| 13.79 | Rob Hermans | 95 | 21-06-53 Ach.-Top |
| 13.75 | Aad de Bruyn | 51 | 30-01-10 Vl. & Lenig |
| 13.53 | Nico Hellendoorn | 90 | 30-06-50 RKDOS |
| 13.50 | Hans Houtzager | 51 | 26-08-10 EAV |
| 13.48 | Piet Klaassen | 88 | 02-04-46 Pr.Hendrik |
| 13.47 | Tinus Katoen | 90 | 23-09-49 Sperwers |
| 13.43 | Harry Zitzen | 86 | 07-04-44 Ach.-Top |
| 13.34 | Jan Versluis | 90 | 18-08-47 Typhoon |
| 13.32 | Henny van Wijk | 92 | 01-10-49 Phoenix |
| 13.28 | Wim de Graaff | 86 | 28-07-45 AVN |
| 13.23 | Marc van Vliet | 93 | 24-02-52 Castricum |
| 13.20 | Piet Meijdam | 99 | 19-11-57 Hercules |
| 13.07 | Albert van der Mee | 00 | 29-01-60 Sprint |
| 13.04 | Harrie van Kuyk | 89 | 16-03-46 Attila |
| 13.00 | Frits Wimmers | 92 | 08-01-52 Hollandia |
| 12.99 | Carlo Wijnands | 98 | 20-04-56 Argo-G. |
| 12.97 | Ben Lesterhuis | 84 | 02-06-44 GAC-G. |
| 12.97 | Ton de Graaff | 85 | 15-02-45 DEM |
| kogelstoten M45 | | | |
| 14.92 | Hans Schouten | 94 | 08-05-49 Hollandia |
| 14.38 | Martin Regtop | 95 | 10-01-49 Tion |
| 14.33 | Jacques Ruhl | 97 | 28-01-51 Thor |
| 13.70 | Rob Hermans | 00 | 21-06-53 Ach.-Top |
| 13.66 | Jacques Janssen | 93 | 16-02-46 Scopias |
| 12.99 | Henny van Wijk | 95 | 01-10-49 Phoenix |
| 12.85 | Henk van Aarst | 83 | 21-02-35 Clytoneus |
| 12.85 | Wim de Graaff | 90 | 28-07-45 AVN |
| 12.85 | Harry van Kuyk | 92 | 16-03-46 Attila |
| 12.60 | Jack Dekker | 96 | 21-04-49 Castricum |
| 12.60 | Nico Hellendoorn | 98 | 30-06-50 Vet. Ned. |
| 12.53 | Leo v.d. Veer | 97 | 15-02-48 Haarlem |
| 12.53 | Glen Gentle | 00 | 05-01-52 Avon |
| 12.52 | Piet Klaassen | 92 | 02-04-46 AVN |
| 12.49 | Nico Kriatkov | 95 | 05-05-50 PAC |
| 12.33 | Ton de Graaf | 90 | 15-02-45 DEM |
| 12.20 | Hans Mahie | 94 | 09-01-49 Noordkop |
| 12.10 | Jeltjo Doornbosch | 82 | 23-04-36 Haarlem |
| 12.03 | François Theys (B) | 98 | 17-10-51 Unitas |
| 12.00 | Eef Kamerbeek | 79 | 17-03-34 PSV |
| 11.95 | Jan Versluis | 96 | 18-08-47 Statina |
| 11.92 | Rinus Schreuder | 91 | 15-11-41 Hellas |
| 11.92 | Cees Betlem | 95 | 26-01-46 Hellas |
| 11.91 | Tinus Katoen | 96 | 23-09-49 De Sperwers |
| 11.90 | Wim Schoemaker | 90 | 01-07-42 AAV'36 |
| kogelstoten M50 (= 6 kg) | | | |
| 15.39 | Martin Regtop | 99 | 10-01-49 Tion |
| 14.96 | Hans Schouten | 99 | 08-05-49 Hollandia |
| 13.90 | Piet Klaassen | 96 | 02-04-46 AVN |
| 13.70 | Nico Hellendoorn | 00 | 30-06-50 Vet. Ned. |
| 13.46 | Jacques Janssen | 96 | 16-02-46 Scopias |
| 13.40 | Henk van Aarst | 86 | 21-02-35 Clytoneus |
| 13.35 | Jack Dekker | 00 | 21-04-49 Castricum |
| 13.17 | Cees Betlem | 96 | 26-01-46 Hellas |
| 13.15 | Joop Tournier | 95 | 28-03-45 R'dam Atl. |
| 13.00 | Wim de Graaff | 96 | 28-07-45 AVN |
| 12.88 | Henny van Wijk | 00 | 01-10-49 Phoenix |
| 12.80 | Wim Fokker | 88 | 15-07-36 Hellas |
| 12.62 | Frits Martens | 93 | 05-06-42 Hollandia |
| 12.57 | Herman v.d. Pal | 89 | 18-05-35 Hellas |
| 12.57 | Rinus Schreuder | 92 | 15-11-41 Hellas |
| 12.34 | Jan van Empel | 95 | 19-08-44 GVAC |
| 12.28 | Jan Pronk | 91 | 18-01-38 Trias |
| 12.25 | Martin Bettonviel | 89 | 21-05-37 Attila |
| 12.08 | Theo Maat | 00 | 10-03-48 Fortuna |
| 12.07 | Jeltjo Doornbosch | 88 | 23-04-36 Vet. Ned. |
| 12.02 | Jan Titulaer | 98 | 25-05-47 Orion |
| 11.80 | Martijn Zijl | 97 | 18-10-44 Trias |
| 11.70 | Jan-Peter Zillen | 94 | 21-09-41 Aalsmeer |
| 11.43 | Dick Schermer | 98 | 14-05-47 Castricum |
| 11.32 | Frits van Buuren | 96 | 31-01-46 Almere'81 |
| kogelstoten M50 (7,26 kg - top 10) | | | |
| 13.96 | Martin Regtop | 99 | 10-01-49 Tion |
| 13.05 | Hans Schouten | 99 | 08-05-49 Hollandia |
| 12.35 | Leo v.d. Veer | 98 | 15-02-48 Haarlem |
| 12.33 | Piet Klaassen | 96 | 02-04-46 AVN |
| 12.12 | Jack Dekker | 00 | 21-04-49 Castricum |
| 11.98 | Herman v.d. Pal | 85 | 18-05-35 Hellas |
| 11.96 | Joop Tournier | 95 | 28-03-45 R'dam Atl. |
| 11.93 | Jacques Janssen | 96 | 16-02-46 Scopias |
| 11.82 | Piet van der Kruk | 93 | 13-08-41 AV'40 |
| 11.76 | Wim Fokker | 88 | 15-07-36 Hellas |
| kogelstoten M55 (= 6 kg) | | | |
| 12.76 | Wim Fokker | 94 | 15-07-36 Hellas |
| 12.38 | Jan Pronk | 93 | 18-01-38 Trias |
| 12.30 | Frits Martens | 99 | 05-06-42 Hollandia |
| 11.76 | Jan van Empel | 00 | 19-08-44 GVAC |
| 11.68 | Jan-Bert Hartog | 00 | 05-02-45 Climax |
| 11.54 | Peter Blommestijn | 97 | 23-05-42 R'dam Atl. |
| 11.32 | Ben Rebel | 86 | 12-02-29 KNAU-pers. |
| 11.25 | Herman v.d. Pal | 90 | 18-05-35 Hellas |
| 10.75 | Peter van der Ham | 00 | 14-03-44 Haag Atl. |
| 10.74 | Gerard Weisscher | 90 | 21-06-34 Vet. Ned. |
| 10.60 | Jan Luyckx | 89 | 09-09-33 Sprint |
| 10.48 | Hans Prins | 97 | 05-08-41 Atos |
| 10.38 | Wim Visser | 88 | 12-01-32 Blauw-Wit |
| 10.35 | Sjaak de Bruijne | 89 | 14-04-33 Atletica |
| 10.06 | Rein Evenhuis | 95 | 28-06-36 Lionitas |

| | | | | | | | |
|--|--------------------------|-------|----------|-------------|--|-------------------|-------------------------|
| 9.88 | Rob Kila | 95 | 07-02-40 | Vet.Ned. | kogelstoten M65 (7,26 kg) | | |
| 9.81 | Herman Bongertman | 00 | 03-05-45 | AKU | 8.18 | Jan Oerlemans | 95 24-05-28 AVN |
| 9.76 | Jan Oerlemans | 86 | 24-05-28 | AVN | | | |
| 9.68 | Dick Stiemer | 91 | 17-02-36 | Hellas | kogelstoten M70 (= 4 kg - tot 6.50) | | |
| 9.59 | Piet Barends | 00 | 21-10-43 | Hercules | 11.35 | Jan Oerlemans | 98 24-05-28 AVN |
| | | | | | 9.66 | Joop Bakker | 94 16-11-22 Haag Atl. |
| 9.24 | Lodewijk van Dijk | 83 | 10-10-25 | Hellas | 9.66 | Nico Storre | 97 12-09-26 Vet.Ned. |
| 9.17 | Piet Barends | 99 | 21-10-43 | Hercules | 7.63 | Frans Buys | 99 05-09-24 GAC-H. |
| 9.16 | Henk de Leeuw den Bouter | 00 | 19-04-43 | Avantri | 7.02 | Jan v.d. Reyden | 92 30-03-22 Vet.Ned. |
| 8.91 | Cor Braak | 90 | 21-03-31 | Waterland | 6.98 | Anton de Kok | 96 25-01-26 Vet.Ned. |
| 8.83 | Frans Buys | 83 | 05-09-24 | AAC | | | |
| | | | | | kogelstoten M75 (= 4 kg) | | |
| kogelstoten M55 (7,26 kg - top 5) | | | | | 8.12 | Jelto Schluter | 94 28-01-19 Huizen |
| 11.24 | Frits Martens | 97 | 05-06-42 | Hollandia | 7.27 | Frans Buys | 00 05-09-24 GAC-H. |
| 11.16 | Wim Fokker | 92 | 15-07-36 | Hellas | 6.05 | Jan v.d. Reyden | 97 30-03-22 Vet.Ned. |
| 10.64 | Jan van Heek | 94 | 24-02-39 | Spartaan | | | |
| 10.61 | Jan Pronk | 94 | 18-01-38 | Trias | kogelstoten M80 (= 4 kg) | | |
| 10.35 | Peter Blommestijn | 99 | 23-05-42 | R'dam Atl. | 6.96 | Theo Hoekstra | 96 12-05-16 Argo'77 |
| | | | | | | | |
| kogelstoten M60 (= 5 kg) | | | | | discuswerpen M40 | | |
| 13.70 | Wim Fokker | 98 | 15-07-36 | Hellas | 54.11 | Piet Meijdam | 98 19-11-57 Hercules |
| 12.12 | Jeltjo Doornbosch | 96 | 23-04-36 | Vet.Ned. | 50.62 | Harry Zitzen | 86 07-04-44 Ach.-Top |
| 11.80 | Sjef Bemelmans | 00 | 15-11-37 | Avon | 47.98 | Hans Schouten | 93 08-05-49 Hollandia |
| 11.69 | Jan Pronk | 98 | 18-01-38 | Trias | 47.61 | Wim de Wolff | 99 29-11-58 AV'55 |
| 11.67 | Jan Smit | 95 | 22-09-31 | Springbokke | 47.34 | Piet Klaassen | 89 02-04-46 Pr.Hendrik |
| | | | | | | | |
| 11.34 | Sjef Bemelmans | 98 | 15-11-37 | Avon | 46.10 | Jacques Ruhl | 93 28-01-51 Sprint |
| 11.31 | Wim Visser | 95 | 12-01-32 | Blauw-Wit | 46.04 | Wim de Graaff | 85 28-07-45 AVN |
| 11.13 | Ben Rebel | 90 | 12-02-29 | Vet.Ned. | 45.89 | Sylvain Ephimenco | 00 24-11-56 R'dam Atl. |
| 10.62 | Sjaak de Bruijne | 94 | 14-04-33 | Dynamica | 45.08 | Martin Regtop | 89 10-01-49 Tion |
| 10.53 | Jan Oerlemans | 89 | 24-05-28 | AVN | 44.66 | Aad de Bruyn | 51 30-01-10 Vl. & Lenig |
| | | | | | | | |
| 10.52 | Jan Luyckx | 94 | 09-09-33 | Sprint | 44.54 | Les Brown | 95 08-01-55 Blauw Wit |
| 10.51 | Rob Bleijert | 00 | 22-11-39 | Climax | 44.48 | Rob Hermans | 95 21-06-53 Ach.-Top |
| 10.42 | Rein Evenhuis | 96 | 28-06-36 | Lionitas | 44.32 | Jacques Janssen | 88 16-02-46 Tegelen |
| 10.38 | Cor Braak | 92 | 21-03-31 | Waterland | 44.12 | Nico van Noort | 96 23-01-55 Spartaan |
| 10.06 | Dick Stiemer | 96 | 17-02-36 | Spirit-L. | 44.04 | Eef Kamerbeek | 75 17-03-34 PSV |
| | | | | | | | |
| 9.97 | Rob Kila | 00 | 07-02-40 | Vet.Ned. | 43.98 | Jan Beunder | 86 11-05-45 Trias |
| 9.81 | Piet Sluiter | 88 | 21-10-26 | Te Werve | 43.50 | Theo Goossens | 99 03-10-58 HAC-H. |
| 9.64 | Carel van Venetiën | 90 | 19-01-29 | Bataven | 43.12 | Herman Timme | 77 21-07-33 Kimbria |
| 9.64 | Jan Slootbeek | 00 | 08-03-36 | Tempo | 42.88 | Garko Bulstra | 96 12-10-55 Sprint |
| 9.37 | Theo Hopman | 89 | 12-07-29 | Trias | 42.60 | Jack Dekker | 91 21-04-49 DEM |
| | | | | | | | |
| 9.18 | Ad Pley | 89 | 17-05-28 | Vet.Ned. | 42.30 | Ben Lesterhuis | 84 04-06-44 GAC-G. |
| 9.17 | Nico Storre | 90 | 12-09-26 | Kieviten | 42.04 | Rob de Jong | 91 25-08-51 AVR |
| 9.03 | Tjerk van der Zee | 99 | 11-09-37 | Sisu | 41.68 | Hans Mahie | 92 09-01-49 Noordkop |
| 8.94 | Jan Kempe | 96 | 15-06-35 | Olymp'70 | 41.64 | Nico Hellendoorn | 90 30-06-50 RKDOS |
| 8.80 | Joop van den Brink | 92 | 18-07-32 | Hercules | 41.62 | Martijn Zijl | 85 18-10-44 Trias |
| | | | | | | | |
| kogelstoten M60 (7,26 kg - top 5) | | | | | discuswerpen M45 | | |
| 10.95 | Wim Fokker | 96 | 15-07-36 | Hellas | 47.26 | Martin Regtop | 95 10-01-49 Tion |
| 10.06 | Wim Visser | 95 | 11-01-32 | Blauw Wit | 46.28 | Hans Schouten | 95 08-05-49 Hollandia |
| 9.81 | Jeltjo Doornbosch | 96 | 23-04-36 | Vet.Ned. | 46.18 | Piet Klaassen | 91 02-04-46 AVN |
| 9.61 | Sjef Bemelmans | 98 | 15-11-37 | Avon | 45.80 | Harry Zitzen | 89 07-04-44 Ach.-Top |
| 9.34 | Ben Rebel | 91 | 12-02-29 | Ilion | 44.96 | Wim de Graaff | 91 28-07-45 AVN |
| | | | | | | | |
| kogelstoten M65 (= 5 kg - tot 7.00) | | | | | 44.23 | Rob Hermans | 98 21-06-53 Ach.-Top |
| 11.28 | Jan Smit | 97 | 22-09-31 | PSV | 42.28 | Jan Beunder | 90 11-05-45 Lycurgus |
| 10.12 | Jan Oerlemans | 96 | 24-05-28 | AVN | 41.58 | Jacques Ruhl | 97 28-01-51 Thor |
| 9.82 | Sjaak de Bruijne | 98 | 14-04-33 | Dynamica | 41.54 | Cees Betlem | 91 26-01-46 Hellas |
| 9.66 | Piet Olofsen | 00 | 29-01-35 | Hollandia | 40.88 | Nico Kriatkov | 95 05-05-50 PAC |
| 9.52 | Cor Braak | 96 | 21-03-31 | Waterland | | | |
| | | | | | 40.86 | Henny van Wijk | 95 01-10-49 Phoenix |
| 9.15 | Piet Sluiter | 92 | 22-10-26 | Te Werve | 40.78 | Eef Kamerbeek | 79 17-03-34 PSV |
| 9.12 | Nico Storre | 92+94 | 12-09-26 | Kieviten | 40.62 | Jack Dekker | 96 21-04-49 Castricum |
| 9.00 | Cees Vooijs | 00 | 04-01-34 | Gouda | 39.98 | Walter Suvaal | 85 19-03-39 AVR |
| 8.80 | Piet Blanken | 92 | 19-09-26 | Kieviten | 39.98 | Jacques Janssen | 92 16-02-46 Tegelen |
| 8.63 | Arend Koet | 00 | 26-12-30 | Castricum | | | |
| | | | | | 39.32 | Herman Timme | 79 21-07-33 Kimbria |
| 8.56 | Gerard Broeders | 98 | 16-03-32 | Vet.Ned. | 39.08 | Nico Hellendoorn | 00 30-06-50 Vet.Ned. |
| 8.47 | Aad Pley | 96 | 17-05-28 | Vet.Ned. | 38.94 | Rinus Schreuder | 93 15-11-41 Hellas |
| 8.43 | Frans Buys | 92 | 05-09-24 | Pijnenburg | 38.34 | Jan Titulaer | 93 25-05-47 Orion |
| 7.77 | Jaap Haan | 98 | 10-08-32 | Atos | 38.20 | Hans Mahie | 94 09-01-49 Noordkop |
| 7.47 | Kees van Giezen | 99 | 14-02-34 | GAC-H. | | | |
| | | | | | 38.18 | Tinus Katoen | 96 23-09-49 Sperwers |
| 7.13 | Jan v.d. Reyden | 88 | 30-03-22 | Vet.Ned. | 38.12 | Glen Gentle | 00 05-01-52 Avon |
| 7.12 | Jan Kempe | 00 | 15-06-35 | Olympus'70 | 38.00 | Nico van Noort | 00 23-01-55 De Spartaan |
| | | | | | 37.96 | Jan Pronk | 87 18-01-38 Trias |
| | | | | | 37.44 | Herman v.d. Pal | 84 18-05-35 Hellas |

discuswerpen M50 (= 1,5 kg)

51.34 Hans Schouten
 51.18 Martin Regtop
 49.82 Harry Zitzen
 49.00 Wim de Graaff
 47.78 Cees Betlem

46.37 Jack Dekker
 45.96 Piet Klaassen
 44.67 Nico Helleendoorn
 43.72 Theo Maat
 42.74 Herman v.d. Pal

42.22 Jan Pronk
 42.08 Frits Martens
 42.00 Jacques Janssen
 40.69 Geert Oerlemans
 39.86 Jan-Peter Zillen

39.10 Henny van Wijk
 38.46 Henk de Leeuw den Bouter
 37.76 Jan van Empel
 37.72 Martijn Zijl
 37.52 Henk Kruit

37.36 Frits van Buuren
 36.96 Frans Klep
 36.78 Sjoerd Dijkstra
 36.78 Siert Wolters
 36.66 Peter Blommestijn

discuwerpen M50 (2 kg - top 10)

42.96 Cees Betlem
 42.71 Martin Regtop
 42.12 Harry Zitzen
 41.78 Piet Klaassen
 41.68 Hans Schouten

41.34 Herman v.d. Pal
 41.00 Eef Kamerbeek
 38.66 Wim de Graaff
 38.21 Jack Dekker
 37.14 Theo Maat

discuwerpen M55 (= 1,5 kg - tot 25.00)

44.68 Jan Pronk
 44.31 Wim de Graaf
 43.30 Ben Rebel
 42.12 Herman v.d. Pal
 41.24 Frits Martens

38.06 Wim Fokker
 36.68 Jan-Peter Zillen
 36.62 Peter Blommestijn
 36.04 Jan van Empel
 34.14 Martijn Zijl

34.11 Henk de Leeuw den Bouter
 32.78 Cor Braak
 32.70 Jan Oerlemans
 32.44 Rob Kila
 32.06 Cees Jägers

31.82 Jan Luykx
 31.66 Hans Prins
 31.24 Sjaak de Bruijne
 31.16 Jan-Bert Hartog
 30.76 Rein Evenhuis

30.60 Peter van der Ham
 30.46 Nico Ridder
 29.74 Minne de Vries
 29.72 Gerard Weisscher
 29.58 Peter van der Ham

discuwerpen M55 (2 kg - top 5)

39.78 Ben Rebel
 37.08 Herman v.d. Pal
 36.40 Jan Pronk
 33.38 Frits Martens
 29.80 Peter Blommestijn

discuswerpen M60 (= 1 kg)

48.04 Jan Smit
 46.88 Ben Rebel
 46.62 Jan Pronk
 41.46 Wim Fokker
 41.18 Cor Braak

39.94 Jan Oerlemans
 38.09 Sjef Bemeimans
 37.66 Rob Kila
 37.54 Nico Storre
 37.39 Rein Evenhuis

35.42 Jeltjo Doornbosch
 35.08 Carel van Venetiën
 34.48 Harry Hagemans
 34.32 Tjerk van der Zee
 34.30 Theo Hopman

33.18 Nico Ridder
 32.78 Jaap Haan
 32.18 Minne de Vries
 31.96 Piet Blanken
 31.78 Jan Luykx

31.60 Kees van Giezen
 31.46 Aad Pley
 31.42 Sjaak de Bruijne
 29.94 Dick Stiemer
 29.46 Jan Sloopbeek

discuswerpen M60 (2 kg - top 3)

34.08 Ben Rebel
 33.39 Jan Pronk
 30.88 Wim Fokker

discuswerpen M65 (= 1kg - tot 24.00)

42.88 Jan Smit
 40.86 Nico Storre
 39.56 Jan Smit
 39.54 Jan Oerlemans
 35.82 Cor Braak

31.28 Aad Pley
 30.35 Sjaak de Bruijne
 30.28 Piet Olofsen
 29.18 Jaap Haan
 29.16 Piet Blanken

27.46 Gerard Broeders
 27.30 Kees van Giezen
 26.92 Piet Sluiter
 26.02 Frans Buys
 25.14 Cees Vooijs

24.50 Anton de Kok
 24.32 Jan v.d. Reyden

discuwerpen M65 (2 kg - top 3)

30.36 Jan Smit
 24.96 Jan Oerlemans
 17.51 Arend Koet

discuwerpen M70 (= 1 kg - tot 18.00)

37.79 Nico Storre
 37.69 Jan Oerlemans
 36.57 Nico Storre
 25.66 Joop Bakker
 22.94 Wim Schild

22.54 Jeltjo Schluter
 19.34 Jan v.d. Reyden
 19.18 Anton de Kok

discuwerpen M70 (2 kg)

24.15 Jan Oerlemans

discuwerpen M75 (= 1 kg)

19.44 Jeltjo Schluter
 18.53 Frans Buys
 16.14 Jan v.d. Reyden

95 22-09-31 Springbokken
 89 12-02-29 Vet.Ned.
 99 18-01-38 Trias
 99 15-07-36 Hellas
 93 21-03-31 Waterland

90 24-05-28 AVN
 00 15-11-37 Avon
 00 07-02-40 Vet. Ned.
 91 12-09-26 Kieviten
 98 28-06-36 Lionitas

97 23-04-36 GAC-H.
 89 19-01-29 Bataven
 99 27-03-38 AVN
 00 11-09-37 SISU
 90 12-07-29 Trias

96 30-06-36 Noordkop
 95 10-08-32 Atos
 89 25-10-28 Te Werve
 90 19-09-26 Kieviten
 95 09-09-33 Sprint

94 14-02-34 GAC-H.
 89 17-05-28 Vet.Ned.
 97 14-04-33 Dynamica
 96 17-02-36 Spirit-L.
 00 08-03-36 Tempo

89 12-02-29 Vet.Ned.
 98 18-01-38 Trias
 97 15-07-36 Hellas

99 22-09-31 PSV
 94 12-09-26 Kieviten
 98 22-09-31 PSV
 94 24-05-28 AVN
 00 21-03-31 Waterland

95 17-05-28 Vet.Ned.
 98 14-04-33 Dynamica
 00 29-01-35 Hollandia
 99 10-08-32 Atos
 92 19-09-26 Kieviten

98 16-03-32 Vet.Ned.
 99 14-02-34 GAC-H.
 94 21-10-26 Te Werve
 90 05-09-24 Pijnenburg
 00 04-01-34 Gouda

92 25-01-26 Vet.Ned.
 88 30-03-22 Vet.Ned.

98 22-09-31 PSV
 98 24-05-28 AVN
 98 26-12-30 Castricum

00 12-09-26 Vet.Ned.
 98 24-05-28 AVN
 98 12-09-26 Vet.Ned.
 96 16-11-22 Haag Atl.
 97 04-01-26 Antilope

93 28-01-19 Vet.Ned.
 92 30-03-22 Vet.Ned.
 96 25-01-26 Vet.Ned.

99 24-05-28 AVN

94 28-01-19 Vet.Ned.
 00 05-09-24 GAC-H.
 97 30-03-22 Vet.Ned.

discuwerpen M80 (= 1 kg)

19.06 Theo Hoekstra 96 12-05-16 Argo'77

speerwerpen M40

67.24 Dick Kooreman 96 10-08-52 Zaanland
 62.38 Wim Roosen 97 30-06-56 Holland-H.
 61.33 Jeroen van der Meer 99 07-04-59 Haag Atl.
 55.31 Sylvain Ephimenco 00 24-11-56 R'dam Atl.
 54.60 Nico Hellendoorn 91 30-06-50 RKDOS

53.32 Theo Maat 88 10-03-48 Fortuna
 51.90 Glen Gentle 94 05-01-52 Avon
 51.46 Fred Harmens 89 25-02-48 Climax
 50.62 Leo de Pee 97 24-05-56 Spirit-OB
 50.44 Marcel Giesen 00 15-11-57 Atletico'73

49.98 Tiny van Kuyk 96 18-08-53 Pr.Hendrik
 49.94 Jan Langerak 87 06-10-46 V&L TC
 49.06 Jan van Bodegom 91 05-07-50 Fortuna
 49.04 Gilbert Schellart 91 16-03-49 Ilion
 48.96 Ad Oomen 90 14-09-49 GVAC

48.68 Frans van der Ham 98 26-07-54 Avantri
 48.36 Siebe van Genesen 99 09-04-59 AVN
 48.10 Johan Nieskens 87 25-04-47 Unitas
 48.08 Bob Oud 00 01-08-59 PEC 1910
 47.80 Jan Titulaer 88 25-05-47 Orion

47.76 Richard Logchies 98 17-06-56 Nea-Volh.
 47.70 Gerrit Verdoes 96 02-09-54 Leiden
 47.30 Jan van Empel 88 19-08-44 GVAC
 46.72 Fred van der Steenhoven 89 30-01-48 PAC
 46.64 Martin Regtop 90 10-01-49 Tion

speerwerpen M40 (oud type - hist. overzicht top 5)

66.32 Piet Olofson 75 29-01-35 Hollandia
 57.24 Jan van Heek 79 24-02-39 Spartaan
 56.66 Ab Slaman 82 05-01-42 AAC
 56.26 Kees v.d. Wiel 81 06-03-41 V&L TC
 55.26 Jan de Vries 84 04-05-44 AAC

speerwerpen M45

63.88 Dick Kooreman 98 10-08-52 Zaanland
 53.56 Glen Gentle 00 05-01-52 Avon
 50.98 Nico Hellendoorn 97 30-06-50 Vet.Ned.
 48.34 Fred Lobman 91 31-01-46 Metro
 48.34 Ad Oomen 95 14-09-49 GVAC

47.78 Fred Harmens 93 25-02-48 Climax
 46.94 Henk van Bakel 99 14-02-53 Orion
 46.70 Jan van Empel 91 19-08-44 GVAC
 46.60 Fred vd Steenhoven 93 30-01-48 PAC
 46.26 Frans van der Ham 99 26-07-54 Avantri

46.24 Dick Schermer 96 14-05-47 Castricum
 45.74 Jan-Peter Zillen 91 21-09-41 AVA'64
 45.62 Hans Agterberg 89 08-03-44 Hermes
 45.58 Wim Threels 97 26-02-52 GAC-H.
 45.54 Wim de Graaff 93 28-07-45 AVN

45.36 Henk Kruit 87 18-01-40 Zaanland
 45.30 Jan van Bodegom 97 16-07-50 Parthenon
 45.18 Martijn Zijl 90 18-10-44 Trias
 44.62 Henny van Wijk 97 01-10-49 Phoenix
 44.46 Martin Regtop 96 10-01-49 Tion

44.26 Theo Maat 93 10-03-48 Parthenon
 44.10 Piet Spijker 87 27-06-41 Oss '78
 44.10 Jan Titulaer 94 25-05-47 Orion
 43.82 Gilbert Schellart 95 15-10-49 Ilion
 43.22 Frans Ruczynski 96 05-01-48 Sprint

speerwerpen M45 (oud type - hist. overzicht top 5)

58.74 Piet Olofson 80 29-01-35 Hollandia
 49.74 Jeltjo Doornbosch 82 23-04-36 Haarlem
 48.88 Henk Kruit 86 18-01-40 Zaanland
 48.80 Piet Versluys 86 05-11-40 Marathon
 47.18 Wim Fokker 85 15-07-36 Hellas

speerwerpen M50 (700 gram, nieuw in 2000)

40.23 Jack Dekker 00 21-04-49 Castricum

speerwerpen M50 (800 gram)

48.28 Nico Hellendoorn 00 30-06-50 Vet.Ned.
 46.66 Fred Harmens 98 25-02-48 Climax
 45.74 Jan van Empel 97 19-08-44 GVAC
 45.70 Jeltjo Doornbosch 86 23-04-36 Vet.Ned.
 45.65 Ad Oomen 00 14-09-49 GVAC

45.35 Theo Maat 00 10-03-48 Fortuna
 45.30 Jan van Heek 93 24-02-39 Spartaan
 44.80 Henk Kruit 90 18-01-40 Zaanland
 44.45 Fred van der Steenhoven 98 30-01-48 PAC
 44.28 Frits Martens 92 05-06-42 Hollandia

43.78 Jan Titulaer 97 25-05-47 Orion
 43.74 Wim Fokker 88 15-07-36 Hellas
 43.68 Jan-Peter Zillen 95 21-09-41 Aalsmeer
 43.10 Wim de Graaff 95 28-07-45 AVN
 42.90 Dick Schermer 98 14-05-47 Castricum

42.86 Piet Olofson 89 29-01-35 Hollandia
 42.60 Siegbert Gnoth (D) 95 21-07-40 Tion
 42.48 Martijn Zijl 97 18-10-44 Trias
 42.19 Martin Regtop 99 10-01-49 Tion
 41.86 Martin Bettonviel 87 21-05-37 Attila

41.81 Frits van Buuren 00 31-01-46 Almere'81
 41.52 Henk Dolstra 92 15-10-40 Hollandia
 41.10 Peter Blommestijn 92 23-05-42 R'dam Atl.
 40.16 Frans Ruczynski 98 05-01-48 Sprint
 39.96 Harrie Wijkmans 00 14-07-39 Scorpio

speerwerpen M 50 (oud type 800 gram - hist. overzicht top 5)

46.62 Piet Olofson 86 29-01-35 Hollandia
 45.04 Wim Fokker 86 15-07-36 Hellas
 44.16 Jaap Verbeet 86 23-07-36 Spark
 43.50 Jan Luykx 83 09-09-33 Sprint
 39.96 Dick Stiemer 86 17-02-36 Hellas

speerwerpen M55 (in NL nog steeds 800 gram)

44.86 Siegbert Gnoth (D) 99 21-07-40 Tion
 44.48 Jan van Heek 94 24-02-39 Spartaan
 41.72 Piet Olofson 91 29-01-35 Hollandia
 41.64 Jan van Empel 00 19-08-44 GVAC
 40.78 Wim Fokker 93 15-07-36 Hellas

40.07 Martijn Zijl 00 18-10-44 Trias
 39.34 Jan Luykx 88 09-09-33 Sprint
 39.23 Peter van der Ham 99 14-03-44 Haag Atl.
 39.18 Frits Martens 99 05-06-42 Hollandia
 38.94 Peter Blommestijn 97 23-05-42 R'dam Atl.

38.46 Jan-Peter Zillen 97 21-09-41 Aalsmeer
 37.92 Werner Mohr 96 03-11-40 Altis
 36.79 Herman Bongertman 00 03-05-45 AKU
 36.20 Dick Stiemer 92 17-02-36 Hellas
 34.38 Harry Hagemans 95 27-03-38 AVN

34.20 Martin Bettonviel 94 21-05-37 Attila
 33.40 Wim v.d.Linden 89 31-01-33 Atletica
 33.66 Frank Larsen 00 02-08-43 Ilion
 33.14 Rein Evenhuis 92 28-06-36 Lionitas
 32.76 Hans Prins 97 05-08-41 Atos

32.67 Rob Bleijert 99 22-11-39 Climax
 32.17 Rens Haanstra 00 27-10-41 R'dam Atl.
 32.16 Joop Scheppink 96 23-12-40 Spark
 31.26 Rob Kila 95+96 07-02-40 Vet.Ned.
 31.04 Cor Braak 90 21-02-31 Waterland

speerwerpen M 60 (= 600 gram)

47.56 Siegbert Gnoth 00 21-07-40 Tion
 43.24 Wim Fokker 97 15-07-36 Hellas
 42.44 Piet Olofson 97 29-01-35 Hollandia
 40.02 Jeltjo Doornbosch 97 23-04-36 GAC-H.
 37.34 Dick Stiemer 96 17-02-36 Sprint-L.

| | | | | |
|-------|-------------------------|----|----------|-------------|
| 26.88 | Sjoerd Dijkstra | 96 | 23-10-42 | AV'55 |
| 26.15 | Piet van Ham | 98 | 22-10-47 | Atledo |
| 25.61 | Ad Oomen | 00 | 14-09-49 | GVAC |
| 25.18 | Piet Barends | 94 | 21-10-43 | Hercules |
| 24.32 | Fred van der Steenhoven | 98 | 30-01-48 | PAC |
| 23.90 | Theo van der Krogt | 00 | 17-11-49 | Voorschoten |
| 23.33 | Wim Hellebrekers | 00 | 19-02-50 | Wveert |

kogelslingeren M50 (7,26 kg - top 5)

| | | | | |
|-------|------------------|----|----------|-----------|
| 54.44 | Rinus Schreuder | 93 | 15-11-41 | Hellas |
| 42.54 | Wim Schoemaker | 93 | 01-07-42 | AAV'36 |
| 40.32 | Martin Regtop | 99 | 10-01-49 | Tion |
| 39.80 | Frits van Buuren | 96 | 31-01-46 | Almere'81 |
| 36.98 | Gosse v.d. Velde | 96 | 03-05-46 | Hera |

kogelslingeren M55 (= 6,25 kg)

| | | | | |
|-------|------------------|----|----------|------------|
| 50.85 | Rinus Schreuder | 98 | 15-11-41 | Hellas |
| 40.26 | Wim Schoemaker | 97 | 01-07-42 | AV'47 |
| 39.88 | Jan Pronk | 93 | 18-01-38 | Trias |
| 36.82 | Ben Rebel | 86 | 12-02-29 | KNAU-pers. |
| 30.32 | Sjaak de Bruijne | 89 | 14-04-33 | Atletica |

| | | | | |
|-------|---------------|----|----------|-----------|
| 26.07 | Frits Martens | 00 | 05-06-42 | Hollandia |
| 24.32 | Piet Barends | 00 | 21-10-43 | Hercules |

kogelslingeren M55 (7,26 kg)

| | | | | |
|-------|-----------------|----|----------|--------|
| 52.46 | Rinus Schreuder | 97 | 15-11-41 | Hellas |
| 34.50 | Jan Pronk | 93 | 18-01-38 | Trias |

kogelslingeren M60 (= 5 kg)

| | | | | |
|-------|-------------------|----|----------|--------------|
| 41.60 | Jan Pronk | 98 | 18-01-38 | Trias |
| 37.68 | Jan Smit | 95 | 22-09-31 | Springbokken |
| 37.06 | Ben Rebel | 89 | 12-02-29 | Vet. Ned. |
| 31.90 | Sjaak de Bruijne | 93 | 14-04-33 | Atletica |
| 31.08 | Jeltjo Doornbosch | 97 | 23-04-36 | GAC-H. |

| | | | | |
|-------|---------------|----|----------|--------|
| 27.61 | Wim Fokker | 99 | 15-07-36 | Hellas |
| 20.56 | Jan Oerlemans | 92 | 24-05-28 | AVN |

kogelslingeren M65 (= 5 kg)

| | | | | |
|-------|----------|----|----------|-----|
| 36.24 | Jan Smit | 99 | 22-09-31 | PSV |
|-------|----------|----|----------|-----|

kogelslingeren M70 (= 4 kg)

| | | | | |
|-------|---------------|----|----------|-----|
| 31.01 | Jan Oerlemans | 00 | 24-05-28 | AVN |
|-------|---------------|----|----------|-----|

gewicht-werpen M40 (= 15,88 kg)

| | | | | |
|-------|-----------------------|----|----------|-------------|
| 11.67 | Hans Mulders | 00 | 08-07-55 | PSV |
| 11.63 | Friedhelm Dreckmeier | 00 | 24-10-59 | Voorschoten |
| 8.58 | Gerard van Broekhoven | 00 | 15-03-56 | Atledo |
| 8.20 | Gert Velthuisen | 99 | 19-08-58 | Voorschoten |
| 7.95 | Jac. Lommen | 00 | 18-06-55 | Orion |
| 7.68 | Jan Theeuwien | 00 | 11-10-57 | Orion |

gewicht-werpen M45 (=15,88 kg)

| | | | | |
|-------|------------------|----|----------|-----------|
| 12.74 | Martin Regtop | 98 | 10-01-49 | Tion |
| 12.10 | Hans Schouten | 95 | 08-05-49 | Hollandia |
| 10.91 | Nico Hellendoorn | 97 | 30-06-50 | Vet. Ned. |
| 10.27 | Henny van Wijk | 97 | 01-10-49 | Phoenix |
| 9.38 | Jack Dekker | 96 | 21-04-49 | Castricum |

| | | | | |
|------|----------------|----|----------|-----------|
| 8.08 | Cor Wedema | 00 | 27-11-54 | Almere'81 |
| 7.32 | John Danyluk | 00 | 17-06-53 | Atledo |
| 7.25 | Henk van Bakel | 00 | 14-02-53 | Orion |

gewicht-werpen M50 (= 11,34 kg)

| | | | | |
|-------|------------------|----|----------|-----------|
| 17.96 | Martin Regtop | 99 | 10-01-49 | Tion |
| 15.09 | Frits van Buuren | 98 | 31-01-46 | Almere |
| 12.16 | Nico Hellendoorn | 00 | 30-06-50 | Vet. Ned. |
| 12.00 | Jan Titulaer | 98 | 25-05-47 | Orion |
| 11.90 | Roland Henriquez | 00 | 29-10-46 | GAC-H. |

| | | | | |
|-------|--------------------|----|----------|-------------|
| 11.74 | Jack Dekker | 00 | 21-04-49 | Castricum |
| 10.52 | Frans Klep | 00 | 29-11-48 | PSV |
| 9.57 | Piet van Ham | 98 | 22-10-47 | Atledo |
| 9.23 | Theo van der Krogt | 00 | 17-11-49 | Voorschoten |
| 9.05 | Rob Ferguson | 98 | 03-02-47 | Voorschoten |

| | | | | |
|------|-------------|----|----------|---------|
| 9.03 | Henny Tabak | 97 | 27-10-44 | Zuidwal |
| 8.91 | Frans Klep | 99 | 29-11-48 | PSV |

gewicht-werpen M55 (=11,34 kg)

| | | | | |
|-------|---------------|----|----------|-----------|
| 11.73 | Jan Pronk | 97 | 18-01-38 | Trias |
| 9.01 | Frits Martens | 00 | 05-06-42 | Hollandia |

gewicht-werpen M60 (= 9,08 kg)

| | | | | |
|-------|------------|----|----------|--------|
| 13.68 | Jan Pronk | 00 | 18-01-38 | Trias |
| 11.30 | Wim Fokker | 97 | 15-07-36 | Hellas |

gewicht-werpen M65 (= 9,08 kg)

| | | | | |
|-------|----------|----|----------|-----|
| 12.87 | Jan Smit | 97 | 22-09-31 | PSV |
|-------|----------|----|----------|-----|

gewicht-werpen M70 (= 7,26 kg)

| | | | | |
|-------|---------------|----|----------|-----|
| 13.16 | Jan Oerlemans | 98 | 24-05-28 | AVN |
|-------|---------------|----|----------|-----|

ESTAFETTES

4x100 M40 nationaal - top 5

| | | |
|-------|--|----|
| 43.99 | Bronwasser-Van Pelt-De Man-Oostweegel | 00 |
| 44.57 | Van Campen-Van Gasteren-De Geus-Lobman | 90 |
| 44.74 | Heinsius-Leunk-Spek-Lobman | 90 |
| 45.0 | Van Campen-Heinsius-Busnel-Lobman | 89 |
| 45.23 | De Man-Van Pelt-Elshof-Bakx | 99 |

4x100 M40 clubs (tot 51.0)

| | | |
|-------|--|----|
| 47.60 | Zuidwal (Overmars-Klarenbeek-Dunnebieer-Nordt) | 96 |
| 48.46 | GAC-H. | 97 |
| 48.51 | Ilion | 98 |
| 49.5 | AVN (Hilkes-Stoep-Nikkelen-De Kok) | 94 |
| 49.90 | Aalsmeer (Bongertman-Kooy-Buis-Spaargaren) | 92 |
| 49.8 | Diomedon (Bakx-Hutten-Hanswijk-Martina) | 00 |
| 50.2 | Scorpio (Opdien-Bossier-v.d. Wijngaard-Dijkstra) | 00 |

4x100 M45 nationaal

| | | |
|-------|---------------------------------------|----|
| 45.92 | Van Campen-Van Gasteren-De Ronde-Bakx | 97 |
|-------|---------------------------------------|----|

4x100 M45 clubs

| | | |
|-------|---|----|
| 49.51 | PAC (Rodermond-vd.Steenhoven-Rietdijk-Advocaat) | 97 |
| 59.86 | Runners Stadskanaal | 97 |

4x100 M50 nationaal - top 5

| | | |
|-------|---|----|
| 47.99 | Van Campen-De Ronde-Kovacevic-Hans Schouten | 99 |
| 48.80 | Van Verseveld-Waalewijn-Scholtes-Schreuder Goedheyt | 97 |
| 48.87 | Van Verseveld-Blommestijn-Schreuder Goedh.-Sengers | 96 |
| 49.06 | Van Verseveld-Schreuder Goedheyt-Schouten-Sengers | 97 |
| 49.33 | Schreuder Goedheyt-Larsen-Bruinsma-Sengers | 95 |

4x100 M50 clubs

| | | |
|-------|--|----|
| 50.74 | PAC (Rietdijk-Ruigrok-Rodermond-Beindorff) | 98 |
| 61.10 | Runners Stadskanaal | 97 |

4x100 M55 nationaal

| | | |
|-------|-----------------------------------|----|
| 51.25 | Sengers-Blommestijn-Peters-Landré | 98 |
|-------|-----------------------------------|----|

4x100 M60 nationaal

| | | |
|-------|--|----|
| 55.99 | Schouten-Buys-Van Giezen-Van Heemstede | 96 |
|-------|--|----|

4x100 M60 clubs

| | | |
|-------|---|----|
| 58.44 | GAC-H (Schouten-Buys-Van Giezen-Doornbosch) | 98 |
| 75.06 | Runners Stadskanaal | 97 |

4x100 M65 nationaal

| | | |
|-------|-------------------------------|----|
| 58.23 | Schouten-Buys-Van Giezen-Koet | 99 |
|-------|-------------------------------|----|

4x200 M40 nationaal

| | | |
|---------|-----------------------------------|----|
| 1.38.50 | Bakx-Scholtes-Sluijmer-Van Drunen | 96 |
|---------|-----------------------------------|----|

4x200 M40 clubs - top 5

| | | |
|---------|---|----|
| 1.38.73 | Zuidwal (Dunnebieer-Klarenbeek-Nordt-Overmars) | 96 |
| 1.44.05 | Castricum (Van Kruchten-Beentjes-Brakenhoff-Jonker) | 92 |
| 1.45.10 | Aalsmeer (Koopstra-Spaargaren-Buijs-Bongertman) | 94 |
| 1.52.5 | Scorpio (Peters-Havermans-vd Nouweland-Schrauwen) | 90 |
| 2.00.0 | Energie (Ramos-Vink-De Kievit-Bravenboer) | 90 |

4x200 M45 clubs

| | | |
|---------|---|----|
| 1.48.59 | PAC (Rodermond-v.d.Steenhoven-Rietdijk-Advocaat) | 97 |
| 1.53.34 | Aalsmeer (Koopstra-K. Buskermolen-Albers-Van Looij) | 00 |
| 2.05.13 | Energie | 97 |

| | | | |
|--|---|-------|--|
| 4x200 M50 nationaal | | | |
| 1.45.82 | Waalewijn-Peters-Larsen-Blommestijn | 97 | |
| 4x200 M50 clubs | | | |
| 1.48.8 | PAC (Rodermond-Beindorff-v.d.Steenhoven-Rietdijk) | 00 | |
| 4x200 M55 nationaal | | | |
| 1.50.6 | Van Boven-Van Dijk-Peters-Landré | 99 | |
| 4x200 M55 clubs | | | |
| 2.10.6 | Olympus'70 (Kempe-Zwikkels-Muller-Vonk) | 98 | |
| 4x400 M40 nationaal - top 5 | | | |
| 3.28.77 | Mahieu-Lunshof-De Geus-Mercelina | 88 | |
| 3.33.38 | Van Pelt-De Pater-Rietveld-Bakx | 00 | |
| 3.33.47 | Van Beelen-Van Gasteren-Schuwer-Scholtes | 96 | |
| 3.33.62 | Scholtes-Van Gasteren-Schreuder Goedhey-Mercelina | 92 | |
| 3.33.70 | Hilkes-Scholtes-Den Breejen-Van Gasteren | 92 | |
| 4x400 M40 clubs | | | |
| 3.40.2 | Hellas (Busnel-Herber-Schreuder Goedhey-Hagemeijer) | 91 | |
| 3.54.7 | Castricum (Beentjes-Brakenhoff-Jonker-Klanker) | 96 | |
| 3.58.80 | Aalsmeer (Koopstra-Spaargaren-Metselaar-Onos) | 94 | |
| 4.00.6 | AV'23 (Bosschaart-Waalewijn-Merle-v.d. Meulen) | 95 | |
| 4x400 M45 nationaal | | | |
| 3.33.76 | Bakx-Scholtes-Van Gasteren-Threels | 98 | |
| 3.36.93 | Busnel-Peters-Schreuder Goedhey-Mercelina | 91 | |
| 4x400 M45 clubs | | | |
| 4.19.2 | Aalsmeer (Koopstra-Metselaar-Van Looij-Albers) | 00 | |
| 4x400 M50 nationaal | | | |
| 3.54.66 | Scholtes-Van Mechelen-Van Tol-Van Boven | 98 | |
| 3.55.30 | Larsen-Peters-Schreuder Goedhey-Van Tol | 96 | |
| 3.56.55 | Nordt-Van Mechelen-Van Tol-Scholtes | 99 | |
| 4.07.59 | Akkerman-Van Boven-Van Mechelen-De Ronde | 00 | |
| 4.09.01 | Vink-Baas-Van Giezen-Ravensbergen | 86 | |
| 4x400 M55 nationaal | | | |
| 4.10.2 | Van Boven-Peters-Metselaar-Van Tol | 99 | |
| 4.19.51 | Peters-Metselaar-Kerkvliet-Landré | 98 | |
| 4x400 M60 nationaal | | | |
| 4.18.46 | Van Heemstede-Zethof-Ravensbergen-Maijoor | 92 | |
| 4x800 M40 clubs - top 5 | | | |
| 8.13.5 | De Spartaan (Van der Poel-Kortekaas-Hens-Laan) | 93 | |
| 8.17.89 | Castricum (Jonker-Brakenhoff-Vlaarkamp-v. Kruchten) | 92 | |
| 8.37.9 | Thor (Van Mechelen-v.d. Maas-Lievens-Stikkel) | 89 | |
| 8.38.84 | Hellas (Schreuder Goedh.-Witkamp-Herber-Huysmans) | 92 | |
| 9.04.6 | Aalsmeer(Buskermolen-Plasmeijer-Metselaar-Spaargaren) | 97 | |
| 4x800 M45 clubs | | | |
| 10.24.72 | Aalsmeer (Koopstra-Metselaar-Van Looij-Albers) | 00 | |
| 10.27.2 | Olympus'70 (Gankema-Jansen-Duyvesteyn-Wubben) | 98 | |
| 4x800 M50 nationaal | | | |
| 8.47.74 | Peters-Heijdens-Metselaar-Steyn | 92 | |
| 8.57.89 | Keizer-Wijker-Metselaar-Florijn | 92 | |
| 4x800 M50 clubs | | | |
| 10.53.3 | Olympus'70 (Vonk-v.d. Valk-Wissenburg-v.d. Horst) | 98 | |
| 4x800 M 60 nationaal | | | |
| 9.33.95 | Maijoor-Ravensbergen-Zethof-Herlaar | 92 | |
| 9.54.65 | Herlaar-Zethof-Sjoerds-Lindhout | 92 | |
| 4x1500 M40 clubs - top 5 | | | |
| 17.03.81 | De Spartaan (P.v.d. Poel-Hens-Laan-Righolt) | 92 | |
| 17.20.00 | Castricum (Jonker-Beentjes-Vlaarkamp-Van Kruchten) | 92 | |
| 18.13.36 | PAC (Alberts-Van Spronsen-L. Jansen-Van Druten) | 00 | |
| 18.41.5 | Weert (v.d. Bosch-Heesakkers-Uneken-Van Zandvoort) | 87 | |
| 19.02.4 | Aalsmeer (Onos-Spaargaren-Albers-Koopstra) | 94 | |
| 4x1500 M50 nationaal | | | |
| 19.55.43 | Steyn-Terlouw-Blom-Halter | 96 | |
| Zweedse estafette clubs M45 | | | |
| 2.15.9 | GAC-H. (Treels-Heemsbergen-Van Drunen-Schouten) | 00 | |
| Zweedse estafette clubs M50 (400+300+200+100) | | | |
| 2.33.0 | Start'78 (Bakker-Bertelds-Sloot-Hes) | 98 | |
| Zweedse estafette clubs M40 (400+300+200+100) | | | |
| 2.08.8 | Prins Hendrik | 99 | |
| 2.09.2 | Cialfo | 90 | |
| 2.09.5 | Hellas | 91 | |
| 2.09.5 | Fortuna | 92 | |
| 2.09.8 | V&L TC | 88+90 | |
| 2.09.9 | AVR | 86 | |
| 2.10.1 | De Spartaan | 96 | |
| 2.10.9 | Zuidwal | 96 | |
| 2.11.0 | Castricum | 95 | |
| 2.11.0 | GAC-H | 98 | |
| 2.11.6 | Sparta | 88 | |
| 2.12.2 | Unitas | 87 | |
| 2.12.3 | AAC | 86 | |
| 2.12.42 | Trias | 96 | |
| 2.12.6 | DEM | 89 | |
| 2.12.7 | Almere'81 | 97 | |
| 2.12.9 | SAV | 91 | |
| 2.13.1 | PAC | 99 | |
| 2.13.4 | Ilion | 97 | |
| 2.13.5 | AVN | 98 | |
| 2.13.6 | Scorpio | 88 | |
| 2.13.6 | Hera | 89 | |
| 2.13.7 | Zuidwal | 95 | |
| 2.13.7 | Leiden Atletiek | 99 | |
| 2.14.1 | Hermes | 87 | |
| Zweedse estafette clubs M45 | | | |
| 2.15.9 | GAC-H. (Treels-Heemsbergen-Van Drunen-Schouten) | 00 | |
| Zweedse estafette clubs M50 (400+300+200+100) | | | |
| 2.33.0 | Start'78 (Bakker-Bertelds-Sloot-Hes) | 98 | |

VIJFKAMP (of pentathlon) vanaf 1987 + Malmö 1986

Volgorde: verspringen-speerwerpen-200 meter-discuswerpen-1500 meter

Vermelding: top 25 of tot 2000 punten. Puntentelling: WAVA 1994 met leeftijdscorrecties.

Ingaande 1999 is er een nieuwe speer van 600 gram. De prestaties vòòr 1999 blijven vermeld.

vijfkamp M40

| | | | | | |
|-------|-------------------------|----|----------|-------------|--------------------------------|
| 3.389 | Nico Hellendoorn | 91 | 30-06-50 | RKDOS | 5.73-51.86-25.4 -38.52-5.01.1 |
| 3.294 | Frans van der Ham | 94 | 26-07-54 | Avantri | 5.93-44.40-24.8 -34.96-4.58.9 |
| 3.291 | Ger Heinsius | 89 | 01-04-48 | SAV | 6.20-39.56-24.5 -31.84-4.51.3 |
| 3.286 | Theo Maat | 88 | 10-03-48 | Fortuna | 5.66-46.80-26.0 -35.70-4.42.2 |
| 3.262 | Gérard Moors | 88 | 19-12-47 | Sprint | 6.30-34.68-24.6 -35.78-4.58.0 |
| 3.185 | Jacques Janssen | 86 | 16-02-46 | Tegelen | 6.19-42.04-24.57-39.36-5.50.89 |
| 3.173 | Glen Gentle | 96 | 05-01-52 | Avon | 5.58-48.78-25.84-36.54-5.12.83 |
| 3.060 | Hans Scheffers | 87 | 03-05-45 | Fortuna | 6.05-40.14-25.7 -31.72-5.08.3 |
| 3.017 | Teun Vis | 96 | 10-05-56 | Spado | 5.49-43.88-25.40-28.60-5.00.07 |
| 2.992 | Jan Versluis | 90 | 18-08-47 | Typhoon | 5.74-42.32-26.2 -36.40-5.22.2 |
| 2.973 | Wim Threels | 96 | 26-02-52 | GAC-H | 5.09-44.36-24.99-25.08-4.46.86 |
| 2.952 | Martin de Pater | 97 | 26-03-54 | Haag Atl. | 5.16-32.18-24.7 -30.62-4.36.4 |
| 2.825 | Kees Akkermans | 97 | 19-07-56 | Ilion | 5.48-33.80-25.8 -26.00-4.44.7 |
| 2.780 | Hans Peeters | 00 | 22-01-58 | AVV | 5.00-35.78-26.43-24.48-4.29.92 |
| 2.770 | Aart Veldhoen | 91 | 12-07-49 | Pr. Hendrik | 5.13-40.00-24.9 -28.02-5.16.4 |
| 2.766 | Ruud Postma | 91 | 07-08-48 | Pr. Hendrik | 5.10-35.24-26.6 -27.70-4.38.0 |
| 2.766 | Hans Mahie | 92 | 09-01-49 | Noordkop | 5.42-35.26-26.9 -39.26-5.26.9 |
| 2.737 | Martin Knoops | 98 | 10-07-56 | PAC | 4.81-36.75-24.8 -20.74-4.37.8 |
| 2.736 | Cock Verhoef | 91 | 16-01-50 | BAV | 4.96-39.00-26.6 -26.82-4.45.0 |
| 2.724 | Klaas v.d.Linde | 88 | 02-02-45 | AAA | 5.68-28.62-25.7 -22.18-4.44.4 |
| 2.716 | Piet van der Velden | 86 | 10-05-42 | AVR | 4.78-38.58-26.11-24.04-4.42.23 |
| 2.705 | Fred van der Steenhoven | 91 | 30-01-48 | PAC | 5.10-45.06-26.9 -27.88-5.13.5 |
| 2.703 | Albert van der Mee | 00 | 29-01-60 | Sprint | 5.09-41.15-25.5 -40.09-6.14.4 |
| 2.679 | Henk Koops | 92 | 19-10-48 | GVAC | 4.75-36.16-25.78-36.12-5.26.11 |
| 2.650 | Jan Leunk | 88 | 01-10-46 | Scorpio | 5.36-32.48-24.9 -21.88-5.03.5 |

vijfkamp M45

| | | | | | |
|-------|--------------------------|----|----------|-----------|--------------------------------|
| 3.693 | Glen Gentle | 98 | 05-01-52 | Avon | 5.69-50.37-24.95-33.82-5.04.45 |
| 3.504 | Wim Threels | 97 | 26-02-52 | GAC-H | 5.49-43.52-24.6 -26.78-4.39.6 |
| 3.283 | Peter van der Ham | 89 | 14-03-44 | V&L TC | 5.64-36.34-25.4 -29.92-5.00.2 |
| 3.274 | Jacques Janssen | 92 | 16-02-46 | Tegelen | 5.57-41.14-25.95-38.36-5.46.31 |
| 3.214 | Piet van der Velden | 88 | 10-05-42 | AVR | 5.50-37.16-24.9 -21.16-4.42.9 |
| 3.088 | Henk de Leeuw den Bouter | 90 | 19-04-43 | Avantri | 5.39-36.88-26.9 -33.16-5.14.6 |
| 3.069 | Fred van der Steenhoven | 93 | 30-01-48 | PAC | 5.13-46.60-26.9 -28.34-5.20.6 |
| 2.970 | Theo Maat | 93 | 10-03-48 | Parthenon | 4.97-42.30-28.3 -35.66-5.25.4 |
| 2.892 | Ton Peters | 87 | 14-06-42 | Scorpio | 5.39-29.12-26.3 -18.12-4.37.9 |
| 2.886 | Jack van Steen | 90 | 10-01-45 | Sprint | 5.37-29.64-26.00-25.86-5.14.85 |
| 2.848 | Kenneth Sweet | 98 | 09-06-52 | Unitas | 5.49-30.15-25.06-19.48-5.19.66 |
| 2.821 | Rob Kila | 87 | 07-02-40 | Vet. Ned. | 4.57-33.42-26.6 -26.94-4.53.4 |
| 2.783 | Rob van Mechelen | 91 | 31-07-46 | Thor | 4.96-27.44-26.0 -20.30-4.42.0 |
| 2.782 | Cor Kanbier | 96 | 30-08-46 | Veendam | 5.28-30.46-26.7 -24.38-5.11.4 |
| 2.736 | Jan Boere | 92 | 14-07-45 | Achilles | 5.40-25.94-26.8 -21.88-4.59.7 |
| 2.734 | Kees Bakx | 97 | 10-11-51 | Diomedon | 4.73-27.56-25.1 -21.56-4.58.2 |
| 2.722 | Hans Prins | 88 | 05-08-41 | Atos | 4.63-35.60-27.4 -28.04-5.14.03 |
| 2.700 | Theo Sybrandy | 86 | 03-07-38 | Sparta | 5.10-33.92-26.55-21.26-5.24.08 |
| 2.682 | Feico Jansma | 90 | 20-03-42 | AV'55 | 4.57-39.96-28.2 -27.70-5.20.8 |
| 2.670 | Berry Hilkes | 90 | 22-01-45 | AVN | 5.17-25.14-25.3 -18.30-5.06.2 |
| 2.646 | Joop Nennie | 88 | 20-07-41 | V&L TC | 4.90-26.92-26.4 -23.40-5.06.8 |
| 2.633 | Klaas v.d.Linde | 90 | 02-02-45 | Avantri | 5.30-27.98-27.3 -22.00-5.12.4 |
| 2.621 | Rob Dekker | 92 | 18-10-46 | Castricum | 5.46-36.12-28.0 -23.84-5.50.7 |
| 2.610 | Frank Larsen | 92 | 02-08-43 | Ilion | 5.09-33.20-26.8 -20.10-5.25.1 |
| 2.584 | Steven Koelink | 88 | 19-01-40 | AV'40 | 4.81-25.84-27.3 -20.94-4.48.5 |

vijfkamp M50

| | | | | | |
|-------|--------------------------|----|----------|------------|--------------------------------|
| 3.486 | Jeltjo Doornbosch | 86 | 23-04-36 | Vet.Ned. | 5.02-45.70-26.90-32.80-5.15.79 |
| 3.325 | Frank Larsen | 96 | 02-08-43 | Ilion | 5.47-34.88-26.34-26.84-5.12.61 |
| 3.249 | Peter Blommestijn | 97 | 23-05-42 | R'dam Atl. | 5.00-38.22-26.4 -36.66-5.47.9 |
| 3.203 | Henk de Leeuw den Bouter | 93 | 19-04-43 | Avantri | 4.98-36.48-27.5 -35.56-5.26.3 |
| 3.173 | Rob Kila | 91 | 07-02-40 | Vet.Ned. | 4.50-33.64-26.4 -34.34-5.08.0 |
| 3.154 | Jacques Janssen | 96 | 16-02-46 | Scopias | 4.99-37.54-26.92-39.96-6.17.50 |
| 3.112 | Fred van der Steenhoven | 00 | 30-01-48 | PAC | 4.75-43.17-28.1 -32.52-5.38.0 |
| 3.095 | Gerard Weisscher | 88 | 21-06-34 | Trias | 5.19-33.60-26.8 -30.18-5.36.7 |
| 3.035 | Ed Molenmaker | 97 | 21-11-46 | Spark | 4.83-36.12-27.2 -32.36-5.40.8 |
| 2.968 | Wim Hellebrekers | 00 | 19-02-50 | Weert | 5.19-35.76-27.4 -32.02-6.09.7 |

| | | | | |
|---|--------------------------|----|----------------------|--------------------------------|
| 2.965 | Jan Luykx | 86 | 09-09-33 Sprint | 5.10-38.04-26.78-30.46-6.25.88 |
| 2.947 | Harrie Wijkmans | 91 | 14-07-39 Scorpio | 5.09-36.30-28.2 -30.54-5.50.8 |
| 2.890 | Hans Prins | 93 | 05-08-41 Atos | 4.62-33.68-28.16-31.88-5.35.88 |
| 2.874 | Peter van der Ham | 94 | 14-03-44 Haag Atl. | 4.90-33.16-27.2 -27.90-5.45.3 |
| 2.810 | Steven Koelink | 90 | 19-01-40 AV'40 | 4.60-24.94-27.7 -25.72-4.55.5 |
| 2.781 | Wim Fokker | 87 | 15-07-36 Hellas | 4.74-40.92-29.6 -34.60-6.25.1 |
| 2.731 | Kees van Loon | 88 | 11-06-38 Spirit (L) | 4.95-25.06-27.0 -23.90-5.29.9 |
| 2.685 | Joop Ockers | 94 | 20-06-42 Weert | 4.37-31.68-29.53-30.88-5.31.10 |
| 2.654 | Jan van Empel | 95 | 19-08-44 GVAC | 4.53-42.40-28.9 -32.46-6.51.6 |
| 2.644 | Kees Havermans | 98 | 26-01-48 Scorpio | 5.22-24.15-26.8 -23.54-5.30.2 |
| 2.632 | Harry Hagemans | 89 | 27-03-38 AVN | 4.55-35.38-30.5 -33.50-6.01.4 |
| 2.630 | Martin Bettonviel | 90 | 21-05-37 Attila | 4.65-36.32-28.7 -33.80-6.44.1 |
| 2.624 | Willem Rietdijk | 98 | 25-03-48 PAC | 4.29-29.26-26.7 -25.65-5.42.4 |
| 2.609 | Cees Jägers | 93 | 26-08-42 GAC-H | 4.33-29.30-29.2 -32.40-5.39.9 |
| 2.607 | Chris Sitters | 97 | 02-05-47 GAC-H | 4.51-27.92-27.3 -25.76-5.44.1 |
| vijfkamp M55 | | | | |
| 3.497 | Peter Blommestijn | 98 | 23-05-42 R'dam Atl. | 5.04-38.17-27.6 -36.28-6.05.6 |
| 3.135 | Peter van der Ham | 00 | 14-03-44 Haag Atl. | 5.08-34.02-29.1 -28.87-6.02.1 |
| 3.065 | Rob Kila | 97 | 07-02-40 Vet. Ned. | 4.08-30.84-27.6 -27.90-5.18.9 |
| 3.054 | Jan Luykx | 90 | 09-09-33 Sprint | 4.89-37.36-27.48-29.04-7.02.73 |
| 2.971 | Cees Jägers | 97 | 26-08-42 GAC-H | 4.91-22.86-27.4 -21.58-5.25.8 |
| 2.960 | Nico Ridder | 94 | 30-06-36 Noordkop | 4.18-28.68-29.4 -27.44-5.08.9 |
| 2.882 | Kees van Giezen | 89 | 14-02-34 GAC-H | 4.56-29.30-28.6 -27.68-6.00.2 |
| 2.759 | Cees Jägers | 00 | 26-08-42 GAC-H | 5.00-35.78-26.43-24.48-4.29.92 |
| 2.570 | Henk de Leeuw den Bouter | 99 | 19-04-43 Avantri | 4.28-30.22-32.9 -34.11-6.27.8 |
| 2.503 | Pieter Schouten | 89 | 14-06-34 GAC-H | 3.83-17.66-26.2 -20.46-5.43.9 |
| 2.434 | Henk v.d. Langerijt | 98 | 18-05-41 Weert | 4.13-27.71-30.28-15.35-5.39.93 |
| 2.382 | Hans Prins | 97 | 05-08-41 Atos | 4.25-32.66-29.44-31.66- 0 |
| 2.324 | Jan Kempe | 92 | 15-06-35 Olympus'70 | 4.36-21.28-31.3 -18.80-5.43.5 |
| 2.299 | Geert van Dijk | 94 | 31-03-36 Vet. Ned. | 4.19-19.62-28.2 -18.90-6.16.0 |
| vijfkamp M60 | | | | |
| 3.429 | Rob Kila | 00 | 07-02-40 Vet. Ned. | 4.30-32.37-28.0 -35.84-5.36.2 |
| 3.310 | Cor Braak | 92 | 21-03-31 Waterland | 4.00-35.34-31.2 -39.84-5.28.5 |
| 2.813 | Kees van Giezen | 96 | 14-02-34 GAC-H | 4.28-29.48-29.24-26.08-6.30.39 |
| 2.808 | Geert van Dijk | 99 | 01-03-36 Vet. Ned. | 4.66-21.96-28.11-19.66-6.09.54 |
| 2.760 | Jan Luykx | 94 | 09-09-33 Sprint | 4.40-35.78-29.4 -32.50-8.13.6 |
| 2.553 | Hein Zethof | 88 | 10-08-28 AVA'64 | 3.55-17.42-31.1 -24.98-5.07.4 |
| 2.513 | Pieter Schouten | 96 | 14-06-34 GAC-H | 3.71-19.04-28.05-17.78-5.46.24 |
| 2.548 | Jan Kempe | 97 | 15-06-35 Olympus'70 | 4.30-29.44-31.33-23.98-6.49.20 |
| 2.333 | Nico Storre | 91 | 12-09-26 De Kieviten | 3.45-25.80-32.5 -34.60-6.50.6 |
| 2.172 | Rob Keitz | 00 | 01-12-38 Hanzesport | 3.62-20.11-33.4 -20.12-5.46.9 |
| 2.137 | Aad Pley | 88 | 17-05-28 Vet. Ned. | 3.32-27.04-34.4 -25.68-6.23.4 |
| vijfkamp M65 | | | | |
| 3.620 | Cor Braak | 96 | 21-03-31 Waterland | 3.97-37.80-31.9 -38.76-5.53.0 |
| 2.643 | Pieter Schouten | 00 | 14-06-34 GAC-H | 3.70-19.69-29.0 -19.95-6.23.9 |
| 2.594 | Nico Storre | 92 | 12-09-26 De Kieviten | 3.34-26.88-33.4 -37.54-7.27.5 |
| 2.556 | Joop Ruter | 98 | 19-04-33 PAC | 3.06-15.38-29.3 -12.23-5.01.1 |
| 2.437 | Jan Kempe | 00 | 15-06-35 Olympus'70 | 4.06-23.64-32.57-21.86-7.26.33 |
| 2.261 | Aad Pley | 93 | 17-05-28 Vet. Ned. | 3.21-22.70-36.3 -28.10-6.33.9 |
| 2.221 | Kees van Giezen | 00 | 14-02-34 GAC-H | 3.84-21.78-32.6 -24.45-8.08.2 |
| 2.063 | Anton de Kok | 91 | 25-01-26 Vet. Ned. | 3.46-16.04-35.8 -20.50-6.22.2 |
| vijfkamp M70 | | | | |
| 2.066 | Frans Buys | 98 | 05-09-24 GAC-H | 3.18-16.92-33.2 -16.32-7.44.8 |
| GEWICHT-VIJFKAMP | | | | |
| Volgorde: kogelslingeren, kogelstoten, discuswerpen, speerwerpen en gewichtwerpen | | | | |
| Vermelding: tot 2000 punten. Puntentelling WAVA 1994 met leeftijdscorrecties. | | | | |
| gewicht-vijfkamp M40 | | | | |
| 2.641 | Hans Mulders | 00 | 08-07-55 PSV | 37.53-10.48-28.82-36.11-11.67 |
| 2.492 | Friedhelm Dreckmeier | 00 | 24-10-59 Voorschoten | 33.91-10.09-26.74-35.28-11.63 |
| gewicht-vijfkamp M45 | | | | |
| 3.721 | Martin Regtop | 95 | 10-01-49 Tion | 39.46-12.91-45.24-42.46-12.54 |
| 3.500 | Hans Schouten | 95 | 08-05-49 Hollandia | 34.40-13.94-42.58-37.10-12.10 |
| 3.270 | Nico Hellendoorn | 99 | 30-06-50 Vet. Ned. | 33.53-12.04-37.62-43.70-10.65 |
| 3.078 | Jack Dekker | 96 | 21-04-49 Castricum | 34.24-11.47-38.24-39.48- 9.38 |
| 3.063 | Henny van Wijk | 97 | 01-10-49 Phoenix | 27.30-12.63-33.70-43.12-10.27 |
| 2.347 | Henk van Bakel | 99 | 14-02-53 Orion | 17.72- 8.97-31.51-43.10- 7.08 |
| 2.211 | Cor Aalberts | 97 | 21-07-50 PSV | 18.68-10.36-26.80-33.98- 7.44 |

gewicht-vijfkamp M50

| | | | | |
|-------|------------------------|----|----------------------|--------------------------------|
| 4.273 | Martin Regtop | 99 | 10-01-49 Tion | 45.63-13.83-47.03-42.19-17.27 |
| 3.617 | Jack Dekker (spee 700) | 00 | 21-04-49 Castricum | 40.20-12.81-43.74-40.23-11.74 |
| 3.600 | Nico Hellendoorn | 00 | 30-06-50 Vet. Ned. | 38.99-12.83-40.80-42.32-12.16 |
| 3.594 | Frits van Buuren | 98 | 31-01-46 Almere'81 | 43.09-11.30-36.82-38.69-15.09 |
| 3.132 | Jan Titulaer | 98 | 25-05-47 Orion | 30.52-11.72-32.29-41.88-12.00 |
| 2.776 | Roland Henriquez | 00 | 29-10-46 GAC-H. | 30.74-10.44-27.13-34.39-11.90 |
| 2.569 | Frans Klep | 00 | 29-11-48 PSV | 30.45- 9.84-27.77-33.02- 9.63 |
| 2.340 | Piet van Ham | 00 | 22-10-47 Atledo | 21.54-10.87-25.43-29.91- 9.94 |
| 2.022 | Henny Tabak | 98 | 27-10-44 Zuidwal | 19.10 - 9.22-23.65-26.21- 8.85 |
| 2.009 | Theo van der Krogt | 00 | 17-11-49 Voorschoten | 23.90- 8.22-23.07-23.99- 9.23 |

gewicht-vijfkamp M55

| | | | | |
|-------|---------------|----|--------------------|-------------------------------|
| 3.173 | Jan Pronk | 97 | 18-01-38 Trias | 35.70-10.27-38.62-20.22-11.73 |
| 3.066 | Frits Martens | 00 | 05-06-42 Hollandia | 24.34-11.71-36.24-32.24- 9.01 |

gewicht-vijfkamp M60

| | | | | |
|-------|------------|----|-----------------|-------------------------------|
| 3.499 | Jan Pronk | 98 | 18-01-38 Trias | 41.60-11.54-42.96-19.68-12.61 |
| 3.446 | Wim Fokker | 97 | 15-07-36 Hellas | 26.00-12.54-39.40-36.50-11.30 |

gewicht-vijfkamp M65

| | | | | |
|-------|----------|----|--------------|-------------------------------|
| 3.836 | Jan Smit | 97 | 22-09-31 PSV | 36.04-11.28-39.22-26.96-12.40 |
|-------|----------|----|--------------|-------------------------------|

gewicht-vijfkamp M70

| | | | | |
|-------|---------------|----|--------------|-------------------------------|
| 3.649 | Jan Oerlemans | 98 | 24-05-28 AVN | 26.71-10.46-36.46-26.86-13.16 |
|-------|---------------|----|--------------|-------------------------------|

TIENKAMP(of declathon)

Volgorde dag 1: 100, ver, kogel, hoog en 400; dag 2: korte horden, discus, polshoog, spee en 1500
Alleen opgenomen bij minimaal 3500 punten.

tienkamp M40 (o=oude 800 gr. spee)

| | | | | |
|-------|----------------------------|----|----------------------|---|
| 6.259 | Frans van der Ham | 99 | 26-07-54 Avantri | 12.35-5.95-11.09-1.66-57.12 /18.68-30.95-4.00-40.78-5.32.18 |
| 5.781 | Theo Maat (H = 106,7) | 89 | 10-03-48 Fortuna | 13.2 -5.59-11.08-1.65-61.1 /19.2 -36.66-3.10-47.86-5.14.3 |
| 5.745 | o Peter Blommestijn | 84 | 23-05-42 AVR | 12.2 -5.37-10.12-1.70-56.4 /19.0 -30.76-2.90-39.28-5.13.4 |
| 5.652 | o Henk de Leeuw den Bouter | 83 | 19-04-43 Avantri | 13.0 -5.49-10.50-1.65-60.7 /20.8 -36.54-3.40-39.96-5.03.1 |
| 4.855 | Jan Huijbers | 91 | 02-05-51 GAC-G. | 13.7 -5.68- 7.72-1.85-62.9 /19.8-22.88-2.70-32.08-5.29.0 |
| 4.817 | Kees Meijer | 00 | 01-12-56 Nea-Volh. | 13.0 -5.33- 8.69-1.49-61.0 /19.3 -24.35-3.10-33.37-5.35.7 |
| 4.758 | Leo de Pee | 00 | 24-05-56 Spirit-OB | 13.5 -5.00-11.03-1.60-63.7 /20.9 -30.20-2.70-42.42-5.55.5 |
| 4.665 | Henk Heijligers | 00 | 06-03-58 GVAC | 13.07-4.62- 9.59-1.55-61.47 /20.17-31.84-2.70-40.28-6.30.54 |
| 4.644 | Hans Peeters | 99 | 22-01-58 AVV | 12.6 -5.06- 8.13-1.43-56.1 /22.1 -26.01- 0 -35.41-4.30.4 |
| 4.458 | May Stokman | 98 | 09-11-56 GVAC | 13.0 -5.47- 9.81-1.60-66.0 /21.8 -28.75-2.50-33.87-6.04.6 |
| 4.435 | Ruud Postma (H = 106,7) | 92 | 07-08-48 Pr. Hendrik | 13.3 -4.84- 9.04-1.45-59.2 /24.8 -25.08-2.50-32.86-4.49.0 |
| 4.354 | Jaap Nauta | 00 | 24-01-60 Spirit-L. | 13.1 -4.53- 7.69-1.45-60.2 /21.0 -20.95-2.80-28.57-5.04.3 |
| 4.335 | Wim Hartman (H = 106,7) | 90 | 21-03-47 V&L TC | 13.3 -4.95 - 8.3401.40-58.7 /22.2 -19,10-2.20-27.24-4.36.7 |
| 4.283 | Teun Vis | 00 | 10-05-56 Spirit-L. | 13.6 -4.52-10.12-1.55-66.7 /22.3 -28.60-2.10-39.20-5.18.2 |

tienkamp M45 (o=oude 800 gr. spee)

| | | | | |
|-------|---------------------------|----|-------------------|--|
| 7.188 | Frans van der Ham | 99 | 26-07-54 Avantri | 12.6 -5.89-11.29-1.69-57.0 /18.3 -32.43-4.00-43.49-5.14.3 |
| 6.627 | Glen Gentle | 99 | 05-01-52 Avon | 12.65-5.42-11.86-1.50-55.54/20.26-33.22-2.50-49.39-4.48.45 |
| 5.804 | Jacques Janssen | 91 | 16-02-46 Tegelen | 12.67-5.69-13.06-1.68-58.99/22.00-36.52-2.60-38.28- 0 |
| 5.676 | Peter Blommestijn | 88 | 23-05-42 AVR | 12.3 -5.30- 9.69-1.60-59.7 /20.5 -27.42-2.20-38.36-5.29.0 |
| 5.615 | Henk de Leeuw den Bouter | 92 | 21-04-43 Avantri | 13.1 -5.26- 9.29-1.55-65.0 /22.0 -32.46-3.40-35.84-5.25.2 |
| 5.587 | Wim de Ronde | 96 | 08-11-48 Zaanland | 12.1 -5.40- 9.38-1.61-60.3 /19.0 -23.70-2.60-26.64-5.41.5 |
| 5.476 | Peter v.d. Ham (H =106,7) | 90 | 14-03-44 V&L TC | 12.6 - 5.25- 9.21-1.50-62.3 /20.7 -27.76-2.80-34.40-5.26.4 |
| 5.039 | Herman Bongertman | 90 | 03-05-45 Aalsmeer | 12.8 - 4.72- 9.67-1.50-63.7 /22.4 -28.48-2.50-37.56-5.47.4 |
| 4.591 | Ben Maas | 89 | 20-03-41 Tempo | 12.8 - 4.89- 7.15-1.30-58.5 /25.0 -20.84-2.60-20.42-4.52.3 |
| 4320 | o Kees van Giezen | 83 | 14-02-34 GAC-H. | 13.1 - 4.72- 6.33-1.45-63.9 /22.3 -17.40-2.40-26.56-5.31.9 |
| 4.259 | Paul Houben | 94 | 03-06-48 GVAC | 12.9 - 4.52- 8.50-1.25-68.6 /23.0 -25.52-2.00-35.52-5.42.2 |

tienkamp M50 (o=oude 800 gr. spee)

| | | | | |
|-------|--------------------------|----|---------------------|--|
| 6.968 | Frans van der Ham | 00 | 26-07-54 Avantri | 12.53-5.69-10.99-1.64-57.30/18.80-33.53-3.90-41.70-5.29.46 |
| 6.747 | Wim de Ronde | 99 | 08-11-48 Zaanland | 12.10-5.37-10.36-1.54-58.38/15.48-31.88-2.40-34.29-5.50.85 |
| 5.671 | Cor Kanbier (110 H) | 97 | 30-08-46 Veendam | 13.1 -5.04- 9.12-1.48-58.8 /25.9 -27.36-3.10-28.94-5.07.9 |
| 5.635 | Peter v.d. Ham (sen.mat) | 94 | 14-03-44 Haag Atl. | 13.1 - 5.25- 9.87-1.55-62.4 /23.2 -26.04-3.00-34.22-5.58.5 |
| 5.096 | Fred van der Steenhoven | 99 | 30-01-48 PAC | 14.16-4.66-10.27-1.20-69.70/20.40-30.91-2.50-41.13-5.50.49 |
| 5020 | o Kees van Giezen | 85 | 14-02-34 GAC-H. | 13.9 -4.52- 7.09-1.45-61.6 /20.3 -24.64-2.60-24.54-5.20.1 |
| 4.984 | Peter Blommestijn | 96 | 23-05-42 R'dam Atl. | 13.3 -4.52- 9.72-1.50-71.8 /20.1 -26.98-2.60-34.92-6.33.7 |

tienkamp M55

| | | | | |
|-------|-----------------|----|----------------|---|
| 5.758 | Kees van Giezen | 89 | 14-02-34 GACH. | 13.7 -4.48- 6.88-1.42-62.8 /19.2 -26.04-2.60-27.40-5.39.5 |
|-------|-----------------|----|----------------|---|

tienkamp M60

| | | | | |
|-------|-----------------|----|-----------------|---|
| 5.988 | Kees van Giezen | 94 | 14-02-34 GAC-H. | 14.1 -4.41- 8.15-1.35-68.8 /18.6 -28.82-2.70-28.14-6.19.0 |
|-------|-----------------|----|-----------------|---|

tienkamp M65

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|-------|-----------------|----|----------------|--|
| 5.963 | Kees van Giezen | 99 | 14-02-34 GAC-H | 14.63-4.16- 7.47-1.33-75.67/19.98-27.30-2.60-25.27-7.16.05 |
|-------|-----------------|----|----------------|--|

100 meter V35

| | | | | | | | | | |
|-------|-------------------------|----|----------|-------------|-------|--------------------|----|----------|-------------|
| 11.8 | Ciska Jansen | 82 | 23-09-44 | Sagitta | 14.20 | Margreet Werkhoven | 90 | 16-07-45 | Edam |
| 12.40 | Tilly Jacobs | 95 | 19-06-56 | Sparta | 14.0 | Rietje Dijkman | 86 | 21-06-39 | AV '23 |
| 12.71 | Wilma van Gool | 84 | 11-08-47 | Ciko'66 | 14.0 | Toos Dingenouts | 88 | 27-12-41 | Achilles |
| 12.77 | Riny Hagenaars | 90 | 17-07-51 | PAC | 14.0 | Jet van Esch | 99 | 09-11-52 | Pr. Hendrik |
| 12.6 | Sonja Oost | 94 | 02-05-57 | De Sperwers | 14.24 | Weia Reinboud | 97 | 11-03-50 | Hellas |
| 12.93 | Lilianne Fiddelaers (B) | 00 | 12-12-61 | Unitas | 14.28 | Ans Honkoop | 90 | 28-08-44 | Ciko'66 |
| 12.7 | Helma Volbers | 84 | 29-12-46 | Tion | 14.28 | Marian Vennix | 00 | 27-10-53 | Attila |
| 12.7 | Mariet Thomas | 88 | 03-03-51 | DEM | 14.1 | Riet Jonkers | 89 | 04-10-43 | Energie |
| 13.00 | Mieke Sterk | 84 | 05-01-46 | ADA | 14.37 | Anneke Spaargaren | 97 | 06-10-51 | Aalsmeer |
| 12.8 | Rien van Dam | 82 | 27-04-47 | Hellas | 14.37 | Marianne Langezaal | 99 | 13-03-54 | Leiden Atl. |

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|-------|----------------------|----|----------|------------|---------------------------------|-------------------|-------|----------|-------------|
| 12.8 | Ingrid v.d.Meer | 95 | 09-06-60 | Sagitta | 100 meter V50 (tot 16.5) | | | | |
| 12.9 | Coby Körmeling | 89 | 19-12-52 | AV'34-A. | 13.3 | Corrie Roovers | 85 | 14-07-35 | Sprint |
| 12.9 | Annemiek Stavenuiter | 90 | 13-03-54 | ADA | 13.4 | Pat Smith | 86 | 01-03-36 | Olympia'48 |
| 13.20 | Joke Torbijn | 94 | 29-10-57 | Parthenon | 14.22 | Elly Willemsen | 97 | 21-03-47 | Attila |
| 13.22 | Alma Hollen | 98 | 25-12-60 | Holland-H | 14.43 | Marja Broers | 96 | 30-03-46 | Lycurgus |
| | | | | | 14.46 | Riet Jonkers | 97 | 04-10-43 | Energie |
| 13.0 | Alie van der Worp | 77 | 20-06-42 | PEC | | | | | |
| 13.0 | Maja Boekel | 87 | 03-03-50 | Trias | 14.3 | Rietje van Walree | 91+94 | 25-09-39 | Atos |
| 13.0 | Carla Alonso | 87 | 31-07-51 | AVR | 14.61 | Toos Dingenouts | 92 | 27-12-41 | Achilles |
| 13.0 | Marianne Langezaal | 90 | 13-03-54 | De Bataven | 14.4 | Rietje Dijkman | 89 | 21-06-39 | AV '23 |
| 13.0 | Janet Janssen | 90 | 29-05-54 | Attila | 14.66 | Corrie Meijer | 98 | 16-03-47 | Schelde Sp. |
| | | | | | 14.99 | Corrie Vinke | 91 | 24-04-41 | Atos |
| 13.0 | Fridy Daniels | 90 | 19-09-54 | GAC-G. | | | | | |
| 13.30 | Resi Fransen | 92 | 13-10-56 | Haag Atl. | 15.30 | Marja de Wit | 97 | 16-06-45 | AV'55 |
| 13.1 | Marian Vennix | 92 | 27-10-53 | Attila | 15.1 | Wies Bosland | 89 | 26-07-38 | Castricum |
| 13.1 | Ria Mistry | 96 | 30-01-59 | AVV | 15.52 | Laura Blommestijn | 97 | 02-07-44 | R'dam Atl. |
| 13.35 | Anja Akkerman | 93 | 01-05-55 | DEM | 15.63 | Lisa Plat | 92 | 09-02-39 | Lycurgus |
| | | | | | 16.02 | Bep Reidinga | 90 | 20-11-36 | Edam |

100 meter V40

| | | | | | | | | | |
|-------|----------------|----|----------|-----------|-------|-----------------|----|----------|-------------|
| 12.39 | Ciska Jansen | 85 | 23-09-44 | Sagitta | 15.8 | Jo Bleeker | 82 | 20-12-31 | DEM |
| 12.46 | Tilly Jacobs | 97 | 19-06-56 | Sparta | 15.9 | Lenie Zegers | 86 | 18-06-32 | Sagitta |
| 12.5 | Riny Hagenaars | 94 | 17-07-51 | PAC | 16.40 | Annie Fischer | 97 | 02-12-42 | De Sperwers |
| 12.96 | Joke Torbijn | 98 | 29-10-57 | Parthenon | 16.49 | Marion de Bruin | 99 | 24-06-49 | Haag Atl. |
| 12.98 | Corrie Roovers | 79 | 14-07-35 | Sprint | | | | | |

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|-------|-------------------|----|----------|-------------|-------|----------------|-------|----------|-----------|
| 13.05 | Sonja Oost | 99 | 02-05-57 | De Sperwers | 14.18 | Corrie Roovers | 94 | 14-07-35 | Sprint |
| 13.12 | Anja Akkerman | 95 | 01-05-55 | DEM | 14.42 | Pat Smith | 91 | 01-03-36 | Haag Atl. |
| 12.9 | Mieke Sterk | 86 | 05-01-46 | ADA | 14.98 | Riet Jonkers | 99 | 04-10-43 | Attila |
| 12.9 | Mariet Thomas | 92 | 03-03-51 | DEM | 14.8 | Rietje Dijkman | 95+96 | 21-06-39 | AV'23 |
| 13.16 | Hermien Roggeband | 99 | 24-11-58 | Delta Sport | 15.4 | Wies Bosland | 95 | 26-07-38 | Castricum |

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|-------|--------------------|----|----------|---------|-------|--------------|----|----------|-----------|
| 13.20 | Maya Boekel | 90 | 03-03-50 | Trias | 15.71 | Mia Linskens | 98 | 03-12-42 | Atos |
| 13.2 | Dinah Heinsbroek | 94 | 22-12-53 | Fortuna | 15.5 | Tinie Bakker | 91 | 03-03-36 | Trias |
| 13.52 | Lena Jansen | 94 | 06-03-51 | Energie | 15.78 | Lisa Plat | 96 | 09-02-39 | Lycurgus |
| 13.3 | Wemmy Spierenburg | 79 | 14-02-36 | Fortis | 17.56 | Annie Locks | 96 | 12-03-40 | Wier.meer |
| 13.62 | Maria van den Berg | 00 | 03-01-60 | DJA | 17.5 | Lenie Zegers | 87 | 18-06-32 | Sagitta |

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|-------|------------------|----|----------|------------|----------------------|----------------|----|----------|-----------|
| 13.4 | Mia Linskens | 86 | 30-12-42 | Atos | 100 meter V60 | | | | |
| 13.64 | Janny Kuper | 96 | 01-01-55 | PEC | 14.12 | Corrie Roovers | 96 | 14-07-35 | Sprint |
| 13.67 | Netty van Hedel | 93 | 18-03-49 | Pr.Hendrik | 15.18 | Pat Smith | 96 | 01-03-36 | Haag Atl. |
| 13.70 | Hieke Bootsma | 92 | 26-02-51 | Horror | 15.35 | Rietje Dijkman | 99 | 21-06-39 | AV'23 |
| 13.70 | Evelien van Hees | 99 | 22-03-57 | Energie | 16.23 | Lisa Plat | 99 | 09-02-39 | Lycurgus |

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|-------|----------------|----|----------|--------|----------------------|-------------------------|----|----------|-------------|
| 13.73 | Janet Janssen | 97 | 29-05-54 | Attila | 200 meter V35 | | | | |
| 13.5 | Mary Larsen | 87 | 11-12-43 | Ilion | 24.77 | Ciska Jansen | 82 | 23-09-44 | Sagitta |
| 13.5 | Rien van Dam | 88 | 27-04-47 | Hellas | 25.0 | Tilly Jacobs | 95 | 19-06-56 | Sparta |
| 13.5 | Elly Willemsen | 91 | 21-03-47 | Attila | 25.99 | Sonja Oost | 93 | 02-05-57 | De Sperwers |
| 13.5 | Marian Vennix | 95 | 27-10-53 | Attila | 26.39 | Lilianne Fiddelaers (B) | 00 | 12-12-61 | Unitas |
| | | | | | 26.41 | Lilianne Mandema | 96 | 12-02-59 | Haag Atl. |

100 meter V45

| | | | | | | | | | |
|-------|-----------------|----|----------|------------|-------|----------------|----|----------|----------|
| 13.23 | Riny Hagenaars | 97 | 17-07-51 | PAC | 26.60 | Riny Hagenaars | 90 | 17-07-51 | PAC |
| 13.30 | Corrie Roovers | 82 | 14-07-35 | Sprint | 26.6 | Fridy Daniels | 90 | 19-09-54 | GAC-G. |
| 13.33 | Mariet Thomas | 96 | 03-03-51 | DEM | 26.7 | Mary Larsen | 82 | 11-12-43 | Ilion |
| 13.51 | Anja Akkerman | 00 | 01-05-55 | DEM | 26.7 | Rien van Dam | 82 | 27-04-47 | Hellas |
| 13.3 | Netty van Hedel | 94 | 18-03-49 | Pr.Hendrik | 27.03 | Coby Körmeling | 89 | 19-12-52 | AV'34-A. |

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|-------|-------------------|----|----------|------------|-------|----------------|----|----------|-----------|
| 13.56 | Pat Smith | 84 | 01-03-36 | Olympia'48 | 26.8 | Wilma Hillen | 87 | 26-10-51 | Tion |
| 13.71 | Elly Willemsen | 92 | 21-03-47 | Attila | 27.10 | Joke Torbijn | 95 | 29-10-57 | Parthenon |
| 13.6 | Rietje van Walree | 86 | 25-09-39 | Atos | 26.9 | Mariet Thomas | 88 | 03-03-51 | DEM |
| 13.90 | Hieke Bootsma | 96 | 26-02-51 | Horror | 27.0 | Wilma van Gool | 85 | 11-08-47 | Ciko'66 |
| 13.7 | Mia Linskens | 89 | 30-12-42 | Atos | 27.1 | Ina Blaauw | 83 | 01-12-47 | Argo'77 |

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|-------|----------------|----|----------|-------------|-------|----------------------|----|----------|--------|
| 13.96 | Lena Jansen | 99 | 06-03-51 | Energie | 27.39 | Irene Wentzel | 81 | 23-06-45 | Hellas |
| 13.8 | Mia Dudink | 92 | 24-12-46 | Sagitta | 27.50 | Anja Akkerman | 94 | 01-05-55 | DEM |
| 14.06 | Corrie Meijer | 93 | 16-03-47 | Schelde Sp. | 27.59 | Judith Beentjes | 99 | 15-03-64 | Unitas |
| 13.9 | Margriet Prins | 96 | 15-01-51 | Suomi | 27.60 | Annemiek Stavenuiter | 91 | 13-03-54 | ADA |
| 14.17 | Janet Janssen | 99 | 29-05-54 | Attila | 27.6 | Ina Ruijter | 88 | 30-01-53 | AV '23 |

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|---------------------------------|-------------------------|-------------|----------|-------------|-------|------------------|----|----------|-----------|
| 27.6 | Lena Jansen | 89 | 06-03-51 | PAC | 34.29 | Margreet Hissink | 00 | 23-03-50 | PAC |
| 27.6 | Janet Janssen | 90 | 29-05-54 | Attila | 34.4 | Lenie Zegers | 85 | 18-06-32 | Sagitta |
| 27.87 | Alma Hollen | 97 | 25-12-60 | Holland-H. | 36.06 | Riet Pijp | 78 | 25-03-25 | Vet.Ned. |
| 27.89 | Marian Vennix | 92 | 27-10-53 | Attila | | | | | |
| 27.92 | Marga Otten | 90 | 11-11-52 | Hellas | | | | | |
| 200 meter V40 | | | | | | | | | |
| 25.17 | Tilly Jacobs | 97 | 19-06-56 | Sparta | | | 91 | 01-03-36 | Haag Atl. |
| 25.55 | Ciska Jansen | 85 | 23-09-44 | Sagitta | | | 91 | 14-07-35 | Sprint |
| 26.27 | Riny Hagenaars | 93 | 17-07-51 | PAC | | | 99 | 04-10-43 | Attila |
| 26.3 | Mieke Sterk | 86 | 05-01-46 | ADA | | | 96 | 21-06-39 | AV '23 |
| 26.81 | Joke Torbijn | 98 | 29-10-57 | Parthenon | | | 96 | 09-02-39 | Lycurgus |
| 26.84 | Sonja Oost | 99 | 02-05-57 | De Sperwers | | | 96 | 14-07-35 | Sprint |
| 26.92 | Anja Akkerman | 96 | 01-05-55 | DEM | | | 99 | 21-06-39 | AV'23 |
| 27.08 | Hermien Roggeband | 99 | 24-11-58 | Delta Sport | | | 96 | 01-03-36 | Haag Atl. |
| 26.9 | Mariet Thomas | 93 | 03-03-51 | DEM | | | 99 | 09-02-39 | Lycurgus |
| 27.5 | Joke de Zeeuw | 90 | 09-05-49 | PAC | | | | | |
| 27.5 | Netty van Hedel | 93 | 18-03-49 | Pr.Hendrik | | | | | |
| 27.82 | Lena Jansen | 94 | 06-03-51 | Energie | | | | | |
| 27.7 | Irene Wentzel | 85 | 23-06-45 | Hellas | | | | | |
| 28.10 | Evelien van Hees | 99 | 22-03-57 | Energie | | | | | |
| 27.9 | Corrie Roovers | 79 | 14-07-35 | Sprint | | | | | |
| 28.15 | Hieke Bootsma | 91 | 26-02-51 | Horror | | | | | |
| 28.17 | Maya Boekel | 90 | 03-03-50 | Trias | | | | | |
| 28.24 | Lilianne Mandema | 00 | 12-02-59 | Haag Atl. | | | | | |
| 28.32 | Evie Roelands | 00 | 12-07-58 | DJA | | | | | |
| 28.37 | Janet Janssen | 97 | 29-05-54 | Attila | | | | | |
| 28.2 | Janny Kuper | 96 | 01-01-55 | PEC | | | | | |
| 28.48 | Diny Klomp | 92 | 18-06-52 | Pr.Hendrik | | | | | |
| 28.3 | Rien van Dam | 88 | 27-04-47 | Hellas | | | | | |
| 28.3 | Ria Mistry | 99 | 30-01-59 | AVV | | | | | |
| 28.58 | Marian Vennix | 94 | 27-10-53 | Attila | | | | | |
| 200 meter V45 | | | | | | | | | |
| 27.51 | Anja Akkerman | 00 | 01-05-55 | DEM | | | | | |
| 27.52 | Riny Hagenaars | 97 | 17-07-51 | PAC | | | | | |
| 27.5 | Corrie Roovers | 83 | 14-07-35 | Sprint | | | | | |
| 27.80 | Mariet Thomas | 96 | 03-03-51 | DEM | | | | | |
| 27.6 | Pat Smith | 85 | 01-03-36 | Olympia'48 | | | | | |
| 28.0 | Mia Linskens | 88 | 30-12-42 | Atos | | | | | |
| 28.51 | Netty van Hedel | 94 | 18-03-49 | Pr. Hendrik | | | | | |
| 28.66 | Lena Jansen | 96 | 06-03-51 | Energie | | | | | |
| 29.10 | Mia Dudink | 92 | 24-12-46 | Sagitta | | | | | |
| 29.48 | Jet van Esch | 00 | 09-11-52 | Pr. Hendrik | | | | | |
| 29.56 | Rietje van Walree | 88 | 25-09-39 | Atos | | | | | |
| 29.89 | Marja Broers | 91 | 30-03-46 | Lycurgus | | | | | |
| 29.92 | Margreet Werkhoven | 91 | 16-07-45 | Edam | | | | | |
| 29.7 | Elly Willemsen | 94 | 21-03-47 | Attila | | | | | |
| 30.05 | Weia Reinboud | 99 | 11-03-50 | Hellas | | | | | |
| 30.06 | Janny Kuper | 00 | 01-01-55 | PEC 1910 | | | | | |
| 30.08 | Anneke Spaargaren | 97 | 06-10-51 | Aalsmeer | | | | | |
| 30.0 | Toos Dingenouts | 89 | 27-12-41 | Achilles | | | | | |
| 30.0 | Maudy Haumersen | 96 | 26-01-51 | Fivelstreek | | | | | |
| 30.41 | Hieke Bootsma | 96 | 26-02-51 | Horror | | | | | |
| 30.2 | Greet Warnaar | 91 | 19-12-41 | Edam | | | | | |
| 30.63 | Margriet Prins | 98 | 15-01-51 | Suomi | | | | | |
| 30.4 | Corrie Meyer | 95 | 16-03-47 | Schelde Sp. | | | | | |
| 30.92 | Marian Vennix | 00 | 27-10-53 | Attila | | | | | |
| 30.7 | Marga Otten | 98 | 11-11-52 | Trias | | | | | |
| 200 meter V50 (tot 36.0) | | | | | | | | | |
| 27.8 | Pat Smith | 88 | 01-03-36 | Olympia'48 | | | | | |
| 28.4 | Corrie Roovers | 89 | 14-07-35 | Sprint | | | | | |
| 29.3 | Marja Broers | 96 | 30-03-46 | Lycurgus | | | | | |
| 30.20 | Riet Jonkers | 97 | 04-10-43 | Energie | | | | | |
| 30.24 | Rietje van Walree | 91 | 25-09-39 | Atos | | | | | |
| 30.52 | Rietje Dijkman | 91 | 21-06-39 | Vet.Ned. | | | | | |
| 30.3 | Toos Dingenouts | 92 | 27-12-41 | Achilles | | | | | |
| 31.97 | Lisa Plat | 92 | 09-02-39 | Lycurgus | | | | | |
| 32.0 | Greet Warnaar | 93 | 19-12-41 | Hera | | | | | |
| 32.71 | Wies Ratelband | 85 | 07-07-35 | Vet.Ned. | | | | | |
| 34.29 | Margreet Hissink | 00 | 23-03-50 | PAC | | | | | |
| 34.29 | Margreet Hissink | | | | | | | | |
| 34.4 | Lenie Zegers | | | | | | | | |
| 36.06 | Riet Pijp | | | | | | | | |
| 200 meter V55 | | | | | | | | | |
| 28.8 | Pat Smith | | | | | | | | |
| 29.13 | Corrie Roovers | | | | | | | | |
| 30.83 | Riet Jonkers | | | | | | | | |
| 30.91 | Rietje Dijkman | | | | | | | | |
| 32.16 | Lisa Plat | | | | | | | | |
| 200 meter V60 | | | | | | | | | |
| 29.43 | Corrie Roovers | | | | | | | | |
| 31.10 | Rietje Dijkman | | | | | | | | |
| 31.42 | Pat Smith | | | | | | | | |
| 33.57 | Lisa Plat | | | | | | | | |
| 200 meter V65 | | | | | | | | | |
| 31.81 | Corrie Roovers | | | | | | | | |
| 400 meter V35 | | | | | | | | | |
| 54.30 | Laetitia Vriesde (Sur) | | | | | | | | |
| 56.0 | Ina Blaauw | | | | | | | | |
| 57.0 | Tilly Jacobs | | | | | | | | |
| 57.66 | Petra van Limpt | | | | | | | | |
| 57.77 | Sonja Oost | | | | | | | | |
| 59.1 | Irene Wentzel | | | | | | | | |
| 59.29 | Joke de Zeeuw | | | | | | | | |
| 59.4 | Coby Körmeling | | | | | | | | |
| 59.7 | Diny Klomp | | | | | | | | |
| 59.9 | Mary Larsen | | | | | | | | |
| 59.9 | Fridy Daniels | | | | | | | | |
| 60.04 | Liliane Mandema | | | | | | | | |
| 60.5 | Ciska Jansen | | | | | | | | |
| 60.79 | Lilianne Fiddelaers (B) | | | | | | | | |
| 61.0 | Riet Kruiswijk | | | | | | | | |
| 61.13 | Anja Matakena | | | | | | | | |
| 61.14 | Janny Kuper | | | | | | | | |
| 61.1 | Wilma Hillen | | | | | | | | |
| 61.46 | Lena Jansen | | | | | | | | |
| 61.5 | Evelien van Hees | | | | | | | | |
| 61.78 | Janneke Roona-Bosma | | | | | | | | |
| 61.80 | Marga Otten | | | | | | | | |
| 61.81 | Ineke Dieperink | | | | | | | | |
| 62.12 | Florence van Rijsbergen | | | | | | | | |
| 62.23 | Irene Pos | | | | | | | | |
| 400 meter V40 | | | | | | | | | |
| 56.82 | Tilly Jacobs | | | | | | | | |
| 60.42 | Sonja Oost | | | | | | | | |
| 60.3 | Joke de Zeeuw | | | | | | | | |
| 60.4 | Irene Wentzel | | | | | | | | |
| 61.20 | Diny Klomp | | | | | | | | |
| 61.36 | Lena Jansen | | | | | | | | |
| 61.8 | Mia Dudink | | | | | | | | |
| 62.16 | Greet Papegaaij | | | | | | | | |
| 62.24 | Anja Akkerman | | | | | | | | |
| 62.47 | Janny Kuper | | | | | | | | |
| 62.5 | Ina Ruijter | | | | | | | | |
| 62.76 | Anja Matakena | | | | | | | | |
| 62.83 | Lidwien Heslen | | | | | | | | |
| 63.06 | Hieke Bootsma | | | | | | | | |
| 63.1 | Corrie Keijsers | | | | | | | | |
| 63.2 | Riet Jonkers | | | | | | | | |
| 63.2 | Hermien Roggeband | | | | | | | | |
| 63.69 | Irene Pos | | | | | | | | |
| 63.92 | Resi Fransen | | | | | | | | |
| 64.11 | Riet Kruiswijk | | | | | | | | |
| 64.12 | Evelien van Hees | | | | | | | | |
| 64.17 | Netty van Hedel | | | | | | | | |
| 64.3 | Maudi Haumersen | | | | | | | | |
| 64.5 | Loes Heersping | | | | | | | | |
| 64.6 | Joke Torbijn | | | | | | | | |
| 86 | 04-10-43 | Energie | | | | | | | |
| 99 | 24-11-58 | Delta Sport | | | | | | | |
| 94 | 11-05-53 | Delta Sport | | | | | | | |
| 00 | 13-10-56 | Haag Atl. | | | | | | | |
| 91 | 26-12-49 | AV'40 | | | | | | | |
| 99 | 22-03-57 | Energie | | | | | | | |
| 93 | 18-03-49 | Pr.Hendrik | | | | | | | |
| 91 | 26-01-51 | Fivelstreek | | | | | | | |
| 88 | 11-01-48 | ADA | | | | | | | |
| 98 | 29-10-57 | Parthenon | | | | | | | |

| | | | | | | | | | |
|---------------------------------|-------------------------|----|----------------------|----------------|-----------------------------------|-----------------------|------------|----------|-------------|
| 400 meter V45 (tot 71.0) | | | 2.15.55 | Joke de Zeeuw | 89 | 09-05-49 | PAC | | |
| 62.89 | Diny Klomp | 97 | 18-06-52 | Pr.Hendrik | 2.18.9 | Corrie Keijsers | 86 | 15-03-42 | Weert |
| 63.1 | Pat Smith | 85 | 01-03-36 | Olympia'48 | 2.19.5 | Hennie Zantinga | 94 | 27-11-51 | AV '55 |
| 63.76 | Lena Jansen | 98 | 06-03-51 | Energie | 2.20.0 | Annie Bekkers | 84 | 29-04-44 | Gen.Mich. |
| 64.14 | Netty van Hedel | 94 | 18-03-49 | Pr.Hendrik | 2.21.1 | Els Raap | 89 | 28-04-47 | Sagitta |
| 65.29 | Janny Kuper | 00 | 01-01-55 | PEC 1910 | 2.21.3 | Ina Ruijter | 93 | 30-01-53 | AV'23 |
| 65.61 | Gerda van Kooten | 87 | 01-04-39 | Sprint | 2.21.68 | Greet Papegaaij | 98 | 14-05-58 | Isala |
| 66.0 | Mia Dudink | 92 | 24-12-46 | Sagitta | 2.21.9 | Diny Klomp | 93 | 18-06-52 | Pr.Hendrik |
| 66.7 | Riet Jonkers | 90 | 04-10-43 | Energie | 2.22.49 | Tilly Jacobs | 96 | 19-06-56 | Sparta |
| 67.05 | Afra Kruijer | 95 | 03-06-49 | Hera | 2.22.9 | Gerda van Kooten | 79 | 01-04-39 | Parthenon |
| 67.06 | Anja Akkerman | 00 | 01-05-55 | DEM | 2.23.0 | Lisette Kaptijn | 96 | 03-03-56 | Spartaan |
| 67.1 | Greet Warnaar | 91 | 19-12-41 | Hera | 2.23.9 | Jopie Daane | 91 | 25-03-51 | Atletica |
| 67.1 | Margriet Prins | 97 | 15-01-51 | Suomi | 2.24.26 | Janny Kuper | 96 | 01-01-55 | PEC 1910 |
| 67.7 | Corrie Keijsers | 90 | 15-03-42 | Weert | 2.24.56 | Resi Fransen | 00 | 13-10-56 | Haag Atl. |
| 68.00 | Marja Broers | 93 | 30-03-46 | Lycurgus | 2.24.6 | Marja Mulder | 99 | 19-06-57 | Noordkop |
| 67.9 | Lidwien Hesén | 98 | 21-11-48 | Climax | 2.24.8 | Riet Jonkers | 86 | 04-10-43 | Energie |
| 68.1 | Jet van Esch | 98 | 09-11-52 | Pr.Hendrik | 2.25.3 | Loes Heersping | 88 | 11-01-48 | ADA |
| 68.5 | Hanny Commandeur | 99 | 10-08-52 | Suomi | 2.25.36 | Lidwien Hesén | 89 | 21-11-48 | Climax |
| 69.04 | Maudy Haumersen | 97 | 26-01-51 | Fivelstreek | 2.25.48 | Irene Pos | 93 | 11-05-53 | Deltasport |
| 69.16 | Anneke Spaargaren | 97 | 06-10-51 | Aalsmeer | 2.26.1 | Dina Janssen | 92 | 09-06-52 | Vet.Ned. |
| 69.62 | Marga Otten | 98 | 11-11-52 | Trias | 2.26.2 | Anja Matakéna | 00 | 24-06-59 | Typhoon |
| 70.63 | Weia Reinboud | 96 | 11-03-50 | Hellas | 2.26.30 | Helmie Caris | 98 | 16-12-57 | Weert |
| 70.5 | Wies Ratelband | 84 | 07-07-35 | Vet.Ned. | 2.26.33 | Elly Schouten | 94 | 08-02-52 | HAC |
| 400 meter V50 (tot 76.0) | | | 800 meter V45 | | | | | | |
| 62.7 | Pat Smith | 88 | 01-03-36 | Olympia'48 | 2.20.2 | Irene Wentzel | 90 | 23-06-45 | ADA |
| 66.31 | Gerda van Kooten | 89 | 01-04-39 | Sprint | 2.23.2 | Gerda van Kooten | 85 | 01-04-39 | Sprint |
| 68.68 | Riet Jonkers | 97 | 04-10-43 | Energie | 2.23.48 | Corrie Keijsers | 90 | 15-03-42 | Weert |
| 68.89 | Marja Broers | 96 | 30-03-46 | Lycurgus | 2.24.9 | Greet Warnaar | 91 | 19-12-41 | Hera |
| 69.0 | Greet Warnaar | 93 | 19-12-41 | Hera | 2.25.14 | Diny Klomp | 97 | 22-07-97 | Pr. Hendrik |
| 400 meter V55 | | | 2.27.7 | Loes Heersping | 93 | 11-01-48 | ADA | | |
| 66.9 | Pat Smith | 91 | 01-03-36 | Haag Atl. | 2.28.0 | Els Raap | 92 | 28-04-47 | Blauw-Wit |
| 68.10 | Riet Jonkers | 99 | 04-10-43 | Attila | 2.28.02 | Miriam Brugman | 92 | 15-05-44 | Bataven |
| 71.6 | Gerda van Kooten | 97 | 01-04-39 | Sprint | 2.28.5 | Lidwien Hesén | 98 | 21-11-48 | Climax |
| 73.73 | Lisa Plat | 96 | 09-02-39 | Lycurgus | 2.28.8 | Riet Kruiswijk | 95 | 26-12-49 | AV'40 |
| 83.07 | Annie Locks | 96 | 12-03-40 | Wier.meer | 2.29.76 | Marijke Kroon | 96 | 21-10-50 | Phoenix |
| 400 meter V60 | | | 2.31.53 | Martha van Hal | 95 | 09-07-46 | Pijnenburg | | |
| 71.62 | Rietje Dijkman | 99 | 21-06-39 | AV'23 | 2.32.15 | Afra Kruijer | 95 | 03-06-49 | Hera |
| 76.63 | Lisa Plat | 99 | 09-02-39 | Lycurgus | 2.32.90 | Noortje van Kempen | 99 | 29-11-50 | Leiden Atl. |
| 800 meter V35 | | | 2.32.99 | Riet Jonkers | 90 | 04-10-43 | Energie | | |
| 1.58.62 | Laetitia Vriesde (Sur) | 00 | 05-10-64 | Ciko'66 | 2.33.88 | Lena Jansen | 97 | 06-03-51 | Energie |
| 2.05.41 | Ina Blaauw | 83 | 01-12-47 | Argo'77 | 2.35.09 | Tilly v.d. Laar | 98 | 05-06-52 | Weert |
| 2.09.43 | Petra van Limpt | 90 | 10-01-54 | Pr.Hendrik | 2.35.95 | Diny Detert Oude Weme | 99 | 11-05-51 | AV'34 |
| 2.10.92 | Irene Wentzel | 84 | 23-06-45 | Hellas | 2.36.70 | Johanna Hoekstra | 91 | 24-03-45 | DEM |
| 2.13.27 | Joke de Zeeuw | 84 | 09-05-49 | PAC | 2.37.25 | Bettina Gryglicki | 96 | 07-01-51 | SAV |
| 2.13.7 | Mieke Aanen | 98 | 02-05-63 | Haag Atl. | 2.38.0 | Marga Vriendjes | 96 | 09-12-50 | Trias |
| 2.16.3 | Riet Kruiswijk | 85 | 26-12-49 | AV '40 | 2.38.24 | Bep Reidinga | 82 | 20-11-36 | Edam |
| 2.16.9 | Marlies van Geel | 96 | 18-03-59 | DJA | 2.38.34 | Alie Sloots | 94 | 26-07-49 | De Sperwers |
| 2.17.37 | Florence van Rijsbergen | 99 | 09-02-64 | Thor | 2.38.5 | Lenie Borsboom | 88 | 10-02-40 | Olympia'48 |
| 2.17.8 | Fridy Daniels | 91 | 19-09-54 | GAC-G. | 2.38.5 | Hennie Veldhuis | 96 | 11-03-50 | Sperwers |
| 2.18.06 | Corina Dekker | 99 | 03-12-61 | Hera | 800 meter V50 (tot 2.55.0) | | | | |
| 2.18.10 | Anja Matakéna | 95 | 24-06-59 | Astylos | 2.24.0 | Gerda van Kooten | 89 | 01-04-39 | Sprint |
| 2.18.3 | Lia Verbeek | 91 | 26-11-54 | Attila | 2.29.44 | Corrie Keijsers | 92 | 15-03-42 | Weert |
| 2.18.43 | Ineke Dieperink | 00 | 26-03-65 | Holland-H. | 2.34.22 | Miriam Brugman | 95 | 15-05-44 | Reeuwijk |
| 2.18.47 | Margret Sandbrink | 96 | 20-07-60 | GAC-G. | 2.35.0 | Greet Warnaar | 93 | 19-12-41 | Hera |
| 2.18.5 | Jopie Daane | 86 | 25-03-51 | Marathon | 2.38.52 | Riet Jonkers | 94 | 04-10-43 | Vet.Ned. |
| 2.18.56 | Helmi Caris | 94 | 16-12-57 | Weert | 2.39.20 | Martha van Hal | 97 | 09-07-46 | Pijnenburg |
| 2.18.9 | Lidwien Hesén | 88 | 12-11-48 | Climax | 2.40.34 | Lisa Plat | 90 | 09-02-39 | Lycurgus |
| 2.19.2 | Diny Klomp | 87 | 18-06-52 | Pr.Hendrik | 2.43.69 | Corrie Roovers | 90 | 14-07-35 | Sprint |
| 2.19.20 | Janny Kuper | 94 | 01-01-55 | PEC | 2.44.2 | Rimke Korpershoek | 87 | 19-09-33 | Olympia'48 |
| 2.19.61 | Barbara Kamp | 98 | 05-07-61 | PAC | 2.44.9 | Annie Lockx | 94 | 12-03-40 | Wier.meer |
| 2.19.7 | Lia van der Jagt | 82 | 13-08-45 | AAV'36 | 2.46.7 | Marja Broers | 96 | 30-03-46 | Lycurgus |
| 2.19.9 | Tilly Jacobs | 92 | 19-06-56 | Sparta | 2.48.5 | Wil Norder | 87 | 07-02-35 | Lycurgus |
| 2.19.95 | Irene Pos | 90 | 11-05-53 | Dynamo'70 | 2.51.4 | Sophie Wisman | 80 | 25-04-28 | FIT |
| 2.20.9 | Els Raap | 84 | 28-04-47 | Blauw-Wit | 2.51.98 | Wies Ratelband | 86 | 07-07-35 | Vet.Ned. |
| 800 meter V40 | | | 2.53.15 | Erna Hopman | 00 | 07-08-49 | Trias | | |
| 2.13.41 | Irene Wentzel | 86 | 23-06-45 | Hellas | 2.53.3 | Pat Smith | 86 | 01-03-36 | Olympia'48 |
| 2.14.2 | Petra van Limpt | 94 | 10-01-54 | Pr.Hendrik | 2.54.0 | Greetje Smit | 00 | 15-06-50 | Deltasport |

| | | | | | | | |
|------------------------------------|-------------------------|----|-----------------------|------------------------------------|------------------------|----|----------------------|
| 2.54.62 | Lidwien van der Valk | 00 | 21-11-48 Climax | 3.23.3 | Bettina Gryglicki | 97 | 07-01-51 SAV |
| 2.54.88 | Han Vos | 96 | 16-09-44 Ach.-Top | 3.24.57 | Marianne Knapen | 93 | 10-07-93 DES |
| 2.55.0 | Rietje van Walree | 91 | 25-09-39 Atos | 3.25.3 | Riet Jonkers | 90 | 04-10-43 Energie |
| | | | | 3.30.0 | Martine Bodemann | 00 | 24-11-54 AAC |
| 800 meter V55 (tot 3.10.0) | | | | | | | |
| 2.30.0 | Corrie Keijsers | 98 | 15-03-42 Weert | 1000 meter V50 (tot 3.45.0) | | | |
| 2.31.0 | Gerda van Kooten | 94 | 01-04-39 Sprint | 3.11.23 | Corrie Keijsers | 95 | 15-03-42 Weert |
| 2.36.39 | Riet Jonkers | 99 | 04-10-43 Attila | 3.18.6 | Greet Warnaar | 93 | 19-12-41 Hera |
| 2.48.60 | Lisa Plat | 94 | 09-02-39 Lycurgus | 3.28.15 | Martha van Hal | 97 | 09-07-46 Pijnenburg |
| 2.50.15 | Corrie Roovers | 91 | 14-07-35 Sprint | 3.32.7 | Lisa Plat | 89 | 09-02-39 Lycurgus |
| | | | | 3.36.16 | Riet Jonkers | 97 | 04-10-43 Energie |
| 2.51.2 | Mirjam Brugman | 99 | 15-05-44 Reeuwijk | 1000 meter V55 | | | |
| 2.55.3 | Jeanette Weeber | 99 | 20-11-43 Haag Atl. | 3.24.79 | Corrie Keijsers | 99 | 15-03-42 Weert |
| 3.03.8 | Sophie Wisman | 85 | 25-04-28 FIT | 3.29.55 | Riet Jonkers | 99 | 04-10-43 Attila |
| 3.09.91 | Han Vos | 99 | 16-09-44 Achilles-Top | 3.46.2 | Jeanette Weeber | 00 | 20-11-43 Haag Atl. |
| | | | | 3.50.0 | Lisa Plat | 94 | 09-02-39 Lycurgus |
| 800 meter V60 | | | | | | | |
| 2.36.94 | Gerda van Kooten | 99 | 01-04-39 Sprint | 1500 meter V35 | | | |
| 3.11.93 | Lisa Plat | 00 | 09-02-39 Lycurgus | 4.15.24 | Laetitia Vriesde (Sur) | 00 | 05-10-64 Ciko'66 |
| 3.12.68 | Rietje Dijkman | 99 | 21-06-39 AV'23 | 4.19.46 | Petra van Limpt | 92 | 10-01-54 Pr.Hendrik |
| 1000 meter V35 | | | | | | | |
| 2.37.42 | Laetitia Vriesde (Sur) | 00 | 05-10-64 Ciko'66 | 4.25.74 | Mieke Aanen | 98 | 02-05-63 Haag Atl. |
| 2.48.9 | Petra van Limpt | 92 | 10-01-54 Pr.Hendrik | 4.26.29 | Elly van Hulst | 95 | 09-06-59 Mita TC |
| 2.51.78 | Mieke Aanen | 98 | 02-05-63 Haag Atl. | 4.27.82 | Joke de Zeeuw | 84 | 09-05-49 PAC |
| 2.56.73 | Margret Sandbrink | 95 | 20-07-60 GAC-G. | 4.29.16 | Irene Wentzel | 84 | 23-06-45 Hellas |
| 2.59.2 | Fridy Daniels | 91 | 19-09-54 GAC-G. | 4.34.4 | Eefje van Wissen | 83 | 17-11-47 Hollandia |
| | | | | 4.37.9 | Jopie Daane | 86 | 25-03-51 Marathon |
| 3.02.04 | Florence van Rijsbergen | 00 | 09-02-64 Thor | 4.39.27 | Barbara Kamp | 99 | 05-07-61 PAC |
| 3.02.78 | Corina Dekker | 97 | 03-12-61 Hera | 4.39.90 | Marlies van Geel | 96 | 18-03-59 DJA |
| 3.02.9 | Marlies van Geel | 95 | 18-03-59 DJA | 4.40.3 | Annie van Stiphout | 88 | 30-09-52 LGD |
| 3.05.47 | Janny Kuper | 94 | 01-01-55 PEC | 4.41.8 | Corrie Konings | 78 | 16-10-40 Sprint |
| 3.06.17 | Helmi Caris | 94 | 16-12-57 Weert | 4.41.8 | Carla Ophorst | 96 | 02-12-58 Olymp'70 |
| | | | | 4.42.10 | Henny Zantinga | 91 | 27-11-51 Impala |
| 3.06.53 | Anja Matakana | 96 | 24-06-59 Astylos | 4.42.22 | Corina Dekker | 99 | 03-12-61 Hera |
| 3.07.4 | Hetty Everhardus | 95 | 23-02-57 Noordkop | 4.42.83 | Geeske Jansen | 94 | 05-03-59 AV'34 |
| 3.07.8 | Gemma van Nijnanten | 00 | 21-03-62 Leiden | 4.42.9 | Riet Kruiswijk | 85 | 26-12-49 AV'40 |
| 3.08.0 | Diny Klomp | 92 | 18-06-52 Pr.Hendrik | 4.43.5 | Monique Bruins | 99 | 26-11-63 Leiden Atl. |
| 3.09.3 | Dineke Kok | 92 | 02-02-53 GAC-H. | 4.43.65 | Anne-Mieke van der Pol | 00 | 10-07-64 Wychen |
| | | | | 4.44.2 | Marijke von Bergh | 99 | 24-02-64 Phoenix |
| 3.10.1 | Marijke Kroon | 95 | 21-10-59 Phoenix | 4.44.3 | Lia van der Jagt | 82 | 13-08-45 AAV'36 |
| 3.10.89 | Irene Pos | 92 | 11-05-53 Delta Sp. | 4.44.67 | Margret Sandbrink | 95 | 20-07-60 GAC-G. |
| 3.11.9 | Thea Martens | 84 | 12-10-45 Sprint | 4.45.0 | Hetty Everhardus | 95 | 23-02-57 Noordkop |
| 3.12.61 | Hennie Dekkers | 95 | 13-03-58 GAC-G. | 4.46.08 | Mieke Hombergen | 96 | 14-07-57 PAC |
| 3.13.1 | Marianne Knapen | 86 | 18-10-47 DES | 4.46.18 | Lia Verbeek | 90 | 26-11-54 Attila |
| | | | | 1500 meter V40 | | | |
| 3.15.8 | Lia Verbeek | 94 | 26-11-54 Attila | 4.32.8 | Henny Zantinga | 92 | 27-11-51 Impala |
| 3.16.95 | Jannet Vermeulen | 95 | 25-11-55 Phoenix | 4.34.56 | Irene Wentzel | 86 | 23-06-45 Hellas |
| 3.17.81 | Jacqueline van Gils | 99 | 09-02-63 Achilles | 4.35.5 | Petra van Limpt | 94 | 10-01-54 Pr.Hendrik |
| 3.17.9 | Lisette Kaptijn | 92 | 03-03-56 Spartaan | 4.41.08 | Joke de Zeeuw | 89 | 09-05-49 PAC |
| 3.18.8 | Herma Beerlage | 00 | 09-09-61 Leiden | 4.45.1 | Annie Bekkers | 86 | 29-04-44 Gen.Mich. |
| | | | | 4.45.76 | Corrie Keijsers | 86 | 15-03-42 Weert |
| 1000 meter V40 (tot 3.25.0) | | | | | | | |
| 3.07.5 | Marianne Knapen | 88 | 18-10-47 DES | 4.45.82 | Els Raap | 89 | 28-04-47 Sagitta |
| 3.11.5 | Hetty Everhardus | 97 | 23-02-57 Noordkop | 4.46.14 | Wilma Rusman | 98 | 14-05-58 Unitas |
| 3.13.5 | Marja Mulder | 98 | 19-06-57 Noordkop | 4.48.3 | Jopie Daane | 91 | 25-03-51 Atletica |
| 3.13.7 | Riet Jonkers | 86 | 04-10-43 Energie | 4.50.6 | Marianne Knapen | 88 | 18-10-47 DES |
| 3.14.59 | Helmie Caris | 98 | 16-12-57 Weert | 4.55.20 | Mieke Pullen | 98 | 14-04-57 PAC |
| | | | | 4.55.5 | Gerda van Kooten | 79 | 01-04-39 Parthenon |
| 3.16.15 | Tilly v.d. Laar | 95 | 05-06-52 Weert | 4.56.5 | Diny Klomp | 92 | 18-06-52 Pr.Hendrik |
| 3.16.19 | Ingrid Coster | 98 | 05-10-57 Atos | 4.58.24 | Anneke Kloostra | 00 | 12-10-58 Sparta |
| 3.16.2 | Sija Pepping | 92 | 24-07-50 Noordkop | 4.58.61 | Lia Verbeek | 95 | 26-11-54 Attila |
| 3.17.0 | Annelies Beijer | 95 | 21-11-53 Noordkop | 4.58.8 | Lidwien Hesens | 89 | 12-11-48 Climax |
| 3.17.6 | Lisette Kaptijn | 00 | 03-03-56 Spartaan | 4.58.9 | Ria Goet-Deen | 98 | 09-05-58 Hera |
| | | | | 4.59.20 | Resi Fransen | 00 | 13-10-56 Haag Atl. |
| 3.18.5 | Bettina Gryglicki | 95 | 07-01-51 SAV | 4.59.4 | Maria Peters | 91 | 10-07-50 Pr.Hendrik |
| 3.19.2 | Carla v.d. Hengel | 94 | 03-10-53 Lycurgus | 4.59.49 | Tilly v.d. Laar | 96 | 05-06-52 Weert |
| 3.20.1 | Greet Papegaaij | 99 | 14-05-58 Isala'96 | 5.00.44 | Greet Papegaaij | 98 | 14-05-58 Isala |
| 3.20.58 | Els Rovers | 99 | 01-06-56 Unitas | 5.00.98 | Marianne van Velzen | 96 | 23-02-56 Sprint |
| 3.20.9 | Thea Martens | 89 | 12-10-45 Sprint | 5.03.0 | Tonnie Huijbers | 90 | 02-05-50 GAC-G |
| 3.22.7 | Greetje Smit | 91 | 15-06-50 Delta Sp. | 5.03.00 | Ingrid Coster | 98 | 05-10-57 Atos |
| | | | | 5.03.9 | Ina Rijter | 93 | 30-01-53 AV'23 |
| 1000 meter V45 (tot 3.30.0) | | | | | | | |
| 3.13.7 | Gerda van Kooten | 84 | 01-04-39 Sprint | | | | |
| 3.19.3 | Afra Kruyer | 93 | 03-06-49 Hera | | | | |
| 3.20.24 | Martha van Hal | 95 | 09-07-46 Pijnenburg | | | | |
| 3.20.3 | Noortje van Kempen | 00 | 29-11-50 Leiden | | | | |
| 3.22.3 | Marga Vriendjes | 96 | 09-12-50 Trias | | | | |

1500 meter V45

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|---------|------------------------|----|----------|------------|
| 4.50.6 | Els Raap | 93 | 28-04-47 | Blauw-Wit |
| 4.54.2 | Gerda van Kooten | 87 | 01-04-39 | Sprint |
| 4.54.89 | Corrie Keijsers | 88 | 15-03-42 | Weert |
| 4.57.73 | Leny v.d. Plas | 95 | 02-06-50 | Bataven |
| 5.03.57 | Joke Pechtold | 92 | 02-07-43 | Pr.Hendrik |
| 5.04.7 | Irene Wentzel | 90 | 23-06-45 | ADA |
| 5.05.57 | Tilly van de Laar | 97 | 05-06-52 | Weert |
| 5.06.41 | Martha van Hal | 95 | 09-07-46 | Pijnenburg |
| 5.06.82 | Noortje van Kempen | 98 | 29-11-50 | Leiden |
| 5.07.63 | Tonnie Huijbers | 95 | 02-05-50 | GAC-G. |
| 5.07.7 | Miriam Brugman | 92 | 15-05-44 | Bataven |
| 5.12.95 | Marian Mijwaard | 99 | 14-01-53 | GAC-H. |
| 5.13.6 | Greet Warnaar | 91 | 19-12-41 | Hera |
| 5.16.3 | Maaïke Sijtsma | 96 | 29-03-51 | LAAC |
| 5.16.88 | Dinie Detert Oude Weme | 99 | 11-05-51 | AV'34-A. |
| 5.17.3 | Marianne Knapen | 94 | 18-10-47 | DES |
| 5.17.39 | Bettina Gryglicki | 97 | 07-01-51 | SAV |
| 5.22.8 | Marianne Renckens | 92 | 17-05-47 | Cifla |
| 5.23.9 | Lisa Plat | 87 | 09-02-39 | Lycurgus |
| 5.24.0 | Margriet Klomps | 91 | 09-06-46 | Veluwe |
| 5.24.0 | Sija Pepping | 96 | 24-07-50 | Noordkop |
| 5.25.99 | Thiely Keeling | 95 | 10-08-47 | Cifla |
| 5.26.62 | Marion Gerits | 00 | 17-10-53 | Weert |
| 5.27.47 | Martine Bodemann | 00 | 24-11-54 | AAC |
| 5.29.68 | Han Vos | 94 | 16-09-44 | Ach.-Top |

1500 meter V50 (tot 5.50.0)

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|---------|-------------------|----|----------|------------|
| 4.57.8 | Gerda van Kooten | 89 | 01-04-39 | Sprint |
| 5.00.47 | Corry Keijsers | 95 | 15-03-42 | Weert |
| 5.04.44 | Els Raap | 98 | 28-04-47 | LPK |
| 5.15.7 | Greet Warnaar | 93 | 19-12-41 | Hera |
| 5.26.17 | Martha van Hal | 97 | 09-07-46 | Pijnenburg |
| 5.31.8 | Lisa Plat | 90 | 09-02-39 | Lycurgus |
| 5.41.19 | Marianne Renckens | 98 | 17-05-47 | Cifla |
| 5.47.14 | Greetje Smit | 00 | 15-06-50 | Deltasport |
| 5.47.0 | Sophie Wisman | 80 | 25-04-28 | FIT |
| 5.49.09 | Trees Rutten | 98 | 13-09-47 | AVN |

1500 meter V55 (tot 6.10.0)

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|---------|------------------|----|----------|-----------|
| 5.06.94 | Corrie Keijsers | 98 | 15-03-42 | Weert |
| 5.07.3 | Gerda van Kooten | 94 | 01-04-39 | Sprint |
| 5.39.4 | Jeanette Weeber | 99 | 20-11-43 | Haag Atl. |
| 5.42.7 | Sophie Wisman | 84 | 25-04-28 | FIT |
| 5.45.9 | Mirjam Brugman | 99 | 15-05-44 | Reeuwijk |
| 5.50.43 | Lisa Plat | 94 | 09-02-39 | Lycurgus |

1500 meter V60 (tot 6.50.0)

| | | | | |
|---------|------------------|----|----------|----------|
| 5.24.72 | Gerda van Kooten | 99 | 01-04-39 | Sprint |
| 6.09.13 | Sophie Wisman | 91 | 25-04-28 | Vet.Ned. |
| 6.30.4 | Bep Tromp | 80 | 17-05-17 | Vet.Ned. |

1500 meter V65

| | | | | |
|---------|---------------|----|----------|----------|
| 6.16.0 | Bep Tromp | 82 | 17-05-17 | Vet.Ned. |
| 6.33.78 | Sophie Wisman | 96 | 25-04-28 | Altis |

1 mijl V35 (tot 5.50.0)

| | | | | |
|---------|--------------------|----|----------|-----------|
| 4.54.00 | Mieke Aanen | 98 | 02-05-63 | Haag Atl. |
| 5.05.4 | Irene Wentzel | 82 | 23-06-45 | Hellas |
| 5.06.8 | Corina Dekker | 98 | 03-12-61 | Hera |
| 5.11.0 | Marlies van Geel | 96 | 18-03-59 | DJA |
| 5.17.4 | Hetty Everhardus | 95 | 23-02-57 | Noordkop |
| 5.23.77 | Marijke von Bergh | 00 | 24-02-64 | Phoenix |
| 5.24.3 | Marianne Knapen | 86 | 18-10-47 | DES |
| 5.27.0 | Marijke Kroon | 95 | 21-10-59 | Phoenix |
| 5.29.7 | Lisette Kaptijn | 95 | 03-03-56 | Spartaan |
| 5.36.9 | Fridy Daniels | 91 | 19-09-54 | GAC-G. |
| 5.36.97 | Ingrid Keusters | 99 | 04-04-63 | Vet. Ned. |
| 5.37.0 | Cia Smulders | 94 | 15-11-55 | Achilles |
| 5.38.6 | Jannet Vermeulen | 94 | 25-11-55 | Phoenix |
| 5.42.91 | Ingrid Coster | 96 | 05-10-57 | AAC |
| 5.44.9 | Liesbeth Thurlings | 00 | 20-10-64 | AVV |

| | | | | |
|--------|---------------------|----|----------|--------|
| 5.46.5 | Marianne van Velzen | 95 | 23-02-56 | Sprint |
| 5.46.8 | Annette Bleeker | 95 | 26-01-60 | SAV |

1 mijl V40 (tot 6.05.0)

| | | | | |
|---------|---------------------|----|----------|------------|
| 5.21.7 | Marianne van Velzen | 97 | 23-02-56 | Sprint |
| 5.35.22 | Ingrid Coster | 00 | 05-10-57 | Atos |
| 5.35.8 | Bettina Gryglicki | 94 | 07-01-51 | SAV |
| 5.38.7 | Marja Mulder | 99 | 19-06-57 | Noordkop |
| 5.40.8 | Sija Pepping | 92 | 24-07-50 | Noordkop |
| 5.43.1 | Helmie Caris | 98 | 16-12-57 | Weert |
| 5.44.4 | Riet Jonkers | 86 | 04-10-43 | Energie |
| 5.47.7 | Lisette Kaptijn | 97 | 03-03-56 | Spartaan |
| 5.48.6 | Elly Schouten | 96 | 08-02-52 | HAC |
| 5.51.5 | Martine Bodeman | 97 | 24-11-54 | AAC |
| 5.52.0 | Greetje Smit | 90 | 15-06-50 | Deltasport |
| 5.52.4 | Ria van den Goor | 99 | 05-05-57 | Scopias |
| 5.55.3 | Dineke Kok | 94 | 02-02-53 | GAC-H. |
| 5.57.1 | Cia Smulders | 98 | 14-11-55 | Achilles |

1 mijl V45 (tot 6.25.0)

| | | | | |
|---------|--------------------|----|----------|------------|
| 5.19.8 | Lenie van der Plas | 96 | 02-06-50 | Leiden |
| 5.23.4 | Greet Warnaar | 90 | 19-12-41 | Hera |
| 5.36.10 | Noortje van Kempen | 00 | 29-11-50 | Leiden |
| 5.43.4 | Mart van Hal | 95 | 09-07-46 | Pijnenburg |
| 5.53.06 | Marian Mijwaard | 00 | 14-01-53 | GAC-H. |
| 5.55.4 | Lisa Plat | 87 | 09-02-39 | Lycurgus |
| 6.02.3 | Riet Jonkers | 90 | 04-10-43 | Energie |
| 6.06.06 | Dineke Kok | 00 | 02-02-53 | GAC-H. |
| 6.10.43 | Greetje Smit | 97 | 15-06-50 | Deltasport |

1 mijl V50 (tot 6.40.0)

| | | | | |
|---------|---------------|----|----------|------|
| 5.36.0 | Greet Warnaar | 92 | 19-12-41 | Hera |
| 5.42.50 | Els Raap | 99 | 28-04-47 | LPK |
| 5.55.45 | Joke de Zeeuw | 00 | 09-05-49 | PAC |

1 mijl V55

| | | | | |
|---------|------------------|----|----------|----------|
| 5.32.7 | Corrie Keijsers | 98 | 15-03-42 | Weert |
| 5.35.0 | Gerda van Kooten | 94 | 01-04-39 | Sprint |
| 6.07.30 | Mirjam Brugman | 99 | 15-05-44 | Reeuwijk |

1 mijl V60

| | | | | |
|---------|------------------|----|----------|--------|
| 5.48.94 | Gerda van Kooten | 99 | 01-04-39 | Sprint |
|---------|------------------|----|----------|--------|

2000 meter V35 (tot 7.20.0)

| | | | | |
|---------|-------------------------|----|----------|-----------|
| 6.26.8 | Barbara Kamp | 00 | 05-07-61 | PAC |
| 6.37.5 | Lia Verbeek | 91 | 26-11-54 | Attila |
| 6.41.8 | Marlien van Beek | 00 | 06-04-65 | LADB |
| 6.42.5 | Jolanda Vos | 95 | 28-05-58 | Sprint |
| 6.44.8 | Corina Dekker | 98 | 03-12-61 | Hera |
| 6.45.23 | Florence van Rijsbergen | 99 | 09-02-64 | Thor |
| 6.50.2 | Hetty Everhardus | 94 | 23-02-57 | Noordkop |
| 6.57.2 | Cia Smulders | 93 | 14-11-55 | Achilles |
| 6.57.8 | Marlies van Geel | 96 | 18-03-59 | DJA |
| 7.00.3 | Marijke Kroon | 95 | 21-10-59 | Phoenix |
| 7.01.6 | Marianne Knapen | 85 | 18-10-47 | DES |
| 7.01.8 | Irene Pos | 90 | 11-05-53 | Dynamo'70 |
| 7.08.5 | Hannie de Jager | 90 | 20-06-55 | AV'56 |
| 7.12.5 | Marianne van den Brand | 96 | 13-01-60 | Thor |
| 7.16.40 | Gemma van Nijnanten | 98 | 21-03-62 | Leiden |

2000 meter V40 (tot 7.30.0)

| | | | | |
|---------|----------------------|----|----------|-----------|
| 6.48.9 | Marianne Knapen | 88 | 18-10-47 | DES |
| 6.52.4 | Tonnie Huijbers | 91 | 02-05-50 | GAC-G. |
| 6.58.4 | Joleen Jansen | 93 | 10-05-52 | Spado |
| 7.00.58 | Marianne van Velzen | 98 | 23-02-56 | Sprint |
| 7.13.8 | Ingrid Coster | 00 | 05-10-57 | Atos |
| 7.17.97 | Cia Smulders | 97 | 14-11-55 | Achilles |
| 7.23.6 | Sija Pepping | 92 | 24-07-50 | Noordkop |
| 7.28.45 | Joeki de Hoog | 98 | 26-10-56 | Spark |
| 7.29.36 | Mieke van Strien | 99 | 22-03-58 | AVN |
| 6.43.17 | Els Raap | 93 | 28-04-47 | Blauw Wit |
| 7.07.5 | Noortje van Kempen | 00 | 29-11-50 | Leiden |
| 7.25.1 | Janny van Oosterhout | 93 | 09-07-48 | AVO'83 |
| 7.31.3 | Riet Jonkers | 90 | 04-10-43 | Energie |

2000 meter V50 (tot 8.20.0)

6.57.8 Gerda van Kooten
 7.35.9 Greet Warnaar
 8.13.06 Trees Rutten

2000 meter V55

7.23.3 Gerda van Kooten

3000 meter V35

9.06.71 Elly van Hulst
 9.23.5 Mieke Aanen
 9.27.6 Carla Beurskens
 9.29.3 Marianne v.d.Linde
 9.36.5 Petra van Limpt

9.41.0 Joke de Zeeuw
 9.42.08 Anne van Schuppen
 9.43.8 Eefje van Wissen
 9.44.93 Irene Wentzel
 9.52.92 Mieke Hombergen

9.53.1 Annie van Stiphout
 9.53.7 Corina Dekker
 9.54.17 Marianne v.d.Linde
 9.56.29 Barbara Kamp
 9.57.9 Corrie Konings

9.58.0 Carla Ophorst
 9.59.02 Monique Bruins
 10.01.64 Henny Zantinga
 10.02.04 Philomena Vranken
 10.02.7 Lammy Bergsma

10.03.51 Hennie Pot
 10.04.5 Jopie Daane
 10.05.2 Gerry Timmermans
 10.06.95 Lia Verbeek
 10.07.12 Geeske Jansen

3000 meter V40

9.31.5 Hennie Zantinga
 9.44.27 Irene Wentzel
 9.49.48 Petra van Limpt
 10.07.25 Els Raap
 10.10.4 Jopie Daane

10.11.3 Annie v.d.Kerkhof
 10.13.0 Carla Ophorst
 10.13.82 Joke de Zeeuw
 10.17.20 Mieke Pullen
 10.18.6 Jolanda Homminga

10.22.3 Marianne Knapen
 10.22.50 Marion Liefers
 10.22.66 Tonnie Huijbers
 10.22.9 Wilma Rusman
 10.26.8 Ginny Stütterheim

10.29.9 Annie Bekkers
 10.31.54 Tilly v.d. Laar
 10.33.1 Hennie Veldhuis
 10.33.7 Mieke Kleyn
 10.36.3 Lenie van der Plas

10.36.5 Corrie Keijsers
 10.38.7 Joleen Jansen
 10.39.43 Mieke Schellenberg
 10.40.11 Heather MacDuff
 10.40.87 Marianne van Velzen

3000 meter V45

10.18.10 Els Raap
 10.20.31 Hennie Zantinga
 10.28.21 Lenie van der Plas
 10.32.21 Greet Warnaar
 10.42.10 Tonnie Huijbers

10.45.2 Gerda van Kooten
 10.47.0 Corrie Keijsers
 10.50.9 Marian Mijwaard

89 01-04-39 Sprint
 94 19-12-41 Hera
 98 13-09-47 AVN

95 01-04-39 Sprint

94 09-06-59 Mita TC
 98 02-05-63 Haag Atl.
 89 10-02-52 Festina
 98 06-07-62 AAC
 90 10-01-54 Pr.Hendrik

84 09-05-49 PAC
 97 11-10-60 Haag Atl.
 84 17-11-47 Hollandia
 84 23-06-45 Hellas
 97 14-07-57 PAC

88 30-09-52 LGD
 00 03-12-61 Hera
 97 06-07-62 AAC
 00 05-07-61 PAC
 78 16-10-40 Sprint

96 02-12-58 Olymp'70
 00 26-11-63 Leiden Atl.
 91 27-11-51 Impala
 93 06-01-57 Suomi
 91 09-05-55 Friesland

92 04-10-54 Pijnenburg
 86 25-03-51 Marathon
 89 09-04-52 Marvel
 91 26-11-54 Attila
 94 05-03-59 AV'34-A.

92 27-11-51 Impala
 85 23-06-45 Hellas
 94 10-01-54 Pr.Hendrik
 89 28-04-47 Sagitta
 91 25-03-51 Atletica

93 30-09-52 LGD
 99 02-12-58 Olympus'70
 89 09-05-49 PAC
 98 14-04-57 PAC
 00 03-07-59 Phanos

88 18-10-47 DES
 94 21-02-54 AV'34-A.
 90 02-05-50 GAC-G.
 98 14-05-58 Unitas
 88 29-12-46 Sprint

88 29-04-44 Gen.Mich.
 93 05-06-52 Weert
 92 11-03-50 Sperwers
 86 08-05-45 Lycurgus
 93 02-06-50 De Bataven

86 15-03-42 Weert
 92 10-05-52 Spado
 87 31-08-47 Spark
 98 17-05-58 PSV
 98 23-02-56 Sprint

94 28-04-47 Blauw-Wit
 97 27-11-51 AV'55
 95 02-06-50 Bataven
 91 19-12-41 Hera
 95 02-05-50 GAC-G

87 01-04-39 Sprint
 90 15-03-42 Weert
 98 14-01-53 GAC-H

10.54.23 Bep Hauser
 10.56.8 Martha van Hal

11.00.4 Noortje van Kempen
 11.01.0 Mieke Toorenaar
 11.01.46 Diny Defert Oude Weme
 11.02.0 Joke Pechtold
 11.03.42 Manna Lukkien

11.09.3 Han Vos
 11.11.34 Maria Peters
 11.11.50 Annie Ketelaars
 11.12.6 Agnet van 't Woud
 11.12.8 Miriam Brugman

11.15.4 Hennie Veldhuis
 11.18.7 Thiely Keeling
 11.19.31 Marion Gerits
 11.19.95 Els Kuper-Carriere
 11.20.65 Joyce Evers

3000 meter V50

10.51.7 Gerda van Kooten
 10.51.7 Greet Warnaar
 10.52.38 Els Raap
 10.54.5 Manna Kwak
 11.03.82 Corrie Keijsers

11.25.15 Marta van Hal
 11.28.6 Jeanette Weeber
 11.37.3 Han Vos
 11.38.6 Wil Norder
 11.40.66 Mirjam Brugman

11.45.9 Sophie Wisman
 11.51.33 Lidwien Hesen
 11.55.2 Diny Zoetbrood
 12.01.2 Marianne Renckens
 12.07.33 Erna Hopman

12.09.0 Lisa Plat
 12.10.7 Marja Broers
 12.28.2 Mieke Toorenaar
 12.33.0 Diny Binsbergen
 12.33.06 Trees Rutten

12.38.0 Mientje Hofmeijer
 12.38.50 Greetje Smit
 12.40.1 Myra van Es
 12.43.3 Lenie Borsboom
 12.51.9 Connie v.d. Watering

3000 meter V55 (tot 13.30.0)

11.06.85 Corrie Keijsers
 11.13.11 Gerda van Kooten
 11.28.3 Jeanette Weeber
 12.09.8 Lia de Groot
 12.10.9 Sophie Wisman

12.18.15 Mirjam Brugman
 12.52.48 Han Vos
 13.16.3 Lisa Plat
 13.17.4 Ria van der Schoot
 13.20.68 Riet Jonkers

3000 meter V60 (tot 14.30.0)

11.41.91 Gerda van Kooten
 12.53.2 Sophie Wisman

5000 meter V35

15.35.22 Wilma van Onna
 15.54.35 Elly van Hulst
 16.04.18 Nadezha Wijenburg
 16.27.48 Mieke Aanen
 16.27.9 Marianne v.d.Linde

16.34.0 Barbara Kamp
 16.37.5 Petra van Limpt
 16.39.88 Anne van Schuppen
 16.44.0 Mieke Hombergen
 16.52.8 Annie van Stiphout

96 16-11-46 Ach.-Top
 95 09-07-46 Pijnenburg

98 29-11-50 Leiden
 92 22-02-47 Cifla
 00 11-05-51 AV'34
 92 02-07-43 Pr.Hendrik
 94 14-12-44 Zuidwal

93 16-09-44 Ach.-Top
 95 10-07-50 Ciko'66
 98 17-02-52 De Kelen
 00 23-06-53 Oss'78
 92 15-05-44 Bataven

95 11-03-50 Sperwers
 94 10-08-47 Cifla
 99 17-10-53 Weert
 99 29-08-52 Cifla
 96 27-10-50 Vet.Ned.

90 01-04-39 Sprint
 92 19-12-41 Hera
 97 28-04-47 LPK
 99 14-12-44 Zuidwal
 94 15-03-42 Weert

97 09-07-46 Pijnenburg
 98 20-11-43 Haag Atl.
 96 16-09-44 Ach.-Top
 85 07-02-35 Lycurgus
 97 15-05-44 Reeuwijk

81 25-04-28 FIT
 99 21-11-48 Climax
 90 22-06-38 Vet.Ned.
 99 17-05-47 Cifla
 99 07-08-49 Trias

92 09-02-39 Lycurgus
 96 30-03-46 Lycurgus
 00 22-02-47 Cifla
 87 06-02-36 Olympia'48
 98 13-09-47 Reeuwijk

89 06-05-37 De Gemzen
 00 15-06-50 Deltasport
 95 05-04-45 Noordkop
 10-02-40 Olympia'48
 96 22-01-43 Spado

97 15-03-42 Weert
 96 01-04-39 Sprint
 99 20-11-43 Haag Atl.
 93 24-08-35 Vet.Ned.
 84 25-04-28 FIT

00 15-05-44 Reeuwijk
 99 16-09-44 Achilles-Top
 94 09-02-39 Lycurgus
 00 16-10-41 Lionitas
 00 04-10-43 Attila

99 01-04-39 Sprint
 90 25-04-28 FIT

00 13-06-65 PAC
 95 09-06-59 Mita TC
 00 02-04-64 Tilburg RR
 98 02-05-63 Haag Atl.
 98 06-07-62 AAC

99 05-07-61 PAC
 92 10-01-54 Pr.Hendrik
 97 11-10-60 Haag Atl.
 92 14-07-57 DAK
 90 30-09-52 LGD

| | | | | | | | | | |
|-----------------------|---------------------|----|----------|-------------|---------------------------------------|----------------------|----|----------|------------|
| 17.05.1 | Irene Wentzel | 85 | 23-06-45 | Hellas | 5000 meter V50 (tot 21.30.0) | | | | |
| 17.05.8 | Erica Souverein | 99 | 15-12-63 | Hollandia | 18.34.72 | Els Raap | 97 | 28-04-47 | LPK |
| 17.11.31 | Corina Dekker | 00 | 03-12-61 | Hera | 18.45.63 | Greet Warnaar | 92 | 19-12-41 | Hera |
| 17.16.93 | Monique Bruins | 99 | 26-11-63 | Leiden Atl. | 18.47.0 | Gerda van Kooten | 89 | 01-04-39 | Sprint |
| 17.17.51 | Geeske Jansen | 94 | 05-03-59 | AV'34-A. | 19.15.00 | Corrie Keijsers | 95 | 15-03-42 | Weert |
| | | | | | 19.26.46 | Jeanette Weeber | 98 | 20-11-43 | Haag Atl. |
| 17.22.0 | Eefje van Wissen | 85 | 17-11-47 | Hollandia | | | 98 | 14-12-44 | Zuidwal |
| 17.24.27 | Henny Zantinga | 91 | 27-11-51 | Impala | 19.29.39 | Manna Kwak | 96 | 16-09-44 | Ach.-Top |
| 17.24.5 | Carla Ophorst | 97 | 02-12-58 | Olympus'70 | 19.57.38 | Han Vos | 80 | 25-04-28 | FIT |
| 17.29.08 | Mieke Kleyn | 84 | 08-05-45 | Lycurgus | 20.36.6 | Sophie Wisman | 89 | 06-05-37 | De Gemzen |
| 17.30.44 | Hennie Pot | 91 | 04-10-54 | Pijnenburg | 21.03.1 | Mientje Hofmeijer | 00 | 07-08-49 | Trias |
| | | | | | 21.13.56 | Erna Hopman | | | |
| 17.31.0 | Lammy Bergsma | 91 | 09-05-55 | Friesland | | | 98 | 13-09-47 | AVN |
| 17.31.45 | Corrie Konings | 78 | 16-10-40 | Sprint | 21.13.72 | Trees Rutten | 99 | 19-09-47 | Spirit-L. |
| 17.33.5 | Hetty Everhardus | 96 | 23-02-57 | Noordkop | 21.14.36 | Ria van Weezep | | | |
| 17.33.76 | Ingrid Coster | 97 | 05-10-57 | Atos | 5000 meter V55 (tot 23.00.0) | | | | |
| 17.37.0 | Philomena Vranken | 93 | 06-01-57 | Suomi | 19.22.48 | Corrie Keijsers | 97 | 15-03-42 | Weert |
| | | | | | 19.30.36 | Jeanette Weeber | 99 | 20-11-43 | Haag Atl. |
| 5000 meter V40 | | | | | 19.37.34 | Gerda van Kooten | 94 | 01-04-39 | Sprint |
| 16.55.20 | Hennie Zantinga | 94 | 27-11-51 | AV'55 | 20.20.68 | Han Vos | 00 | 16-09-44 | Ach.-Top |
| 16.57.7 | Irene Wentzel | 85 | 23-06-45 | Hellas | 20.34.6 | Wil Nordor | 90 | 07-02-35 | Lycurgus |
| 17.32.7 | Els Raap | 90 | 28-04-47 | Sagitta | | | | | |
| 17.40.9 | Carla Ophorst | 99 | 02-12-58 | Olympus'70 | | | | | |
| 17.41.71 | Jopie Daane | 93 | 25-03-51 | Atletica | 21.01.69 | Ria van Duivenvoorde | 96 | 06-05-40 | NSL |
| | | | | | 21.06.0 | Sophie Wisman | 84 | 25-04-28 | FIT |
| 17.44.7 | Marianne Knapen | 88 | 18-10-47 | DES | 21.42.6 | Mirjam Brugman | 99 | 15-05-44 | Reeuwijk |
| 17.52.72 | Annet v.d. Tholen | 93 | 22-03-56 | Trias | 22.33.9 | Mientje Hofmeijer | 92 | 06-05-37 | De Gemzen |
| 17.53.51 | Tonnie Huijbers | 91 | 02-05-50 | GAC-G. | 5000 meter V60 | | | | |
| 17.56.7 | Annie v.d. Kerkhof | 94 | 30-09-52 | LGD | 20.49.89 | Gerda van Kooten | 99 | 01-04-39 | Sprint |
| 17.56.95 | Tilly v.d. Laar | 93 | 05-06-52 | Weert | 21.22.7 | Sophie Wisman | 89 | 25-04-28 | FIT |
| | | | | | 24.15.4 | Bep Tromp | 80 | 17-05-17 | Vet.Ned. |
| 18.02.51 | Lenie van der Plas | 93 | 02-06-50 | De Bataven | 5000 meter V65 | | | | |
| 18.14.78 | Joleen Jansen | 96 | 10-05-52 | Spado | 22.57.00 | Sophie Wisman | 93 | 25-04-28 | Altis |
| 18.20.3 | Han Vos | 85 | 16-09-44 | Ach.-Top | 23.07.2 | Bep Tromp | 82 | 17-05-17 | Vet.Ned. |
| 18.24.48 | Mary Koenis | 93 | 16-03-54 | Hollandia | 24.26.4 | Mientje Hofmeijer | 99 | 06-05-37 | De Gemzen |
| 18.26.6 | Corrie Keijsers | 86 | 15-03-42 | Weert | 5000 meter V70 | | | | |
| | | | | | 26.57.89 | Sophie Wisman | 00 | 25-04-28 | Vet.Ned. |
| 18.27.34 | Marianne van Velzen | 99 | 23-02-56 | Sprint | 10.000 meter V35 | | | | |
| 18.30.7 | Hetty Everhardus | 97 | 23-02-57 | Noordkop | 32.36.76 | Carla Beurskens | 87 | 10-02-52 | Festina |
| 18.35.6 | Plonie Scheringa | 85 | 07-09-41 | DEM | 34.20.22 | Elly van Hulst | 94 | 09-06-59 | Mita TC |
| 18.41.1 | Siri White | 84 | 23-11-43 | Te Werve | 34.29.24 | Barbara Kamp | 98 | 05-07-61 | PAC |
| 18.44.4 | Mieke Kleyn | 86 | 08-05-45 | Lycurgus | 34.34.4 | Annie van Stiphout | 89 | 30-09-52 | LGD |
| | | | | | 34.37.21 | Anne van Schuppen | 97 | 11-10-60 | Haag Atl. |
| 18.46.11 | Hennie Velthuis | 90 | 11-03-50 | Sperwers | 35.23.1 | Gerry Timmermans | 89 | 09-04-52 | Marvel |
| 18.47.6 | Ingrid Coster | 98 | 05-10-57 | Atos | 35.28.2 | Eefje van Wissen | 85 | 17-11-47 | Hollandia |
| 18.54.61 | Mia van Hooft | 93 | 08-02-49 | GAC-G. | 36.22.72 | Geeske Jansen | 94 | 05-03-59 | AV'34-A. |
| 18.56.9 | Anneke Klooststra | 00 | 12-10-58 | Sparta | 36.49.10 | Philomena Vranken | 93 | 06-01-57 | Suomi |
| 19.06.5 | Annie Ketelaars | 93 | 17-02-52 | De Keien | 36.51.0 | Irene Wentzel | 85 | 23-06-45 | Hellas |
| | | | | | | | | | |
| 5000 meter V45 | | | | | | | | | |
| 17.37.9 | Els Raap | 94 | 28-04-47 | Blauw-Wit | 37.09.7 | Carla Ophorst | 95 | 02-12-58 | Olympus'70 |
| 18.20.68 | Tilly van de Laar | 97 | 05-06-52 | Weert | 37.12.2 | Corrie Konings | 77 | 16-10-40 | Sprint |
| 18.21.31 | Lenie van der Plas | 96 | 02-06-50 | Leiden | 37.16.58 | Marjan Liefers | 92 | 21-02-54 | AV'34-A. |
| 18.32.9 | Gerda van Kooten | 88 | 01-04-39 | Sprint | 37.18.7 | Lammy Bergsma | 90 | 09-05-55 | Friesland |
| 18.37.23 | Marian Mijwaard | 99 | 14-01-53 | GAC-H. | 37.26.9 | Tonnie Huijbers | 89 | 02-05-50 | GAC-G. |
| | | | | | | | | | |
| 18.38.48 | Tonnie Huijbers | 95 | 02-05-50 | GAC-G. | 37.34.12 | Hetty Everhardus | 95 | 23-02-57 | Noordkop |
| 18.40.7 | Greet Warnaar | 90 | 19-12-41 | Hera | 37.35.4 | Els Raap | 84 | 28-04-47 | Blauw-Wit |
| 18.41.0 | Jopie Daane | 96 | 25-03-51 | Dynamo'70 | 37.48.8 | Corina Dekker | 97 | 03-12-61 | Hera |
| 18.51.55 | Manna Lukkien | 94 | 14-12-44 | Zuidwal | 37.50.2 | Marianne Knapen | 87 | 18-10-47 | DES |
| 18.53.2 | Mieke Toorenaar | 92 | 22-02-47 | Ciffa | 37.51.26 | Jenny Commandeur | 95 | 23-03-60 | Haag Atl. |
| | | | | | | | | | |
| 18.57.22 | Rennie Talsma | 97 | 14-06-53 | Lionitas | 38.12.19 | Ciska van Velzen | 86 | 09-12-50 | Ilion |
| 18.58.80 | Corrie Keijsers | 90 | 15-03-42 | Weert | 38.12.46 | Marijke von Bergh | 00 | 24-02-64 | Phoenix |
| 19.03.12 | Noortje van Kempen | 98 | 29-11-50 | Leiden | 38.14.4 | Lian Moens | 87 | 11-02-51 | Hellas |
| 19.05.77 | Bep Hauser | 93 | 16-11-46 | Ach.-Top | 38.19.14 | Inge Guyt | 94 | 07-12-58 | Haag Atl. |
| 19.06.5 | Marianne Knapen | 94 | 18-10-47 | DES | 38.50.41 | Jopie Daane | 88 | 25-03-51 | Marathon |
| | | | | | | | | | |
| 19.09.61 | Han Vos | 90 | 16-09-44 | Ach.-Top | 10.000 meter V40 (tot 42.00.0) | | | | |
| 19.09.87 | Martha van Hal | 92 | 09-07-46 | Pijnenburg | 35.21.07 | Irene Wentzel | 86 | 23-06-45 | Hellas |
| 19.10.63 | Joke Pechtold | 92 | 02-07-43 | Pr.Hendrik | 35.25.72 | Henny Zantinga | 92 | 27-11-51 | Impala |
| 19.29.80 | Trudy van Winsen | 90 | 12-01-42 | LAAC | 36.17.36 | Els Raap | 89 | 28-04-47 | Sagitta |
| 19.34.0 | Maïke Sijtsema | 98 | 29-03-51 | LAAC | 37.05.4 | Marianne Knapen | 88 | 18-10-47 | DES |
| | | | | | 37.11.9 | Jopie Daane | 93 | 25-03-51 | Atletica |
| 19.42.0 | Nel van Thoor | 98 | 20-01-52 | De Keien | | | | | |
| 19.52.53 | Giny Blees | 98 | 21-03-53 | Energie | | | | | |
| 19.57.0 | Mariet Kist | 95 | 26-11-49 | LAAC | | | | | |
| 20.04.13 | Annie Ketelaars | 00 | 17-02-52 | De Keien | | | | | |
| 20.08.1 | Margriet Klomps | 91 | 09-06-46 | Veluwe | | | | | |

| | | | |
|---------------------------------------|-------------------------|---------------------------------------|------------------------|
| 37.24.60 Tonnie Huijbers | 91 02-05-50 GAC-G. | uurloop V50 | |
| 38.19.3 Han Vos | 85 16-09-44 Ach.-Top | 15.052 Greet Warnaar | 93 19-12-41 Hera |
| 38.52.71 Plonie Scheringa | 85 07-09-41 DEM | 12.327 Greetje Smit | 00 15-06-50 Deltasport |
| 39.03.9 Corrie Keijsers | 85 15-03-42 Weert | | |
| 39.21.0 Annegret Hoyer | 90 22-09-48 Olympia-E. | 20.000 meter V40 | |
| | | 1.42.04.0 Ria Buiten | 96 05-11-54 Vet.Ned. |
| 39.25.11 Annie Ketelaars | 93 17-02-53 De Keien | | |
| 39.40.72 Ingrid Coster | 98 05-10-57 Atos | 20.000 meter V45 | |
| 39.56.5 Mart van Hal | 90 09-07-46 Pijnenburg | 1.25.56.0 Ineke Stofmeel | 00 04-05-55 Thor |
| 40.05.4 Mieke Toorenaar | 91 22-02-47 Cifla | | |
| 40.15.2 Erna Hopman | 92 07-08-49 Trias | 30.000 meter V40 | |
| | | 2.32.12.0 Ria Buiten | 96 05-11-54 Vet.Ned. |
| 41.05.0 Bep Hauser | 90 16-11-46 Ach.-Top | | |
| 41.06.9 Diny v.d. Pas | 90 08-03-49 Fortuna | 2000 meter steeple V35 | |
| 41.18.0 Nel van Thoor | 95 20-01-52 De Keien | 10.21.7 Jolien Bekken | 91 27-11-51 Delta Sp. |
| 41.27.3 Trees Rutten | 91 13-09-47 AVN | | |
| 41.40.8 Ineke Stofmeel | 97 04-05-55 Thor | 2000 meter steeple V40 | |
| | | 9.30.6 Greetje Smit | 92 15-06-50 Delta Sp. |
| | | 9.38.1 Jolien Bekken | 92 27-11-51 Delta Sp. |
| 10.000 meter V45 (tot 43.30.0) | | | |
| 36.51.96 Els Raap | 94 28-04-47 Blauw-Wit | 80 meter horden V40 (tot 17.0) | |
| 38.36.4 Greet Warnaar | 90 19-12-41 Hera | 12.11 Riny Hagenaars | 95+96 17-07-51 PAC |
| 39.53.98 Martha van Hal | 94 09-07-46 Pijnenburg | 12.86 Lena Jansen | 94 06-03-51 Energie |
| 40.21.00 Agnet van 't Woud | 00 23-06-53 Oss'78 | 13.08 Marianne Langezaal | 94 13-03-54 De Bataven |
| 40.11.2 Bep Hauser | 93 16-11-46 Ach.-Top | 13.09 Mariet Thomas | 91 03-03-51 DEM |
| 40.37.0 Nel Vanthoor | 97 20-01-52 De Keien | 13.19 Maria Husslage | 96 27-07-55 Sprint |
| | | | |
| 40.55.0 Han Vos | 90 16-09-44 Ach.-Top | 13.27 Anja Akkerman | 95 01-05-55 DEM |
| 41.25.9 Maaïke Sijtsma | 97 29-03-51 LAAC | 13.1 Rina ten Braak | 92 05-11-50 Parthenon |
| 42.08.8 Annie Ketelaars | 98 17-02-53 De Keien | 13.3 Mia Dudink | 89 24-12-46 Sagitta |
| 43.10.2 Bertha van 't Hul | 99 17-01-53 De Gemzen | 13.66 Evie Roelands | 99 12-07-58 DJA |
| 43.25.2 Corrie Dekker | 92 08-12-43 Schelde Sp. | 13.9 Riet Jonkers | 84 04-10-43 Energie |
| | | | |
| 10.000 meter V50 (tot 45.00.0) | | 14.1 Laura Blommestijn | 84 02-07-44 AVR |
| 38.55.47 Greet Warnaar | 92 19-12-41 Hera | 14.39 Elly Schouten | 95 08-02-52 HAC |
| 40.04.0 Jeanette Weeber | 98 20-11-43 Haag Atl. | 15.0 Mia Linskens | 85 30-12-42 Atos |
| 40.24.90 Els Raap | 99 28-04-47 LPK | 15.29 Eddy Vennik | 91 05-08-50 Trias |
| 40.38.86 Manna Kwak | 99 14-12-44 Zuidwal | 15.3 Netty van Hedel | 92 18-03-49 Pr.Hendrik |
| 40.54.4 Nel Vanthoor | 00 20-01-52 De Keien | | |
| | | 15.4 Willie van Riet | 92 15-04-52 Ilion |
| 41.13.95 Martha van Hal | 97 09-07-46 Pijnenburg | 15.5 Marga Otten | 95 11-11-52 Trias |
| 42.26.5 Sophie Wisman | 81 25-04-28 FIT | 16.6 Tine Schenkels | 99 26-11-55 Reeuwijk |
| 43.36.2 Mirjam Brugman | 98 15-05-44 Reeuwijk | 16.7 Wendy Akerboom | 99 09-01-55 Fortuna |
| 44.18.2 Marja van Gerwen | 96 06-10-43 LAAC | 17.09 Anneke Haan | 91 07-05-49 SAV |
| 44.27.0 Mientje Hofmeijer | 89 06-05-37 Gemzen | 16.9 Loes Lasschuit | 91 30-10-46 Achilles |
| | | | |
| 10.000 meter V55 | | 80 meter horden V45 (tot 17.0) | |
| 46.21.1 Mientje Hofmeijer | 92 06-05-37 De Gemzen | 12.28 Corrie Roovers | 82 14-07-35 Sprint |
| 47.51.76 Han Vos | 00 16-09-44 Ach.-Top | 12.34 Riny Hagenaars | 97 17-07-50 PAC |
| | | 12.9 Elly Willemsen | 92 21-03-47 Attila |
| 10.000 meter V60 | | 13.2 Mia Dudink | 92 24-12-46 Sagitta |
| 46.08.04 Sophie Wisman | 91 25-04-28 Vet.Ned. | 13.5 Rietje Dijkman | 91 21-06-39 Vet.Ned. |
| 52.12.1 Bep Tromp | 79 17-05-17 Vet.Ned. | | |
| | | 14.26 Weia Reinboud | 98 11-03-50 Hellas |
| 10.000 meter V65 | | 14.49 Imke Parlevliet | 79 22-05-34 Vet.Ned. |
| 48.13.21 Sophie Wisman | 96 25-04-28 Vet.Ned. | 14.52 Rietje van Walree | 91 25-09-39 Atos |
| | | 14.9 Mia Linskens | 89 30-12-42 Atos |
| uurloop V35 (tot 13.500 meter) | | 14.9 Riet Jonkers | 90 04-10-43 Energie |
| 15.920 Hennie Zantinga | 91 27-11-51 Impala | | |
| 15.529 Marlien van Beek | 00 06-04-65 LADB | 15.9 Toos Dingenouts | 91 27-12-41 Achilles |
| 14.996 Hannie de Jager | 90 20-06-55 AV '56 | 16.9 Els Meerhof | 97 22-10-48 Avantri |
| 14.508 Marlies van Geel | 95 18-03-59 DJA | 17.0 Loes Lasschuit | 92 30-10-46 Achilles |
| 14.305 Ineke Stofmeel | 94 04-05-55 Thor | | |
| | | 80 meter horden V50 (tot 18.0) | |
| 14.185 Ria Verstraten | 90 13-05-53 Thor | 12.54 Corrie Roovers | 87 14-07-35 Sprint |
| 13.763 Anita Philipsen | 95 16-06-58 GAC-H | 13.5 Rietje Dijkman | 91 21-06-39 AV '23 |
| 13.675 Greetje Smit | 89 15-06-50 Deltasport | 13.91 Elly Willemsen | 98 21-03-47 Attila |
| | | 14.52 Rietje van Walree | 91 25-09-39 Atos |
| uurloop V40 (tot 13.000 meter) | | 14.83 Laura Blommestijn | 97 02-07-44 R'dam Atl. |
| 16.884 Hennie Zantinga | 92 27-11-51 Impala | | |
| 15.160 Marian Mijwaard | 95 14-01-53 GAC-H | 15.1 Imke Parlevliet | 84 22-05-34 Tartletos |
| 14.488 Gerda de Voor | 93 20-10-50 Spirit-L | 16.0 Toos Dingenouts | 92 27-12-41 Achilles |
| 14.000 Janny v.Oosterhout | 90 09-07-48 Thor | | |
| 13.490 Theresia de Vries | 93 13-10-49 Spirit-L | 80 meter horden V55 | |
| 13.337 José Haegens | 93 18-08-53 Thor | 13.30 Corrie Roovers | 91 14-07-35 Sprint |
| | | 14.06 Rietje Dijkman | 96 21-06-39 AV '23 |
| uurloop V45 (tot 12.500 meter) | | 15.0 Laura Blommestijn | 99 02-07-44 R'dam Atl. |
| 14.167 Ineke Stofmeel | 00 04-05-55 Thor | 15.78 Riet Jonkers | 99 04-10-43 Attila |
| 13.544 Ria van Weezep | 93 19-09-47 Spirit-L. | | |

80 meter horden V60 (68,6 cm ingaande 2000)

| | | | | |
|-------|----------------|----|----------|--------|
| 13.89 | Corrie Roovers | 96 | 14-07-35 | Sprint |
| 14.24 | Rietje Dijkman | 99 | 21-06-39 | AV'23 |

100 meter horden V35

| | | | | |
|-------|----------------------|----|----------|---------|
| 15.21 | Mieke Sterk | 84 | 05-01-46 | ADA |
| 15.37 | Marianne Langezaal | 91 | 13-03-54 | Bataven |
| 15.38 | Annemiek Stavenuiter | 90 | 13-03-54 | ADA |
| 15.3 | Mary Larsen | 82 | 11-12-43 | Ilion |
| 15.7 | Marianne Ackermans | 78 | 05-04-42 | DEM |

| | | | | |
|-------|-----------------------|----|----------|------------|
| 16.0 | Hanneke de Noorlander | 92 | 15-11-53 | Pr.Hendrik |
| 16.2 | Helma Volbers | 84 | 29-12-46 | Tion |
| 16.66 | Alma Hollen | 98 | 25-12-60 | Holland-H. |
| 16.6 | Ella Hoogendoorn | 80 | 01-12-44 | AAV'36 |
| 16.7 | Ina Blaauw | 83 | 01-12-47 | Argo'77 |

| | | | | |
|-------|-------------------|----|----------|-------------|
| 17.64 | Evie Roelands | 97 | 12-07-58 | DJA |
| 17.7 | Maria Husslage | 91 | 27-07-55 | Sprint |
| 17.98 | Anja Akkerman | 94 | 01-05-55 | DEM |
| 18.05 | Lia van Wayenburg | 98 | 02-02-62 | Energie |
| 18.16 | Ria van Steenpaal | 91 | 20-07-54 | De Sperwers |

| | | | | |
|-------|------------------|----|----------|-------------|
| 18.23 | Tessy Lenting | 00 | 03-02-65 | De Spartaan |
| 18.26 | Annemiek Bolte | 96 | 06-06-60 | GAC-H. |
| 18.4 | Rina Groenendijk | 91 | 15-11-55 | AV'47 |
| 18.83 | Janet Janssen | 91 | 29-05-54 | Attila |
| 18.95 | Joke Torbijn | 94 | 29-10-57 | Parthenon |

| | | | | |
|-------|-----------------|----|----------|-------------|
| 18.98 | Monique Seerden | 00 | 07-02-64 | Lionitas |
| 18.9 | Jeanne Gobbens | 80 | 26-07-43 | Thor |
| 19.3 | Anneke Haan | 86 | 07-05-49 | SAV |
| 19.5 | Joke Winkelman | 92 | 07-12-53 | Delta Sport |
| 19.6 | Jeanne Haanen | 77 | 24-06-42 | Sprint |

100 meter horden V40 (top 5)

| | | | | |
|-------|--------------------|----|----------|------------|
| 16.43 | Mieke Sterk | 86 | 05-01-46 | ADA |
| 16.3 | Marianne Langezaal | 94 | 13-03-54 | De Bataven |
| 16.4 | Corrie Roovers | 78 | 14-07-35 | Sprint |
| 16.5 | Mary Larsen | 87 | 11-12-43 | Ilion |
| 17.11 | Lena Jansen | 94 | 06-03-51 | Energie |

100 meter horden V45 (top 3)

| | | | | |
|-------|----------------|----|----------|--------|
| 16.4 | Corrie Roovers | 80 | 14-07-35 | Sprint |
| 18.14 | Weia Reinboud | 97 | 11-03-50 | Hellas |
| 18.33 | Elly Willemsen | 92 | 21-03-47 | Attila |

100 meter horden V50

| | | | | |
|------|-------------------|----|----------|------------|
| 17.3 | Corrie Roovers | 85 | 14-07-35 | Sprint |
| 22.0 | Laura Blommestijn | 95 | 02-07-44 | R'dam Atl. |

300 meter horden V50

| | | | | |
|-------|-------------------|----|----------|----------|
| 53.20 | Rietje Dijkman | 91 | 21-06-39 | Vet.Ned. |
| 54.80 | Riet Jonkers | 97 | 04-10-43 | Energie |
| 56.70 | Rietje van Walree | 94 | 25-09-39 | Atos |

300 meter horden V55

| | | | | |
|-------|----------------|----|----------|--------|
| 52.11 | Corrie Roovers | 91 | 14-07-35 | Sprint |
| 53.21 | Rietje Dijkman | 96 | 21-06-39 | AV'23 |
| 54.67 | Riet Jonkers | 99 | 04-10-43 | Attila |

300 meter horden V60 (68,6 cm ingaande 2000)

| | | | | |
|-------|----------------|----|----------|--------|
| 53.05 | Corrie Roovers | 95 | 14-07-35 | Sprint |
| 55.57 | Rietje Dijkman | 99 | 21-06-39 | AV'23 |

400 meter horden V35 (tot 80.0)

| | | | | |
|-------|------------------------|----|----------|-------------|
| 65.33 | Janneke Roona | 98 | 20-09-63 | Impala |
| 66.14 | Lena Jansen | 89 | 06-03-51 | PAC |
| 66.53 | Gerda Benders | 96 | 25-01-61 | Haag Atl. |
| 68.9 | Riny Hagenaars | 87 | 17-07-51 | PAC |
| 69.10 | Loes ter Haar | 98 | 13-11-62 | PAC |
| 69.18 | Alma Hollen | 98 | 25-12-60 | Holland-H. |
| 69.45 | Lilianne Fiddelaers(B) | 97 | 12-12-61 | Unitas |
| 71.03 | Tessy Lenting | 00 | 03-02-65 | De Spartaan |
| 71.5 | Marga Otten | 92 | 11-11-52 | Hellas |
| 71.7 | Margreet Hissink | 89 | 23-03-50 | Spark |

| | | | | |
|-------|--------------|----|----------|------|
| 8.347 | Ria van Dijk | 87 | 30-07-49 | OLAT |
| 7.669 | Ine de Wit | 87 | 09-11-49 | OLAT |

| | | | | |
|-------|------------------|----|----------|------------|
| 73.81 | Jannet Vermeulen | 95 | 25-11-55 | Phoenix |
| 74.1 | Diny Klomp | 91 | 18-06-52 | Pr.Hendrik |
| 74.83 | Petra Das | 00 | 21-05-64 | Hellas |

| | | | | |
|-------|----------------|----|----------|------------|
| 76.43 | Lyke Koopstra | 95 | 12-10-57 | Aalsmeer |
| 77.27 | Fridy Daniels | 93 | 19-09-54 | GAC-G |
| 77.9 | Jeanne Gobbens | 79 | 26-07-43 | Thor |
| 78.0 | Lenie Marinus | 83 | 17-05-48 | Pr.Hendrik |

400 meter horden V40

| | | | | |
|-------|------------------|----|----------|---------|
| 67.91 | Lena Jansen | 93 | 06-03-51 | Energie |
| 68.08 | Mia Dudink | 90 | 24-12-46 | Sagitta |
| 70.07 | Anja Akkerman | 95 | 01-05-55 | DEM |
| 71.59 | Evelien van Hees | 00 | 22-03-57 | Energie |
| 72.44 | Marga Otten | 94 | 11-11-52 | Trias |

| | | | | |
|-------|------------------|----|----------|-------|
| 78.9 | Margreet Hissink | 90 | 23-03-50 | Spark |
| 82.85 | Lenie Koopman | 89 | 04-06-47 | Spark |

400 meter horden V45

| | | | | |
|-------|---------------|----|----------|---------|
| 69.30 | Lena Jansen | 98 | 06-03-51 | Energie |
| 71.11 | Mia Dudink | 92 | 24-12-46 | Sagitta |
| 74.97 | Riet Jonkers | 90 | 04-10-43 | Energie |
| 77.47 | Weia Reinboud | 96 | 11-03-50 | Hellas |
| 86.63 | Leny Herstel | 96 | 04-06-47 | Spark |

SNELWANDELEN**SW 3000 meter V35 (tot 20.30)**

| | | | | |
|----------|------------------|----|----------|-----------|
| 15.36.58 | Marica Onos | 92 | 02-07-56 | RWV |
| 15.40.8 | Christien Vijver | 83 | 08-02-48 | Spartacus |
| 19.24.49 | Lyke Koopstra | 95 | 12-10-57 | Aalsmeer |

SW 3000 meter V40

| | | | | |
|----------|------------------|----|----------|----------|
| 16.47.1 | Marica Onos | 96 | 02-07-56 | RWV |
| 17.11.86 | Marleen Radder | 93 | 22-02-51 | OLAT |
| 17.12.95 | Christien Vijver | 90 | 08-02-48 | Horror |
| 17.51.0 | Erna Nooy | 91 | 01-01-49 | Zaanland |
| 18.42.6 | Adri van Dirven | 76 | 11-02-35 | Achilles |

| | | | | |
|---------|-------------|----|----------|----------|
| 19.56.0 | Netty Klomp | 91 | 03-09-49 | Zaanland |
|---------|-------------|----|----------|----------|

| | | | | |
|----------|------------------|----|----------|----------|
| 20.21.6 | Co Kemna | 76 | 06-09-35 | PAC |
| 20.55.62 | Bertie Eydenberg | 90 | 29-06-49 | Zaanland |
| 21.25.0 | Elly Rozema | 90 | 08-04-48 | Zaanland |

SW 3000 meter V45

| | | | | |
|----------|----------------|----|----------|-----|
| 16.42.24 | Marleen Radder | 00 | 22-02-51 | RWV |
| 21.10.4 | Co Kemna | 83 | 06-09-35 | PAC |

SW 3000 meter V50

| | | | | |
|----------|------------------|----|----------|----------|
| 20.22.1 | Annie Montenegro | 96 | 28-09-43 | RWV |
| 21.07.9 | Elisabeth Kuper | 97 | 44 | Zaanland |
| 23.24.58 | Riet Jonkers | 98 | 04-10-43 | Energie |

SW 5000 meter V35

| | | | | |
|---------|------------------|----|----------|-----------|
| 26.30.6 | Christien Vijver | 83 | 08-02-48 | Spartacus |
|---------|------------------|----|----------|-----------|

SW 5000 meter V40

| | | | | |
|---------|-----------------|----|----------|----------|
| 28.11.3 | Marica Onos | 96 | 02-07-56 | RWV |
| 29.30.3 | Marleen Radder | 93 | 22-02-51 | OLAT |
| 32.04.0 | Adri van Dirven | 76 | 11-02-35 | Achilles |
| 34.16.6 | Co Kemna | 79 | 06-09-35 | PAC |

SW 5000 meter V45

| | | | | |
|---------|----------------|----|----------|-----|
| 28.27.1 | Marleen Radder | 00 | 22-02-51 | RWV |
| 37.44.0 | Co Kemna | 81 | 06-09-35 | PAC |

SW 5000 meter V50

| | | | | |
|---------|------------------|----|----------|-----|
| 34.20.9 | Annie Montenegro | 96 | 28-09-43 | RWV |
|---------|------------------|----|----------|-----|

SW 10.000 meter V40

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|---------|-----------------|----|----------|----------|
| 60.04.0 | Marleen Radder | 95 | 22-02-51 | RWV |
| 65.51.0 | Adri van Dirven | 76 | 11-02-35 | Achilles |

SW 10.000 meter V45

| | | | | |
|---------|----------------|----|----------|-----|
| 59.01.6 | Marleen Radder | 00 | 22-02-51 | RWV |
|---------|----------------|----|----------|-----|

1 uur snelwandelen V50

7.643 Jans Griethuizen 87 08-10-36 OLAT

hoogspringen V35

1.68 Ria Hulsink 85 11-09-50 ADA
 1.66 Ria van Steenpaal 90 20-07-54 Sperwers
 1.65 Marianne Ackermans 78 05-04-42 DEM
 1.65 Mary Larsen 81 11-12-43 Ilion
 1.65 Anouschka Tinkhof-Daen 00 10-03-65 PAC

1.62 Jacqueline Bakker 95 25-11-58 Zaanland
 1.60 Ciska Jansen 81 23-09-44 Sagitta
 1.60 Annie van Anholt 82 22-02-47 Attila
 1.60 Monique Seerden 99 07-02-64 Lionitas
 1.56 Marianne Langezaal 91 13-03-54 Bataven

1.56 Marja Visser 96 11-07-58 Atletica
 1.55 Janine Kortbeek 91 03-03-53 Pr.Hendrik
 1.55 Wilma Warner 92 24-05-56 ADA
 1.55 Jenny Vermond 93 23-05-58 DAK
 1.55 Tiny Hellendoorn 93 25-03-55 RKDOS

1.55 Evie Roelands 97 12-07-58 DJA
 1.55 Saskia Andringa 99 18-10-63 PAC
 1.55 Patsy Kolhorn-Ceulemans 00 18-01-63 Almere'81
 1.54 Sjan Roest 97 18-05-59 AVR'69
 1.50 Ella Hoogendoorn 80 01-12-44 AAV'36

1.50 Mariet Thomas 87 03-03-51 DEM
 1.50 Joke Tolenaars 87 09-11-51 Gr.Ster
 1.50 Evelien van Hees 92 22-03-57 Energie
 1.50 Anja Akkerman 93 01-05-55 DEM
 1.50 Delia Appelman 95 28-12-59 DEM

1.50 Grietje van Heel 98 08-09-60 GVAC
 1.50 Olga Commandeur 98 30-10-58 Startbaan
 1.50 Hannie Barnhoorn 00 26-09-60 Trias

hoogspringen V40

1.60 Ciska Janssen 84 23-09-44 Sagitta
 1.60 Mary Larsen 86 11-12-43 Ilion
 1.55 Mia Dudink 90+91 24-12-46 Sagitta
 1.55 Janine Kortbeek 93 03-05-53 Pr.Hendrik
 1.55 Evie Roelands 98+00 12-07-58 DJA

1.50 Annie van Anholt 89 22-02-47 Attila
 1.50 Elly Schouten 92+93 08-02-52 HAC
 1.50 Ria van Steenpaal 94 20-07-54 De Sperwers
 1.50 Lia Bruin 98+99 21-06-56 Sparta
 1.49 Marianne Langezaal 94 13-03-54 De Bataven

1.48 Anja Akkerman 95 01-05-55 DEM
 1.46 Mariet Thomas 91 03-03-51 DEM
 1.45 Corrie Roovers 75 14-07-35 Sprint
 1.45 Laura Blommestijn 85 02-07-44 AVR
 1.45 Mientje Klomp 92 26-08-50 De Keien

1.45 Jenny Vermond 99 23-05-58 ACW'66
 1.45 Sjan Roest 99 18-05-59 AVR'69
 1.45 Henny Woering 00 23-05-56 AV'23
 1.40 Ans Honkoop 89 28-08-44 Ciko'66
 1.40 Hennie Hollebrand 92 10-01-48 DEM

1.40 Evelien van Hees 98 22-03-57 Energie
 1.40 Tine Schenkels 99 26-11-55 Reeuwijk
 1.38 Jannet Vermeulen 96 25-11-55 Phoenix
 1.36 Eddy Vennik 91 05-08-50 Trias
 1.36 Rina ten Braak 91 05-11-50 Parthenon

hoogspringen V45 (tot 1.21)

1.56 Weia Reinboud 98 11-03-50 Hellas
 1.51 Janine Kortbeek 98 03-05-53 Pr.Hendrik
 1.50 Mary Larsen 93 11-12-43 Ilion
 1.49 Mia Dudink 92 24-12-46 Sagitta
 1.46 Annie van Anholt 92 22-02-47 Attila

1.45 Corrie Roovers 85 14-07-35 Sprint
 1.40 Rietje Dijkman 86 21-06-39 AV '23
 1.40 Rietje van Walree 86 25-09-39 Atos
 1.36 Imke Parlevliet 81 22-05-34 Vet.Ned.

1.36 Imke Parlevliet 81 22-05-34 Vet.Ned.
 1.35 Ans Honkoop 89+92 28-08-44 Ciko'66

1.35 Hennie Hollebrand 95 10-11-48 DEM
 1.30 Elly Willemsen 92 21-03-47 Attila
 1.30 Loes Lasschuit 92 30-10-46 Achilles
 1.28 Bep Reidinga 84 20-11-36 Edam
 1.28 Tineke Voetberg 00 09-01-55 Avantri

1.25 Tineke van Benten 84 15-10-36 Sagitta
 1.25 Corrie Keijsers 87 15-03-42 Weert
 1.25 Riet Jonkers 91 04-10-43 Energie
 1.25 Marga Kortekaas 91 05-10-45 Spartaan
 1.25 Anita Boeve 95 05-10-49 Hera

1.25 Henny van Kruchten 95 10-05-50 Castricum
 1.24 Toos Dingenouts 91 27-12-41 Achilles
 1.21 Margreth Hissink 97 23-03-50 Spark

hoogspringen V50 (tot 1.10)

1.57 Weia Reinboud 00 11-03-50 Hellas
 1.45 Corrie Roovers 85 14-07-35 Sprint
 1.45 Mary Larsen 94 11-12-43 Ilion
 1.40 Annie van Anholt 98+99 22-02-47 Attila
 1.38 Imke Parlevliet 85 22-05-34 Tartletos

1.35 Rietje Dijkman 94 21-06-39 Vet.Ned.
 1.35 Laura Blommestijn 98+99 02-07-44 R'dam Atl.
 1.30 Elly Willemsen 97 21-03-47 Attila
 1.30 José Kooij 00 28-11-48 PEC 1910
 1.27 Rietje van Walree 91 25-09-39 Atos

1.20 Tineke van Benten 87 15-10-36 Sagitta
 1.20 Coby de Boer 97 26-02-46 AV'55
 1.15 Lisa Plat 89 09-02-39 Lycurgus
 1.10 Bep Huisman 97 19-11-43 Zaanland
 1.10 Mia Linskens 97 30-12-42 Atos

hoogspringen V55

1.33 Laura Blommestijn 99 02-07-44 R'dam Atl.
 1.32 Rietje Dijkman 95+99 21-06-39 AV'23
 1.30 Corrie Roovers 91 14-07-35 Sprint
 0.95 Lenie Zegers 87 18-06-32 Sagitta

hoogspringen V60

1.32 Rietje Dijkman 00 21-06-39 AV'23

polshoog V35

2.80 Suzanne van Meerten 97 25-03-62 Ilion
 2.60 Saskia Andringa 99 18-10-63 PAC

verspringen V35

6.41 Ciska Jansen 82 23-09-44 Sagitta
 5.74 Delia Appelman 95 28-12-59 DEM
 5.61 Els Stolk 92 07-02-57 ADA
 5.59 Helma Volbers 84 29-12-46 Tion
 5.37 Mary Larsen 82 11-12-43 Ilion

5.32 Jeanne Gobbens 80 26-07-43 Thor
 5.25 Anja Akkerman 93 01-05-55 DEM
 5.24 Anouschka Tinkhof-Daen 00 10-03-65 PAC
 5.20 Hanneke de Noorlander 91 15-11-53 Pr.Hendrik
 5.18 Lida Berkhout 89 21-12-52 DEM

5.18 Olga Commandeur 98 30-10-58 Startbaan
 5.17 Ina Blaauw 83 01-12-47 Argo'77
 5.15 Mariet Thomas 89 03-03-51 DEM
 5.14 Ria Mistry 98 30-01-59 AV
 5.13 Evie Roelands 97 12-07-58 DJA

5.03 Ella Hoogendoorn 81 01-12-44 AAV'36
 5.04 Joke Torbijn 94 29-10-57 Parthenon
 5.02 Mieke Sterk 84 05-01-46 ADA
 5.02 Riny Hagenaars 88 17-07-50 PAC
 5.00 Annemiek Stavenuiter 90 13-03-54 ADA

4.95 Marianne Langezaal 90 13-03-54 Bataven
 4.95 Ria van Steenpaal 90 20-07-54 Sperwers
 4.94 Joke Torbijn 95 29-10-57 Parthenon
 4.93 Hannie Barnhoorn 00 26-09-60 Trias
 4.90 Maria Husslage 91 27-07-55 Sprint

verspringen V40

| | | | | |
|------|--------------------|----|----------|-------------|
| 6.21 | Ciska Jansen | 85 | 23-09-44 | Sagitta |
| 5.44 | Helma Volbers | 87 | 29-12-46 | Tion |
| 5.31 | Riny Hagenaars | 94 | 17-07-51 | PAC |
| 5.31 | Anja Akkerman | 96 | 01-05-55 | DEM |
| 5.22 | Tilly Jacobs | 99 | 19-06-56 | Sparta |
| 5.15 | Corrie Roovers | 78 | 14-07-35 | Sprint |
| 5.08 | Elly Willemsen | 91 | 21-03-47 | Attila |
| 5.07 | Mary Larsen | 87 | 11-12-43 | Ilion |
| 5.00 | Evie Roelands | 98 | 12-07-58 | DJA |
| 4.97 | Ria Mistry | 99 | 30-01-59 | AVV |
| 4.95 | Mia Dudink | 89 | 24-12-46 | Sagitta |
| 4.94 | Hanneke de Bruyn | 94 | 15-11-53 | Pr.Hendrik |
| 4.93 | Elly Schouten | 96 | 08-02-52 | HAC |
| 4.88 | Hermien Roggeband | 99 | 24-11-58 | Delta Sport |
| 4.84 | Mia Linskens | 87 | 30-12-42 | Atos |
| 4.84 | Marianne Jenninga | 94 | 05-01-53 | Sparta |
| 4.80 | Riet Jonkers | 85 | 04-10-43 | Energie |
| 4.78 | Rina ten Braak | 91 | 05-11-50 | Parthenon |
| 4.76 | Jeanne Gobbens | 83 | 26-07-43 | Thor |
| 4.74 | Janine Kortbeek | 95 | 03-05-53 | Pr.Hendrik |
| 4.71 | Mariet Thomas | 91 | 03-03-51 | DEM |
| 4.69 | Bep Reidinga | 79 | 20-11-36 | Edam |
| 4.69 | Hieke Bootsma | 91 | 26-02-51 | Horror |
| 4.67 | Titia Timmerman | 83 | 07-07-39 | Ciko'66 |
| 4.67 | Corrie Meyer | 90 | 16-03-47 | Schelde Sp. |
| 4.67 | Marianne Langezaal | 95 | 13-03-54 | De Bataven |

verspringen V45

| | | | | |
|------|--------------------|-------|----------|-------------|
| 5.18 | Corrie Roovers | 82 | 14-07-35 | Sprint |
| 5.03 | Elly Willemsen | 94 | 21-03-47 | Attila |
| 4.95 | Anja Akkerman | 00 | 01-05-55 | DEM |
| 4.91 | Bep Reidinga | 82 | 20-11-36 | Edam |
| 4.91 | Mia Linskens | 88 | 30-12-42 | Atos |
| 4.86 | Janine Kortbeek | 99+00 | 03-05-53 | Pr.Hendrik |
| 4.85 | Mia Dudink | 92 | 24-12-46 | Sagitta |
| 4.77 | Riny Hagenaars | 97 | 17-07-50 | PAC |
| 4.70 | Wemmy Spiereburg | 81 | 14-02-36 | Fortis |
| 4.64 | Weia Reinboud | 98+99 | 11-03-50 | Hellas |
| 4.62 | Tiny Bakker | 85 | 03-03-36 | Trias |
| 4.58 | Rietje Dijkman | 84 | 21-06-39 | Sagitta |
| 4.56 | Margreet Werkhoven | 92 | 16-07-45 | Edam |
| 4.55 | Corrie Meyer | 95 | 16-03-47 | Schelde Sp. |
| 4.49 | Imke Parlevliet | 80 | 22-05-34 | Vet.Ned. |
| 4.47 | Toos Dingenouts | 91 | 27-12-41 | Achilles |
| 4.46 | Ans Honkoop | 90 | 28-08-44 | Ciko'66 |
| 4.42 | Riet Jonkers | 90 | 04-10-43 | Energie |
| 4.39 | Rietje van Walree | 85 | 25-09-39 | Atos |
| 4.38 | Netty van Hedel | 95 | 18-03-49 | Pr.Hendrik |
| 4.38 | Marianne Langezaal | 00 | 13-03-54 | Leiden |
| 4.33 | Hieke Bootsma | 96 | 26-02-51 | Horror |
| 4.29 | Lenie Sörensens | 82 | 21-08-35 | Gr.Ster |
| 4.28 | Els Meerhof | 97 | 22-10-48 | Avantri |
| 4.25 | José Kooy | 98 | 28-11-48 | PEC |

verspringen V50 (tot 3.50)

| | | | | |
|------|-------------------|----|----------|-------------|
| 4.92 | Elly Willemsen | 97 | 21-03-47 | Attila |
| 4.75 | Corrie Roovers | 85 | 14-07-35 | Sprint |
| 4.57 | Rietje Dijkman | 91 | 21-06-39 | Vet.Ned. |
| 4.57 | Mary Larsen | 94 | 11-12-43 | Ilion |
| 4.48 | Weia Reinboud | 00 | 11-03-50 | Hellas |
| 4.45 | Laura Blommestijn | 97 | 02-07-44 | R'dam Atl. |
| 4.41 | Corrie Meijer | 97 | 16-03-47 | Schelde Sp. |
| 4.39 | Riet Jonkers | 96 | 04-10-43 | Vet.Ned. |
| 4.30 | Imke Parlevliet | 84 | 22-05-34 | Tartletos |
| 4.29 | Rietje van Walree | 92 | 25-09-39 | Atos |
| 4.20 | Mia Linskens | 97 | 30-12-42 | Atos |
| 4.19 | José Kooij | 99 | 28-11-48 | PEC |
| 4.15 | Bep Reidinga | 90 | 20-11-36 | Edam |
| 4.06 | Toos Dingenouts | 92 | 27-12-41 | Achilles |

| | | | | |
|------|-----------------|----|----------|-----------|
| 3.99 | Lida van Zwoll | 97 | 29-03-47 | Parthenon |
| 3.91 | Marion de Bruin | 99 | 24-06-49 | Haag Atl. |
| 3.85 | Lenie Sörensens | 85 | 21-08-35 | Gr.Ster |
| 3.84 | Wies Bosland | 89 | 26-07-38 | Castricum |
| 3.71 | Coby de Boer | 97 | 26-02-46 | AV'55 |
| 3.65 | Pi Dietvors | 91 | 17-10-39 | Gr.Ster |

| | | | | |
|------|------------------|----|----------|---------|
| 3.53 | Tineke van Bente | 87 | 15-10-36 | Sagitta |
| 3.53 | Corrie Vinke | 92 | 24-04-41 | Atos |

verspringen V55 (tot 3.10)

| | | | | |
|------|-------------------|----|----------|------------|
| 4.37 | Rietje Dijkman | 96 | 21-06-39 | AV'23 |
| 4.13 | Laura Blommestijn | 99 | 02-07-44 | R'dam Atl. |
| 4.08 | Mia Linskens | 98 | 30-12-42 | Atos |
| 3.94 | Corrie Roovers | 91 | 14-07-35 | Sprint |
| 3.94 | Tinie Bakker | 92 | 03-03-36 | Trias |
| 3.44 | Lenie Zegers | 87 | 18-06-32 | Sagitta |

verspringen V60

| | | | | |
|------|----------------|----|----------|-------|
| 4.29 | Rietje Dijkman | 99 | 21-06-39 | AV'23 |
|------|----------------|----|----------|-------|

hinkstapspringen V35 (tot 8.50)

| | | | | |
|-------|--------------------|----|----------|------------|
| 11.47 | Els Stolk | 92 | 07-02-57 | ADA |
| 11.17 | Evie Roelands | 97 | 12-07-58 | DJA |
| 10.88 | Nicole Curfs (B) | 97 | 01-09-58 | Unitas |
| 10.43 | Lysbeth Gijsen | 00 | 16-06-65 | Start'78 |
| 10.01 | Therry in 't Groen | 00 | 25-01-65 | Scorpio |
| 9.87 | Tiny Hellendoorn | 91 | 25-03-55 | RKDOS |
| 9.68 | Carmen Vermeulen | 97 | 14-02-62 | Sprint |
| 9.57 | Esther Schouten | 99 | 26-12-63 | Holland-H. |
| 9.52 | Monique Bassant | 98 | 05-12-62 | R'dam Atl. |
| 9.45 | Rina Groenendijk | 92 | 15-11-55 | AV'47 |
| 9.40 | Hannie Barnhoorn | 97 | 26-09-60 | Trias |
| 9.24 | Jannet Vermeulen | 95 | 25-11-55 | Phoenix |
| 8.99 | Jolanda Lems | 98 | 23-11-59 | Tion |
| 8.79 | Ans van der Wal | 94 | 10-12-56 | Reeuwijk |
| 8.79 | Marianne Oud | 96 | 16-04-57 | Trias |
| 8.74 | Agnes Popkema | 95 | 28-11-58 | Gouda |
| 8.72 | Lianne Broeders | 97 | 01-08-60 | Sprint |
| 8.70 | Dorrie Timmermans | 94 | 01-05-55 | Aletico'73 |
| 8.60 | Henny Woering | 99 | 23-05-56 | AV'23 |

hinkstapspringen V40 (tot 8.00)

| | | | | |
|-------|---------------------|----|----------|------------|
| 10.91 | Evie Roelands | 99 | 12-07-58 | DJA |
| 10.24 | Anja Akkerman | 96 | 01-05-55 | DEM |
| 10.24 | Janine Kortbeek | 97 | 03-05-53 | Pr.Hendrik |
| 9.37 | Tineke Lenstra | 96 | 22-03-54 | Spark |
| 8.99 | Jannet Vermeulen | 96 | 25-11-55 | Phoenix |
| 8.73 | Hieke Bootsma | 91 | 26-02-51 | Horror |
| 8.73 | Toos van der Pennen | 97 | 21-03-56 | Sprint |
| 8.36 | Henny Woering | 96 | 23-05-56 | AV'23 |
| 8.17 | Loes Lasschuit | 91 | 30-10-46 | Achilles |

hinkstapspringen V45

| | | | | |
|-------|-----------------|----|----------|------------|
| 10.73 | Janine Kortbeek | 00 | 03-05-53 | Pr.Hendrik |
| 10.03 | Weia Reinboud | 98 | 11-03-50 | Hellas |
| 9.51 | Anja Akkerman | 00 | 01-05-55 | DEM |
| 8.68 | Toos Dingenouts | 91 | 27-12-41 | Achilles |
| 8.32 | Margriet Prins | 97 | 15-01-51 | Suomi |
| 8.02 | Rina Bogers | 92 | 15-05-46 | Spark |

hinkstapspringen V50

| | | | | |
|-------|-------------------|----|----------|------------|
| 10.16 | Weia Reinboud | 00 | 11-03-50 | Hellas |
| 8.78 | Laura Blommestijn | 97 | 02-07-44 | R'dam Atl. |

hinkstapspringen V55

| | | | | |
|------|-------------------|----|----------|------------|
| 9.21 | Rietje Dijkman | 96 | 21-06-39 | AV'23 |
| 8.38 | Laura Blommestijn | 00 | 02-07-44 | R'dam Atl. |

hinkstapspringen V60

| | | | | |
|------|----------------|----|----------|-------|
| 9.17 | Rietje Dijkman | 99 | 21-06-39 | AV'23 |
|------|----------------|----|----------|-------|

discuswerpen V35

45.60 Els Stolk
 44.68 Jopie Baart
 44.16 Lida Berkhout
 43.64 Hannie Ebbekink
 43.30 Tine Schenkels

42.26 Ingrid Suylen
 41.36 Jolanda Brassier
 41.36 Jannet van Noord
 40.28 Tiny Hellendoorn
 39.88 Corrie Roovers

39.66 Ingrid van Dijk
 39.62 Esther Goedhart
 39.40 Jet van Wageningen
 38.84 Jeanne van Venrooy
 36.94 Anneke de Pater

36.90 Onneke Doornbos
 36.56 Annie van Anholt
 36.18 Marga Kortekaas
 36.12 Toos ter Rele
 35.78 Monique Peters

35.44 Loes Siekman
 35.24 Lea van der Aart
 34.98 Joke Winkelman
 33.84 Henny Winkel
 33.74 Enny Lammers

discuswerpen V40

47.70 Els Stolk
 43.46 Tine Schenkels
 42.58 Lida Berkhout
 41.18 Anneke de Pater
 41.04 Corrie Roovers

40.75 Tiny Hellendoorn
 40.34 Hannie Ebbekink
 39.70 Jopie Baart
 39.42 Jolanda Brassier
 39.42 Annie van Anholt

37.96 Esther Goedhart
 36.54 Marga Kortekaas
 35.46 Jeanne van Venrooy
 34.34 Orlanda Lynch
 34.06 Enny Lammers

34.04 Henny Winkel
 34.00 Onneke Doornbos
 33.76 Lea van der Aart
 33.42 Rina ten Braak
 33.20 Tineke v.d. Berg

33.16 Joy Hoks
 32.58 Ciska Jansen
 32.50 Lies in 't Hout
 32.26 Monique Peters
 31.66 Tineke v.d. Berg

discuswerpen V45

42.23 Anneke de Pater
 41.52 Annie van Anholt
 40.07 Tiny Hellendoorn
 38.52 Corrie Roovers
 38.16 Jolanda Brassier

36.30 Corrie Hamer
 35.56 Jopie Baart
 32.54 Rina ten Braak
 31.87 Lea van der Aart
 31.56 Orlanda Lynch

31.40 Onneke Doornbos
 31.30 Hennie Winkel
 30.64 Jannie Schot
 30.56 Marga Kortekaas
 29.86 Lenie Sørensen

96 07-02-57 AAC
 90 14-04-55 Edam
 89 21-12-52 DEM
 97 24-08-58 Tion
 95 26-11-55 Reeuwijk

90 25-05-53 Ach.-Top
 85 06-03-46 Trias
 00 18-10-62 Lycurgus
 93 25-03-55 RKDOS
 75 14-07-35 Sprint

00 19-05-62 GAC-H
 80 30-07-41 Delta Sp.
 77 12-06-42 Typhoon
 86 25-12-48 Sprint
 93 13-05-53 Haag Atl.

86 15-10-48 Trias
 85 22-02-47 Attila
 81 05-10-45 Spartaan
 00 27-09-64 De Keien
 83 21-05-48 AVN

78 21-02-41 Sagitta
 90 11-12-52 Spartaan
 89 07-12-53 Spirit-OB.
 89 30-06-49 Hera
 87 11-06-47 Hanze Sp.

97 07-02-57 AAC
 96 26-11-55 Reeuwijk
 93 21-12-52 DEM
 97 13-05-53 Haag Atl.
 77 14-07-35 Sprint

98 25-03-55 Isala'96
 99 24-08-58 Tion
 96 14-04-55 Edam
 87 06-03-46 Trias
 91 22-02-47 Attila

82 30-07-41 Delta Sp.
 87 05-10-45 Spartaan
 89 25-12-48 Sprint
 89 29-01-47 ADA
 88 11-06-47 Hanze Sp.

90 30-06-49 Hera
 89 15-10-48 Trias
 94 11-12-52 Spartaan
 92 05-11-50 Parthenon
 97 04-03-57 Fivelstreek

91 26-03-51 Hellas
 84 23-09-44 Sagitta
 94 22-10-52 Spark
 91 21-05-48 AVN
 97 04-03-57 Fivelstreek

98 13-05-53 Haag Atl.
 96 22-02-47 Attila
 00 25-03-55 Isala'96
 80 14-07-35 Sprint
 92 06-03-46 Trias

84 17-10-35 Hollandia
 00 14-04-55 Edam
 96 05-11-50 Parthenon
 98 11-12-52 Spartaan
 92 29-01-47 ADA

94 15-10-48 Trias
 95 30-06-49 Hera
 92 08-06-46 Delta Sp.
 91 05-10-45 Spartaan
 82 21-08-35 Groene Ster

29.86 Joke Winkelman
 28.54 Mia Dudink
 28.54 Elly Schouten
 27.88 Anneke Haan
 27.80 Louise Zimmermann

27.72 Wil Florusse
 27.34 Femmy de Graaf
 27.26 Lies in 't Hout
 27.12 Henny van Kruchten
 26.94 Weia Reinboud

discuswerpen V50

40.85 Annie van Anholt
 36.08 Corrie Roovers
 36.02 Jolanda Brassier
 32.70 Jet van Wageningen
 28.80 Rietje van Walree

28.25 Marlies van Doorenmalen
 27.62 Marga Kortekaas
 26.84 Lenie Sørensen
 26.84 Truus Wientjes
 26.84 Anneke Haan

26.68 Jannie Schot
 26.58 Onneke Doornbos
 26.21 Henny van Kruchten
 26.04 Femmy de Graaf
 25.49 Truus Ongena

25.45 Mary Larsen
 25.10 Wil Florusse
 24.96 Mia Linskens
 24.49 Jenny Marcelis
 24.40 Tiny Kessels

23.08 Ciska Fischbuch
 23.06 Coby de Boer
 22.98 Laura Blommestijn
 22.98 Elly Tuyn
 22.92 Jo Bleeker

discuswerpen V55 (tot 17.00)

33.38 Corrie Roovers
 27.04 Mia Linskens
 22.74 Henny van Splunteren
 22.58 Rietje van Walree
 20.33 Mary Larsen

20.02 Corrie Bleeker
 19.74 Jo Bleeker
 19.58 Ina van Broekhoven
 18.60 Bep Loos
 18.46 Ria Jong
 17.28 Lida van Gink

discuswerpen V60

30.30 Corrie Roovers
 18.75 Bep Loos
 17.70 Jo Bleeker

discuswerpen V65

27.59 Corrie Roovers

speerwerpen V35 (per 1999 nieuwe speer)

51.88 Marjo Bus
 51.10 Lida Berkhout
 50.28 Gerda Vetter
 47.87 Gonny Mik
 40.92 Mariet Voskamp

38.74 Bernadet Vlaarkamp
 37.24 Ingrid Zuydervliet
 37.18 Monique Peters
 36.72 Olga Commandeur
 36.32 Saskia Andringa

99 07-12-53 AV'34
 95 24-12-46 Sagitta
 00 08-02-54 HAC-H.
 94 07-05-49 SAV
 97 01-02-50 R'dam Atl.

96 08-01-48 Parthenon
 92 20-10-44 Vet.Ned.
 98 22-10-52 Spark
 00 10-05-50 Castricum
 97 11-03-50 Hellas

98 22-02-47 Attila
 87 14-07-35 Sprint
 96 06-03-46 Trias
 94 12-06-42 Typhoon
 94 25-09-39 Atos

00 05-07-46 AV'23
 96 05-10-45 Spartaan
 85 21-08-35 Gr.Ster
 88 23-07-33 ADA
 00 07-05-49 SAV

96 08-06-46 Delta Sp.
 99 15-10-48 Trias
 00 10-05-50 Castricum
 95 20-10-44 Vet.Ned.
 98 11-07-47 Holten

98 11-12-43 Ilion
 98 08-01-48 Parthenon
 97 30-12-42 Atos
 99 10-08-48 Scorpio
 95 10-01-43 Ach.-Top

87 06-03-35 PAC
 97 26-02-46 AV'55
 97 02-07-44 R'dam Atl.
 97 23-08-47 Lycurgus
 82 20-12-31 DEM

92 14-07-35 Sprint
 00 30-12-42 AV'23
 90 05-11-32 Vet.Ned.
 95 25-09-39 Atos
 99 11-12-43 Ilion

88 20-12-31 DEM
 90 20-12-31 DEM
 96 15-03-39 Atledo
 95 13-03-39 Achilles
 97 17-12-41 Lycurgus
 00 26-10-43 Hercules

95 14-07-35 Sprint
 99 13-03-39 Achilles
 92 20-12-31 DEM

00 14-07-35 Sprint

99 31-10-63 Ciko'66
 88 21-12-52 DEM
 96 11-02-61 AAC
 00 23-03-65 Argo'77
 99 23-09-61 Hanzesport

89 20-04-51 Castricum
 93 24-05-57 Zuidwal
 83 21-05-48 AVN
 97 30-10-58 Startbaan
 99 18-10-63 PAC

| | | | | | | | | | | | | | |
|--|-----------------------|----|----------|-------------|--|--------------------|--------------------|--------------------|-------------|----------|-----------|-------------|-------|
| 35.86 | Hannie Barnhoorn | 97 | 26-09-60 | Trias | speerwerpen V50 (=400 gr- tot 20.00) | 35.45 | Henny van Kruchten | 1)=600 gram | 00 | 10-05-50 | Castricum | | |
| 34.96 | Anneke Onrust | 83 | 02-02-46 | Daventria | 34.74 | Weia Reinboud | 00 | 11-03-50 | Hellas | 00 | 11-03-50 | Hellas | |
| 34.79 | Hannie Barnhoorn | 00 | 26-09-60 | Trias | 29.99 | Annie van Anholt | 99 | 22-02-47 | Attila | 99 | 22-02-47 | Attila | |
| 34.54 | Alma Hollen | 96 | 25-12-60 | Holland-H. | 29.66 | Wies Ratelband | 85 | 07-07-35 | Vet.Ned. | 85 | 07-07-35 | Vet.Ned. | |
| 34.36 | Bontje Zwier | 86 | 26-01-50 | AV '55 | 29.16 | Corrie Roovers | 89 | 14-07-35 | Sprint | 89 | 14-07-35 | Sprint | |
| 33.98 | Rina Bogers | 83 | 15-05-46 | Spark | 26.13 | Marga Kortekaas | 00 | 05-10-45 | De Spartaan | 00 | 05-10-45 | De Spartaan | |
| 33.72 | Ria van Steenpaal | 89 | 20-07-54 | Sperwers | 25.97 | Jenny Marcelis | 99 | 10-08-48 | Scorpio | 99 | 10-08-48 | Scorpio | |
| 33.70 | Gré Beunder | 81 | 28-01-45 | Lycurgus | 25.72 | 1) Jo Bleeker | 88 | 20-12-31 | DEM | 88 | 20-12-31 | DEM | |
| 33.45 | Carolien Janssen | 00 | 26-01-64 | Pr. Hendrik | 25.48 | 1) Jannie Schot | 96 | 08-06-46 | Deltasport | 96 | 08-06-46 | Deltasport | |
| 33.22 | Mia Dudink | 86 | 24-12-46 | Sagitta | 24.56 | Truus Ongena | 98 | 11-07-47 | Holten | 98 | 11-07-47 | Holten | |
| 33.08 | Tiny Hellendoorn | 93 | 25-03-55 | RKDOS | 23.96 | Jolanda Brassier | 96 | 06-03-46 | Trias | 96 | 06-03-46 | Trias | |
| 33.04 | Mary Larsen | 81 | 11-12-43 | Ilion | 22.88 | Mia Linskens | 97 | 30-12-42 | Atos | 97 | 30-12-42 | Atos | |
| 32.94 | Ria van Dijk | 80 | 07-01-43 | Bataven | 22.56 | Coby de Boer | 97 | 26-02-46 | AV'55 | 97 | 26-02-46 | AV'55 | |
| 32.94 | Ciska Jansen | 81 | 23-09-44 | Sagitta | 22.34 | Rietje van Walree | 93 | 25-09-39 | Atos | 93 | 25-09-39 | Atos | |
| 32.88 | Anja van Gemerden | 97 | 17-10-61 | Climax | 21.90 | Rietje Dijkman | 91 | 21-06-39 | Vet.Ned. | 91 | 21-06-39 | Vet.Ned. | |
| | | | | | 21.90 | Femmy de Graaf | 95 | 20-10-44 | Vet.Ned. | 95 | 20-10-44 | Vet.Ned. | |
| speerwerpen V40 (per 1999 nieuwe speer) | | | | | | | | | | | | | |
| 49.26 | Lida Berkhout | 93 | 21-12-52 | DEM | speerwerpen V50 (500 gram, nieuw 1999-NL weet niets?) | | | | | | | | |
| 38.40 | Bernadet Vlaarkamp | 91 | 20-04-51 | Castricum | 33.05 | Henny van Kruchten | 00 | 10-05-50 | Castricum | 00 | 10-05-50 | Castricum | |
| 37.32 | Tine Schenkels | 00 | 26-11-55 | Reeuwijk | 25.15 | Annie van Anholt | 00 | 22-02-47 | Attila | 00 | 22-02-47 | Attila | |
| 36.44 | Mia Dudink | 91 | 24-12-46 | Sagitta | speerwerpen V55 (=400 gram - tot 20.00) | | | | | | | | |
| 35.27 | Olga Commandeur | 99 | 30-10-58 | Startbaan | 30.34 | Corrie Roovers | 93 | 14-07-35 | Sprint | 93 | 14-07-35 | Sprint | |
| 34.68 | Mary Larsen | 85 | 11-12-43 | Ilion | 26.50 | Gerda Honkoop | 00 | 12-07-44 | PAC | 00 | 12-07-44 | PAC | |
| 34.22 | Henny van Kruchten | 95 | 10-05-50 | Castricum | 23.22 | Jo Bleeker | 88 | 20-12-31 | DEM | 88 | 20-12-31 | DEM | |
| 33.79 | Ingrid Zuydervliet | 99 | 24-05-57 | AV'23 | 22.54 | Corrie Bleeker | 88 | 20-12-31 | DEM | 88 | 20-12-31 | DEM | |
| 33.68 | Jopie Baart | 96 | 14-04-55 | Edam | speerwerpen V60 (=400 gram - tot 18.50) | | | | | | | | |
| 33.10 | Anja Akkerman | 95 | 01-05-55 | DEM | 27.72 | Corrie Roovers | 97 | 14-07-35 | Sprint | 97 | 14-07-35 | Sprint | |
| 32.90 | Annie Schmitz | 80 | 27-08-36 | ADA | 22.69 | Bep Loos | 00 | 13-03-39 | Achilles | 00 | 13-03-39 | Achilles | |
| 32.83 | Marieke van der Kroft | 99 | 31-05-59 | AV'56 | 18.90 | Rietje Dijkman | 99 | 21-06-39 | AV'23 | 99 | 21-06-39 | AV'23 | |
| 32.22 | Anneke Onrust | 86 | 12-02-46 | Daventria | speerwerpen V65 (=400 gram) | | | | | | | | |
| 32.14 | Jeanne Gobbens | 83 | 26-07-43 | Thor | 26.13 | Corrie Roovers | 00 | 14-07-35 | Sprint | 00 | 14-07-35 | Sprint | |
| 31.80 | Corrie Roovers | 78 | 14-07-35 | Sprint | kogelslingeren V35 (= 4 kg - tot 20.00) | | | | | | | | |
| 31.46 | Rina ten Braak | 91 | 05-11-50 | Parthenon | 50.84 | Gonny Mik | 00 | 23-03-65 | Argo'77 | 00 | 23-03-65 | Argo'77 | |
| 30.90 | Tiny Kessels | 86 | 02-10-43 | Ach.-Top | 39.98 | Ingrid van Dijk | 00 | 19-05-62 | GAC-H. | 00 | 19-05-62 | GAC-H. | |
| 30.86 | Tiny Hellendoorn | 99 | 25-03-55 | Isala'96 | 33.11 | Mariet Voskamp | 00 | 23-09-61 | Hanzesport | 00 | 23-09-61 | Hanzesport | |
| 30.44 | Toos van der Pennen | 98 | 21-03-56 | Sprint | 32.38 | Gerda Vetter | 97 | 11-02-61 | AAC | 97 | 11-02-61 | AAC | |
| 30.05 | Sjan Roest | 99 | 18-05-59 | AVR'69 | 23.93 | Judith Beentjes | 00 | 15-03-64 | Unitas | 00 | 15-03-64 | Unitas | |
| 29.84 | Rina Bogers | 86 | 15-05-46 | Spark | 23.72 | Joyce de Wit | 00 | 26-04-65 | AAV'36 | 00 | 26-04-65 | AAV'36 | |
| 29.04 | Gré Beunder | 85 | 28-01-45 | Lycurgus | 20.50 | Monique Seerden | 00 | 07-02-64 | Lionitas | 00 | 07-02-64 | Lionitas | |
| 29.02 | Orlanda Lynch | 87 | 29-01-47 | ADA | kogelslingeren V40 (= 4 kg - tot 18.50) | | | | | | | | |
| 28.84 | Joy Hoks | 91 | 26-03-51 | Hellas | 37.66 | Tiny Hellendoorn | 99 | 25-03-55 | Isala'96 | 99 | 25-03-55 | Isala'96 | |
| 28.82 | Elly Schouten | 95 | 08-02-52 | HAC | 28.94 | Tineke v.d. Berg | 97 | 04-03-57 | Fivelstreek | 97 | 04-03-57 | Fivelstreek | |
| speerwerpen V45 (per 1999 nieuwe speer) | | | | | | 27.48 | Ingrid Zuydervliet | 99 | 24-05-57 | AV'23 | 99 | 24-05-57 | AV'23 |
| 34.76 | Henny van Kruchten | 95 | 10-05-50 | Castricum | 21.87 | Tine Schenkels | 00 | 26-11-55 | Reeuwijk | 00 | 26-11-55 | Reeuwijk | |
| 34.40 | Mia Dudink | 92 | 24-12-46 | Sagitta | 19.98 | Rina ten Braak | 93 | 05-11-50 | Parthenon | 93 | 05-11-50 | Parthenon | |
| 33.83 | Tiny Hellendoorn | 00 | 25-03-55 | Isala'96 | 18.20 | Jannet Vermeulen | 96 | 25-11-55 | Phoenix | 96 | 25-11-55 | Phoenix | |
| 31.36 | Agnes Meulemans | 95 | 21-05-50 | Ach.-Top | kogelslingeren V45 (=4 kg - tot 17.00) | | | | | | | | |
| 31.19 | Janneke Vierkant | 98 | 20-12-50 | Zuidwal | 40.73 | Tiny Hellendoorn | 00 | 25-03-55 | Isala'96 | 00 | 25-03-55 | Isala'96 | |
| 30.08 | Corrie Roovers | 81 | 14-07-35 | Sprint | 32.82 | Annie van Anholt | 96 | 22-02-47 | Attila | 96 | 22-02-47 | Attila | |
| 29.73 | Weia Reinboud | 98 | 11-03-50 | Hellas | 32.42 | Anneke de Pater | 00 | 13-05-53 | Haag Atl. | 00 | 13-05-53 | Haag Atl. | |
| 29.23 | Anja Akkerman | 00 | 01-05-55 | DEM | 21.58 | Rina ten Braak | 96 | 05-11-50 | Parthenon | 96 | 05-11-50 | Parthenon | |
| 29.10 | Bep van Pelt | 96 | 11-01-51 | Leiden | 20.35 | Henny van Kruchten | 98 | 10-05-50 | Castricum | 98 | 10-05-50 | Castricum | |
| 28.96 | Tiny Kessels | 90 | 02-10-43 | Ach-Top | 20.03 | Louise Zimmermann | 00 | 01-12-50 | R'dam Atl. | 00 | 01-12-50 | R'dam Atl. | |
| 28.64 | Rina ten Braak | 97 | 05-11-50 | Parthenon | 19.44 | Jolanda Brassier | 91 | 06-03-46 | Trias | 91 | 06-03-46 | Trias | |
| 27.18 | Elly Schouten | 99 | 08-02-52 | HAC-H. | 18.98 | Gina Zwinderman | 96 | 19-05-46 | TAGV | 96 | 19-05-46 | TAGV | |
| 26.26 | Wies Ratelband | 84 | 07-07-35 | Vet.Ned. | 17.71 | Elly Schouten | 00 | 08-02-52 | HAC | 00 | 08-02-52 | HAC | |
| 26.06 | Jenny Marcelis | 97 | 10-08-48 | Scorpio | 17.37 | Javira Buines | 99 | 18-12-52 | Voorschoten | 99 | 18-12-52 | Voorschoten | |
| 25.82 | Nel Pot | 97 | 14-07-48 | Noordkop | 17.34 | Weia Reinboud | 98 | 11-03-50 | Hellas | 98 | 11-03-50 | Hellas | |
| 25.50 | Ans Honskoop | 91 | 28-08-44 | Ciko'66 | kogelslingeren V50 (= 3 kg - tot 17.50) | | | | | | | | |
| 25.24 | Rietje van Walree | 87 | 25-09-39 | Atos | 43.57 | Annie van Anholt | 00 | 22-02-47 | Attila | 00 | 22-02-47 | Attila | |
| 24.89 | Marianne Langezaal | 99 | 13-03-54 | Leiden Atl. | 24.84 | Gina Zwinderman | 97 | 19-05-46 | TAGV | 97 | 19-05-46 | TAGV | |
| 24.68 | Bontje Zwier | 96 | 26-01-50 | AV'55 | 23.58 | Jolanda Brassier | 97 | 06-03-46 | Trias | 97 | 06-03-46 | Trias | |
| 24.56 | Rina Bogers | 92 | 15-05-46 | Spark | 22.45 | Coby de Boer | 00 | 26-02-46 | AV'55 | 00 | 26-02-46 | AV'55 | |
| 24.44 | Jolanda Brassier | 91 | 06-03-46 | Trias | kogelslingeren V50 (4 kg) | | | | | | | | |
| 23.98 | Cisca Fischbuch | 81 | 06-03-35 | AVR | 35.23 | Annie van Anholt | 98 | 22-02-47 | Attila | 98 | 22-02-47 | Attila | |
| 23.84 | Marga Kortekaas | 91 | 04-10-45 | Spartaan | kogelslingeren V60 (= 3 kg) | | | | | | | | |
| 23.44 | Mary Larsen | 91 | 11-12-43 | Ilion | 17.99 | Bep Loos | 99 | 13-03-39 | Achilles | 99 | 13-03-39 | Achilles | |
| 22.96 | Annie van Anholt | 96 | 22-02-47 | Attila | | | | | | | | | |

gewicht-werpen V35 (= 9,08 kg)

| | | | | |
|-------|--------------------|----|----------|------------|
| 14.87 | Gonny Mik | 00 | 23-03-65 | Argo'77 |
| 12.17 | Ingrid van Dijk | 99 | 19-05-62 | GAC-H. |
| 11.55 | Mariet Voskamp | 99 | 23-09-61 | Hanzesport |
| 8.14 | Ingrid Zuydervliet | 97 | 24-05-57 | AV'23 |
| 7.68 | Joyce de Wit | 00 | 26-04-65 | AAV'36 |

gewicht-werpen V40 (= 9,08 kg)

| | | | | |
|-------|--------------------|----|----------|----------|
| 11.67 | Tiny Hellendoorn | 99 | 25-03-55 | Isala'96 |
| 8.84 | Ingrid Zuydervliet | 99 | 24-05-57 | AV'23 |
| 7.13 | Tine Schenkels | 00 | 26-11-55 | Reeuwijk |

gewicht-werpen V45 (= 9,08 kg)

| | | | | |
|-------|--------------------|----|----------|-----------|
| 11.99 | Tiny Hellendoorn | 00 | 25-03-55 | Isala'96 |
| 9.72 | Annie van Anholt | 96 | 22-02-47 | Attila |
| 7.28 | Henny van Kruchten | 97 | 10-05-50 | Castricum |
| 6.46 | Rina ten Braak | 99 | 05-11-50 | Parthenon |

gewicht-werpen V50 (= 7,26 kg)

| | | | | |
|-------|------------------|----|----------|--------|
| 14.52 | Annie van Anholt | 00 | 22-02-47 | Attila |
| 8.94 | Jolanda Brassier | 97 | 06-03-46 | Trias |

ESTAFETTES**4x100 V35 nationaal - top 5**

| | | |
|-------|--------------------------------------|----|
| 50.05 | Thomas-Stavenuiter-Hagenaars-Verhoef | 93 |
| 50.16 | Kuipers-Akkerman-Torbijn-Verhoef | 96 |
| 50.9 | Linskens-Thomas-Hagenaars-Boekel | 88 |
| 51.25 | Vennix-De Noorlander-Janssen-Thomas | 92 |
| 51.29 | L.Jansen-Roelands-Verhoef-Popkema | 97 |

4x100 V35 clubs

| | | |
|-------|---------------|----|
| 51.79 | DEM | 95 |
| 53.0 | Attila | 91 |
| 54.0 | Sparta | 92 |
| 54.2 | ADA | 92 |
| 54.2 | Prins Hendrik | 93 |

| | | |
|-------|---------------|----|
| 54.54 | DJA | 98 |
| 55.20 | Haag Atletiek | 96 |
| 55.72 | Trias | 99 |
| 55.7 | De Bataven | 89 |
| 55.9 | Energie | 97 |

| | | |
|-------|-------------|----|
| 56.3 | Atos | 89 |
| 56.6 | Ilion | 96 |
| 57.14 | Parthenon | 90 |
| 57.2 | Sprint | 98 |
| 57.4 | De Sperwers | 94 |

| | | |
|-------|-------------|----|
| 57.5 | Ciko'66 | 89 |
| 57.7 | Delta Sport | 93 |
| 57.87 | PAC | 00 |
| 58.0 | Hera | 92 |
| 58.2 | AV '23 | 92 |

| | | |
|-------|-----------|----|
| 58.30 | Noordkop | 98 |
| 58.43 | Castricum | 00 |
| 58.5 | Atletica | 91 |
| 58.66 | AV'55 | 97 |
| 58.6 | Zaanland | 97 |

4x100 V40 nationaal - top 5

| | | |
|-------|------------------------------------|----|
| 50.72 | Thomas-Akkerman-Kuper-Jacobs | 96 |
| 51.54 | Willemsen-Akkerman-Kuper-Jacobs | 96 |
| 52.02 | Oost-Roelands-Kuper-Jacobs | 99 |
| 52.28 | Hagenaars-Akkerman-Berkhout-Thomas | 95 |
| 52.45 | Roggeband-Roelands-Mistry-Jacobs | 99 |

4x100 V40 clubs

| | | |
|-------|---|----|
| 55.52 | Attila (Willemsen-Vennix-Jonkers-Janssen) | 99 |
|-------|---|----|

4x100 V45 clubs

| | | |
|-------|---|----|
| 56.73 | Attila (Willemsen-Vennix-Jonkers-Janssen) | 99 |
|-------|---|----|

4x100 V50 nationaal - top 5

| | | |
|-------|------------------------------------|----|
| 55.98 | Roovers-Dijkman-Van Walree-Smith | 91 |
| 56.65 | Roovers-Dijkman-Van Walree-Jonkers | 94 |
| 56.74 | Meijer-Jonkers-Willemsen-Broers | 97 |
| 57.20 | Roovers-Van Walree-Dijkman-Smith | 92 |
| 57.34 | Roovers-Jonkers-Dijkman-Broers | 96 |

4x100 V55 nationaal

| | | |
|-------|------------------------------|----|
| 61.33 | Roovers-Plat-Dijkman-Jonkers | 99 |
|-------|------------------------------|----|

4x200 V35 nationaal

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|---------|-------------------------------|----|
| 1.46.16 | Oost-Hagenaars-Torbijn-Jacobs | 96 |
|---------|-------------------------------|----|

4x200 V40 nationaal

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|---------|-------------------------------|----|
| 1.57.46 | Klomp-Dijkman-Kuper-L. Jansen | 96 |
|---------|-------------------------------|----|

4x200 V50 nationaal

| | | |
|--------|--------------------------------|----|
| 2.03.7 | Dijkman-Roovers-Jonkers-Broers | 99 |
|--------|--------------------------------|----|

4x400 V35 nationaal - top 5

| | | |
|---------|---------------------------------|----|
| 4.04.2 | Oost-Kuper-Klomp-Jacobs | 96 |
| 4.05.36 | Klomp-Pos-De Zeeuw-Körmeling | 90 |
| 4.06.49 | Klomp-Mandema-Van Limpt-Benders | 96 |
| 4.07.41 | Kuper-Pos-Klomp-Oost | 94 |
| 4.08.78 | Klomp-Verbeek-Pos-Körmeling | 90 |

4x400 V40 nationaal

| | | |
|---------|-----------------------------|----|
| 4.07.88 | Akkerman-Kuper-Klomp-Jacobs | 96 |
| 4.18.83 | Roelands-Kuper-Klomp-Oost | 99 |
| 4.22.12 | Akkerman-Kuper-Otten-Klomp | 95 |
| 4.28.00 | Ruijter-Pos-Willemsen-Klomp | 93 |

4x400 V50 nationaal

| | | |
|---------|---------------------------------|----|
| 4.43.28 | Plat-Van Kooten-Jonkers-Broers | 96 |
| 5.00.22 | Plat-Van Kooten-Jonkers-Warnaar | 95 |

4x800 V35 nationaal

| | | |
|----------|--|----|
| 9.37.29 | Klomp-Pos-Ruijter-Jacobs | 92 |
| 10.02.53 | Ross-Meulmeester-Smulders-Kaptijn | 92 |
| 10.10.57 | v.d.Brand-Smulders-v. Velzen-v. Rijsbergen | 99 |

4x800 V40 nationaal

| | | |
|---------|--------------------------------|----|
| 9.55.83 | Kaptijn-Mulder-Caris-Papegaaij | 98 |
|---------|--------------------------------|----|

4x800 V45 nationaal

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|----------|---------------------------------|----|
| 10.24.08 | L. Jansen-Raap-Van Kempen-Klomp | 99 |
|----------|---------------------------------|----|

4x800 V50 nationaal

| | | |
|----------|-------------------------------------|----|
| 10.45.43 | Keijsers-Van Kooten-Brugman-Jonkers | 98 |
|----------|-------------------------------------|----|

4x800 V55 nationaal

| | | |
|----------|-------------------------------------|----|
| 10.33.26 | Jonkers-Van Kooten-Keijsers-Brugman | 99 |
|----------|-------------------------------------|----|

VIJFKAMP (of pentathlon)

Volgorde: horden, kogelstoten, hoogspringen, verspringen en 800 meter.

Vermelding: vanaf 2000 punten. Puntentelling: WAVA 1994 met leeftijdscorrecties.

vijfkamp V35

| | | | | | | |
|-------|-----------------------|----|----------|-------------|-------|--------------------------|
| 3.096 | Evie Roelands | 97 | 12-07-58 | DJA | 17.2 | - 8.46-1.54-4.91-2.44.0 |
| 2.988 | Monique Seerden | 00 | 07-02-64 | Lionitas | 19.10 | -10.02-1.48-4.38-2.28.07 |
| 2.808 | Anja Akkerman | 94 | 01-05-55 | DEM | 18.3 | - 9.06-1.45-4.85-2.51.5 |
| 2.686 | Hanneke de Noorlander | 91 | 15-11-53 | Pr. Hendrik | 16.4 | - 6.78-1.30-5.10-2.59.7 |
| 2.605 | Annemiek Bolte | 96 | 06-06-60 | GAC-H. | 18.4 | - 9.27-1.33-4.12-2.38.34 |

| | | | | | | |
|-------|-----------------|----|----------|-------------|-------|--------------------------|
| 2.553 | Janet Janssen | 91 | 29-05-54 | Attila | 18.83 | - 8.04-1.31-4.43-2.40.16 |
| 2.550 | Eddy Vennik | 90 | 05-08-50 | Trias | 20.08 | - 9.57-1.43-4.48-2.53.0 |
| 2.261 | Lyke Koopstra | 94 | 12-10-57 | Aalsmeer | 20.6 | - 7.65-1.30-4.07-2.37.9 |
| 2.222 | Janine Kortbeek | 91 | 03-03-53 | Pr. Hendrik | 21.9 | - 6.29-1.35-4.65-2.43.6 |
| 2.034 | Willie van Riet | 91 | 15-04-52 | Ilion | 22.8 | - 6.98-1.35-4.44-2.54.7 |
| 2.022 | Francis Heuts | 91 | 23-02-54 | Pr. Hendrik | 21.0 | - 6.81-1.25-3.70-2.37.4 |
| 2.014 | Ilona Mulder | 99 | 02-06-61 | GAC-H. | 20.9 | - 7.54-1.30-3.96-2.55.6 |

vijfkamp V40

| | | | | | | |
|-------|------------------------|----|----------|---------|-------|---------------------------|
| 3.705 | Anja Akkerman | 96 | 01-05-55 | DEM | 13.47 | - 9.63 -1.45-5.22-2.41.99 |
| 3.690 | Mariet Thomas | 91 | 03-03-51 | DEM | 13.09 | -12.37-1.46-4.70-2.50.53 |
| 3.537 | Mia Dudink | 90 | 24-12-46 | Sagitta | 14.49 | - 9.59-1.49-4.83-2.36.21 |
| 3.281 | Corrie Roovers (100 H) | 79 | 14-07-35 | Sprint | 16.74 | - 9.97-1.42-5.06-2.36.1 |
| 3.256 | Elly Schouten | 92 | 08-02-52 | HAC-H | 15.3 | - 8.33-1.46-4.83-2.38.0 |

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|-------|-------------------|----|----------|---------|------|-------------------------|
| 3.115 | Riet Jonkers | 95 | 04-10-43 | Energie | 14.0 | - 8.70-1.28-4.32-2.32.5 |
| 2.917 | Laura Blommestijn | 84 | 02-07-44 | AVR | 14.1 | - 8.05-1.40-4.54-3.06.3 |
| 2.580 | Hennie Woering | 00 | 23-05-56 | AV'23 | 14.6 | - 7.45-1.35-4.11-3.08.5 |
| 2.448 | Willy van Riet | 92 | 15-04-52 | Ilion | 15.4 | - 6.70-1.35-4.39-3.16.4 |
| 2.442 | Mia Linskens | 86 | 30-12-42 | Atos | 15.2 | - 8.54-1.20-4.52-3.17.7 |

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|-------|----------------|----|----------|----------|-------|-------------------------|
| 2.418 | Tine Schenkels | 99 | 26-11-55 | Reeuwijk | 16.6 | -12.43-1.40-4.33- 0 |
| 2.147 | Eddie Groot | 94 | 05-08-50 | Trias | 17.28 | - 8.61-1.32-3.89-3.24.8 |
| 2.087 | Wendy Akerboom | 97 | 09-01-55 | Fortuna | 16.0 | - 7.15-1.18-4.04-3.17.2 |

vijfkamp V45

| | | | | | | |
|-------|-----------------|----|----------|-----------|-------|-------------------------|
| 4.311 | Corrie Roovers | 83 | 14-07-35 | Sprint | 12.44 | - 9.86-1.44-4.90-2.41.0 |
| 3.624 | Mary Larsen | 91 | 11-12-43 | Ilion | 14.0 | - 9.05-1.45-4.23-2.51.7 |
| 3.533 | Elly Willemsen | 93 | 21-03-47 | Attila | 13.2 | - 7.20-1.35-5.02-3.11.3 |
| 3.396 | Imke Parlevliet | 79 | 22-05-34 | Vet. Ned. | 14.49 | - 9.19-1.34-4.23-2.56.1 |
| 3.086 | Bep Reidinga | 84 | 20-11-36 | Edam | 17.5 | - 8.84-1.28-4.39-2.44.3 |

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|-------|-------------------|----|----------|----------|------|-------------------------|
| 3.021 | Mia Linskens | 88 | 30-12-42 | Atos | 14.9 | - 9.76-1.20-4.60-3.25.3 |
| 2.910 | Toos Dingenouts | 91 | 27-12-41 | Achilles | 15.9 | - 8.64-1.24-4.47-3.13.6 |
| 2.862 | Rietje Dijkman | 89 | 21-06-39 | AV'23 | 15.1 | - 7.59-1.30-4.37-3.26.7 |
| 2.776 | Annie van Anholt | 94 | 22-02-47 | Attila | 16.6 | - 9.04-1.41-4.14-3.35.3 |
| 2.380 | Margreeth Hissink | 97 | 23-03-50 | Spark | 18.1 | - 6.97-1.21-3.54-2.54.7 |

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|-------|-----------------|----|----------|----------|------|-------------------------|
| 2.320 | Tineke Voetberg | 00 | 09-01-55 | Avantri | 18.1 | - 6.97-1.28-3.65-3.14.8 |
| 2.205 | Loes Lasschuit | 92 | 30-10-46 | Achilles | 17.3 | - 7.62-1.28-3.78-3.53.8 |

vijfkamp V50

| | | | | | | |
|-------|-------------------|----|----------|------------|-------|--------------------------|
| 4.484 | Corrie Roovers | 87 | 14-07-35 | Sprint | 13.08 | -10.76-1.42-4.62-2.49.10 |
| 3.665 | Rietje Dijkman | 91 | 21-06-39 | Vet. Ned. | 13.5 | - 7.45-1.30-4.36-3.02.3 |
| 3.496 | Imke Parlevliet | 84 | 22-05-34 | Tartletos | 15.5 | - 9.07-1.38-4.07-3.08.5 |
| 3.402 | Rietje van Walree | 94 | 25-09-39 | Atos | 14.6 | - 8.77-1.23-4.25-3.09.49 |
| 3.212 | Laura Blommestijn | 95 | 02-07-44 | R'dam Atl. | 16.5 | - 9.58-1.33-4.17-3.24.9 |
| 2.453 | Mia Linskens | 97 | 30-12-42 | Atos | 18.2 | -10.17-1.10-4.05-3.49.3 |

vijfkamp V55

| | | | | | | |
|-------|-------------------|----|----------|------------|------|-------------------------|
| 3.950 | Laura Blommestijn | 99 | 02-07-44 | R'dam Atl. | 15.0 | - 9.23-1.33-4.13-3.22.2 |
| 3.939 | Rietje Dijkman | 94 | 21-06-39 | AV'23 | 14.1 | - 7.54-1.25-4.30-3.13.2 |

vijfkamp V60

| | | | | | | |
|-------|----------------|----|----------|-------|------|-------------------------|
| 4.654 | Rietje Dijkman | 99 | 21-06-39 | AV'23 | 14.1 | - 7.41-1.33-4.08-3.05.0 |
|-------|----------------|----|----------|-------|------|-------------------------|

GEWICHT-VIJFKAMP

Volgorde: kogelslingeren, kogelstoten, discuswerpen, speerwerpen en gewichtwerpen.
 Vermelding: vanaf 2000 punten. Puntentelling: WAVA 1994 met leeftijdscorrecties.

gewicht-vijfkamp V35

| | | | | | |
|-------|--------------------|----|----------|------------|-------------------------------|
| 3.498 | Gonny Mik | 00 | 23-03-65 | Argo'77 | 48.12-10.35-32.87-24.73-14.87 |
| 3.089 | Ingrid van Dijk | 00 | 19-05-62 | GAC-H. | 36.42- 9.65-36.17-27.67-12.04 |
| 3.017 | Mariet Voskamp | 00 | 23-09-61 | Hanzesport | 29.10-10.39-29.15-37.27-11.55 |
| 2.404 | Ingrid Zuydervliet | 97 | 24-05-57 | AV'23 | 19.68- 9.78-32.12-30.40- 8.14 |
| 2.102 | Joyce de Wit | 00 | 26-04-65 | AAV'36 | 23.72- 7.76-26.37-25.33- 7.68 |

gewicht-vijfkamp V40

| | | | | | |
|-------|--------------------|----|----------|----------|-------------------------------|
| 3.617 | Tiny Hellendoorn | 99 | 25-03-55 | Isala'96 | 36.19-11.68-36.83-30.86-11.67 |
| 2.681 | Ingrid Zuydervliet | 98 | 24-05-57 | AV'23 | 23.97- 9.37-26.42-29.16- 9.13 |
| 2.623 | Tine Schenkels | 00 | 26-11-55 | Reeuwijk | 21.87-11.19-32.88-25.40- 7.13 |

gewicht-vijfkamp V45

| | | | | | |
|-------|--------------------|----|----------|-----------|-------------------------------|
| 4.024 | Tiny Hellendoorn | 00 | 25-03-55 | Isala'96 | 37.22-11.65-34.15-27.83-11.99 |
| 3.434 | Annie van Anholt | 96 | 22-02-47 | Attila | 26.52-10.20-41.52-22.96- 9.72 |
| 2.621 | Henny van Kruchten | 97 | 10-05-50 | Castricum | 15.96- 8.17-24.70-31.54- 7.28 |
| 2.879 | Rina ten Braak | 98 | 05-11-50 | Parthenon | 19.49- 9.33-29.13-28.21- 8.02 |

gewicht-vijfkamp V50 (met speer 500 gram, nieuw in 2000)

| | | | | | |
|-------|------------------|----|----------|--------|-------------------------------|
| 3.800 | Annie van Anholt | 00 | 22-02-47 | Attila | 39.90- 9.91-36.32-25.15-12.05 |
|-------|------------------|----|----------|--------|-------------------------------|

gewicht-vijfkamp V50 (met speer 400 gram)

| | | | | | |
|-------|------------------|----|----------|--------|-------------------------------|
| 4.113 | Annie van Anholt | 00 | 22-02-47 | Attila | 43.28-10.69-33.49-26.18-14.52 |
| 2.982 | Jolanda Brassier | 97 | 06-03-46 | Trias | 23.08- 9.88-33.40-22.92- 8.94 |

ZEVENKAMP (of heptathlon)

Volgorde dag 1: korte horden, hoogspringen, kogelstoten en 200; dag 2: verspringen, speerwerpen en 800.
 Alleen bij minimaal 2500 punten opgenomen.

zevenkamp V35

| | | | | | |
|-------|-----------------|----|----------|-------------|---|
| 5.347 | Mary Larsen | 82 | 11-12-43 | Ilion | 15.3 -1.63-10.60-26.7 /5.37-30.88-2.21.2 |
| 4.431 | Alma Hollen | 97 | 25-12-60 | Holland-H. | 16.78-1.31-10.44-27.87/4.67-34.14-2.33.32 |
| 4.318 | Anja Akkerman | 94 | 01-05-55 | DEM | 18.32-1.47- 9.19-27.50/4.92-32.68-2.43.76 |
| 3.778 | Monique Seerden | 99 | 07-02-64 | Lionitas | 19.68-1.53-10.36-30.10/4.27-23.99-2.42.68 |
| 3.613 | Annemiek Bolte | 95 | 06-06-60 | GAC-H. | 18.6 -1.30- 9.61-28.4 /4.67-15.40-2.38.1 |
| 3.437 | Joke Torbijn | 94 | 29-10-57 | Parthenon | 19.13-1.40- 6.28-27.84/4.79-12.60-2.46.22 |
| 3.166 | Janine Kortbeek | 92 | 03-05-53 | Pr. Hendrik | 21.1 -1.50- 6.29-30.8 /4.87-12.16-2.43.3 |

zevenkamp V40

| | | | | | |
|-------|---------------------------|----|----------|-------------|---|
| 5.039 | Mia Dudink | 91 | 24-12-46 | Sagitta | 14.10-1.53-10.07-29.24/4.45-36.44-2.38.09 |
| 5.038 | Mariet Thomas | 91 | 03-03-51 | DEM | 13.23-1.44-11.43-27.12/4.71-24.36-2.42.35 |
| 4.954 | Anja Akkerman | 95 | 01-05-55 | DEM | 14.26-1.36- 9.72-27.86/4.90-33.10-2.36.86 |
| 3.761 | Marga Otten | 94 | 11-11-52 | Trias | 15.0 -1.25- 7.09-29.2 /4.44-18.72-2.44.9 |
| 3.565 | Jannet Vermeulen | 96 | 25-11-55 | Phoenix | 20.9 -1.34- 6.25-30.1 /4.24-17.40-2.31.4 |
| 3.392 | Lisette Kaptijn | 96 | 03-03-56 | Spartaan | 21.2 -1.25- 6.34-31.0 /4.34-17.96-2.33.0 |
| 3.116 | Netty van Hedel (sen.mat) | 92 | 18-03-49 | Pr. Hendrik | 18.2 -1.15- 8.72-29.7 /4.24-16.84-2.58.3 |
| 2.667 | Laura Blommestijn(100 H) | 88 | 02-07-44 | AVR | 19.6 - 1.40- 6.17-32.5 /4.24-18.24-3.39.5 |

zevenkamp V45

| | | | | | |
|-------|---------------|----|----------|---------|---|
| 5.379 | Weia Reinboud | 98 | 11-03-50 | Hellas | 14.26-1.54- 8.56-30.60/4.62-29.73-2.42.95 |
| 4.889 | Mia Dudink | 93 | 24-12-46 | Sagitta | 14.45-1.35- 9.00-30.72/4.29-29.60-2.50.22 |
| 4.232 | Sjan Roest | 00 | 18-05-59 | AVR'69 | 17.0 -1.41-8.29-32.5 /3.80-25.13-3.03.1 |

zevenkamp V50

| | | | | | |
|-------|-------------------|----|----------|--------|---|
| 5.555 | Corrie Roovers | 89 | 14-07-35 | Sprint | 13.5 -1.36-10.38-28.6 /4.19-27.76-2.57.2 |
| 4.939 | Rietje Dijkman | 91 | 21-06-39 | AV'23 | 14.41-1.33- 7.49-30.52/4.33-21.90-2.57.66 |
| 4.379 | Rietje van Walree | 91 | 25-09-39 | Atos | 17.45-1.27- 8.55-30.53/3.95-20.42-2.59.64 |

zevenkamp V55

| | | | | | |
|-------|----------------|----|----------|--------|---|
| 6.298 | Corrie Roovers | 91 | 14-07-35 | Sprint | 13.54-1.30-10.30-29.13/3.94-30.12-2.50.15 |
|-------|----------------|----|----------|--------|---|

zevenkamp V60

| | | | | | |
|-------|----------------|----|----------|-------|---|
| 6.095 | Rietje Dijkman | 99 | 21-06-39 | AV'23 | 14.24-1.30- 8.80-31.57/3.97-18.90-3.12.68 |
|-------|----------------|----|----------|-------|---|

NK baan Tilburg 10 en 11 juni 2000 (1)

MANNEN

- 100 M40 (+1,8):** 1. Erik Oostwegel 10,84WR, 2. Jeroen Bronwasser 11,52, 3. Gerrit de Man 11,88 - M45 (+0,1): 1. Kees Bakx 12,01, 2. Glen Gentle 12,23, 3. Arie Sluimer 12,54 - M50 (+2,7) 1. Kees Roosen 13,03, 2. Willem Rietdijk 13,03, 3. Cedo Kovacevic 13,05 - M55 (+2,7) 1. Jelle v.d. Schaaf 13,10, 2. Frans v.d. Veeren (avVN) 13,65 - M60 (+2,3) 1. Ron Landré 13,46, 2. Geert van Dijk (avVN) 13,60, 3. Henk Barends 14,27 - M65 (+2,3) 1. Pieter Schouten - M70 (+2,3) 1. Piet Baas 15,81, 2. Mario Spadon 15,88.
- 200 M40 (+1,6)** 1. Erik Oostwegel 23,08 (3^e ATL), 2. Gerrit de Man 24,60, 3. Wim Sandbrink 24,78 (+2,8) - M45 (+1,7): 1. Kees Bakx 24,65, 2. Wim Threels 24,93, 3. Piet Wietzes 25,27 - M50 (+0,8): 1. Wim Schreuder Goedheyt 25,71, 2. Hans Rodermond 26,07, 3. Onno Waalewijn 26,70 - M55 (+1,6): 1. Jelle v.d. Schaaf 26,76 (5^e ATL), 2. Frans v.d. Veeren (avVN) 29,71 - M60 (+1,6): 1. Rob Kila (avVN) 27,51 (6^e ATL), 2. Geert van Dijk (avVN) 27,59, 3. Ron Landré 27,77 - M65 (<2,0): 1. Pieter Schouten 29,05NR, 2. Arend Koet 31,27 - M70 (>2,0): 1. Piet Baas 33,47 (2^e ATL).
- 400 M40:** 1. Kees van Pelt 50,15, 2. Wim Sandbrink 54,15, 3. Wil Hesseling 55,56 - M45: 1. Wim Threels 54,10, 2. Kees Bakx 55,08, 3. Theo van Grevenhof 55,74 - M50: 1. Wim Scholtes 55,01, 2. Leon Thissen 58,16, 3. Onno Waalewijn 61,38 - M55: 1. Jelle v.d. Schaaf 59,34 (6^e ATL), 2. Wim Metselaar 61,21, 3. Frank Larsen 62,41 - M60: 1. Ron Landré 62,16, 2. Henk Barends 68,61, 3. Theo Evers 69,74 - M65: Boy van Heemstede 67,67, 2. Pieter Schouten 70,24 - M70: 1. Piet Baas 72,97NR.
- 800 M40:** 1. Kees van Pelt 1.58,78 (6^e ATL), 2. Sander Rietveld 1.58,85, 3. Didier Senay 2.00,15 - M45: 1. Nico Alberts 2.09,91, 2. Theo van Grevenhof 2.10,79, 3. Cees Meijer 2.10,94 - M50: 1. Ronald Mercelina 2.07,40, 2. Jan-Willem Demmendal 2.18,90 - M55: 1. Hennie Broeke 2.22,34, 2. Arie van Tol 2.26,90 - M60: 1. Theo Evers 2.39,28 - M70: 1. Piet Baas 2.56,60 (2^e ATL).
- 1500 M40:** 1. Ruud v.d. Laan 4.08,68, 2. Henk van Eck 4.09,15, 3. Didier Senay 4.09,32 - M45: 1. Cees Tiemens 4.18,79, 2. Theo Linssen 4.20,21, 3. Cees Meijer 4.22,98 - M50: 1. Jos Koekkoek 5.09,38 - M55: 1. Arie van Tol 4.56,78, 2. Hennie Broeke 4.57,38 - M60: 1. Ad Heijdens 4.33,24.
- 5000 M40:** 1. Cees Kraaijeveld 15.45,82, 2. Hans Verbaandert 15.45,89, 3. Chris Henet 15.49,01 - M45: 1. Ton van Doorn 16.24,98, 2. Wico Verhagen 16.38,35, 3. Carl Sas 17.36,45 - M50: 1. Jaap Vallentgoed 16.35,00, 2. Peter Vlaarkamp 17.24,60, 3. Dré de Wit 17.40,70 en 5. Erik Slagt (avVN) 18.34,61 - M55: 1. Rien Oele 17.35,98, 2. Ruud Nieuwenhuis 19.01,79, 3. Peter Keizer 19.08,85 - M60: 1. Ad Heijdens 16.31.31 - M70: 1. Siem Herlaar 19.51,13.
- 3000 ST M40:** 1. Nico Bijman 10.02,66, 2. Chris Henet 10.07,96, 3. Ton Sjerps 10.26,42 - M45: 1. Ger Kragten 10.30,54 (6^e ATL) - M50: 1. Peter Vlaarkamp 10.25,49NR.
- 5000 SW M40:** 1. Henk Plasman 24.13,32, 2. Kees Lambregts 24.18,37, 3. Hans van der Knaap 24.20,60 - M45: 1. Fred Röhner 27.29,81 - M50: 1. Hans van Wakeren 28.07,84, 2. Aad van Leeuwen 31.26,18, 3. Philip Krui 32.49,60 - M65: 1. Nico Schroten 28.57,01.
- 100H M50 (+1,7):** 1. Henk Nordt 17,8h, 2. Leslie Martina 20,4h.
- 110H M40 (+1,2):** 1. Rob de Weger 15,81 (2^e ATL), 2. Charles den Uijl 18,76.
- 300H M70:** 1. Mario Spadon 61,6h.
- 400H M40:** 1. Martin Knoops 59,97, 2. Charles den Uijl 65,65, 3. Ron Antheunisse 67,02 - M45: 1. Martin de Pater 57,37, 2. Guus Boudens 66,46 - M50: 1. Henk Nordt 66,76 (5^e ATL) - M55: 1. Jelle v.d. Schaaf 68,40 (3^e ATL).
- hoog M40:** 1. Jeroen Bronwasser 1,75, 2. Albert van der Mee 1,72, 3. Sylvain Ephimenco 1,69 - M45: 1. Jan Huijbers 1,78 - M50: 1. Rob Dekker 1,66 (3^e ATL), 2. Ton de Graaff 1,63, 3. Theo Maat 1,60 (8^e ATL) - M65: 1. Arend Koet 1,30.
- polshoog M40:** 1. Karel v.d. Heijden 2,40 - M45: 1. Frans van der Ham 4,00, 2. Marc van Vliet 3,60 - M50: 1. Ko Florusse 3,10 (3^e ATL), 2. Theo Maat 3,00 (4^e ATL), 3. Fred v.d. Steenhoven 2,60 - M55: 1. Cees Jägers 2,70 (4^e ATL).
- ver M40:** 1. Jeroen Bronwasser 6,40 (+1,1), 2. Peter van Veen 5,47 (+0,9), 3. May Stokman 5,05 (+4,1) - M45: 1. Piet Wietzes 5,84 (+2,2), 2. Frans van der Ham 5,69 (+1,6), 3. Wout van Drunen 5,64 (+1,4) - M50: 1. Henk Nordt 4,65 (+1,0) - M60: 1. Geert van Dijk (avVN) 4,62 (+1,3), 2. Jan Slootbeek 4,25 (+0,8) - M65: 1. Kees van Giezen 4,65 (+1,6) - M75: 1. Frans Buys 3,31NR.
- hinkstap M40:** 1. Charles den Uijl 11,45 (+0,5), 2. May Stokman 11,44 (+0,6) - M45: 1. Glen Gentle 12,06 (+1,2), 2. Wout van Drunen 11,43 (+2,3) - M50: 1. Henk Nordt 9,98 (+1,4), 2. Onno Waalewijn 9,58 (+1,9).
- kogel M40:** 1. Albert van der Mee 12,55 - M45: 1. Rob Hermans 13,43, 2. Rob de Jong 10,22, 3. Amo Hissink 9,87 - M50: 1. Martin Regtop 14,73, 2. Jack Dekker 13,12, 3. Jan Titulaer 11,57 - M55: 1. Frits Martens 11,82, 2. Jan van Empel 11,65, 3. Peter Blommestijn 9,98 - M60: 1. Wim Fokker 12,84, 2. Jan Slootbeek 9,53 - M65: 1. Jan Smit 9,77.
- speer M40:** 1. Sylvain Ephimenco 55,31 (4^e ATL), 2. Albert van der Mee 44,33, 3. Bob Oud 44,17 - M45: 1. Dirk Kooreman 59,62, 2. Frans van der Ham 43,57 - M50: 1. Ad Oomen 45,65 (4^e ATL), 2. Theo Maat 44,67 (6^e ATL), 3. Fred Harmens 43,52 - M55: 1. Jan van Empel 41,64, 2. Martijn Zijl 40,07, 3. Peter Blommestijn 33,05 - M60: 1. Wim Fokker 40,87NR - M65: 1. Piet Olofsen 36,87NR.
- discus M40:** 1. Sylvain Ephimenco 43,70, 2. Albert van der Mee 40,20 - M45: 1. Rob Hermans 41,55, 2. Rob de Jong 35,17, 3. Amo Hissink 31,47 - M50: 1. Martin Regtop 46,20, 2. Kees Betlem 44,65, 3. Jack Dekker 44,06 - M55: 1. Frits Martens 37,96, 2. Jan van Empel 34,56, 3. Peter Blommestijn 33,54 - M60: 1. Wim Fokker 39,58, 2. Rob Kila (avVN) 36,39, 3. Jan Slootbeek 28,00 - M65: 1. Jan Smit 35,41, 2. Arend Koet 22,84.

NK baan Tilburg 10 en 11 juni 2000 (2)

kogelslingeren M40: 1. August Leckie 43,03, 2. Hans Mulders 38,40, 3. Friedhelm Dreckmeier 35,16 - M45: 1. Rob Hermans 33,29, 2. Arno Hissink 20,89 - M50: 1. Martin Regtop 47,66, 2. Gosse v.d. Velde 41,44, 3. Jack Dekker 39,39 - M55: 1. Frits Martens 26,07 - M65: 1. Jan Smit 34,27.

VROUWEN

100 V35 (+1,4): 1. Mary van Doom 13,46, 2. Judith Beentjes 13,69, 3. Ellis Koese 13,94 - V40 (+1,5): 1. Tilly Verhoef 12,70, 2. Joke Torbijn 13,12, 3. Hermien Roggeband 13,31 - V45 (+3,0): 1. Anja Akkerman 13,51, 2. Janet Janssen 14,02, 3. Marianne Vennix 14,15 - V50 (+3,0): 1. Elly Willemsen 14,53 - V55: (+3,0): 1. Riet Jonkers 15,09 - V60 (+3,0): 1. Corrie Roovers 15,24.

200 V35 (w?) 1. Judith Beentjes 28,03, 2. Mary van Doom 28,03, 3. Manon Bettonviel 28,11 - V40 (+1,2): 1. Joke Torbijn 26,95, 2. Sonja Oost 27,26, 3. Hermien Roggeband 27,56 - V45 (-0,4): 1. Anja Akkerman 28,50 (6^e ATL), 2. Lena Jansen 29,66, 3. Jet van Esch 29,85 - V50 (-0,5): 1. Margreet Hissink 34,29 - V60 (-0,5): 11. Corrie Roovers 32,60.

400 V35: 1. Janneke Roona 61,78, 2. Manon Bettonviel 64,55, 3. Monique Seerden 65,23 - V40: 1. Tilly Verhoef 60,63, 2. Hermien Roggeband 63,82, 3. Resi Fransen 64,11 - V45: 1. Diny Klomp 64,59, 2. Lena Jansen 65,13, 3. Janny Kuper 65,29.

800 V35: 1. Florence van Rijsbergen 2.24,22 - V40: 1. Resi Fransen 2.25,42, 2. Marja Mulder 2.26,27, 3. Lisette Kaptijn 2.32,73 - V45: 1. Diny Klomp 2.33,1, 2. Lia Verbeek 2.41,78, 3. Dineke Kok 2.45,64 - V60: 1. Gerda van Kooten 2.43,58.

1500 V35: 1. Florence van Rijsbergen 4.49,90, 2. Annemiek v.d. Pol 4.50,97 - V40: 1. Ingrid Coster 5.11,04 - V45: 1. Dineke Kok 5.39,08 - V50: 1. Els Raap 5.15,57 - V60: 1. Gerda van Kooten 5.31,45.

5000 V35: 1. Corina Dekker 17.37,79, 2. Marianne Wintjes 18.18,34, 3. Francis Schinkel 18.30,73 - V40: 1. Ingrid Coster 19.14,18 - V45: 1. Noortje van Kempen 19.46,57, 2. Anny Ketelaars 20.04,13 - V50: 1. Els Raap 19.15,50.

80H (+2,0) V40: 1. Eveline van Hees 13.1h (7^e ATL), 2. Evie Roelands 13,3, 3. Maria v.d. Berg 14,9.

100H (+1,7) V35: 1. Tessy Lenting 18,0h.

300H V55: 1. Riet Jonkers 55,3h

400H V35: 1. Tessy Lenting 71,03.

hoog V35: 1. Monique Seerden 1,56 - V40: 1. Sjan Roest 1,40 - V45: 1. Janine Kortbeek 1,53 (2^e ATL) - V50: 1. Weia Reinboud 1,53, 2. José Kooy 1,30 - V55: 1. Laura Blommestijn 1,25 - V60: Rietje Dijkman 1,25.

ver V35: 1. Thery in 't Groen 4,34 (+1,7), 2. José Duba 4,25 (+0,3), 3. Monique Bassant 4,03 (+1,9) - V40: 1. Tilly Verhoef 5,08 (+1,8), 2. Evie Roelands 4,90 (+1,1) - V45: 1. Anja Akkerman 4,86 (+1,5/5^e ATL), 2. Janine Kortbeek 4,57 (+11,9) - V50: 1. José Kooy 3,88 (+1,0) - V55: 1. Laura Blommestijn 4,08 (+2,3) - V60: 1. Rietje Dijkman 4,00 (+1,1).

hinkstap V35: 1. Thery in 't Groen 10,01 (+0,9/4^e ATL), 2. Monique Bassant 8,40 (+1,0) - V40: 1. Evie Roelands 10,84 (+2,4) - V45: 1. Janine Kortbeek 10,70 (+2,0) **NR** - V50: 1. Weia Reinboud 10,16 (+1,4) **ER** - V55: 1. Laura Blommestijn 8,38 (+0,5) - V60: 1. Rietje Dijkman 8,64 (+0,7).

kogel V35: 1. Jannet van Noord 12,38, 2. Ingrid van Dijk 10,44, 3. Monique Seerden 9,98 - V40: 1.

Tine Schenkels 12,34, 2. Sjan Roest 9,19 - V45: 1. Anneke de Pater 10,90, 2. Rina ten Braak 9,74, 3. Louise Zimmerman 8,02 - V50: 1. Annie van Anholt 10,50, 2. Jolanda Brassier 9,31 - V55: 1. Mia Linskens 10,05, 2. Laura Blommestijn 9,80 (3^e ATL), 3. Gerda Honkoop 6,75 - V60: 1. Corrie Roovers 8,93.

discus V35: 1. Jannet van Noord 39,73, 2. Ingrid van Dijk 37,43, 3. Joyce de Wit 29,40 - V40: 1. Tine Schenkels 36,93 - V45: 1. Anneke de Pater 38,00, 2. Rina ten Braak 27,60, 3. Louise Zimmerman 25,80 - V50: 1. Annie van Anholt 36,91, 2. Jolanda Brassier 31,82 - V55: 1. Mia Linskens 21,66 - V60: 1. Corrie Roovers 26,45.

speer V35: 1. Mariet Voskamp 40,66, 2. Ingrid van Dijk 25,82, 3. Monique Seerden 24,97 - V40: 1. Riet Bresser 27,93, 2. Sjan Roest 27,75 - V45: 1. Anja Akkerman 29,23 (6^e ATL), 2. Rina ten Braak 25,55 - V50: 1. Weia Reinboud 34,71 (2^e ATL), 2. Henny van Kruchten 33,11, 3. Jenny Marcelis 24,71 - V55: 1. Gerda Honkoop 21,87.

kogelslingeren V35: 1. Ingrid van Dijk 35,63, 2. Mariet Voskamp 22,87, 3. Joyce de Wit 22,53 - V45: 1. Anneke de Pater 29,25 (2^e ATL) - V50: 1. Annie van Anholt 41,04.

Finale competitie Den Haag (Sparta) 3-9-2000

| Mannen 1e divisie | | Mannen 2e divisie | | Vrouwen 1e divisie | | Vrouwen 2e divisie | |
|-------------------|------|-------------------|------|--------------------|------|--------------------|------|
| 1. Castricum | 7358 | 1. Tion | 5745 | 1. Sparta | 4605 | 1. GAC-H. | 3205 |
| 2. PAC | 7128 | 2. Fortuna | 5730 | 2. PAC | 4581 | 2. Reeuwijk | 3197 |
| 3. Ilion | 6958 | 3. R'dam Atl. | 5341 | 3. Attila | 4058 | 3. Haag Atletiek | 3192 |
| 4. Thor | 6922 | 4. Phoenix | 5335 | 4. Trias | 3804 | 4. Leiden Atletiek | 2811 |
| 5. Haag Atletiek | 6799 | 5. Avon | 5080 | 5. Prins Hendrik | 3724 | 5. Scorpio | 2764 |
| 6. Hollandia | 6558 | 6. GVAC | 5024 | 6. Almere'81 | 3692 | 6. PEC 1910 | 2732 |
| 7. AV Nijmegen | 6453 | 7. SAV | 4956 | 7. Castricum | 3605 | 7. Deltasport | 2084 |
| 8. Prins Hendrik | 6226 | 8. Diomedon | 4945 | | | 8. Sprint | 1379 |
| 9. GAC-H. | 5956 | 9. AAV'36 | 4925 | | | | |
| 10. Climax | 5447 | 10. Scorpio | 4851 | | | | |
| 11. Sparta | 5118 | 11. Hellas | 4773 | | | | |
| 12. Cialfo | 4801 | 12. Castricum | 4184 | | | | |

WAVA omreken-factoren

Hieronder staan de factoren waarmee de behaalde resultaten moeten worden vermenigvuldigd. Na vermenigvuldiging is er een nieuw resultaat, dat op de normale manier wordt afgerond (loopnummers omhoog en technische nummers omlaag). Het nieuwe resultaat levert de punten op uit het boekje "IAAF scoring tables", waarin nu ook gewicht-werpen is vermeld. Het boekje is te verkrijgen via het bondsbureau van de K.N.A.U., tel. 030-608 73 00.

| Klasse: | M 40 | M 45 | M 50 | M 55 | M 60 | M 65 | M 70 | M 75 | M 80 | M 85 |
|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 100m | .9542 | .9231 | .8930 | .8639 | .8352 | .8039 | .7687 | .7296 | .6864 | .6389 |
| 200m | .9488 | .9159 | .8840 | .8531 | .8226 | .7895 | .7525 | .7116 | .6666 | .6173 |
| 400m | .9384 | .9071 | .8751 | .8420 | .8073 | .7704 | .7306 | .6871 | .6388 | .5837 |
| 1.000m | .9419 | .9082 | .8738 | .8383 | .8012 | .7619 | .7197 | .6738 | .6231 | .5656 |
| 1.500m | .9479 | .9137 | .8788 | .8428 | .8052 | .7654 | .7227 | .6763 | .6251 | .5671 |
| 60m HÜ | .9326 | .8910 | .8784 | .8335 | .8222 | .7711 | .7491 | .6881 | .6216 | .5471 |
| 80m HÜ | | | | | | | 1.0058 | .9239 | .8346 | .7346 |
| 100m HÜ | | | .9539 | .9051 | .8929 | .8374 | | | | |
| 110m HÜ | .9326 | .8910 | | | | | | | | |
| Hoch | 1.1298 | 1.1910 | 1.2555 | 1.3235 | 1.3952 | 1.4708 | 1.5505 | 1.6346 | 1.7231 | 1.8671 |
| Stabhoch | 1.1499 | 1.2331 | 1.3223 | 1.4180 | 1.5205 | 1.6305 | 1.7485 | 1.8750 | 2.0106 | 2.2370 |
| Weit | 1.1265 | 1.2049 | 1.2888 | 1.3786 | 1.4746 | 1.5773 | 1.6871 | 1.8046 | 1.9302 | 2.1391 |
| Kugel | 1.0600 | 1.1811 | 1.1963 | 1.3330 | 1.3558 | 1.5106 | 1.5054 | 1.6774 | 1.8689 | 2.2085 |
| Diskus | 1.0000 | 1.0949 | 1.0787 | 1.2025 | 1.1174 | 1.2457 | 1.3887 | 1.5482 | 1.7260 | 2.0414 |
| Hammer | 1.1092 | 1.2310 | 1.2421 | 1.3786 | 1.3967 | 1.5502 | 1.5389 | 1.7080 | 1.8956 | 2.2262 |
| Speer | 1.1829 | 1.2999 | 1.4285 | 1.5698 | 1.5893 | 1.7465 | 1.9192 | 2.1090 | 2.3176 | 2.6793 |
| Gewicht | 1.1228 | 1.2133 | 1.1081 | 1.1974 | 1.1574 | 1.2507 | 1.2088 | 1.3063 | 1.2224 | 1.3765 |

| Klasse: | W 35 | W 40 | W 45 | W 50 | W 55 | W 60 | W 65 | W 70 | W 75 | W 80 |
|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 200m | .9784 | .9399 | .9026 | .8662 | .8309 | .7959 | .7584 | .7169 | .6716 | .6221 |
| 800m | .9668 | .9289 | .8906 | .8516 | .8115 | .7698 | .7259 | .6791 | .6286 | .5733 |
| 60m HÜ | .9500 | .9358 | .8832 | .8298 | .7753 | .7192 | .6607 | .5992 | .5339 | .4635 |
| 80m HÜ | | 1.1337 | 1.0700 | 1.0306 | .9708 | .9091 | .8446 | .7764 | .7036 | .6246 |
| 100m HÜ | .9500 | | | | | | | | | |
| Hoch | 1.0789 | 1.1472 | 1.2199 | 1.2973 | 1.3795 | 1.4669 | 1.5599 | 1.6587 | 1.7639 | 1.8757 |
| Weit | 1.0748 | 1.1552 | 1.2416 | 1.3345 | 1.4343 | 1.5416 | 1.6570 | 1.7809 | 1.9141 | 2.0573 |
| Kugel | 1.0000 | 1.0688 | 1.2258 | 1.2176 | 1.3964 | 1.6016 | 1.8369 | 2.1068 | 2.4163 | 2.7713 |
| Diskus | 1.0000 | 1.0597 | 1.1974 | 1.3530 | 1.5288 | 1.7275 | 1.9520 | 2.2056 | 2.4922 | 2.8161 |
| Hammer | 1.0084 | 1.1140 | 1.2307 | 1.1774 | 1.3008 | 1.4370 | 1.5875 | 1.7537 | 1.9374 | 2.1403 |
| Speer | 1.1655 | 1.3244 | 1.5050 | 1.4546 | 1.6530 | 1.8784 | 2.1345 | 2.4256 | | |
| Gewicht | 1.3036 | 1.4038 | 1.5117 | 1.3001 | 1.4001 | 1.2187 | 1.3124 | 1.4133 | 1.5219 | 1.6390 |

EK baan Jyväskylä (Finland) 6-16 juli 2000

De Nederlandse medailles (11 goud, 11 zilver en 8 brons)

Goud M45: marathon Gerard Hendriks 2.35.53 - **M60:** 1500m en 5000m Ad Heijdens 4.39,99 en 16.55,16 - **M75:** 80H Frans Buys 16,62NR - **V35:** hoogspringen Monique Seerden 1,55 - **V40:** kogelstoten Tine Schenkels 12,28 - **V45:** 800m Diny Klomp 2.31,84 - **V50:** discus Annie van Anholt 39,53 - **V60:** 800m en 1500m Gerda van Kooten 2.46,31 en 5.36,30 en **80H** (68,6cm) Rietje Dijkman 14,50.

Zilver M40: 100m Erik Oostweegel 11,03 - **M45:** 800m Nico Alberts 2.01,67 - **M75:** 300H (68,6cm) Frans Buys 59,72NR - **V35:** 4x400m Anja Akkerman, Florence van Rijsbergen, Diny Klomp, Sonja Oost 4.12,49 - **V40:** discus Tine Schenkels 38,53 - **V45:** 100m Anja Akkerman 13,78 (s13,64) - **V50:** kogelslingeren Annie van Anholt 39,71 en gewichtvijfkamp Annie van Anholt 3800 pt. **NR** (kogelslingeren 39,90, kogel 9,81, discus 36,32, speer 500 gr 25,15NR en gew.werpen 12,05) - **V60:** 5000m Gerda van Kooten 21.18,48 en hoogspringen en hinkstap Rietje Dijkman 1,32NR en 8,89.

Brons M45: vijfkamp Glen Gentle 3593 pt (ver 5,40, speer 48,54, 200m 25,12, discus 35,02 en 1500m 5.03,52) - **M50:** 100m en 100H Wim de Ronde 12,03 en 14,98NR - **V35:** 1500m Florence van Rijsbergen 4.48,12, discus Ingrid van Dijk 39,66 - **V40:** 100m Sonja Oost 13,25 - **V45:** verspringen en hinkstap Anja Akkerman 4,95 (+0,5) en 9,72 (+2,2).

Andere finaleplaatsen en goede Nederlandse prestaties (s=serie en hf=halve finale)

100m M50: 7. Fred van Gasteren 12,43 (s 12,39 en hf 12,30), **M55:** 10. Roelf Akkerman 13,46, **M65:** 14. Pieter Schouten 14,23, **V60:** 8. Corrie Roovers 15,66 (s 15,62) - **200m M50:** 6. Wim de Ronde 24,84, **M65:** 14. Pieter Schouten 29,25 (s 29,22), **M75:** 5. Frans Buys 34,25NR, **V40:** 5. Sonja Oost 27,39, **V45:** 4. Anja Akkerman 28,07, **V60:** 5. Corrie Roovers 31,81 (**NR V65** op verjaardag) - **400m M40:** 4. Kees van Pelt 50,93 (s 50,77 en hf 50,32), **M50:** 5. Fred van Gasteren 56,15 (s 55,33), **M65:** 12. Pieter Schouten 68,21 p.r/3^e ATL, **V40:** 6. Sonja Oost 62,02 (s 61,98), **V45:** 4. Diny Klomp 64,54, **V60:** 6. Lisa Plat 80,82 - **800m M40:** 5. Didier Senay 1.59,22, **M55:** 4. Arie van Tol 2.17,69, **V35:** 6. Florence van Rijsbergen 2.24,82, 9. Monique Seerden 2.30,30 - **1500m M40:** 4. Didier Senay 4.07,32 - **V45:** 4. Noortje van Kempen 5.16,28 - **4x400m M50:** 5. Roelf Akkerman, Frans van Boven, Rob van Mechelen en Wim de Ronde 4.07,59 - **marathon M45:** 5. Wim Liefers 2.40.38, 16. Ron Zaal 3.00.17, **M50:** 19. Adri Stevens 3.14.34 **80H V40:** 8. Evie Roelands 13,94 (s 13,69) - **100H M50:** 5. Frans van Boven 17,40, **M65:** 6. Kees van Giezen 21,62 - **300H M65:** 7. Kees van Giezen 59,16 (s 58,40) - **hoogspringen M55:** 11. Cees Jägers en Frans van Boven 1,50 - **verspringen M45:** 7. Wout van Drunen 5,71 p.r. - **M50:** 6. Wim de Ronde 5,80NR - **V40:** 8. Evie Roelands 4,87 - **hinkstap V40:** 4. Evie Roelands 10,72 - **discuswerpen M50:** 6. Jack Dekker 44,48, **V60:** 6. Corrie Roovers 26,10 - **kogelslingeren V35:** 4. Ingrid van Dijk 39,30 - **vijfkamp V35:** 4. Monique Seerden 2988 pt. **NR** (100H 19,10, hoog 1,48, kogel 10,02, ver 4,38 en 1500m 2.28,07) - **gewicht-vijfkamp M50:** 8. Jack Dekker 3617 pt. (kogelsl. 40,20, kogel 12,81, discus 43,74, speer 40,23 en gew.werpen 11,74), **V35:** 4. Ingrid van Dijk 3062 pt. **ev.NR** (kogelslingeren 38,45, kogel 9,85, discus 35,09, speer 25,47 en gew.werpen 11,84).

De landen top-10 van de medailles

De verdeling met tussen haakjes achtereenvolgens goud, zilver en brons is als volgt:

1. Duitsland 360 (144-106-110),
2. Finland 238 (72-87-79),
3. Verenigd Koninkrijk 129 (45-46-38),
4. Rusland 62 (22-18-22),
5. Zweden 46 (17-9-20),
6. Italië 42 (12-17-13),
7. Noorwegen 36 (8-15-13),
8. Estland 33 (15-7-11),
9. **Nederland 30 (11-11-8)** en
10. België 27 (12-9-6)

Nederlandse baanrecords per 1-4-2001

* = beste prestatie; geen record

Een Nederlands record kan alleen worden verkregen door het laten invullen van het KNAU-recordformulier.

Prestaties met * zijn geen records, maar beste prestaties. Om zo'n record te halen mag men op de 400 meter 0,13 langzamer en op de kortere afstanden 0,23 sec. langzamer zijn dan de handtijd. Bij de meer-kampen is 1 punt meer voldoende, maar er moet ook elektronische tijd en een windmeter worden gebruikt.

100 meter

| | | | | |
|---------|--------|-----------------------|------------|----|
| M 40 | 10.84 | Erik Oostweegel | Starbaan | 00 |
| M 45 | 11.59 | Kees Bakx | Diomedon | 98 |
| M 50 | 11.96 | Wim de Ronde | Zaanland | 99 |
| M 55 | 12.57 | Gerard Sengers | Clytoneus | 97 |
| M 60 | 13.12 | Jan van den Burg | Kieviten | 90 |
| M 65 | 14.10 | Frans Buys | Pijnenburg | 90 |
| M 70 | 14.63 | Frans Buys | Pijnenburg | 94 |
| M75/80 | vacant | limiet 18.44 en 20.24 | | |
| V 35 * | 11.8 | Ciska Jansen | Sagitta | 82 |
| V 40 | 12.39 | Ciska Jansen | Sagitta | 85 |
| V 45 | 13.23 | Riny Hagenaars | PAC | 97 |
| V 50 * | 13.3 | Corrie Roovers | Sprint | 85 |
| V 55 | 14.18 | Corrie Roovers | Sprint | 94 |
| V 60 | 14.12 | Corrie Roovers | Sprint | 96 |
| V 65/70 | vacant | limiet 19.84 en 21.04 | | |

200 meter

| | | | | |
|--------|--------|-----------------------|-----------|----|
| M 40 | 22.81 | Gerrit de Man | Hercules | 99 |
| M 45 * | 23.3 | Wim Scholtes | Sparta | 93 |
| M 50 | 24.42 | Wim Scholtes | Sparta | 97 |
| M 55 | 25.99 | Gerard Sengers en | Clytoneus | 97 |
| | 25.99 | Wim Schreuder Goedhey | Hellas | 00 |
| M 60 | 26.89 | Jan van den Burg | Kieviten | 90 |
| M 65 | 29.05 | Pieter Schouten | GAC-H | 00 |
| M 70 | 32.62 | Frans Buys | GAC-H | 98 |
| M 75 | 34.25 | Frans Buys | GAC-H | 00 |
| M80 | vacant | limiet 42.74 | | |
| V 35 | 24.77 | Ciska Jansen | Sagitta | 82 |
| V 40 | 25.17 | Tilly Jacobs | Sparta | 97 |
| V 45 | 27.51 | Anja Akkerman | DEM | 00 |
| V 50 * | 28.4 | Corrie Roovers | Sprint | 85 |
| V 55 | 29.13 | Corrie Roovers | Sprint | 93 |
| V 60 | 29.43 | Corrie Roovers | Sprint | 96 |
| V 65 | 31.81 | Corrie Roovers | Sprint | 00 |
| V 70 | vacant | limiet 43.24 | | |

400 meter

| | | | | |
|---------|--------|---------------------------|------------|----|
| M 40 | 48.98 | Eric Roeske | Hellas | 00 |
| M 45 | 51.79 | Wim Scholtes | Sparta | 94 |
| M 50 | 51.82 | Wim Scholtes | Sparta | 98 |
| M 55 * | 57.9 | Ad Smit | AV'23 | 84 |
| M 60 * | 58.7 | Frans Buys | AAC | 84 |
| M 65 | 64.39 | Boy van Heemstede | Fortuna | 96 |
| M 70 | 70.71 | Boy van Heemstede | Fortuna | 00 |
| M75/80 | vacant | limiet 1.28.14/1.48.14 | | |
| V 35 * | 56.0 | Ina Blaauw | Argo'77 | 83 |
| V 40 | 56.82 | Tilly Jacobs | Sparta | 97 |
| V 45 | 62.89 | Diny Klomp | Pr.Hendrik | 97 |
| V 50 * | 66.31 | Gerda van Kooten | Sprint | 89 |
| V 55 | 68.10 | Riet Jonkers | Attila | 99 |
| V 60 | 71.62 | Rietje Dijkman | AV'23 | 99 |
| V 65/70 | vacant | limiet 1.49.14 en 2.00.14 | | |

800 meter

| | | | | |
|---------|---------|---------------------------|-----------|----|
| M 40 | 1.51.5 | Ronald Marcelina | AAC | 86 |
| M 45 | 1.56.16 | Ronald Marcelina | AAC | 91 |
| M 50 | 1.59.45 | Ronald Marcelina | AAC | 96 |
| M 55 | 2.10.08 | Felix Florijn | DEM | 91 |
| M 60 | 2.14.14 | Siem Herlaar | DEM | 90 |
| M 65 | 2.19.44 | Siem Herlaar | DEM | 94 |
| M 70 | 2.29.96 | Siem Herlaar | DEM | 99 |
| M 75 | vacant | limiet 3.35.00 | | |
| M 80 | 3.24.1 | Jan Verloop | Gen.Mich. | 98 |
| V 35 | 2.05.41 | Ina Blaauw | Argo'77 | 83 |
| V 40 | 2.13.41 | Irene Wentzel | Hellas | 86 |
| V 45 | 2.20.2 | Irene Wentzel | ADA | 90 |
| V 50 | 2.24.0 | Gerda van Kooten | Sprint | 89 |
| V 55 | 2.31.0 | Gerda van Kooten | Sprint | 94 |
| V 60 | 2.36.94 | Gerda van Kooten | Sprint | 99 |
| V 65/70 | vacant | limiet 3.55.00 en 4.20.00 | | |

1000 meter

| | | | | |
|---------|---------|------------------------------------|-------------|----|
| M 40 | 2.32.61 | Sander Rietveld | Atos | 99 |
| M 45 | 2.35.08 | Ronald Marcelina | AAC | 94 |
| M 50 | 2.43.9 | Louis Vink | Edam | 87 |
| M 55 | 2.54.15 | Arie van Tol | Leiden Atl. | 99 |
| M 60 | 2.53.3 | Felix Florijn | DEM | 94 |
| M 65 | 2.54.5 | Siem Herlaar | DEM | 94 |
| M 70/80 | vacant | limiet 3.53.00/4.15.00/5.00.00 | | |
| V 35 | 2.48.9 | Petra van Limpt | Pr.Hendrik | 92 |
| V 40 | 3.07.5 | Marianne Knapen | DES | 88 |
| V 45 | 3.13.7 | Gerda van Kooten | Sprint | 84 |
| V 50 | 3.11.23 | Corrie Keijsers | Weert | 95 |
| V 55 | 3.24.79 | Corrie Keijsers | Weert | 99 |
| V 60/70 | vacant | limiet 4.25.00, 4.50.00 en 5.15.00 | | |

1500 meter

| | | | | |
|------|---------|------------------|------------|----|
| M 40 | 3.52.28 | Ronald Marcelina | AAC | 86 |
| M 45 | 4.02.30 | Ronald Marcelina | AAC | 92 |
| M 50 | 4.09.52 | Ronald Marcelina | AAC | 96 |
| M 55 | 4.21.7 | Ad Heijdens | Achilles | 94 |
| M 60 | 4.32.1 | Siem Herlaar | DEM | 89 |
| M 65 | 4.39.87 | Siem Herlaar | DEM | 94 |
| M 70 | 4.57.65 | Siem Herlaar | DEM | 99 |
| M 75 | 6.07.18 | Jan Verloop | Gen.Mich. | 94 |
| M 80 | 7.11.1 | Jan Verloop | Gen.Mich. | 99 |
| V 35 | 4.19.46 | Petra van Limpt | Pr.Hendrik | 92 |
| V 40 | 4.32.8 | Hennie Zantinga | Impala | 92 |
| V 45 | 4.50.6 | Els Raap | Blauw Wit | 93 |
| V 50 | 4.57.8 | Gerda van Kooten | Sprint | 89 |
| V 55 | 5.06.94 | Corrie Keijsers | Weert | 98 |
| V 60 | 5.24.72 | Gerda van Kooten | Sprint | 99 |
| V 65 | 6.16.0 | Bep Tromp | Vet.Ned. | 82 |
| V 70 | vacant | limiet 8.45.00 | | |

1 mijl (1609 meter)

| | | | | |
|---------|---------|---------------------------|------------|----|
| M 40 | 4.16.3 | Rien van der Wilt | Clytoneus | 90 |
| M 45 | 4.26.4 | Louis Vink | Edam | 80 |
| M 50 | 4.35.4 | Louis Vink | Edam | 85 |
| M 55 | 4.43.9 | Ad Heijdens | Achilles | 97 |
| M 60 | 4.54.07 | Joop Rüter | PAC | 93 |
| M 65 | 5.19.5 | Willem Ravensbergen | De Bataven | 94 |
| M 70 | 5.23.58 | Siem Herlaar | DEM | 99 |
| M 75 | 6.37.87 | Jan Verloop | Gen.Mich. | 93 |
| M 80 | vacant | limiet 9.00.00 | | |
| V 35 | 5.05.4 | Irene Wentzel | Hellas | 82 |
| V 40 | 5.25.2 | Marian van Velzen | Sprint | 97 |
| V 45 | 5.23.4 | Greet Warnaar | Hera | 90 |
| V 50 | 5.36.0 | Greet Warnaar | Hera | 92 |
| V 55 | 5.32.7 | Corrie Keijsers | Weert | 98 |
| V 60 | 5.48.94 | Gerda van Kooten | Sprint | 99 |
| V 65/70 | vacant | limiet 7.50.00 en 9.05.00 | | |

2000 meter

| | | | | |
|---------|---------|----------------------------|-----------|----|
| M 40 | 5.32.9 | John van der Wansem | Phoenix | 93 |
| M 45 | 5.38.6 | Louis Vink | Edam | 80 |
| M 50 | 6.10.2 | Piet van Erp | AVV | 89 |
| M 55 | 6.42.2 | Louis Vink | Atos | 94 |
| M 60 | 6.32.4 | Siem Herlaar | DEM | 94 |
| M 65 | vacant | limiet 9.30.00 | | |
| M 70 | 8.06.1 | Jan Verloop | Gen.Mich. | 91 |
| M 75/80 | vacant | limiet 10.20.00/11.00.00 | | |
| V 35 | 6.37.5 | Lia Verbeek | Attila | 91 |
| V 40 | 6.48.9 | Marianne Knapen | DES | 88 |
| V 45 | 6.43.17 | Els Raap | Blauw Wit | 93 |
| V 50 | 6.57.8 | Gerda van Kooten | Sprint | 89 |
| V 55/60 | vacant | limiet 8.40.00 en 9.10.00 | | |
| V 65/70 | vacant | limiet 9.50.00 en 10.30.00 | | |

3000 meter

| | | | | |
|------|--------|---------------------|-----------|----|
| M 40 | 8.14.9 | Rien van der Wilt | Clytoneus | 91 |
| M 45 | 8.42.8 | John van der Wansem | LADB | 95 |
| M 50 | 9.00.4 | Ad Heijdens | Achilles | 90 |

Nederlandse baanrecords per 1-4-2001

* = beste prestatie; geen record

3000 meter (vervolg)

| | | | | |
|---------|----------|-----------------------------------|-----------|----|
| M 55 | 9.09.1 | Ad Heijdens | Achilles | 94 |
| M 60 | 9.29.47 | Ad Heijdens | Achilles | 00 |
| M 65 | 9.49.5 | Siem Herlaar | DEM | 94 |
| M 70 | 10.42.40 | Siem Herlaar | DEM | 99 |
| M 75/80 | vacant | limiet 16.30.00/18.00.00 | | |
| V 35 | 9.27.6 | Carla Beurskens | Festina | 89 |
| V 40 | 9.31.5 | Hennie Zantinga | Impala | 92 |
| V 45 | 10.18.10 | Els Raap | Blauw Wit | 94 |
| V 50 | 10.51.7 | Gerda van Kooten en Greet Warnaar | Sprint | 90 |
| V 55 | 11.06.85 | Corrie Keijsers | Weert | 97 |
| V 60 | 12.53.2 | Sophie Wisman | FIT | 90 |
| V65/70 | vacant | limiet 15.30.00 en 16.30.00 | | |

5000 meter

| | | | | |
|------|----------|---------------------|------------|----|
| M 40 | 14.20.54 | Rien van der Wilt | Clytoneus | 90 |
| M 45 | 14.57.6 | John van der Wansem | LADB | 95 |
| M 50 | 15.32.93 | Ad Heijdens | Achilles | 90 |
| M 55 | 15.56.33 | Ad Heijdens | Achilles | 97 |
| M 60 | 16.12.57 | Ad Heijdens | Achilles | 99 |
| M 65 | 17.30.22 | Siem Herlaar | DEM | 95 |
| M 70 | 18.57.04 | Siem Herlaar | DEM | 99 |
| M 75 | 22.18.06 | Jan Verloop | Gen.Mich. | 93 |
| M 80 | 25.51.48 | Jan Verloop | Gen.Mich. | 98 |
| V 35 | 16.37.5 | Petra van Limpt | Pr.Hendrik | 92 |
| V 40 | 16.55.20 | Hennie Zantinga | AV '55 | 94 |
| V 45 | 17.37.9 | Els Raap | Blauw Wit | 94 |
| V 50 | 18.34.72 | Els Raap | LPK | 97 |
| V 55 | 19.22.48 | Corrie Keijsers | Weert | 98 |
| V 60 | 20.49.89 | Gerda van Kooten | Sprint | 99 |
| V 65 | 22.57.00 | Sophie Wisman | Altis | 93 |
| V 70 | 26.57.89 | Sophie Wisman | Vet.Ned. | 00 |

10.000 meter

| | | | | |
|------|----------|---------------------|-----------|----|
| M 40 | 29.57.69 | Rien van der Wilt | Clytoneus | 90 |
| M 45 | 31.19.2 | John van der Wansem | LADB | 96 |
| M 50 | 32.43.2 | Louis Vink | Edam | 85 |
| M 55 | 34.22.69 | Willem Ravensbergen | Bataven | 85 |
| M 60 | 34.32.2 | Willem Ravensbergen | Bataven | 89 |
| M 65 | 36.37.73 | Willem Ravensbergen | Bataven | 94 |
| M 70 | 40.34.75 | Siem Herlaar | DEM | 99 |
| M 75 | 54.04.5 | Jo Kneepkens | Vet.Ned. | 79 |
| M 80 | vacant | limiet 1.08.00.00 | | |
| V 35 | 32.36.76 | Carla Beurskens | Festina | 87 |
| V 40 | 35.21.07 | Irene Wentzel | Hellas | 86 |
| V 45 | 36.51.96 | Els Raap | Blauw Wit | 94 |
| V 50 | 38.55.47 | Greet Warnaar | Hera | 92 |
| V 55 | 46.21.1 | Mientje Hofmeijer | De Gemzen | 92 |
| V 60 | 46.08.04 | Sophie Wisman | Vet.Ned. | 91 |
| V 65 | 48.13.21 | Sophie Wisman | Vet.Ned. | 96 |
| V 70 | vacant | limiet 1.12.00.00 | | |

20.000 meter

| | | | | |
|------|-----------|---------------|----------|----|
| V 40 | 1.42.04.0 | Ria Buiten | Vet.Ned. | 96 |
| rest | vacant | zonder limiet | | |

25.000 meter

| | | | | |
|-------|--------|---------------|--|--|
| alles | vacant | zonder limiet | | |
|-------|--------|---------------|--|--|

30.000 meter

| | | | | |
|------|-----------|---------------|----------|----|
| V 40 | 2.32.12.0 | Ria Buiten | Vet.Ned. | 96 |
| rest | vacant | zonder limiet | | |

uurloop (meters)

| | | | | |
|---------|--------|---------------------|---------|----|
| M 40 | 18.919 | John van der Wansem | Phoenix | 90 |
| M 45 | 18.247 | John van der Wansem | LADB | 95 |
| M 50 | 17.110 | Louis Vink | Edam | 85 |
| M 55 | 15.400 | Cees de Neijs | Thor | 93 |
| M 60 | 13.109 | Gillis Bosman | Thor | 00 |
| M 65/80 | vacant | zonder limiet | | |
| V 35 | 15.920 | Hennie Zantinga | Impala | 91 |
| V 40 | 16.884 | Hennie Zantinga | Impala | 92 |
| V 45 | 14.167 | Ineke Stofmeel | Thor | 00 |
| V 50 | 15.052 | Greet Warnaar | Hera | 93 |
| V 55/70 | vacant | zonder limiet | | |

korte horden M (t/m M45=110,M50/65=100 en M70+ = 80 mtr)

| | | | | |
|------------|--------|--------------------|------------|----|
| M 40 (99)* | 14.8 | Hans van Enkhuizen | Haarlem | 87 |
| M 45 (99) | 16.42 | Martin de Pater | Haag Atl. | 99 |
| M 50 (91) | 14.98 | Wim de Ronde | Zaanland | 00 |
| M 55 (91) | 15.90 | Peter Blommestijn | R'dam Atl. | 98 |
| M 60 (84) | 16.02 | Frans Buys | AAC | 85 |
| M 65 (84) | 19.25 | Kees van Giezen | GAC-H. | 99 |
| M 70 (76) | 14.33 | Frans Buys | Pijnenburg | 96 |
| M 75 (76) | 16.62 | Frans Buys | GAC-H. | 00 |
| M 80 (68) | vacant | limiet 26.24 | | |

korte horden vrouwen (V35=100 en de rest is 80 meter)

| | | | | |
|-----------|--------|-------------------------|--------|----|
| V 35 (84) | 15.21 | Mieke Sterk | ADA | 84 |
| V 40 (76) | 12.11 | Riny Hagenaars | PAC | 95 |
| V 45 (76) | 12.28 | Corrie Roovers | Sprint | 82 |
| V 50 (76) | 12.54 | Corrie Roovers | Sprint | 87 |
| V 55 (76) | 13.30 | Corrie Roovers | Sprint | 91 |
| V 60 (76) | 13.89 | Corrie Roovers | Sprint | 96 |
| V 60 (68) | vacant | limiet 13.89 nieuw 2000 | | |
| V 65 (68) | vacant | limiet 26.24 nieuw 2000 | | |
| V 70 (68) | vacant | limiet 30.24 nieuw 2000 | | |

lange horden mannen (t/m M55=400 en M60+ = 300 meter)

| | | | | |
|------------|--------|-----------------|------------|----|
| M 40 (91)* | 56.3 | Ger Heinsius | SAV | 88 |
| M 45 (91) | 56.63 | Martin de Pater | Haag Atl. | 00 |
| M 50 (84) | 58.87 | Jan Parlevliet | Vet.Ned. | 82 |
| M 55 (84) | 63.31 | Jan Parlevliet | Ciko'66 | 87 |
| M 60 (76)* | 49.0 | Frans Buys | AAC | 87 |
| M 65 (76) | 53.09 | Frans Buys | Pijnenburg | 92 |
| M 70 (76) | 57.33 | Frans Buys | Pijnenburg | 97 |
| M 70 (68) | vacant | limiet 57.33 | | |
| M 75 (68) | 59.72 | Frans Buys | GAC-H | 00 |
| M 80 (68) | vacant | limiet 1.14.24 | | |

lange horden vrouwen (t/m V45=400 en V50+ = 300 meter)

| | | | | |
|------------|--------|-------------------------|----------|----|
| V 35 (76) | 65.33 | Janneke Roona | Impala | 98 |
| V 40 (76) | 67.91 | Lena Jansen | Energie | 93 |
| V 45 (76) | 69.30 | Lena Jansen | Energie | 98 |
| V 50 (76) | 53.20 | Rietje Dijkman | Vet.Ned. | 91 |
| V 55 (76) | 52.11 | Corrie Roovers | Sprint | 91 |
| V 60 (76) | 53.05 | Corrie Roovers | Sprint | 95 |
| V 60 (68) | vacant | limiet 53.05 nieuw 2000 | | |
| V65/70(68) | vacant | limiet 77.24 en 83.24 | | |

steeples (t/m M55=3000; alle V en M60+ = 2000 meter)

| | | | | |
|---------|----------|-----------------------------------|------------|----|
| M 40 | 9.20.20 | Dick ten Bruggencate | Trias | 93 |
| M 45 | 9.40.00 | Steeff Kijne | R'dam Atl. | 94 |
| M 50 | 10.25.49 | Peter Vlaarkamp | Castricum | 00 |
| M 55 | 11.30.98 | Gerrit Kramer | R'dam Atl. | 95 |
| M 60/70 | vacant | limiet 9.20.00/ 10.30.00/11.40.00 | | |
| M 75/80 | vacant | limiet 13.30.00/15.30.00 | | |
| V | vacant | zonder limiet | | |

3000 meter snelwandelen

| | | | | |
|---------|----------|----------------|-----|----|
| V 35 | 15.36.58 | Marica Onos | RWV | 92 |
| V 40 | 16.33.3 | Marica Onos | RWV | 01 |
| V 45 | 16.42.24 | Marleen Radder | RWV | 00 |
| V 50 | 17.18.4 | Marleen Radder | RWV | 01 |
| V 55/70 | vacant | zonder limiet | | |

5000 meter snelwandelen

| | | | | |
|---------|----------|------------------|------------|----|
| M 40 | 21.42.9 | Henk Plasman | Gen. Mich. | 97 |
| M 45 | 23.53.0 | Tjabel Ras | PAC | 81 |
| M 50 | 24.02.5 | Klaas Bakker | OLAT | 88 |
| M 55 | 25.57.56 | Tjabel Ras | RWV | 93 |
| M 60 | 26.19.18 | Hein Zethof | Aalsmeer | 90 |
| M 65 | 27.59.61 | Nico Schroten | RWV | 99 |
| M 70 | 31.28.2 | Wim Dalmeyer | RWV | 78 |
| M 75 | vacant | limiet 40.00.00 | | |
| M 80 | 39.36.7 | Henri Gest | Zaanland | 00 |
| V 35 | 26.30.6 | Christien Vijver | Spartacus | 83 |
| V 40 | 27.47.7 | Marica Onos | RWV | 01 |
| V 45 | 28.27.1 | Marleen Radder | RWV | 00 |
| V 50 | 29.04.1 | Marleen Radder | RWV | 01 |
| V 55/70 | vacant | zonder limiet | | |

Nederlandse baanrecords per 1-4-2001

* = beste prestatie; geen record

10.000 meter snelwandelen

| | | |
|---------|---------|-----------------|
| V 35 | vacant | limiet 59.59.00 |
| V 40 | 56.33.2 | Marica Onos |
| V 45 | 59.01.6 | Marleen Radder |
| V 50 | 59.08.6 | Marleen Radder |
| V 55/70 | vacant | zonder limiet |

20.000 meter snelwandelen

| | | |
|---------|-----------|-----------------|
| M 40 | 1.34.36.8 | Henk Plasman |
| M 45 | 1.42.48.1 | Tjabel Ras |
| M 50 | 1.46.09.0 | Tjabel Ras |
| M 55 | 2.05.05.0 | Jan Ritterbeeks |
| M 60 | 1.51.17.4 | Nico Schroten |
| M 65 | 2.00.46.8 | Nico Schroten |
| M 70/80 | vacant | zonder limiet |

30.000 meter snelwandelen

| | | |
|---------|-----------|------------------|
| M 40 | 2.27.38.1 | Henk Plasman |
| M 45 | 2.41.29.9 | Nico Schroten |
| M 50 | 3.03.04.2 | Hans van Wakeren |
| M 55 | 3.21.23.0 | Dave Bindervoet |
| M 60 | 2.57.14.3 | Nico Schroten |
| M 65 | 3.06.56.1 | Nico Schroten |
| M 70/80 | vacant | zonder limiet |

50.000 meter snelwandelen

| | | |
|---------|-----------|--------------------|
| M 40 | 4.19.44.4 | Henk Plasman |
| M 45 | 4.31.17.0 | Nico Schroten |
| M 50 | 5.20.34.5 | Ad Martens |
| M 55 | 5.40.21.7 | Dave Bindervoet |
| M 60 | 5.19.12.2 | Nico Schroten |
| M 65 | 6.35.42.7 | Wout van Wieringen |
| M 70/80 | vacant | zonder limiet |

2 uur snelwandelen (meters)

| | | |
|---------|--------|---------------|
| M 40 | 24.852 | Henk Plasman |
| M 45 | 23.324 | Nico Schroten |
| M 50 | 21.473 | Jan Cijis |
| M 55 | 18.706 | Jan Sekuur |
| M 60 | 20.985 | Nico Schroten |
| M 65 | 19.876 | Nico Schroten |
| M 70/80 | vacant | zonder limiet |

hoogspringen

| | | |
|----------|--------|---------------------|
| M 40 | 2.00 | Leo Poirot |
| M 45 | 1.86 | Jan Huijbers |
| M 50 | 1.76 | Ed Molenmaker |
| M 55 | 1.65 | Rob Bleyert |
| M 60 a1) | 1.42 | Cor Braak |
| M 65 | 1.40 | Arend Koet |
| M 70 | 1.00 | Toon Besseling |
| M 75/80 | vacant | limiet 0.95/0.90 |
| V 35 | 1.68 | Ria Hulsink |
| V 40 | 1.60 | Ciska Jansen |
| | 1.60 | Mary Larsen |
| V 45 | 1.56 | Weia Reinboud |
| V 50 | 1.57 | Weia Reinboud |
| V 55 | 1.32 | Rietje Dijkman |
| V 60 | 1.32 | Rietje Dijkman |
| V 65/70 | vacant | limiet 0.90 en 0.85 |

a1) = aangehouden 1.45 Rob Bleijert 2000

polshoog

| | | |
|---------|--------|---------------------------|
| M 40 | 4.40 | Frans van der Ham |
| M 45 | 4.31 | Frans van der Ham |
| M 50 | 3.30 | Henk de Leeuw den Bouter |
| M 55 | 2.90 | Kees van Giezen |
| M 60 | 2.90 | Kees van Giezen |
| M 65 | 2.90 | Kees van Giezen |
| M 70/80 | vacant | limiet 2.20/2.10/2.00 |
| V 35 | 2.80 | Suzanne van Meerten |
| V 40 | vacant | limiet 1.90 |
| V 45/55 | vacant | limiet 1.80, 1.70 en 1.60 |
| V 60/70 | vacant | limiet 1.50, 1.40 en 1.30 |

verspringen

| | | | | |
|---------|--------|-----------------------|------------|----|
| M 40 | 6.62 | Jeroen Bronwasser | Pr.Hendrik | 99 |
| M 45 | 6.02 | Wim Scholtes | Sparta | 94 |
| M 50 | 5.80 | Wim de Ronde | Zaanland | 00 |
| M 55 | 5.23 | Gerard Weisscher | Trias | 89 |
| M 60 | 4.77 | Geert van Dijk | Vet.Ned. | 99 |
| M 65 | 4.27 | Jan Oerlemans | AVN | 94 |
| | 4.27 | Bram Lindhout | Antilope | 94 |
| M 70/80 | vacant | limiet 3.50/3.00/2.60 | | |
| V 35 | 6.41 | Ciska Jansen | Sagitta | 82 |
| V 40 | 6.21 | Ciska Jansen | Sagitta | 85 |
| V 45 | 5.18 | Corrie Roovers | Sprint | 82 |
| V 50 | 4.92 | Elly Willemssen | Attila | 97 |
| V 55 | 4.37 | Rietje Dijkman | AV '23 | 96 |
| V 60 | 4.29 | Rietje Dijkman | AV'23 | 99 |
| V 65/70 | vacant | limiet 2.50 en 2.20 | | |

hinkstapspringen

| | | | | |
|---------|--------|---------------------|------------|----|
| M 40 | 13.41 | Gérard Moors | | |
| M 45 | 12.43 | Glen Gentle | Sprint | 89 |
| M 50 | 11.07 | Frank Larsen | Avon | 97 |
| M 55 | 9.12 | Peter Blakmoor | Ilion | 96 |
| M 60 | 9.52 | Kees van Giezen | Zuidwal | 00 |
| M 65 | 9.31 | Kees van Giezen | GAC-H. | 96 |
| M 70/75 | vacant | limiet 7.00/6.00 | GAC-H. | 99 |
| M 80 | 5.19 | Theo Hoekstra | Argo'77 | 97 |
| V 35 | 11.47 | Els Stolk | ADA | 92 |
| V 40 | 10.91 | Evie Roelands | DJA | 99 |
| V 45 | 10.73 | Janine Kortbeek | Pr.Hendrik | 00 |
| V 50 | 10.16 | Weia Reinboud | Hellas | 00 |
| V 55 | 9.16 | Rietje Dijkman | AV'23 | 96 |
| V 60 | 8.96 | Rietje Dijkman | AV'23 | 99 |
| V 65/70 | vacant | limiet 5.70 en 5.20 | | |

kogelstoten

| | | | | |
|-------------|--------|-----------------|-----------|----|
| M 40 (7,26) | 15.13 | Sjaak Ruhl | | |
| M 45 (7,26) | 14.92 | Hans Schouten | Sprint | 93 |
| M 50 (6) | 15.39 | Martin Regtop | Hollandia | 94 |
| M 55 (6) | 12.76 | Wim Fokker | Tion | 99 |
| M 60 (5) | 13.49 | Wim Fokker | Hellas | 94 |
| M 65 (5) | 11.28 | Jan Smit | Hellas | 98 |
| M 70 (4) | 11.35 | Jan Oerlemans | PSV | 97 |
| M 75 (4) | 8.12 | Jelto Schluter | AVN | 98 |
| M 80 (4) | 6.96 | Theo Hoekstra | Vet.Ned. | 94 |
| V 35 (4) | 14.04 | Els Stolk | Argo'77 | 96 |
| V 40 (4) | 13.71 | Els Stolk | ADA | 92 |
| V 45 (4) | 11.87 | Anneke de Pater | AAC | 97 |
| V 50 (3) | 11.69 | Jannie Schot | Haag Atl. | 98 |
| V 55 (3) | 10.51 | Corrie Roovers | Delta Sp. | 96 |
| V 60 (3) | 9.97 | Corrie Roovers | Sprint | 91 |
| V 65 (3) | 9.48 | Corrie Roovers | Sprint | 96 |
| V 70 (3) | vacant | limiet 6.00 | Sprint | 00 |

discuswerpen (M40/45=2, M50/55=1,5 en rest is 1 kg)

| | | | | |
|----------|--------|------------------|-----------|----|
| M 40 | 54.11 | Piet Meijdam | Hercules | 98 |
| M 45 | 47.26 | Martin Regtop | Tion | 95 |
| M 50 | 51.34 | Hans Schouten | Hollandia | 99 |
| M 55 | 44.68 | Jan Pronk | Trias | 94 |
| M 60 | 48.04 | Jan Smit | Springb. | 95 |
| M 65 | 42.88 | Jan Smit | PSV | 99 |
| M 70 | 37.69 | Jan Oerlemans | AVN | 98 |
| M 75 | vacant | limiet 21.00 | | |
| M 80 | 19.06 | Theo Hoekstra | Argo'77 | 96 |
| V 35 | 45.60 | Els Stolk | AAC | 96 |
| V 40 | 47.70 | Els Stolk | AAC | 97 |
| V 45 | 42.23 | Anneke de Pater | Haag Atl. | 98 |
| V 50 | 40.85 | Annie van Anholt | Attila | 98 |
| V 55 | 33.38 | Corrie Roovers | Sprint | 92 |
| V 60 | 30.28 | Corrie Roovers | Sprint | 97 |
| V 65 a2) | 26.54 | Corrie Roovers | Sprint | 00 |
| V 70 | vacant | limiet 13.00 | | |

a2) = aangehouden 27.59 Corrie Roovers 2000

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* = beste prestatie; geen record

speerwerpen (let op nieuwe gewichten)

| | | | | |
|------------|--------|-----------------------|-----------|----|
| M 40 (800) | 67.24 | Dirk Kooreman | Zaanland | 96 |
| M 45 (800) | 63.88 | Dirk Kooreman | Zaanland | 98 |
| M 50 (800) | 48.28 | Nico Hellendoorn | Vet. Ned. | 00 |
| M50 (700) | vacant | zonder limiet (nieuw) | | |
| M 55 (800) | 44.48 | Jan van Heek | Spartaan | 94 |
| M 55 (700) | vacant | zonder limiet (nieuw) | | |
| M 60 (600) | 40.87 | Wim Fokker | Hellas | 00 |
| M 65 (600) | 36.87 | Piet Olofsen | Hollandia | 00 |
| M 70 (600) | 26.82 | Jan Oerlemans | AVN | 99 |
| M 70 (500) | vacant | zonder limiet (nieuw) | | |
| M 75 (600) | 27.07 | Joop Bakker | Haag Atl. | 99 |
| M 75 (500) | vacant | zonder limiet (nieuw) | | |
| M 80 (400) | vacant | zonder limiet (nieuw) | | |
| V 35 (600) | 51.88 | Marjo Bus | Ciko'66 | 99 |
| V 40 (600) | 35.27 | Olga Commandeur | Startbaan | 99 |
| V 45 (600) | 33.83 | Tiny Hellendoorn | Isala'96 | 00 |
| V 50 (500) | 33.05 | Henny van Kruchten | Castricum | 00 |
| V 50 (400) | 35.45 | Henny van Kruchten | Castricum | 00 |
| V 55 (500) | vacant | zonder limiet (nieuw) | | |
| V 55 (400) | 30.34 | Corrie Roovers | Sprint | 93 |
| V 60 (400) | 27.72 | Corrie Roovers | Sprint | 97 |
| V 65/70 | vacant | limiet 15.00 en 13.00 | | |

kogelslingeren

| | | | | |
|-------------|--------|-----------------------|----------|----|
| M 40 (7,26) | 60.24 | Peter van Noort | Spartaan | 97 |
| M 45 (7,26) | 54.36 | Rinus Schreuder | Hellas | 90 |
| M 50 (6) | 54.44 | Rinus Schreuder | Hellas | 93 |
| M 55 (6) | 52.46 | Rinus Schreuder | Hellas | 97 |
| M 60 (5) | 40.81 | Jan Pronk | Trias | 98 |
| M 65 (5) | 36.24 | Jan Smit | PSV | 99 |
| M 70 (4) | 31.01 | Jan Oerlemans | AVN | 00 |
| M 75/80(4) | vacant | limiet 19.00/12.00 | | |
| V 35 (4) | 50.84 | Gonny Mik | Argo'77 | 00 |
| V 40 (4) | 37.37 | Tiny Hellendoorn | Isala'96 | 00 |
| V 45 (4) | 40.73 | Tiny Hellendoorn | Isala'96 | 00 |
| V 50 (3) | 43.57 | Annie van Anholt | Attila | 00 |
| V55/60 (3) | vacant | limiet 25.00 en 23.00 | | |
| V65/70 (3) | vacant | limiet 22.00 en 19.00 | | |

gewichtwerpen (ingående 1999)

| | | | | |
|-------------|--------|-------------------------|----------|----|
| M40(15,88) | 10.46 | Hans Mulders | PSV | 99 |
| M45(15,88) | 11.42 | Hans Mulders | PSV | 01 |
| M50(11,34) | 17.96 | Martin Regtop | Tion | 99 |
| M55(11,34) | vacant | zonder limiet | | |
| M60 (9,08) | 13.68 | Jan Pronk | Trias | 00 |
| M65 (9,08) | 12.59 | Jan Smit | PSV | 99 |
| M70 (7,26) | 9.26 | Jan Oerlemans | AVN | 00 |
| M75 (9,08) | vacant | zonder limiet | | |
| M80 (5,45) | vacant | zonder limiet | | |
| V35 (9,08) | 15.65 | Gonny Mik | Argo'77 | 01 |
| V40 (9,08) | 11.67 | Tiny Hellendoorn | Isala'96 | 99 |
| V45 (9,08) | 11.99 | Tiny Hellendoorn | Isala'96 | 00 |
| V50 (7,26) | 14.64 | Annie van Anholt | Attila | 01 |
| V55 (7,26) | vacant | zonder limiet | | |
| V60/70 | vacant | zonder limiet (5,45 kg) | | |

4x100 meter nationale ploegen

| | | | |
|---------|--------|--|----|
| M 40 | 43.99 | Bronwasser-Van Pelt-De Man-Oostweegel | 00 |
| M 45 | 45.92 | Van Campen-Van Gasteren-De Ronde-Bakx | 97 |
| M 50 | 48.80 | Van Verseveld-Waalewijn-Scholtes-Schreuder Goedhey | 97 |
| M 55 | 51.25 | Sengers-Blommestijn-Peters-Landré | 98 |
| M 60 | 55.99 | Schouten-Buys-Van Giezen-Van Heemstede | 96 |
| M 65 | 58.23 | Schouten-Buys-Van Giezen-Koet | 99 |
| M 70/80 | vacant | zonder limiet | |
| V 35 | 50.05 | Thomas-Stavenuiter-Hagenaars-Jacobs | 93 |
| V 40 | 50.72 | Thomas-Akkerman-Kuper-Jacobs | 96 |
| V 45 | vacant | zonder limiet | |
| V 50 | 56.65 | Roovers-Van Walree-Dijkman-Jonkers | 94 |
| V 55 | 61.33 | Roovers-Plat-Dijkman-Jonkers | 99 |
| V 60/70 | vacant | zonder limiet | |

4x100 meter clubs

| | | | |
|------|-------|--|----|
| M 40 | 47.60 | Zuidwal (Klarenbeek-Dunnebieer-Nordt-Overmars) | 96 |
| M 45 | 49.51 | PAC (Rodermond-Advocaat-Van der Steenhoven-Rietdijk) | 97 |
| M 50 | 61.10 | Runners Stadskanaal (Fial-Kuiper-Kuper-Kampyon) | 97 |

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* = beste prestatie; geen record

4x100 meter clubs (vervolg)

| | | | |
|---------|--------|---|----|
| M 55 | vacant | zonder limiet | |
| M 60 | 58.44 | GAC-H (Schouten-Buys-Van Giezen-Doornbosch) | 98 |
| M 65/80 | vacant | zonder limiet | |
| V 35 | 51.79 | DEM (Appelman-Akkerman-Berkhout-Thomas) | 95 |
| V 40 | 55.52 | Attila (Willemsen-Vennix-Jonkers-Janssen) | 99 |
| V 45 | 56.73 | Attila (Willemsen-Vennix-Jonkers-Janssen) | 99 |
| rest | vacant | zonder limiet | |

4x200 meter nationale ploegen

| | | | |
|---------|---------|-------------------------------------|----|
| M 40 | 1.38.50 | Bakx-Scholtes-Sluijmer-Van Drunen | 96 |
| M 45 | vacant | zonder limiet | |
| M 50 | 1.45.82 | Waalewijn-Peters-Larsen-Blommestijn | 97 |
| M 55 | 1.50.6h | Van Boven-Van Dijk-Peters-Landré | 99 |
| M 60/80 | vacant | zonder limiet | |
| V 35 | 1.46.16 | Kuipers-Hagenaars-Torbijn-Jacobs | 96 |
| V 40 | 1.57.46 | Klomp-Dijkman-Kuper-L. Jansen | 96 |
| V 45 | vacant | zonder limiet | |
| V 50 | 2.03.7 | Dijkman-Roovers-Jonkers-Broers | 99 |
| V 55/70 | vacant | zonder limiet | |

4x200 meter clubs

| | | | |
|---------|---------|--|----|
| M 40 | 1.38.73 | Zuidwal (Klarenbeek-Dunnebieer-Nordt-Overmars) | 96 |
| M 45 | 1.48.59 | PAC (Rodermond-Van der Steenhoven-Advocaat-Rietdijk) | 97 |
| M 50 | 1.48.8h | PAC (Rodermond-Beindorff-Van der Steenhoven- Rietdijk) | 97 |
| M 55 | 2.10.6h | Olympus'70 (Kempe-Zwikkels-Muller-Vonk) | 98 |
| M 60/80 | vacant | zonder limiet | |
| V 35/70 | vacant | zonder limiet | |

Zweedse estafette (400-300-200-100)

| | | | |
|--------|--------|--|----|
| M 40 | 2.08.8 | Pr.Hendrik (Van Pelt-Kitselaar-Bronwasser-v.d.Luytgaarden) | 99 |
| M 45 | 2.15.9 | GAC-H (Treels-Heemsbergen-Van Drunen-Schouten) | 00 |
| M 50 | 2.33.0 | Start'78 (Bakker-Bartelds-Sloot-Hes) | 98 |
| rest M | vacant | zonder limiet | |

4x400 meter nationale ploegen

| | | | |
|---------|---------|--|----|
| M 40 | 3.28.77 | Mahieu-Lunshof-De Geus-Mercelina | 88 |
| M 45 | 3.33.76 | Bakx-Scholtes-Van Gasteren-Threels | 98 |
| M 50 | 3.54.66 | Scholtes-Van Mechelen-Van Tol-Van Boven | 98 |
| M 55 | 4.10.2h | Van Boven-Peters-Metselaar-Van Tol | 99 |
| M 60 | 4.18.46 | Van Heemstede-Ravensbergen-Zethof-Maijor | 92 |
| M 65/80 | vacant | zonder limiet | |
| V 35 | 4.04.2h | Kuipers-Kuper-Klomp-Jacobs | 96 |
| V 40 | 4.07.88 | Akkerman-Kuper-Klomp-Jacobs | 96 |
| V 45 | vacant | zonder limiet | |
| V 50 | 4.43.28 | Plat-Van Kooten-Jonkers-Broers | 96 |
| V 55/70 | vacant | zonder limiet | |

4x400 meter clubs

| | | | |
|---------|---------|--|----|
| M 40 | 3.40.2h | Hellas (Busnel-Herber-Schreuder Goedheyt-Hagemeijer) | 91 |
| M 45/80 | vacant | zonder limiet | |
| V 35/70 | vacant | zonder limiet | |

4x800 meter nationale ploegen

| | | | |
|----------|----------|-------------------------------------|----|
| M 50 | 8.47.74 | Peters-Heijdens-Metselaar-Steijn | 92 |
| M 60 | 9.33.95 | Maijor-Ravensbergen-Zethof-Herlaar | 92 |
| M overig | vacant | zonder limiet per 5 jaar | |
| V 35 | 9.37.29 | Klomp-Pos-Ruijter-Jacobs | 92 |
| V 40 | 9.55.83 | Kaptijn-Mulder-Caris-Papegaaij | 98 |
| V 45 | 10.24.08 | L. Jansen-Raap-Van Kempen-Klomp | 99 |
| V 50 | 10.45.43 | Keijsers-Van Kooten-Brugman-Jonkers | 98 |
| V 55 | 10.33.26 | Jonkers-Van Kooten-Keijsers-Brugman | 99 |
| V 60/70 | vacant | zonder limiet | |

4x800 meter clubs

| | | | |
|---------|---------|--|----|
| M 40 | 8.13.5 | De Spartaan (Van der Poel-Kortekaas-Hens-Laan) | 93 |
| M 45 | 10.27.2 | Olympus'70 (Gankema-Jansen-Duyvesteyn-Wubben) | 98 |
| M 50 | 10.53.3 | Olympus'70 (Vonk-v.d. Valk-Wissenburg-Van der Horst) | 98 |
| M 55/80 | vacant | zonder limiet | |
| V 35/70 | vacant | zonder limiet | |

4x1500 meter nationale ploegen

| | | | |
|----------|----------|----------------------------|----|
| M 50 | 19.55.43 | Steijn-Terlouw-Blom-Halter | 96 |
| M overig | vacant | zonder limiet per 5 jaar | |

4x1500 meter clubs

| | | | |
|---------|----------|--|----|
| M 40 | 17.03.81 | De Spartaan (Righolt-Van der Poel-Hens-Laan) | 92 |
| M 45 | 18.43.9h | PAC (Van Spronsen-Olsthorn-Walop-Alberts) | 00 |
| M 50/80 | vacant | zonder limiet per 5jaar | |

Nederlandse baanrecords per 1-4-2001

* = beste prestatie; geen record

vijfkamp (pentathlon) in punten (Wava-tabel 1994)

| | | | | |
|---------|--------|----------------------------|-----------|----|
| M 40 * | 3.390 | Nico Hellendoorn | RKDOS | 91 |
| M 45 | 3.693 | Glen Gentle | Avon | 98 |
| M 50 | 3.486 | Jeltjo Doornbosch | Vet. Ned. | 96 |
| M 50 | vacant | zonder limiet/speer 700gr. | | |
| M 55 | 3.054 | Jan Luykx | Sprint | 90 |
| M 55 | vacant | zonder limiet/speer 700gr. | | |
| M 60/80 | vacant | zonder limiet | | |
| V 35 | 2.988 | Monique Seerden | Lionitas | 00 |
| V 40 | 3.705 | Anja Akkerman | DEM | 96 |
| V 45 | 4.311 | Corrie Roovers | Sprint | 83 |
| V 50 | 4.484 | Corrie Roovers | Sprint | 87 |
| V 55 * | 3.942 | Rietje Dijkman | AV'23 | 94 |
| V 60/70 | vacant | zonder limiet | | |

gewicht-vijfkamp (ingtaande 1999)

| | | | | |
|---------|--------|----------------------------|-----------|----|
| M 40 | 2.641 | Hans Mulders | PSV | 00 |
| M 45 | 3.270 | Nico Hellendoorn | Vet. Ned. | 99 |
| M 50 | 4.273 | Martin Regtop | Tion | 99 |
| M 50 | vacant | zonder limiet/speer 700gr. | | |
| M 55 | vacant | zonder limiet/speer 700gr. | | |
| M 60 | 3.400 | Jan Pronk | Trias | 99 |
| M 65 | 3.578 | Jan Smit | PSV | 99 |
| M 70 | 3.573 | Jan Oerlemans | AVN | 99 |
| M 70 | vacant | zonder limiet/speer 600gr. | | |
| M 75/80 | vacant | zonder limiet | | |
| V 35 | 3.498 | Gonny Mik | Argo'77 | 00 |
| V 40 | 3.617 | Tiny Hellendoorn | Isala'96 | 99 |
| V 45 | 4.024 | Tiny Hellendoorn | Isala'96 | 00 |
| V 50 | 3.800 | Annie van Anholt (sp.500) | Attila | 00 |
| V 50 | 4.113 | Annie van Anholt (sp.400) | Attila | 00 |
| V 55/70 | vacant | zonder limiet | | |

zevenkamp (heptathlon) in punten (Wava-tabel 1994)

| | | | | |
|---------|--------|----------------------------|--------|----|
| V 35/45 | vacant | zonder limiet | | |
| V 50 | vacant | zonder limiet (speer 500) | | |
| V 50 * | 5.555 | Corrie Roovers(speer400) | Sprint | 89 |
| V 55 | vacant | zonder limiet (speer 500) | | |
| V 55 | 6.298 | Corrie Roovers(speer 400) | Sprint | 91 |
| V 60 | vacant | limiet 6095 pt (H 68,6 cm) | | |
| V 60 | 6.095 | Rietje Dijkman (H 76cm) | AV'23 | 99 |
| V 65/70 | vacant | zonder limiet | | |

tienkamp (declathon) in punten (Wava-tabel 1994)

| | | | | |
|---------|--------|----------------------------|----------|----|
| M 40 | 6.259 | Frans van der Ham | Avantri | 99 |
| M 45 | 6.968 | Frans van der Ham | Avantri | 00 |
| M 50 | 6.747 | Wim de Ronde (sp.800) | Zaanland | 99 |
| M 50 | vacant | zonder limiet/speer 700gr. | | |
| M 55 | 5.079 | Kees van Giezen(sp.800) | GAC-H | 91 |
| M 55 | vacant | zonder limiet/speer 700gr. | | |
| M 60 | vacant | i.v.m. nieuwe speer 1999 | | |
| M 65 | 5.275 | Kees van Giezen | GAC-H | 99 |
| M 70/80 | vacant | zonder limiet | | |

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100 meter

| | | | | | | | |
|------|-------|--------------------|--------|------|---------|----------------|--------|
| M 40 | 10.61 | Stefan Burkart | SUI 00 | V 65 | 2.54.5 | Toni Borthwick | GBR 96 |
| M 45 | 11.23 | Stephen Peters | GBR 99 | V 70 | 3.10.72 | Nina Naumenko | RUS 96 |
| M 50 | 11.50 | Ronald Taylor | GBR 84 | | | | |
| M 55 | 11.57 | Ronald Taylor | GBR 91 | | | | |
| M 60 | 11.70 | Ronald Taylor | GBR 94 | | | | |
| M 65 | 12.71 | Allan Meddings | GBR 93 | | | | |
| M 70 | 13.27 | Wolfgang Reuter | GER 00 | | | | |
| M 75 | 13.64 | Fritz Assmy | GER 91 | | | | |
| M 80 | 14.66 | Fritz Assmy | GER 95 | | | | |
| V 35 | 11.37 | Galina Malchugina | RUS 98 | | | | |
| V 40 | 11.85 | Zdenka Musinska | CZE 97 | | | | |
| V 45 | 12.54 | Karin von Riewel | GER 96 | | | | |
| V 50 | 13.10 | Ingrid Meier | GER 97 | | | | |
| V 55 | 13.43 | Brunhilde Hoffmann | GER 95 | | | | |
| V 60 | 13.89 | Brunhilde Hoffmann | GER 99 | | | | |
| V 65 | 14.82 | Paula Schneiderhan | GER 88 | | | | |
| V 70 | 15.33 | Paula Schneiderhan | GER 94 | | | | |

200 meter

| | | | | | | | |
|------|--------------|-----------------------|---------------|--|--|--|--|
| M 40 | 22.27 | Stephen Peters | GBR 97 | | | | |
| M 45 | 22.21 | Stephen Peters | GBR 99 | | | | |
| M 50 | 22.91 | Ronald Taylor | GBR 86 | | | | |
| M 55 | 23.37 | Ronald Taylor | GBR 90 | | | | |
| M 60 | 24.00 | Ronald Taylor | GBR 94 | | | | |
| M 65 | 25.93 | Berthold Neumann | GER 96 | | | | |
| M 70 | 27.09 | Wolfgang Reuter | GER 00 | | | | |
| M 75 | 28.60 | Fritz Assmy | FRG 90 | | | | |
| M 80 | 31.08 | Fritz Assmy | GER 95 | | | | |
| V 35 | 23.01 | Galina Malchugina | RUS 98 | | | | |
| V 40 | 24.95 | Zdenka Musinska | CZE 97 | | | | |
| V 45 | 25.85 | Dagmar Fuhrman | GER 99 | | | | |
| V 50 | 26.52 | Vivien Bonner | GBR 99 | | | | |
| V 55 | 28.13 | Brunhilde Hoffmann | GER 96 | | | | |
| V 60 | 29.43 | Corrie Roovers | NED 96 | | | | |
| V 65 | 31.12 | Paula Schneiderhan | FRG 88 | | | | |
| V 70 | 32.24 | Paula Schneiderhan | GER 92 | | | | |

400 meter

| | | | | | | | |
|------|--------------|---------------------|---------------|--|--|--|--|
| M 40 | 48.10 | Rolf Gisler | SUI 95 | | | | |
| M 45 | 50.46 | Hanno Rheineck | FRG 87 | | | | |
| M 50 | 51.60 | Guido Müller | FRG 89 | | | | |
| M 55 | 53.04 | Guido Müller | GER 95 | | | | |
| M 60 | 54.65 | Guido Müller | GER 99 | | | | |
| M 65 | 57.52 | Berthold Neumann | GER 96 | | | | |
| M 70 | 61.29 | Wilhelm Selzer | GER 97 | | | | |
| M 75 | 68.24 | Fritz Assmy | FRG 90 | | | | |
| M 80 | 78.66 | Herbert Liedtke | SWE 96 | | | | |
| V 35 | 51.10 | Sandra Myers | ESP 96 | | | | |
| V 40 | 56.93 | Tilly Jacobs | NED 97 | | | | |
| V 45 | 57.91 | Barbara Blurton | GBR 95 | | | | |
| V 50 | 61.82 | Brunhilde Hoffmann | GER 92 | | | | |
| V 55 | 64.50 | Brunhilde Hoffmann | GER 95 | | | | |
| V 60 | 69.94 | Åse Nyland | NOR 95 | | | | |
| V 65 | 73.71 | Anna Mangler | FRG 89 | | | | |
| V 70 | 79.14 | Anna Mangler | GER 93 | | | | |

800 meter

| | | | | | | | |
|------|----------------|-------------------------|---------------|--|--|--|--|
| M 40 | 1.51.25 | Peter Browne | GBR 90 | | | | |
| M 45 | 1.56.16 | Ronald Mercelina | NED 91 | | | | |
| M 50 | 1.59.45 | Ronald Mercelina | NED 96 | | | | |
| M 55 | 2.05.1 | Reginald Phipps | GBR 97 | | | | |
| M 60 | 2.13.81 | Unto Mattsson | FIN 90 | | | | |
| M 65 | 2.18.70 | Berthold Neumann | GER 96 | | | | |
| M 70 | 2.32.37 | Dumitru Talmaciu | ROM 91 | | | | |
| M 75 | 2.45.82 | James Todd | GBR 97 | | | | |
| M 80 | 3.04.29 | Emiel Pauwels | BEL 99 | | | | |
| V 35 | 1.56.53 | Lyobov Gurina | RUS 94 | | | | |
| V 40 | 1.59.25 | Yekaterina Podkopayeva | RUS 94 | | | | |
| V 45 | 2.02.82 | Yekaterina Podkopayeva | RUS 98 | | | | |
| V 50 | 2.21.05 | Barbara Lehmann | GER 92 | | | | |
| V 55 | 2.22.47 | Carolyn Oxtan | GBR 98 | | | | |
| V 60 | 2.36.94 | Gerda van Kooten | NED 99 | | | | |

1500 meter

| | | | |
|------|----------------|-------------------------|---------------|
| M 40 | 3.46.7 | David Moorcroft | GBR 93 |
| M 45 | 3.58.3 | Peter Molloy | GBR 95 |
| M 50 | 4.09.52 | Ronald Mercelina | NED 96 |
| M 55 | 4.14.33 | Günther Hesselmann | FRG 81 |
| M 60 | 4.32.1 | Siem Herlaar | NED 89 |
| M 65 | 4.39.87 | Siem Herlaar | NED 94 |
| M 70 | 4.57.65 | Siem Herlaar | NED 99 |
| M 75 | 5.39.12 | Rune Bergman | SWE 00 |
| M 80 | 6.16.13 | Fritz Helber | FRG 86 |
| V 35 | 3.57.73 | Maricica Puica | ROM 85 |
| V 40 | 3.59.78 | Yekaterina Podkopayeva | RUS 94 |
| V 45 | 4.05.44 | Yekaterina Podkopayeva | RUS 98 |
| V 50 | 4.43.10 | Jutta Pedersén | SWE 97 |
| V 55 | 4.57.4 | Carolyn Oxtan | GBR 98 |
| V 60 | 5.24.72 | Gerda van Kooten | NED 99 |
| V 65 | 5.57.74 | Melitta Czerwenka | GER 97 |
| V 70 | 6.14.52 | Nina Naumenko | RUS 95 |

3000 meter

| | | | |
|------|-----------------|------------------------|---------------|
| M 40 | 8.05.08 | Martti Vainio | FIN 91 |
| M 45 | 8.27.7 | Nigel Gates | GBR 98 |
| M 50 | 8.53.7 | Josef Kurz | FRG 89 |
| M 55 | 9.01.8 | Günther Hesselmann | FRG 81 |
| M 60 | 9.36.5 | Siem Herlaar | NED 90 |
| M 65 | 9.49.5 | Siem Herlaar | NED 94 |
| M 70 | 10.42.40 | Siem Herlaar | NED 99 |
| M 75 | 12.30.9 | Heinrich Schultz | FRG 88 |
| M 80 | 13.17.0 | Fritz Helber | FRG 86 |
| V 35 | 8.27.83 | Maricica Puica | ROM 87 |
| V 40 | 9.11.2 | Joyce Smith | GBR 78 |
| V 45 | 9.17.27 | Yekaterina Podkopayeva | RUS 97 |
| V 50 | 10.11.5 | Jutta Pedersén | SWE 97 |
| V 55 | 10.47.94 | Edeltraud Pohl | GER 91 |
| V 60 | 12.01.65 | Denise Alfvoet | BEL 96 |
| V 65 | 12.32.44 | Melitta Czerwenka | GER 96 |
| V 70 | 13.50.8 | Jose Waller | GBR 92 |

5000 meter

| | | | |
|------|----------|--------------------|--------|
| M 40 | 13.45.6 | Lucien Rault | FRA 76 |
| M 45 | 14.23.6 | Lucien Rault | FRA 92 |
| M 50 | 15.06.0 | Jean van Onselen | BEL 84 |
| M 55 | 15.42.35 | Günther Hesselmann | FRG 81 |
| M 60 | 16.24.0 | Stephen James | GBR 98 |
| M 65 | 17.13.8 | Rune Bergman | SWE 90 |
| M 70 | 18.51.26 | Rune Bergman | SWE 95 |
| M 75 | 20.00.13 | James Todd | GBR 97 |
| M 80 | 23.06.93 | Fritz Helber | FRG 86 |
| V 35 | 15.12.13 | Teresa Recio | ESP 99 |
| V 40 | 15.51.7 | Nicole Leveque | FRA 94 |
| V 45 | 15.55.71 | Nicole Leveque | FRA 96 |
| V 50 | 17.17.02 | Jutta Pedersén | SWE 97 |
| V 55 | 18.32.5 | Edeltraud Pohl | GER 92 |
| V 60 | 19.47.91 | Edeltraud Pohl | GER 97 |
| V 65 | 21.30.10 | Melitta Czerwenka | GER 95 |
| V 70 | 23.21.1 | Jose Waller | GBR 92 |

10.000 meter

| | | | |
|------|----------|-------------------|--------|
| M 40 | 28.30.88 | Martti Vainio | FIN 91 |
| M 45 | 30.16.8 | Alain Mimoun | FRA 66 |
| M 50 | 31.42.61 | Kjell-Erik Ståhl | SWE 96 |
| M 55 | 32.38.92 | Rolf Conzelmann | GER 88 |
| M 60 | 34.14.88 | Luciano Acquarone | ITA 91 |
| M 65 | 36.32.64 | Francisco Vicente | POR 98 |
| M 70 | 38.31.50 | Akhmet Siraziev | RUS 98 |
| M 75 | 42.03.4 | David Morrison | GBR 89 |
| M 80 | 47.44.60 | Fritz Helber | FRG 86 |

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| | | | | | | | | | |
|---|--------------|------------------------|------------|-----------|------|----------|-------------------|-----|----|
| V 35 | 31.20.28 | Ingrid Kristiansen | NOR | 91 | M 75 | 27.40.0 | James Grimwade | GBR | 87 |
| V 40 | 32.12.07 | Nicole Leveque | FRA | 94 | M 80 | 29.24.1 | James Grimwade | GBR | 92 |
| V 45 | 32.34.05 | Evy Palm | SWE | 88 | V 35 | 21.43.06 | Tamara Kovalenko | RUS | 99 |
| V 50 | 35.37.0 | Valborg Östberg | NOR | 81 | V 40 | 22.49.06 | Susanne Griesbach | FRA | 87 |
| V 55 | 37.47.95 | Edeltraud Pohl | GER | 92 | V 45 | 24.29.1 | Susanne Griesbach | FRA | 91 |
| V 60 | 41.38.0 | Edeltraud Pohl | GER | 97 | V 50 | 25.01.6 | Heidi Mäder | SUI | 97 |
| V 65 | 44.20.9 | Lieselotte Schultz | FRG | 85 | V 55 | 25.28.0 | Olga Meyer | FRG | 85 |
| V 70 | 48.10.98 | Jose Waller | GBR | 93 | V 60 | 26.38.0 | Olga Meyer | FRG | 89 |
| | | | | | V 65 | 28.38.1 | Britta Tibbling | SWE | 84 |
| | | | | | V 70 | 30.05.0 | May Bengtsson | SWE | 90 |
| steeplechase (3000 t/m M55 en de rest is 2000 meter) | | | | | | | | | |
| M 40 | 8.41.5 | Gaston Roelants | BEL | 77 | | | | | |
| M 45 | 9.16.1 | Nils Undersåker | NOR | 84 | | | | | |
| M 50 | 9.38.8 | Nils Undersåker | NOR | 89 | | | | | |
| M 55 | 10.29.73 | Nils Undersåker | NOR | 95 | | | | | |
| M 60 | 7.01.22 | Nils Undersåker | NOR | 00 | | | | | |
| M 65 | 7.25.10 | Francisco Vincente | POR | 98 | | | | | |
| M 70 | 8.35.74 | Martino Cuder | ITA | 98 | | | | | |
| M 75 | 10.11.95 | Adriano Gomez | POR | 98 | | | | | |
| M 80 | 12.27.00 | Giovanni Bonora | ITA | 95 | | | | | |
| V 35 | 6.31.25 | Marina Pluzhnikova | RUS | 98 | | | | | |
| V 40 | 7.20.85 | Teena Colebrook | GBR | 97 | | | | | |
| V 45 | 7.54.67 | Jennifer Chambers | GBR | 99 | | | | | |
| V 50 | 8.44.15 | Margaret Auerback | GBR | 99 | | | | | |
| V 55 | 9.42.09 | Miloslava Rocnakova | CZE | 00 | | | | | |
| V 60 | vacant | | | | | | | | |
| V 65 | 11.56.57 | Ulla Seger | SWE | 97 | | | | | |
| korte horden (rec.V60+ 76,2 blijven tot verb. 68,6 cm) | | | | | | | | | |
| M 40 (99,1) | 14.16 | Carlos Sala Molera | ESP | 00 | | | | | |
| M 45 | 15.43 | Michalis Malatidis | GRE | 90 | | | | | |
| M 50 (91,4) | 14.24 | Rolf Geese | GER | 94 | | | | | |
| M 55 | 14.75 | Rolf Geese | GER | 99 | | | | | |
| M 60 (84,0) | 15.20 | Guido Müller | GER | 99 | | | | | |
| M 65 | 17.41 | Ian Steedman | GBR | 93 | | | | | |
| M 70 (76,2) | 14.00 | Hannu Suoknuuti | FIN | 97 | | | | | |
| M 75 | 14.84 | Reino Taskinen | FIN | 94 | | | | | |
| M 80 (68,6) | 18.26 | Reino Taskinen | FIN | 97 | | | | | |
| V 35 (84,0) | 12.47 | Ludmilla Enqvist | SWE | 99 | | | | | |
| V 40 (76,2) | 11.60 | Anke Moritz | GER | 00 | | | | | |
| V 45 | 12.34 | Riny Hagenaars | NED | 97 | | | | | |
| V 50 | 13.02 | Corrie Roovers | NED | 87 | | | | | |
| V 55 | 12.31 | Helgi Lamp | EST | 99 | | | | | |
| V 60 (68,6) | 13.89 | Corrie Roovers | NED | 96 | | | | | |
| V 65 | 14.91 | Lelli Kaas | EST | 00 | | | | | |
| V 70 | 20.96 | Kaleria Gomberadze | RUS | 99 | | | | | |
| lange horden (rec.V60+/M70+ 76,2 blijft tot verb.68,6cm) | | | | | | | | | |
| M 40 (91,4) | 53.20 | Howard Moscrop | GBR | 99 | | | | | |
| M 45 | 55.18 | Guido Müller | FRG | 86 | | | | | |
| M 50 (84,0) | 58.77 | Walter Bauer | GER | 92 | | | | | |
| M 55 | 58.92 | Guido Müller | GER | 95 | | | | | |
| M 60 (76,2) | 42.31 | Guido Müller | GER | 99 | | | | | |
| M 65 | 46.97 | Hannu Suoknuuti | FIN | 91 | | | | | |
| M 70 (68,6) | 52.22 | Hannu Suoknuuti | FIN | 96 | | | | | |
| M 75 | 57.69 | Gudmund Skrivervik | NOR | 97 | | | | | |
| M 80 | 71.61 | Reino Taskinen | FIN | 97 | | | | | |
| V 35 (76,2) | 52.94 | Marina Stepanova | URS | 86 | | | | | |
| V 40 | 62.08 | Maria Jesus Sanguos | ESP | 95 | | | | | |
| V 45 | 66.02 | Marjorie Hocknell | GBR | 89 | | | | | |
| V 50 (76,2) | 48.43 | Marjorie Hocknell | GBR | 94 | | | | | |
| V 55 | 52.11 | Corrie Roovers | NED | 91 | | | | | |
| V 60 (68,6) | 53.05 | Corrie Roovers | NED | 95 | | | | | |
| V 65 | 65.74 | Gerd Mjelde | NOR | 99 | | | | | |
| 5000 meter snelwandelen | | | | | | | | | |
| M 40 | 20.39.09 | Gérard Lelievre | FRA | 92 | | | | | |
| M 45 | 21.16.0 | Gérard Lelievre | FRA | 95 | | | | | |
| M 50 | 21.55.0 | Aaro Nokela | FIN | 85 | | | | | |
| M 55 | 22.44.5 | Vladimir Gulubnitshij | URS | 91 | | | | | |
| M 60 | 24.07.71 | Gerhard Weidner | GER | 95 | | | | | |
| M 65 | 25.05.02 | Gerhard Weidner | GER | 99 | | | | | |
| M 70 | 26.56.0 | James Grimwade | GBR | 86 | | | | | |
| hoogspringen | | | | | | | | | |
| M 40 | 2.07 | Istvan Major | HUN | 90 | | | | | |
| | 2.07 | Jindrich Kondra | CZE | 97 | | | | | |
| | 2.07 | Christian Klemenczak | FRA | 98 | | | | | |
| M 45 | 2.00 | Asko Pesonen | FIN | 88 | | | | | |
| M 50 | 1.98 | Thomas Zacharias | GER | 97 | | | | | |
| M 55 | 1.83 | Jaroslav Hanus | CZE | 98 | | | | | |
| M 60 | 1.70 | Horst Mandl | AUT | 96 | | | | | |
| M 65 | 1.58 | Nils-Bertil Nevrup | SWE | 93 | | | | | |
| M 70 | 1.50 | Nils-Bertil Nevrup | SWE | 97 | | | | | |
| M 75 | 1.44 | Esko Kolhonen | FIN | 89 | | | | | |
| M 80 | 1.34 | Emmerich Zensch | AUT | 00 | | | | | |
| V 35 | 1.92 | Yelewa Panikarovskikh | RUS | 96 | | | | | |
| V 40 | 1.72 | Carmen Karg | GER | 95 | | | | | |
| V 45 | 1.68 | Carmen Karg | GER | 00 | | | | | |
| V 50 | 1.55 | Weia Reinboud | NED | 00 | | | | | |
| V 55 | 1.46 | Renate Vogel | GER | 00 | | | | | |
| V 60 | 1.38 | Christiane Schmalbruch | GER | 97 | | | | | |
| V 65 | 1.25 | Elsa Enarsson | SWE | 95 | | | | | |
| V 70 | 1.20 | Christel Happ | GER | 00 | | | | | |
| polshoog | | | | | | | | | |
| M 40 | 5.21 | Kjell Isaksson | SWE | 89 | | | | | |
| M 45 | 4.80 | Wolfgang Ritte | GER | 98 | | | | | |
| M 50 | 4.40 | Hans Lagerqvist | SWE | 90 | | | | | |
| M 55 | 4.26 | Hans Lagerqvist | SWE | 96 | | | | | |
| M 60 | 3.90 | Herbert Schmidt | FRG | 71 | | | | | |
| M 65 | 3.61 | Robert Brown | GBR | 97 | | | | | |
| M 70 | 3.30 | Herbert Schmidt | FRG | 80 | | | | | |
| M 75 | 2.61 | Aarne Ketonen | FIN | 92 | | | | | |
| M 80 | 2.32 | Ahti Pajunen | FIN | 91 | | | | | |
| V 35 | 4.22 | Gabriela Mihalcea | ROM | 99 | | | | | |
| V 40 | 3.20 | Marie-Claire Fabardine | FRA | 96 | | | | | |
| | 3.20 | Jennifer Cunnane | GBR | 97 | | | | | |
| V 45 | 2.60 | Ute Ritte | GER | 98 | | | | | |
| | 2.60 | Karin Funke | GER | 99 | | | | | |
| V 50 | 2.90 | Pat McNab | GBR | 93 | | | | | |
| V 55 | 2.40 | Diethild Nix | GER | 99 | | | | | |
| | 2.40 | Pirkko Pitkänen | FIN | 00 | | | | | |
| V 60 | 2.10 | Dorothy Mc Lennan | IRL | 96 | | | | | |
| verspringen | | | | | | | | | |
| M 40 | 7.57 | Hans Schicker | FRG | 89 | | | | | |
| M 45 | 7.27 | Tapani Taavitsainen | FIN | 90 | | | | | |
| M 50 | 6.84 | Tapani Taavitsainen | FIN | 94 | | | | | |
| M 55 | 6.35 | Stig Bäcklund | FIN | 95 | | | | | |
| M 60 | 5.85 | Stig Bäcklund | FIN | 00 | | | | | |
| M 65 | 5.43 | Hans Bitter | FRG | 86 | | | | | |
| M 70 | 5.15 | Wolfgang Reuter | AUT | 00 | | | | | |
| M 75 | 4.44 | Willi Ramm | GER | 90 | | | | | |
| M 80 | 3.95 | Aate Lehtimäki | FIN | 99 | | | | | |
| V 35 | 6.99 | Heike Drechsler | GER | 00 | | | | | |
| V 40 | 6.21 | Ciska Jansen | NED | 85 | | | | | |
| V 45 | 5.59 | Karin von Riewel | GER | 97 | | | | | |
| V 50 | 5.10 | Silke Mattelson | GER | 94 | | | | | |
| V 55 | 4.84 | Christiane Schmalbruch | GER | 95 | | | | | |
| V 60 | 4.75 | Christiane Schmalbruch | GER | 97 | | | | | |
| V 65 | 4.07 | Hildegund Bürkle | GER | 99 | | | | | |
| V 70 | 4.15 | Paula Schneiderhan | GER | 94 | | | | | |

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hinkstapspringen

| | | | | |
|-------------|--------------|------------------------|------------|-----------|
| M 40 | 15.58 | Wolfgang Knabe | GER | 99 |
| M 45 | 14.18 | Stig Bäcklund | FIN | 87 |
| M 50 | 14.07 | Stig Bäcklund | FIN | 90 |
| M 55 | 13.85 | Stig Bäcklund | FIN | 95 |
| | 12.68 | Stig Bäcklund | FIN | 00 |
| M 65 | 11.94 | Hermann Strauss | GER | 96 |
| M 70 | 10.41 | Vaclav Bartl | SWE | 96 |
| M 75 | 9.78 | Esko Kolhonen | FIN | 89 |
| M 80 | 8.00 | Esko Kolhonen | FIN | 95 |
| V 35 | 14.02 | Galina Chistyakova | SVK | 97 |
| V 40 | 12.29 | Petra Herrmann | GER | 00 |
| V 45 | 11.23 | Danielle Desmier | FRA | 95 |
| V 50 | 10.16 | Weia Reinboud | NED | 00 |
| V 55 | 9.93 | Christiane Schmalbruch | GER | 94 |
| V 60 | 10.03 | Christiane Schmalbruch | GER | 97 |
| V 65 | 8.33 | Astri Forde | NOR | 99 |
| V 70 | 6.78 | Kaleria Gomberadze | RUS | 99 |

kogelstoten

| | | | | |
|-------------|-------|-------------------------|-----|----|
| M 40 (7,26) | 20.44 | Ivan Ivancic | YUG | 80 |
| M 45 | 20.77 | Ivan Ivancic | YUG | 83 |
| M 50 (6) | 18.45 | Klaus Liedtke | GER | 91 |
| M 55 | 17.38 | Klaus Liedtke | GER | 96 |
| M 60 (5) | 17.22 | Franz Ratzer | AUT | 99 |
| M 65 | 14.43 | Torsten von Wachenfeldt | SWE | 93 |
| M 70 (4) | 14.80 | Torsten von Wachenfeldt | SWE | 00 |
| M 75 | 13.11 | Erik Eriksson | FIN | 99 |
| M 80 | 11.88 | Franz Meier | SUI | 99 |
| V 35 | 21.42 | Svetlana Krachevskaya | URS | 80 |
| V 40 | 19.05 | Antonia Ivanova | URS | 73 |
| V 45 | 16.95 | Zdenka Silhava | CZE | 99 |
| V 50 (3) | 14.82 | Sigrun Kofink | FRG | 85 |
| V 55 | 14.47 | Sigrun Kofink | GER | 91 |
| V 60 | 13.20 | Sigrun Kofink | GER | 97 |
| V 65 | 11.85 | Sigrun Kofink | GER | 00 |
| V 70 | 9.57 | Marianne Hamm | GER | 98 |

discuswerpen (M40/45=2, M50=1,5 en de rest is 1 kg)

| | | | | |
|------|-------|-----------------------|-----|----|
| M 40 | 65.81 | Jürgen Schult | GER | 00 |
| M 45 | 62.52 | Knut Hjeltnes | NOR | 97 |
| M 50 | 63.58 | Klaus Liedtke | GER | 97 |
| M 55 | 62.49 | Klaus Liedtke | GER | 99 |
| M 60 | 63.26 | Klaus Albers | GER | 00 |
| M 65 | 55.62 | Konstantin Maksimczyk | GBR | 79 |
| M 70 | 49.34 | Kauko Jouppila | FIN | 91 |
| M 75 | 45.68 | Kauko Jouppila | FIN | 96 |
| M 80 | 37.86 | Osmo Renvall | FIN | 91 |
| V 35 | 69.60 | Faina Melnik | URS | 80 |
| V 40 | 63.70 | Helgi Parts | URS | 80 |
| V 45 | 64.09 | Zdenka Silhava | CZE | 99 |
| V 50 | 45.48 | Ingrid Miller | SWE | 92 |
| V 55 | 43.36 | Tamara Danilova | RUS | 96 |
| V 60 | 39.08 | Anne-Chatrine Rühlow | GER | 97 |
| V 65 | 34.34 | Rosemary Chrimes | GBR | 98 |
| V 70 | 27.54 | Marianne Hamm | GER | 98 |

kogelslingeren (M40/45=7,26, M50/55=6, V50/70=3, rest 4 kg)

| | | | | |
|------|-------|-----------------------|-----|----|
| M 40 | 75.66 | Yuri Sedykh | RUS | 95 |
| M 45 | 62.86 | Strecko Stigilic | YUG | 88 |
| M 50 | 63.56 | Hans Pötsch | AUT | 87 |
| M 55 | 63.70 | Hans Pötsch | AUT | 90 |
| M 60 | 61.70 | Eugen Waltercrantz | SWE | 99 |
| M 65 | 53.32 | Karl-Heinz Wendel | GER | 96 |
| M 70 | 50.72 | Pentti Saarikoski | FIN | 96 |
| M 75 | 45.92 | Aarne Miettinen | FIN | 88 |
| M 80 | 33.40 | Olavi Pursiainen | FIN | 00 |
| V 35 | 61.68 | Lyubov Karpova | RUS | 94 |
| V 40 | 50.01 | Margrith Duss-Mueller | SUI | 99 |
| V 45 | 45.76 | Annie Bellanger | FRA | 96 |
| V 50 | 51.36 | Inge Faldager | DEN | 98 |
| V 55 | 45.91 | Gudrun Mellman | GER | 98 |
| V 60 | 46.04 | Jutta Schäfer | GER | 95 |

speerwerpen (600 gr. is nieuw ingaande 1999)

| | | | | |
|------------|-------|---------------------|-----|----|
| M 40 (800) | 78.84 | Jorma Markus | FIN | 94 |
| M 45 | 67.92 | Jorma Markus | FIN | 00 |
| M 50 (700) | 65.77 | Esa Kiuri | FIN | 00 |
| M 55 | 62.32 | Kauko Tuisko | FIN | 00 |
| M 60 (600) | 57.91 | Wladyslav Kowalczyk | GER | 99 |
| M 65 | 47.07 | Vladimir Poskocil | CZE | 99 |
| M 70 (500) | 48.34 | Härje Noreborn | SWE | 99 |
| M 75 | 40.17 | Erik Eriksson | FIN | 00 |
| M 80 (400) | 35.83 | Viljo Kyrrö | FIN | 99 |
| V 35 (600) | 61.05 | Genowefa Patla | POL | 99 |
| V 40 | 53.02 | Elisabeth Wahlander | SWE | 00 |
| V 45 | 37.79 | Jean Lintern | GBR | 99 |
| V 50 (500) | 36.98 | Anneli Virkkala | FIN | 00 |
| V 55 | 39.91 | Renate Vogel | GER | 00 |
| V 60 (400) | 41.28 | Gertraud Schönauer | AUT | 97 |
| V 65 | 34.48 | Birute Kaliediene | LIT | 98 |
| V 70 | 28.20 | Jo Ogden | GBR | 97 |

gewichtwerpen

| | | | | |
|--------------|-------|-------------------|-----|----|
| M 40 (15,88) | 18.66 | Vassilios Maganas | GRE | 94 |
| M 45 | 17.76 | Vassilios Maganas | GRE | 00 |
| M 50 (11,34) | 21.57 | Arild Busterud | NOR | 99 |
| M 55 | 19.73 | Heimo Viertbauer | AUT | 99 |
| M 60 (9,072) | 21.91 | Arne Lothe | NOR | 99 |
| M 65 | 17.95 | Rickard Rzehak | GER | 98 |
| M 70 (7,256) | 17.47 | Rickard Rzehak | GER | 00 |
| M 75 | 16.54 | Artur Dreher | GER | 97 |
| M 80 (5,449) | 15.39 | Erling Svennevik | NOR | 99 |
| V 35 (9,072) | 15.06 | Cornelia Uthe | GER | 94 |
| V 40 | 14.02 | Tamara Bonfetova | RUS | 94 |
| V 45 | 14.84 | Inge Faldager | DEN | 94 |
| V 50 (7,258) | 15.40 | Inge Faldager | DEN | 98 |
| V 55 | 17.02 | Evaun Williams | GBR | 94 |
| V 60 (5,449) | 16.23 | Evaun Williams | GBR | 98 |
| V 65 | 16.09 | Jutta Schäfer | GER | 98 |
| V 70 | 10.90 | Kaija Jortikka | FIN | 98 |

10 km weg (beste prestaties, geen records)

| | | | | |
|-------------|--------------|------------------------|------------|-----------|
| M 40 | 29.00 | Pierre Levisse | FRA | 92 |
| M 45 | 30.15 | Alexandre Gonzales | FRA | 96 |
| M 50 | 31.57 | Alan Roper | GBR | 96 |
| M 55 | 33.05 | Les Presland | GBR | 94 |
| M 60 | 34.08 | Anatoly Prisyaznuk | UKR | 97 |
| M 65 | 35.59 | Wil van der Lee | NED | 96 |
| M 70 | 39.33 | Karel Urbanek | CZE | 97 |
| M 75 | 43.17 | Heinrich Gutbier | GER | 99 |
| M 80 | 48.20 | Gordon Porteus | GBR | 95 |
| V 35 | 31.54 | Katrin Dörre | GER | 99 |
| V 40 | 32.14 | Priscilla Welch | GBR | 85 |
| V 45 | 33.52 | Nicole Leveque | FRA | 96 |
| V 50 | 36.25 | Janette Stevenson | GBR | 99 |
| V 55 | 38.37 | Irene Six | FRA | 96 |
| V 60 | 41.09 | Edeltraud Pohl | GER | 97 |
| V 65 | 44.20 | Myfanwy Loudon | GBR | 99 |
| V 70 | 49.35 | Guisseppina Gurtner | SUI | 96 |

1/2 marathon (beste prestaties, geen records)

| | | | | |
|-------------|----------------|------------------------|------------|-----------|
| M 40 | 1.03.12 | Mohamed Youkmane | FRA | 92 |
| M 45 | 1.04.57 | Alexandre Gonzalez | FRA | 96 |
| M 50 | 1.07.09 | Tecwyn Davies | GBR | 88 |
| M 55 | 1.12.33 | Piet van Alphen | NED | 86 |
| M 60 | 1.15.18 | Lars Strandh | SWE | 91 |
| M 65 | 1.17.13 | Wil van der Lee | NED | 97 |
| M 70 | 1.25.04 | John Keston | GBR | 94 |
| M 75 | 1.34.43 | Georg Gabriel | GER | 96 |
| M 80 | 1.48.42 | Torsten Ståle | SWE | 97 |

Europese baanrecords + beste prest. weg per 1-1-2001

| | | | | |
|------|---------|--------------------|-----|----|
| V 35 | 1.09.05 | Ingrid Kristiansen | NOR | 91 |
| V 40 | 1.11.35 | Nicole Leveque | FRA | 94 |
| V 45 | 1.11.18 | Evy Palm | SWE | 88 |
| V 50 | 1.18.45 | Jutta Pedersén | SWE | 97 |
| V 55 | 1.25.08 | Evy Palm | SWE | 97 |
| V 60 | 1.33.29 | Edeltraud Pohl | GER | 97 |
| V 65 | 1.38.57 | Melitta Czerwenka | GER | 95 |
| V 70 | 2.01.48 | Nina Naoumenko | RUS | 97 |

10 km snelw. weg (beste prestaties, geen records)

| | | | | |
|------|-------|-------------------|-----|----|
| V 35 | 44.52 | Santa Compagnoni | ITA | 99 |
| V 40 | 47.03 | Susanne Griesbach | FRA | 90 |
| V 45 | 48.32 | Susanne Griesbach | FRA | 90 |
| V 50 | 51.56 | Heidi Mäder | SUI | 97 |
| V 55 | 54.24 | Waltraud Seiler | GER | 96 |
| V 60 | 55.58 | Olga Meyer | FRG | 89 |
| V 65 | 58.41 | Britta Tibbling | SWE | 86 |
| V 70 | 60.18 | Britta Tibbling | SWE | 88 |

marathon (beste prestaties, geen records)

| | | | | |
|------|---------|------------------------|---------------|----|
| M 40 | 2.12.33 | Kjell-Erik Ståhl | SWE | 86 |
| M 45 | 2.15.51 | Kjell-Erik Ståhl | SWE | 91 |
| M 50 | 2.22.14 | Piet van Alphen | NED 83 | |
| M 55 | 2.27.54 | Piet van Alphen | NED 85 | |
| M 60 | 2.38.15 | Luciano Acquarone | ITA | 91 |
| M 65 | 2.44.26 | Wil van der Lee | NED 95 | |
| M 70 | 3.02.47 | Sergio Agnoli | ITA | 96 |
| M 75 | 3.23.12 | Gordon Porteous | GBR | 89 |
| M 80 | 4.08.10 | André Osselaer | BEL | 96 |
| V 35 | 2.24.35 | Katrin Dörre | GER | 99 |
| V 40 | 2.26.51 | Priscilla Welch | GBR | 87 |
| V 45 | 2.31.05 | Evy Palm | SWE | 89 |
| V 50 | 2.48.47 | Edeltraud Pohl | FRG | 88 |
| V 55 | 3.01.31 | Denise Alfvoet | BEL | 90 |
| V 60 | 3.14.56 | Christa Wulf | GER | 97 |
| V 65 | 3.28.10 | Lieselotte Schultz | FRG | 85 |
| V 70 | 3.48.14 | Pat Trickett | GBR | 93 |

20 km snelw. weg (beste prestaties, geen records)

| | | | | |
|------|---------|-------------------------|-----|----|
| M 40 | 1.22.56 | Josep Marin | ESP | 90 |
| M 45 | 1.28.34 | Karl Degener | FRG | 89 |
| M 50 | 1.33.46 | Dieter Zschiesche | GER | 91 |
| M 55 | 1.36.20 | Gerhard Weidner | FRG | 89 |
| M 60 | 1.37.46 | Gerhard Weidner | GER | 93 |
| M 65 | 1.43.34 | Gerhard Weidner | GER | 98 |
| M 70 | 1.58.10 | James Grimwade | GBR | 86 |
| M 75 | 1.56.02 | James Grimwade | GBR | 87 |
| M 80 | 2.04.49 | James Grimwade | GBR | 92 |
| V 35 | 1.29.21 | Tamara Kovalenko | RUS | 99 |
| V 40 | 1.47.10 | Lioudmila Nitiagovskaya | RUS | 96 |
| V 45 | 1.48.25 | Vieno Heikkilä | FIN | 85 |
| V 50 | 1.49.17 | Heidi Mäder | SUI | 96 |
| V 55 | 1.48.32 | Heidi Mäder | SUI | 99 |
| V 60 | 2.04.34 | Mary Worth | GBR | 89 |
| V 65 | 2.12.02 | Olga Meyer | GER | 93 |
| V 70 | 2.28.50 | Ursula Theune | GER | 96 |

30 km snelw. weg (beste prestaties, geen records)

| | | | | |
|------|---------|-------------------|-----|----|
| M 40 | 2.10.26 | Josep Marin | ESP | 90 |
| M 45 | 2.29.02 | Gérard Lelievre | FRA | 96 |
| M 50 | 2.31.44 | Bernard Binggeli | SUI | 96 |
| M 55 | 2.37.44 | Dieter Zschiesche | GER | 96 |
| M 60 | 2.49.36 | Romolo Pellicia | ITA | 97 |
| M 65 | 2.52.11 | Gerhard Weidner | GER | 99 |
| M 70 | 3.05.10 | Albert Sturni | FRA | 93 |
| M 75 | 3.20.38 | Charles Colman | GBR | 96 |
| M 80 | 3.24.40 | James Grimwade | GBR | 96 |

WAVA wereldrecords per 1-1-2001 bijgewerkt t/m 1 augustus 2000

100 meter

| | | |
|------|-------|--------------------|
| M 40 | 10.6 | Eddie Hart |
| M 45 | 11.0 | Thane Baker |
| M 50 | 11.2 | Ken Dennis |
| M 55 | 11.57 | Ron Taylor |
| M 60 | 11.70 | Ron Taylor |
| M 65 | 12.5 | Bernard Hogan |
| M 70 | 12.91 | Payton Jordan |
| M 75 | 13.4 | Payton Jordan |
| M 80 | 14.35 | Payton Jordan |
| V 35 | 10.74 | Marlene Ottey |
| V 40 | 11.99 | Zdenke Mosika |
| V 45 | 12.50 | Phil Raschker |
| V 50 | 12.50 | Phil Raschker |
| V 55 | 13.43 | Brunhilde Hoffmann |
| V 60 | 13.9 | Shirley Peterson |
| V 65 | 14.29 | Irene Obera |
| V 70 | 15.33 | Paula Schneiderhan |

| | | | |
|-----|----|------|---------|
| USA | 89 | V 55 | 2.22.47 |
| USA | 80 | V 60 | 2.36.94 |
| USA | 87 | V 65 | 2.51.41 |
| GBR | 91 | V 70 | 3.10.72 |

| | | |
|-------------------------|------------|-----------|
| Caroly Oxton | GBR | 98 |
| Gerda van Kooten | NED | 99 |
| Jean Horne | CAN | 99 |
| Nina Naumenko | RUS | 96 |

1500 meter

| | |
|------|---------|
| M 40 | 3.47.64 |
| M 45 | 3.58.3 |
| M 50 | 4.05.2 |
| M 55 | 4.12.5 |
| M 60 | 4.28.66 |
| M 65 | 4.39.87 |
| M 70 | 4.57.65 |
| M 75 | 5.22.7 |
| M 80 | 6.04.28 |
| V 35 | 3.57.73 |
| V 40 | 3.59.78 |
| V 45 | 4.05.44 |
| V 50 | 4.43.10 |
| V 55 | 4.57.4 |
| V 60 | 5.24.72 |
| V 65 | 5.57.74 |
| V 70 | 6.14.52 |

| | | |
|-------------------------|------------|-----------|
| Steve Scott | USA | 96 |
| Peter Molloy | GBR | 95 |
| Tom Roberts | AUS | 84 |
| Ron Robertson | NZL | 97 |
| Derek Turnbull | NZL | 89 |
| Siem Herlaar | NED | 94 |
| Siem Herlaar | NED | 99 |
| Yoshimitsu Miyauchi | JPN | 99 |
| Ed Benham | USA | 87 |
| Maricica Puica | ROM | 85 |
| Yekaterina Podkopayeva | RUS | 94 |
| Yekaterina Podkopayeva | RUS | 98 |
| Jutta Pedersén | SWE | 97 |
| Caroly Oxton | GBR | 98 |
| Gerda van Kooten | NED | 99 |
| Melitta Czarwenka | GER | 97 |
| Nina Naumenko | RUS | 95 |

200 meter

| | | |
|------|-------|-----------------------|
| M 40 | 21.86 | Bill Collins |
| M 45 | 22.21 | Stephen Peters |
| M 50 | 22.91 | Ron Taylor |
| M 55 | 23.37 | Ron Taylor |
| M 60 | 24.00 | Ron Taylor |
| M 65 | 25.6 | Bernard Hogan |
| M 70 | 26.8 | Payton Jordan |
| M 75 | 28.14 | Payton Jordan |
| M 80 | 30.89 | Payton Jordan |
| V 35 | 21.93 | Marlene Ottey |
| V 40 | 24.84 | Phil Raschker |
| V 45 | 25.46 | Phil Raschker |
| V 50 | 25.72 | Phil Raschker |
| V 55 | 28.13 | Brunh. Hoffmann |
| V 60 | 29.43 | Corrie Roovers |
| V 65 | 30.46 | Irene Obera |
| V 70 | 32.24 | Paula Schneiderhan |

| | | | |
|-----|----|------|---------|
| USA | 92 | V 55 | 5.24.72 |
| GBR | 99 | V 60 | 5.57.74 |
| GBR | 86 | V 65 | 6.14.52 |
| GBR | 91 | V 70 | |

| | | |
|------------------------|------------|-----------|
| David Moorcroft | GBR | 93 |
| David Sirl | AUS | 87 |
| Tom Roberts | AUS | 87 |
| Jack Ryan | AUS | 77 |
| Joop Rüter | NED | 93 |
| Derek Turnbull | NZL | 92 |
| Siem Herlaar | NED | 99 |
| Scotty Carter | USA | 92 |
| Paul Spangler | USA | 80 |
| Maricica Puica | ROM | 85 |
| Yekaterina Podkopayeva | URS | 93 |
| Yekaterina Podkopayeva | URS | 97 |
| Elaine Statham | GBR | 95 |
| Corrie Keijsers | NED | 98 |
| Yvette LaVigne | USA | 00 |
| Rosamund Dashwood | CAN | 89 |
| Pat Dixon | USA | 89 |

400 meter

| | | |
|------|-------|------------------|
| M 40 | 48.10 | Rolf Giesler |
| M 45 | 50.20 | Fred Sowerby |
| M 50 | 51.39 | Fred Sowerby |
| M 55 | 52.6 | Ralph Romain |
| M 60 | 53.88 | Ralph Romain |
| M 65 | 57.52 | Berthold Neumann |
| M 70 | 61.29 | Wilhelm Selzer |
| M 75 | 66.88 | Lucas Nel |
| M 80 | 75.4 | Harold Chapson |
| V 35 | 50.56 | Aurelia Penton |
| V 40 | 53.68 | Sara Montecinos |
| V 45 | 56.82 | Mary Libal |
| V 50 | 58.51 | Marge Allison |
| V 55 | 64.50 | Brunh. Hoffmann |
| V 60 | 67.80 | Irene Obera |
| V 65 | 73.71 | Anna Mangler |
| V 70 | 79.14 | Anna Mangler |

| | | | |
|-----|----|------|---------|
| SWI | 95 | V 55 | 5.32.7 |
| USA | 94 | V 60 | 6.09.38 |
| USA | 99 | V 65 | 6.41.64 |
| TRI | 90 | V 70 | 7.26.0 |

3000 meter

| | |
|------|----------|
| M 40 | 8.05.08 |
| M 45 | 8.27.7 |
| M 50 | 8.53.8 |
| M 55 | 8.57.28 |
| M 60 | 9.36.5 |
| M 65 | 9.47.4 |
| M 70 | 10.42.40 |
| M 75 | 12.04.0 |
| M 80 | 13.12.6 |
| V 35 | 8.27.83 |
| V 40 | 9.11.2 |
| V 45 | 9.17.27 |
| V 50 | 10.11.5 |
| V 55 | 10.47.94 |
| V 60 | 12.01.65 |
| V 65 | 12.32.44 |
| V 70 | 13.50.8 |

| | | |
|-------------------------|------------|-----------|
| Martti Vainio | FIN | 91 |
| Nigel Gates | GBR | 98 |
| Ray Hatton | USA | 82 |
| Ron Robertson | NZL | 97 |
| Siem Herlaar | NED | 90 |
| Derek Turnbull | NZL | 92 |
| Siem Herlaar | NED | 99 |
| Scotty Carter | USA | 92 |
| Ed Benham | USA | 88 |
| Maricica Puica | ROM | 85 |
| Joyce Smith | GBR | 78 |
| Yekatarina Podkopayeva | RUS | 97 |
| Jutta Pedersén | SWE | 97 |
| Edeltraud Pohl | GER | 91 |
| Denise Alfvoet | BEL | 96 |
| Melitta Czarwenka-Nagel | GER | 96 |
| Jose Waller | GBR | 92 |

800 meter

| | | |
|-------------|----------------|-------------------------|
| M 40 | 1.51.25 | Peter Browne |
| M 45 | 1.56.16 | Ronald Mercelina |
| M 50 | 1.58.65 | Nolan Shaheed |
| M 55 | 2.05.07 | Tom Roberts |
| M 60 | 2.10.42 | Alan Bradford |
| M 65 | 2.14.33 | Earl Fee |
| M 70 | 2.20.52 | Earl Fee |
| M 75 | 2.40.0 | Harold Chapson |
| M 80 | 2.53.5 | Harold Chapson |
| V 35 | 1.56.53 | Lyubov Gurina |
| V 40 | 1.59.25 | Yekaterina Podkopayeva |
| V 45 | 2.02.82 | Yekaterina Podkopayeva |
| V 50 | 2.21.05 | Barbara Lehmann |

| | | | |
|------------|-----------|------|----------|
| GBR | 90 | V 55 | 10.47.94 |
| NED | 91 | V 60 | 12.01.65 |
| USA | 00 | V 65 | 12.32.44 |
| AUS | 89 | V 70 | 13.50.8 |

5000 meter

| | |
|------|----------|
| M 40 | 13.45.6 |
| M 45 | 14.23.6 |
| M 50 | 14.55.60 |
| M 55 | 15.41.72 |
| M 60 | 16.24.0 |
| M 65 | 16.38.8 |
| M 70 | 18.34.61 |

| | | |
|--------------------|-----|----|
| Lucien Rault | FRA | 76 |
| Lucien Rault | FRA | 82 |
| Antonio Villanueva | MEX | 91 |
| Ron Robertson | NZL | 97 |
| Stephen James | GBR | 98 |
| Derek Turnbull | NZL | 92 |
| Derek Turnbull | NZL | 97 |

WAVA wereldrecords per 1-1-2001 bijgewerkt t/m 1 augustus 2000

| | | | | |
|------|----------|----------------|-----|----|
| M 75 | 20.00.13 | James Todd | GBR | 97 |
| M 80 | 21.57.88 | Edward Benham | USA | 88 |
| V 35 | 15.11.28 | Lynn Jennings | USA | 95 |
| V 40 | 15.51.7 | Nicole Leveque | FRA | 94 |
| V 45 | 15.55.71 | Nicole Leveque | FRA | 96 |
| V 50 | 17.17.02 | Jutta Pedersén | SWE | 97 |
| V 55 | 18.32.5 | Edeltraud Pohl | GER | 92 |
| V 60 | 19.14.8 | Marion Irvine | USA | 89 |
| V 65 | 21.37.8 | Joselyn Ross | GBR | 93 |
| V 70 | 23.21.2 | Jose Waller | GBR | 92 |

korte horden V (V 35 is 100 en de rest is 80 meter)

| | | | | |
|------|--------------|-----------------------|------------|-----------|
| V 35 | 12.47 | Ludmila Engquist | SWE | 99 |
| V 40 | 11.66 | Christine Müller | SWI | 98 |
| V 45 | 12.22 | Phil Raschker | USA | 94 |
| V 50 | 12.68 | Phil Raschker | USA | 97 |
| V 55 | 13.30 | Corrie Roovers | NED | 91 |
| V 60 | 13.89 | Corrie Roovers | NED | 96 |
| V 65 | 15.63 | Asta Larsson | SWE | 99 |
| V 70 | 18.91 | Isabella Hofmeyr | RSA | 99 |

10.000 meter

| | | | | |
|------|----------|--------------------|-----|----|
| M 40 | 28.30.88 | Martti Viano | FIN | 91 |
| M 45 | 30.02.56 | Antonio Villanueva | MEX | 87 |
| M 50 | 31.01.90 | Ron Robertson | NZL | 91 |
| M 55 | 32.46.5 | Ron Robertson | NZL | 97 |
| M 60 | 34.14.08 | Luciano Acquarone | ITA | 91 |
| M 65 | 34.42.2 | Derek Turnbull | NZL | 92 |
| M 70 | 38.23.69 | Warren Utes | USA | 91 |
| M 75 | 42.03.4 | David Morrison | GBR | 89 |
| M 80 | 44.29.4 | Edward Benham | USA | 88 |
| V 35 | 31.20.28 | Ingrid Kristiansen | USA | 88 |
| V 40 | 32.12.07 | Nicole Leveque | NOR | 91 |
| V 45 | 32.34.06 | Evy Palm | FRA | 94 |
| V 50 | 35.37.0 | Valborg Ostberg | SWE | 88 |
| V 55 | 37.47.95 | Edeltraud Pohl | NOR | 81 |
| V 60 | 42.18.0 | Jean Albury | GER | 92 |
| V 65 | 44.20.9 | Lieselotte Schultz | AUS | 90 |
| V 70 | 48.10.98 | Jose Waller | GER | 85 |
| | | | GBR | 93 |

korte horden M (M40/45=110, M50/65=100, M70 plus=80)

| | | | | |
|------|-------|-------------------|-----|----|
| M 40 | 14.24 | Stan Druckery | USA | 40 |
| M 45 | 14.7 | Valbj.Thorlaksson | ICE | 79 |
| M 50 | 13.57 | Walt Butler | USA | 91 |
| M 55 | 14.49 | Walt Butler | USA | 96 |
| M 60 | 14.74 | Charles Miller | USA | 98 |
| M 65 | 16.30 | Jack Greenwood | USA | 91 |
| M 70 | 13.2 | Albertos van Zijl | USA | 91 |
| M 75 | 13.68 | Melvin Larsen | RSA | 92 |
| M 80 | 16.98 | Mazumi Morits | USA | 99 |
| | | | JPN | 93 |

lange horden V (V35/45=400 en V50 plus=300 meter)

| | | | | |
|------|--------------|-----------------------|------------|-----------|
| V 35 | 52.94 | Marina Stepanova | USSR | 86 |
| V 40 | 62.08 | Maria Sangous Espina | ESP | 95 |
| V 45 | 64.09 | Jan Hynes | AUS | 94 |
| V 50 | 47.01 | Jan Hynes | AUS | 94 |
| V 55 | 52.11 | Corrie Roovers | NED | 91 |
| V 60 | 53.05 | Corrie Roovers | NED | 95 |
| V 65 | 65.67 | Isabella Hofmeyr | RSA | 93 |
| V 70 | 68.82 | Isabella Hofmeyr | RSA | 99 |

lange horden M (M40/55=400 en M60 plus=300 meter)

| | | | | |
|------|-------|----------------|-----|----|
| M 40 | 52.7 | Stan Druckery | USA | 89 |
| M 45 | 55.18 | Guido Müller | GER | 86 |
| M 50 | 58.1 | Jack Greenwood | USA | 76 |
| M 55 | 58.92 | Guido Müller | GER | 95 |
| M 60 | 42.31 | Guido Müller | GER | 99 |
| M 65 | 45.20 | Jack Greenwood | USA | 91 |
| M 70 | 49.07 | Earl Fee | CAN | 99 |
| M 75 | 55.33 | Dan Bulkley | USA | 94 |
| M 80 | 62.61 | Dan Bulkley | USA | 99 |

hoogspringen

| | | | | |
|------|------|------------------------|-----|----|
| M 40 | 2.11 | Jim Barrineau | USA | 95 |
| M 45 | 2.00 | Asko Pesonen | FIN | 88 |
| M 50 | 1.98 | Thomas Zacharias | GER | 97 |
| M 55 | 1.83 | Jaroslav Hanus | CZE | 98 |
| M 60 | 1.72 | Phil Fehlen | USA | 98 |
| M 65 | 1.64 | Jim Gillcrist | USA | 93 |
| M 70 | 1.52 | Bud Held | USA | 97 |
| M 75 | 1.44 | Esko Kolhonen | FIN | 89 |
| M 80 | 1.31 | Esko Kolhonen | FIN | 94 |
| V 35 | 1.92 | Yelewa Panikarovskikh | RUS | 96 |
| V 40 | 1.72 | Carmen Karg | RUS | 95 |
| V 45 | 1.72 | Debbie Brill | CAN | 97 |
| V 50 | 1.76 | Debbie Brill | CAN | 99 |
| V 55 | 1.55 | Phil Raschker | USA | 97 |
| V 60 | 1.43 | Taisija Tshentchik | URS | 91 |
| V 65 | 1.38 | Christiane Schmalbruch | GER | 97 |
| V 70 | 1.27 | Leonore McDaniel | USA | 93 |
| | 1.22 | Leonore McDaniel | USA | 98 |

polshoog

| | | | | |
|------|------|-----------------|-----|----|
| M 40 | 5.50 | Larry Jessee | USA | 96 |
| M 45 | 5.10 | Larry Jessee | USA | 97 |
| M 50 | 4.52 | Jerry Cash | USA | 99 |
| M 55 | 4.26 | Hans Lagerqvist | SWE | 96 |
| M 60 | 3.90 | Herbert Schmidt | GER | 71 |
| M 65 | 3.77 | Boo Morcom | USA | 86 |
| M 70 | 3.30 | Herbert Schmidt | GER | 80 |

uurloop (meters)

| | | | | |
|------|--------|---------------------|-----|----|
| M 40 | 19.149 | Jozef Eyckmans | BEL | 96 |
| M 45 | 18.862 | Alain Mimoun | FRA | 66 |
| M 50 | 18.576 | Alain Mimoun | FRA | 71 |
| M 55 | 17.261 | Herman Peeters | BEL | 94 |
| M 60 | 16.854 | John Gilmour | AUS | 79 |
| M 65 | 15.892 | John Gilmour | AUS | 84 |
| M 70 | 15.474 | John Gilmour | AUS | 89 |
| M 75 | 13.699 | Edward Benham | USA | 83 |
| M 80 | 12.130 | Paul Spangler | USA | 80 |
| V 35 | 16.521 | Catharina Segers | USA | 80 |
| V 40 | 15.844 | Gerda Dehaes | BEL | 99 |
| V 45 | vacant | | BEL | 96 |
| V 50 | 15.052 | Greet Warnaar | NED | 93 |
| V 55 | 12.427 | Betty Norrish | GBR | 88 |
| V 60 | 13.660 | Denise Alfvoet | BEL | 96 |
| V 65 | 12.467 | Berthilia De Preter | BEL | 96 |
| V 70 | 11.425 | Berthilia De Preter | BEL | 99 |

2000 meter steeple (76,2 cm)

| | | | | |
|------|----------|-------------------|-----|----|
| M 60 | 6.54.31 | Alan Bradford | AUS | 99 |
| M 65 | 7.25.10 | Francisco Vicente | POR | 98 |
| M 70 | 8.35.74 | Martino Cuder | ITA | 98 |
| M 75 | 9.17.38 | Soichi Tamoi | JPN | 99 |
| M 80 | 10.52.46 | Dan Bulkley | USA | 99 |
| V 35 | 6.30.83 | Leslie Lehane | USA | 98 |
| V 40 | 7.20.85 | Teena Colebrook | USA | 98 |
| V 45 | 7.38.08 | Margaret Orman | GBR | 97 |
| V 50 | 7.43.99 | Margaret Orman | NZL | 91 |
| V 55 | 7.58.43 | Margaret Orman | NZL | 93 |
| V 60 | 9.59.23 | Sara Urrutia | NZL | 97 |
| | | | PUR | 99 |

3000 meter steeple

| | | | | |
|------|---------|-----------------|-----|----|
| M 40 | 8.41.5 | Gaston Roelants | BEL | 77 |
| M 45 | 9.16.8 | Nils Undersäker | NOR | 84 |
| M 50 | 9.38.8 | Nils Undersäker | NOR | 89 |
| M 55 | 9.55.05 | Ron Robertson | NZL | 97 |

WAVA wereldrecords per 1-1-2001 bijgewerkt t/m 1 augustus 2000

polshoog (vervolg)

| | | | | |
|------|------|--------------------|-----|----|
| M 75 | 2.95 | William Bell | USA | 97 |
| M 80 | 2.51 | Carol Johnston | USA | 92 |
| V 35 | 4.22 | Gabriella Mihalcea | ROM | 99 |
| V 40 | 3.40 | Dawn Hartigan | AUS | 98 |
| V 45 | 3.38 | Phil Raschker | USA | 94 |
| V 50 | 3.25 | Phil Raschker | USA | 99 |
| V 55 | 2.56 | Joy Macdonald | USA | 97 |
| V 60 | 2.36 | Kimiko Nakamura | JPN | 98 |
| V 65 | 2.10 | Leonore McDaniels | USA | 97 |
| V 70 | 2.16 | Leonore McDaniels | USA | 98 |

verspringen

| | | | | |
|-------------|-------------|------------------------|------------|-----------|
| M 40 | 7.57 | Hans Schicker | FRG | 89 |
| M 45 | 7.27 | Tapani Taavitsainen | FIN | 90 |
| M 50 | 6.84 | Tapani Taavitsainen | FIN | 94 |
| M 55 | 6.35 | Stig Bäcklund | FIN | 95 |
| M 60 | 6.07 | Tom Patsalis | USA | 82 |
| M 65 | 5.35 | Dick Richards | USA | 99 |
| M 70 | 5.19 | Melvin Larsen | USA | 94 |
| M 75 | 4.78 | Mazumi Morita | JAP | 88 |
| M 80 | 4.19 | Mazumi Morita | JAP | 95 |
| V 35 | 6.90 | Vera Olenchenko | RUS | 96 |
| V 40 | 6.21 | Ciska Janssen | NED | 85 |
| V 45 | 5.59 | Karin von Riewel | GER | 97 |
| V 50 | 5.40 | Phil Raschker | USA | 97 |
| V 55 | 4.84 | Christiane Schmalbruch | GER | 95 |
| V 60 | 4.75 | Christiane Schmalbruch | GER | 97 |
| V 65 | 4.47 | Paula Schneiderhan | GER | 87 |
| V 70 | 4.15 | Paula Schneiderhan | GER | 94 |

hinkstapspringen

| | | | | |
|------|-------|------------------------|-----|----|
| M 40 | 16.58 | Ray Kimble | USA | 93 |
| M 45 | 14.18 | Stig Bäcklund | FIN | 87 |
| M 50 | 13.55 | Hermann Strauss | GER | 82 |
| M 55 | 13.85 | Stig Bäcklund | FIN | 95 |
| M 60 | 12.33 | Hermann Strauss | GER | 91 |
| | 12.33 | Pericles Pinto | POR | 97 |
| M 65 | 11.94 | Hermann Strauss | GER | 96 |
| M 70 | 10.41 | Vaclav Bartl | SWE | 96 |
| M 75 | 10.05 | Mazumi Morita | JAP | 88 |
| M 80 | 8.95 | Mazumi Morita | JAP | 93 |
| V 35 | 14.02 | Galina Christyakova | SVK | 97 |
| V 40 | 12.48 | Conceicao Geremiur | BRA | 97 |
| V 45 | 11.98 | Akiko Ohinata | JAP | 95 |
| V 50 | 10.49 | Phil Raschker | USA | 97 |
| V 55 | 9.93 | Christiane Schmalbruch | GER | 94 |
| V 60 | 10.03 | Christiane Schmalbruch | GER | 97 |
| V 65 | 9.03 | Shirley Peterson | NZL | 93 |
| V 70 | 7.87 | Shirley Peterson | NZL | 99 |

kogelstoten (M40/45=7,26 kg; rest gew. bij categorie)

| | | | | |
|----------|-------|-------------------------|------|----|
| M 40 | 21.41 | Brian Oldfield | USA | 85 |
| M 45 | 20.77 | Ivan Ivancic | YUG | 83 |
| M 50 (6) | 18.45 | Klaus Liedtke | GER | 91 |
| M 55 (6) | 17.50 | Klaus Liedtke | GER | 96 |
| M 60 (5) | 17.22 | Franz Ratzer | AUT | 99 |
| M 65 (5) | 14.71 | Torsten von Wachenfeldt | SWE | 95 |
| M 70 (4) | 14.77 | Arnie Gaynor | USA | 98 |
| M 75 (4) | 13.11 | Erik Eriksson | FIN | 99 |
| M 80 (4) | 12.27 | Ross Carter | USA | 94 |
| V 35 (4) | 21.38 | Helena Fibingerova | CZE | 84 |
| V 40 (4) | 19.05 | Antonina Ivanova | USSR | 73 |
| V 45 (4) | 16.95 | Denka Silhava | CZE | 99 |
| V 50 (3) | 14.85 | Valerie Young | NZL | 87 |
| V 55 (3) | 14.47 | Sigrin Kofink | GER | 91 |
| V 60 (3) | 13.20 | Sigrin Kofink | GER | 97 |
| V 65 (3) | 11.04 | Rosemary Chrimes | GBR | 99 |
| V 70 (3) | 9.57 | Marianne Hamm | GER | 98 |

discuswerpen (M40/45=2 kg,M50/55=1,5 kg,rest=1 kg)

| | | | | |
|------|-------|----------------------|------|----|
| M 40 | 69.48 | Al Oerter | USA | 80 |
| M 45 | 66.12 | Al Oerter | USA | 82 |
| M 50 | 68.40 | Klaus Weiffenbach | GER | 97 |
| M 55 | 61.22 | Klaus Liedtke | GER | 97 |
| M 60 | 63.26 | Klaus Albers | GER | 00 |
| M 65 | 55.62 | Konst.Maksimczyk | GBR | 79 |
| M 70 | 49.34 | Kauko Jouppila | FIN | 91 |
| M 75 | 43.90 | Rolf Gustavsson | SWE | 92 |
| M 80 | 37.86 | Osmo Renvall | FIN | 91 |
| V 35 | 69.60 | Faina Myelnik | USSR | 80 |
| V 40 | 63.70 | Helgi Parts | USSR | 80 |
| V 45 | 59.30 | Helgi Parts | USSR | 83 |
| V 50 | 45.48 | Ingrid Miller | SWE | 92 |
| V 55 | 43.36 | Tamara Danilova | RUS | 96 |
| V 60 | 39.08 | Anne-Chatrine Rühlow | GER | 97 |
| V 65 | 34.34 | Rosemary Chrimes | GBR | 98 |
| V 70 | 25.97 | Marianne Hamm | GER | 98 |

kogelslingeren (voor gewichten zie kogelstoten)

| | | | | |
|------|-------|----------------------|-----|----|
| M 40 | 75.66 | Yurly Syedikh | URS | 95 |
| M 45 | 64.70 | Dave McKenzie | USA | 95 |
| M 50 | 63.76 | Tom Gage | USA | 93 |
| M 55 | 63.70 | Hans Potsch | AUT | 90 |
| M 60 | 61.70 | Eugen Waltercrantz | SWE | 99 |
| M 65 | 53.32 | Karl-Heinz Wendel | GER | 96 |
| M 70 | 50.72 | Pennti Saarikoski | FIN | 91 |
| M 75 | 40.68 | Osmo Renvall | FIN | 96 |
| M 80 | 34.72 | John Fraser | AUS | 95 |
| V 35 | 61.68 | Lyubov Karpova | RUS | 94 |
| V 40 | 50.01 | Magrith Duss-Mueller | SWI | 99 |
| V 45 | 45.76 | Annie Bellanger | FRA | 96 |
| V 50 | 51.73 | M-Leena Parviainen | AUS | 98 |
| V 55 | 49.46 | Vanessa Hilliard | USA | 97 |
| V 60 | 46.04 | Jutta Schäfer | GER | 95 |
| V 65 | 44.38 | Jutta Schäfer | GER | 97 |
| V 70 | 30.60 | Ilse Bellin | GER | 91 |

speerwerpen (M40/55=800,V50/70=400,rest=600 gram)

| | | | | |
|------|-------|--------------------|-----|----|
| M 40 | 78.84 | Jorma Markus | FIN | 94 |
| M 45 | 67.55 | Michael Brown | USA | 99 |
| M 50 | 65.76 | Larry Stuart | USA | 88 |
| M 55 | 65.74 | Larry Stuart | USA | 95 |
| M 60 | 64.74 | Larry Stuart | USA | 98 |
| M 65 | 55.02 | Bud Held | USA | 93 |
| M 70 | 49.20 | Harje Noreborn | SWE | 97 |
| M 75 | 41.24 | Manuel White | USA | 91 |
| M 80 | 33.84 | Manuel White | USA | 96 |
| V 35 | 67.00 | Tuula Laaksala | FIN | 88 |
| V 40 | 64.06 | Tessa Sanderson | GBR | 96 |
| V 45 | 47.74 | Anneliese Gerhards | GER | 81 |
| V 50 | 48.56 | Mary Thomas | AUS | 95 |
| V 55 | 46.08 | Gertrude Schönauer | AUT | 92 |
| V 60 | 41.28 | Gertrude Schönauer | AUT | 97 |
| V 65 | 34.49 | Birute Kalediene | URS | 98 |
| V 70 | 28.20 | Joan Ogden | GBR | 97 |

vijfkamp (met WAVA-factoren 1994)

| | | | | |
|------|------|-------------------|-----|----|
| M 40 | 4083 | Werner Schallau | GER | 78 |
| M 45 | 4038 | Gary Miller | USA | 83 |
| M 50 | 4283 | Gary Miller | USA | 88 |
| M 55 | 4104 | Richmond Morcom | USA | 77 |
| M 60 | 4089 | Rudy Hochreiter | AUS | 87 |
| M 65 | 4282 | Gudmund Skriverik | NOR | 86 |
| M 70 | 4286 | Adolf Koch | GER | 87 |
| M 75 | 3917 | Pierre Darrot | FRA | 96 |
| M 80 | 3410 | Dan Bulkley | USA | 98 |

WAVA wereldrecords per 1-1-2001 bijgewerkt t/m 1 augustus 2000

gewicht-vijfkamp (met WAVA-factoren 1994)

| | | | | |
|------|------|---------------------|-----|----|
| M 40 | 3937 | Ken Jansson | USA | 99 |
| M 45 | 4267 | Vasilis Manganas | GRE | 99 |
| M 50 | 4701 | Tom Gage | USA | 95 |
| M 55 | 5152 | Klaus Liedtke | GER | 98 |
| M 60 | 5334 | Wladyslaw Kowalczyk | GER | 98 |
| M 65 | 5230 | Karl-Heinz Wendel | GER | 95 |
| M 70 | 4666 | Ladislav Filip | USA | 98 |
| M 75 | 4582 | Erik Eriksson | FIN | 99 |
| M 80 | 4787 | Gerhard Schepe | USA | 93 |
| V 35 | 3894 | Christine Schultz | AUS | 87 |
| V 40 | 4120 | Carol Finsrud | USA | 99 |
| V 45 | 4481 | Christine Schultz | AUS | 97 |
| V 50 | 4313 | Margareth Tomaneck | BEL | 99 |
| V 55 | 4826 | Evaun Williams | GBR | 93 |
| V 60 | 5295 | Evaun Williams | GBR | 98 |
| V 65 | 5340 | Jutta Schäfer | GER | 97 |
| V 70 | 4141 | Lena Grobler | RSA | 93 |

ESTAFETTES (beste prestaties; wel aanvragen)

4x100 meter

| | | | |
|---------|-------|-----------|----|
| M 40-49 | 42.79 | USA | 92 |
| M 50-59 | 45.04 | USA | 95 |
| M 60-69 | 48.17 | Duitsland | 99 |
| M 70-79 | 54.69 | USA | 98 |
| V 35-39 | 48.63 | Frankrijk | 89 |
| V 40-49 | 50.07 | Duitsland | 99 |
| V 50-59 | 53.39 | USA | 97 |
| V 60-69 | 55.77 | Duitsland | 00 |

4x200 meter

| | | | |
|---------|---------|-----|----|
| M 40-49 | 1.29.85 | USA | 92 |
| M 50-59 | 1.40.33 | USA | 95 |
| M 60-69 | 1.45.23 | USA | 99 |
| M 70-79 | 1.58.44 | USA | 98 |
| Vrouwen | vacant | | |

zevenkamp

| | | | | |
|-------------|-------------|-----------------------|------------|-----------|
| V 35 | 7241 | Jane Frederick | USA | 87 |
| V 40 | 5747 | Jenny Brown | GBR | 99 |
| V 45 | 5766 | Anne Jensen | DEN | 99 |
| V 50 | 6469 | Phil Raschker | USA | 99 |
| V 55 | 6298 | Corrie Roovers | NED | 91 |
| V 60 | 5882 | Betty Vosburgh | USA | 91 |
| V 65 | 5469 | Asta Larsson | SWE | 97 |
| V 70 | 4683 | Johnnye Valien | USA | 97 |

4x400 meter

| | | | |
|---------|---------|----------|----|
| M 40-49 | 3.21.54 | USA | 89 |
| M 50-59 | 3.35.88 | USA | 89 |
| M 60-69 | 3.53.87 | USA | 99 |
| M 70-79 | 4.35.07 | USA | 89 |
| V 35-39 | 3.50.80 | Engeland | 99 |
| V 40-49 | 3.58.70 | USA | 96 |
| V 50-59 | 4.28.52 | Engeland | 99 |
| V 60-69 | 5.06.40 | Engeland | 99 |

tienkamp (met WAVA-factoren 1994)

| | | | | |
|------|------|-------------------|-----|----|
| M 40 | 7789 | Wolfgang Linkmann | GER | 81 |
| M 45 | 7780 | Rex Harvey | USA | 91 |
| M 50 | 8114 | Gary Miller | USA | 89 |
| M 55 | 8726 | Rolf Geese | GER | 99 |
| M 60 | 8610 | Phil Mulkey | USA | 93 |
| M 65 | 7668 | Pekka Penttila | FIN | 89 |
| M 70 | 8450 | Gudmund Skriverik | NOR | 91 |
| M 75 | 7825 | Pekka Penttila | FIN | 99 |
| M 80 | 4680 | Takuro Miura | JPN | 99 |

sprint-medley (400+200+200+800)

| | | | |
|---------|---------|-----|----|
| M 40-49 | 3.36.1 | USA | 82 |
| M 50-59 | 3.58.16 | USA | 95 |
| M 60-69 | 4.28.4 | USA | 94 |
| M 70-79 | 4.52.34 | USA | 98 |

4x800 meter

| | | | |
|----------------|----------------|---|-----------|
| M 40-49 | 8.02.12 | USA | 00 |
| M 50-59 | 8.45.88 | USA | 94 |
| M 60-69 | 9.33.95 | Nederland | 92 |
| | | <i>(Maijor-Ravensbergen-Zethof-Herlaar)</i> | |
| M 70-79 | 11.09.87 | USA | 98 |
| V 35-39 | 9.37.29 | Nederlnad | 92 |
| | | <i>Klomp-Pos-Ruijter-Jacobs</i> | |
| V 40-49 | 10.14.2 | USA | 94 |
| V 50-59 | 11.25.8 | USA | 94 |
| V 60-69 | vacant | | |

distance medley (800+400+1200+1600)

| | | | |
|---------|---------|-----|----|
| M 40-49 | 10.34.6 | USA | 90 |
| M 50-59 | 11.39.2 | USA | 94 |
| M 60-69 | 13.17.0 | USA | 98 |
| M 70-79 | 16.08.9 | USA | 98 |

4x1500 meter

| | | | |
|---------|----------|-----|----|
| M 40-49 | 16.59.10 | USA | 99 |
| M 60-69 | 21.11.2 | USA | 99 |

Nederlandse records indoor per 1-4-2001

h=handtijd *=beste prestatie; voor record electr. tijd nodig

50 meter

| | | |
|--------|--------|--------------------|
| M40 | 6.20 | Gerrit de Man |
| M45 | 6.53 | Kees Bakx |
| M50 | 6.55 | Wim Scholtes |
| M55 | 7.14 | Peter Blommestijn |
| M60 | 7.60 | Mario Spadon |
| M65 | vacant | limiet 9.40 |
| M70 | vacant | limiet 10.13 |
| M75/80 | vacant | limiet 11.24/13.70 |
| V35 | 6.91 | Tilly Jacobs |
| V40 | 6.77 | Tilly Jacobs |
| V45 | 7.52 | Lena Jansen |
| V50 | 7.81 | Riet Jonkers |
| V55 | 7.99 | Riet Jonkers |
| V60 | vacant | limiet 11.86 |
| V65/70 | vacant | limiet 12.79/13.80 |

| | | | | | | |
|------------|----------|--------|---------|------------------------|-------------|----------|
| Hercules | 13-03-99 | V35 | 2.21.73 | Janny Kuper | PEC 1910 | 13-02-94 |
| Diomedon | 14-03-98 | V40 | 2.24.13 | Diny Klomp | Pr. Hendrik | 27-02-93 |
| Sparta | 25-01-98 | V45 | 2.26.30 | Irene Wentzel | ADA | 03-02-91 |
| R'dam Atl. | 13-03-99 | V50 | 2.33.59 | Gerda van Kooten | Sprint | 13-02-94 |
| De Bataven | 15-12-91 | V55 | 2.36.75 | Riet Jonkers | Energie | 13-03-99 |
| | | V60 | 2.45.18 | Gerda van Kooten | Sprint | 11-03-01 |
| | | V65/70 | vacant | limiet 3.36.00/3.54.00 | | |

1000 meter

60 meter

| | | |
|--------|--------|---------------------|
| M40 | 7.18 | Erik Oostweegel |
| M45 | 7.44 | Ricardo Hill |
| M50 | 7.63 | Wim Scholtes |
| M55 | 8.19 | Henny van Verseveld |
| M60 | 8.50 | Ron Landré |
| M65 | 8.7h | Jan Oerlemans |
| M70 | 9.24 | Frans Buys |
| M 75 | 9.63 | Frans Buys |
| M 80 | vacant | limiet 14.70 |
| V35 | 7.96 | Tilly Jacobs |
| V40 | 7.92 | Tilly Jacobs |
| V45 | 8.52 | Mariet Thomas |
| V50 | 9.19 | Riet Jonkers |
| V55 | 9.16 | Riet Jonkers |
| V60 | 9.44 | Rietje Dijkman |
| V65/70 | vacant | limiet 13.79/14.80 |

| | | | | | | |
|---------|----------|--------|---------|--------------------------------|------------|----------|
| Sparta | 10-12-95 | M40 | 2.39.26 | Cees Meijer | SAV | 12-12-93 |
| Sparta | 25-01-98 | M45 | 2.42.92 | Anton Treffers | SAV | 12-12-93 |
| Energie | 14-03-98 | M50 | 2.43.4h | Piet Maijoor | AAC | 23-01-83 |
| Energie | 25-01-98 | M55 | 3.10.11 | Ton Peters | Scorpio | 14-12-97 |
| Energie | 24-01-99 | M60 | vacant | limiet 3.34.00 | | |
| | | M65 | 3.44.45 | Guus Metzmakers | Sliedrecht | 13-12-92 |
| | | M70 | vacant | limiet 4.11.00 | | |
| | | M75/80 | vacant | limiet 4.31.00/5.15.00 | | |
| | | V35 | 3.07.64 | Hetty Everhardus | Noordkop | 12-12-93 |
| | | V40 | 3.11.55 | Sija Pepping | Noordkop | 13-12-92 |
| | | V45/55 | vacant | limiet 3.29.00/3.42.00/3.56.00 | | |
| | | V50/70 | vacant | limiet 4.11.00/4.26.00/4.44.00 | | |

1500 meter

200 meter

| | | |
|--------|--------|---------------------|
| M40 | 22.38 | Kay Schaafsma |
| M45 | 23.89 | Wim Scholtes |
| M50 | 24.42 | Wim Scholtes |
| M55 | 26.23 | Henny van Verseveld |
| M60 | 27.42 | Ron Landré |
| M65 | 30.13 | Boy van Heemstede |
| M70 | 32.85 | Frans Buys |
| M75/80 | vacant | limiet 41.80/48.95 |
| V35 | 26.11 | Tilly Jacobs |
| V40 | 25.58 | Tilly Jacobs |
| V45 | 28.86 | Anja Akkerman |
| V50 | 30.09 | Marja Broers |
| V55 | 30.69 | Riet Jonkers |
| V60 | 32.00 | Rietje Dijkman |
| V65/70 | vacant | limiet 45.90/48.90 |

| | | | | | | |
|-----------|----------|--------|---------|------------------------|-----------|----------|
| Startbaan | 04-02-01 | M40 | 4.06.66 | Ruud van der Laan | Almere'81 | 23-01-99 |
| Hercules | 10-03-01 | M45 | 4.13.3h | Louis Vink | Edam | 14-02-81 |
| Sparta | 25-01-98 | M50 | 4.33.54 | Arie van Tol | Leiden | 02-03-97 |
| Statina | 09-03-01 | M55 | vacant | limiet 5.21.00 | | |
| Spartaan | 30-01-99 | M60 | 5.007h | Piet Baas | V&L TC | 27-01-90 |
| AVN | 19-12-93 | M65/70 | vacant | limiet 6.16.00/6.46.00 | | |
| GAC-H. | 05-03-99 | M75/80 | vacant | limiet 7.26.00/8.26.00 | | |
| GAC-H. | 19-02-00 | V35 | 4.25.29 | Elly van Hulst | Mita TC | 24-02-96 |
| Sparta | 13-02-94 | V40 | 5.05.2h | Elly Schouten | HAC-H. | 22-12-96 |
| Sparta | 26-01-97 | V45 | vacant | limiet 5.42.00 | | |
| DEM | 17-03-96 | V50 | vacant | limiet 5.52.00 | | |
| Energie | 25-01-98 | V55 | 5.20.29 | Gerda van Kooten | Sprint | 17-03-96 |
| Energie | 05-03-99 | V60 | 5.41.91 | Gerda van Kooten | Sprint | 11-03-01 |
| AV'23 | 23-01-00 | V65/70 | vacant | limiet 7.12.00/7.50.00 | | |

1 mijl

400 meter

| | | |
|--------|---------|------------------------|
| M40 | 49.22 | Eric Roeske |
| M45 | 52.97 | Wim Scholtes |
| M50 | 53.75 | Wim Scholtes |
| M55 | 1.01.27 | Ton Peters |
| M60 | 1.01.94 | Boy van Heemstede |
| M65 | 1.06.23 | Boy van Heemstede |
| M70 | vacant | limiet 1.20.56 |
| M75/80 | vacant | limiet 1.28.50/1.43.00 |
| V35 | 58.01 | Tilly Jacobs |
| V40 | 56.82 | Tilly Jacobs |
| V45 | 1.04.06 | Diny Klomp |
| V50 | 1.09.41 | Riet Jonkers |
| V55 | 1.08.04 | Riet Jonkers |
| V60 | 1.16.44 | Lisa Plat |
| V65/70 | vacant | limiet 1.38.00/1.43.80 |

| | | | | | | |
|----------|----------|--------|---------|------------------------|----------|----------|
| Sprint | 03-12-00 | M40 | 4.35.70 | Cees Meijer | SAV | 30-01-94 |
| Sparta | 12-02-95 | M45 | 4.41.74 | Anton Treffers | SAV | 30-01-94 |
| Sparta | 25-01-98 | M50 | 4.58.39 | Ton Peters | Scorpio | 30-01-94 |
| Statina | 09-03-01 | M55 | vacant | limiet 5.35.00 | | |
| Spartaan | 30-01-99 | M60 | vacant | limiet 5.45.00 | | |
| Fortuna | 28-02-97 | M65 | vacant | limiet 6.40.00 | | |
| GAC-H | 30-01-99 | M70 | vacant | limiet 7.10.00 | | |
| Sparta | 12-02-95 | M75/80 | vacant | limiet 7.50.00/8.50.00 | | |
| Sparta | 25-01-98 | V35 | 5.15.41 | Hetty Everhardus | Noordkop | 30-01-94 |
| DEM | 10-03-01 | V40 | vacant | limiet 5.44.00 | | |
| Lycurgus | 30-01-99 | V45/50 | vacant | limiet 5.54.00/6.15.00 | | |
| Energie | 24-01-99 | V55/60 | vacant | limiet 6.48.00/7.10.00 | | |
| AV'23 | 23-01-00 | V65/70 | vacant | limiet 7.40.00/8.20.00 | | |

2000 meter

800 meter

| | | |
|--------|---------|-----------------------------|
| M40 | 2.00.59 | Henk van Eck |
| M45 | 2.05.03 | Cees Meijer |
| M50 | 2.06.7h | Piet Maijoor |
| M55 | 2.19.88 | Ton Peters |
| M60 | 2.19.8h | Piet Maijoor |
| M65 | 2.51.97 | Piet Baas |
| M70/80 | vacant | lim.3.21.90-3.42.00-4.04.90 |

| | | | | | | |
|-------------|----------|--------|--------|--------------|--|--|
| Hellas | 04-02-01 | M40/80 | vacant | limiettijden | | |
| Sparta | 29-01-95 | V35/70 | vacant | limiettijden | | |
| Sparta | 07-03-99 | | | | | |
| Scorpio | 03-01-98 | | | | | |
| Fortuna | 30-01-93 | | | | | |
| Fortuna | 02-03-97 | | | | | |
| Sparta | 11-02-96 | | | | | |
| Sparta | 02-02-97 | | | | | |
| Pr. Hendrik | 03-01-98 | | | | | |
| Energie | 03-01-98 | | | | | |
| Energie | 07-03-99 | | | | | |
| Lycurgus | 07-03-99 | | | | | |
| HAC-H. | 01-03-97 | | | | | |
| SAV | 07-03-99 | | | | | |
| AAC | 02-01-83 | | | | | |
| Scorpio | 25-01-98 | | | | | |
| Pijnenburg | 22-02-92 | | | | | |
| Haag Atl. | 30-01-99 | | | | | |
| M40/80 | vacant | | | | | |
| V35/70 | vacant | | | | | |

Nederlandse records indoor per 1-4-2001

h=handtijd *=**beste prestatie**; voor record electr. tijd nodig

50 meter horden

| | | | | |
|--------|--------|--------------------------|------------|----------|
| M40 | *7.5h | Ger Heinsius | SAV | 28-01-90 |
| M45 | *7.9h | Peter Blommestijn | AVR | 09-01-88 |
| M50 | *8.2h | Peter Blommestijn | R'dam Atl. | 05-02-95 |
| M55 | vacant | limiet 10.80 | | |
| M60 | 10.46 | Mario Spadon | De Bataven | 03-02-91 |
| M65 | vacant | limiet 11.80 | | |
| M70 | vacant | limiet 13.00 | | |
| M75/80 | vacant | limiet 15.10/17.50 | | |
| V 35 | vacant | limiet 11.70 | | |
| V 40 | vacant | limiet 11.70 | | |
| V 45 | vacant | limiet 12.00 | | |
| V 50 | *9.7h | Laura Blommestijn | R'dam Atl. | 05-02-95 |
| V 55 | vacant | limiet 13.00 | | |
| V60/70 | vacant | limiet 13.70/14.40/16.20 | | |

hoogsprongen

| | | | | |
|--------|--------|--------------------|-----------|----------|
| M40 | 1.90 | Leo Poirot | Hercules | 11-03-44 |
| | 1.90 | Jan Huijbers | GAC-G. | 06-02-44 |
| M455 | 1.82 | Jan Huijbers | GAC-G. | 26-01-47 |
| M50 | 1.65 | Rob Bleijert | Climax | 08-03-91 |
| M55 | 1.55 | Rob Bleijert | Climax | 01-03-47 |
| | 1.55 | Frans van Boven | Thor | 06-03-99 |
| M60 | 1.25 | Jan Oerlemans | AVN | 12-01-91 |
| M65 | 1.39 | Arend Koet | Castricum | 02-03-97 |
| M70 | vacant | limiet 1.05 | | |
| M75 | 1.08 | Frans Buys | GAC-H. | 08-03-01 |
| M80 | vacant | limiet 0.90 | | |
| V35 | 1.60 | Monique Seerden | Lionitas | 08-03-01 |
| V40 | 1.50 | Lia Bruin | Sparta | 08-02-98 |
| | 1.50 | Evie Roelands | DJA | 30-01-99 |
| V45 | 1.55 | Weia Reinboud | Hellas | 30-01-99 |
| V50 | 1.55 | Weia Reinboud | Hellas | 21-01-01 |
| V55 | 1.29 | Rietje Dijkman | AV'23 | 06-03-99 |
| V60 | 1.27 | Rietje Dijkman | AV'23 | 08-03-01 |
| V65/70 | vacant | limiet 99 en 93 cm | | |

60 meter horden

| | | | | |
|--------|--------|-----------------------|-------------|----------|
| M40 | 9.43 | Ger Heinsius | SAV | 24-03-91 |
| M45 | 9.48 | Theo Brusche | Leiden Atl. | 07-02-99 |
| M50 | 8.79 | Wim de Ronde | Zaanland | 06-03-99 |
| M55 | 10.14 | Frans van Boven | Thor | 06-03-99 |
| M60 | 10.40 | Mario Spadon | De Bataven | 26-01-92 |
| M65 | 11.40 | Kees van Giezen | GAC-H | 06-03-99 |
| M70 | 11.07 | Frans Buys | GAC-H | 06-03-99 |
| M75 | 12.19 | Frans Buys | GAC-H | 09-03-01 |
| M80 | vacant | limiet 18.50 | | |
| V35 | 9.74 | Marian Langezaal | De Bataven | 03-02-91 |
| V40 | 10.19 | Evie Roelands | DJA | 09-03-01 |
| V45 | 11.00 | Elly Willemsen | Attila | 29-01-95 |
| V50 | vacant | limiet 13.50 | | |
| V55 | 10.98 | Rietje Dijkman | AV'23 | 06-03-99 |
| V 60 | 11.02 | Rietje Dijkman | AV'23 | 08-03-01 |
| V65/70 | vacant | limiet 15.40 en 17.20 | | |

polshoog

| | | | | |
|--------|--------|------------------------------|-----------|----------|
| M40 a) | 4.20 | Frans van der Ham | Avantri | 12-02-95 |
| M45 | 3.70 | Mark van Vliet | Castricum | 24-01-99 |
| M50 | vacant | limiet 2.80 | | |
| M55 | 2.80 | Kees van Giezen | GAC-H. | 30-01-94 |
| M60 | 2.80 | Kees van Giezen | GAC-H. | 14-01-96 |
| M65 | 2.60 | Kees van Giezen | GAC-H. | 99+01 |
| M70/80 | vacant | limiet 1.70/1.60/1.50 | | |
| V35/50 | vacant | limiet 2.00/ 1.80/ 1.60/1.60 | | |

a) aangehouden 4.30 Ed van der Kaaij 7-1-2001

verspringen

| | | | | |
|--------|--------|---------------------|----------|----------|
| M40 | 6.10 | Gérard Moors | Sprint | 23-02-91 |
| M45 | 5.78 | Wim Scholtes | Sparta | 23-01-94 |
| M50 | 5.86 | Wim de Ronde | Zaanland | 05-03-99 |
| M55 | 4.87 | Frans van Boven | Thor | 05-03-99 |
| M60 | 4.47 | Kees van Giezen | GAC-H. | 08-12-96 |
| M65 | 4.20 | Jan Oerlemans | AVN | 19-12-93 |
| M70 | vacant | limiet 3.40 | | |
| M75 | 3.33 | Frans Buys | GAC-H. | 19-02-00 |
| M80 | vacant | limiet 2.30 | | |
| V35 | 5.18 | Tilly Jacobs | Sparta | 30-01-94 |
| V40 | 5.06 | Evie Roelands | DJA | 30-01-99 |
| V45 | 4.82 | Anja Akkerman | DEM | 10-03-01 |
| V50 | 4.44 | Riet Jonkers | Energie | 01-03-97 |
| V55 | 4.15 | Rietje Dijkman | AV'23 | 30-01-99 |
| V60 | 4.25 | Rietje Dijkman | AV'23 | 23-01-00 |
| V65/70 | vacant | limiet 2.50 en 2.20 | | |

3000 meter snelwandelen

| | | | | |
|--------|----------|-----------------------------------|------------|----------|
| M40 | 12.44.61 | Henk Plasman | Gen. Mich. | 14-02-98 |
| M45 | 14.28.87 | Theo Koenis | De Lat | 22-02-97 |
| M50 | 14.35.6h | Hein Zethof | Aalsmeer | 03-02-79 |
| M55 | 17.11.39 | Ad van Oyen | Weert | 03-02-01 |
| M60 | 15.44.66 | Nico Schroten | RWV | 24-01-98 |
| M65 | vacant | limiet 19.05.00 | | |
| M70 | vacant | limiet 21.15.00 | | |
| M75/80 | vacant | limiet 22.45.00/24.25.00 | | |
| V35 | vacant | limiet 17.40.00 | | |
| V40 | 17.20.90 | Marleen Radder | RWV | 14-01-95 |
| V45 | vacant | limiet 19.30.00 | | |
| V50 | vacant | limiet 20.40.00 | | |
| V55 | vacant | limiet 22.00.00 | | |
| V60/70 | vacant | limiet 23.30.00/25.10.00/27.10.00 | | |

5000 meter snelwandelen

| | | | | |
|--------|----------|---------------|------------|----------|
| M40 | 21.38.24 | Henk Plasman | Gen. Mich. | 14-02-98 |
| M45 | 24.04.7h | Klaas Bakker | Olat | 19-01-85 |
| M50 | 25.17.61 | Klaas Bakker | Olat | 05-02-89 |
| M55 | vacant | zonder limiet | | |
| M60 | 26.48.30 | Nico Schroten | RWV | 24-01-98 |
| M65/80 | vacant | zonder limiet | | |

hinkstapspringen

| | | | | |
|--------|--------|-------------------|-------------|----------|
| M40 | 12.95 | Gérard Moors | Sprint | 15-03-92 |
| M45 | 12.01 | Glen Gentle | Avon | 03-02-01 |
| M50 | 10.76 | Peter Blommestijn | R'dam Atl. | 05-02-95 |
| M55 | vacant | limiet 8.25 | | |
| M60 | 9.18 | Kees van Giezen | GAC-H. | 01-03-97 |
| M65 | 8.60 | Kees van Giezen | GAC-H. | 06-03-99 |
| M70 | 6.85 | Frans Buys | GAC-H. | 06-03-99 |
| M75 | 6.01 | Frans Buys | GAC-H. | 10-03-01 |
| M80 | vacant | 4.50 | | |
| V35 | 10.54 | Evie Roelands | DJA | 02-03-97 |
| V40 | 10.74 | Evie Roelands | DJA | 07-03-99 |
| V45 | 10.34 | Janine Kortbeek | Pr. Hendrik | 11-03-01 |
| V50 | 8.45 | Laura Blommestijn | R'dam Atl. | 05-02-95 |
| V55 | 8.89 | Rietje Dijkman | AV'23 | 07-03-99 |
| V60 | 8.40 | Rietje Dijkman | AV'23 | 11-03-01 |
| V65/70 | vacant | limiet 5.70/5.30 | | |

kogelstoten

| | | | | |
|--------|--------|------------------|-----------|----------|
| M40 | 15.05 | Martin Regtop | Tion | 11-03-89 |
| M45 | 14.40 | Martin Regtop | Tion | 29-10-95 |
| M50 | 15.24 | Martin Regtop | Tion | 06-03-99 |
| M55 | 12.38 | Wim Fokker | Hellas | 17-03-96 |
| M60 | 13.41 | Wim Fokker | Hellas | 30-01-99 |
| M65 | 10.09 | Jan Oerlemans | AVN | 19-12-93 |
| M70 | 11.12 | Jan Oerlemans | AVN | 16-01-00 |
| M75 | 7.34 | Frans Buys | GAC-H. | 08-03-01 |
| M80 | vacant | limiet 4.50 | | |
| V35 | 13.29 | Els Stolk | ADA | 15-02-92 |
| V40 | 13.98 | Els Stolk | AAC | 14-02-98 |
| V45 | 11.84 | Mariet Thomas | DEM | 17-03-96 |
| V50 | 10.36 | Rina ten Braak | Parthenon | 21-01-01 |
| V55 | 9.35 | Corrie Vinke | Atos | 01-03-97 |
| V60 | 7.09 | Rietje Dijkman | AV'23 | 08-03-01 |
| V65/70 | vacant | limiet 5.20/4.75 | | |

4x200 clubs

| | | | | |
|------|---------|--------------------------------------|--|----------|
| M 40 | 1.41.06 | Zuidwal | | 28-01-96 |
| | | Klarenbeek-Dunnebieer-Nordt-Overmars | | |
| M 45 | 1.48.83 | Ilion | | 28-01-96 |
| | | Sluimer-Buyze-Zwennes-Poels | | |
| rest | vacant | zonder limiet | | |

Nederlandse records indoor per 1-4-2001

h=handtijd *=beste prestatie; voor record electr. tijd nodig

4x200 nationaal

| | | | |
|--------|---------|---|----------|
| M40/45 | vacant | zonder limiet | |
| M50 | 1.41.63 | Van Verseveld-Van Boven- De Ronde-Scholtes | 07-03-99 |
| M55 | vacant | zonder limiet | |
| M60 | 2.02.01 | Schouten-Spadon- Van Giezen- Van Heemstede | 02-03-97 |
| M65/80 | vacant | zonder limiet | |
| V35 | 1.52.47 | Kuijpers-Klomp-Kuper-Jacobs | 21-01-95 |
| V40 | 1.53.02 | Akkerman-Roelands-Klomp-Oost | 07-03-99 |
| V45 | vacant | | |
| V50 | 2.07.86 | Plat-Dijkman-Jonkers-Broers | 07-03-99 |
| V55/70 | vacant | zonder limiet | |

4x400 nationaal en clubs

alles vacant zonder limiet

4 x 800 clubs

| | | | |
|------|----------|---------------------------------|----------|
| V35 | 12.32.87 | PAC | 24-03-96 |
| | | Verbeek-Blom-Kroon-Van der Hoek | |
| rest | vacant | zonder limiet | |

4 x 800 nationaal

alles vacant zonder limiet

vijfkamp (horden-ver-kogel-hoog-1000)

| | | | | |
|------|--------|------------------------------|--------|----------|
| M65 | 2637 | Kees van Giezen | GAC-H. | 08-03-01 |
| | | 12.22*3.85*6.35*1.26*5.03.68 | | |
| M75 | 2647 | Frans Buys | GAC-H. | 08-03-01 |
| | | 13.08*2.93*7.34*1.08*5.43.90 | | |
| rest | vacant | zonder limiet | | |

vijfkamp (horden-hoog-kogel-ver-800)

| | | | | |
|------|--------|-------------------------------|----------|----------|
| V35 | 3223 | Monique Seerden | Lionitas | 08-03-01 |
| | | 10.94*1.60*10.12*4.36*2.35.02 | | |
| V60 | 4053 | Rietje Dijkman | AV'23 | 08-03-01 |
| | | 11.02*1.27*7.09*3.99*3.57.54 | | |
| rest | vacant | zonder limiet | | |

zevenkamp (60-ver-kogel-hoog-horden-pols-1000)

M vacant zonder limiet

Europese records indoor per 12 maart 2001

60 meter

| | | | |
|-----|-----------------------------|-----|----|
| M40 | 7.05 Kwadwo Ansah | GBR | 96 |
| M45 | 7.22 Viv Oliver | GBR | 98 |
| M50 | 7.46 Brian Townley | GBR | 97 |
| M55 | 7.63 Brian Green | GBR | 97 |
| M60 | 7.76 Ron Taylor | GBR | 94 |
| M65 | 8.04 Amando Roca | ESP | 01 |
| M70 | 8.52 Allan Meddings | GBR | 98 |
| M75 | 8.71 Fritz Mühle | GER | 92 |
| M80 | 9.62 Bruno Sobrero | ITA | 01 |
| V35 | 7.26 Sandra Myers | ESP | 96 |
| V40 | 7.49 Zdenka Musinska | CZE | 97 |
| V45 | 8.25 Helen Godsell | GER | 01 |
| V50 | 8.42 Maureen Lewington | GBR | 98 |
| V55 | 8.90 Brunhilde Hoffmann | GER | 97 |
| V60 | 9.00 Christiane Schmalbruch | GER | 99 |
| V65 | 9.34 Asta Larsson | SWE | 97 |
| V70 | 9.85 Paula Schneiderhan | GER | 92 |

1500 meter

| | | | |
|-----|---------------------------------|------------|-----------|
| M40 | 3.45.3h Eamonn Coghlan | IRL | 93 |
| M45 | 4.03.69 John Potts | GBR | 90 |
| M50 | 4.14.73 John Potts | GBR | 95 |
| M55 | 4.29.26 Stig Haglund | FIN | 99 |
| M60 | 4.37.80 Maurice Morell | GBR | 94 |
| M65 | 4.53.03 Harry Tempan | GBR | 91 |
| M70 | 5.13.1h James Todd | GBR | 92 |
| M75 | 5.37.28 Rune Bergman | SWE | 00 |
| M80 | 6.19.34 Ernie Warwick | GBR | 96 |
| V35 | 4.05.10 Doina Melinte | ROM | 92 |
| V40 | 4.05.19 Yekaterina Podkopayeva | RUS | 97 |
| V45 | 4.40.48 Barbara Lehmann | GER | 88 |
| V50 | 4.51.68 Pat Gallagher | GBR | 98 |
| V55 | 5.11.36 Pat Gallagher | GBR | 01 |
| V60 | 5.41.91 Gerda van Kooten | NED | 01 |
| V65 | 6.03.92 Ingrid Sogstad | NOR | 91 |
| V70 | 6.50.6h Jose Waller | GBR | 93 |

200 meter

| | | | |
|-----|----------------------------|------------|-----------|
| M40 | 22.38 Kay Schaafsma | NED | 00 |
| M45 | 22.76 Viv Oliver | GBR | 98 |
| M50 | 24.17 Brian Townley | GBR | 97 |
| M55 | 24.58 Guido Müller | GER | 94 |
| M60 | 25.25 Ronald Taylor | GBR | 94 |
| M65 | 26.41 Charles Williams | GBR | 97 |
| M70 | 27.40 Allan Meddings | GBR | 98 |
| M75 | 29.95 Göte Lindblad | SWE | 99 |
| M80 | 33.39 Ugo Sansonetti | ITA | 99 |
| V35 | 23.04 Sandra Meyers | ESP | 96 |
| V40 | 25.58 Tilly Jacobs | NED | 98 |
| V45 | 26.68 Renate Megerle | GER | 89 |
| V50 | 28.24 Maureen Lewington | GBR | 01 |
| V55 | 29.61 Yvonne Priestman | GBR | 01 |
| V60 | 29.93 Christel Franzen | GER | 89 |
| V65 | 32.41 Asta Larsson | SWE | 97 |
| V70 | 33.11 Jo Ogden | GBR | 98 |

3000 meter

| | | | |
|-----|--------------------------|-----|----|
| M40 | 8.20.16 Nigel John Gates | GBR | 94 |
| M45 | 8.36.64 Klaus Goldammer | GER | 99 |
| M50 | 8.58.8h Les Pressland | GBR | 90 |
| M55 | 9.23.43 Stephen James | GBR | 94 |
| M60 | 9.43.88 Andrew Brown | GBR | 94 |
| M65 | 10.17.02 Rune Bergman | SWE | 90 |
| M70 | 11.08.49 James Todd | GBR | 94 |
| M75 | 12.12.72 James Todd | GBR | 97 |
| M80 | 14.10.79 Gordon Porteous | GBR | 94 |
| V35 | 8.43.49 Maricica Puica | ROM | 87 |
| V40 | 9.15.91 Nicole Leveque | FRA | 95 |
| V45 | 9.11.67 Nicole Leveque | FRA | 96 |
| V50 | 10.17.53 Pat Gallagher | GBR | 97 |
| V55 | 11.06.13 Pat Gallagher | GBR | 01 |
| V60 | 11.48.35 Rona Frederiks | GER | 01 |
| V65 | 13.09.42 Joselyn Ross | GBR | 94 |
| V70 | 13.27.8h Nina Naumenko | RUS | 96 |

400 meter

| | | | |
|-----|---------------------------|------------|-----------|
| M40 | 49.83 Eric Roeske | NED | 00 |
| M45 | 51.98 Guido Müller | GER | 88 |
| M50 | 53.57 Guido Müller | GER | 89 |
| M55 | 54.51 Guido Müller | GER | 94 |
| M60 | 57.06 Bertold Neumann | GER | 94 |
| M65 | 65.32 Horst Hufnagel | GER | 01 |
| M70 | 64.12 Noestor Zamy | FRA | 01 |
| M75 | 69.59 Göte Lindblad | SWE | 99 |
| M80 | 80.58 Herbert Liedtke | SWE | 97 |
| V35 | 53.13 Nadezhda Olizarenko | URS | 89 |
| V40 | 56.82 Tilly Jacobs | NED | 97 |
| V45 | 59.86 Caroline Marler | GBR | 97 |
| V50 | 65.63 Marjorie Hocknell | GBR | 94 |
| V55 | 68.04 Riet Jonkers | NED | 99 |
| V60 | 73.23 Dorothy Fraser | GBR | 01 |
| V65 | 80.38 Toni Borthwick | GBR | 97 |
| V70 | 98.60 Hélène-Marie Glet | FRA | 01 |

3000 meter snelwandelen

| | | | |
|-----|------------------------------|------------|-----------|
| M40 | 12.44.61 Henk Plasman | NED | 98 |
| M45 | 12.21.55 Frantisek Parys | CZE | 99 |
| M50 | 13.06.0h A. Smallwood | GBR | 93 |
| M55 | 14.11.2h David Stevens | GBR | 92 |
| M60 | 15.21.87 Zigurds Irbe | LAT | 97 |
| M65 | 15.39.67 George Chaplin | GBR | 96 |
| M70 | 15.27.96 Tonetti Franco | ITA | 91 |
| M75 | 17.41.6h James Grimwade | GBR | 92 |
| M80 | 17.41.4h James Grimwade | GBR | 93 |
| V35 | 12.28.76 Dana Vavracova | TCH | 90 |
| V40 | 12.33.1h Olena Veremiychuk | UKR | 00 |
| V45 | 14.49.0h Jacqueline Bonnet | FRA | 93 |
| V50 | 15.11.2h Vieno Heikkilä | FIN | 91 |
| V55 | 15.58.47 Waltraud Seiler | GER | 97 |
| V60 | 17.22.44 Josette Sommer | FRA | 97 |
| V65 | 17.38.4h Mary Worth | GBR | 95 |
| V70 | 21.50.34 Anne von Bismarck | GER | 98 |

800 meter

| | | | |
|-----|---------------------------------|------------|-----------|
| M40 | 1.55.63 Peter Browne | GBR | 90 |
| M45 | 1.57.32 Peter Browne | GBR | 95 |
| M50 | 2.05.08 Björn-Erik Franzén | SWE | 97 |
| M55 | 2.08.15 Reginald Phipps | GBR | 99 |
| M60 | 2.18.50 Unto Mattsson | FIN | 90 |
| M65 | 2.24.82 Harry Tempan | GBR | 91 |
| M70 | 2.34.2h James Todd | GBR | 92 |
| M75 | 2.42.35 James Todd | GBR | 97 |
| M80 | 3.11.16 Emiel Pauwels | BEL | 01 |
| V35 | 2.01.49 Doina Melinte | ROM | 92 |
| V40 | 2.01.59 Yekaterina Podkopayeva | RUS | 94 |
| V45 | 2.19.7h Caroline Marler | GBR | 97 |
| V50 | 2.25.6h Pat Gallagher | GBR | 97 |
| V55 | 2.36.75 Riet Jonkers | NED | 99 |
| V60 | 2.45.18 Gerda van Kooten | NED | 01 |
| V65 | 3.00.05 Toni Borthwick | GBR | 97 |
| V70 | 3.46.56 Hélène-Marie Glet | FRA | 01 |

60 meter horden

| | | | |
|------------|-----------------------------|------------|-----------|
| M40 (99,1) | 8.30 Herbert Kreiner | AUT | 99 |
| M45 | 8.57 Herbert Kreiner | AUT | 01 |
| M50 (91,4) | 8.71 Eduard Longauer | SVK | 01 |
| M55 | 9.23 Barry Ferguson | GBR | 97 |
| M60 (84,0) | 9.39 Helmuth Klimmer | GER | 99 |
| M65 | 10.15 Veikko Keltanen | FIN | 93 |
| M70 (76,2) | 10.45 Hannu Suoknuuti | FIN | 97 |
| M75 | 11.43 Reino Taskinen | FIN | 93 |
| M80 (68,5) | 12.01 Bruno Sobrero | ITA | 01 |
| V35 (84,0) | 8.04 Yelizateva Chernyshova | RUS | 93 |
| V40 (76,2) | 8.73 Anke Moritz | GER | 01 |
| V45 | 9.50 Danielle Desmier | FRA | 97 |
| V50 | 9.83 Helgi Lamp | EST | 97 |
| V55 | 10.98 Rietje Dijkman | SWE | 99 |
| V60 (68,5) | 10.86 Asta Larsson | SWE | 93 |
| V65 | 11.24 Asta Larsson | SWE | 97 |
| V70 | 13.21 Elsa Enarsson | SWE | 01 |

Europese records indoor per 12 maart 2001

hoogspringen

| | | | |
|-----|------------------------------|------------|-----------|
| M40 | 2.02 Stefan Karlsson | SWE | 99 |
| M45 | 1.92 Mark Tchelnov | URS | 90 |
| M50 | 2.00 Thomas Zacharias | GER | 97 |
| M55 | 1.81 Asko Pesonen | FIN | 00 |
| M60 | 1.60 Niils-Bertil Nevrup | SWE | 89 |
| | 1.60 Anthony Bateman | GBR | 99 |
| M65 | 1.62 Horst Mandl | AUT | 01 |
| M70 | 1.49 Niils-Bertil Nevrup | SWE | 97 |
| M75 | 1.40 Esko Kolhonen | FIN | 89 |
| M80 | 1.27 Esko Kolhonen | FIN | 95 |
| | 1.27 Emmerich Zensch | AUT | 01 |
| V35 | 1.94 Ylena Panikarov | RUS | 95 |
| V40 | 1.60 Malle Pahapill | EST | 94 |
| V45 | 1.55 Weia Reinboud | NED | 99 |
| V50 | 1.55 Weia Reinboud | NED | 01 |
| V55 | 1.48 Renate Vogel | GER | 99 |
| V60 | 1.32 Christiane Schmalbruch | GER | 99 |
| V65 | 1.23 Happ(GER)+Enarsson(SWE) | 95+96 | |
| V70 | 1.20 Christel Happ | GER | 00 |

polshoog

| | | | |
|-----|------------------------|-----|----|
| M40 | 5.60 Sergej Bubka | RUS | 00 |
| M45 | 4.77 Wolfgang Rütte | GER | 99 |
| M50 | 4.18 Hans Lagerqvist | SWE | 94 |
| M55 | 4.05 Hans Lagerqvist | SWE | 99 |
| M60 | 3.60 Robert Brown | GBR | 94 |
| M65 | 3.30 Robert Brown | GBR | 98 |
| | 3.30 Pentti Alajuuoma | FIN | 01 |
| M70 | 2.90 Bernt Jonsson | SWE | 99 |
| M75 | 2.62 Aarne Ketonen | FIN | 93 |
| M80 | 2.25 Ahti Pajunen | FIN | 90 |
| V35 | 4.25 Gabriela Mihalcea | ROM | 99 |
| V40 | 3.20 Jennifer Cunnane | GBR | 98 |
| V45 | 2.60 Heli Kenttämää | FIN | 01 |
| V50 | 2.55 Pat McNab | GBR | 93 |
| V55 | 2.40 Diethild Nix | GER | 99 |
| V60 | 2.00 Dorothy McLennan | IRL | 97 |
| V65 | 1.80 Dorothy McLennan | IRL | 01 |

verspringen

| | | | |
|-----|-----------------------------|-----|----|
| M40 | 7.52 Barrington Williams | GBR | 96 |
| M45 | 6.90 Tapani Taavitsainen | FIN | 90 |
| M50 | 6.50 Pertti Ahomäki | FIN | 97 |
| M55 | 6.34 Stig Bäcklund | FIN | 95 |
| M60 | 5.80 Stig Bäcklund | FIN | 99 |
| M65 | 5.13 Angel Joaniquet | ESP | 99 |
| M70 | 4.71 Heikki Simola | FIN | 82 |
| M75 | 4.41 Heikki Simola | FIN | 87 |
| M80 | 3.79 Bruno Sobrero | ITA | 01 |
| V35 | 6.86 Heike Drechsler | GER | 00 |
| V40 | 5.32 Jean Wills | GBR | 93 |
| | 5.32 Vives Loles | ESP | 99 |
| V45 | 5.22 Silke Mattelsson | GER | 91 |
| V50 | 4.73 Erika Sauer | GER | 90 |
| V55 | 4.61 Edith Graff | BEL | 01 |
| V60 | 4.58 Christiane Schmalbruch | GER | 99 |
| V65 | 3.92 Asta Larsson | SWE | 96 |
| V70 | 3.88 Paula Schneiderhan | GER | 92 |

hinkstapspringen

| | | | |
|-----|-----------------------------|-----|----|
| M40 | 14.94 Wolfgang Knabe | GER | 01 |
| M45 | 13.98 Gennadi Bessonov | URS | 91 |
| M50 | 13.72 Stig Bäcklund | FIN | 90 |
| M55 | 13.35 Stig Bäcklund | FIN | 95 |
| M60 | 12.53 Stig Bäcklund | FIN | 99 |
| M65 | 10.95 Jacob Rypdal | NOR | 91 |
| M70 | 9.99 Vaclac Bartl | SWE | 96 |
| M75 | 9.40 Heikki Simola | FIN | 87 |
| M80 | 8.10 Esko Kolhonen | FIN | 95 |
| V35 | 13.85 Jolanda Chen | RUS | 97 |
| V40 | 11.14 Janice Pryce | GBR | 01 |
| V45 | 11.02 Danielle Desmier | FRA | 97 |
| V50 | 9.90 Danielle Desmier | FRA | 01 |
| V55 | 8.94 Anja Altonen | FIN | 00 |
| V60 | 9.45 Christiane Schmalbruch | GER | 99 |
| V65 | 7.87 Elsa Enarsson | SWE | 96 |
| V70 | 7.53 Elsa Enarsson | SWE | 01 |

kogelstoten

| | | | |
|---------|--------------------------|-----|----|
| M40 | 19.48 Ivan Ivancic | YUG | 80 |
| M45 | 20.40 Ivan Ivancic | YUG | 83 |
| M50 (6) | 16.24 Vlastimil Koca | CZE | 01 |
| M55 | 15.57 Karl-Heinz Wendel | GER | 90 |
| M60 (5) | 15.83 Reino Laine | FIN | 95 |
| M65 | 14.87 Reino Laine | FIN | 00 |
| M70 (4) | 14.64 Tauno Kivi | FIN | 99 |
| M75 | 13.02 Erik Eriksson | FIN | 01 |
| M80 | 11.58 Franz Meier | SUI | 99 |
| V35 | 21.47 Helena Fibingerova | TCH | 85 |
| V40 | 19.16 Antonina Ivanova | URS | 74 |
| V45 | 14.88 Ingrid Miller | SWE | 87 |
| V50 (3) | 14.07 Tamara Danilova | URS | 89 |
| V55 | 12.57 Karin Illgen | GER | 97 |
| V60 | 11.97 Evaun Williams | GBR | 99 |
| V65 | 10.13 Galina Zybina | RUS | 98 |
| V70 | 8.58 Rachel Hanssens | BEL | 01 |

Bestand: Europese records indoor (EVAA).
Bijgewerkt: 6 april 2001.

Wereldrecords indoor per 20 november 2000

60 meter

| | | | | |
|-----|-------|--------------------|-----|----|
| M40 | 6.97 | Eddie Hart | USA | 90 |
| M45 | 7.02 | Stan Whitley | USA | 91 |
| M50 | 7.34 | James E. St-Cyr | USA | 00 |
| M55 | 7.53 | Hugo Hartenstein | USA | 90 |
| M60 | 7.7h | Payton Jordan | USA | 78 |
| M65 | 7.8h | Cecil Paul | CAN | 86 |
| M70 | 8.39 | John O'Neil | CAN | 94 |
| M75 | 8.67 | Melvin Larsen | USA | 00 |
| M80 | 9.39 | Roderick Parker | USA | 99 |
| V35 | 7.01 | Marlene Ottey | JAM | 99 |
| V40 | 8.01 | Denise Foreman | USA | 97 |
| V45 | 8.02 | Phil Raschker | USA | 95 |
| V50 | 8.05 | Phil Raschker | USA | 97 |
| V55 | 8.90 | Brunhilde Hoffmann | GER | 97 |
| V60 | 9.01 | Irene Obera | USA | 94 |
| V65 | 9.34 | Asta Larsson | SWE | 97 |
| V70 | 10.12 | Joan Ogden | GBR | 98 |

200 meter

| | | | | |
|-----|--------------|---------------------|------------|-----------|
| M40 | 22.19 | Bill Collins | USA | 95 |
| M45 | 22.57 | Bill Collins | USA | 99 |
| M50 | 23.76 | Harold Morioka | CAN | 93 |
| | 23.76 | Charles Allie | USA | 99 |
| M55 | 24.09 | Stephen Robbins | USA | 98 |
| M60 | 25.10 | Larry Colbert | USA | 98 |
| M65 | 26.41 | Charles Williams | GBR | 97 |
| M70 | 27.40 | Allan Meddings | GBR | 98 |
| M75 | 29.57 | Melvin Larsen | USA | 00 |
| M80 | 32.9h | Barry Ivers | USA | 91 |
| V35 | 23.04 | Sandra Meyers | SPA | 96 |
| V40 | 25.58 | Tilly Jacobs | NED | 98 |
| V45 | 26.06 | Phil Raschker | USA | 94 |
| V50 | 26.52 | Phil Raschker | USA | 97 |
| V55 | 29.62 | Brunhilde Hoffmann | GER | 97 |
| V60 | 30.39 | Irene Obera | USA | 94 |
| V65 | 32.0h | Joan Ogden | GBR | 93 |
| V70 | 33.11 | Joan Ogden | GBR | 98 |

400 meter

| | | | | |
|-----|--------------|---------------------|------------|-----------|
| M40 | 49.14 | Elvis Ford | BAR | 00 |
| M45 | 49.89 | Fred Sowerby | USA | 94 |
| M50 | 52.72 | Harold Morioka | CAN | 95 |
| M55 | 54.36 | Harold Morioka | CAN | 99 |
| M60 | 56.32 | Larry Colbert | USA | 97 |
| M65 | 59.53 | Earl Fee | CAN | 95 |
| M70 | 61.31 | Earl Fee | CAN | 99 |
| M75 | 69.59 | Göte Lindblad | SWE | 99 |
| M80 | 75.58 | Roderick Parker | USA | 99 |
| V35 | 53.13 | Nadez Olizarenko | URS | 89 |
| V40 | 56.82 | Tilly Jacobs | NED | 97 |
| V45 | 59.86 | Caroline Marler | GBR | 97 |
| V50 | 65.63 | Marjorie Hocknell | GBR | 94 |
| V55 | 67.38 | Diane Palmason | CAN | 95 |
| V60 | 70.69 | Carolyn Cappetta | USA | 96 |
| V65 | 76.56 | Audrey Lary | USA | 00 |
| V70 | 88.79 | Patricia Peterson | USA | 98 |

800 meter

| | | | | |
|-----|----------------|-------------------------|------------|-----------|
| M40 | 1.54.68 | Anselm Lebourne | USA | 00 |
| M45 | 1.57.32 | Peter Browne | GBR | 95 |
| M50 | 2.03.55 | Nolan Shaheed | USA | 00 |
| M55 | 2.08.15 | Reg(inald) Phipps | GBR | 99 |
| M60 | 2.14.75 | Sidney Howard | USA | 99 |
| M65 | 2.16.80 | Earl Fee | CAN | 92 |
| M70 | 2.20.45 | Earl Fee | CAN | 99 |
| M75 | 2.42.35 | James Todd | GBR | 97 |
| M80 | 3.13.39 | Roderick Parker | USA | 99 |
| V35 | 2.01.49 | Doina Melinte | ROM | 92 |
| V40 | 2.01.59 | Yekaterina Podkopayeva | RUS | 94 |
| V45 | 2.19.7h | Caroline Marler | GBR | 97 |
| V50 | 2.25.6h | Pat Gallagher | GBR | 97 |
| V55 | 2.37.34 | Gerda van Kooten | NED | 95 |
| V60 | 2.44.22 | Carolyn Cappetta | USA | 96 |
| V65 | 2.56.63 | Jean Horne | CAN | 98 |
| V70 | 3.28.75 | Toshiko D'Elia | USA | 00 |

1500 meter

| | | | | |
|-----|----------------|-------------------------|------------|-----------|
| M40 | 3.45.3h | Eamonn Coghlan | IRL | 93 |
| M45 | 4.03.69 | John Potts | GBR | 90 |
| M50 | 4.14.73 | John Potts | GBR | 95 |
| M55 | 4.27.01 | John Potts | GBR | 00 |
| M60 | 4.37.80 | Maurice Morell | GBR | 94 |
| M65 | 4.47.11 | Earl Fee | CAN | 94 |
| M70 | 5.27.4h | Austin Newman | USA | 86 |
| M75 | 5.37.28 | Rune Bergman | SWE | 00 |
| M80 | 6.19.34 | Ernie Warwick | GBR | 96 |
| V35 | 4.03.08 | Mary Slaney | USA | 97 |
| V40 | 4.05.19 | Yekaterina Podkopayeva | RUS | 97 |
| V45 | 4.44.0h | Pat Gallagher | GBR | 90 |
| V50 | 4.51.8h | Pat Gallagher | GBR | 98 |
| V55 | 5.20.29 | Gerda van Kooten | NED | 96 |
| V60 | 5.54.62 | Brigitta Eklund | SWE | 99 |
| V65 | 6.14.16 | Joselyn Ross | GBR | 94 |
| V70 | 6.50.6h | Jose Waller | GBR | 93 |

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| | | | | |
|-----|---------|-----------------------|-----|----|
| M40 | 3.58.13 | Eamonn Coghlan | IRL | 94 |
| M45 | 4.21.90 | Albin Swenson | USA | 93 |
| M50 | 4.35.51 | Nolan Shaheed | USA | 00 |
| M55 | 4.52.81 | Victor Heckler | USA | 97 |
| M60 | 5.01.76 | Dan Conway | USA | 98 |
| M65 | 5.13.3h | Earl Fee | CAN | 96 |
| M70 | 5.32.4h | Scotty Carter | USA | 87 |
| M75 | 6.27.16 | John Hosner | USA | 00 |
| M80 | 7.04.2h | Paul Spangler | USA | 79 |
| V35 | 4.59.28 | Carol Urish-McLatchie | USA | 87 |
| V40 | 4.57.71 | Patty Blanchard | CAN | 99 |
| V45 | 5.20.76 | Kathryn Martin | CAN | 00 |
| V50 | 5.40.1h | Mila Kania | USA | 83 |
| V55 | 5.49.42 | Joan Ottaway | USA | 00 |
| V60 | 6.35.55 | Jeanne Hoagland | USA | 99 |
| V65 | 6.59.89 | Toshiko d'Elia | USA | 97 |
| V70 | 7.29.22 | Pearl Mehl | USA | 87 |

3000 meter

| | | | | |
|-----|----------|------------------|-----|----|
| M40 | 8.20.16 | Nigel John Gates | GBR | 94 |
| M45 | 8.36.64 | Klaus Goldammer | GER | 99 |
| M50 | 8.58.8h | Les Pressland | GBR | 90 |
| M55 | 9.23.43 | Stephen James | GBR | 94 |
| M60 | 9.43.88 | Andrew Brown | GBR | 94 |
| M65 | 10.11.60 | Ed Whitlock | CAN | 96 |
| M70 | 11.08.49 | James Todd | GBR | 94 |
| M75 | 12.12.72 | James Todd | GBR | 97 |
| M80 | 14.10.79 | Gordon Porteous | GBR | 94 |
| V35 | 8.39.14 | Regina Jacobs | USA | 99 |
| V40 | 9.15.91 | Nicole Leveque | FRA | 95 |
| V45 | 9.11.67 | Nicole Leveque | FRA | 96 |
| V50 | 10.17.53 | Pat Gallagher | GBR | 97 |
| V55 | 11.25.05 | Joan Ottaway | USA | 00 |
| V60 | 12.08.8h | Molly Turner | CAN | 94 |
| V65 | 13.09.42 | Joselyn Ross | GBR | 94 |
| V70 | 14.13.7h | Jose Waller | GBR | 93 |

3000 meter snelwandelen

| | | | | |
|-----|----------|-------------------|-----|----|
| M40 | 12.25.9h | Ray Funkhouser | USA | 93 |
| M45 | 12.38.71 | Donald Denoon | USA | 93 |
| M50 | 12.34.9h | Donald Denoon | USA | 94 |
| M55 | 13.51.46 | James Carmines | USA | 99 |
| M60 | 14.34.28 | Dave Romansky | USA | 99 |
| M65 | 15.39.67 | George Chaplin | GBR | 96 |
| M70 | 17.03.33 | Jack Starr | USA | 99 |
| M75 | 18.35.8h | Chico Scimone | ITA | 87 |
| M80 | 17.41.4h | James Grimwade | GBR | 93 |
| V35 | 12.28.76 | Dana Vavracova | CZE | 90 |
| V40 | 13.33.1h | Olena Veremiychuk | UKR | 00 |
| V45 | 14.43.70 | Sally Richards | USA | 00 |
| V50 | 15.11.2h | Vieno Heikkila | FIN | 91 |
| V55 | 15.58.47 | Waltraud Seiler | GER | 97 |
| V60 | 17.22.44 | Josette Sommier | FRA | 97 |
| V65 | 17.38.4h | Mary Worth | GBR | 95 |
| V70 | 18.26.5h | Beryl Randle | GBR | 99 |

Wereldrecords indoor per 20 november 2000

60 meter horden

| | | | | |
|-----|-------|------------------------|------------|-----------|
| M40 | 7.96 | Karl Smith | USA | 00 |
| M45 | 8.43 | Stan Druckrey | USA | 94 |
| M50 | 8.47 | Walt Butler | USA | 93 |
| M55 | 8.63 | Courtland Gray | USA | 99 |
| M60 | 9.41 | Emil Pawlik | USA | 00 |
| M65 | 9.8h | Buck Bradberry | USA | 93 |
| M70 | 9.89 | James Stookey | USA | 00 |
| M75 | 11.05 | Edwin Lukens | USA | 98 |
| M80 | 12.68 | Reino Taskinen | FIN | 96 |
| V35 | 8.04 | Yelizaveta Chernyshova | URS | 93 |
| V40 | 8.8h | Judy Vernon | GBR | 86 |
| V45 | 9.18 | Phil Raschker | USA | 95 |
| V50 | 9.38 | Phil Raschker | USA | 97 |
| V55 | 10.98 | Rietje Dijkman | NED | 99 |
| V60 | 10.86 | Asta Larsson | SWE | 93 |
| V65 | 11.24 | Asta Larsson | SWE | 97 |
| V70 | 14.98 | Leonore McDaniels | USA | 98 |

hinkstapspringen

| | | | | |
|-----|-------|------------------------|------------|-----------|
| M40 | 16.08 | Ray Kimble | USA | 94 |
| M45 | 14.82 | Milan Tiff | USA | 95 |
| M50 | 13.72 | Stig Bäcklund | FIN | 90 |
| M55 | 12.92 | Stig Bäcklund | FIN | 99 |
| M60 | 12.49 | Stig Bäcklund | FIN | 00 |
| M65 | 10.92 | Amelio Compri | ITA | 90 |
| M70 | 9.99 | Vaclav Bartl | SWE | 96 |
| M75 | 9.38 | Ed Lukens | USA | 97 |
| M80 | 8.10 | Esko Kolhonen | FIN | 95 |
| V35 | 13.85 | Yolanda Chen | RUS | 97 |
| V40 | 10.78 | Phil Raschker | USA | 88 |
| V45 | 11.02 | Danielle Desmier | FRA | 97 |
| V50 | 10.49 | Phil Raschker | USA | 97 |
| V55 | 8.89 | Rietje Dijkman | NED | 99 |
| V60 | 9.45 | Christiane Schmalbruch | GER | 99 |
| V65 | 8.12 | Audrey Lary | USA | 00 |
| V70 | 6.93 | Leonore McDaniels | USA | 98 |

hoogspringen

| | | | | |
|-----|------|------------------------|-----|----|
| M40 | 2.10 | Dwight Stones | USA | 94 |
| M45 | 1.92 | Mark Tchelnov | URS | 90 |
| M50 | 2.00 | Thomas Zacharias | GER | 97 |
| M55 | 1.76 | Mark Zhelmov | UKR | 00 |
| M60 | 1.65 | Jim Gilcrist | USA | 90 |
| M65 | 1.62 | Jim Gilcrist | USA | 93 |
| M70 | 1.49 | Nils-Bertil Nevrup | SWE | 97 |
| M75 | 1.38 | Rolf Gustavsson | SWE | 92 |
| M80 | 1.27 | Esko Kolhonen | FIN | 95 |
| V35 | 1.94 | Ylena Panikarovskikh | RUS | 95 |
| V40 | 1.72 | Debbie Brill | CAN | 95 |
| V45 | 1.58 | Phil Raschker | USA | 95 |
| V50 | 1.53 | Phil Raschker | USA | 97 |
| V55 | 1.48 | Renate Vogel | GER | 99 |
| V60 | 1.32 | Christiane Schmalbruch | GER | 99 |
| V65 | 1.23 | Leonore McDaniels | USA | 93 |
| | 1.23 | Christa Happ | GER | 95 |
| | 1.23 | Elsa Enarsson | SWE | 96 |
| V70 | 1.19 | Leonore McDaniels | USA | 98 |

kogelstoten

| | | | | |
|-----|-------|-------------------------|-----|----|
| M40 | 20.07 | Brian Oldfield | USA | 86 |
| M45 | 15.78 | Ed Hill | USA | 88 |
| M50 | 16.27 | Ladislav Pataki | USA | 98 |
| M55 | 15.74 | Joe Keshmiri | USA | 95 |
| M60 | 16.83 | Reino Nokelainen | FIN | 81 |
| M65 | 15.28 | Voitto Elo | FIN | 82 |
| M70 | 14.39 | Torsten von Wachenfeldt | SWE | 98 |
| M75 | 12.88 | Voitto Elo | FIN | 90 |
| M80 | 11.58 | Franz Meier | SUI | 99 |
| V35 | 21.47 | Helena Fibingerova | CZE | 85 |
| V40 | 19.16 | Antonia Ivanova | URS | 74 |
| V45 | 14.88 | Ingrid Miller | SWE | 87 |
| V50 | 12.66 | Joanne Grissom | USA | 90 |
| V55 | 12.57 | Karen Illgen | GER | 97 |
| V60 | 11.97 | Evaun Williams | GBR | 99 |
| V65 | 10.13 | Galina Zybina | RUS | 98 |
| V70 | 8.02 | Christiane Wippersteg | GER | 99 |

polshoog

| | | | | |
|-----|------|-------------------|-----|----|
| M40 | 5.18 | Earl Bell | USA | 95 |
| M45 | 4.77 | Wolfgang Ritte | GER | 99 |
| M50 | 4.29 | Jerry Cash | USA | 00 |
| M55 | 4.05 | Hans Lagerqvist | SWE | 99 |
| M60 | 3.91 | Dale Lance | USA | 98 |
| M65 | 3.42 | Jerry Donley | USA | 95 |
| M70 | 3.15 | Boo Morcom | USA | 93 |
| M75 | 2.82 | Carol Johnston | USA | 88 |
| M80 | 2.44 | Carol Johnston | USA | 94 |
| V35 | 4.25 | Gabriela Mihalcea | ROM | 99 |
| V40 | 3.20 | Jennifer Cunnane | GBR | 98 |
| V45 | 3.31 | Phil Raschker | USA | 96 |
| V50 | 3.06 | Phil Raschker | USA | 00 |
| V55 | 2.44 | Joy McDonald | USA | 98 |
| V60 | 2.50 | Barbara Cleveland | USA | 00 |
| V65 | 1.99 | Leonore McDaniels | USA | 93 |
| V70 | 2.09 | Leonore McDaniels | USA | 98 |

verspringen

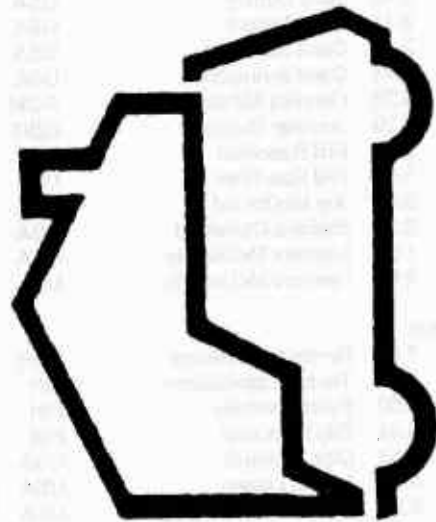
| | | | | |
|-----|------|------------------------|-----|----|
| M40 | 7.52 | Barrington Williams | GBR | 96 |
| M45 | 6.90 | Tapani Taavitsainen | FIN | 90 |
| M50 | 6.50 | Pertti Ahomaki | FIN | 97 |
| M55 | 6.34 | Stig Bäcklund | FIN | 95 |
| M60 | 5.58 | Dick Richards | USA | 97 |
| M65 | 5.31 | Melvin Larsen | USA | 91 |
| M70 | 5.05 | Melvin Larsen | USA | 95 |
| M75 | 4.31 | Melvin Larsen | USA | 00 |
| M80 | 3.63 | Thomas Walsh | USA | 98 |
| V35 | 6.81 | Lyudmila Ninova | AUT | 96 |
| V40 | 5.61 | Phil Raschker | USA | 87 |
| V45 | 5.75 | Phil Raschker | USA | 94 |
| V50 | 5.00 | Phil Raschker | USA | 97 |
| V55 | 4.50 | Brunhilde Hoffmann | GER | 97 |
| V60 | 4.58 | Christiane Schmalbruch | GER | 99 |
| V65 | 3.92 | Asta Larsson | SWE | 96 |
| V70 | 3.40 | Leonore McDaniels | USA | 98 |

Bestand: Wereldrecords indoor (WAVA).
Bijgewerkt: 7 april 2001

TOLSTEAM

INTERIEURVERZORGING

TAPIJEN
ONDERHOUD
LEASING



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