

INDOORRECORDS 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.

50 meter

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|------------|----------|--------------|---------------|--------------|-----------|
| SEN | 6.19 sec | Nelli Cooman | AVR Rotterdam | Ottawa (CAN) | 31-1-1987 |
|------------|----------|--------------|---------------|--------------|-----------|

60 meter

| | | | | | |
|------------|-----------|-------------------------|-------------------------|------------------|-----------------|
| SEN | 7.00 sec | Nelli Cooman | AVR Rotterdam | Madrid (ESP) | 23-2-1986 |
| SEN | 7.00 sec | Dafne Schippers | Hellas Utrecht | Berlijn (GER) | 13-2-2016 |
| U20 | 7.24 sec | N'ketia Seedo | U-Track Utrecht | Apeldoorn | 22-2-2020 |
| V35 | 7.69 sec | Esther Dankwah | Haag Atletiek Den Haag | Toruń (POL) | 27-3-2019 |
| V35 | 7.62 sec | Kadene Vassell | Phanos Amsterdam | Apeldoorn | 8-2-2026 |
| V40 | 7.92 sec | Tilly Jacobs | Sparta Den Haag | Zwolle | 26-1-1997 |
| V45 | 8.03 sec | Jacqueline Pullens | U-Track Utrecht | Gent (BEL) | 25-2-2023 |
| V50 | 8.29 sec | Angelique Hogeveen-Smit | Phanos Amsterdam | Apeldoorn | 12-2-2022 |
| V55 | 8.36 sec | Angelique Hogeveen-Smit | Phanos Amsterdam | Apeldoorn | 3-2-2024 |
| V60 | 8.95 sec | Tilly Jacobs | AV'34 Apeldoorn | Gent (BEL) | 11-3-2017 |
| V65 | 9.56 sec | Tilly Jacobs | AV'34 Apeldoorn | Apeldoorn | 12-2-2022 |
| V70 | 10.01 sec | Riet Jonkers | Atledo Dongen | Apeldoorn | 15-2-2014 |
| V75 | 10.18 sec | Rietje Dijkman | GAC Hilversum | Apeldoorn | 14-2-2015 |
| V80 | 10.49 sec | Rietje Dijkman | GAC Hilversum | Apeldoorn | 12-2-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

200 meter

| | | | | | |
|------------|-----------|-------------------------|-------------------------|------------------|-----------------|
| SEN | 22.64 sec | Femke Bol | Altis Amersfoort | Metz (FRA) | 3-2-2024 |
| U20 | 23.63 sec | Tessa van Schagen | Leiden Atletiek | Apeldoorn | 17-2-2013 |
| V35 | 24.58 sec | Kadene Vassell | Phanos Amsterdam | Apeldoorn | 1-3-2026 |
| V40 | 25.58 sec | Tilly Jacobs | Sparta Den Haag | Den Haag | 25-1-1998 |
| V45 | 26.52 sec | Jacqueline Pullens | Utrecht Atletiek | Gent (BEL) | 15-2-2025 |
| V50 | 27.52 sec | Valérie Klostermann | PAC Rotterdam | Apeldoorn | 14-2-2016 |
| V55 | 28.07 sec | Angelique Hogeveen-Smit | Phanos Amsterdam | Apeldoorn | 4-2-2024 |
| V60 | 30.36 sec | Tilly Jacobs | AV '34 Apeldoorn | Daegu (KOR) | 23-3-2017 |
| V65 | 32.68 sec | Rietje Dijkman | AV '23 Amsterdam | Linz (AUT) | 16-3-2006 |
| V70 | 33.86 sec | Riet Jonkers | Atledo Dongen | Gent (BEL) | 11-1-2014 |
| V75 | 35.78 sec | Riet Jonkers | Atledo Dongen | Gent (BEL) | 12-1-2019 |
| V80 | 36.93 sec | Rietje Dijkman | GAC Hilversum | Braga (POR) | 26-2-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

400 meter

| | | | | | |
|------------|-------------|-------------------|-------------------------|---------------|------------|
| SEN | 49.17 sec | Femke Bol | Altis Amersfoort | Glasgow (SCH) | 3-3-2024 |
| U20 | 52.82 sec | Madelief van Leur | Altis Amersfoort | Apeldoorn | 22-2-2025 |
| V35 | 58.01 sec | Tilly Jacobs | Sparta Den Haag | Den Haag | 11-2-1996 |
| V40 | 56.82 sec | Tilly Jacobs | Sparta Den Haag | Den Haag | 2-2-1997 |
| V45 | 1:02.47 min | Julia Dahmen | Swift Atletiek Roermond | Apeldoorn | 3-2-2024 |
| V50 | 1:01.54 min | Simone Geel | AV DEM Beverwijk | Toruń (POL) | 24-3-2015 |
| V55 | 1:02.43 min | Simone Geel | AV DEM Beverwijk | Gent (BEL) | 11-3-2017 |
| V60 | 1:10.15 min | Riet Jonkers | Attila Tilburg | Gent (BEL) | 5-3-2005 |
| V65 | 1:13.89 min | Riet Jonkers | Attila Tilburg | Gent (BEL) | 10-1-2009 |
| V70 | 1:17.74 min | Riet Jonkers | Atledo Dongen | Gent (BEL) | 26-12-2013 |
| V75 | 1:22.10 min | Riet Jonkers | Atledo Dongen | Apeldoorn | 23-2-2020 |

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|-----|------------|--------------|---------------|-----------|----------|
| V80 | 1:36.73min | Riet Jonkers | Atledo Dongen | Apeldoorn | 3-2-2024 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

800 meter

| | | | | | |
|-----|-------------|-------------------------|-------------------------|------------------------|------------|
| SEN | 1:59.07 min | Femke Bol | Altis Amersfoort | Metz (FRA) | 8-2-2026 |
| U20 | 2:04.64 min | Yvonne van der Kolk | AVR Rotterdam | Gent (BEL) | 17-2-1988 |
| V35 | 2:10.55 min | Ingrid Grutters | Atverni Nieuwegein | Apeldoorn | 26-2-2012 |
| V40 | 2:08.12 min | Sanne Wolters-Verstegen | Rotterdam Atletiek | Apeldoorn | 28-2-2026 |
| V45 | 2:23.78 min | Julia Dahmen | Swift Atletiek Roermond | Apeldoorn | 3-2-2024 |
| V50 | 2:28.30 min | Marja Mulder | Sportlust Den Helder | Clermont-Ferrand (FRA) | 18-3-2008 |
| V55 | 2:36.75 min | Riet Jonkers | Energie Barendrecht | Den Haag | 13-3-1999 |
| V60 | 2:42.41 min | Betty Bijker-Bangma | AV Heerenveen | Apeldoorn | 17-12-2023 |
| V65 | 2:52.24 min | Riet Jonkers | Attila Tilburg | Gent (BEL) | 31-1-2009 |
| V70 | 3:01.04 min | Riet Jonkers | Atledo Dongen | Gent (BEL) | 14-3-2015 |
| V75 | 3:15.40 min | Riet Jonkers | Atledo Dongen | Apeldoorn | 2-2-2019 |
| V80 | 3:44.35 min | Riet Jonkers | Atledo Dongen | Toruń (POL) | 21-3-2024 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

1.000 meter

| | | | | | |
|-----|-------------|----------------|------------------------|------------------|-----------|
| SEN | 2:37.85 min | Maureen Koster | AAV'36 Alphen a/d Rijn | Birmingham (GBR) | 25-2-2023 |
| U20 | 2:48.72 min | Suus Altorf | De Spartaan Lisse | Clemson (USA) | 13-1-2023 |

1.500 meter

| | | | | | |
|-----|-------------|---------------------|-------------------------|------------------------|------------|
| SEN | 4:00.46 min | Sifan Hassan | Eindhoven Atletiek | Stockholm (SWE) | 19-2-2015 |
| U20 | 4:20.5= min | Yvonne van der Kolk | AVR Rotterdam | Dortmund (GER) | 7-2-1988 |
| V35 | 4:25.29 min | Elly van Hulst | Mita TC Zuid-Beijerland | Den Haag | 24-2-1996 |
| V40 | 4:42.50 min | Ingrid Grutters | Atverni Nieuwegein | Toruń (POL) | 27-3-2015 |
| V45 | 4:44.35 min | Nicole Weijling | AAC Amsterdam | Apeldoorn | 11-2-2017 |
| V50 | 5:12.44 min | Marja Mulder | Sportlust Den Helder | Clermont-Ferrand (FRA) | 22-3-2008 |
| V55 | 5:15.90 min | Agnes Schipper | Hellas Utrecht | Apeldoorn | 15-2-2026 |
| V60 | 5:35.93 min | Mirjam de Boer | SAV Grootebroek | Apeldoorn | 17-12-2023 |
| V65 | 6:05.99 min | Anne van Dijk | AV Gouda | Apeldoorn | 14-2-2015 |
| V70 | 6:25.58 min | Trees Rutten | Nijmegen Atletiek | Apeldoorn | 3-2-2019 |
| V75 | 7:03.69 min | Riet Jonkers | Atledo Dongen | Apeldoorn | 9-2-2020 |
| V80 | * | vacant | | | |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

1 mijl (1609 meter)

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|-----|-------------|-------------------|--------------------|---------------|------------|
| SEN | 4:26.39 min | Amina Maatoug | Leiden Atletiek | Boston (USA) | 21-2-2025 |
| U20 | 4:43.89 min | Yasmine Abbes | Cifla Nijmegen | Clemson (USA) | 27-2-2021 |
| V35 | 5:05.79 min | Ingrid Grutters | Atverni Nieuwegein | Gent (BEL) | 26-12-2011 |
| V40 | 5:31.16 min | José van der Veen | Impala Drachten | Boston (USA) | 2-3-2025 |
| V45 | 5:36.75 min | Jazlin Ruinemans | AV Start '78 | Gent (BEL) | 1-2-2026 |
| V50 | * | vacant | | | |
| V55 | * | vacant | | | |
| V60 | 6:36.50 min | Riet Jonkers | Attila Tilburg | Gent (BEL) | 23-1-2005 |
| V65 | 6:38.95 min | Riet Jonkers | Attila Tilburg | Gent (BEL) | 26-12-2008 |
| V70 | 7:17.27 min | Riet Jonkers | Atledo Dongen | Gent (BEL) | 26-12-2014 |
| V75 | 7:46.64 min | Riet Jonkers | Atledo Dongen | Gent (BEL) | 26-12-2019 |
| V80 | * | vacant | | | |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

3.000 meter

| | | | | | |
|------------|--------------|-------------------------|-------------------------|--------------------|-----------|
| SEN | 8:30.76 min | Sifan Hassan | Eindhoven Atletiek | Birmingham (GBR) | 18-2-2017 |
| U20 | 9:11.28 min | Rosalie ten Bruggencate | AV Lycurgus | Apeldoorn | 28-2-2026 |
| V35 | 9:13.84 min | Elly van Hulst | Mita TC Zuid-Beijerland | Erfurt (GER) | 15-2-1995 |
| V40 | 10:08.97 min | Florence van Rijsbergen | THOR Roosendaal | Sindelfingen (GER) | 11-3-2004 |
| V45 | 10:48.26 min | Yvonne Meijer | ACO-van Elderen Ommen | Apeldoorn | 14-2-2026 |
| V50 | 10:25.36 min | Nicole Weijling-Dissel | AAC Amsterdam | Toruń (POL) | 24-3-2019 |
| V55 | 11:12.39 min | Elly van Duynhoven | Cifla Nijmegen | Apeldoorn | 8-2-2025 |
| V60 | 12:01.59 min | Gerda van Kooten | Sprint Breda | Bordeaux (FRA) | 8-3-2001 |
| V65 | 12:35.81 min | Karin Verheijden | Eindhoven Atletiek | Apeldoorn | 14-2-2026 |
| V70 | 13:59.72 min | Trees Rutten | Nijmegen Atletiek | Apeldoorn | 2-2-2018 |
| V75 | 14:51.45 min | Trees Rutten | Nijmegen Atletiek | Apeldoorn | 4-2-2023 |
| V80 | * | vacant | | | |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

5.000 meter

| | | | | | |
|------------|--------------|------------------|-----------------|--------------|-----------|
| SEN | 15:45.49 min | Veerle Bakker | Leiden Atletiek | Lyon (FRA) | 24-1-2026 |
| SEN | 15:36.76 min | Bieke Schipperen | Scorpio | Boston (USA) | 14-2-2026 |
| U20 | * | vacant | | | |

50 meter horden

| | | | | | | |
|------------|---------|----------|-------------------|--------------|--------|-----------|
| SEN | 0,838 m | 6.91 sec | Marjan Olijslager | Sprint Breda | Zwolle | 24-1-1987 |
|------------|---------|----------|-------------------|--------------|--------|-----------|

60 meter horden

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|------------|---------|-----------|----------------------|------------------------|--------------|------------|
| SEN | 0,838 m | 7.72 sec | Nadine Visser | SAV Grootebroek | Apeldoorn | 7-3-2025 |
| U20 | 0,838 m | 8.18 sec | Zoë Sedney | ARV Ilion Zoetermeer | Apeldoorn | 23-2-2020 |
| V35 | 0,838 m | 9.09 sec | Neeltje van Hulten | Phoenix Utrecht | Apeldoorn | 12-2-2011 |
| V40 | 0,762 m | 9.29 sec | Eefje Swinkels | HAC Helmond | Gent (BEL) | 6-2-2016 |
| V40 | 0,762 m | 9.29 sec | Tanja van der Plas | AV Lycurgus Assendelft | Apeldoorn | 4-2-2024 |
| V40 | 0,762 m | 9.24 sec | Melina Congiu | Groningen Atletiek | Toruń (POL) | 28-3-2026 |
| V45 | 0,762 m | 9.44 sec | Aafke van Daalen | Clytoneus worden | Ancona (ITA) | 1-4-2016 |
| V45 | 0,762 m | 9.40 sec | Tanja van der Plas | AV Lycurgus Assendelft | Zoetermeer | 21-12-2025 |
| V45 | 0,762 m | 9.37 sec | Tanja van der Plas | AV Lycurgus Assendelft | Assendelft | 11-1-2026 |
| V45 | 0,762 m | 9.31 sec | Tanja van der Plas | AV Lycurgus Assendelft | Amsterdam | 31-1-2026 |
| V45 | 0,762 m | 9.27 sec | Tanja van der Plas | AV Lycurgus Assendelft | Apeldoorn | 15-2-2026 |
| V50 | 0,762 m | 10.27 sec | Hanny Barnhoorn | Trias Heiloo | Gent (BEL) | 17-3-2011 |
| V55 | 0,762 m | 10.74 sec | Brigitte van de Kamp | GAC Hilversum | Apeldoorn | 8-2-2020 |
| V60 | 0,686 m | 10.82 sec | Brigitte van de Kamp | GAC Hilversum | Toruń (POL) | 31-3-2023 |
| V65 | 0,686 m | 10.92 sec | Rietje Dijkman | AV '23 Amsterdam | Linz (AUT) | 19-3-2006 |
| V70 | 0,686 m | 11.75 sec | Riet Jonkers | Atledo Dongen | Utrecht | 17-1-2014 |
| V75 | 0,686 m | 12.80 sec | Riet Jonkers | Atledo Dongen | Apeldoorn | 1-2-2019 |
| V80 | 0,686 m | * | vacant | | | |
| V85 | 0,686 m | * | vacant | | | |
| V90 | 0,686 m | * | vacant | | | |

3.000 m snelwandelen

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|------------|--------------|-----------------------------|---------------|------------------|------------|
| SEN | 15:40.35 min | Anne van Andel | DAK Drunen | Gent (BEL) | 19-2-2023 |
| V35 | 18:03.60 min | Loes van Breemen van den Be | RWV Rotterdam | Apeldoorn | 4-2-2023 |
| V40 | 17:20.90 min | Marleen Radder | RWV Rotterdam | Den Haag | 14-1-1995 |
| V45 | 17:15.49 min | Marleen Radder | RWV Rotterdam | Düsseldorf (GER) | 3-2-2001 |
| V50 | 17:07.8= min | Marleen Radder | RWV Rotterdam | Zaandam | 27-2-2005 |
| V55 | 17:29.8= min | Marleen Radder | RWV Rotterdam | Zaandam | 26-2-2006 |
| V60 | 18:07.67 min | Marleen Radder | RWV Rotterdam | Apeldoorn | 27-2-2011 |
| V65 | 19:49.59 min | Riet Jonkers | Atledo Dongen | Kamloops (CAN) | 3-3-2010 |
| V70 | 21:19.43 min | Riet Jonkers | Atledo Dongen | Dortmund (GER) | 22-12-2013 |
| V75 | * | vacant | | | |
| V80 | * | vacant | | | |

V85
V90

* vacant
* vacant

Hoogspringen

| | | | | | |
|------------|------------|------------------|---------------------|---------------------|-----------|
| SEN | 1.96 meter | Britt Weerman | Groningen Atletiek | Weinheim (GER) | 3-2-2023 |
| SEN | 1.96 meter | Britt Weerman | Groningen Atletiek | Metz (FRA) | 11-2-2023 |
| U20 | 1.92 meter | Britt Weerman | Groningen Atletiek | Weinheim (GER) | 11-2-2022 |
| V35 | 1.68 meter | Titia van Osch | AAC Amsterdam | San Sebastian (ESP) | 20-3-2013 |
| V40 | 1.60 meter | Patsy Kolhorn | Achilles Etten-Leur | Gent (BEL) | 15-2-2003 |
| V45 | 1.57 meter | Monique Krefting | Scopias Venlo | Londen (GBR) | 15-2-2015 |
| V50 | 1.55 meter | Weia Reinboud | Hellas Utrecht | Zuidbroek | 21-1-2001 |
| V55 | 1.48 meter | Weia Reinboud | Hellas Utrecht | Ancona (ITA) | 29-3-2009 |
| V60 | 1.46 meter | Weia Reinboud | Hellas Utrecht | Apeldoorn | 4-3-2012 |
| V65 | 1.39 meter | Weia Reinboud | Hellas Utrecht | Apeldoorn | 13-2-2016 |
| V70 | 1.32 meter | Weia Reinboud | Hellas Utrecht | Apeldoorn | 12-2-2022 |
| V75 | 1.24 meter | Rietje Dijkman | GAC Hilversum | Apeldoorn | 13-2-2016 |
| V80 | 1.17 meter | Rietje Dijkman | GAC Hilversum | Braga (POR) | 22-2-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Polsstokhoogspringen

| | | | | | |
|------------|------------|----------------------|-------------------------------|---------------------|------------------|
| SEN | 4.60 meter | <i>Marijn Kieft</i> | <i>AAV'36 Alphen a/d Rijn</i> | <i>Zoetermeer</i> | <i>17-1-2026</i> |
| U20 | 4.41 meter | Marijn Kieft | AAV'36 Alphen a/d Rijn | Apeldoorn | 25-1-2025 |
| V35 | 3.80 meter | Sandra van der Geer | ARV Ilion Zoetermeer | Zoetermeer | 15-12-2007 |
| V40 | 3.60 meter | Larissa Lowe | AAC Amsterdam | Sindelfingen (GER) | 12-3-2004 |
| V45 | 3.40 meter | Brigitte van de Kamp | GAC Hilversum | Sittard | 7-1-2007 |
| V50 | 3.31 meter | Brigitte van de Kamp | GAC Hilversum | San Sebastian (ESP) | 22-3-2013 |
| V55 | 3.02 meter | Brigitte van de Kamp | GAC Hilversum | Apeldoorn | 3-2-2018 |
| V60 | 2.85 meter | Brigitte van de Kamp | GAC Hilversum | Apeldoorn | 12-2-2022 |
| V65 | 2.80 meter | Brigitte van de Kamp | GAC Hilversum | Assendelft | 13-12-2025 |
| V70 | * | vacant | | | |
| V75 | * | vacant | | | |
| V80 | * | vacant | | | |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Verspringen

| | | | | | |
|------------|------------|-----------------------|------------------------|------------------------|------------------|
| SEN | 6.70 meter | Pauline Hondema | AV Lycurgus Assendelft | Berlijn (GER) | 14-2-2025 |
| U20 | 6.37 meter | <i>Felicia Felter</i> | <i>PAC Rotterdam</i> | <i>Apeldoorn</i> | <i>22-2-2026</i> |
| V35 | 5.43 meter | Angelique Hogeveen | Phanos Amsterdam | Sittard | 12-2-2006 |
| V40 | 5.50 meter | Angelique Hogeveen | Phanos Amsterdam | Sittard | 10-2-2008 |
| V45 | 5.09 meter | Ingrid Smit | Ciko '66 Arnhem | Boedapest (HUN) | 25-3-2014 |
| V45 | 5.18 meter | Tanja van der Plas | AV Lycurgus Assendelft | Apeldoorn | 15-2-2026 |
| V50 | 4.97 meter | Tilly Jacobs | PEC 1910 Zwolle | Clermont-Ferrand (FRA) | 10-2-2008 |
| V55 | 4.75 meter | Tilly Jacobs | PEC 1910 Zwolle | Jyväskylä (FIN) | 6-4-2012 |
| V60 | 4.29 meter | Tilly Jacobs | AV '34 Apeldoorn | Daegu (KOR) | 21-3-2017 |
| V65 | 3.96 meter | Riet Jonkers | Attila Tilburg | Ancona (ITA) | 27-3-2009 |
| V70 | 3.59 meter | Riet Jonkers | Atledo Dongen | Boedapest (HUN) | 25-3-2014 |
| V75 | 3.49 meter | Riet Jonkers | Atledo Dongen | Dordrecht | 27-10-2018 |
| V80 | 3.49 meter | Rietje Dijkman | GAC Hilversum | Braga (POR) | 21-2-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Hink-stap-springen

| | | | | | |
|------------|-------------|------------------------|---------------------|--------------|-----------|
| SEN | 13.21 meter | Maureen Herremans | Prins Hendrik Vught | Liévin (FRA) | 23-1-2022 |
| U20 | 12.68 meter | Sica Verwasch | Unitas Sittard | Apeldoorn | 20-2-2022 |
| V35 | 12.19 meter | Patricia Jacott-Krolis | Rotterdam Atletiek | Apeldoorn | 17-2-2024 |
| V40 | 10.74 meter | Evie Roelands | DJA Zundert | Malmö (SWE) | 7-3-1999 |
| V45 | 10.72 meter | Janine Kortbeek | Prins Hendrik Vught | Dordrecht | 25-1-2003 |
| V50 | 10.53 meter | Janine Kortbeek | Prins Hendrik Vught | Sittard | 10-2-2008 |
| V55 | 10.36 meter | Janine Kortbeek | Prins Hendrik Vught | Apeldoorn | 14-2-2010 |
| V60 | 10.07 meter | Janine Kortbeek | Prins Hendrik Vught | Apeldoorn | 15-2-2015 |

| | | | | | |
|-----|------------|----------------|------------------|------------------|-----------|
| V65 | 8.68 meter | Rietje Dijkman | AV '23 Amsterdam | Eskilstuna (SWE) | 13-3-2005 |
| V70 | 7.77 meter | Rietje Dijkman | AV '23 Amsterdam | Apeldoorn | 16-2-2014 |
| V75 | 7.80 meter | Rietje Dijkman | GAC Hilversum | Apeldoorn | 13-2-2016 |
| V80 | 7.57 meter | Rietje Dijkman | GAC Hilversum | Braga (POR) | 23-2-2022 |
| V85 | * | vacant | | | |
| V90 | * | vacant | | | |

Kogelstoten

| | | | | | | |
|-----|---------|-------------|---------------------|-----------------------|--------------------|------------|
| SEN | 4,00 kg | 20.69 meter | Jessica Schilder | AV Hera Heerhugowaard | Apeldoorn | 9-3-2025 |
| SEN | 4,00 kg | 20.69 meter | Jessica Schilder | AV Hera Heerhugowaard | Berlijn (GER) | 6-3-2026 |
| U20 | 4,00 kg | 18.06 meter | Corrie de Bruin | Rotterdam Atletiek | Den Haag | 12-2-1995 |
| V35 | 4,00 kg | 13.43 meter | Wendy Koolhaas | Groningen Atletiek | Sittard | 11-2-2018 |
| V40 | 4,00 kg | 13.98 meter | Els Stolk | AAC Amsterdam | Den Haag | 14-2-1998 |
| V45 | 4,00 kg | 12.64 meter | Tine Schenkels | SC Reeuwijk | Sindelfingen (GER) | 14-3-2004 |
| V50 | 3,00 kg | 14.06 meter | Tine Schenkels | SC Reeuwijk | Linz (AUT) | 19-3-2006 |
| V55 | 3,00 kg | 11.98 meter | Tiny Hellendoorn | Isala '96 Kampen | Apeldoorn | 16-2-2014 |
| V60 | 3,00 kg | 11.93 meter | Tiny Hellendoorn | Isala '96 Kampen | Apeldoorn | 14-2-2016 |
| V65 | 3,00 kg | 10.90 meter | Tiny Hellendoorn | Isala '96 Kampen | Apeldoorn | 12-2-2022 |
| V70 | 3,00 kg | 8.04 meter | Riet Jonkers | Atledo Dongen | Apeldoorn | 16-2-2014 |
| V70 | 3,00 kg | 8.04 meter | Anja Akkerman-Smits | AV Lycurgus | Assendelft | 1-2-2026 |
| V75 | 2,00 kg | 9.31 meter | Mia van der Meern | Startbaan Amstelveen | Apeldoorn | 4-2-2023 |
| V80 | 2,00 kg | 7.84 meter | Riet Jonkers | Atledo Dongen | Gent (BEL) | 29-11-2025 |
| V85 | 2,00 kg | * | vacant | | | |
| V90 | 2,00 kg | * | vacant | | | |

Gewichtwerpen

| | | | | | | |
|-----|---------|-------------|------------------|--------------------|-----------------|-----------|
| V35 | 9,08 kg | 17.82 meter | Wendy Koolhaas | Groningen Atletiek | Sittard | 11-2-2018 |
| V40 | 9,08 kg | 13.89 meter | Ingrid van Dijk | GAC Hilversum | Helsinki (FIN) | 23-3-2007 |
| V45 | 9,08 kg | 15.51 meter | Gonny Mik | Groningen Atletiek | Boedapest (HUN) | 28-3-2014 |
| V50 | 7,26 kg | 17.19 meter | Gonny Mik | Groningen Atletiek | Sittard | 20-2-2016 |
| V55 | 7,26 kg | 13.68 meter | Ingrid van Dijk | GAC Hilversum | Toruń (POL) | 26-3-2019 |
| V60 | 5,45 kg | 15.73 meter | Tiny Hellendoorn | Isala'96 Kampen | Sittard | 27-1-2019 |
| V65 | 5,45 kg | 14.45 meter | Annie van Anholt | Attila Tilburg | Sittard | 20-2-2016 |
| V70 | 5,45 kg | 15.10 meter | Annie van Anholt | Attila Tilburg | Sittard | 27-1-2019 |
| V75 | 4,00 kg | 12.65 meter | Annie van Anholt | Attila Tilburg | Sittard | 28-1-2024 |
| V80 | 4,00 kg | 9.95 meter | Riet Jonkers | Atledo Dongen | Sittard | 28-1-2024 |
| V85 | 4,00 kg | * | vacant | | | |
| V90 | 4,00 kg | * | vacant | | | |

Pentathlon ... 5-kamp

| | | | | | |
|-----|--------------|------------------|--------------------------------------|-----------------|-----------|
| SEN | 4.830 punten | Nadine Broersen | Sprint Breda | Sopot (POL) | 7-3-2014 |
| | | | 8.32 * 1.93 * 14.59 * 6.17 * 2:14.97 | | |
| SEN | 4.888 punten | Sofie Dokter | Groningen Atletiek | Toruń (POL) | 22-3-2026 |
| | | | 8.19 * 1.87 * 13.92 * 6.52 * 2:12.27 | | |
| U20 | 4.268 punten | Nadine Visser | SAV Grootebroek | Sheffield (GBR) | 26-1-2014 |
| | | | 8.32 * 1.75 * 11.90 * 6.02 * 2:22.83 | | |
| V35 | 3.182 punten | Wendy Visser | Phanos Amsterdam | Toruń (POL) | 29-3-2019 |
| | | | 9.45 * 1.45 * 9.77 * 5.09 * 2:37.83 | | |
| V40 | 3.445 punten | Eefje Swinkels | HAC Helmond | Gent (BEL) | 6-2-2016 |
| | | | 9.56 * 1.39 * 10.22 * 5.25 * 2:42.68 | | |
| V45 | 3.829 punten | Monique Krefting | Scopias Venlo | Londen (GBR) | 15-2-2015 |
| | | | 9.86 * 1.57 * 8.07 * 4.49 * 2:30.94 | | |
| V50 | 3.349 punten | Anja Akkerman | DEM Beverwijk | Linz (AUT) | 17-3-2006 |
| | | | 10.53 * 1.33 * 9.33 * 4.70 * 3:12.22 | | |
| V55 | 3.322 punten | Marlou Klaver | Nijmegen Atletiek | Toruń (POL) | 31-3-2023 |
| | | | 11.68 * 1.32 * 8.17 * 4.03 * 3:00.75 | | |
| V60 | 3.630 punten | Anja Akkerman | DEM Beverwijk | Ancona (ITA) | 29-3-2016 |
| | | | 11.39 * 1.30 * 9.24 * 3.91 * 3:17.86 | | |
| V65 | 3.970 punten | Riet Jonkers | Attila Tilburg | Ancona (ITA) | 27-3-2009 |

| | | | | | | |
|-----|--------------|--------------------------------------|--------------|---------------|-----------------|------------|
| V70 | 4.047 punten | 12.27 * 1.18 * 8.62 * 3.96 * 2:54.72 | Riet Jonkers | Atledo Dongen | Boedapest (HUN) | 25-3-2014 |
| V75 | 4.084 punten | 12.06 * 1.18 * 7.65 * 3.59 * 3:12.86 | Riet Jonkers | Atledo Dongen | Toruń (POL) | 29-3-2019 |
| V80 | 2.861 punten | 13.17 * 1.17 * 8.55 * 3.24 * 3:24.47 | Riet Jonkers | Atledo Dongen | Gent (BEL) | 29-11-2025 |
| V85 | * | DNF * 1.05 * 7.84 * 2.68 * 3:53.42 | vacant | | | |
| V90 | * | | vacant | | | |

4 x 200 meter

| | | | | | | |
|-----|-------------|----------------|---|------------------------|--|-----------|
| SEN | 1:39.44 min | clubteam | Eindhoven Atletiek | Apeldoorn | | 25-1-2015 |
| | | | Joyce Puts * Zanna Vanterpool * Esther Akihary * Sacha van Agt | | | |
| V35 | 1:52.23 min | nationaal team | Nederland | Apeldoorn | | 8-2-2020 |
| | | | Melina Congiu * Janneke Visser * Marloes ten Napel Zacharias * Wendy Visser | | | |
| V40 | 1:53.02 min | nationaal team | Nederland | Malmö (SWE) | | 7-3-1999 |
| | | | Anja Akkerman * Evie Roelands * Diny Klomp * Sonja Oost | | | |
| V45 | 1:57.36 min | nationaal team | Nederland | Helsinki (FIN) | | 25-3-2007 |
| | | | Tilly Jacobs * Joke Torbijn * Marja Mulder * Hermine Roggeband | | | |
| V50 | 1:59.16 min | nationaal team | Nederland | Clermont-Ferrand (FRA) | | 22-3-2008 |
| | | | Tilly Jacobs * Marja Mulder * Riet Jonkers * Sonja Oost | | | |
| V55 | 2:29.50 min | nationaal team | Nederland | Toruń (POL) | | 1-4-2023 |
| | | | Erica Jesterhoudt * Mariska Anderegg * Marlou Klaver * Renee Ligteringen | | | |
| V60 | * | vacant | | | | |
| V65 | * | vacant | | | | |
| V70 | * | vacant | | | | |
| V75 | * | vacant | | | | |
| V80 | * | vacant | | | | |
| V85 | * | vacant | | | | |

4 x 400 meter

| | | | | | | |
|-----|-------------|----------------|--|-----------|--|----------|
| SEN | 3:24.34 min | nationaal team | Nederland | Apeldoorn | | 9-3-2025 |
| | | | Lieke Klaver * Nina Franke * Cathelijn Peeters * Femke Bol | | | |
| V35 | * | vacant | | | | |
| V40 | * | vacant | | | | |
| V45 | * | vacant | | | | |
| V50 | * | vacant | | | | |
| V55 | * | vacant | | | | |
| V60 | * | vacant | | | | |
| V65 | * | vacant | | | | |
| V70 | * | vacant | | | | |
| V75 | * | vacant | | | | |
| V80 | * | vacant | | | | |

| | | | | | | |
|--------------------------|--------------|----------|---|--|----------|------------|
| V85 | | | * | | | |
| | | | * | vacant | | |
| | | | * | | | |
| 4 x 800 meter SEN | | | | | | |
| SEN | 10:54.97 min | clubteam | | PAC Rotterdam | Den Haag | 24-3-1996 |
| | | | | Marlou Klaver * Monique van der Meer * Ingrid Diepenmaat * Ellen Ruigrok | | |
| V35 | 12:32.87 min | clubteam | | PAC Rotterdam | Den Haag | 24-03-1996 |
| | | | | Jeanet Verbeek * Carla Blom * Jos Kroon * Sjaan van der Hoek | | |
| V40 | | | * | vacant | | |
| | | | * | | | |
| V45 | | | * | vacant | | |
| | | | * | | | |
| V50 | | | * | vacant | | |
| | | | * | | | |
| V55 | | | * | vacant | | |
| | | | * | | | |
| V60 | | | * | vacant | | |
| | | | * | | | |
| V65 | | | * | vacant | | |
| | | | * | | | |
| V70 | | | * | vacant | | |
| | | | * | | | |
| V75 | | | * | vacant | | |
| | | | * | | | |
| V80 | | | * | vacant | | |
| | | | * | | | |
| V85 | | | * | vacant | | |
| | | | * | | | |