

## Uithof-baanrecords heren alle leeftijden. Korte afstanden

| Lftdcat      | 100                 | 300                 | 500                 | 1000                 |
|--------------|---------------------|---------------------|---------------------|----------------------|
| <b>Pup</b>   | Kai Verbij          | Kai Verbij          | Bjarne den Besten   | Bjarne den Besten    |
|              | <b>11.08</b>        | <b>26.52</b>        | <b>41.50</b>        | <b>1.23.05</b>       |
|              | 23-2-2008           | 29-3-2008           | 20-3-2024           | 18-3-2024            |
| <b>JunC</b>  | Luwaldo Bommel      | Bjarne den Beste    | Kai Verbij          | Kai Verbij           |
|              | <b>10.42</b>        | <b>24.51</b>        | <b>38.60</b>        | <b>1.15.46</b>       |
|              | 30-1-2016           | 24-1-2026           | 7-2-2010            | 29-11-2009           |
| <b>JunB</b>  | Jim Dhore           | Jack Boekema        | Stefan Westenbroek  | Stefan Westenbroek   |
|              | <b>10.04</b>        | <b>23.71</b>        | <b>36.77</b>        | <b>1.13.51</b>       |
|              | 30-1-2016           | 24-1-2026           | 10-11-2018          | 10-11-2018           |
| <b>JunA</b>  | Jelte Boersma       | Stef Brandsen       | Tim Prins           | Sjoerd de Vries      |
|              | <b>9.88</b>         | <b>23.40</b>        | <b>36.39</b>        | <b>1.12.05</b>       |
|              | 30-1-2016           | 12-1-2019           | 13-11-2021          | 3-3-2007             |
| <b>Neo</b>   | Daidai Ntab         | Daidai Ntab         | Daidai Ntab         | Lucas van Alphen     |
|              | <b>9.73</b>         | <b>23.04</b>        | <b>35.77</b>        | <b>1.11.48</b>       |
|              | 30-1-2016           | 30-1-2016           | 31-1-2016           | 15-2-2014            |
| <b>Sen A</b> | Jesper Hospes       | Janno Botman        | Michel Mulder       | Kjeld Nuis           |
|              | <b>9,71</b>         | <b>23.09</b>        | <b>35,39</b>        | <b>1.10,48</b>       |
|              | 2-2-2013            | 25-1-2026           | 6-3-2015            | 8-3-2015             |
| <b>Sen B</b> | Michel Mulder       | Michel Mulder       | Michel Mulder       | Philip Brojaka (Gbr) |
|              | <b>9,77</b>         | <b>22,9</b>         | <b>35,75</b>        | <b>1.17,83</b>       |
|              | 30-1-2016           | 30-1-2016           | 30-1-2016           | 28-3-2015            |
| <b>40+</b>   | Roland ten Klooster | Hans van der Does   | Hans Janssen        | Hans Janssen         |
|              | <b>11.15</b>        | <b>26.95</b>        | <b>38.53</b>        | <b>1.19.07</b>       |
|              | 12-2-2006           | 30-1-2011           | 18-2-1996           | 18-2-1996            |
| <b>45+</b>   | Rob van Zwienen     | Rob van Zwienen     | Hans Janssen        | Hans Janssen         |
|              | <b>10.41</b>        | <b>25.5</b>         | <b>39.2</b>         | <b>1.19.51</b>       |
|              | 6-1-2013            | 6-1-2013            | 11-11-2000          | 5-11-2000            |
| <b>50+</b>   | Richard Stolwijk    | Richard Stolwijk    | Roland ten Klooster | Arjan Bakker         |
|              | <b>11.09</b>        | <b>26.99</b>        | <b>41.35</b>        | <b>1.20.25</b>       |
|              | 1-12-2013           | 18-11-2014          | 30-12-2012          | 17-3-2012            |
| <b>55+</b>   | Richard Stolwijk    | Richard Stolwijk    | Arjan Bakker        | Arjan Bakker         |
|              | <b>11.12</b>        | <b>26.65</b>        | <b>41.64</b>        | <b>1.21.95</b>       |
|              | 26-11-2017          | 26-11-2017          | 8-2-2015            | 21-3-2015            |
| <b>60+</b>   | Roland ten Klooster | Roland ten Klooster | Arjan Bakker        | Arjan Bakker         |
|              | <b>11.60</b>        | <b>28.64</b>        | <b>42.90</b>        | <b>1.24.59</b>       |
|              | 20-3-2024           | 5-1-2025            | 12-1-2020           | 12-12-2021           |
| <b>65+</b>   | Nico Woldendorp     | Frans Rietveld      | Arjan Bakker        | Arjan Bakker         |
|              | <b>12.23</b>        | <b>28.51</b>        | <b>44,14</b>        | <b>1.27,30</b>       |
|              | 19-3-2009           | 1-2-2009            | 16-11-2024          | 1-2-2025             |
| <b>70+</b>   | Roland ten Klooster | Roland ten Klooster | Arjan Bakker        | Arjan Bakker         |
|              | <b>11.60</b>        | <b>28.64</b>        | <b>42.90</b>        | <b>1.24.59</b>       |
|              | 20-3-2024           | 5-1-2025            | 12-1-2020           | 12-12-2021           |
| <b>75+</b>   | Nico Woldendorp     | Frans Rietveld      | Arjan Bakker        | Arjan Bakker         |
|              | <b>12.23</b>        | <b>28.51</b>        | <b>44,14</b>        | <b>1.27,30</b>       |
|              | 19-3-2009           | 1-2-2009            | 16-11-2024          | 1-2-2025             |
| <b>80+</b>   | Nico Woldendorp     | Nico Woldendorp     | Nico Woldendorp     | Nico Woldendorp      |
|              | <b>14.05</b>        | <b>34.42</b>        | <b>53.06</b>        | <b>1.49.11</b>       |
|              | 30-10-2022          | 30-10-2022          | 19-11-2023          | 13-11-2022           |