

## V.Z.V. Njord Clubrecords

## VRIJESLAG

## 50 Meter

| Leeftijd | Recordhouder                | Tijd     | Jaar | Recordhouder            | Tijd            | Jaar        |
|----------|-----------------------------|----------|------|-------------------------|-----------------|-------------|
| t/m 10j  | Josse Marsman               | 00:32.49 | 2010 | Emiel Rutgers           | 00:32.49        | 1990        |
| t/m 12j  | Bo Verhoeven                | 00:30.45 | 2010 | Lars Minnaert           | 00:29.24        | 2017        |
| t/m 14j  | Jaimy Mous                  | 00:27.83 | 2010 | Lars Minnaert           | 00:26.05        | 2019        |
| t/m 16j  | Nelly Velthuijs             | 00:27.27 | 2010 | Lars Minnaert           | 00:24.81        | 2021        |
| 17j eo   | Nelly Velthuijs             | 00:26.44 | 2011 | Marcel Smit             | 00:24.57        | 2004        |
| 20+      | Danielle Scheepers          | 00:28.37 | 2012 | Jasper Groothelm        | 00:25.28        | 2013        |
| 25+      | Anne-Michelle Vos           | 00:28.67 | 2020 | Jasper Groothelm        | 00:25.73        | 2015        |
| 30+      |                             |          |      | Jacques Verriet         | 00:30.14        | 2001        |
| 35+      | Fabienne Verriet-Regensburg | 00:42.90 | 2014 | Jacques Verriet         | 00:30.80        | 2008        |
| 40+      | Karin Sagonas-Koolen        | 00:32.29 | 2014 | Erik Keukens            | 00:27.65        | 2017        |
| 45+      | Karin Sagonas-Koolen        | 00:32.68 | 2019 | Francis Roosen          | 00:27.99        | 2017        |
| 50+      | Karin Sagonas-Koolen        | 00:33.03 | 2020 | Francis Roosen          | 00:28.04        | 2019        |
| 55+      |                             |          |      | Stephan van Beek        | 00:36.88        | 2020        |
| 60+      |                             |          |      | <b>Stephan van Beek</b> | <b>00:40.51</b> | <b>2022</b> |

## 100 Meter

| Leeftijd | Recordhouder                   | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|--------------------------------|----------|------|------------------|----------|------|
| t/m 10j  | Josse Marsman                  | 01:13.89 | 2010 | Emiel Rutgers    | 01:11.50 | 1990 |
| t/m 12j  | Bo Verhoeven                   | 01:06.02 | 2010 | Lars Minnaert    | 01:05.35 | 2017 |
| t/m 14j  | Jaimy Mous                     | 01:02.55 | 2010 | Lars Minnaert    | 00:57.66 | 2019 |
| t/m 16j  | Nelly Velthuijs                | 00:59.72 | 2011 | Lars Minnaert    | 00:54.39 | 2021 |
| 17j eo   | Nelly Velthuijs                | 00:58.80 | 2012 | Rik op het Veld  | 00:53.23 | 2007 |
| 20+      | Danielle Scheepers             | 01:00.80 | 2011 | Jasper Groothelm | 00:55.01 | 2013 |
| 25+      | Anne-Michelle Vos              | 01:02.53 | 2019 | Jasper Groothelm | 00:55.73 | 2015 |
| 30+      |                                |          |      | Jacques Verriet  | 01:07.82 | 2003 |
| 35+      | Fabienne Verriet-Regensburg    | 01:33.92 | 2013 | Ric Huisman      | 01:10.68 | 2016 |
| 40+      | Susanne van den Bosch-Kentgens | 01:13.37 | 2020 | Erik Keukeuns    | 01:01.67 | 2018 |
| 45+      | Susanne van den Bosch-Kentgens | 01:14.89 | 2022 | Francis Roosen   | 01:01.50 | 2017 |
| 50+      | Karin Sagonas-Koolen           | 01:15.84 | 2021 | Francis Roosen   | 01:02.00 | 2020 |
| 55+      |                                |          |      | Nico Baljeu      | 01:30.87 | 2020 |

## 200 Meter

| Leeftijd | Recordhouder                | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|-----------------------------|----------|------|------------------|----------|------|
| t/m 10j  | Judith v.d. Muuren          | 02:41.50 | 1990 | Emiel Rutgers    | 02:43.00 | 1990 |
| t/m 12j  | Mariette Nijhof             | 02:23.90 | 2002 | Dennis Toeback   | 02:22.70 | 1993 |
| t/m 14j  | Judith v.d. Muuren          | 02:15.80 | 1994 | Lars Minnaert    | 02:09.50 | 2019 |
| t/m 16j  | Mariette Nijhof             | 02:13.28 | 2005 | Lars Minnaert    | 02:03.58 | 2021 |
| 17j eo   | Mariette Nijhof             | 02:12.49 | 2006 | Rik op het Veld  | 02:01.39 | 2007 |
| 20+      | Danielle Scheepers          | 02:17.30 | 2010 | Jasper Groothelm | 02:06.34 | 2013 |
| 25+      | Anne-Michelle Vos           | 02:21.80 | 2019 | Jasper Groothelm | 02:08.04 | 2015 |
| 30+      |                             |          |      | Jacques Verriet  | 02:39.12 | 2000 |
| 35+      | Fabienne Verriet-Regensburg | 03:26.68 | 2013 | Ric Huisman      | 02:38.59 | 2015 |
| 40+      | Karin Sagonas-Koolen        | 02:42.53 | 2014 | Erik Keukens     | 02:14.63 | 2017 |
| 45+      | Karin Sagonas-Koolen        | 02:47.43 | 2019 | Francis Roosen   | 02:17.51 | 2016 |
| 50+      | Karin Sagonas-Koolen        | 03:01.52 | 2021 | Francis Roosen   | 02:19.74 | 2018 |
| 55+      |                             |          |      | Stephan van Beek | 03:51.51 | 2019 |

## V.Z.V. Njord Clubrecords

## VRIJESLAG

## 400 Meter

| Leeftijd | Recordhouder                   | Tijd     | Jaar | Recordhouder      | Tijd     | Jaar |
|----------|--------------------------------|----------|------|-------------------|----------|------|
| t/m 10j  | Kim Schut                      | 06:01.10 | 1992 | Emiel Rutgers     | 05:29.30 | 1990 |
| t/m 12j  | Bo Verhoeven                   | 05:23.17 | 2010 | Dennis Toeback    | 05:06.90 | 1993 |
| t/m 14j  | Marian van Rooy                | 04:56.60 | 1981 | Dennis Toeback    | 04:37.10 | 1995 |
| t/m 16j  | Marriette Nijhoff              | 04:35.78 | 2005 | John Jansen       | 04:26.70 | 1979 |
| 17j eo   | Marriette Nijhoff              | 04:35.78 | 2005 | Ian van der Hulst | 04:22.28 | 2006 |
| 20+      | Danielle Scheepers             | 04:52.92 | 2010 | Jasper Groothelm  | 04:43.03 | 2013 |
| 25+      | Danielle Scheepers             | 05:27.36 | 2015 |                   |          |      |
| 30+      |                                |          |      | Jacques Verriet   | 05:47.25 | 2002 |
| 35+      | Fabienne Verriet-Regensburg    | 07.01.69 | 2013 |                   |          |      |
| 40+      | Susanne van den Bosch-Kentgens | 05:41.57 | 2021 | Erik Keukens      | 05:01.59 | 2019 |
| 45+      | Karin Sagonas-Koolen           | 05:59.06 | 2016 | Francis Roosen    | 05:10.88 | 2017 |
| 50+      | Karin Sagonas-Koolen           | 06:25.26 | 2021 | Francis Roosen    | 05:12.25 | 2019 |
| 55+      |                                |          |      |                   |          |      |

## 800 Meter

| Leeftijd | Recordhouder                | Tijd     | Jaar | Recordhouder      | Tijd     | Jaar |
|----------|-----------------------------|----------|------|-------------------|----------|------|
| t/m 10j  |                             |          |      |                   |          |      |
| t/m 12j  | Bo Verhoeven                | 10.58.94 | 2010 | Dennis Toeback    | 10.33.60 | 1993 |
| t/m 14j  | Judith v.d. Muuren          | 10.14.70 | 1994 | Dennis Toeback    | 10:04.21 | 1994 |
| t/m 16j  | Mariette Nijhoff            | 09.35.10 | 2005 | Maarten Hartog    | 09.31.10 | 1989 |
| 17j eo   | Mariette Nijhoff            | 09.35.10 | 2005 | Ian van der Hulst | 09.07.55 | 2002 |
| 20+      | Danielle Scheepers          | 09.57.95 | 2010 |                   |          |      |
| 25+      | Danielle Scheepers          | 11.00.01 | 2015 |                   |          |      |
| 30+      |                             |          |      | Jacques Verriet   | 12.23.15 | 2001 |
| 35+      | Fabienne Verriet-Regensburg | 14.47.24 | 2013 |                   |          |      |
| 40+      | Karin Sagonas-Koolen        | 12.20.29 | 2014 | Erik Keukens      | 10.23.48 | 2017 |
| 45+      | Karin Sagonas-Koolen        | 12.25.62 | 2015 | Francis Roosen    | 10.52.85 | 2017 |
| 50+      |                             |          |      | Francis Roosen    | 10.51.25 | 2019 |
| 55+      |                             |          |      |                   |          |      |

## 1500 Meter

| Leeftijd | Recordhouder                | Tijd     | Jaar | Recordhouder      | Tijd     | Jaar |
|----------|-----------------------------|----------|------|-------------------|----------|------|
| t/m 10j  |                             |          |      |                   |          |      |
| t/m 12j  | Tamar Roosen                | 23:37.51 | 2018 | Ivar Koevoet      | 23:12.94 | 2014 |
| t/m 14j  | Bo Verhoeven                | 20:07.06 | 2011 | Lars Minnaert     | 19:29.82 | 2019 |
| t/m 16j  | Bo Verhoeven                | 20:07.06 | 2011 | Maarten Hartog    | 17:48.90 | 1989 |
| 17j eo   | Danielle Scheepers          | 19:19.99 | 2012 | Ian van der Hulst | 17:14.84 | 2002 |
| 20+      | Danielle Scheepers          | 21:32.82 | 2013 |                   |          |      |
| 25+      | Fabienne Verriet-Regensburg | 26:40.85 | 2002 |                   |          |      |
| 30+      |                             |          |      | Jacques Verriet   | 23:38.81 | 2002 |
| 35+      |                             |          |      |                   |          |      |
| 40+      | Fabienne Verriet-Regensburg | 29:03.14 | 2019 |                   |          |      |
| 45+      | Karin Sagonas-Koolen        | 24:53.16 | 2017 | Francis Roosen    | 21:15.03 | 2015 |
| 50+      |                             |          |      | Francis Roosen    | 20:48.71 | 2018 |
| 55+      |                             |          |      |                   |          |      |

## V.Z.V. Njord Clubrecords

## RUGSLAG

## 50 m

| Leeftijd | Recordhoudster       | Tijd     | Jaar | Recordhouder            | Tijd            | Jaar        |
|----------|----------------------|----------|------|-------------------------|-----------------|-------------|
| t/m 10j  | Josse Marsman        | 00:38.01 | 2010 | Emiel Rutgers           | 00:38.90        | 1990        |
| t/m 12j  | Jaimy Mous           | 00:35.19 | 2008 | Tim van de Moosdijk     | 00:34.75        | 2022        |
| t/m 14j  | Jaimy Mous           | 00:33.48 | 2009 | Lars Minnaert           | 00:29.51        | 2019        |
| t/m 16j  | Nadien van Lang      | 00:33.07 | 2012 | Lars Minnaert           | 00:27.38        | 2021        |
| 17j eo   | Nelly Velthuijs      | 00:31.63 | 2011 | <b>Lars Minnaert</b>    | <b>00:26.37</b> | <b>2022</b> |
| 20+      | Danielle Scheepers   | 00:36.41 | 2013 | Erwin Mallens           | 00:30.75        | 2015        |
| 25+      | Anne-Michelle Vos    | 00:35.32 | 2020 | Erwin Mallens           | 00:31.02        | 2019        |
| 30+      |                      |          |      | Jacques Verriet         | 00:38.69        | 2002        |
| 35+      | Fabienne Verriet     | 00:53.60 | 2013 | Jacques Verriet         | 00:39.16        | 2009        |
| 40+      | Simone van Lent      | 00:39.64 | 2013 | Erik Keukens            | 00:32.61        | 2018        |
| 45+      | Simone van Lent      | 00:39.49 | 2017 | <b>Erik Keukens</b>     | <b>00:34.05</b> | <b>2022</b> |
| 50+      | Karin Sagonas-Koolen | 00:44.03 | 2021 | Francis Roosen          | 00:36.70        | 2019        |
| 55+      |                      |          |      | Stephan van Beek        | 00:45.62        | 2019        |
| 60+      |                      |          |      | <b>Stephan van Beek</b> | <b>00:45.24</b> | <b>2022</b> |

## 100 m

| Leeftijd | Recordhoudster            | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|---------------------------|----------|------|------------------|----------|------|
| t/m 10j  | Josse Marsman             | 01:21.39 | 2010 | Miquel Kraan     | 01:23.50 | 1981 |
| t/m 12j  | Mariette Nijhof           | 01:15.60 | 2001 | Emiel Rutgers    | 01:15.20 | 1992 |
| t/m 14j  | Jaimy Mous                | 01:11.01 | 2010 | Lars Minnaert    | 01:05.07 | 2019 |
| t/m 16j  | Nelly Velthuijs           | 01:10.76 | 2010 | Lars Minnaert    | 00:59.19 | 2021 |
| 17j eo   | Nelly Velthuijs           | 01:08.94 | 2012 | Mark Spijkerboer | 00:59.85 | 2003 |
| 20+      | Danielle Scheepers        | 01:14.77 | 2010 | Jesper Pas       | 01:06.34 | 2022 |
| 25+      | Anne-Michelle Vos         | 01:17.68 | 2019 | Jasper Groothelm | 01:07.87 | 2016 |
| 30+      |                           |          |      | Jacques Verriet  | 01:24.31 | 2001 |
| 35+      | Fabienne Verriet          | 01:55.16 | 2013 | Jacques Verriet  | 01:25.77 | 2007 |
| 40+      | Susanne vd Bosch-Kentgens | 01:23.62 | 2021 | Erik Keukens     | 01:13.77 | 2017 |
| 45+      | Susanne vd Bosch-Kentgens | 01:24.70 | 2022 | Erik Keukens     | 01:15.00 | 2022 |
| 50+      | Karin Sagonas-Koolen      | 01:39.55 | 2022 | Francis Roosen   | 01:21.23 | 2019 |
| 55+      |                           |          |      | Stephan van Beek | 01:46.07 | 2019 |

## 200 m

| Leeftijd | Recordhoudster              | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|-----------------------------|----------|------|------------------|----------|------|
| t/m 10j  |                             |          |      | Stan de Swart    | 03:21.35 | 2012 |
| t/m 12j  | Mariette Nijhof             | 02:40.80 | 2001 | Kris Pijpers     | 02:47.69 | 2001 |
| t/m 14j  | Mariette Nijhof             | 02:35.65 | 2003 | Lars Minnaert    | 02:22.71 | 2019 |
| t/m 16j  | Mariette Nijhof             | 02:33.08 | 2004 | Lars Minnaert    | 02:16.70 | 2022 |
| 17j eo   | Nelly Velthuijs             | 02:32.44 | 2012 | Dennis Brouwers  | 02:10.20 | 2003 |
| 20+      | Danielle Scheepers          | 02:41.91 | 2010 | Jasper Groothelm | 02:29.87 | 2014 |
| 25+      | Anne Michelle Vos           | 02:48.94 | 2019 | Jasper Groothelm | 02:27.05 | 2019 |
| 30+      |                             |          |      | Jacques Verriet  | 03:02.52 | 2001 |
| 35+      | Fabienne Verriet-Regensburg | 04:01.60 | 2014 |                  |          |      |
| 40+      | Susanne vd Bosch-Kentgens   | 02:58.95 | 2020 | Erik Keukens     | 02:43.25 | 2018 |
| 45+      | Simone van Lent             | 03:18.83 | 2014 | Erik Keukens     | 02:48.50 | 2020 |
| 50+      |                             |          |      | Francis Roosen   | 02:58.66 | 2021 |
| 55+      |                             |          |      |                  |          |      |

## V.Z.V. Njord Clubrecords

## VLINDERSLAG

## 50 m

| Leeftijd | Recordhouder                | Tijd     | Jaar | Recordhouder            | Tijd            | Jaar        |
|----------|-----------------------------|----------|------|-------------------------|-----------------|-------------|
| t/m 10j  | Sterre Hendriks             | 00:36.73 | 2014 | Emiel Rutgers           | 00:37.40        | 1990        |
| t/m 12j  | Bo Verhoeven                | 00:32.46 | 2010 | Jeroen Kuypers          | 00:35.10        | 1992        |
| t/m 14j  | Nelly Velthuijs             | 00:31.16 | 2008 | Lars Minnaert           | 00:28.74        | 2019        |
| t/m 16j  | Nelly Velthuijs             | 00:30.05 | 2010 | Lars Minnaert           | 00:26.11        | 2021        |
| 17j eo   | Nelly Velthuijs             | 00:29.32 | 2011 | Mark Spijkerboer        | 00:25.81        | 2001        |
| 20+      | Danielle Scheepers          | 00:32.49 | 2013 | Jasper Groothelm        | 00:28.05        | 2014        |
| 25+      | Danielle Scheepers          | 00:31.63 | 2017 | Stefan Teley            | 00:28.59        | 2019        |
| 30+      |                             |          |      | Jacques Verriet         | 00:33.84        | 2004        |
| 35+      | Fabienne Verriet-Regensburg | 00:55.77 | 2013 | Ric Huisman             | 00:34.49        | 2015        |
| 40+      | Karin Sagonas-Koolen        | 00:36.57 | 2014 | Erik Keukens            | 00:31.63        | 2019        |
| 45+      | Karin Sagonas-Koolen        | 00:36.43 | 2015 | Erik Keukens            | 00:31.89        | 2022        |
| 50+      | Karin Sagonas-Koolen        | 00:37.51 | 2021 | Francis Roosen          | 00:31.53        | 2019        |
| 55+      |                             |          |      | <b>Nico Baljeu</b>      | <b>00:52.77</b> | <b>2022</b> |
| 60+      |                             |          |      | <b>Stephan van Beek</b> | <b>00:55.27</b> | <b>2022</b> |

## 100 m

| Leeftijd | Recordhouder                          | Tijd            | Jaar        | Recordhouder        | Tijd            | Jaar        |
|----------|---------------------------------------|-----------------|-------------|---------------------|-----------------|-------------|
| t/m 10j  | Rachel van Aerle                      | 01:34.50        | 1984        | Jeroen Kuypers      | 01:24.80        | 1990        |
| t/m 12j  | Bo Verhoeven                          | 01:15.85        | 2010        | Kris Pijpers        | 01:15.43        | 2000        |
| t/m 14j  | Bo Verhoeven                          | 01:11.62        | 2012        | Lars Minnaert       | 01:06.77        | 2019        |
| t/m 16j  | Nelly Velthuijs                       | 01:09.68        | 2010        | Lars Minnaert       | 00:59.77        | 2021        |
| 17j eo   | Nelly Velthuijs                       | 01:06.88        | 2011        | Rik op het Veld     | 01:01.63        | 2007        |
| 20+      | Danielle Scheepers                    | 01:11.20        | 2012        | <b>Jesper Pas</b>   | <b>01:02.18</b> | <b>2022</b> |
| 25+      | Danielle Scheepers                    | 01:12.85        | 2016        | Jasper Groothelm    | 01:07.67        | 2016        |
| 30+      |                                       |                 |             | Jacques Verriet     | 01:21.22        | 2001        |
| 35+      | Fabienne Verriet-Regensburg           | 02:03.24        | 2013        | Jacques Verriet     | 01:28.80        | 2006        |
| 40+      | Karin Sagonas-Koolen                  | 01:29.73        | 2013        | Erik Keukens        | 01:14.34        | 2018        |
| 45+      | <b>Susanne van den Bosch-Kentgens</b> | <b>01:29.81</b> | <b>2022</b> | <b>Erik Keukens</b> | <b>01:13.51</b> | <b>2022</b> |
| 50+      |                                       |                 |             | Francis Roosen      | 01:12.76        | 2019        |
| 55+      |                                       |                 |             |                     |                 |             |

## 200 m

| Leeftijd | Recordhouder       | Tijd       | Jaar | Recordhouder    | Tijd     | Jaar |
|----------|--------------------|------------|------|-----------------|----------|------|
| t/m 10j  |                    |            |      |                 |          |      |
| t/m 12j  | Bo Verhoeven       | 03:07.71   | 2010 | Jelmer North    | 03:27.78 | 2014 |
| t/m 14j  | Lianne Verberne    | 02:57.00   | 1980 | Jesper Pas      | 02:48.40 | 2016 |
| t/m 16j  | Danielle Scheepers | 02:45.76   | 2006 | John Jansen     | 02:32.70 | 1979 |
| 17j eo   | Gudele v.d. Meer   | 02:34.00   | 2000 | John Dingelstad | 02:25.70 | 1983 |
| 20+      | Danielle Scheepers | 02:45.91   | 2012 |                 |          |      |
| 25+      | Danielle Scheepers | 0,12739583 | 2015 |                 |          |      |
| 30+      |                    |            |      | Jacques Verriet | 03:18.00 | 2001 |
| 35+      |                    |            |      |                 |          |      |
| 40+      |                    |            |      | Erik Keukens    | 02:52.01 | 2019 |
| 45+      |                    |            |      | Jacques Verriet | 03:12.35 | 2017 |
| 50+      |                    |            |      |                 |          |      |
| 55+      |                    |            |      |                 |          |      |

## V.Z.V. Njord Clubrecords

**SCHOOLSLAG****50 METER**

| Leeftijd | Recordhoudster       | Tijd     | Jaar | Recordhouder            | Tijd            | Jaar        |
|----------|----------------------|----------|------|-------------------------|-----------------|-------------|
| t/m 10j  | Sterre Hendriks      | 00:44.50 | 2014 | Jeroen Kuypers          | 00:45.10        | 1990        |
| t/m 12j  | Esmee Strieder       | 00:37.42 | 2011 | Olaf Henselmans         | 00:35.53        | 1998        |
| t/m 14j  | Esmee Strieder       | 00:35.68 | 2012 | Olaf Henselmans         | 00:35.53        | 1998        |
| t/m 16j  | Esmee Strieder       | 00:35.68 | 2012 | Ivar Koevoet            | 00:33.04        | 2019        |
| 17j eo   | Mariette Nijhoff     | 00:35.54 | 2006 | Mark Spijkerboer        | 00:30.11        | 2006        |
| 20+      | Joke Smits-Velthuis  | 00:38.28 | 2011 | Jasper Groothelm        | 00:31.54        | 2012        |
| 25+      | Danielle Scheepers   | 00:37.64 | 2017 | Stefan Teley            | 00:31.39        | 2019        |
| 30+      | Saskia Vianen        | 00:52.40 | 2015 | Stefan Teley            | 00:34.59        | 2021        |
| 35+      |                      |          |      | Jacques Verriet         | 00:39.89        | 2009        |
| 40+      | Simone van Lent      | 00:41.96 | 2013 | Erik Keukens            | 00:37.39        | 2019        |
| 45+      | Simone van Lent      | 00:41.14 | 2017 | Erik Keukens            | 00:37.92        | 2021        |
| 50+      | Karin Sagonas-Koolen | 00:46.77 | 2021 | Francis Roosen          | 00:39.01        | 2021        |
| 55+      |                      |          |      | Nico Baljeu             | 00:46.01        | 2020        |
| 60+      |                      |          |      | <b>Stephan van Beek</b> | <b>00:50.53</b> | <b>2022</b> |

**100 METER**

| Leeftijd | Recordhoudster       | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|----------------------|----------|------|------------------|----------|------|
| t/m 10j  | Josse Marsman        | 01:38.37 | 2010 | Jeroen Kuypers   | 01:37.70 | 1990 |
| t/m 12j  | Mariette Nijhoff     | 01:23.50 | 2001 | Olaf Henselmans  | 01:16.40 | 1998 |
| t/m 14j  | Mariette Nijhoff     | 01:19.19 | 2003 | Olaf Henselmans  | 01:16.40 | 1998 |
| t/m 16j  | Mariette Nijhoff     | 01:16.83 | 2005 | Lars Minnaert    | 01:12.90 | 2021 |
| 17j eo   | Mariette Nijhoff     | 01:16.79 | 2006 | Ivar Koevoet     | 01:11.99 | 2020 |
| 20+      | Danielle Scheepers   | 01:22.61 | 2010 | Jasper Groothelm | 01:11.58 | 2013 |
| 25+      | Anne Michelle Vos    | 01:22.34 | 2020 | Stefan Teley     | 01:09.20 | 2019 |
| 30+      | Saskia Vianen        | 01:54.45 | 2015 | Stefan Teley     | 01:17.51 | 2021 |
| 35+      |                      |          |      | Jacques Verriet  | 01:24.49 | 2009 |
| 40+      | Simone van Lent      | 01:33.67 | 2013 | Erik Keukens     | 01:23.56 | 2018 |
| 45+      | Simone van Lent      | 01:31.09 | 2017 | Jacques Verriet  | 01:24.72 | 2017 |
| 50+      | Karin Sagonas-Koolen | 01:50,55 | 2022 | Francis Roosen   | 01:27.96 | 2019 |
| 55+      |                      |          |      | Nico Baljeu      | 01:46.68 | 2021 |

**200 METER**

| Leeftijd | Recordhoudster                 | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|--------------------------------|----------|------|------------------|----------|------|
| t/m 10j  | Sofie van der Laak             | 03:49.08 | 2001 | Stan de Swart    | 03:42.56 | 2012 |
| t/m 12j  | Mariette Nijhoff               | 02:55.35 | 2001 | Olaf Henselmans  | 02:51.13 | 1998 |
| t/m 14j  | Mariette Nijhoff               | 02:50.87 | 2003 | Dennis Toeback   | 02:46.82 | 1995 |
| t/m 16j  | Mariette Nijhoff               | 02:50.87 | 2003 | Ivar Koevoet     | 02:43.85 | 2018 |
| 17j eo   | Mariette Nijhoff               | 02:47.51 | 2006 | Mark Spijkerboer | 02:33.08 | 2005 |
| 20+      | Danielle Scheepers             | 03:03.10 | 2012 | Jasper Groothelm | 02:42.13 | 2014 |
| 25+      | Anne-Michelle Vos              | 02:56.58 | 2019 | Stefan Teley     | 02:37.52 | 2020 |
| 30+      |                                |          |      | Jacques Verriet  | 03:02.60 | 2004 |
| 35+      |                                |          |      | Jacques Verriet  | 03:05.50 | 2009 |
| 40+      | Susanne van den Bosch-Kentgens | 03:20.07 | 2020 | Erik Keukens     | 03:01.78 | 2019 |
| 45+      | Simone van Lent                | 03:21.02 | 2017 | Jacques Verriet  | 03:04.43 | 2015 |
| 50+      | Karin Sagonas-Koolen           | 03:50,35 | 2022 | Jacques Verriet  | 03:05.78 | 2020 |
| 55+      |                                |          |      | Nico Baljeu      | 03:57,89 | 2022 |

## V.Z.V. Njord Clubrecords

## WISSELSLAG

## 100 m

| Leeftijd | Recordhouder              | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|---------------------------|----------|------|------------------|----------|------|
| t/m 10j  | Josse Marsman             | 01:24.86 | 2010 | Emiel Rutgers    | 01:26.30 | 1990 |
| t/m 12j  | Mariette Nijhoff          | 01:15.34 | 2001 | Emiel Rutgers    | 01:16.10 | 1992 |
| t/m 14j  | Jaimy Mous                | 01:10.81 | 2010 | Lars Minnaert    | 01:06.27 | 2019 |
| t/m 16j  | Mariette Nijhoff          | 01:10.06 | 2005 | Lars Minnaert    | 01:01.21 | 2021 |
| 17j eo   | Nelly Velthuijs           | 01:07.82 | 2011 | Mark Spijkerboer | 01:00.67 | 2006 |
| 20+      | Danielle Scheepers        | 01:13.03 | 2011 | Jasper Groothelm | 01:03.55 | 2014 |
| 25+      | Anne-Michelle Vos         | 01:13.44 | 2018 | Jasper Groothelm | 01:04.23 | 2015 |
| 30+      | Saskia Vianen             | 01:38.53 | 2015 | Jacques Verriet  | 01:17.22 | 2002 |
| 35+      |                           |          |      | Ric Huisman      | 01:19.10 | 2015 |
| 40+      | Susanne vd Bosch-Kentgens | 01:24.11 | 2019 | Erik Keukens     | 01:12.45 | 2017 |
| 45+      | Karin Sagonas-Koolen      | 01:29.73 | 2019 | Erik Keukens     | 01:12.78 | 2021 |
| 50+      | Karin Sagonas-Koolen      | 01:31.04 | 2021 | Francis Roosen   | 01:15.59 | 2019 |
| 55+      |                           |          |      | Stephan van Beek | 01:40.24 | 2019 |

## 200 m

| Leeftijd | Recordhouder              | Tijd     | Jaar | Recordhouder     | Tijd     | Jaar |
|----------|---------------------------|----------|------|------------------|----------|------|
| t/m 10j  | Mariette Nijhof           | 02:52.65 | 1999 | Emiel Rutgers    | 03:01.90 | 1990 |
| t/m 12j  | Mariette Nijhof           | 02:39.17 | 2001 | Emiel Rutgers    | 02:24.30 | 1992 |
| t/m 14j  | Mariette Nijhof           | 02:34.60 | 2003 | Lars Minnaert    | 02:30.61 | 2019 |
| t/m 16j  | Mariette Nijhof           | 02:34.60 | 2005 | Lars Minnaert    | 02:19.30 | 2021 |
| 17j eo   | Nelly Velthuijs           | 02:29.81 | 2011 | Dennis Brouwers  | 02:17.46 | 2004 |
| 20+      | Danielle Scheepers        | 02:35.71 | 2011 | Jasper Groothelm | 02:24.64 | 2014 |
| 25+      | Danielle Scheepers        | 02:46.01 | 2017 | Jasper Groothelm | 02:22.30 | 2015 |
| 30+      |                           |          |      | Jacques Verriet  | 02:48.73 | 2001 |
| 35+      |                           |          |      | Jacques Verriet  | 02:55.54 | 2007 |
| 40+      | Susanne vd Bosch-Kentgens | 02:56.89 | 2021 | Erik Keukens     | 02:40.56 | 2019 |
| 45+      | Karin Sagonas-Koolen      | 03:11.94 | 2015 | Erik Keukens     | 02:45.53 | 2021 |
| 50+      | Karin Sagonas-Koolen      | 03:21.73 | 2020 | Francis Roosen   | 02:47.76 | 2021 |
| 55+      |                           |          |      |                  |          |      |

## 400 m

| Leeftijd | Recordhouder         | Tijd     | Jaar | Recordhouder    | Tijd     | Jaar |
|----------|----------------------|----------|------|-----------------|----------|------|
| t/m 10j  |                      |          |      |                 |          |      |
| t/m 12j  | Mariette Nijhoff     | 05:26.19 | 2003 | Dennis Toeback  | 06:19.80 | 1993 |
| t/m 14j  | Mariette Nijhoff     | 05:16.78 | 2004 | Dennis Toeback  | 05:24.20 | 1995 |
| t/m 16j  | Mariette Nijhoff     | 05:16.78 | 2004 | Ivar Koevoet    | 05:11.19 | 2019 |
| 17j eo   | Mariette Nijhoff     | 05:16.78 | 2004 | Dennis Brouwers | 04:58.63 | 2003 |
| 20+      | Danielle Scheepers   | 05:39.88 | 2010 |                 |          |      |
| 25+      | Danielle Scheepers   | 06:13.17 | 2015 | Jeroen van Vark | 06:41.58 | 2019 |
| 30+      |                      |          |      | Jacques Verriet | 06:16.78 | 2001 |
| 35+      |                      |          |      |                 |          |      |
| 40+      | Karin Sagonas-Koolen | 07:06.16 | 2014 | Erik Keukens    | 05:51.96 | 2018 |
| 45+      | Karin Sagonas-Koolen | 07:20.60 | 2019 | Jacques Verriet | 06:07.01 | 2019 |
| 50+      |                      |          |      | Francis Roosen  | 05:58.37 | 2019 |
| 55+      |                      |          |      |                 |          |      |