

| AVB PR's t/m 2 mei 2019 | | 800m | 1500m | 3000m | 5000m | 10 km | 15 km | 16,1 km | 21,1 km | 30 km | 42,2 km |
|-------------------------|--------------------|---------|----------|----------|---------|---------|---------|---------|---------|---------|---------|
| Ben | Arum van | 2:35:00 | 5:21:00 | 0:11:42 | 0:20:42 | 0:43:42 | 1:11:44 | 1:11:46 | 1:39:34 | - | - |
| Hugo | Bakker | - | - | - | 0:22:28 | 0:48:30 | - | - | - | - | - |
| Paul | Bakker | - | 5:35:00 | 0:11:51 | 0:20:41 | 0:43:25 | - | 1:11:58 | 1:36:35 | 2:29:06 | 3:32:52 |
| Inge | Beem van | 3:16:00 | 6:33:00 | 0:13:50 | 0:23:40 | 0:49:22 | 1:21:38 | 1:25:26 | 1:54:02 | 3:00:57 | 4:24:42 |
| Jacques | Bender | 3:37:00 | 17:29:00 | 0:30:54 | - | - | - | - | - | - | - |
| Cees | Beusekom van | 5:01:00 | 10:14:00 | 0:20:08 | 0:37:22 | - | - | - | - | - | - |
| Suze | Beusekom van | 4:10:00 | 8:56:00 | 0:17:35 | 0:33:40 | - | - | - | - | - | - |
| Charles | Borgsteede | 3:10:00 | 6:27:00 | 0:13:48 | 0:22:42 | 0:50:25 | - | - | - | - | 4:22:00 |
| Leo | Bosch | - | - | - | - | - | 1:15:00 | 1:37:01 | 1:49:37 | - | - |
| Petra | Bosch | 3:21:00 | - | - | - | 0:51:30 | - | 1:35:27 | - | - | - |
| Ineke | Brouwer | 3:54:00 | 7:36:00 | 0:16:23 | 0:26:05 | 0:55:55 | 1:28:02 | 1:28:00 | 2:08:05 | 3:29:56 | 4:46:21 |
| Irene | Bultink | - | - | - | - | - | - | - | - | - | 5:43:59 |
| Lidia | Chericoni | 3:14:00 | 6:24:00 | 0:13:44 | 0:23:17 | 0:48:48 | 1:16:15 | 1:25:43 | 1:49:27 | 2:46:43 | 3:49:51 |
| Herwin | Denderen van | 3:41:00 | 7:29:00 | 0:16:36 | 0:26:58 | - | 1:23:33 | 1:34:21 | 1:59:45 | 3:02:30 | - |
| Henk | Dijk van | 2:52:00 | 5:55:00 | 0:13:04 | 0:22:18 | 0:44:56 | 1:11:44 | 1:16:59 | 1:42:54 | 2:29:42 | 3:57:51 |
| José | Dooren van | 4:22:00 | 7:43:00 | 0:16:04 | 0:27:33 | 0:53:26 | 1:22:05 | 1:32:33 | 1:57:18 | 3:36:30 | 4:27:59 |
| Yvonne | Egberts | 5:44:00 | - | - | 0:31:43 | - | - | - | - | - | - |
| Roy | Fijnhaar | 2:31:00 | 5:20:00 | 0:11:24 | 0:19:30 | 0:40:43 | 1:07:30 | 1:09:38 | 1:30:00 | - | 3:22:17 |
| Yvonne | Frijters-Schönhage | 3:55:00 | - | 0:16:41 | 0:26:11 | 0:56:53 | - | - | - | - | - |
| Ineke | Galiën-Kok van der | 3:41:00 | 7:07:00 | 0:15:11 | 0:26:32 | 0:53:09 | 1:27:05 | 1:32:54 | 2:01:00 | - | 4:48:50 |
| Anita | Geurs | 5:07:00 | - | - | 0:30:26 | - | - | - | - | - | - |
| Jenny | Groenewoud | - | 6:56:00 | 0:14:51 | 0:23:53 | 0:48:18 | - | 1:22:04 | 1:52:13 | 2:49:05 | 4:17:11 |
| René | Groenewoud | - | 5:18:00 | 0:11:49 | 0:19:43 | 0:40:44 | - | 1:08:25 | 1:30:35 | - | 3:27:57 |
| Erik-Jan | Gunnink | - | - | 15:22:00 | - | - | - | - | - | - | - |
| Sandra | Haak in den | - | - | - | 0:36:08 | - | 1:58:02 | 2:01:36 | - | - | - |
| Pim | Hamers | 2:41:00 | - | 11:09:00 | 0:18:58 | - | - | - | - | - | - |
| Louis | Hegeman | 3:46:00 | 7:38:00 | 0:16:44 | 0:28:58 | 0:58:58 | - | 1:50:53 | - | - | - |
| Yuen-On | Ho | 2:49:00 | 5:47:00 | 0:12:09 | 0:21:23 | 0:47:01 | 1:14:00 | 1:17:45 | 1:43:56 | - | 3:59:41 |
| René | Hoogakker | 3:13:00 | 6:34:00 | 19:02:00 | 0:24:23 | - | - | - | - | - | - |
| Robert | Horde de | 3:29:00 | - | - | - | - | - | 1:31:04 | 2:08:26 | - | - |
| Ellen | Hulsbergen Henning | 4:04:00 | - | - | 0:27:48 | 0:57:46 | - | - | - | - | - |
| Jos | Huppelschoten | 2:49:00 | 5:36:00 | 0:11:52 | 0:20:46 | 0:44:22 | - | 1:15:12 | 1:37:50 | - | - |
| Harry | Jansen | - | 5:58:00 | 0:12:39 | 0:22:10 | - | - | 1:17:16 | 1:39:42 | - | 3:38:00 |
| Tjebbe | Jong de | - | 7:04:00 | 0:16:37 | 0:26:52 | - | 1:25:03 | - | - | - | - |
| Stefan | Kamp | - | - | 0:16:49 | 0:29:40 | - | - | - | - | - | - |
| Jeroen | Kes | 3:31:00 | 7:05:00 | 0:14:23 | 0:25:17 | - | - | 1:35:23 | - | - | - |
| Ron | Kleef | 2:46:00 | 5:56:00 | 0:12:18 | 0:22:50 | 0:44:53 | 1:13:34 | 1:17:20 | 1:44:10 | - | - |
| Quant | Koese | 2:34:00 | 5:17:00 | 0:11:26 | 0:20:06 | 0:44:23 | 1:06:55 | 1:16:17 | 1:40:11 | - | - |
| Jaap | Koning | 2:53:00 | 5:14:00 | 0:10:57 | 0:18:44 | 0:37:07 | 0:59:33 | 1:04:04 | 1:25:16 | 2:08:10 | 3:19:25 |
| Lia | Kooter | - | 6:25:00 | 0:14:36 | 0:23:15 | 0:49:50 | - | 1:24:03 | 1:49:04 | - | - |
| Ingrid | Legendijk | - | - | 0:16:40 | - | - | - | - | - | - | - |

| AVB PR's t/m 2 mei 2019 | | 800m | 1500m | 3000m | 5000m | 10 km | 15 km | 16,1 km | 21,1 km | 30 km | 42,2 km |
|-------------------------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Matthieu | Lammers | - | 6:22:00 | 0:14:54 | - | - | 1:20:32 | - | 2:01:28 | - | - |
| Inger | Leeuwen van | - | - | - | - | 0:56:57 | - | 1:39:36 | - | - | - |
| Pieter | Linde van de | 3:49:00 | 7:36:00 | 0:18:31 | 0:28:27 | | | | | | |
| Gisela | Liew | 4:24:00 | - | - | - | - | - | - | - | - | - |
| Jan Willem | Martijn | - | 5:43:00 | 0:11:37 | 0:19:41 | - | - | - | - | - | - |
| Cora | Meere | 4:24:00 | - | - | - | - | - | - | - | - | - |
| Rudi | Mekke | 4:35:00 | - | - | - | - | - | - | - | - | - |
| Astrid | Melching | 3:37:00 | 7:26:00 | 0:15:57 | 0:27:47 | 0:58:47 | 1:30:47 | 1:43:45 | 2:16:38 | - | - |
| Jan | Mulder | 2:39:00 | 4:32:00 | 0:09:49 | 0:16:50 | 0:35:25 | 0:54:47 | 0:59:42 | 1:18:04 | 1:57:07 | 3:07:42 |
| Monika | Nierop-Marinus | 4:16:00 | 6:46:00 | 0:14:58 | 0:25:28 | 0:51:01 | 1:51:43 | 1:23:20 | 1:56:58 | - | 4:13:04 |
| Ruud | Nieuwenhuis | - | 5:14:00 | 0:10:47 | 0:18:47 | 0:38:27 | - | 1:07:39 | 1:34:28 | - | - |
| Mary | O'Reilly | 3:25:00 | 7:00:00 | 0:14:51 | 0:26:20 | 0:53:53 | 1:25:12 | 1:30:32 | 1:59:12 | - | - |
| Eus | Ouden den | - | 5:44:00 | 0:12:13 | 0:21:50 | 0:45:53 | - | 1:16:15 | 1:42:47 | 2:31:57 | 3:49:42 |
| Cliff | Piets | 2:53:00 | 5:59:00 | 0:12:59 | 0:22:07 | 0:45:28 | 1:17:08 | 1:19:30 | 1:52:18 | 2:54:10 | 4:19:57 |
| Marijke | Piets | 3:58:00 | 7:50:00 | 0:15:53 | 0:28:39 | 0:57:10 | 1:33:27 | 1:38:20 | 2:09:03 | 3:09:00 | 4:53:11 |
| Els | Raap | - | 5:04:00 | 0:10:53 | 0:18:35 | 0:39:26 | 1:08:17 | 1:05:26 | 1:29:44 | 2:34:11 | 3:32:15 |
| Marco | Reder | - | - | - | 0:31:36 | - | - | - | - | - | - |
| Bob | Renkema | 3:18:00 | - | 0:14:10 | - | 0:50:59 | 1:19:30 | - | - | - | - |
| Tony | Schrama | - | - | 0:16:32 | 0:28:19 | 0:59:12 | 1:40:27 | 1:42:04 | 2:15:24 | - | - |
| Guus | Schutijser | 2:56:00 | 5:48:00 | 0:12:25 | 0:21:24 | 0:45:10 | 1:13:32 | 1:14:21 | 1:37:35 | 2:36:37 | 3:41:06 |
| Sandra | Siebeling | - | - | - | 0:30:02 | - | - | - | - | - | - |
| Marijke | Slaman | - | - | 0:15:09 | 0:24:57 | 0:51:00 | - | - | - | - | - |
| Harry | Smit | 4:06:00 | - | - | - | - | - | - | - | - | - |
| Roderik | Smits van Oyen | - | - | - | - | - | - | - | - | - | - |
| Peter | Staarhof | 3:30:00 | 7:50:00 | 0:17:09 | - | - | - | - | - | - | - |
| Rob | Staverden van | 3:47:00 | 6:32:00 | 0:13:36 | 0:24:35 | 0:50:15 | - | - | - | - | - |
| Angélica | Stevens | 3:42:00 | 7:15:00 | 0:15:37 | 0:26:04 | 0:57:16 | 1:26:19 | 1:32:43 | 2:02:38 | - | 4:32:36 |
| Robert | Susteren van | 2:25:00 | 5:09:00 | 0:11:38 | 0:19:37 | 0:42:56 | 1:07:34 | 1:12:25 | 1:39:17 | 2:48:37 | 3:59:08 |
| Babs | Taal | - | 8:54:00 | - | 0:29:30 | 0:59:50 | 1:41:46 | 1:42:05 | 2:17:10 | - | - |
| Bart | Toering | 3:14:00 | - | - | - | - | - | - | - | - | - |
| Evert | Veerkamp | 3:38:00 | 7:40:00 | 0:16:48 | 0:28:52 | 0:59:52 | | 1:42:04 | 2:21:05 | - | - |
| Herman | Verhaar | 2:30:00 | 4:59:00 | 0:10:54 | 0:18:39 | 0:37:50 | 1:01:00 | 1:04:39 | 1:25:38 | - | - |
| Marjan | Vermey | 3:03:00 | 6:25:00 | 0:13:19 | 0:23:36 | 0:49:20 | - | 1:21:08 | 1:45:39 | - | - |
| Vincent | Verweij | 2:30:00 | - | - | 0:22:57 | - | - | - | - | - | - |
| Gilles | Visser | 2:29:00 | 5:00:00 | 0:10:45 | 0:18:43 | 0:38:48 | 0:59:33 | 1:04:40 | 1:28:05 | 2:13:05 | 3:14:35 |
| Annemarie | Volmer | - | 7:35:00 | 0:16:09 | 0:26:54 | 0:55:28 | 1:42:24 | 1:33:23 | 2:08:47 | - | - |
| Alaaddin | Vural | 2:57:00 | 5:58:00 | 0:12:51 | 0:21:25 | 0:43:00 | 1:09:31 | 1:13:29 | 1:35:48 | 2:28:36 | 3:31:15 |
| Robert | Wagner | - | - | - | 0:25:41 | - | - | - | - | - | - |
| Eric | Wahl | 3:18:00 | 5:48:00 | 0:14:19 | 0:24:56 | 0:53:05 | 1:32:21 | 1:30:46 | 2:10:30 | - | - |
| Ron | Wipper | 3:13:00 | 6:01:00 | 0:12:45 | 0:20:55 | 0:43:17 | - | 1:11:29 | 1:38:15 | 2:27:58 | 3:25:00 |
| Raymond | Wolfs | 3:30:00 | - | 0:15:38 | - | - | - | - | - | - | - |

