

**PERSOONLIJKE RECORDS WESTRIJDPLOEG - BIJGEWERKT T/M 21 MAART 2026**

|                          | 100 M               | 300 M               | 500 M               | 700 M                | 800 M                 | 1000 M                | 1500 M                | 3000 M                | 5000 M                | 10000 M               | promotie        |
|--------------------------|---------------------|---------------------|---------------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------|
| Gerard Adolfse<br>Mas6   |                     |                     | 49,60<br>22-3-2025  |                      |                       | 1:39.13<br>4-2-2024   | 2:28.86<br>10-3-2024  | 5:12.09<br>5-1-2025   |                       |                       | 02:38<br>1500 m |
| Tom van Dijk<br>Neo3     | 11,93<br>29-10-2022 | 28,85<br>29-10-2022 | 40,83<br>21-3-2026  | 0:57.64<br>7-12-2025 |                       | 1:22.71<br>21-3-2026  | 2:08.98<br>14-3-2026  | 4:41.79<br>5-1-2025   | 08:04.25<br>10-3-2024 | 16:53.73<br>3-3-2024  | 02:06<br>1500 m |
| Maartje van Dijk<br>B2   | 12,58<br>2-11-2025  | 29,79<br>23-11-2025 | 45,70<br>8-2-2026   | 1:06.23<br>7-12-2025 |                       | 1:33.79<br>8-2-2026   | 2:26.96<br>1-2-2026   |                       |                       |                       | 02:24<br>1500 m |
| Mark Dubbeld<br>Mas7     |                     |                     |                     |                      |                       |                       |                       |                       |                       |                       | 00:55<br>500 m  |
| Tess Ebbens<br>Pup6      | 14,53<br>21-3-2026  | 36,75<br>21-3-2026  | 59,53<br>1-3-2026   | 1:31.47<br>18-1-2026 |                       | 2:08.24<br>1-3-2026   |                       |                       |                       |                       | 01:55<br>1000 m |
| Noa van Heeswijk<br>Pup7 | 15,04<br>21-3-2026  | 38,80<br>21-3-2026  |                     |                      |                       |                       |                       |                       |                       |                       | 01:00<br>500 m  |
| Jan op 't Hoog<br>Mas6   | 12,90<br>5-11-2011  | 30,88<br>16-2-2014  | 47,00<br>27-10-2013 | 1:06.68<br>8-2-2015  | 1:15.95<br>14-10-2012 | 1:34.42<br>26-2-2012  | 2:23.83<br>31-10-2010 | 5:00.55<br>2-3-2013   | 08:23.12<br>22-2-2014 | 17:22.94<br>18-2-2012 | 02:38<br>1500 m |
| Zoé van de Laar<br>B5    | 14,47<br>23-3-2024  | 36,21<br>23-3-2024  | 53,16<br>14-3-2026  | 1:17.89<br>18-1-2026 |                       | 1:49.29<br>21-3-2026  | 2:46.73<br>14-3-2026  |                       |                       |                       | 02:44<br>1500 m |
| Julie Liefhebber<br>Pup7 | 14,98<br>21-3-2026  | 40,91<br>21-3-2026  |                     |                      |                       |                       |                       |                       |                       |                       | 01:00<br>500 m  |
| Dai Dai N'tab<br>Sen1    | 9,58<br>26-12-2014  | 22,57<br>25-2-2017  | 34,15<br>9-12-2017  |                      |                       | 1:08.39<br>28-12-2020 | 1:50.56<br>22-3-2015  | 4:24.35<br>15-12-2011 |                       |                       | n.v.t.          |
| Malin Rongen<br>C6       | 14,32<br>4-1-2026   | 35,57<br>13-12-2025 | 57,70<br>13-12-2025 |                      |                       | 2:00.26<br>1-3-2026   |                       |                       |                       |                       | 01:55<br>1000 m |
| Jikke Smits<br>C6        | 14,45<br>26-10-2025 | 38,47<br>23-11-2025 | 58,08<br>1-3-2026   | 1:26.96<br>18-1-2026 |                       | 2:04.08<br>1-3-2026   |                       |                       |                       |                       | 01:55<br>1000 m |
| Gerjan Verhoeff<br>Mas7  |                     |                     |                     |                      |                       |                       |                       |                       |                       |                       | 00:55<br>500 m  |

***In de laatste kolom staat de limiettijd die op de tevens genoemde afstand moet worden gereden voor promotie naar een hogere klasse***