

BAANRECORDS VROUWEN

Opmerkingen:

- Oranje gemarkeerde prestaties zijn een verbetering van het huidige Nederlandse record en worden beoordeeld.
- Schuin gedrukte records zijn behaald in het lopende kalenderjaar
- Per 1 januari 2023 zijn bij de masters als gevolg van een aangepaste age grading, de bestaande meerkamp records omgerekend. Deze zijn geel gemarkeerd.

100 meter

| | | | | | |
|------------|-----------|-------------------------|-----------------------|---------------|------------|
| SEN | 10.81 sec | Dafne Schippers | Hellas Utrecht | Beijing (CHN) | 24-8-2015 |
| U23 | 11.03 sec | Dafne Schippers | Hellas Utrecht | Glasgow (GBR) | 12-7-2014 |
| U20 | 11.15 sec | N'ketia Seedo | U-Track Utrecht | Cali (COL) | 3-8-2022 |
| V35 | 11.8h sec | Ciska Janssen | Sagitta Amsterdam | Utrecht | 7-7-1982 |
| V40 | 12.39 sec | Ciska Janssen | Sagitta Amsterdam | Rome (ITA) | 22-6-1985 |
| V45 | 12.56 sec | Jacqueline Pullens | Utrecht Atletiek | Madeira (POR) | 12-10-2025 |
| V50 | 12.97 sec | Hermine Roggeband | Delta Sport Zierikzee | Terneuzen | 19-9-2009 |
| V55 | 13.00 sec | Angelique Hogeveen-Smit | Phanos Amsterdam | Eindhoven | 12-7-2025 |
| V60 | 14.12 sec | Corrie Roovers | Sprint Breda | Malmö (SWE) | 21-7-1996 |
| V65 | 15.37 sec | Rietje Dijkman | AV '23 Amsterdam | Velsen | 7-5-2006 |
| V70 | 15.96 sec | Anja Akkerman-Smits | DEM Beverwijk | Vught | 21-6-2025 |
| V75 | 16.42 sec | Rietje Dijkman | GAC Hilversum | Beverwijk | 6-9-2015 |
| V80 | 16.88 sec | Rietje Dijkman | GAC Hilversum | Harderwijk | 28-5-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

200 meter

| | | | | | |
|------------|-----------|-------------------------|-----------------------|-----------------|------------|
| SEN | 21.63 sec | Dafne Schippers | Hellas Utrecht | Beijing (CHN) | 28-8-2015 |
| U23 | 22.03 sec | Dafne Schippers | Hellas Utrecht | Zürich (SUI) | 15-8-2014 |
| U20 | 22.69 sec | Dafne Schippers | Hellas Utrecht | Daegu (KOR) | 1-9-2011 |
| V35 | 24.77 sec | Ciska Janssen | Sagitta Amsterdam | Amsterdam | 7-8-1982 |
| V40 | 25.17 sec | Tilly Jacobs | Sparta Den Haag | Apeldoorn | 16-5-1997 |
| V45 | 26.10 sec | Jacqueline Pullens | Utrecht Atletiek | Madeira (POR) | 16-10-2025 |
| V50 | 26.74 sec | Hermine Roggeband | Delta Sport Zierikzee | Terneuzen | 19-9-2009 |
| V55 | 26.81 sec | Angelique Hogeveen-Smit | Phanos Amsterdam | Eindhoven | 19-7-2025 |
| V60 | 28.73 sec | Simone Geel | DEM Beverwijk | Amersfoort | 19-6-2022 |
| V65 | 31.81 sec | Corrie Roovers | Sprint Breda | Jyväskylä (FIN) | 14-7-2000 |
| V70 | 33.71 sec | Riet Jonkers | Atledo Dongen | Breda | 6-6-2014 |
| V75 | 35.32 sec | Riet Jonkers | Atledo Dongen | Stendal (GER) | 1-6-2019 |
| V80 | 37.05 sec | Rietje Dijkman | GAC Hilversum | Amersfoort | 19-6-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

400 meter

| | | | | | |
|------------|-------------|----------------------|-----------------------|--------------------|------------|
| SEN | 49.44 sec | Femke Bol | Altis Amersfoort | München (GER) | 17-8-2022 |
| U23 | 49.44 sec | Femke Bol | Altis Amersfoort | München (GER) | 17-8-2022 |
| U20 | 52.85 sec | Myrte van der Schoot | GAC Hilversum | Jeruzalem (ISR) | 9-8-2023 |
| V35 | 56.0h sec | Ina Blaauw | Argo '77 Groningen | Zevenaar | 19-6-1983 |
| V40 | 56.82 sec | Tilly Jacobs | AV Sparta Den Haag | Spa (BEL) | 21-6-1997 |
| V45 | 1:00.87 min | Sonja Oost | EAC De Sperwers Emmen | Melbourne (AUS) | 11-10-2002 |
| V50 | 59.98 sec | Simone Geel | DEM Beverwijk | Oordegem (BEL) | 5-7-2014 |
| V55 | 1:01.71 min | Simone Geel | DEM Beverwijk | Gouda | 10-6-2017 |
| V60 | 1:09.74 min | Afra Kruijer | Hera Heerhugowaard | Nyíregyháza (HUN) | 20-7-2010 |
| V65 | 1:12.45 min | Riet Jonkers | Atledo Dongen | Dordrecht | 25-4-2010 |
| V70 | 1:15.81 min | Riet Jonkers | Atledo Dongen | Porto Alegre (BRA) | 26-10-2013 |
| V75 | 1:21.10 min | Riet Jonkers | Atledo Dongen | Gouda | 18-5-2019 |
| V80 | 1:29.42min | Riet Jonkers | Atledo Dongen | Dongen | 1-9-2024 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

800 meter

| | | | | | |
|-----|-------------|------------------|--------------------|-----------------|-----------|
| SEN | 1:55.54 min | Ellen van Langen | ADA Amsterdam | Barcelona (ESP) | 3-8-1992 |
| U23 | 1:58.50 min | Sifan Hassan | Eindhoven Atletiek | Beijing (CHN) | 27-8-2015 |
| U20 | 2:01.6= min | Olga Commandeur | Suomi Velsen | Aalst (BEL) | 7-9-1975 |
| V35 | 2:05.41 min | Ina Blaauw | Argo'77 Groningen | Bielefeld (GER) | 5-6-1983 |
| V40 | 2:11.32 min | Christine Bosch | GAC Hilversum | Utrecht | 5-9-2025 |
| V45 | 2:15.78 min | Nicole Weijling | AAC Amsterdam | Utrecht | 20-5-2016 |
| V50 | 2:13.05 min | Nicole Weijling | AAC Amsterdam | Soest | 16-6-2017 |
| V55 | 2:31.0= min | Gerda van Kooten | Sprint Breda | Breda | 12-4-1994 |
| V60 | 2:36.94 min | Gerda van Kooten | Sprint Breda | Gateshead (GBR) | 3-8-1999 |
| V65 | 2:48.60 min | Riet Jonkers | Attila Tilburg | Oosterhout | 14-6-2009 |
| V70 | 3:02.53 min | Riet Jonkers | Atledo Dongen | Utrecht | 10-7-2015 |
| V75 | 3:11.74 min | Riet Jonkers | Atledo Dongen | Best | 6-7-2019 |
| V80 | 3:40.59 min | Riet Jonkers | Atledo Dongen | Best | 6-7-2024 |
| V85 | | * vacant | | | |
| V90 | | * vacant | | | |

1.000 meter

| | | | | | |
|-----|-------------|---------------------|--------------------|---------|-----------|
| SEN | 2:34.68 min | Sifan Hassan | Eindhoven Atletiek | Hengelo | 24-5-2015 |
| U23 | 2:34.68 min | Sifan Hassan | Eindhoven Atletiek | Hengelo | 24-5-2015 |
| U20 | 2:38.91 min | Yvonne van der Kolk | AVR Rotterdam | Hengelo | 14-8-1988 |

1.500 meter

| | | | | | |
|-----|-------------|------------------------|---------------------|-------------------|-----------|
| SEN | 3:51.95 min | Sifan Hassan | Eindhoven Atletiek | Doha (QAT) | 5-10-2019 |
| U23 | 3:56.05 min | Sifan Hassan | Eindhoven Atletiek | Monaco (MON) | 17-7-2015 |
| U20 | 4:13.38 min | Laila Yahyaoui | Almere '81 | Pfungstadt (GER) | 20-8-2025 |
| V35 | 4:19.46 min | Petra van Limpt | Prins Hendrik Vught | Hengelo | 27-6-1992 |
| V40 | 4:29.99 min | Anne-Mieke van der Pol | Nijmegen Atletiek | Oordegem (BEL) | 1-7-2006 |
| V45 | 4:34.75 min | Nicole Weijling | AAC Amsterdam | Nijmegen | 18-5-2016 |
| V50 | 4:35.40 min | Nicole Weijling | AAC Amsterdam | Utrecht | 11-8-2017 |
| V55 | 5:06.94 min | Corrie Keijsers | AV Weert | Zevenaar | 6-6-1998 |
| V60 | 5:18.14 min | Corrie Keijsers | AV Weert | Weert | 16-6-2002 |
| V65 | 5:54.39 min | Anne van Dijk | AV Gouda | Ismir (TUR) | 25-8-2014 |
| V70 | 6:09.20 min | Marjan Hoff | AV Hollandia Hoorn | Bussum | 25-5-2025 |
| V75 | 6:48.91 min | Riet Jonkers | Atledo Dongen | St. Niklaas (BEL) | 15-6-2019 |
| V80 | 7:54.82 min | Ada Habes-Ket | AV VN Hilversum | Gouda | 2-6-2018 |
| V85 | | * vacant | | | |
| V90 | | * vacant | | | |

1 mijl (1609 meter)

| | | | | | |
|-----|-------------|------------------------|--------------------|-------------------|-----------|
| SEN | 4:12.33 min | Sifan Hassan | Eindhoven Atletiek | Monaco (MON) | 12-7-2019 |
| U23 | 4:18.20 min | Sifan Hassan | Eindhoven Atletiek | Brussel (BEL) | 11-9-2015 |
| U20 | 4:43.13 min | Adriënne Herzog | Fit Zeist | Brasschaat (BEL) | 14-8-2002 |
| V35 | 4:54.00 min | Mieke Aenen | Haag Atletiek | Delft | 28-6-1998 |
| V40 | 5:02.86 min | Anne-Mieke van der Pol | Nijmegen Atletiek | Amersfoort | 11-5-2005 |
| V45 | 5:08.04 min | Nicole Weijling | Trias Heiloo | Essen (BEL) | 29-9-2013 |
| V50 | 4:57.83 min | Nicole Weijling | AAC Amsterdam | Lisse | 27-8-2017 |
| V55 | 5:32.7= min | Corrie Keijsers | AV Weert | Weert | 16-6-1998 |
| V60 | 5:48.94 min | Gerda van Kooten | Sprint Breda | Zundert | 6-7-1999 |
| V65 | 6:26.26 min | Riet Jonkers | Attila Tilburg | Helmond | 13-4-2009 |
| V70 | 7:15.55 min | Riet Jonkers | Atledo Dongen | Tessenderlo (BEL) | 3-9-2014 |
| V75 | 7:27.72 min | Trees Rutten | Nijmegen Atletiek | Nijmegen | 10-4-2023 |
| V80 | 8:26.31 min | Ada Habes-Ket | AV VN Hilversum | Haarlem | 15-6-2018 |
| V85 | | * vacant | | | |
| V90 | | * vacant | | | |

2.000 meter

| | | | | | |
|-----|-------------|---------------|---------------|-----------|-----------|
| SEN | 5:38.37 min | Susan Kuijken | SHRT Nijmegen | Amsterdam | 31-8-2013 |
|-----|-------------|---------------|---------------|-----------|-----------|

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|----------------------------|--------------|------------------------|--------------------------|-----------------|-----------|
| U23 | 5:45.84 min | Yvonne van der Kolk | AVR Rotterdam | Londen (GBR) | 12-7-1991 |
| <u>3.000 meter</u> | | | | | |
| SEN | 8:18.49 min | Sifan Hassan | Eindhoven Atletiek | Stanford (USA) | 30-6-2019 |
| U23 | 8:29.38 min | Sifan Hassan | Eindhoven Atletiek | Brussel (BEL) | 5-9-2014 |
| U20 | 9:04.67 min | Jip Vastenburg | AV '34 Apeldoorn | Nijmegen | 12-6-2013 |
| V35 | 9:06.71 min | Elly van Hulst | Mita TC Oud-Beijerland | Linz (AUT) | 4-7-1994 |
| V40 | 9:31.5= min | Hennie Zantinga | Impala Drachten | Emmen | 17-5-1992 |
| V45 | 10:14.4h min | Carla Ophorst | Olympus '70 Naaldwijk | Naaldwijk | 9-9-2004 |
| V50 | 9:58.43 min | Nicole Weijling | AAC Amsterdam | Veenendaal | 18-6-2017 |
| V55 | 10:55.92 min | Agnes Schipper | Hellas Utrecht | Oosterhout | 8-6-2025 |
| V60 | 11:28.98 min | Mirjam de Boer | SAV Grootebroek | Heiloo | 1-9-2023 |
| V65 | 12:07.45 min | Karin Verheijden | Eindhoven Atletiek | Nijmegen | 23-6-2024 |
| V70 | 13:06.07 min | Marjan Hoff | AV Hollandia Hoorn | Hoorn | 22-9-2024 |
| V75 | 14:54.75 min | Trees Rutten | Nijmegen Atletiek | Enschede | 11-6-2023 |
| V80 | 16:57.75 min | Matty de Beer | Hellas Utrecht | Hoorn | 22-9-2024 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |
| <u>5.000 meter</u> | | | | | |
| SEN | 14:13.42 min | Sifan Hassan | Eindhoven Atletiek | Londen (GBR) | 23-7-2023 |
| U23 | 14:59.23 min | Sifan Hassan | Eindhoven Atletiek | Palo Alto (USA) | 4-5-2014 |
| U20 | 15:53.24 min | Jip Vastenburg | AV '34 Apeldoorn | Koblenz (GER) | 15-5-2013 |
| V35 | 15:35.22 min | Wilma van Onna | PAC Rotterdam | Arnhem | 5-7-2000 |
| V40 | 16:40.77 min | Anne-Mieke van der Pol | Nijmegen Atletiek | Utrecht | 7-7-2006 |
| V45 | 17:31.49 min | Nicole Weijling | AAC Amsterdam | Gouda | 9-6-2017 |
| V50 | 17:30.65 min | Nicole Weijling | AAC Amsterdam | Heilo | 16-8-2019 |
| V55 | 18:41.93 min | Agnes Schipper | Hellas Utrecht | Hilversum | 26-5-2024 |
| V60 | 19:26.94 min | Carla Ophorst | Olympus '70 Naaldwijk | Gouda | 19-5-2019 |
| V65 | 20:52.49 min | Karin Verheijden | Eindhoven Atletiek | Hilversum | 26-5-2024 |
| V70 | 22:32.94 min | Marjan Hoff | AV Hollandia Hoorn | Vught | 22-6-2025 |
| V75 | 25:50.30 min | Trees Rutten | Nijmegen Atletiek | Harderwijk | 2-7-2023 |
| V80 | 30:53.40 min | Ada Habes-Ket | AV VN Hilversum | Heiloo | 17-8-2018 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |
| <u>10.000 meter</u> | | | | | |
| SEN | 29:06.82 min | Sifan Hassan | Eindhoven Atletiek | Hengelo | 6-6-2021 |
| U23 | 31:35.48 min | Jip Vastenburg | AV '34 Apeldoorn | Stanford (USA) | 2-5-2015 |
| U20 | 35:56.48 min | Brenda Sleenwenhoek | Avantri Schoonhoven | Varazdin (YUG) | 25-8-1989 |
| V35 | 32:36.76 min | Carla Beurskens | Festina Venlo | Essen (GER) | 12-6-1987 |
| V40 | 35:21.07 min | Irene Wentzel | Hellas Utrecht | Leiden | 14-5-1986 |
| V45 | 35:42.80 min | Miranda Boonstra | Nijmegen Atletiek | Leiden | 8-6-2019 |
| V50 | 36:48.88 min | Mirjam Koersen | GAC Hilversum | Hilversum | 24-5-2024 |
| V55 | 41:20.06 min | Marianne Knapen | LPK Dodewaard | Aarhus (DEN) | 23-7-2004 |
| V60 | 42:57.6= min | Els Raap | Kombijsport Badhoevedorp | Steenwijk | 13-7-2007 |
| V65 | 44:42.33 min | Els Raap | Kombijsport Badhoevedorp | Emmeloord | 17-5-2012 |
| V70 | 49:56.21 min | Els Raap | Kombijsport Badhoevedorp | Aarhus (DEN) | 28-7-2017 |
| V75 | 54:47,01 min | Els Raap | AV Badhoevedorp | Harderwijk | 27-5-2022 |
| V80 | * | vacant | | | |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |
| <u>1 uur</u> | | | | | |
| SEN | 18.930 meter | Sifan Hassan | Eindhoven Atletiek | Brussel (BEL) | 4-9-2020 |
| U23 | * | vacant | | | |

100 meter horden

| | | | | | | |
|------------|--------|-----------|--------------------|-----------------|---------------|-----------|
| SEN | -838 m | 12.28 sec | Nadine Visser | SAV Grootebroek | Silesia (POL) | 16-8-2025 |
| U23 | -838 m | 12.97 sec | Nadine Visser | SAV Grootebroek | Hengelo | 24-5-2015 |
| U20 | -838 m | 12.99 sec | Nadine Visser | SAV Grootebroek | Eugene (USA) | 27-7-2014 |
| V35 | -838 m | 14.87 sec | Neeltje van Hulten | Phoenix Utrecht | Amsterdam | 30-7-2011 |

80 meter horden

| | | | | | | |
|------------|--------|-----------|--------------------|------------------------|--------------------|------------|
| V40 | -762 m | 12.11 sec | Rini Hagenaars | PAC Rotterdam | Vught | 24-6-1995 |
| V45 | -762 m | 12.02 sec | Tanja van der Plas | AV Lycurgus Assendelft | Madeira (POR) | 10-10-2025 |
| V50 | -762 m | 12.54 sec | Corrie Roovers | Sprint Breda | Melbourne (AUS) | 29-11-1987 |
| V55 | -762 m | 13.30 sec | Corrie Roovers | Sprint Breda | Turku (FIN) | 20-7-1991 |
| V60 | -686 m | * | vacant | | | |
| V65 | -686 m | 14.27 sec | Rietje Dijkman | AV '23 Amsterdam | Aarhus (DEN) | 30-7-2004 |
| V70 | -686 m | 16.50 sec | Riet Jonkers | Atledo Dongen | Porto Alegre (BRA) | 16-10-2013 |
| V75 | -686 m | 17.24 sec | Riet Jonkers | Atledo Dongen | Dilbeek (BEL) | 27-7-2019 |
| V80 | -686 m | * | vacant | | | |
| V85 | -686 m | * | vacant | | | |
| V90 | -686 m | * | vacant | | | |

400 meter horden

| | | | | | | |
|------------|--------|-------------|----------------|-------------------------|-------------------------|-----------|
| SEN | -762 m | 50.95 sec | Femke Bol | Altis Amersfoort | La Chaux-de-Fonds (ZWI) | 14-7-2024 |
| U23 | -762 m | 52.03 sec | Femke Bol | Altis Amersfoort | Tokyo (JPN) | 4-8-2021 |
| U20 | -762 m | 55.32 sec | Femke Bol | Altis Amersfoort | Doha (QAT) | 1-10-2019 |
| V35 | -762 m | 1:03.43 min | Eefje Swinkels | HAC Helmond | Eindhoven | 10-7-2011 |
| V40 | -762 m | 1:05.65 min | Eefje Swinkels | HAC Helmond | Tilburg | 21-5-2018 |
| V45 | -762 m | 1:09.30 min | Lena Jansen | CAV Energie Barendrecht | Calais (FRA) | 20-6-1998 |

300 meter horden

| | | | | | | |
|------------|--------|-----------|----------------|------------------|----------------|-----------|
| V50 | -762 m | 50.68 sec | Ingrid Smit | Ciko'66 Arnhem | Venetië (ITA) | 7-9-2019 |
| V55 | -762 m | 52.11 sec | Corrie Roovers | Sprint Breda | Turku (FIN) | 25-7-1991 |
| V60 | -686 m | * | vacant | | | |
| V65 | -686 m | 55.69 sec | Rietje Dijkman | AV '23 Amsterdam | Edmonton (CAN) | 26-7-2005 |

200 meter horden

| | | | | | | |
|------------|--------|-----------|--------------|---------------|------------|-----------|
| V70 | -686 m | 39.45 sec | Riet Jonkers | Atledo Dongen | Lyon (FRA) | 11-8-2015 |
| V75 | -686 m | 41.54 sec | Riet Jonkers | Atledo Dongen | Gouda | 19-5-2019 |
| V80 | -686 m | * | vacant | | | |
| V85 | -686 m | * | vacant | | | |
| V90 | -686 m | * | vacant | | | |

3.000 meter steeplechase

| | | | | | | |
|------------|--------|--------------|-----------------|-------------------|----------------|-----------|
| SEN | -762 m | 9:25.53 min | Veerle Bakker | Leiden Atletiek | Oordegem (BEL) | 9-8-2025 |
| U23 | -762 m | 9:54.25 min | Andrea Deelstra | Athlon Heerenveen | Heusden (BEL) | 22-7-2006 |
| U20 | -762 m | 10:06.48 min | Jasmijn Bakker | Triathlon Bussum | Nijmegen | 8-6-2018 |

2.000 meter steeplechase

| | | | | | | |
|------------|--------|-------------|----------------------|--------------------|------------|-----------|
| V35 | -762 m | 6:59.33 min | Christine Bosch | GAC Hilversum | Hilversum | 25-5-2024 |
| V40 | -762 m | 7:28.06 min | Eefje Ottevanger | Eindhoven Atletiek | Harderwijk | 28-5-2022 |
| V45 | -762 m | 7:57.31 min | Laura Huijbregts | Eindhoven Atletiek | Pelt (BEL) | 13-7-2025 |
| V50 | -762 m | 8:14.33 min | Agnes Olgers | NOP Emmeloord | Gouda | 18-5-2019 |
| V55 | -762 m | 8:51.95 min | Jeanine van Overveld | THOR Roosendaal | Gouda | 11-6-2017 |
| V60 | -762 m | 9:13.74 min | Greet Vrijbloed | Isala '96 Kampen | Gouda | 2-6-2018 |
| V65 | -762 m | 9:36.35 min | Greet Vrijbloed | Isala '96 Kampen | Harderwijk | 7-7-2023 |
| V70 | -762 m | * | vacant | | | |
| V75 | -762 m | * | vacant | | | |
| V80 | -762 m | * | vacant | | | |

| | | | | | |
|-----|---------|---|--------|--|--|
| V85 | -.762 m | * | vacant | | |
| V90 | -.762 m | * | vacant | | |

3.000 meter snelwandelen

| | | | | | |
|-----|--------------|--------------------|----------------|---------------|------------|
| V35 | 14:19.6h min | Anne van Andel | DAK Drunen | Drunen | 27-9-2025 |
| V40 | 16:33.3= min | Marica Zethof | RWV Rotterdam | Rotterdam | 18-3-2001 |
| V45 | 16:08.6= min | Marica Zethof | RWV Rotterdam | Spijkenisse | 11-8-2001 |
| V50 | 16:55.42 min | Marleen Radder | RWV Rotterdam | Barendrecht | 18-5-2002 |
| V55 | 17:30.59 min | Marleen Radder | RWV Rotterdam | Veldhoven | 9-6-2007 |
| V60 | 17:57.22 min | Marleen Radder | RWV Rotterdam | Krommenie | 3-7-2011 |
| V65 | 19:09.50 min | Riet Jonkers | Attila Tilburg | Merksem (BEL) | 26-4-2009 |
| V70 | 20:44.0 min | Riet Jonkers | Atledo Dongen | Drunen | 21-10-2017 |
| V75 | 21:54.5 min | Annie van der Meer | RWV Rotterdam | Naaldwijk | 22-10-2023 |
| V80 | 22:53.52 min | Riet Jonkers | Atledo Dongen | Gouda | 29-5-2025 |
| V85 | | * | vacant | | |
| V90 | | * | vacant | | |

5.000 meter snelwandelen

| | | | | | |
|-----|--------------|--------------------|----------------|-------------|------------|
| V35 | 25:54.4= min | Anne van Andel | DAK Drunen | Drunen | 30-8-2025 |
| V40 | 27:47.7= min | Marica Zethof | RWV Rotterdam | Rotterdam | 18-3-2001 |
| V45 | 28:27.1= min | Marleen Radder | RWV Rotterdam | Best | 1-7-2000 |
| V50 | 29:00.9= min | Marleen Radder | RWV Rotterdam | Barendrecht | 6-6-2004 |
| V55 | 29:36.9= min | Marleen Radder | RWV Rotterdam | Zaandam | 21-4-2006 |
| V60 | 30:38.88 min | Marleen Radder | RWV Rotterdam | Best | 2-7-2011 |
| V65 | 33:26.63 min | Riet Jonkers | Attila Tilburg | Barendrecht | 31-5-2009 |
| V70 | 35:50.32 min | Riet Jonkers | Atledo Dongen | Gouda | 5-5-2016 |
| V75 | 36:42.3= min | Annie van der Meer | RWV Rotterdam | Naaldwijk | 22-10-2023 |
| V80 | | * | vacant | | |
| V85 | | * | vacant | | |
| V90 | | * | vacant | | |

10.000 meter snelwandelen

| | | | | | |
|-----|---------------|----------------------|------------------|----------------|-----------|
| SEN | 50:14.9 min | Marica Zethof | AVA'64 Aalsmeer | Zonhoven (BEL) | 5-6-1983 |
| U23 | 57:28.5 min | Liesbeth van Leeuwen | Phoenix Utrecht | Dordrecht | 21-3-2010 |
| U20 | 1:05:34.4 uur | Liesbeth van Leeuwen | AV NOP Emmeloord | Zaandam | 22-1-2006 |

20.000 meter snelwandelen

| | | | | | |
|-----|---------------|----------------|------------|-----------|------------|
| SEN | 1:52:07.9 uur | Anne van Andel | DAK Drunen | Rotterdam | 18-10-2015 |
| U23 | | * | vacant | | |

Hoogspringen

| | | | | | |
|-----|------------|----------------|---------------------|--------------|------------|
| SEN | 1.95 meter | Britt Weerman | Groningen Atletiek | Ninove (BEL) | 16-7-2022 |
| U23 | 1.92 meter | Britt Weerman | Groningen Atletiek | Parijs (FRA) | 7-7-2024 |
| U20 | 1.95 meter | Britt Weerman | Groningen Atletiek | Ninove (BEL) | 16-7-2022 |
| V35 | 1.68 meter | Ria Hulsink | ADA Amsterdam | Amsterdam | 6-10-1985 |
| V40 | 1.65 meter | Patsy Kolhorn | Achilles Etten-Leur | Weert | 9-6-2003 |
| V45 | 1.56 meter | Weia Reinboud | Hellas Utrecht | Sittard | 20-9-1998 |
| V50 | 1.57 meter | Weia Reinboud | Hellas Utrecht | Krommenie | 6-8-2000 |
| V55 | 1.50 meter | Weia Reinboud | Hellas Utrecht | Krommenie | 2-7-2006 |
| V60 | 1.47 meter | Weia Reinboud | Hellas Utrecht | Naaldwijk | 19-9-2010 |
| V65 | 1.42 meter | Weia Reinboud | Hellas Utrecht | Den Helder | 21-6-2015 |
| V70 | 1.34 meter | Weia Reinboud | Hellas Utrecht | Hengelo | 18-9-2021 |
| V75 | 1.28 meter | Weia Reinboud | Hellas Utrecht | Oosterhout | 25-5-2025 |
| V80 | 1.18 meter | Rietje Dijkman | GAC Hilversum | Hilversum | 31-10-2021 |
| V85 | | * | vacant | | |
| V90 | | * | vacant | | |

Polstokhoogspringen

| | | | | | |
|------------|------------|----------------------|-------------------------|----------------|------------|
| SEN | 4.55 meter | Femke Pluim | AAV '36 Alphen a/d Rijn | Amsterdam | 1-8-2015 |
| U23 | 4.55 meter | Femke Pluim | AAV '36 Alphen a/d Rijn | Amsterdam | 1-8-2015 |
| U20 | 4.51 meter | Marijn Kieft | AAV '36 Alphen a/d Rijn | Hengelo | 2-8-2025 |
| V35 | 3.81 meter | Sandra van der Geer | ARV Ilion Zoetermeer | Amsterdam | 5-7-2008 |
| V40 | 3.60 meter | Larissa Lowe | AAC Amsterdam | Kingston (GBR) | 24-4-2004 |
| V45 | 3.50 meter | Brigitte van de Kamp | GAC Hilversum | Lisse | 25-6-2006 |
| V45 | 3.50 meter | Martien van Rossum | Phanos Amsterdam | Sittard | 4-6-2016 |
| V50 | 3.22 meter | Brigitte van de Kamp | GAC Hilversum | Enschede | 13-9-2013 |
| V55 | 3.16 meter | Brigitte van de Kamp | GAC Hilversum | Krommenie | 4-7-2015 |
| V60 | 2.88 meter | Brigitte van de Kamp | GAC Hilversum | Harderwijk | 30-6-2023 |
| V65 | 2.85 meter | Brigitte van de Kamp | GAC Hilversum | Madeira (POR) | 18-10-2025 |
| V70 | * | vacant | | | |
| V75 | * | vacant | | | |
| V80 | * | vacant | | | |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Verspringen

| | | | | | |
|------------|------------|----------------------|------------------------|-------------------|------------|
| SEN | 6.91 meter | Pauline Hondema | AV Lycurgus Assendelft | Kortrijk (BEL) | 12-7-2025 |
| U23 | 6.78 meter | Dafne Schippers | Hellas Utrecht | Amsterdam | 26-7-2014 |
| U20 | 6.57 meter | Edine van Heezik | ADA Amsterdam | Berlijn (BRD) | 28-5-1980 |
| V35 | 6.41 meter | Ciska Janssen | Sagitta Amsterdam | Straatsburg (FRA) | 17-7-1982 |
| V40 | 6.21 meter | Ciska Janssen | Sagitta Amsterdam | Zwolle | 7-7-1985 |
| V45 | 5.29 meter | Tanja van der Plas | AV Lycurgus Assendelft | Best | 28-6-2025 |
| V50 | 5.07 meter | Anja Mulder | AC TION Enschede | Harderwijk | 2-7-2023 |
| V55 | 4.77 meter | Tilly Jacobs | PEC 1910 Zwolle | Zittau (GER) | 20-8-2012 |
| V60 | 4.32 meter | Janine Kortbeek | Prins Hendrik Vught | Roosendaal | 11-5-2014 |
| V65 | 4.00 meter | Brigitte van de Kamp | GAC Hilversum | Madeira (POR) | 12-10-2025 |
| V70 | 3.68 meter | Rietje Dijkman | AV '23 Amsterdam | Zierikzee | 9-9-2009 |
| V75 | 3.70 meter | Rietje Dijkman | GAC Hilversum | Aarhus (DEN) | 31-7-2017 |
| V80 | 3.45 meter | Rietje Dijkman | GAC Hilversum | Venetië (ITA) | 8-10-2019 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Hink-stap-springen

| | | | | | |
|------------|-------------|------------------------|---------------------|----------------|-----------|
| SEN | 13.51 meter | Brenda Baar | AV '23 Amsterdam | Izmir (TUR) | 18-6-2011 |
| SEN | 13.51 meter | Kellynsia Leerdam | AAC Amsterdam | Hengelo | 2-8-2025 |
| U23 | 13.09 meter | Nora Ritzen | Unitas Sittard | Amsterdam | 31-7-2015 |
| U20 | 12.90 meter | Yvonne de Vreede | AV'40 Delft | Hengelo | 31-5-1997 |
| V35 | 12.09 meter | Patricia Jacott-Krolis | Rotterdam Atletiek | Vught | 9-5-2024 |
| V40 | 10.91 meter | Evie Roelands | DJA Zundert | Kapellen (BEL) | 26-9-1999 |
| V45 | 10.89 meter | Janine Kortbeek | Prins Hendrik Vught | Potsdam (GER) | 22-8-2002 |
| V50 | 10.85 meter | Janine Kortbeek | Prins Hendrik Vught | Aarhus (DEN) | 31-7-2004 |
| V55 | 10.49 meter | Janine Kortbeek | Prins Hendrik Vught | Vught | 5-4-2010 |
| V60 | 10.05 meter | Janine Kortbeek | Prins Hendrik Vught | Dongen | 21-5-2014 |
| V65 | 8.61 meter | Rietje Dijkman | AV '23 Amsterdam | Amsterdam | 14-5-2006 |
| V70 | 7.95 meter | Rietje Dijkman | AV '23 Amsterdam | Epe | 9-6-2013 |
| V75 | 8.02 meter | Rietje Dijkman | GAC Hilversum | Gouda | 9-6-2017 |
| V80 | 7.37 meter | Rietje Dijkman | GAC Hilversum | Venetië (ITA) | 5-9-2019 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Kogelstoten

| | | | | | | |
|------------|---------|-------------|---------------------|--------------------|---------------|-----------|
| SEN | 4,00 kg | 20.47 meter | Jessica Schilder | Hera Heerhugowaard | Xiamen (CHN) | 26-4-2025 |
| U23 | 4,00 kg | 18.94 meter | Jorinde van Klinken | Groningen Atletiek | München (GER) | 15-8-2022 |
| U20 | 4,00 kg | 18.15 meter | Corrie de Bruin | Rotterdam Atletiek | Arnhem | 19-6-1994 |
| V35 | 4,00 kg | 14.04 meter | Els Stolk | ADA Amsterdam | Krommenie | 17-5-1992 |

| | | | | | | |
|------------|---------|-------------|------------------------|--------------------|---------------|------------|
| V40 | 4,00 kg | 13.71 meter | Els Stolk | AAC Amsterdam | Hoorn | 18-5-1997 |
| V45 | 4,00 kg | 13.28 meter | Els Stolk | AAC Amsterdam | Breda | 16-6-2002 |
| V50 | 3,00 kg | 13.56 meter | Tine Schenkels | SC Reeuwijk | Velsen | 7-5-2006 |
| V55 | 3,00 kg | 11.69 meter | Tiny Hellendoorn | Isala '96 Kampen | Epe | 8-6-2013 |
| V60 | 3,00 kg | 12.14 meter | Tiny Hellendoorn | Isala '96 Kampen | Dronten | 11-5-2016 |
| V65 | 3,00 kg | 11.33 meter | Tiny Hellendoorn | Isala '96 Kampen | Hilversum | 9-8-2020 |
| V70 | 3,00 kg | 9.46 meter | Annie van Anholt | Attila Tilburg | Breda | 13-10-2019 |
| V75 | 2,00 kg | 9.57 meter | Jenny Marcelis Dikmans | Scorpio Oosterhout | Rotterdam | 11-7-2024 |
| V80 | 2,00 kg | 7.92 meter | Riet Jonkers | Atledo Dongen | Madeira (POR) | 14-10-2025 |
| V85 | 2,00 kg | * | vacant | | | |
| V90 | 2,00 kg | * | vacant | | | |

Discuswerpen

| | | | | | | |
|------------|---------|-------------|-------------------------|--------------------|-----------------|-----------|
| SEN | 1,00 kg | 70.99 meter | Jorinde van Klinken | Groningen Atletiek | Ramona (USA) | 11-4-2026 |
| U23 | 1,00 kg | 70.22 meter | Jorinde van Klinken | Groningen Atletiek | Tucson (USA) | 22-5-2021 |
| U20 | 1,00 kg | 61.33 meter | Jorinde van Klinken | Groningen Atletiek | Alphen a/d Rijn | 30-6-2019 |
| V35 | 1,00 kg | 46.30 meter | Jacqueline Goormachtigh | PAC Rotterdam | Rotterdam | 24-4-2005 |
| V40 | 1,00 kg | 47.70 meter | Els Stolk | AAC Amsterdam | Hoorn | 18-5-1997 |
| V45 | 1,00 kg | 45.76 meter | Els Stolk | AAC Amsterdam | Leiden | 12-6-2004 |
| V50 | 1,00 kg | 40.85 meter | Annie van Anholt | Attila Tilburg | Vught | 17-5-1998 |
| V55 | 1,00 kg | 37.16 meter | Annie van Anholt | Attila Tilburg | Vught | 31-5-2003 |
| V60 | 1,00 kg | 35.80 meter | Annie van Anholt | Attila Tilburg | Steenbergen | 24-6-2007 |
| V65 | 1,00 kg | 33.54 meter | Tiny Hellendoorn | Isala'96 Kampen | Barendrecht | 20-9-2020 |
| V70 | 1,00 kg | 27.71 meter | Annie van Anholt | Attila Tilburg | Gouda | 19-5-2019 |
| V75 | 750 gr | 27.30 meter | Annie van Anholt | Attila Tilburg | Edam | 24-9-2022 |
| V80 | 750 gr | 17.44 meter | Laura Blommestijn-Euser | Rotterdam Atletiek | Huizen | 13-7-2025 |
| V85 | 750 gr | * | vacant | | | |
| V90 | 750 gr | * | vacant | | | |

Kogelslingeren

| | | | | | | |
|------------|---------|-------------|-------------------------|--------------------|---------------------|-----------|
| SEN | 4,00 kg | 66.05 meter | Lotte Smink | PAC Rotterdam | Sulzbach/Saar (GER) | 14-2-2026 |
| U23 | 4,00 kg | 65.22 meter | Audrey Jacobs | Scopias Atletiek | Berkeley (USA) | 6-4-2024 |
| U20 | 4,00 kg | 64.57 meter | Audrey Jacobs | Scopias Atletiek | Sacramento (USA) | 25-5-2023 |
| V35 | 4,00 kg | 65.34 meter | Wendy Koolhaas | Groningen Atletiek | Groningen | 9-8-2018 |
| V40 | 4,00 kg | 64.77 meter | Wendy Koolhaas | Groningen Atletiek | Utrecht | 29-8-2020 |
| V45 | 4,00 kg | 51.28 meter | Gonny Mik | Groningen Atletiek | Groningen | 5-7-2013 |
| V50 | 3,00 kg | 52.80 meter | Gonny Mik | Groningen Atletiek | Holland (GER) | 6-6-2015 |
| V55 | 3,00 kg | 50.61 meter | Gonny Mik | Groningen Atletiek | Soest (GER) | 19-9-2020 |
| V60 | 3,00 kg | 47.28 meter | Gonny Mik | Groningen Atletiek | Bremen (GER) | 30-8-2025 |
| V65 | 3,00 kg | 41.17 meter | Annie van Anholt | Attila Tilburg | Eindhoven | 28-4-2012 |
| V70 | 3,00 kg | 35.15 meter | Annie van Anholt | Attila Tilburg | Zwolle | 22-6-2017 |
| V75 | 2,00 kg | 34.95 meter | Annie van Anholt | Attila Tilburg | Dordrecht | 10-7-2022 |
| V80 | 2,00 kg | 26.30 meter | Laura Blommestijn-Euser | Rotterdam Atletiek | Barendrecht | 6-7-2024 |
| V85 | 2,00 kg | * | vacant | | | |
| V90 | 2,00 kg | * | vacant | | | |

Speerwerpen

| | | | | | | |
|------------|--------|-------------|--------------------------|---------------------|--------------|-----------|
| SEN | 600 gr | 60.92 meter | Lisanne Schol | Lycurgus Assendelft | Leiden | 8-6-2019 |
| U23 | 600 gr | 58.99 meter | Evelien Dekkers | Achilles Etten-Leur | Eugene (USA) | 12-6-2010 |
| U20 | 600 gr | 53.80 meter | Bregje Crolla | Unitas Sittard | Emmeloord | 15-5-2005 |
| V35 | 600 gr | 51.88 meter | Marjo Bus | Ciko'66 Arnhem | Apeldoorn | 27-6-1999 |
| V40 | 600 gr | 43.26 meter | Gerda Vetter | AAC Amsterdam | Enschede | 13-5-2001 |
| V45 | 600 gr | 40.02 meter | Gerda Vetter | AAC Amsterdam | Amsterdam | 3-6-2007 |
| V50 | 500 gr | 37.04 meter | Mariët Voskamp | Hanzesport Zutphen | Utrecht | 15-6-2014 |
| V55 | 500 gr | 35.61 meter | Mariët Voskamp | Hanzesport Zutphen | Gouda | 11-6-2017 |
| V60 | 500 gr | 31.87 meter | Hanny Barnhoorn-Jongejan | Trias Heiloo | Hoorn | 8-7-2022 |
| V65 | 500 gr | 32.02 meter | Weia Reinboud | Hellas Utrecht | Woerden | 25-9-2016 |
| V70 | 500 gr | 28.84 meter | Weia Reinboud | Hellas Utrecht | Papendrecht | 28-8-2021 |
| V75 | 400 gr | 27.11 meter | Weia Reinboud | Hellas Utrecht | Vught | 20-6-2025 |

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|-----|--------|-------------|-------------------------|--------------------|-------|-----------|
| V80 | 400 gr | 12.69 meter | Laura Blommestijn-Euser | Rotterdam Atletiek | Breda | 21-9-2025 |
| V85 | 400 gr | * | vacant | | | |
| V90 | 400 gr | * | vacant | | | |

Gewichtwerpen

| | | | | | | |
|-----|---------|-------------|------------------|--------------------|--------------|-----------|
| V35 | 9,08 kg | 18.58 meter | Wendy Koolhaas | Groningen Atletiek | Rotterdam | 16-7-2016 |
| V40 | 9,08 kg | 18.32 meter | Wendy Koolhaas | Groningen Atletiek | Huizen | 27-9-2020 |
| V45 | 9,08 kg | 16.50 meter | Gonny Mik | Groningen Atletiek | Rotterdam | 13-9-2014 |
| V50 | 7,26 kg | 17.53 meter | Gonny Mik | Groningen Atletiek | Lyon (FRA) | 15-8-2015 |
| V55 | 7,26 kg | 17.50 meter | Gonny Mik | Groningen Atletiek | Dissen (GER) | 29-7-2020 |
| V60 | 5,45 kg | 18.04 meter | Gonny Mik | Groningen Atletiek | Bremen (GER) | 30-8-2025 |
| V65 | 5,45 kg | 17.34 meter | Annie van Anholt | Attila Tilburg | Roermond | 22-3-2014 |
| V70 | 5,45 kg | 14.99 meter | Annie van Anholt | Attila Tilburg | Rotterdam | 22-4-2017 |
| V75 | 4,00 kg | 13.51 meter | Annie van Anholt | Attila Tilburg | Vught | 22-6-2025 |
| V80 | 4,00 kg | 10.17 meter | Riet Jonkers | Atledo Dongen | Vught | 22-6-2025 |
| V85 | 4,00 kg | * | vacant | | | |
| V90 | 4,00 kg | * | vacant | | | |

Pentathlon - 5-kamp

| | | | | | |
|-----|--------------|---------------------------------------|---------------------|-----------------|-----------|
| V35 | 2.742 punten | Monique Seerden | Lionitas Leeuwarden | Jyväskylä (FIN) | 9-7-2000 |
| | | 19.10 * 1.48 * 10.02 * 4.38 * 2:28.07 | | | |
| V40 | 3.483 punten | Eefje Swinkels | HAC Helmond | Woerden | 26-9-2015 |
| | | 12.66 * 1.43 * 10.04 * 4.96 * 2:42.58 | | | |
| V45 | 3.903 punten | Corrie Roovers | Sprint Breda | San Juan (PUR) | 27-9-1983 |
| | | 12.44 * 1.44 * 9.86 * 4.90 * 2:41.0= | | | |
| V50 | 3.935 punten | Corrie Roovers | Sprint Breda | Melbourne (AUS) | 3-12-1987 |
| | | 13.08 * 1.42 * 10.76 * 4.62 * 2:49.10 | | | |
| V55 | 3.330 punten | Anja Akkerman | DEM Beverwijk | Tilburg | 18-5-2014 |
| | | 15.79 * 1.27 * 9.97 * 4.16 * 3:09.62 | | | |
| V60 | 3.358 punten | Rietje Dijkman | AV'23 Amsterdam | Potsdam (GER) | 18-8-2002 |
| | | 14.73 * 1.20 * 6.74 * 3.73 * 3:08.44 | | | |
| V65 | 4.116 punten | Weia Reinboud | Hellas Utrecht | Woerden | 26-9-2015 |
| | | 16.26 * 1.37 * 8.62 * 3.87 * 3:10.66 | | | |
| V70 | 3.923 punten | Riet Jonkers | Atledo Dongen | Tilburg | 18-5-2014 |
| | | 17.37 * 1.18 * 7.96 * 3.49 * 3:11.80 | | | |
| V75 | 3.843 punten | Riet Jonkers | Atledo Dongen | Brugge (BEL) | 18-8-2019 |
| | | 17.50 * 1.15 * 8.23 * 2.54 * 3:12.83 | | | |
| V80 | 2.892 punten | Riet Jonkers | Atledo Dongen | Dongen | 28-4-2024 |
| | | DNF * 1.00 * 7.43 * 3.02 * 3:54.01 | | | |
| V85 | * | vacant | | | |
| | | * | | | |
| V90 | * | vacant | | | |
| | | * | | | |

Heptathlon - 7-kamp

| | | | | | |
|-----|--------------|---|------------------------|---------------|------------|
| SEN | 6.867 punten | Anouk Vetter | Sprint Breda | Eugene (USA) | 18-7-2022 |
| | | 13.30 * 1.80 * 16.25 * 23.73 * 6.52 * 58.29 * 2:20.09 | | | |
| U23 | 6.545 punten | Dafne Schippers | Hellas Utrecht | Götzis (AUT) | 1-6-2014 |
| | | 13.13 * 1.69 * 13.69 * 22.35 * 6.48 * 41.39 * 2:08.59 | | | |
| U20 | 6.172 punten | Dafne Schippers | Hellas Utrecht | Götzis (AUT) | 29-5-2011 |
| | | 13.60 * 1.70 * 13.89 * 22.90 * 6.13 * 38.20 * 2:15.74 | | | |
| V35 | 4.335 punten | Tanja van der Plas | AV Lycurgus Assendelft | Amstelveen | 10-6-2019 |
| | | 16.27 * 1.54 * 9.55 * 26.96 * 5.14 * 29.90 * 2:41.42 | | | |
| V40 | 4.952 punten | Tanja van der Plas | AV Lycurgus Assendelft | Tampere (FIN) | 30-06-2022 |
| | | 12.09 * 1.50 * 9.28 * 27.05 * 5.04 * 30.39 * 2:41.64 | | | |
| V45 | 5.475 punten | Tanja van der Plas | AV Lycurgus Assendelft | Madeira (POR) | 12-10-2025 |
| | | 12.09 * 1.50 * 8.45 * 27.63 * 5.24 * 30.59 * 2:40.18 | | | |
| V50 | 5.012 punten | Anja Akkerman | DEM Beverwijk | Assen | 17-7-2005 |
| | | 14.30 * 1.36 * 9.84 * 28.72 * 4.72 * 30.95 * 2:56.96 | | | |

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|-----|--------------|--|----------------|-------------------|------------|
| V55 | 4.994 punten | Anja Akkerman | DEM Beverwijk | Nyiregyhaza (HUN) | 16-7-2010 |
| | | 15.24 * 1.39 * 8.96 * 30.49 * 4.52 * 27.80 * 3:14.63 | | | |
| V60 | 5.450 punten | Anja Akkerman | DEM Beverwijk | Stendal (GER) | 29-5-2016 |
| | | 15.02 * 1.28 * 9.78 * 31.32 * 4.00 * 29.21 * 3:03.48 | | | |
| V65 | 5.603 punten | Weia Reinboud | Hellas Utrecht | Stendal (GER) | 31-5-2015 |
| | | 15.93 * 1.40 * 8.12 * 34.73 * 3.68 * 27.45 * 3:07.40 | | | |
| V70 | 5.082 punten | Anja Akkerman | DEM Beverwijk | Madeira (POR) | 12-10-2025 |
| | | 18.11 * 1.20 * 8.04 * 35.10 * 3.47 * 23.78 * 3:51.26 | | | |
| V75 | 5.436 punten | Riet Jonkers | Atledo Dongen | Stendal (GER) | 19-6-2019 |
| | | 17.73 * 1.12 * 8.49 * 35.32 * 3.24 * 15.31 * 3:12.73 | | | |
| V80 | 4.124 punten | Riet Jonkers | Atledo Dongen | Best | 6-7-2024 |
| | | DNF * 1.02 * 7.78 * 39.81 * 2.85 * 12.16 * 3:40.59 | | | |
| V85 | * | vacant | | | |
| | | * | | | |
| V90 | * | vacant | | | |

Decathlon - 10-kamp

| | | | | | |
|-----|--------------|--|---------------------|------|-----------|
| SEN | 6.641 punten | Marjolein Bolten | AV Haarlemmermeer | Best | 6-7-2024 |
| | | 13.14 * 36.24 * 2.92 * 34.98 * 59.75 * 15.01 * 5.32 * 12.35 * 1.60 * 5:37.87 | | | |
| U23 | 3.573 punten | Lena Nijhof | DAV Kronos Enschede | Best | 28-6-2025 |
| | | 15.27 * 30.94 * 2.43 * 23.45 * 1:15.15 * 20.51 * 3.90 * 8.57 * 1.42 * 7:16.47 | | | |
| U20 | 5.501 punten | Isa Vera van Sintemaartensdij | Altis Amersfoort | Best | 6-7-2024 |
| | | 12.81 * 31.13 * 2.32 * 37.55 * 1:04.59 * 15.73 * 4.80 * 10.62 * 1.45 * 6:24.78 | | | |

Werpviifkamp

| | | | | | |
|-----|--------------|---------------------------------------|--------------------|--------------------|------------|
| V35 | 3.672 punten | Wendy Koolhaas | Groningen Atletiek | Hilversum | 23-7-2016 |
| | | 59.69 * 12.59 * 38.60 * 33.28 * 16.89 | | | |
| V40 | 4.248 punten | Wendy Koolhaas | Groningen Atletiek | Hilversum | 9-8-2020 |
| | | 59.82 * 13.18 * 40.62 * 35.97 * 17.89 | | | |
| V45 | 3.696 punten | Gonny Mik | Groningen Atletiek | Nyiregyháza (HUN) | 22-7-2010 |
| | | 49.15 * 9.81 * 31.91 * 27.79 * 16.24 | | | |
| V50 | 3.789 punten | Gonny Mik | Groningen Atletiek | Lyon (FRA) | 15-8-2015 |
| | | 51.78 * 10.90 * 29.97 * 27.34 * 17.53 | | | |
| V55 | 3.894 punten | Gonny Mik | Groningen Atletiek | St. Nikolaas (BEL) | 27-9-2020 |
| | | 48.50 * 10.20 * 28.59 * 24.79 * 16.04 | | | |
| V60 | 4.150 punten | Tiny Hellendoorn | Isala '96 Kampen | Beveren (BEL) | 14-7-2018 |
| | | 35.97 * 11.98 * 33.50 * 24.25 * 15.76 | | | |
| V65 | 4.600 punten | Tiny Hellendoorn | Isala '96 Kampen | Hilversum | 9-8-2020 |
| | | 39.41 * 11.33 * 31.76 * 24.80 * 14.44 | | | |
| V70 | 4.292 punten | Annie van Anholt | Attila Tilburg | Breda | 23-10-2019 |
| | | 31.82 * 9.46 * 26.32 * 19.24 * 13.49 | | | |
| V75 | 3.895 punten | Annie van Anholt | Attila Tilburg | Dordrecht | 10-7-2022 |
| | | 34.95 * 9.12 * 24.81 * 17.36 * 12.95 | | | |
| V80 | 3.182 punten | Laura Blommestijn-Euser | Rotterdam Atletiek | Barendrecht | 6-7-2024 |
| | | 26.30 * 7.01 * 17.38 * 12.47 * 9.13 | | | |
| V85 | * | vacant | | | |
| | | * | | | |
| V90 | * | vacant | | | |
| | | * | | | |

4 x 100 meter

| | | | | | |
|-----|-----------|--|-----------|----------------|-----------|
| SEN | 42.02 sec | nationaal team | Nederland | Madrid (ESP) | 28-6-2025 |
| | | Nadine Visser * Lieke Klaver * Minke Bisschops * Marije van Hunenstijn | | | |
| U23 | 42.40 sec | nationaal team | Nederland | Lausanne (SUI) | 3-7-2014 |
| | | Mdiea Ghafoor * Dafne Schippers * Tessa van Schagen * Jamile Samuel | | | |
| U20 | 44.09 sec | nationaal team | Nederland | Moncton (CAN) | 24-7-2010 |
| | | Dafne Schippers * Loreanne Kuhurima * Eva Lubbers * Jamile Samuel | | | |
| V35 | 50.05 sec | nationaal team | Nederland | Etten-Leur | 26-6-1993 |
| | | Mariet Thomas * Annemiek Stavenuiter * Rini Hagenaars * Tilly Jacobs | | | |

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|-----|-------------|---|-----------|---------------|------------|
| V40 | 49.85 sec | nationaal team | Nederland | Madeira (POR) | 18-10-2025 |
| | | Ioana Kanda * Melina Congiu * Janneke Visser * Jacqueline Pullens | | | |
| V45 | 51.29 sec | nationaal team | Nederland | Amstelveen | 27-9-2014 |
| | | Valérie Klosterman * Ingrid Smit * Anna den Hartog * Angelique Hogeveen | | | |
| V50 | 53.26 sec | nationaal team | Nederland | Amstelveen | 26-9-2009 |
| | | Tilly Jacobs * Sonja Oost * Joke Torbijn * Hermine Roggeband | | | |
| V55 | 57.02 sec | nationaal team | Nederland | Zittau (GER) | 25-8-2012 |
| | | Marja Mulder * Anja Akkerman * Sonja Oost * Tilly Jacobs | | | |
| V60 | 1:03.44 min | nationaal team | Nederland | Amstelveen | 29-9-2007 |
| | | Laura Blommestijn * Riet Jonkers * Rietje Dijkman * Els Raap | | | |
| V65 | 1:03.44 min | nationaal team | Nederland | Madeira (POR) | 18-10-2025 |
| | | Lia Pol * Anja Akkerman * Joke Torbijn * Tilly Jacobs | | | |
| V70 | | * vacant | | | |
| | | * | | | |
| V75 | | * vacant | | | |
| | | * | | | |
| V80 | | * vacant | | | |
| | | * | | | |
| V85 | | * vacant | | | |
| | | * | | | |
| V90 | | * vacant | | | |
| | | * | | | |

4 x 200 meter

| | | | | | |
|-----|-------------|--|-----------|--------------|-----------|
| SEN | 1:34.8= min | nationaal team | Nederland | Londen (GBR) | 24-8-1968 |
| | | Mieke Sterk * Corry Bakker * Truus Hennipman * Hilly Gankema | | | |
| U23 | | * vacant | | | |
| | | * | | | |

4 x 400 meter

| | | | | | |
|-----|-------------|--|-----------|-----------------|-----------|
| SEN | 3:19.50 min | Nationaal team | Nederland | Parijs (FRA) | 10-8-2024 |
| | | Lisanne de Witte * Lieke Klaver * Cathelijn Peeters * Femke Bol | | | |
| U23 | 3:47.28 min | nationaal team | Nederland | Hoorn | 18-5-2013 |
| | | Bianca Baak * Marlies Manders * Marije Wever * Anna Voskamp | | | |
| U20 | 3:33.33 min | nationaal team | Nederland | Jeruzalem (ISR) | 10-8-2023 |
| | | Myrte van der Schoot * Britt de Blaauw * Madelief van Leur * Maud van Sintmaartensdijk | | | |
| V35 | 4:04.2= min | nationaal team | Nederland | Zwolle | 30-8-1996 |
| | | Sonja Oost * Janny Kuper * Diny Klomp * Tilly Jacobs | | | |
| V40 | 4:07.88 min | nationaal team | Nederland | Malmö (SWE) | 27-7-1996 |
| | | Anja Akkerman * Janny Kuper * Diny Klomp * Tilly Jacobs | | | |
| V45 | 4:24.74 min | nationaal team | Nederland | Amstelveen | 28-9-2013 |
| | | Valérie Klostermann * Astrid van Velden * Pauline Manni * Nicole Weijling | | | |
| V50 | 4:43.28 min | nationaal team | Nederland | Malmö (SWE) | 27-7-1996 |
| | | Lisa Plat * Gerda van Kooten * Riet Jonkers * Marja Broers | | | |
| V55 | 4:48.74 min | nationaal team | Nederland | Zittau (GER) | 25-8-2012 |
| | | Anja Akkerman * Anne van Dijk * Marja Mulder * Sonja Oost | | | |
| V60 | 5:04.51 min | nationaal team | Nederland | Reeuwijk | 25-9-2010 |
| | | Afra Kruijer * Riet Jonkers * Anne van Dijk * Els Raap | | | |
| V65 | 5:57.77 min | nationaal team | Nederland | Amstelveen | 29-9-2012 |
| | | Riet Jonkers * Els Raap * Martha van Hal * Trees Rutten | | | |
| V70 | | * vacant | | | |
| | | * | | | |
| V75 | | * vacant | | | |
| | | * | | | |
| V80 | | * vacant | | | |
| | | * | | | |
| V85 | | * vacant | | | |
| | | * | | | |
| V90 | | * vacant | | | |
| | | * | | | |

4 x 800 meter

| | | | | | |
|------------|--------------|--|-----------|-----------------|-----------|
| SEN | 8:29.70 min | nationaal team | Nederland | Sheffield (GBR) | 5-6-1992 |
| | | Grete Koens * Laura Bosman * Stella Jongmans * Krista Aukema | | | |
| U23 | * | vacant | | | |
| | | * | | | |
| V35 | 9:37.29 min | nationaal team | Nederland | Dordrecht | 25-9-1992 |
| | | Diny Klomp * Irene Pos * Ina Ruijter * Tilly Jacobs | | | |
| V40 | 9:55.83 min | nationaal team | Nederland | Dordrecht | 30-8-1998 |
| | | Lisette Kaptijn * Marja Mulder * Helmie Caris * Greet Papegaay | | | |
| V45 | 10:09.77 min | nationaal team | Nederland | Amstelveen | 30-9-2012 |
| | | Astrid van Velden * Clarissa van Vlijmen * Simone Geel * Nicole Weijling | | | |
| V50 | 10:45.43 min | nationaal team | Nederland | Dordrecht | 30-8-1998 |
| | | Corrie Keijsers * Gerda van Kooten * Mirjam Brugman * Riet Jonkers | | | |
| V55 | 10:33.26 min | nationaal team | Nederland | Valkenswaard | 28-8-1999 |
| | | Riet Jonkers * Gerda van Kooten * Corrie Keijsers * Mirjam Brugman | | | |
| V60 | 11:47.30 min | nationaal team | Nederland | Amstelveen | 25-9-2011 |
| | | Afra Kruijer * Riet Jonkers * Anne van Dijk * Els Raap | | | |
| V65 | 13:26.49 min | nationaal team | Nederland | Amstelveen | 27-9-2009 |
| | | Riet Jonkers * Pita Dekker * Ada Habes * Mirjam Brugman | | | |
| V70 | 14:29.10 min | Nationaal team | Nederland | Amstelveen | 30-9-2018 |
| | | Els Raap * Mia van der Meer * Trees Rutten * Marianne Knapen-de Bode | | | |
| V75 | * | vacant | | | |
| | | * | | | |
| V80 | * | vacant | | | |
| | | * | | | |
| V85 | * | vacant | | | |
| | | * | | | |
| V90 | * | vacant | | | |
| | | * | | | |

Afstands medley relay (1200-400-800-1600)

| | | | | | |
|------------|--------------|--|--------------------|------|-----------|
| SEN | 13:35.23 min | clubteam | Eindhoven Atletiek | Best | 13-6-2017 |
| | | Serana Tielbeek * Viola van den Berk * Rosanne van Hoesel * Eefje Ottevanger | | | |
| U23 | * | vacant | | | |
| | | * | | | |

4 x 1500 meter nationale teams

| | | | | | |
|------------|---|--------|--|--|--|
| SEN | * | vacant | | | |
| | | * | | | |
| U23 | * | vacant | | | |
| | | * | | | |

Zweedse estafette (400-300-200-100)

| | | | | | |
|------------|-------------|--|-----------------|-----------|-----------|
| V35 | 2:30.13 min | clubteam | DEM Beverwijk | Hilversum | 5-6-2016 |
| | | Lisette Thomas * Simone Geel * Claudia Kes * Anja Akkerman | | | |
| V40 | 2:32.12 min | clubteam | DEM Beverwijk | Heiloo | 22-6-2014 |
| | | Simone Geel * Claudia Kes * Anja Akkerman * Renate Schellevis | | | |
| V45 | 2:38.66 min | clubteam | GAC Hilversum | Heiloo | 22-6-2014 |
| | | Pauline Manni * Ellen Tromp * Inez Veldmeijer * Ilona Mulder | | | |
| V50 | 2:38.11 min | clubteam | DEM Beverwijk | Bussum | 11-6-2023 |
| | | Anja Akkerman-Smits * Claudia Kes-Mura * Simone Geel-Herlaar * Renate Schellevis | | | |
| V55 | * | vacant | | | |
| | | * | | | |
| V60 | 3:44.72 min | clubteam | AV VN Hilversum | Huizen | 26-5-2013 |
| | | Hanneke Lieverse * Tjitske Kooistra * Ada Habes * Lijda van Doorn | | | |
| V65 | * | vacant | | | |
| | | * | | | |

| | |
|-----|----------|
| V70 | * vacant |
| | * |
| V75 | * vacant |
| | * |
| V80 | * vacant |
| | * |
| V85 | * vacant |
| | * |
| V90 | * vacant |
| | * |