

## Baanrecords Heren Masters Uithof 31-12-2024. Midden- /lange afstand

Lftdcat	1500	3000	5000	10000
<b>Pup</b>	<b>Bjarne den Besten</b>			
	<b>2.08.61</b>			
	21-3-2024			
<b>JunC</b>	<b>Daan Spruit</b>	<b>Louis Hollaar</b>		
	<b>1.58.15</b>	<b>4.10.14</b>		
	8-11-2016	23-2-2014		
<b>JunB</b>	<b>Jesse Stam</b>	<b>Patrick Roest</b>	<b>Patrick Roest</b>	<b>Leon Wenteler</b>
	<b>1.54.41</b>	<b>3.59.77</b>	<b>6.58.05</b>	<b>15.43.20</b>
	8-1-2017	4-12-2011	29-3-2013	23-3-2018
<b>JunA</b>	<b>Tim Prins</b>	<b>Stijn van de Bunt</b>	<b>Iroki Hirako</b>	<b>Iroki Hirako</b>
	<b>1.51.33</b>	<b>3.54.49</b>	<b>6.50,60</b>	<b>14.03,88</b>
	5-11-2022	6-11-2022	23-11-2001	25-11-2001
<b>Neo</b>	<b>Patrick Roest</b>	<b>Frank Hermans</b>	<b>Evert Hoolwerf</b>	<b>Evert Hoolwerf</b>
	<b>1.50.51</b>	<b>3.52.60</b>	<b>6.40.63</b>	<b>13.41.51</b>
	19-3-2016	18-12-2011	6-3-2015	8-3-2015
<b>Sen A</b>	<b>Derek Parra</b>	<b>Gianni Romme</b>	<b>Renz Rotteveel</b>	<b>Frank Dittrich</b>
	<b>1.49,78</b>	<b>3.52,10</b>	<b>6.35,39</b>	<b>13.50,52</b>
	24-11-2001	24-10-2004	16-2-2014	25-11-2001
<b>Sen B</b>	<b>Rhian Ket</b>	<b>Bob de Jong</b>	<b>Mark Ooijevaar</b>	<b>Yannick van Hagen</b>
	<b>1.52,00</b>	<b>3.57,00</b>	<b>6.37,98</b>	<b>15.13,22</b>
	15-2-2014	24-10-2010	16-2-2014	18-3-2019
<b>40+</b>	<b>Kurt Wubben</b>	<b>Hans vd Does</b>	<b>Hans van Helden</b>	<b>Paul Robijn</b>
	<b>2.00.57</b>	<b>4.23.89</b>	<b>7.31.66</b>	<b>15.36.36</b>
	9-3-2014	15-11-2009	23-1-1988	23-3-2009
<b>45+</b>	<b>Hans vd Does</b>	<b>Romke de Haan</b>	<b>Hans vd Does</b>	<b>Twan den Braber</b>
	<b>2.02.98</b>	<b>4.17.96</b>	<b>7.30.13</b>	<b>15.45.93</b>
	18-1-2014	27-1-2019	4-11-2012	27-3-2000
<b>50+</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>
	<b>2.01.84</b>	<b>4.11.07</b>	<b>7.10.28</b>	<b>15.08.04</b>
	21-1-2012	4-11-2012	29-12-2013	25-3-2013
<b>55+</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>	<b>Pieter Smit</b>	<b>Peter Bakker</b>
	<b>2.02.74</b>	<b>4.15.82</b>	<b>7.59.42</b>	<b>17.30.46</b>
	1-2-2015	4-11-2018	27-3-2009	26-3-2021
<b>60+</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>	<b>Frank Steenkamp</b>	<b>Nico Woldendorp</b>
	<b>2.06.84</b>	<b>4.20.31</b>	<b>8.31.31</b>	<b>17.19.64</b>
	14-12-2019	15-12-2019	27-12-2015	22-3-2004
<b>65+</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>	<b>Arjan Bakker</b>	<b>Nico Woldendorp</b>
	<b>2.13,21</b>	<b>4.36,34</b>	<b>7.39,67</b>	<b>18.09.68</b>
	<b>16-11-2024</b>	<b>26-1-2025</b>	<b>29-12-2024</b>	23-3-2009
<b>70+</b>	<b>Alan Paxford (GBR)</b>	<b>Leo Schoenmeijer</b>	<b>Frank Steenkamp</b>	<b>Nico Woldendorp</b>
	<b>2.16.36</b>	<b>4.58.01</b>	<b>8.55,52</b>	<b>18.41.27</b>
	14-1-2017	27-1-2019	<b>29-12-2024</b>	21-3-2016
<b>75+</b>	<b>Leo Schoenmeijer</b>	<b>Leo Schoenmeijer</b>		
	<b>2.31.08</b>	<b>5.23.77</b>		
	20-3-2022	29-1-2023		
<b>80+</b>	<b>Nico Woldendorp</b>	<b>Nico Woldendorp</b>	<b>Nico Woldendorp</b>	
	<b>2.50.45</b>	<b>5.51.77</b>	<b>10.44,51</b>	