

 **Bestenlijst Mannen M55 outdoor**

100m

| | | | |
|---|------------------|------|------|
| 1 | Camiel vd Broek | 15,5 | 1992 |
| 2 | Piet Nooijen | 16,4 | 1992 |
| 3 | Sjeng Timmermans | 18,4 | 1984 |

200m

| | | | |
|---|------------------|------|------|
| 1 | Sjeng Timmermans | 32,8 | 1976 |
|---|------------------|------|------|

400m

| | | | |
|---|------------------|------|------|
| 1 | Sjeng Timmermans | 70,5 | 1976 |
| 2 | Camiel vd Broek | 70,7 | 1992 |
| 3 | Piet Nooijen | 80,4 | 1994 |

800m

| | | | |
|---|------------------|--------|------|
| 1 | Carel Jonkers | 2.49,7 | 1995 |
| 2 | Sjeng Timmermans | 2.57,7 | 1983 |
| 3 | Piet Nooijen | 3.06,3 | 1993 |

1.000m

| | | | |
|---|------------------|--------|------|
| 1 | Sjeng Timmermans | 3.53,7 | 1983 |
|---|------------------|--------|------|

1.500m

| | | | |
|---|------------------|--------|------|
| 1 | Camiel vd Broek | 5.26,4 | 1995 |
| 2 | Carel Jonkers | 5.41,7 | 1995 |
| 3 | Sjeng Timmermans | 6.08,7 | 1984 |
| 4 | Piet Nooijen | 6.18,7 | 1994 |

3.000m

| | | | |
|---|------------------|----------|------|
| 1 | Camiel vd Broek | 11.11,9 | 1994 |
| 2 | Jan Sanders | 11.15,33 | 1998 |
| 3 | Piet Nooijen | 12.02,4 | 1992 |
| 4 | Paul Kweens | 12.22,7 | 2004 |
| 5 | Sjeng Timmermans | 13.03,2 | 1983 |

5.000m

| | | | |
|----|------------------|----------|------|
| 1 | Jan Sanders | 18.20,9 | 1996 |
| 2 | Camiel vd Broek | 19.06,6 | 1992 |
| 3 | Will van Arem | 19.27,5 | 1996 |
| 4 | Gerard Bunthof | 20.00,1 | 1999 |
| 5 | Christ Beekmans | 20.23,15 | 2008 |
| 6 | Hans Wouters | 20.26,9 | 2007 |
| 7 | Carel Jonkers | 20.34,6 | 1992 |
| 8 | Wim Verstappen | 21.23,0 | 2007 |
| 9 | Peter Adriaans | 22.12,91 | 2010 |
| 10 | Sjeng Timmermans | 23.04,5 | 1983 |

10.000m

| | | | |
|---|------------------|----------|------|
| 1 | Camiel vd Broek | 40.07,9 | 1992 |
| 2 | Jan Sanders | 40,30 | 2001 |
| 3 | Hans Wouters | 43.05,81 | 2007 |
| 4 | Sjeng Timmermans | 45.29,5 | 1983 |
| 5 | Bart van Esdonk | 46,13 | 2001 |
| 6 | Paul Kweens | 47,34 | 2003 |

3.000m steeple

100m horden

200m horden

400m horden

1 Engelse mijl

| | | | |
|---|------------------|---------|------|
| 1 | Piet Nooijen | 5.38,0 | 1987 |
| 2 | Carel Jonkers | 6.19,9 | 1997 |
| 3 | Wim Verstappen | 6.25,88 | 2009 |
| 4 | Sjeng Timmermans | 6.46,9 | 1983 |

2 Engelse mijlen

| | | | |
|---|-----------------|----------|------|
| 1 | Wim Verstappen | 13.12,59 | 2003 |
| 2 | Christ Beekmans | 14.07,5 | 2007 |

Bestenlijst Mannen M55 outdoor

verspringen

| | | |
|--------------------|------|------|
| 1 Sjeng Timmermans | 3,35 | 1976 |
| 2 Piet Nooijen | 3,00 | 1994 |

hink-stap-springen

| | | |
|----------------|------|------|
| 1 Piet Nooijen | 5,00 | 1992 |
|----------------|------|------|

hoogspringen

| | | |
|-------------------|------|------|
| 1 Camiel vd Broek | 1,05 | 1994 |
| 2 Piet Nooijen | 0,85 | 1994 |

polstok-hoogspringen

speerwerpen

| | | |
|--------------------|-------|------|
| 1 Sjeng Timmermans | 14,26 | 1983 |
|--------------------|-------|------|

discuswerpen

| | | |
|--------------------|-------|------|
| 1 Sjeng Timmermans | 12,84 | 1983 |
|--------------------|-------|------|

kogelstoten

| | | |
|--------------------|------|------|
| 1 Camiel vd Broek | 7,05 | 1994 |
| 2 Sjeng Timmermans | 5,73 | 1985 |

kogelslingeren

tienkamp

speerwerpen t/m 1986

gewichtwerpen

 **Bestenlijst Mannen M55 outdoor**

15.000m

20.000m

25.000m

10 Engelse mijlen

uurloop

marathon

halve marathon

20km snelwandelen

50km snelwandelen

Zweedse estafette

4 x 100m

4 x 200m

4 x 400m

4 x 800m

4 x 1.500m