

	60m	80m	100m	200m
mD	8,74 Sabrina-Kim Cruden (2016)	8,46 Pleun Grevers (2013)	14,12 Sabrina-Kim Cruden (2016)	30,1 Sanne Aversch (2011)
jD		10,73 Jonas Phijffers (2016)	13,65 Aard Schuilenburg (2013)	26,78 Jonas Phijffers (2016)
mC		10,81 Pleun Grevers (2014)	13,0 Hanneke Oosterwegel (2011)	26,6 Hanneke Oosterwegel (2011)
jC			12,45 Simon Köhler (2017)	23,97 Simon Köhler (2017)
mB			12,84 Debbie Baltus (2012)	26,29 Carmen Riehemann (2017)
jB			11,3 Nadim van Minnen (2010)	23,0 Nadim van Minnen (2010)
mA			12,67 Carlijn ter Laak (2016)	27,0 Rachel Rozenkamp (2010)
jA			11,04 Siem Sikkinga (2015)	22,41 Siem Sikkinga (2015)
V			13,89 Ilona Hogenkamp (2014)	26,86 Bo Welgraaf (2017)
M			10,92 Siem Sikkinga (2016)	22,10 Siem Sikkenga (2016)
VM (35+)			13,12 Elleke Steenbergen (2017)	28,09 Elleke Steenbergen (2015)
MM (35+)			12,02 Quinten Stern (2016)	26,02 Tim van der Monde (2017)

	800m	3000m
mD	2,33,2 Sanne Abveresch (2011)	11,25,55 Sanne Averagesch (2012)
jD	2,21,49 Niek Nijman (2016)+(2017)	10,37,19 Max Swabedissen (2016)
mC	2,22,30 Suzanne Libbers (2016)	11,11,09 Eva Bruil (2014)
jC	2,05,94 Giorgis Kampman (2014)	9,39,76 Robin Klamer (2014)
mB	2,19,85 Elke Pronk (2016)	10,27,73 Elke Pronk (2017)
jB	2,03,69 Andre Rohling (2017)	8,58,29 Linus Vennemann (2017)
mA	2,18,6 Rachel Rozenkamp (2010)	11,04,6 Karina Willems (2010)
jA	1,55,3 Roald Goossen (2010)	9,11,38 Robin Klamer (2017)
V	2,13,71 Rachel Rozenkamp (2014)	9,40,55 Rachel Klamer (2015)
M	1,58,79 Erik Leusink (2016)	8:55,82 Joep Emmen (2016)
VM (35+)	2,38,5 Astrid van Velden (2011)	10,44,53 Arenda Abbink (2013)
MM (35+)	2,09,63 Edwin van Laar (2016)	9,01,10 Henry Rutgers (2016)

	hoog	ver
mD	1,45 Renske de Vries (2015)	4,36 Sarbrina-Kim Cruden (2016)
jD	1,55 Julian Jansen (2014)	4,65 Julian van den Belt (2017)
mC	1,50 Maria Boerman (2011) / Elke Pronk (2015)	4,62 Lichelle Scholing (2014)
jC	1,67 Niels dennekamp (2017)	5,60 Mees Kappert (2016)
mB	1,55 Anne Kippers (2009) / Lieke Muller (2010) / Wouke van 't Klooster (2015)	5,04 Mathilde Terleth (2013)
jB	1,80 Hidde ter Woord (2012) / Finn Garritsen (2016)	5,94 Marian Backs (2015)
mA	1,55 Anne Kippers (2013) / Michal Smalbrugge (2017)	5,16 Noa Dhore (2016)
jA	1,80 Lars Runawatine (2013)	5,85 Marian Backs (2017)
V	1,60 Marloes Klumpers (2014)	4,56 Marjolijn Dekkers (2011)
M	2,05 Harald Bust (2017)	6,71 Harald Bust (2017)
VM (35+)		4,87 Elleke Steenbergen (2017)
MM (35+)	1,55 Emiel Rombouts (2014)	4,60 Emiel Rombouts (2017)

	kogel	speer	discus
mD	12,05 Sophie Praas (2015)	33,24 Emma Oosterwegel (2011)	23,16 Naomi Wessels (2017)
jD	10,62 Daan Schade (2014)	36,90 Julian Jansen (2014)	28,75 Floris Smink (2016)
mC	10,46 Yara Kramer (2016)	28,79 Jessy van Ee (2011)	25,49 Lichelle Scholing (2014)
jC	13,59 Ruben Smink (2014)	43,93 Rik Barlo (2015)	41,90 Rik Barlo (2015)
mB	14,17 Marijke Esselink (2016)	42,18 Marijke Esselink (2016)	31,85 Lichelle Scholing (2016)
jB	13,80 Wilbert Dennenkamp (2016)	57,78 David Kater (2011)	42,23 Gerwin de Haan (2016)
mA	9,88 Milou Reurings (2016)	34,70 Yvet Maathuis (2016)	36,60 Astrid Jonkers (2016)
jA	11,95 Daniël van der Stege (2014)	51,72 Daniël van der Stege (2014)	36,00 Sander Klaver (2015)
V	11,91 Leonie Willekes (2013)	35,03 Marije Dangremond (2013)	38,29 Leonie Willekes (2013)
M	13,06 Aiko Staudt (2013)	48,76 Lars van der Pluijm (2013)	53,80 Stephan Dekker (2017)
VM (35+)	9,00 Hanny Ebbekink (2013)	33,96 Margreet takken (2017)	34,17 Hanny Ebbekink (2015)
MM (35+)	12,40 Martin Regtop (2015)	53,55 Jeroen ten Heuvel (2015)	42,52 Martin Regtop (2013)