

Clubrecords - Atletiek Vereniging Valkenswaard

PUPILLEN BAAN

| | MPC | MPB | MPA | JPC | JPB | JPA |
|--------------|---------|---------|---------|---------|---------|---------|
| 40m | 6.90 | 6.40 | | 6.70 | 6.40 | |
| 60m | | | 8.60 | | | 8.50 |
| 600m | 2.11.07 | | | 2.01.30 | | |
| 1000m | 3.52.70 | 3.35.00 | 3.23.50 | 3.33.20 | 3.21.90 | 3.09.80 |
| 4x40m | 30.30 | 28.10 | | | 27.30 | |
| 4x60m | | | 37.70 | | | 34.10 |
| Verspringen | 3.65 | 4.08 | 4.60 | 3.74 | 4.01 | 4.71 |
| Hoogspringen | 1.10 | 1.25 | 1.41 | 1.25 | 1.30 | 1.50 |
| Balwerpen | 23.38 | 31.28 | 33.58 | 31.51 | 37.32 | 43.84 |
| Kogelstoten | 5.83 | 6.20 | 9.36 | 7.10 | 8.82 | 10.48 |
| 4-kamp | 1534 | 1902 | 2316 | 1776 | 1964 | 2373 |
| 4-kamp (oud) | 1271 | 1569 | 2172 | 1371 | 1856 | 2191 |

PUPILLEN INDOOR

| | MPC | MPB | MPA | JPC | JPB | JPA |
|--------------|---------|---------|---------|---------|---------|---------|
| 40m | 7.20 | 6.70 | 6.20 | 6.20 | 6.40 | 6.10 |
| 50m | | 9.60 | 7.50 | 9.70 | 8.30 | 7.40 |
| 60m | | | 9.20 | | | 8.60 |
| 600m | 2.18.00 | 2.14.40 | 2.10.30 | 2.09.22 | 2.03.60 | 1.57.40 |
| 1000m | 5.49.90 | 4.18.90 | 3.45.96 | 4.10.80 | 3.39.10 | 3.16.70 |
| Verspringen | | 2.87 | 4.34 | 3.08 | 3.55 | 4.54 |
| Hoogspringen | 1.05 | 1.20 | 1.38 | 1.10 | 1.25 | 1.40 |
| Balwerpen | 7.90 | | 22.00 | 6.66 | | |
| Kogelstoten | 5.96 | 5.57 | 8.53 | 7.24 | 7.94 | 10.85 |

CD-JUNIOREN INDOOR

| | MD | MC | JD | JC |
|--------------|---------|---------|---------|---------|
| 40m | 6.00 | 5.60 | 5.60 | 5.30 |
| 50m | 7.20 | 7.10 | 6.90 | 6.30 |
| 60m | 8.76 | 8.13 | 7.80 | 7.30 |
| 100m | | | | 12.10 |
| 150m | 21.65 | | | |
| 200m | | 27.95 | | |
| 300m | | 44.76 | | 41.57 |
| 600m | 1.52.20 | 1.41.75 | 1.58.00 | |
| 800m | | 2.25.10 | | 2.10.00 |
| 1000m | 3.29.10 | 3.13.67 | 3.02.60 | 2.44.10 |
| 1500m | | | | 4.30.50 |
| 50mh | | 8.60 | 9.90 | 8.10 |
| 60mh | 11.23 | 9.67 | 10.02 | 8.90 |
| 80mh | | 13.00 | | 13.80 |
| Verspringen | 4.59 | 5.05 | 5.10 | 5.96 |
| Hoogspringen | 1.52 | 1.67 | 1.65 | 1.77 |
| Polstokhoog | | 2.00 | | 2.50 |
| Kogelstoten | 13.21 | 11.93 | 11.98 | 13.12 |

AB-JUNIOREN INDOOR

| | MB | MA | JB | JA |
|-----------------|---------|---------|---------|---------|
| 40m | 5.70 | 5.90 | 5.10 | 4.90 |
| 50m | 6.80 | 7.00 | 6.10 | 6.00 |
| 60m | 8.13 | 7.90 | 7.24 | 6.90 |
| 100m | 13.80 | 13.90 | 11.40 | 12.20 |
| 200m | 26.00 | 26.24 | 23.36 | 23.50 |
| 300m | 43.56 | | 36.60 | 38.85 |
| 400m | 59.26 | 59.23 | 53.19 | 52.93 |
| 600m | | | | 1.27.25 |
| 800m | 2.15.46 | 2.31.80 | 1.57.27 | 1.57.77 |
| 1000m | 3.11.40 | | 2.35.90 | 2.52.83 |
| 1500m | 5.13.01 | | 4.04.40 | 3.58.30 |
| 3000m | | | | 8.48.42 |
| 50mh | 8.50 | | 7.60 | 7.90 |
| 60mh | 9.40 | 10.30 | 8.41 | 8.84 |
| 100mh | 18.90 | | | |
| Verspringen | 5.18 | 5.19 | 6.12 | 6.62 |
| Hoogspringen | 1.66 | 1.60 | 1.90 | 1.81 |
| Hink-stapsprong | | 10.65 | 12.42 | 13.50 |
| Polstokhoog | 2.30 | | 3.30 | 3.50 |
| Kogelstoten | 11.81 | 10.98 | 13.56 | 12.48 |
| 5-kamp | 3039 | | | |
| 7-kamp | | | 3606 | 4122 |

Clubrecords - Atletiek Vereniging Valkenswaard

CD-JUNIOREN BAAN

| | MD | MC | JD | JC |
|-----------------|---------|---------|---------|---------|
| 60m | 8.19 | | | |
| 80m | | 10.27 | 9.80 | |
| 100m | | | | 11.72 |
| 150m | | 19.82 | | |
| 600m | 1.42.30 | 1.36.08 | 1.52.80 | 1.51.70 |
| 800m | | | | 2.02.70 |
| 1000m | 3.05.91 | 2.58.61 | 2.57.30 | 2.43.20 |
| 1500m | | 5.48.48 | | 4.20.80 |
| 60mh | 10.14 | | | |
| 80mh | | 12.32 | 13.24 | |
| 100mh | | | | 13.90 |
| 300mh | | 46.95 | | 41.78 |
| 1000m steeple | | | 3.13.50 | |
| 1500m steeple | | | | 4.46.40 |
| 4x60m | 32.94 | | | |
| 4x80m | | 41.18 | 41.40 | |
| 4x100m | | | | 47.40 |
| Verspringen | 4.89 | 5.36 | 5.55 | 6.16 |
| Hoogspringen | 1.62 | 1.65 | 1.65 | 1.86 |
| Hink-stapsprong | | 10.19 | | |
| Polstokhoog | | 2.30 | | 3.10 |
| Kogelstoten | 13.63 | 11.56 | 12.62 | 14.38 |
| Kogelslingeren | | 18.68 | | 36.54 |
| Speerwerpen | 35.10 | 33.21 | 39.80 | 50.74 |
| Discuswerpen | 30.90 | 30.18 | 32.88 | 52.74 |
| 6-kamp | 3295 | | | |
| 7-kamp | | 4365 | 4394 | |
| 8-kamp | | | | 5559 |

AB-JUNIOREN BAAN / WEG

| | MB | MA | JB | JA |
|-------|----|----------|----|----------|
| 10 km | | 46.23.00 | | |
| 15 km | | | | 50.38.00 |

AB-JUNIOREN BAAN / WEG

| | MB | MA | JB | JA |
|-----------------|----------|----------|---------|----------|
| 100m | 12.56 | 12.37 | 11.00 | 10.80 |
| 200m | 25.70 | 25.50 | 22.80 | 22.67 |
| 400m | 58.20 | 59.00 | 51.50 | 50.68 |
| 800m | 2.15.67 | 2.20.43 | 1.56.26 | 1.52.90 |
| 1000m | 2.54.30 | | 2.31.90 | 2.28.86 |
| 1500m | 4.38.95 | 4.51.40 | 4.01.57 | 3.57.78 |
| 1 EM | | 5.56.99 | | 4.34.70 |
| 2000m | | 7.21.90 | | 5.42.40 |
| 3000m | 12.40.99 | 10.40.06 | 8.51.80 | 8.39.48 |
| 5000m | | 18.48.99 | | 15.09.70 |
| 10000m | | | | |
| 100mh | 14.72 | 15.29 | | |
| 110mh | | | 14.69 | 14.90 |
| 300mh | 49.50 | | 40.40 | |
| 400mh | 1.16.94 | 1.13.70 | | 55.00 |
| 2000m steeple | | | 6.07.50 | 6.25.20 |
| 3000m steeple | | | | 9.39.80 |
| 4x100m | 50.71 | 50.90 | 46.30 | 44.20 |
| 4x400m | 4.32.70 | | 3.42.80 | 3.28.15 |
| 4x800m | | | | |
| Zweedse est. | | | 2.18.60 | 2.04.13 |
| Verspringen | 5.33 | 5.60 | 6.52 | 7.17 |
| Hoogspringen | 1.61 | 1.60 | 1.95 | 1.92 |
| Hink-stapsprong | 10.44 | 10.99 | 13.03 | 13.22 |
| Polstokhoog | 2.00 | | 3.60 | 3.50 |
| Kogelstoten | 11.84 | 10.67 | 13.86 | 13.13 |
| Kogelslingeren | 18.68 | 21.82 | 43.17 | 45.38 |
| Speerwerpen | 37.16 | 42.98 | 49.75 | 49.30 |
| Discuswerpen | 36.18 | 37.76 | 38.11 | 38.96 |
| 5-kamp | | | | |
| 7-kamp | 4432 | 3419 | | |
| 9-kamp | | | 5337 | |
| 10-kamp | | | | 5574 |

Clubrecords - Atletiek Vereniging Valkenswaard

SENIOREN / MASTERS BAAN

| | Vsen | V35 | V40 | V45 | V50 | Msen | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 |
|-------------------|----------|----------|---------|----------|---------|------------|----------|------------|----------|------------|----------|----------|---------|---------|
| 100m | 12.37 | 13.10 | 13.92 | 16.24 | 16.70 | 10.80 | | 12.30 | 13.25 | 13.67 | 13.70 | 14.95 | 15.30 | 16.21 |
| 200m | 25.20 | 28.03 | 28.30 | | | 22.36 | | 25.95 | 26.43 | 27.83 | 28.70 | 39.59 | 30.80 | 33.16 |
| 400m | 59.00 | 1.00.84 | 1.05.49 | 1.12.30 | | 49.90 | | 55.91 | 56.70 | 1.00.40 | 1.04.70 | 1.05.77 | 1.10.00 | 1.20.08 |
| 800m | 2.15.22 | 2.17.61 | 2.33.21 | 2.44.40 | 3.00.20 | 1.50.13 | | 2.02.50 | 2.05.68 | 2.10.60 | 2.20.30 | 2.39.28 | 2.52.54 | |
| 1000m | 3.07.44 | | | | | 2.26.80 | | 2.37.00 | 2.40.70 | 2.48.90 | 3.32.07 | 3.30.50 | | |
| 1500m | 4.40.37 | 4.52.27 | | | | 3.50.20 | | 4.02.70 | 4.10.20 | 4.23.20 | 4.59.30 | 4.50.00 | | |
| 1 Engelse mijl | 5.19.80 | | | | | 4.18.16 | | 4.27.20 | 4.38.56 | 4.52.70 | | 5.23.60 | | |
| 2000m | 6.49.40 | | | | | 5.24.30 | | 5.45.70 | 5.50.98 | 6.10.20 | | | | |
| 3000m | 10.12.58 | 14.41.30 | | 13.03.10 | | 8.03.70 | | 8.47.60 | 8.53.81 | 9.13.60 | 11.40.09 | 10.40.40 | | |
| 2 Engelse mijl | 11.26.47 | | | | | 9.36.90 | | 9.46.90 | | | | | | |
| 3 Engelse mijl | | | | | | 16.41.50 | | 16.53.30 | | | | | | |
| 5000m | 17.39.45 | | | | | 14.01.90 | 15.56.20 | 15.08.00 | 15.34.50 | 16.25.80 | 18.08.90 | 18.05.80 | | |
| 10.000m | 37.31.86 | | | | | 28.56.20 | 33.48.78 | 31.47.00 | 31.47.60 | 35.22.00 | | 37.37.00 | | |
| 80mh | | | | | | | | | | | | | | |
| 100mh | 14.84 | 21.90 | | | | | | | | 21.74 | | | | |
| 110mh | | | | | | 15.90 | | 21.30 | | | | | | |
| 200mh | | | | | | 25.79 | | | | | | | | |
| 300mh | | | | | | | | | | | | | | |
| 400mh | 1.16.94 | | | | | 54.40 | | 59.52 | 1.10.30 | 1.15.86 | | | | |
| 2000m steeple | | | | | | 6.16.40 | | | | | | | | |
| 3000m steeple | | | | | | 9.04.60 | | 9.54.84 | 9.53.99 | | | | | |
| 4x100m | 51.00 | | | | | 44.20 | | 52.00 | | | | | | |
| 4x200m | | | | | | 1.35.01 | | | | | | | | |
| 4x400m | | | | | | 3.41.24 | | 3.54.46 | | 4.25.20 | | | | |
| 4x800m | 11.05.31 | | | | | | | 8.49.82 | | | | | | |
| 4x1500m | | | | | | 16.38.10 | | | | | | | | |
| Zweedse estafette | 2.34.29 | | | | | 2.06.15 | | 2.19.70 | | | | | | |
| Olymp. estafette | | | | | | 4.28.75 | | | | | | | | |
| 4x15km | | | | | | 3.19.55.00 | | 3.29.31.00 | | 3.46.17.00 | | | | |
| Verspringen | 5.75 | 5.14 | 5.02 | 4.22 | 3.01 | 7.40 | | 5.93 | 5.51 | 4.80 | 4.57 | 4.26 | 3.95 | 3.54 |
| Hoogspringen | 1.60 | | | | | 1.97 | | 1.61 | 1.60 | 1.43 | 1.25 | 1.06 | 1.10 | |
| Hink-stapsprong | 10.86 | | | | | 13.40 | | 12.79 | 11.60 | 9.81 | | | | |
| Polsstokhoog | | | | | | 3.70 | | 2.80 | 2.50 | | | | | |
| Kogelstoten | 10.63 | 6.40 | 8.19 | | | 13.67 | 9.78 | 10.22 | 10.24 | 8.62 | 8.84 | 9.59 | 9.05 | |
| Kogelslingeren | 15.80 | | | | | 36.74 | | 18.36 | 11.48 | 16.84 | 17.15 | 20.96 | 16.84 | |
| Gewichtwerpen | | | | | | | | 5.59 | | 7.37 | 6.64 | 7.76 | 6.44 | |
| Speerwerpen (oud) | | | | | | 64.94 | | | | | | | | |
| Speerwerpen | 34.77 | 23.43 | 25.86 | 20.63 | 8.63 | 63.48 | | 37.38 | 35.83 | 34.90 | 24.24 | 27.38 | 23.29 | |
| Discuswerpen | 32.06 | 25.08 | 29.40 | 19.73 | | 42.92 | | 29.32 | 32.63 | 27.62 | 26.67 | 31.86 | 25.04 | |
| 5-kamp | | | | | | | | 2780 | 3178 | 3011 | 1217 | | | |
| 7-kamp | | | | | | | | | | | | | | |
| 10-kamp | | | | | | 6112 | | 4644 | 3906 | 4847 | 1955 | 2027 | | |
| Werp 5-kamp | | | | | | | | 1467 | | 1799 | 1519 | 2258 | 1588 | |

Clubrecords - Atletiek Vereniging Valkenswaard

SENIOREN / MASTERS WEG

| | Vsen | V35 | V40 | V45 | V50 | Msen | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 |
|--------------|------------|-----|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 10 km | 37.03.00 | | | 39.36.00 | | 29.58.00 | 33.14.00 | 31.34.00 | 34.08.00 | 35.27.00 | 36.42.00 | 37.09.00 | 43.35.00 | |
| 15 km | 56.54.00 | | | 1.01.26.00 | | 44.42.00 | 57.22.00 | 48.03.00 | 51.43.80 | 54.00.00 | 55.53.00 | 55.38.00 | 1.05.49.00 | |
| 10 EM | 1.01.28.00 | | 1.07.37.00 | | | 49.31.00 | | 51.10.00 | 58.54.00 | 58.35.00 | 1.00.12.00 | 1.00.50.00 | 1.10.40.00 | 1.19.15.00 |
| 20 km | 1.21.34.00 | | 1.27.14.00 | 1.26.20.00 | | 1.02.21.00 | | 1.06.35.00 | 1.12.34.00 | 1.12.47.00 | 1.15.30.00 | 1.17.57.00 | 1.34.34.00 | |
| 1/2 marathon | 1.22.22.00 | | 1.30.21.00 | 1.28.11.00 | 1.35.42.00 | 1.03.23.00 | 1.14.13.00 | 1.11.28.00 | 1.15.02.00 | 1.16.45.00 | 1.19.25.00 | 1.22.05.00 | 1.35.41.00 | 1.49.53.00 |
| 25 km | 1.43.29.00 | | | | | 1.16.37.40 | | 1.23.09.00 | 1.46.25.00 | 1.31.10.00 | 1.37.26.00 | 1.46.58.00 | | |
| 30 km | 2.24.06.00 | | | 2.15.30.00 | | 1.46.17.00 | 1.54.54.00 | 1.51.48.00 | | 1.54.28.00 | 2.00.29.00 | 3.32.44.00 | | |
| Marathon | 2.58.21.00 | | 3.17.11.00 | 3.10.08.00 | | 2.23.18.00 | | 2.29.58.00 | 2.33.19.00 | 2.45.08.00 | 2.45.08.00 | 3.00.26.00 | 4.00.13.00 | |
| Uurloop | 15285 | | 14250 | 14573 | | 18740 | | 18681 | 16046 | 16589 | 15735 | 15786 | 12810 | |
| 50 km | | | | | | | | 3.19.00.00 | | | | | | |

SENIOREN / MASTERS INDOOR

| | Vsen | V35 | V40 | Msen | M40 | M45 | M50 | M60 |
|--------------|----------|------|------|---------|---------|---------|---------|------|
| 40m | 5.90 | 6.50 | | 5.00 | 5.40 | | 6.60 | 7.50 |
| 50m | | | | 5.90 | | | | |
| 60m | 7.97 | | | 6.80 | 7.78 | | 9.40 | |
| 100m | | | | 11.50 | | | | |
| 200m | 26.00 | | | 22.90 | 25.96 | | 29.38 | |
| 300m | | | | 38.85 | | | | |
| 400m | 1.00.52 | | | 51.24 | 59.42 | 59.18 | 1.01.68 | |
| 800m | | | | 1.53.42 | 2.08.66 | 2.12.18 | 2.18.26 | |
| 1000m | | | | 2.26.80 | 2.46.35 | | | |
| 1500m | 5.00.61 | | | 4.09.90 | 4.14.12 | | 4.33.07 | |
| 3000m | | | | | | | 9.55.19 | |
| 1 EM | 5.21.87 | | | | 4.34.97 | 4.39.89 | 5.09.01 | |
| 3000m | 10.19.28 | | | 8.39.90 | 9.04.45 | 9.06.47 | | |
| 60mh | 8.99 | | | | | | | |
| Verspringen | 5.44 | | | 7.03 | | | 3.30 | |
| Hoogspringen | 1.50 | 1.30 | | 1.90 | 1.55 | | 1.15 | 1.00 |
| Polstokhoog | | | | 3.60 | | | | |
| Kogelstoten | 10.36 | 7.44 | 7.73 | 13.49 | 10.18 | | 8.85 | 7.80 |